

**Less Stress, More Smiles**

**AVALON DENTAL**

ORAL HEALTH AND WELLNESS CENTRE

From routine preventative care, to cosmetic improvements and Invisalign, we have you covered.

910 Roper Rd. NW  
Edmonton

**780.465.0994**

avalondentalreception@gmail.com

**AVALON DENTAL SERVICES**

- SLEEP APPLIANCES
- MERRELL SLEEP CLINIC
- INFANT FREN-ECTOMY

Proudly providing excellence in dentistry to Edmontonians since 1986.

**Specializing in Home Health Care Since 1970**

**Congdon's** Aids to Daily Living **780.483.1762**  
Since 1970 [congdons.ca](http://congdons.ca)

- Ostomy
- Incontinence
- Mastectomy
- Compression
- Walkers
- Rentals
- Wheelchairs
- Accessibility
- Repairs
- ...and more!

Visit us at 10550 Mayfield Road NW

**PICK UP AND DELIVERY**

**Enhance Your Curb Appeal!**

Specializing in stamped concrete, concrete removal and replacement

- Driveways • Garages • Shops
- Concrete Removal
- Sidewalks • Patios
- Bobcat Services
- Parking Pads

**FINISHED FIRST CONCRETE**

**780.916.7686 | finishedfirstconcrete.ca**

RESIDENTIAL & COMMERCIAL

**10% OFF SUPPLIES** When you mention this ad, in-store only

**CAPITAL CITY SPORTS CARDS**

BUY SELL TRADE

Sports Cards of all Eras

Vintage Cards • Memorabilia  
Figurines • TCG Cards • Pokemon  
Mystery Packs • Auctions • Box Breaks

6763-50 St. NW Unit 101  
1.825.480.1886  
capitalcitysportscards21@outlook.com

We can also Grade your cards for you. We recommend The Canadian Graders along with these guys!

**TAG BECKETT PSA MTF**

**CALL NOW FOR A FREE ESTIMATE**

**No Job's Too Tuff For Us**

Plumbing Repairs  
Furnaces  
Hot Water Tanks  
Garage Heaters  
Boilers and Radiant Heating  
Residential/Commercial Construction  
Polyb Replacement  
Basement Renos  
Backwater Valves  
...and more

**TUFF PLUMBING & HEATING LTD.**  
**587-336-1954**

Ticketed Plumber and Gasfitter | Quality Workmanship

**HOME CLEANING Service** Seniors' Discounts

- Residential and Commercial
- Pet-friendly and Eco-friendly
- Fully insured and bonded

Discover the Tailored Clean Difference!

**TAILORED CLEANING SERVICES LTD.**

**587.987.1970** [TailoredCleaningServices.ca](http://TailoredCleaningServices.ca)

**KEATO MEADOW CORN MAZE** 12 Acres of fun!

Located in the heart of Strathcona County at Range Rd. 205, Fort Saskatchewan, AB T8L 4B4

Check out our Facebook page for hours of operation, updates, more!

[Keatomeadowcornmaze@gmail.com](mailto:Keatomeadowcornmaze@gmail.com)

Ideal for youth groups, sports team building, team events, birthday parties, and family get togethers!

- Sunflower Path surrounding Maze
- Bouncy Houses • Bale Stack
- Sand Pit • Lawn Games (Corn Hole, Ladder Golf, Giant Checkers and more)
- Snack Shack • Picnic Area

Where compassionate care meets personalized support

- In Home Respite Care
- Supportive Living Program
- Homecare Service
- Day Program
- Vocational Initiatives
- Child Care Services

**genesis care**  
haven inc. • 403.702.1248  
[genesicarehaven.com](http://genesicarehaven.com)

**FREE!** **New Issue Every Week!**

**Coffee News**®

"News To Be Enjoyed Over Coffee"

**East Edmonton Edition**  
**780-220-6397**

www.coffee-news.ca

Est. 1988

Vol. 21 No. 34 August 19, 2024

**Everybody's Talking**

**Digital David:** A team from an Italian university has unveiled a remarkable 17-foot replica of Michelangelo's famous sculpture of "David." The replica was created using cutting-edge, 3D-printing technology, and is being hailed as the most accurate rendition yet. Unlike the Renaissance sculptor's three-year labour, this team achieved their feat in a matter of a few months. The process involved thousands of digital scans and innovative construction methods. Weighing in at 1,200 pounds (544 kg), the reproduction boasts a weight 10 times lighter than the marble original. Dubbed a "digital twin," this tech marvel hints at a new era of cultural preservation.

**Culinary clues:** In Italy, a team of researchers continues to uncover the mysteries of the city Pompeii, providing glimpses into the daily lives of its ancient inhabitants. Among the areas recently revealed is a remarkably well-preserved street eatery, which offers insights into the bustling culinary scene of the city. Pompeii gained fame for being blanketed in debris following an eruption from a neighbouring volcano in 79 C.E. Archaeologists have unearthed various structures, including theatres, hospitals, and approximately 80 "fast-food" joints known as thermopolia. The excavation of this particular thermopolium revealed food offerings and artistic depictions of what would have been served before the city was frozen in time.

**Navigating change:** In a pioneering voyage, a cargo ship embarked from Singapore to Brazil, and introduced a revolutionary sail design in the process. Dubbed the "WindWing," this innovation aims to diminish fuel dependency and minimize pollution in maritime transportation. Inspired by ancient sailing methods, the WindWing capitalizes on wind power, and promises significant environmental benefits. Initial trials of the 123-foot (37-metre) long sail showcased some promising results: the Pyxis Ocean ship reached speeds of up to 6 miles per hour (9.7 km per hour) using WindWings alone. This new transport tech may well be poised for widespread adoption in the coming years.

**Stellar haul:** In 2016, NASA launched its OSIRIS-REx spacecraft to embark on a two-year voyage to reach Benu, an asteroid over 200 million miles (322 million km) away. The spacecraft meticulously orbited Benu before delicately scooping up dust and pebbles. NASA says the trip by the OSIRIS-REx is the first U.S. mission to collect a sample from an asteroid. Now, a capsule carrying the unprecedented samples from the distant body has come back to Earth. After enduring the scorching temperatures of re-entry, the capsule landed in the desert in the U.S. state of Utah. NASA quickly transported OSIRIS-REx to the Johnson Space Center. Scientists anticipate unlocking valuable insights into the early years of our solar system.

**Quoteable Quotes**

"If you're offered a seat on a rocket ship, don't ask what seat! Just get on."  
—Sheryl Sandberg

"Our own self-realization is the greatest service we can render the world."  
—Ramana Maharshi

**What's Happening**

**Aug 21 - Links fore Literacy Charity Golf Tournament 2024**  
The Links fore Literacy Charity Golf Tournament is the Centre for Family Literacy's annual summer fundraising event. Proceeds from the tournament support the Centre's adult and family literacy programs. For more information, visit [familit.cagolf2024](http://familit.cagolf2024)

NON PROFIT organizations may submit fundraising events for FREE at [www.coffee-news.ca](http://www.coffee-news.ca). Please submit a minimum of 4 weeks in advance.

**Hidden Coffee News Guy ADVENTURE**

Enter one of three ways:  
1. Scan the QR code  
2. Visit [www.coffee-news.ca](http://www.coffee-news.ca)  
3. Mail your entry\*

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

\*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. Magnesium sulfate is the chemical name of this salt.
2. What is the medical term for the shoulder blade?
3. This historical event is the setting of The Scarlet Pimpernel.
4. Synovial fluid lubricates gears, joints, or marbles?
5. Margaret Mead worked in what field of science?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

SOLID ADVICE. TIMELY SERVICE. KNOWLEDGEABLE STAFF.

**We Work For You!**

**IN BUSINESS SINCE 1982**  
We're proud of our history!

**ROBERTS-McCLURE INSURANCE**

780.439.4357 | #106, 8657-51 Ave., Edmonton

**FIND OUT HOW YOU CAN SAVE UP TO 50% ON COMMISSIONS!**

**At Seller Direct® Northern Homes Realty, It's Not About Discounts, It's About OPTIONS!**

**How We SELL Your Home:**

- ✓ 300+ Websites ✓ Social Media Ads
- ✓ QR Code to Home's Features
- ✓ 3D Tours & Professional Photos

**AND MORE!**

**sellerdirect**  
Northern Homes Realty  
780.638.4800 | [sellerdirectnorthernhomes.com](http://sellerdirectnorthernhomes.com)  
PROUDLY SERVING EDMONTON & SURROUNDING AREAS

SCAN TO FIND OUT YOUR HOME'S VALUE TODAY

**Making Your Smile A Priority**

Complete Dentures • Partial Dentures  
Dentures Over Implants • Repairs  
Relines

**newbite**  
DENTURE CLINIC  
**780.425.2997**  
[hello@newbite.ca](mailto:hello@newbite.ca) | [new-bite.ca](http://new-bite.ca)  
Riverview Crossing Mall  
#254, 3210-118 Ave. NW

FREE CONSULTATIONS

Lindsay Bruewer DD

Financing Options Available  
Direct Billing

**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO

**Call 780-220-6397**

Edmonton Temple - 9115-75 St. 780.469.6846

**FAMILY PLAY CAFÉ and TOY LIBRARY**

- Enjoy some tea or coffee and conversation while letting your kids play. Thursdays, 10 a.m. - 12 p.m.
- Try a wide range of toys
- Sign up for our Toy Library to borrow toys for two weeks at a time

Play Café is free. Toy Library has an annual fee of \$24. Programs for children age 0-6

<https://www.edmontontemple.com>

**J.R. WATKINS** Since 1868 TRADE MARK

A full line of natural products for your home and family

YOUR INDEPENDENT WATKINS CONSULTANT

**Donna Ouellette**  
ID# 029268N  
**780-469-5715**  
[www.RespectedHomeBusiness.com/enter29268](http://www.RespectedHomeBusiness.com/enter29268)

**HARMONY AT RUTHERFORD SENIORS APARTMENTS**

**Truly Independent Seniors Living**

- Full kitchens
- In-Suite Laundry
- Patio or balcony
- Activities
- Meal Specials
- So much more!

**COME FOR A TOUR TODAY!**

Call Heather (780) 908-1081 or Alex (780) 655-2929

12020 22 Ave. SW, Edmonton  
[HarmonyAtRutherford.com](http://HarmonyAtRutherford.com)



Visit our NEW showroom!

**GRAND OPENING**

Call today to get free expert advice on your flooring reno!

**Quality**  
RED TAG FLOORS

780.721.4324  
8327 Roper Rd, Edmonton

Ever dreamed of being an **ARTIST?**

Or perhaps you're an experienced artist looking for something different?

Edmonton has an art school conveniently located in the downtown area, and it might just be the perfect environment to help you realize your artistic potential!

**A.Z.**  
The Adrian Zorzut School of Fine Art

780.660.0044 | 10248-106 St. NW  
theadrianzorzutchooloffineart.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

**Best Kept Secret in the Park!**

The community thrift store with heart

**County Clothes-Line**

CELEBRATING 40 YEARS OF GIVING

Looking to join a great team?  
**Store Associates**  
3-4 days/wk  
Contact us today:  
clothes1@telusplanet.net

201 Athabasca Ave. Sherwood Park  
780.464.7786  
www.countyclothes-line.com

**Come Home to Quality**

- ✓ Home Renovations
- ✓ Basement Development

**Bergenham Builders**

bergenhambuilders.ca  
587.986.5309 | dbergenham24@gmail.com

**PROFESSIONAL OFFICE SPACE**  
FOR LEASE OR RENT

Centrally located at 7815-101 Ave.

- Furnished offices
- Shared reception
- Shared boardrooms (large & small)
- Shared breakout room
- Shared kitchen
- Fully renovated
- Wheelchair accessible

**PLENTY OF FREE PARKING**

**CENTRE 101**

Call Joe today for further details:  
**780-760-4878** centre101.com

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)

Your energy level may be a real boost at midweek. This dynamic can be highly productive, but be careful of taking impulsive actions without thinking things through first. Lucky numbers: 8, 12, 19, 20, 22, 31.

**TAURUS**  
(April 20 - May 20)

Rebelliousness is not a trait normally associated with Taurus. However, this week you may have an opportunity to be a rebel with a cause. So, what's your cause? Lucky numbers: 7, 10, 12, 35, 41, 42.

**GEMINI**  
(May 21 - June 20)

Both your internal and external environments may be volatile this week. Instead of engaging in an argument, look to what you value to identify a solution to any conflicts. Lucky numbers: 6, 12, 16, 18, 24, 47.

**CANCER**  
(June 21 - July 22)

A theme for Cancer-born is nurturing others, particularly family and friends. This week, you may be asked to make an adjustment to expand this into the wider world. Lucky numbers: 10, 12, 17, 23, 27, 30.

**LEO**  
(July 23 - Aug. 22)

This is the end of both Leo season and your birthday month. What activities did you initiate over the last month and which might be ready to be harvested now? Lucky numbers: 2, 10, 16, 30, 36, 45.

**VIRGO**  
(Aug. 23 - Sept. 22)

Birthday months are good times to set intentions. A focus for your new solar year might be communicating your values to others for mutually beneficial opportunities. Lucky numbers: 13, 16, 23, 24, 33, 37.

**LIBRA**  
(Sept. 23 - Oct. 22)

At the middle of the week, you may be focused on yourself, rather than the needs of others. Doing so in a positive way could avoid a stalemate with those close to you. Lucky numbers: 5, 7, 19, 23, 29, 33.

**SCORPIO**  
(Oct. 23 - Nov. 21)

Your intuitive antenna may go offline at week's end. This can be a moment of respite from the thoughts of others, to connect with yourself on a deeper level. Lucky numbers: 4, 5, 17, 19, 34, 37.

**SAGITTARIUS**  
(Nov. 22 - Dec. 21)

You may feel restless or dissatisfied with your life. Would learning something new help break through this emotional obstacle? Perhaps explore options for growth. Lucky numbers: 17, 24, 37, 41, 42, 45.

**CAPRICORN**  
(Dec. 22 - Jan. 19)

Capricorn strengths include using ambition and discipline to build a solid foundation of success. The start of the week may bring an opportunity to help others in this regard. Lucky numbers: 1, 6, 8, 10, 17, 37.

**AQUARIUS**  
(Jan. 20 - Feb 18)

A full moon is in your sign at the beginning of the week. This phase may be important for completing activities, like trimming any items that aren't working for you. Lucky numbers: 3, 4, 8, 11, 26, 44.

**PISCES**  
(Feb. 19 - March 20)

This week you may be caught between simultaneous desires to expand and contract your current projects. Let your values help you decide the right activities for success. Lucky numbers: 15, 17, 23, 35, 36, 47.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 33.

## Did You Know...

**Smart suitcase:** The Ovis is a smart suitcase that follows its owner, without running into things in its path. Equipped with movement-tracking algorithms and facial recognition technology, it also has a built-in GPS in case it gets lost.

**Spoon technique:** A wooden spoon across the top of a boiling pot of pasta prevents the water from boiling over. The spoon destabilizes the bubbles when they come into contact with its water-repelling surface.

**Opinion anxiety:** Being afraid of what other people think when their opinions differ from your own is a social phobia called allodoxophobia. The irrational, overwhelming feeling can affect people of all ages, but is relatively uncommon.

**Spicy name:** The Spice Girls weren't always known that way. The five-member, all-girl British band was originally called Touch. However, after writing the song "Sugar and Spice," they decided to spice up their name.

**National animal:** Scotland's national animal, the unicorn, isn't actually an animal. Linked to Celtic mythology, unicorns symbolize purity, innocence, and power, and were first used in the 12th century on the Scottish royal coat of arms.

## On the Lighter Side

What wears a coat all winter and pants all summer? A dog.

How is the king doing in school? He likes his subjects.

Customer: "When's the best time to trim a beard?"  
Barber: "Daylight shaving time."

Trees hate taking tests. The questions always stump them.

Knock! Knock! Who's there? Water. Water who? Water the chances of winning the lottery?

## Answers

**Trivia answers:** 1. Epsom 2. Scapula 3. French Revolution 4. joints 5. Anthropology

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

Time, distance or mobility keeping you from visiting your loved one's gravesite?

**Personalized care for when you can't be there**

- Headstone Cleaning
- Monument Cleaning
- Flower Delivery
- Landscaping Maintenance

**Always Remembered**  
Gravesite Cleaning and Maintenance

CALL FOR A FREE QUOTE:  
**780.217.7164**  
alwaysrememberedab.ca

**The perfect cup** ...every time

Each cup up to **75% Less** than leading coffee retailers

**Kofe**

**Benefits of our in office coffee system:**

- Convenient and hassle-free
- No delivery charge • No service charge
- No installation charge • Fresh coffee

**Korporation** We keep your machine clean and filled with product!

780.718.7212 / www.kofekorp.com

**Re-Imagine the Possibilities!**

- Sale of recirculated fabrics and sewing tools
- Accepting fabric donations
- Clothing Repair Clinics
- Private Sewing Lessons
- Group Workshops and Retreats

**Re/Imagined Fabrics**  
Recirculated Fabrics / Workshops / Community

Fostering a passion for a sustainable future

www.reimaginedfabrics.com

**Exclusive offer for Facebook and Google Ads**

Get **FREE** set-up (up to a \$500 value!)

We are a local digital marketing agency specializing in paid ads.

SCAN ME

Contact us today for your FREE no obligation consultation!

**Frontline** 780.760.6922

**Get The Smile You Deserve!**

- \$99 New Patient Exam
- Lower Than Current Fee Guide
- Complimentary Teeth Whitening

**Floss Bosses.ca**

Your. New. Routine.

825.901.GUMS | #207, 6958-76 Ave. NW

**INDOOR YEAR ROUND MARKET!**

**CAPILANO FARMERS' MARKET**

Saturdays  
9:30 a.m.-3 p.m.  
5004-98 Ave. (Capilano Mall)

Real Estate | Wills | Contracts

**HOMESTEAD**  
..... L A W .....

Tamara D. Epple B.A., J.D.

780.243.2116  
www.homesteadlaw.ca

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"

**LIVE AT HOLYROOD SQUARE!**

- In-suite Laundry
- Rooftop Deck and BBQ
- Full-sized Kitchen Appliances

Call 780-229-6099 for more information