

jerry forbes
Centre for Community Spirit



HOME FOR 25 CHARITIES & NON-PROFITS

93,000 SQ. FT. OF SHARED SPACE
SERVING OVER 200,000 ALBERTANS

Dear Edmonton,
We're having a great time and the people here are amazing. You should come for a visit!

Sincerely,
JFC

jerryforbescentre.ca

Pure DENTURE CLINIC



Helping To Create Beautiful Smiles!

- Full and Partial Dentures
- Denture Repairs
- Night Guards
- Certified Denturist
- Direct Billing For Insurance

FREE CONSULTATIONS

780-477-6850
www.puredenture.ca

18336 Lessard Rd. NW, Edmonton

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

Trustworthy, Honest and Reliable House Cleaning...

✓ Flat and Hourly Rates Available
✓ Over 15 Years Experience
✓ Thorough, Considerate, Friendly

Just For You!

3 HRS CLEANING \$99 + GST
ON FIRST 2 CLEANINGS WHEN BOOKED IN CALENDAR MONTH

Whatsapp: (780) 239-3553 | almescape@gmail.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

Helping People Live Their Best Life Possible

ComForCare HOME CARE



Please contact us for all your Home Care needs

780-733-4495

GET MORE FROM YOUR ONLINE CONTENT



CONTENT MARKETING SERVICES

- Blog Writing
- Email Marketing
- Website Content
- Google Business Profile

FREE CONSULT

SCAN ME

Frontline www.frontline.ca 780.760.6922


FREE! *New Issue Every Week!*

Coffee News[®]

"News To Be Enjoyed Over Coffee"

South West Edmonton Edition

780-220-6397



www.coffee-news.ca Est. 1988

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

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

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. 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

Struggling with your health and wellness goals?

Nest's acupuncturist can treat:

- fatigue • pain
- hormone imbalances (impacting fertility and menopause)
- immune health
- allergies
- ...and more!

Nest INTEGRATIVE WELLNESS

10608-124 Street, Edmonton
780.760.6378 | nestinwellness.com

SCAN THIS QR CODE TO BOOK A FREE 15-MINUTE PHONE CONSULT TO SEE HOW ACUPUNCTURE COULD HELP YOU ON YOUR HEALTH JOURNEY



PBM LAW ★ ALBERTA REAL ESTATE LAWYERS
(PETER B MASON PROFESSIONAL CORP.)
AN ASSOCIATION OF INDEPENDENT LAWYERS

866.888.1081 | www.pbmlaw.ca

Real Estate Law

Over 800 Google Reviews!	Easy, Secure Remote Legal Signing	Exceptional Legal Services at Low Cost	Learn more at pbmlaw.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



WE COME TO YOU!

NERDS2YOU
VIRUS REMOVAL & COMPUTER REPAIR

ONSITE COMPUTER REPAIR

Your on-site computer and network service specialists. Virus removal, network setup, repairs and more.

587-772-NERD(6373)

FAST, FRIENDLY AND PROFESSIONAL
DEBIT, VISA AND MASTERCARD ACCEPTED
NERDS2YOU.CA

Are you a business owner/office manager? Have 3-20 employees in your office? Paying too much for your current phone system?

We can save you up to 50% off your current phone rates!

How? We offer:

- ✓ VOIP Solutions at a fraction of the traditional carrier cost
- ✓ Long distance rates that outcompete the competition

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS



www.sellerdirectnorthernhomes.com

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

with Seller Direct Northern Homes Realty

How We Get Your House SOLD:

- ✓ 300+ Websites
- ✓ Social Media Ads
- ✓ QR Code to all your home's features right on your For Sale Sign
- ✓ 3D Tours & Professional Photos

WE HELP BUYERS, TOO!

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

sellerdirect
Northern Homes Realty
780.638.4800

Diana Noble
Owner/Broker

PROUDLY SERVING EDMONTON & SURROUNDING AREAS

DR. AHMAD FAYAD & ASSOCIATES
LESSARD DENTAL
 780.394.3494
 6104-172 St. NW, #125, Edmonton

- Braces • Implants
- Extraction
- Children's Dentistry
- Cleaning
- Emergency Services

New Patients Welcome!



ELECTRICIAN FOR HIRE
 Residential Light Commercial
 Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
 ajdeleon63@gmail.com



COLD SHOT
 A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES
 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



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.

Readers of the Month
 Todd & Julia Lewis from Ponoka



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>



Deaf & Hear Alberta Social Support for Seniors

A free, volunteer-led program that supports isolated Deaf and hard-of-hearing seniors (55+) through peer mentoring, technology coaching, and more!

Email: leslieb@deafandhearalberta.ca

NICKLE FAMILY FOUNDATION

Funded by the Government of Canada's New Horizons for Seniors Program | **Canada**




Specializing in Home Health Care Since 1970

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

Visit us at 10550 Mayfield Road NW

Congdon's Since 1970 | Aids to Daily Living | 780.483.1762 | congdons.ca



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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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

Our Focus Is On You

WE OFFER:
 • Comprehensive eye examinations
 • Ocular emergency walk ins*
 • Contact lenses, eyewear, eye drops
 • Pediatric examinations / Senior examinations
 • Diabetic exams, glaucoma workup/mgmt
 • Direct billing to most insurance companies

* Fully covered by AB Health for ALL AGES

780.489.3937
PRAIRIE EYE CARE
 6855-170 Street NW, Edmonton

ACCEPTING NEW PATIENTS AND WALK-INS



IT'S BACK. EMPLOYEE PRICING
 AT **BIG WEST** 

YOU PAY WHAT WE PAY. PLUS \$10,000 CASH GIVEAWAY
NO PURCHASE NECESSARY

Big West **Diamond Club** 

FOR OUTSTANDING ACHIEVEMENT IN SALES AND CUSTOMER SERVICE

18208 Stony Plain Rd. Edmonton, Alberta, T5S 1A7 **780.489.9999**
bigwestford.com



WEST EDMONTON VISIT OUR NEW LOCATION AT 10165-186 ST.!

jiffylube

- OIL CHANGES ■ CABIN FILTERS
- TRANSMISSION AND DRIVELINE SERVICE
- AIR FILTERS ■ FUEL FILTERS

\$10 OFF ON YOUR NEXT VISIT!

WARRANTY APPROVED | NO APPT. NECESSARY!

780.483.2281 17771 - 98A Avenue (beside the Domo)
 Mon - Fri, 8-6 | Sat, 9-4 | Sun, 10-4

780.244.4855 10165 - 186 Street (Sunwapta Centre, beside Co-op Gas Bar)
 Mon - Fri, 9-5 | Sat, 9-4 | Sun, 10-4

Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter

Call **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!
1-877-579-9449

LegalShield



RETIREMENT LIVING CHRISTENSON
 Optional Meals • Personalized Services • On-site Care


Join Our Vibrant Community

Glastonbury Village
 PARKLAND

Full Kitchens • Social & Recreation • U/G Parking

1585 Glastonbury Blvd, Edmonton **780-540-9500**
CDLhomes.com

CHRISTENSON COMMUNITIES



STOP STREAMING! IT'S FUNNIER LIVE
 AT THE COMIC STRIP
 BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT **thecomicrostrip.ca**

Rick Bronson's THE COMIC STRIP
 DRINK • DINE • LAUGH

