

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


FREE! New Issue Every Week!

Coffee News

"News To Be Enjoyed Over Coffee"

Downtown Edmonton Edition

780-220-6397



www.coffee-news.ca Est. 1988

RETIREMENT LIVING CHRISTENSON

Optional Meals • Personalized Services • On-site Care

Join Our Vibrant Community



VILLAGE AT **Westmount**

Full Kitchens • Social & Recreation • U/G Parking

13326-114th Ave, Edmonton

780-540-9500
CDLhomes.com



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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

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

FLAT RATE ALFA TAXI®

SERVING SHERWOOD PARK AND AREA

780.410.0667

Airport - \$40. Anywhere in Sherwood Park - up to \$10.*
* Except weekends and evenings.

Reasonable flat rate anywhere • 24 Hr. Service.
Toll Free 1.855.688.2941

NEED TO EXPAND YOUR MARKETING EFFORTS?

Coffee News® provides:

- ✓ Access to 520,000 loyal readers per month in 48 editions across Northern Alberta
- ✓ Access to thousands of online readers weekly
- ✓ Free ad design
- ✓ Free ad changes
- ✓ Free sponsorship in our CN Bucks program
- ✓ Exclusivity in your industry

So -- you're not advertising with **Coffee News**® because...?



780-220-6397
coffee-news.ca

Vol. 21 No. 38 September 16, 2024

Everybody's Talking

Horn reform: In Cambodia, if you install a musical horn in your vehicle, you will be in trouble. The prime minister has ordered police across the country to enforce an order that car owners replace musical horns with normal horns. The leader had seen videos on social media of "inappropriate activity" associated with the musical horns, such as people, especially children and youth, dancing on the roads and roadsides as passing vehicles play tunes, creating a serious safety hazard. He has mandated that any musical horn should be ripped out and replaced with the standard honking kind. While this new law may take away some music from the streets, it aims to significantly improve road safety.

Camelids year: The year 2024 has been designated as the Year of the Camelids, a diverse group of animals including camels, guanacos, and vicunas, which are all part of the camel family, as well as llamas and alpacas. Recognizing their vital role in sustaining the livelihoods of millions of people across 90 countries in harsh environments, the United Nations has bestowed this honour upon them. These remarkable creatures provide essential resources such as food, milk, transportation, fibres, and fertilizer. Particularly notable is the camel's ability to thrive in arid regions with minimal water requirements, which makes them invaluable for transportation across deserts and drylands.

Learn to drive: A woman from Colorado (U.S.), who had been arrested in the past for car theft and spent time in jail, attempted to steal another vehicle shortly after her release. However, police weren't the ones who foiled her plan. The issue arose when she realized the vehicle she'd stolen was a pickup truck with a stick shift. Lacking the skill to operate a vehicle with a manual transmission, she abandoned it, leading to the truck rolling and hitting a fire hydrant. Subsequently, she was arrested again and faced new charges of motor vehicle theft, careless driving, driving without a licence, and failing to report a crash. The stolen truck was returned to its owner.

Rare birth: In the confines of Thomas Belt Zoo in Juigalpa, Nicaragua, a mother puma welcomed three adorable cubs into the world. Two of them boasted a striking golden hue adorned with dark brown spots, while the third stood out due to its pristine white fur. This rare white cub was born with albinism, a condition believed to be shared by only a handful of pumas worldwide. Dubbed Itzae, meaning "Gift from God" in the Mayan language, the cub has quickly become a star attraction since her introduction to the public. Visitors flock to catch a glimpse of this extraordinary feline, marveling at her uncommon beauty and significance in the animal kingdom.

Quoteable Quotes

"Friendship is serious affection; the most sublime of all affections, because it is founded on principle, and cemented by time." —*Mary Wollstonecraft Shelley*

"You're only given a little spark of madness. You mustn't lose it." —*Robin Williams*

What's Happening

Sept 14 - Breast Friends Society Edmonton 50-50 raffle. Buy a ticket to help us continue offering breast cancer survivors the opportunity to be on a dragon boat team without cost barriers. Awareness and Hope in a dragon boat! www.breastfriendsedmonton.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

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.

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

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



Happy First Day of **AUTUMN**

from your friends at **Coffee News**®



yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



Make Your Marketing Work For You!



SCAN ME

- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline 780.760.6922

The Tile Installation Specialists

Get in touch for all of Your Tiling Needs.



587.333.9800 | THE TILE IS.COM

Trivia

1. A snow crystal has how many sides?
2. Zone Improvement Plan is more commonly known as the ____ code.
3. The pig in Charlotte's Web was named Babe, Wilbur, or Major?
4. Those with sitomania have an abnormal craving for what?
5. "Pong" was among the first of this type of game.

(Flip bottom of page for answers)

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.

NO MATTER WHAT
TERRY FOX RUN | SUNDAY, SEPTEMBER 15

- ◆ KINSMEN PARK ◆ FREE EVENT
- ◆ 1-10 KM ROUTE ◆ CHOOSE YOUR DISTANCE
- ◆ WALK OR RUN ◆ BEGINS 11:00 AM
- ◆ ALL ARE WELCOME

REGISTER AND FUNDRAISE AT TERRYFOX.ORG



THINKING OF BUYING OR SELLING?

CALL KATIE
Your Central Edmonton Agent:
780.519.0668
www.realtybykatie.com

Living & working in Central Edmonton!



Katie Adams



CONNECTOR

CONVENIENT, RELIABLE TRANSPORTATION SERVICE
DAILY BETWEEN JASPER | HINTON | EDSON | EDMONTON
AND JASPER | LAKE LOUISE | BANFF | CALGARY

Visit our site to book
www.SunDogTours.com
or call us at **1.888.786.3641**



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 Clean Your Home Like It's Our Own!

- ◆ Weekly/Biweekly/Monthly Personalized Cleans
- ◆ Move In/Outs
- ◆ Residential and Small Business

ASK ABOUT OUR SENIORS' RATES!

NOBODY CLEANS LIKE MOM
780.700.6686 • www.nobodycleanslikemom.com



ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon  Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com



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 COME TO YOU!

NERDS2YOU
VIRUS REMOVAL & COMPUTER REPAIR

ONSITE COMPUTER REPAIR

Your on-site computer and network service specialists.
Virus removal, network setup, repairs and more.

587-772-NERD(6373)


FAST, FRIENDLY AND PROFESSIONAL
DEBIT, VISA AND MASTERCARD ACCEPTED

NERDS2YOU.CA



Your Weekly Horoscope

ARIES
(March 20 - April 19)




This week you may be more focused than usual on your emotional reactions. What adjustment in attitude might help you act in more alignment with your highest values? Lucky numbers: 7, 9, 14, 24, 47, 48.

TAURUS
(April 20 - May 20)




An unexpected opportunity may surface mid-week that helps you achieve something close to your heart. However, you might need to adjust your viewpoint in order to see it. Lucky numbers: 2, 16, 18, 23, 27, 35.

GEMINI
(May 21 - June 20)




Information overload can easily happen to Gemini, and you may find yourself in this situation at midweek. Take a deep breath, step back, then focus on your highest priority. Lucky numbers: 3, 9, 10, 11, 15, 26.

CANCER
(June 21 - July 22)




Since 2008, you may have had intense periods of transformation. Pluto was in your opposite sign but this transit ends soon. What have you learned? What still needs completion? Lucky numbers: 11, 12, 23, 29, 43, 45.

LEO
(July 23 - Aug. 22)



Over the next 20 years, Pluto will reside in Aquarius. At times, there may be a stalemate between your needs and those of others. Cultivating maturity could ease this dynamic. Lucky numbers: 4, 6, 9, 17, 34, 36.

VIRGO
(Aug. 23 - Sept. 22)



Like your opposite sign, Pisces, you may be at a turning point over the next year, with major beginnings and endings. These changes may encourage you to be of service. Lucky numbers: 8, 10, 19, 24, 35, 43.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 23.

Did You Know...

Java reborn: In Berlin, Germany, bicycle couriers collect used coffee grounds from coffee shops and roasters, and deliver them to a social enterprise called Kaffeeform. The grounds are dried, preserved, and used to craft unique coffee cups.

Round safety: Have you ever pondered why manhole covers are round? It's because they require no rotation to fit properly. Additionally, circular covers are inherently the strongest shape.

Extreme means: If you are serious about dieting, you might be interested in U.S. Patent 4344424, issued in 1982. It is an anti-eating mouth cage! You can breathe and speak, but can't enjoy your favourite meal, an extreme form of self-control!

Morning ritual: Did you know that making your bed each morning may have mental health benefits? Scientists suggest that this simple act can enhance productivity, induce calmness, contribute to improved sleep quality, and reduce stress.

Beloved beverage: In Canada, a popular drink is called the Caesar, a blend of clam juice, tomato juice, vodka, and Worcestershire sauce. It originated in Calgary, Alberta, in 1969. About 400 million of these drinks are consumed each year.

On the Lighter Side

Some mornings I wake up grouchy. Other mornings I leave him alone.

Diner: "Waiter, there's a footprint on my omelet."
Waiter: "Well, when you ordered you told me to step on it."

Knock! Knock! *Who's there?* Dragon. *Dragon who?* These jokes dragon and on and on.

What goes up and down but doesn't move? A staircase.

What did the email say to the document? All good things come to a send.

Answers

5. Video game
Trivia answers: 1. Six 2. ZIP 3. Wilbur 4. Food

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

PURCHASE TICKETS ONLINE AT
thecomicstrip.ca

Rich Bronson's
THE COMIC STRIP
DRINK · DINE · LAUGH



Like us on Facebook

...to keep updated on **WEEKLY** contests in which you can enter to win tickets to sports events, entertainment events, Coffee News Bucks and more!



<https://www.facebook.com/CoffeeNewsWeekly>

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



The perfect cup ...every time

Each cup up to **75% Less** than leading coffee retailers

Kofe Corporation

We keep your machine clean and filled with product!

780.718.7212 / www.kofekorp.com



Struggling with depression, anxiety, fertility concerns, or the stress of parenthood?

We can provide you the mental health support you need.

Nest
INTEGRATIVE WELLNESS
10608-124 Street, Edmonton
780.760.6378 | nestinwellness.com

SCAN TO BOOK A FREE 15 MIN. PHONE CONSULT WITH ONE OF OUR THERAPISTS



inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

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.
PM230469 EN, EX, USA | Rx Only © 2024 Inogen, Inc.
4519 West Circle, Suite 200, Coalinga, CA 91311
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.



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: www.tasteofhome.com

