

PROVEN EXPERTISE

HALAS ROOFING
Dennis Halas Agencies Ltd.
NEW & RE-ROOFING

- Top rated roofing materials
- Family run for 25+ yrs.
- Licensed, insured & WCB

Edmonton Area: 780.893.9751 • Wetaskiwin Area: 780.312.8074
dennishalas@shaw.ca • www.halasroofing.ca

Weather-Tite
CERTIFIED ROOFER

Halas provides a 50 Year Extended Warranty including a 25 Year Workmanship Warranty!

BBB

FREE! *New Issue Every Week!*

Coffee News®
"News To Be Enjoyed Over Coffee"

Wetaskiwin - Millet Edition
877-553-6397

www.coffee-news.ca

Vol. 21 No. 33 August 12, 2024

THE ONE
93.1 FM
LEDUC'S BEST COUNTRY

Tinnitus Therapy
available using new Stylleto

Rechargeable Hearing Aids Available

Did you know all seniors and low income adults qualify for \$900-\$2400 towards hearing aids?

Signia Stylleto

Unique and beautifully designed hearing aid

EYES + EARS
OPTICAL + HEARING CO.
403.790.2020 • 4502-50 Street, Ponoka

FINANCING FOR HEARING AIDS NOW AVAILABLE

HIP OR KNEE REPLACEMENT?
THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:
1-844-453-5372

85% SUCCESS RATE!

Coffee News is proud to support Make-A-Wish® Canada

Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

FREE!

SUMMER PROGRAMMING

WEEKLY KIDS + SENIORS PROGRAMS STARTING IN JULY

CALL 780 387 5558 OR VISIT MILLETMUSEUM.CA FOR DETAILS

Millet & District Museum & Archives
1800 50 ST, MILLET

Boost Your Career From Home!

Did you know that you can take Business and IT certification exams from Microsoft, Cisco and other vendors right from the comfort of your home?

Check us out today and add new certifications to your résumé before fall!

Know it Sooner
Computer Training

www.knowitsooner.com/get-certified

IMPROVING EFFICIENCY SINCE 2006

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

WEBSITES
From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA

Everybody's Talking

Bridge harmony: The famous Golden Gate Bridge in San Francisco, California (U.S.), is making a sound that's catching everyone's attention. People living nearby, even up to three miles (4.8 km) away, are hearing strange and sometimes musical noises coming from the bridge. This unexpected "singing" is a result of recent work done to make the bridge stronger during windy weather. While some folks find the sound unsettling, others find it strangely calming. As part of the project, some of the bridge's handrails are also being changed to let more air through. Officials say these changes are important for keeping everyone safe.

City quiet: In warm city climates, summer brings a common headache. Open windows mean traffic noise flooding homes. Researchers at Nanyang Technological University in Singapore have a solution: a noise-canceling gadget. This device, resembling a grid of small speakers fixed onto window bars, aims to cut urban traffic noise. It works by emitting counteractive sounds to cancel out specific frequencies of road, train, and plane noise. While it's not perfect for all sounds, particularly higher-pitched ones like voices, it significantly reduces many types of noise. Akin to noise-canceling headphones, this technology seems to offer the potential of bringing a measure of peace and quiet to city dwellers.

Tech shift: The state of California (U.S.) is bidding farewell to traditional metal licence plates in favour of digital ones. Boasting modern features such as automatic registration renewal and customizable displays, these digital plates offer convenience for car owners. The plates have become legal in several other U.S. states. However, some concerns linger regarding privacy because the plate has the ability to track a vehicle's location. Still, many drivers are excited about the new plates, with thousands of people already using them in California. The digital plates also offer the added security of an ability to change their display in the event of vehicle theft.

Galactic dough: In a galaxy not so far away, a bakery in Benicia, California (U.S.), has unveiled an epic creation: a 6-foot (1.8-m) tall bread sculpture of the iconic Han Solo, immortalized in dough. Using a blend of wood and two types of dough, including a special yeastless recipe, the creators at One House Bakery meticulously crafted this Star Wars character's likeness as he appeared encased in carbonite in the film. The dedication to detail is evident in the sculpture, capturing Han's distressed expression and outstretched hands. "Pan Solo" was proudly displayed outside the shop, showcasing these bakers' love for science fiction and fantasy.

Quoteable Quotes

"If you steadfastly refused to quit, you rapidly narrow your options to only winning." —Brad Thor

"No one can be perfectly free till all are free; no one can be perfectly moral till all are moral; no one can be perfectly happy till all are happy." —Herbert Spencer

What's Happening

Ongoing Tuesdays - Mirror Lake Market Join us Tuesday afternoons at the Mirror Lake Centre SW parking lot, family friendly Farmers market with locally grown, fresh made, hand made, food, and items, meal prep, baking, hand crafted items and so much more. For more info call 780-678-1960

Sundays. Bragg Creek Farmers Market. Running every Sunday from Jun16 to Sep 22 from 10am to 3pm. Still room for vendors and food trucks. Email info@braggcreekca.com for all the info.

NON PROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.

Hidden Coffee News Guy ADVENTURE

Find the Coffee News Guy hidden in one of the ads, then enter to win!

\$400* Prize Package

*Coffee News Bucks
Over 150 participating sponsors!
4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

Enter one of three ways:
1. Scan the QR code
2. Visit www.coffee-news.ca
3. Mail your entry*

*Mail your entry to: CN Guy Contest, 9768-170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

1. The game of volleyball originally was called minuet, mintonette, or mitter?
2. A quintal is equal to how many kilograms?
3. What is the longest river in Asia?
4. Who wrote The Mayor of Casterbridge?
5. Choreography is notated using steptation, labanotation, or floor plans?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Need to talk?
988 is here for you. 24/7

Suicide & Crisis Helpline
Call or text: 9-8-8

Edmonton.CMHA.ca

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

We design and build High Quality, Fast **CUSTOM BUILT COMPUTERS**

We also fix your computers and laptops!

> We find affordable, powerful LAPTOPS to meet your needs
> There are still good, fast low priced sweet spots available

Marg's Computers

780.678.2338 | 4608-39 St., Camrose

IN STOCK NOW!
REFURBISHED COMPUTERS WITH 3 YR WARRANTY

WE NOW SELL VAPES! 100+ NEW PIPES & BONGS IN STORE

HURRICANE HUSTLES
VARIETY SHOPPE

4802-49 Ave., Wetaskiwin

Open Monday-Saturday, 11 a.m. to 5:30 p.m.
Something for everyone!
Clothing Home Décor • Books • More!

\$10 ALL NEW MERCHANDISE SURPRISE BAGS \$80-\$100 VALUE!

50-80% OFF NEW TOOLS!

Recipe of the month

Peach Glazed Rib

3 to 4 pounds pork baby back ribs, cut into serving-size pieces
1 can (15-1/4 ounces) peach halves, drained
1/3 cup soy sauce
1/4 cup canola oil

1/4 cup honey
2 tablespoons brown sugar
1 teaspoon sesame seeds, toasted
1 garlic clove, peeled
1/4 teaspoon ground ginger

Prep Time: 15 min Grill: 1.25 hrs Yield: 6 servings

① Prepare grill for indirect heat, using a drip pan. Place ribs over drip pan. Grill, covered, over indirect medium heat for 60 minutes, turning occasionally.
② Meanwhile, in a blender, combine the remaining ingredients; cover and process until smooth. Baste ribs.
③ Grill until meat is tender and juices run clear, 15-20 minutes longer, basting occasionally with remaining sauce.

A delicious, fruity alternative to the usual barbecue sauce for ribs

Source: <https://www.tasteofhome.com>

Take our quick survey, it's under 2 minutes

Help Us Improve - and Win!

Your feedback will help us make **Coffee News**® better for you.

PLUS you could win a \$200 gift card and limited edition **Coffee News**® swag!

Take Survey here

Affordable-Effective-Exclusive-CALL NOW!

Edward Jones
At Edward Jones, we do money differently.



- Planning for Retirement
- Wealth Strategies
- Business Owner Strategies

Let's talk

Garet Wood
Financial Advisor
780-679-2220

www.edwardjones.ca/ca-en/financial-advisor/garet-wood

HERE WHEN YOU NEED US
When You Get Paid, We Get Paid

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary

1-800-440-8298

ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS



Coffee News
is proudly delivered by

Hc Horizons Centre

Coffee News® Part of your community.



Pregnant? Facing Difficult Decisions?
We can help.
Call 780.421.1177 or text 587.596.5380

A Small Miracle Adoption
Adoption is the ultimate expression of a committed heart

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

www.smallmiraclesadoption.com



EARN UP TO \$75+ USD PER HOUR WRITING LETTERS

PAID PER Letter

ZERO Experience Required

MUST BE 18+
EDUCATIONAL PROGRAM

START HERE!



PLEASE ASK US FOR STARTER PACK

200+ Delicious Meals Made for SENIORS!

NOW SERVING THIS COMMUNITY!

- ✓ Free Delivery*
- ✓ No Obligations
- ✓ No Minimum Orders*

*Some conditions apply

Request your **FREE MENU Catalogue** today!
780-666-2336
TF: 1-800-704-4779

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™
www.hearttohomemeals.ca



Can't get to your Coffee News® each week?

Check out our PDF editions online!
New editions are posted every Monday

Sign up here to receive email notifications of new editions.
Now you never have to miss your weekly dose of good news!

www.coffee-news.ca/editions




CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS


PH: 780-465-9719 9281-50 STREET, EDMONTON, AB
WWW.GEMCOFIREPLACES.COM



Your Weekly Horoscope


ARIES (March 20 - April 19)

Is there someone you need to forgive for a past wound? Now may be a good time to do so, which would help both of you move on from the situation. Lucky numbers: 3, 11, 15, 21, 22, 48.




TAURUS (April 20 - May 20)

Taurus-born usually aren't impulsive in thoughts and actions. If you feel that way at week's end, take a step back and try to understand your motivations right now. Lucky numbers: 8, 17, 29, 32, 34, 37.




GEMINI (May 21 - June 20)

You may find yourself in overdrive mode, trying to do everything at once. This might be productive, but don't overdo and cause accidents by rushing. Lucky numbers: 1, 10, 30, 43, 46, 47.




CANCER (June 21 - July 22)

Do you have an idea that you just can't seem to bring into reality on your own? Look for a well-grounded partner to help you bring it to fruition. Lucky numbers: 14, 19, 25, 31, 34, 45.



LEO (July 23 - Aug. 22)

At midweek, others may find your ideas attractive. However, explaining all the details is important, and making sure the deal is a win-win for all concerned. Lucky numbers: 7, 14, 26, 35, 38, 40.




VIRGO (Aug. 23 - Sept. 22)

Virgos can be shy about tooting their own horns. For a few weeks, use communications with others to encourage them to reevaluate how valuable you are to them. Lucky numbers: 5, 9, 14, 33, 38, 39.




LIBRA (Sept. 23 - Oct. 22)

At midweek, you may find the courage to address a situation that isn't working for you any longer. How can you speak up and ask for what you need now? Lucky numbers: 19, 20, 22, 27, 30, 42.




SCORPIO (Oct 23 - Nov. 21)

This is a week when you may want to pause before you speak. The tail of the scorpion can sting in a way you might regret later, so be careful about using angry words. Lucky numbers: 2, 8, 14, 23, 26, 32.



SAGITTARIUS (Nov. 22 - Dec. 21)

Truth, like beauty, can be in the eye of the beholder. Your truth is based on your own experiences. So understand that the same can be true for others. Lucky numbers: 11, 30, 36, 37, 38, 48.




CAPRICORN (Dec. 22 - Jan. 19)

Are you envisioning a new endeavour in your mind's eye? The middle of the week may be a good time to put the idea on paper and to develop a plan for achieving it. Lucky numbers: 4, 14, 18, 29, 46, 48.




AQUARIUS (Jan. 20 - Feb. 18)

Are you overwhelmed by all the details that need to be completed to achieve your objective? Shed the attitude that you need to do it all yourself. Recruit friends to help. Lucky numbers: 6, 8, 17, 19, 22, 30.



PISCES (Feb. 19 - March 20)

You may feel conflicted at week's end about how to proceed with an important decision. Consider which option might best position you for long-term success. Lucky numbers: 16, 26, 28, 29, 32, 42.



Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 7.

Did You Know...

Pink squirrels: When flying squirrels are illuminated with ultraviolet light, the creatures' fur glows a bright, fluorescent pink. The colouring could help them navigate, communicate, or blend into their environment.

Pen hole: That tiny hole in the top of a plastic pen cap not only reduces air pressure when the cap is put back on, it's also a safety measure. Air flow from the hole reduces the risk of choking if someone accidentally swallows it.

Not nuts: Technically, almonds and cashews aren't actually nuts. While we normally call them nuts, they actually are seeds because they grow inside a hull within a fleshy fruit and must be shelled for eating.

It's a punt: "Punt" isn't just a sports term associated with dropping and kicking a ball before it touches the ground. A punt also is the indentation on the bottom of most wine bottles, which makes the bottle more stable.

Slow smoke: Pipe smokers will be interested in the Danish Championship Pipe Smoking International event. The goal is to take the longest time to smoke three grams of tobacco, using a standard pipe.

On the Lighter Side

Knock! Knock! Who's there? Interrupting pirate. Inerru—Arrrr!!

What was the snail doing on the highway? About a mile a day.

A mountain and a valley had a baby. They named it Cliff.

First lumberjack: "So how's business?"
Second lumberjack: "Come see, come saw."

A cheese sandwich asked for a drink. The bartender said, "Sorry, we don't serve food here."

Answers

Trivia answers: 1. Mintionette 2. 100 3. Yangtze 4. Thomas Hardy 5. Labanotation

For available franchise opportunities - visit coffeenewscanada.com
© Published with Permission by Capital Marketing Ltd

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

Call us toll-free at **1-888-998-6714**

*30-day risk-free trial: Return within 30 days of purchase for a full refund of purchase price.
PMA20469 EN, EX, USA | Rx Only | © 2024 Inogen, Inc.
459 Ward Drive, Suite 200, Costa, CA 94111
Inogen is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.



Learn From the Best!

Explore the possibilities of DIY soap making, lotion making, and bath product creation

wixy Soap

Our classes are fully hands-on and also available online!

Sherwood Park **587.785.8878**
shop@wixysoap.com | www.wixysoap.com

PRIVATE CLASSES AVAILABLE





TOYS | CANDY | WOOL | YARN | GIFTS

STAR STORE at The Wetaskiwin Heritage Museum Downtown

100% OF PROCEEDS SUPPORT OUR PROGRAMS AND SERVICES

Head for the Star on Main Street: 5007 - 50 Ave.

NOW SERVING BEANS COFFEE and TEA!



Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to **contests@coffee-news.ca**
Please put "Readers" in the subject line.

Please include:
1 Your name 2 Your phone number and 3 Your address so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!

Readers of the Month
Todd & Julia Lewis from Ponoka

Coffee News® Fun Reading. Serious Advertising.



Call today to book your appointment!

We only want to make you SMILE

Millet Denture Clinic
780.387.3311 • 5022 - 50 Street, Millet
BARB UNGER, DD • barb@milletdenture.ca



SHOP ONLINE!
www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

The Dive Outfitters
Scuba Diving & Snorkelling
11781-156 St., Edmonton 780.483.0044

Learn to SCUBA DIVE at our Edmonton location - call for details

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA




COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

SHIP BY BUS

GET YOUR REWARD CARD TO GET A FREE TICKET!
Parcel Website: **www.coldshotca.com**
Passenger Website: **www.coldshot.ca**

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005




LEAKY GUT? "Death begins in the colon" ~ Mechnikov

DO YOU SUFFER WITH ANY OF THESE...

1. Digestive issues (gas, bloating, diarrhea, irritable bowel syndrome)
2. Autoimmune disease (arthritis, lupus, psoriasis, celiac disease)
3. Depression, anxiety, ADD or ADHD
4. Seasonal allergies or asthma
5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances

LEARN MORE HERE

Heal Your Gut, Improve Your Well Being!

REBECCA MCCORD gut health coach

250.329.8116 | **www.HealthyBellyCoach.com**