



Help Us Improve

Take





BEHIND MCDONALD'S

YOUR ONE STOP KITCHEN AND GIFT SHOP



www.coffee-news.ca

Vol. 21 No. 35 August 26, 2024

877-553-6397

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 24 to 25 - Agra Fair Join us for a weekend of family-friendly fun, celebrating our agricultural roots and vibrant community spirit in the center of Spruce Grove, at the Agrena and Central Park. Come on down for our parade, bench show, pancake breakfast, and much much more!

Sep 8 -Perogy Supper We will be holding a Perogy supper at peace Lutheran church, 303 church road in Spruce Grove from 5:00 pm-6:30 pm. Suggested cost is \$15.00 for adults, and \$5.00 for children under 12. Call Diane at 587-599-7412 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.



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)

The World's #1 Restaurant Publication!



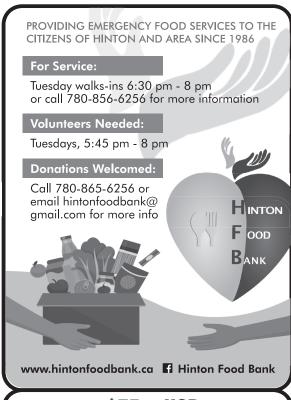
THIS SPACE RENT

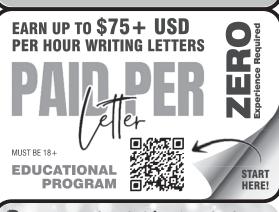


Call 780-220-6397









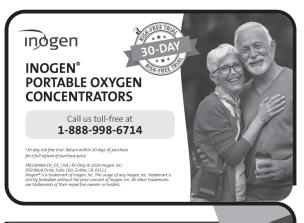


Affordable-Effective-Exclusive-CALL NOW!

www.scubagearcanada.ca

Book a demo at zazra.ca or call 780.702.9900

Mail your entry to: CN Guy Contest, 9768-170 Str "Mail your entry to: CN Guy Contest, 9768-170 Street, Suite 303, Edmonton, AB TST 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.



Home | Auto | Business | Farm

We're in your community

780.865.4631

112 Macleod Ave, Hinton BrokerLink.ca

BrokerLink¹ Insurance



250.329.8116 | www.HealthyBellyCoach.com

Not sure what vour marketing needs are?

Fransform your business today with our *Elite Pro Marketing*

Get a whole digital marketing team of specialists on your side

Contact us for a FREE consultation today!



(780) 760-6922



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

lease include:

D Your name ② Your phone number

ad ③ Your address
b that we can send you some cool prizes



Coffee News Fun Reading. Serious Advertising.



DAILY BETWEEN JASPER | HINTON | EDSON | EDMONTON AND JASPER | LAKE LOUISE | BANFF | CALGARY Visit our site to book



Wrap in foil; place on a baking sheet. Bake 50-60 minutes or until tender. Remove foil; cool completely. Peel beets and cut

nto 1/2-in. pieces

https://www.tasteofhome.com

2 In a large bowl, combine salad green

apples, carrot, tomatoes, chickpeas, walnuts, bacon and cooled beets. In small bowl, whisk vinaigrette

ingredients until blended.

Serve with salad.

Your Weekly Horoscope

(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,

(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 recon-

sider 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,

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

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

Auswers

4. 50th 5. Amsterdam

Trivia answers: 1. Itch 2. Agatha Christie 3. Indonesia

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









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

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

Edmonton.CMHA.ca





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





Passenger Website: www.coldshot.ca TICKETS: 587-557-7719 | PARCEL: 587-557-7718

32- Hinton

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005