

Edward Jones

At Edward Jones, we do money differently.



- Planning for Retirement
- Wealth Strategies
- Business Owner Strategies

Garet Wood
Financial Advisor
780-679-2220

Let's talk

www.edwardjones.ca/ca-en/financial-advisor/garet-wood


FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Camrose Edition

877-553-6397



www.coffee-news.ca Est. 1988

The World's #1 Restaurant Publication!

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



CAMROSE *OPEN Mon - Fri, 9-6 Sat, 9-5 Closed Sun*

Jiffy Lube®

- OIL CHANGES ■ FUEL FILTERS
- TRANSMISSION AND DRIVELINE SERVICE
- WINDSHIELD CHIP REPAIR

WARRANTY APPROVED
NO APPOINTMENT NECESSARY!

780.672.1274

#140, 6800-48 Ave., Camrose

SENIORS GET 10% OFF ANY OIL CHANGE PACKAGE WITH THIS AD


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

PAID PER Letter

ZERO Experience Required

MUST BE 18+ **EDUCATIONAL PROGRAM**

START HERE!



Call today to book your appointment!

We only want to make you SMILE

Millet Denture Clinic

780.387.3311 • 5022 - 50 Street, Millet
BARB UNGER, DD • barb@milletdenture.ca

PROVEN EXPERTISE **FREE ESTIMATES**

HALAS ROOFING

Dennis Halas Agencies Ltd.
NEW & RE-ROOFING

- Top rated roofing materials
- Family run for 25+ yrs.
- Licensed, insured & WCB

Edmonton Area: 780.893.9751 • Wetaskiwin Area: 780.312.8074
dennishalasshaw.ca • www.halasroofing.ca

Halas provides a 50 Year Extended Warranty including a 25 Year Workmanship Warranty!



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

Start Your Creative Healing Journey

The arts are an essential piece in our ability to heal and thrive.

We offer an integration of creative process and psychotherapy.

CURRENTS
ART PSYCHOTHERAPY STUDIO

587.207.5197 | www.currentsarttherapy.ca

BOOK NOW

In-person and Virtual Sessions Available



We design and build High Quality, Fast **CUSTOM BUILT COMPUTERS**

> We find affordable, powerful LAPTOPS to meet your needs
> There are still good, fast low priced sweet spots available

Marg's Computers

780.678.2338 | 4608-39 St., Camrose

We also fix your computers and laptops!

IN STOCK NOW!
REFURBISHED COMPUTERS WITH 3 YR WARRANTY

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

Ongoing Tuesdays - Mirror Lake Market Join us Tuesday afternoons at the Mirror Lake Centre SW parking lot, family friendly Farmers market with locally grown, fresh made, hand made, food, and items, meal prep, baking, hand crafted items and so much more. For more info call 780-678-1960

Sep 21: Breast Cancer Fundraiser Climbing Mt. Kilimanjaro in support of Breast Cancer. Event at Ferinosh Hotel will include singing and DJ by Brian Dumont and potluck meal by donation. Meal 6pm, dance 7-11pm. Proceeds go to Canadian Cancer Society. For more info: kili2025.bla@hotmail.com

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*

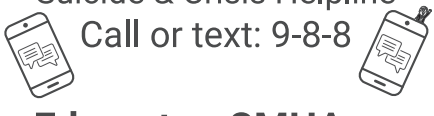
*Mail your entry to: CN Guy Contest, 9768-170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.



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

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

Edmonton.CMHA.ca



THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

Understand the Bible. Understand the times.

PROPHECYPROS® POP-UP

Sat., September 14
9 a.m. - 3 p.m.


Stettler Community Hall
5101-46 Avenue

REGISTER HERE:
eventcreate.com/e/popupstettler

QUESTIONS:
popupstettler@gmail.com

4 MAIN SESSIONS + BONUS Q&A SESSION

PROPHECYPROS®.com Two experts. One topic. No confusion.

Recipe of the month

Harvest Salad with Cherry Vinaigrette

3 medium fresh beets (about 1 pound)
1 package (5 ounces) spring mix salad greens
2 medium apples, thinly sliced
1 medium carrot, shredded
1/2 cup grape tomatoes, halved
1/2 cup yellow grape tomatoes or pear tomatoes, halved
1/2 cup chickpeas, rinsed and drained
1/2 cup coarsely chopped walnuts, toasted

4 thick-sliced bacon strips, cooked and crumbled

Cherry Vinaigrette:
1/2 cup tart cherry preserves
3 tablespoons olive oil
2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
1 garlic clove, minced
1/4 teaspoon salt
1/8 teaspoon pepper

Prep Time: 10 min Bake: 50 min. + cooling Yield: 10 servings

- 1 Preheat oven to 400°. Scrub beets and trim tops to 1 in. Wrap in foil; place on a baking sheet. Bake 50-60 minutes or until tender. Remove foil; cool completely. Peel beets and cut into 1/2-in. pieces.
- 2 In a large bowl, combine salad greens, apples, carrot, tomatoes, chickpeas, walnuts, bacon and cooled beets. In small bowl, whisk vinaigrette ingredients until blended. Serve with salad.

Source: <https://www.tasteofhome.com>



PLEASE ASK US FOR STARTER PACK

200+ Delicious Meals Made for SENIORS!

NOW SERVING THIS COMMUNITY!

- ✓ Free Delivery*
- ✓ No Obligations
- ✓ No Minimum Orders*

*Some conditions apply

Request your **FREE MENU Catalogue** today!
780-666-2336
TF: 1-800-704-4779

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS®

www.hearttohomemeals.ca



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!**

ONLINE SURVEY

Take Survey here



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



Caregivers Alberta
Caring for Caregivers

Caregivers Alberta provides education, supports well-being, and advocates for family and friend caregivers taking care of someone at home or in the community.

In rural areas where support is limited, caregivers who are seniors are struggling more and more. You can help them by volunteering as a Senior Caregiver Ambassador.

- Stay active in your community
- Help other seniors
- Be part of an organization that values your contribution

Give us a call at **1.877.453.5088** or email volunteer@caregiversalberta.ca

Seniors Helping Seniors

www.caregiversalberta.ca/volunteer

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

Learn From the Best!

Explore the possibilities of DIY soap making, lotion making, and bath product creation

wixy
Private 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

30% OFF CELLULAR

BUDGET BLINDS
Style and service for every budget.

Summer Sizzler

SALE

780.679.0487

Where Real Estate Happens™

Karin Vassberg
REALTOR®
Serving Camrose & Area

MaxWell
Devonshire Realty

Proud Sponsor of the Camrose Elks Lodge #70 Breakfast Every Second Sunday of the month, 9-Noon

5021-50 Street, Camrose
Cell: 587-322-4879
Karinvassberg@ViewHome4u.com

LEAKY GUT?
"Death begins in the colon" ~ Mechnikov

DO YOU SUFFER WITH ANY OF THESE...

- Digestive Issues (gas, bloating, diarrhea, irritable bowel syndrome)
- Autoimmune disease (arthritis, lupus, psoriasis, celiac disease)
- Depression, anxiety, ADD or ADHD
- Seasonal allergies or asthma
- Chronic fatigue or fibromyalgia
- Hormonal imbalances (PMS, PCOS)
- Skin issues
- Food allergies/intolerances

LEARN MORE HERE

Heal Your Gut, Improve Your Well Being!

Rebecca Mccord
gut health coach

250.329.8116 | www.HealthyBellyCoach.com

Comfort For Your Lifestyle Needs

Scooters • Homecare Beds
Lift Chairs • Stair Lifts
Porch Lifts

Silver Cross
RECYCLED & NEW HEALTHCARE EQUIPMENT
3715-98 Street NW, Edmonton
780.450.6992 | www.silvercross.com

BUY SELL TRADE

INQUIRE ABOUT OUR FREE ASSESSMENT SERVICE!

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

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

Every Tuesday
Kinsella Community Centre
Kinsella, AB

Bingo

Doors Open 5 p.m.
Bingo Starts 7 p.m.

Jackpot is at least \$1000 weekly!

Tinnitus Therapy
available using new Stylleto

Rechargeable Hearing Aids Available

Did you know all seniors and low income adults qualify for \$900-\$2400 towards hearing aids?

Signia Stylleto
Unique and beautifully designed hearing aid

EYES + EARS
OPTICAL + HEARING CO.
403.790.2020 • 4502-50 Street, Ponoka

FINANCING FOR HEARING AIDS NOW AVAILABLE

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

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

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

Not sure what your marketing needs are?

Transform your business today with our Elite Pro Marketing Package!

Get a whole digital marketing team of specialists on your side.

Contact us for a FREE consultation today!

Frontline
web consulting
(780) 760-6922
frontline@frontline.ca

SCAN ME

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.

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

We've moved...

Gifts and Gadgets

VISIT US IN OUR NEW LOCATION!

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