

Sturgeon Community Hospital Foundation

THANK YOU TO OUR DONORS

Because of YOU \$1,640,418 was raised last year!

95,176 PATIENTS TREATED AT THE STURGEON

49,525 EMERGENCY ROOM VISITS

11,892 PEOPLE ADMITTED TO BEDS

MAKE A DONATION FOR 2024

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

St. Albert Edition

780-220-6397

www.coffee-news.ca

Est. 1988

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

you've come to the right spot

Experience friendly, professional wax services in our clean and welcoming studios

100% gender-inclusive

buff WAX SPOT

Edmonton
13326-137 Avenue NW
780-457-WAXD (9293)

Tuesday - Friday 9 a.m. - 8 p.m.
Saturday 9 a.m. - 5 p.m.
Sunday + Monday Closed

Now accepting new patients!

Green Grove DENTAL

- Invisalign
- Sedation Options
- Same-Day Crowns
- Implants
- Financing Options
- Comfort Menu

780.458.2178

Located by Drayden Insurance
greengrovedentist.com

Google ★★★★★

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:
--------------------------	-----------------------------------	--	--------------------------

FOR ALL YOUR SEWER, PLUMBING, HEATING & GASFITTING NEEDS

- Plumbing Repairs, Maintenance & Renovations
- Hot Water Tanks
- Plumbing Fixtures
- Furnace Install & Repair ...and more!

ADG KABAN SEWER & DRAIN LTD.

Troy 780.498.6888 Cell. **780.458.9778** | www.adgplumbing.com

LICENSED • BONDED • INSURED

The best way to LIFT • FILL

CONCRETE LEVELING & VOID FILLING

\$100 DISCOUNT WHEN YOU MENTION THIS AD

POLYTEK360 INC CALL NOW FOR A FREE ESTIMATE **780.718.2509**

polytek360.ca

Wills | Enduring Power of Attorney | Personal Directive | Grants

ESTATE SOLUTIONS

SIMPLE AND AFFORDABLE

Stana Buist, Paralegal
780-228-1255

estate-solutions@outlook.com | www.estate-solutions.ca

If you require assistance or information regarding government issues, please contact my office

Dale Nally, MLA

MORINVILLE - ST. ALBERT

780-572-6161
Morinville.Stalbert@assembly.ab.ca

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 Zwier 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

Aug 21 - Weed Warriors Drop-in Event Weed Warriors teaches students and community members of all ages how to identify and safely remove invasive weeds, as well as how to support the growth of native plant species. Taking place from 2-6pm at 2 Meadowview Dr

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.

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. 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)

Wild Earth Bakery

780-651-7362

Located in the Enjoy Centre, Entrance 4 - 101 Riel Drive, St. Albert

www.wildearthbakery.com

We've been around for a while and we've seen a lot over the years. The world keeps changing, but Wild Earth keeps baking.

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

Security Services You Can Trust

Canadian Pardons
USA Entry Waivers
Fingerprinting • Notary Public
Commissioner of Oaths

CANADA SECURITY SERVICES

Unit 7, 9363-50 St. NW Edmonton AB T6B 2L5
780.488.1134 • www.abpardons.ca
www.canadasecurityservice.ca

the **MAKERS** keep

FIND US IN THE ST. ALBERT CENTRE!

A local collective boutique with over 350 vendors from all across Alberta!

@tmksherwoodpark
@themakerskeep

www.themakerskeep.com

WE COME TO YOU - HOME, OFFICE, COFFEE SHOP OR VIRTUALLY!

I HAVE BEEN DOING TAX RETURNS SINCE 1985

Personal Tax Returns • Corporate Tax Returns
GST Returns • Preparation of T4s/T5s

D:V:V Donald B. Verbeke
PROFESSIONAL CORPORATION cpa

CHARTERED PROFESSIONAL ACCOUNTANT
CHARTERED ACCOUNTANT
CERTIFIED FINANCIAL PLANNER CFP

Lacombe Park Estates - St. Albert • don@verbeke.ca
Cell: 780.945.6190 • www.verbeke.ca

WHY RENT ...when you can BUY?

You may be financially ready - and don't even know!

Call George about real solutions to build equity:

780.982.4247

www.georgevandewalle.com

GEORGE VAN DE WALLE

Everitt GARDENS
An OPTIMA LIVING Community

Let us welcome you home™
780-569-2273
everittgardens.ca

Scan or call to book your visit

Independent Senior Living
Supportive Senior Living
Private Memory Care

125 Everitt Drive North, St. Albert

Affordable-Effective-Exclusive-CALL NOW!

Build Your Dream Kitchen

- 20+ Yrs. in Business
- Local, Family Owned and Run Shop
- Competitive Pricing
- Fast Delivery

West and South Edmonton locations

10454A Mayfield Road, Edmonton

COMFORT KITCHEN CABINETRY

Book Your Design Consultation: 780.885.6058

CALL FOR A FREE ESTIMATE

The Dive Outfitters

Scuba Diving & Snorkeling
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

one bite technology

Mac & PC Repair
iPhone & iPad Repair
Used/Refurb Device Sales

Call us today for expert 1-on-1 or in home tech support.

2002 Tudor Glen, St. Albert
OneBiteTechnology.ca - 587-290-0200

STUMP GRINDING

FREE QUOTES

- ✓ Quality, professional service at a reasonable rate
- ✓ Same day service in most cases
- ✓ Senior discount available

Nicholas Verklan - nverklan@hotmail.com

780-938-5548

St. Albert Singers Guild

Love to Sing?

Join us on our musical adventure Tuesdays from September through May at WD Cuts Junior High in St. Albert.

Next season starts September 10

Discover the joy of music with our non-auditioned mixed and women's community choirs!
All skill levels welcomed.

stalbertsingers.org

Window Coverings That Reflect Your Style

From inspiration to installation, our team of professionals collaborate with you to deliver beautiful window treatments.

BLINDS & SHADES • SHUTTERS • CUSTOM DRAPERY

108-25 Chisholm Avenue, St. Albert

BENCHMARK WINDOW FASHIONS

833.330.0265 | sales@bmark.ca | bmark.ca

NOW ALSO OFFERING WALL PAPER!

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

Where your pet gets a vacation too!

BlackPaws Pet Resort & RV Storage

Why choose us for your dog boarding needs?

- Acres of play areas! • Group play all day!
- Large private indoor/outdoor rooms for each dog, or up to a family of 3!
- Management on-site 24/7

26106 Twp Rd 552, Sturgeon County
780.984.5718 | blackpawspetresort.ca

Less dogs, more space... a tired dog is a good dog!

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. Ith 2. Agatha Christie 3. Indonesia 4. 50th 5. Amsterdam

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

Weekly • Bi-Weekly • Monthly • One-Time Cleaning

We do one thing – Clean!

Professional and personalized cleaning service:
Residential & Commercial Cleaning
Detail Cleaning • Basic Cleaning
Move In/Move Out • New Construction

YOU HAVE IT MAID CLEANING SERVICES LTD.

Call Lynn for a free quote: 780.721.6789
www.youhaveitmaid.ca

UH-OH!

DON'T WORRY – We repair damage to leather, vinyl, plastic and fabric.

COLORGlo

NORTH EDMONTON

For a free estimate, call 780.239.7917

AUTOMOTIVE | COMMERCIAL | RECREATIONAL | RESIDENTIAL

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

REGISTER TODAY FOR FALL 2024!

FOREVER YOUNG Academy Of Music

- Private and Group Lessons
- Online and In Person
- Guitar, Piano, Ukulele, Singing
- Songwriting, Drums

780-293-3227
foreveryoungacademyofmusic.ca

2029 Tudor Glen Place, St. Albert | foreveryoungacademyofmusic@gmail.com

Parent and Tot Classes for Younger Kids! (Intro to Music)

Transform Your Outdoor Space!

Terrascape Landscaping & Maintenance

Installation, Repairs & Improvements • Paving Stones
Retaining Walls • Rocks & Wood Mulch • Flower Beds • Sod
Grounds Maintenance • Seasonal Clean Ups • Snow Removal

587.501.7155 | www.TerrascapeLandscaping.ca

10% DISCOUNT*

Our skilled bra fitters make the trip worthwhile!

Romantic Notions Inc.

#30, 210 McLeod Ave., Spruce Grove
780.962.4944 | 1.855.962.4944

@romanticnotionsab
romanticnotionsboutique

Book your appointment now at www.romanticnotions.ca

*When you present your St. Albert Coffee News

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.

Helping People Live Their Best Life Possible

ComForCare HOME CARE

Please contact us for all your Home Care needs

780-733-4495