

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO




FREE! *New Issue Every Week!*

Coffee News[®]

"News To Be Enjoyed Over Coffee"

Whitecourt Edition

877-553-6397



www.coffee-news.ca

The World's #1 Restaurant Publication!

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




CERTIFIED IN BASIC, ADVANCED & DIABETIC FOOT CARE

Specialized+ Foot Nurse

Tracy Wheeler, LPN/FCN

call/text 780.333.3744
sfn.tracywheeler@gmail.com

BY APPOINTMENT ONLY AT THE COMMUNITY LUNCH BOX BUILDING

- Maintain Skin Integrity
- Promote Comfort
- Prevent Foot Problems
- Maintain Mobility



yesTV

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



Join Whitecourt's **FIRST EVER BNI Chapter!**

Get access to:

- ✓ Unparalleled Business Networking
- ✓ Exclusive Referral System
- ✓ Professional Development

BNI

Scan the QR code or visit www.bnialberta.ca for details



UPCOMING CLASSES

- ★ Acting for Teens: Aug 2024
- ★ Intro for Adults Rd 2: Fall 2024
- ★ Intermediate Adults: Sept/Oct 2024

PROFESSIONAL ACTING CLASSES "IN YOUR BACK YARD"

Acting Classes

NOW IN WHITECOURT!

LemStudio

For info/to register, visit 780.778.0191

Lemstudio.ca



WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040

Main Street, Stony Plain

www.bluediamondjewellers.com



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!

Coffee News Fun Reading. Serious Advertising.



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



Vol. 21 No. 33 August 12, 2024

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

Aug 10 - Summer Street Fest Summer Street Fest is a one-day event to bring together local businesses, artists, live entertainment, family-friendly activities, and community members to celebrate culture, art, music and dance. Taking place from 2-7pm downtown Whitecourt

Aug 21 - Whitecourt Park Party Meet up with neighbours at your local park. Pack your lawn chair and enjoy a BBQ! Percy Baxter Playground - 101 Mink Creed Road, 5:30-7:30pm

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 minton?
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)

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 resumé before fall!

Know it Sooner Computer Training

www.knowitsooner.com/get-certified

IMPROVING EFFICIENCY SINCE 2006



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



SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters

Scuba Diving & Snorkeling

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



TIMBERLAND INSURANCE

OVER 100 YEARS OF COMBINED INSURANCE EXPERIENCE

Covering All Your Farm & Agricultural Needs

Claudia

Madison

Contact one of our Farm Specialists **780.396.8771**

timberlandinsurance.ca



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



Home | Auto | Business | Farm

We're in your community

780.778.3000

1- 5024 51 Ave, Whitecourt

BrokerLink Insurance

©2023 BrokerLink Inc. *BrokerLink & Design is a registered trademark of BrokerLink Inc. All rights reserved.



Get More Traffic, Leads & Sales

- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline web consulting

780.760.6922

frontlineconsulting.ca



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

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

Edmonton.CMHA.ca

Get your refund instantly.

Walk in with your taxes and walk out with your refund.

Open year 'round. Personal, small business, corporate income tax, bookkeeping, GST and payroll services.

H&R BLOCK

780.778.3030
 New address:
 4723-50 Ave., Whitecourt

FREE Ultraglide Wand Lift System
 Duette/Aplause

HunterDouglas

HURRY IN!
 SALE ENDS 09.30.24

JULIES
 WINDOWS, KITCHENS, BED & BATH
 WINDOW COVERINGS & HOME DECOR

780.621.0045 | 5132-50 St., Drayton Valley

HOME AND LAND FOR RENT AT

RIVER VALLEY ESTATES

Call 780.778.2901 for more information

20TH ANNIVERSARY SEASON OPENER

9704-96 Ave., Westlock
Monday May 20
 12-3 p.m.

CANADIAN TRACTOR MUSEUM
 WESTLOCK, ALBERTA

Hot dogs & cake, start-up of vintage tractors, stationary engines, and vintage sawmill

Games
 • Barrel Train
 • Face Painting
 • Bouncy Castle

For the kids...

NWT SAFETY SUPPLIES

FIRE EXTINGUISHER SALES & SERVICE

BAY 2, 1906-4 ST. NISQU
 780 955 8797
 X
 50 SHEP ST. SPRUCE GROVE
 780 962 1778

nwtsafety.com

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

Bras are just the beginning...

Romantic Notions Inc.

#30, 210 McLeod Avenue
 Spruce Grove
 780.962.4944
 1.855.962.4944

@romanticnotionsab
 @romanticnotionsboutique

Book your appointment now at www.romanticnotions.ca

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—Arrrrr!!

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

LEAKY GUT?

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

"Death begins in the colon" ~ Mechnikov

LEARN MORE HERE

Heal Your Gut, Improve Your Well Being!

REBECCA MCCORD
 gut health coach

250.329.8116 | www.HealthyBellyCoach.com

RETIREMENT LIVING CHRISTENSON

Personalized Services • Full Kitchens • Pet Friendly

Join Our Vibrant Community

the manor
 by CHRISTENSON COMMUNITIES

Social & Recreation • Independent & Care Suites

4901 - 47 Ave, Whitecourt
 587-442-4090
 CDLhomes.com

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

PAID PER LETTER

ZERO Experience Required

MUST BE 18+
EDUCATIONAL PROGRAM

START HERE!

We've moved... VISIT US IN OUR NEW LOCATION!

Gifts and Gadgets

NOW AT 28-308 WESTGROVE DR., SPRUCE GROVE
 BEHIND MCDONALD'S

YOUR ONE STOP KITCHEN AND GIFT SHOP
 780.962.5220 | www.giftsandgadgets.ab.ca

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

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES
 & WHOLESALE HEATING PRODUCTS

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

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

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

85% SUCCESS RATE!

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:
1-844-453-5372