

Creating Smiles That Last A Lifetime...

General Dentistry • Cosmetic Dentistry • Implants
Restorative Dentistry • Botox Treatments

587.760.3454

Dr. DEREK FIKA Family Dentistry drderekfika.com
12943-97 St NW Edmonton

Proudly Introducing **Dr. Ahmed Hussain**
SPECIALIZING IN PROSTHODONTICS

EVENING & SAT. APPTS. AVAILABLE | WE SPEAK ARABIC, SOMALI, VIETNAMESE, CHINESE & HINDI

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call **780-220-6397**

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

✓ Hall Rentals
✓ Wednesday Night Meat Draws
✓ Thursday Night Country Jams
✓ Friday & Saturday Night Dances
✓ Saturday Afternoon Meat Draws
✓ Monthly Special Events

Everyone Welcome!

Legion

VIEW UPCOMING EVENTS

Kingsway Branch #175
14339-50 Street, Edmonton
780.425.8654 | <https://kingswaylegion.ca>

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

Your Local 3 "R" Plumber/Gasfitter:
✓ Repair ✓ Replace ✓ Renovate

KANAN Plumbing

Call today: **780.667.5780**

EXACT PRICE BEFORE WORK STARTS
LOCALLY OWNED, OPERATED
FAMILY ORIENTED

NO OVERTIME CHARGES!

PROVIDING THE GREATEST RETURN ON YOUR GREATEST INVESTMENT!

SELLING YOUR HOME?

Invite me over for a coffee. I'll give you real estate advice and a FREE market evaluation.

Your Community Realtor
GEORGE VAN DE WALLE
780.982.4247 RE/MAX

FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

North Central Edmonton Edition

780-220-6397

www.coffee-news.ca

Affordable-Effective-Exclusive-CALL NOW!

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

FREE QUOTE
Price by the job... No Surprises!

GO Mr. HANDYMAN

Handyman Service | Renovations
Home Repair | Construction

780-655-8402

Licensed Tradesman

100% SATISFACTION GUARANTEE

FREE ROLLING TRAY
- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

8060-167 AVENUE NW EDMONTON

BUBONIC KRONIK

MONDAY TO SATURDAY 10 am - 9 pm
SUNDAY, 11 am - 6 pm

find your smile here

Denturists: Rick Donily and Weronika Chlebek

horizon

DENTURE CENTER & IMPLANT SOLUTIONS

780.476.7929 | horizondenturecenter.com

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

PURCHASE TICKETS ONLINE AT thecomicstrip.ca

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

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

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.

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. 35 August 26, 2024

Everybody's Talking

Short snoozes: Underneath the chins of chinstrap penguins is a thin black band that gives them their distinctive name. Protecting their nests from predators like brown skua birds is vital, but challenging, for the penguins. To combat the threat, they've adopted a unique sleep strategy. These penguins take thousands of "microsleeps" every day, but each only lasts for about four seconds. By monitoring the penguins' brain activity, researchers have been able to confirm this behaviour. Remarkably, the birds can keep up this sort of sleep schedule for weeks on end. While scientists aren't certain if these brief naps provide any deep rest, the naps do enable the penguins to safeguard their offspring.

Heartfelt gesture: At Providence College in Rhode Island (U.S.), students forged a bond with their dorm's overnight security guard, whom they affectionately know as "Unc." The students recognized his kindness and knew he was longing to see his family in Nigeria after over a decade away from home. So they rallied to fund a trip for him. Their GoFundMe campaign garnered support from thousands within only a day. When they presented the overwhelming \$3,000 (USD) amount to James Mogaji, he shed tears of gratitude. The emotional moment spread through an online video, showcasing the impact of communal kindness. The security guard knelt in prayer, demonstrating the impact of the students' compassion.

School surprise: In a quaint town in Minnesota (U.S.), Catie Zwiier is a beloved kindergarten teacher who envisioned her students playing a role in her wedding. As it happened, her wedding day coincided with Catholic Schools Week, a week of themed dress-up days, so she and her fiancé devised a plan. The teacher seized the opportunity to plan a "Fancy Surprise Day" at the school, unbeknownst to the children. That day, amid the eager faces of her students, the couple exchanged vows in the presence of their school family. Initially, the children were shocked, but soon they erupted into excited applause. From flower girls to readers, the students were integral to the ceremony.

Lucky cats: The 19 feral cats that roam the National Palace, which is the presidential home in Mexico City, have been a fixture for years. They even wander into rooms where meetings or television interviews are taking place. The palace is built on the same ground as the former palace of the Indigenous Emperor Moctezuma, whose ancient empire honoured dogs, not cats. The Mexican president recently declared the cats as "living fixed assets," the first animals to receive such an honour. This means that they will receive food and care for life. They are now considered a symbol of the National Palace.

Quoteable Quotes

"Nurture your mind with great thoughts, for you will never go any higher than you think."
—Benjamin Disraeli

"I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom."
—George S. Patton

What's Happening

Seniors Whist Card Group Meets at the Pioneers Cabin of Edmonton 9430 - 99 Street N.W. Edmonton, every Tuesday, starting Sept 3 to May 27 from noon to 2:30 pm. Cost is \$3 per week person provides 20 games of whist with cash prizes. Contact Bruce at 780-463-2347 for info.

Sep 9 - Ovarian Cancer Canada Walk of Hope Come out and support research, advocacy and raise funds for women in Canada who are or will be affected by Ovarian Cancer. The Walk of Hope will take place at 830am at Kinsmen Park. 9100 Walterdale Hill. www.ovariancanada.org

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

Enter one of three ways:
1. Scan the QR code
2. Visit 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. Pruritus is the scientific name for ache, itch, or nosebleed?
2. Who wrote the Miss Marple mysteries?
3. Where is the Flores Sea?
4. Which wedding anniversary is "Golden"?
5. The Amstel River flows through this European capital.

(Flip bottom of page for answers)
© Published with Permission by Capital Marketing Ltd
(Over)

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

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB

1-855-977-9805

With purchase of a new Safe Step Walk-In-Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

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

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
--------------------------	-----------------------------------	--	--

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

30-DAY RISK-FREE TRIAL

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.
 PMA230469 EN, EX, USA (R) Only © 2024 Inogen, Inc. 859 Wood Drive, Suite 200, Costa, CA 95112
 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.

The Dive Outfitters

Scuba Diving & Snorkelling
 780.483.0044
 11781-156 St., Edmonton
www.thediveoutfitters.ca

Learn to Scuba Dive!

Scan to start your course online today

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

Happy Labour Day

from your friends at **Coffee News**

Your golden years are meant to be carefree.

Simplify the search for your retirement living home with Suitebird

780-719-6569

Suitebird SENIORS HOME FINDER

Your Weekly Horoscope

ARIES
 (March 20 – April 19)

Over the next few weeks, you may have a stalemate in your relationship. This dynamic could recede soon, but consider addressing the issue to strengthen the relationship. Lucky numbers: 15, 20, 31, 36, 39, 42.

TAURUS
 (April 20 – May 20)

This weekend's flux of energy may encourage you to have an at-home retreat. Be conscious of temptation to indulge in emotionally satisfying but unhealthy comfort food. Lucky numbers: 13, 17, 22, 27, 35, 39.

GEMINI
 (May 21 – June 20)

Geminis can crave rapid change in their environment. For the next few months, perhaps rethink where this dynamic is positive in your life and where it creates issues. Lucky numbers: 11, 13, 29, 38, 47, 48.

CANCER
 (June 21 – July 22)

At midweek, you may be stressed from the demands on you. Take time for self-care, even if that means things as simple as a bubble bath or good book and cup of tea. Lucky numbers: 14, 16, 27, 33, 37, 44.

LEO
 (July 23 – Aug. 22)

You may be tempted to say out loud whatever you are feeling at midweek. Writing it down may be helpful, and reviewing these thoughts to better understand them. Lucky numbers: 10, 11, 18, 24, 46, 47.

VIRGO
 (Aug. 23 – Sept. 22)

Your natural ability to focus on the details of a situation is enhanced at week's end. Might there be a stubborn issue that you can use this skill to help resolve? Lucky numbers: 1, 11, 15, 33, 39, 45.

LIBRA
 (Sept. 23 – Oct. 22)

Others may be very attracted to you over the next several weeks. If you are seeking a new partner, this could be a good time to shine, out in the world. Lucky numbers: 9, 12, 16, 17, 25, 40.

SCORPIO
 (Oct. 23 – Nov. 21)

When Scorpios operate from their highest vibration, they can be a catalyst for others to grow. For the next few months, you may want to reconsider your role in this regard. Lucky numbers: 4, 6, 10, 18, 27, 33.

SAGITTARIUS
 (Nov. 22 – Dec. 21)

An unusual or unexpected event may happen at week's end. If so, consider that this may be a wake-up call to make an adjustment in some aspect of your life. Lucky numbers: 12, 18, 21, 29, 32, 38.

CAPRICORN
 (Dec. 22 – Jan. 19)

Pluto's transit through Capricorn, since 2008, will end in a few months. What transformation has it wrought for you? What loose ends might need to be tied up to complete it? Lucky numbers: 5, 8, 9, 11, 19, 42.

AQUARIUS
 (Jan. 20 – Feb. 18)

At midweek, you may briefly see a utopia through rose-coloured glasses. Enjoy this vision of the ideal for the few days that it is in effect but recognize that it won't last. Lucky numbers: 16, 21, 27, 31, 35, 42.

PISCES
 (Feb. 19 – March 20)

A reality check may be necessary at midweek. Be careful of abusing substances, idealizing your interactions with others, or indulging in unhealthy illusions. Lucky numbers: 2, 4, 11, 14, 30, 43.

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

Did You Know...

Loud heartbeat: If you find yourself near a blue whale, try to listen for its heartbeat. The sound can be heard from over two miles (3.2 km) away. Perhaps that's because its very large heart is about the size of a golf cart.

Lots of tea: Anyone who thinks coffee is the most popular drink in the world would be wrong. More tea is consumed in the world than coffee, soft drinks, and alcohol. However, it doesn't beat water, which remains the most common drink.

Sink or float: Limes may be smaller than lemons, but lime slices will sink to the bottom of a glass of water. That's because limes are slightly more dense than lemons, just enough to cause them to sink in liquid.

Sleeping cats: People who love sleeping might wish they were cats. Adult cats need about 15 hours of sleep per day to recover from activities like hunting and exploring. And kittens need as much as 20 hours per day.

Fast grower: A bamboo plant is one of the fastest-growing species among plants. In ideal conditions, it can grow up to nearly 40 inches (101 cm) per day. It reaches its mature size at about 3 to 4 months old.

On the Lighter Side

I for one like Roman numerals.
 Kindergarten teacher: "Can you tie your shoes well?"
 Bobby: "Knot always."

Cinderella was terrible at soccer. She kept running away from the ball.

Knock! Knock! *Who's there?* Gnat. *Gnat who?* Gnats not funny. Open up!

What happens when a frog's car breaks down? He gets toad away.

Answers

Trivia answers: 1. Ithc 2. Agatha Christie 3. Indonesia 4. 50th 5. Amsterdam

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

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

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

- 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.
- Meanwhile, in a blender, combine the remaining ingredients; cover and process until smooth. Baste ribs.
- 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>

Smile with Confidence: AFFORDABLE DENTURE SERVICES

NAIT's Dental Clinic has been providing high-quality, low-cost denture services for nearly 50 years. Get superior dentures at an affordable rate while giving our students valuable hands-on experience.

BOOK YOUR APPOINTMENT TODAY:
 780.471.7786 • dentalclinic@nait.ca
nait.ca/dentures

Need ONE More Reason to Join?

- You don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- 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

Jennifer Miles, Agent
 125-15 Circle Dr
 St. Albert AB T8N 3Y7
 780-460-2279
www.jmilesinsurance.com

Desjardins Insurance

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products.
 Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

Maggie's PET GROOMING

Internationally recognized groomer with over 25 yrs. experience.

780.489.9551
 16209A Stony Plain Road

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