

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

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

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

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

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

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

PAID PER Letter

ZERO Experience Required

MUST BE 18+

EDUCATIONAL PROGRAM



START HERE!

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



Transform lives, one wish at a time.

Make-A-Wish.

Visit makeawish.ca

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:

- Your name
- Your phone number
- 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.

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Fort McMurray Edition

877-553-6397



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

Ongoing - Good Beginnings Free information sessions for parents/caregivers infants birth-18 months with guest presentations, hosted by AHS. Wednesdays 11:00am-12:00pm at the Wood Buffalo Regional Library. Phone 780-791-6247 for more information.

Ongoing - Seniors Walk in Anzac Every Tuesday and Thursday from 11:00am - 1:00pm seniors can walk the track at no charge with complimentary coffee and tea service. Call 780-334-2424 for more information.

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
(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 résumé before fall!



Know it Sooner Computer Training
www.knowitsooner.com/get-certified

IMPROVING EFFICIENCY SINCE 2006

DIRECT WORKWEAR LTD. & WOMENS WORKWEAR



Fit Matters!

Scan the QR Code to Watch our Video About Why Womens Fit Matters

LARGE SELECTION & GREAT PRICES
Open 7 Days A Week
Located At Unit 120, 9401 Franklin Ave. Fort McMurray

www.directworkwear.com www.womensworkwear.ca

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

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



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

Coffee News is proudly delivered by

wjs Canada

Coffee News Part of your community.



It's not just a generator. It's a power move.

Receive a free 7-year warranty with qualifying purchase* - valued at \$945.

Call 888-688-0973 to schedule your free quote!

GENERAC



*Terms and Conditions apply.

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



For all your real estate needs!

INTEGRITY • HARD WORK • PROFESSIONALISM



3% REALTY
FORT McMURRAY

Kathy Bowers
BROKER/OWNER
780.881.1649
kathybowers@gmail.com

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!

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

Looking for a place to rent?

Looking for someone to manage your property?

Call us today!
780.598.1360

RESIDENTIAL REMEDIES INC.
O/A 3% Realty Fort McMurray



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

LegalShield

Ray's Coins and Stamps

THE CHOICE OF DISCERNING COLLECTORS

BUY and SELL

Coins
Graded coins and collectible coins from the Royal Canadian Mint and a few other mints

Tim Hortons Hockey Cards
...available to finish your set. Text 780.2619.2929 with your list!

Paper Money
Graded Canadian currency

Cell.: 780-619-2928
rgrikinis@yahoo.com | www.rayscoinsandstamps.com
Check our showcase # letter "I" at Old Strathcona Antique Market, 10323-78 Ave.

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



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


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

Edmonton.CMHA.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.

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

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



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



LOCALLY OWNED

PREMIUM MEATS

Proud SUPPLIERS OF ALBERTA BEEF

- ✓ Monthly Specials
- ✓ Retail and Wholesale Pricing

OPEN DAILY

205-8706 Franklin Ave. 780-750-9622

101-122 Millennium Dr. 780-748-1497

www.premium-meats.ca



inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

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

30-DAY RISK-FREE TRIAL

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



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

Home | Auto | Business | Farm

We're in your community

780.790.1578

604 Signal Rd, Fort McMurray

BrokerLink Insurance

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

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: www.tasteofhome.com

