

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"

South Central Edmonton Edition

780-220-6397

www.coffee-news.ca



Est. 1988

The World's #1 Restaurant Publication!

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO




CALL NOW FOR A FREE ESTIMATE

No Job's Too Tuff For Us

Plumbing Repairs
Furnaces
Hot Water Tanks
Garage Heaters
Boilers and Radiant Heating
Residential/Commercial Construction
Polyb Replacement
Basement Renos
Backwater Valves
...and more

TUFF PLUMBING & HEATING LTD.
587-336-1954

Ticketed Plumber and Gasfitter | Quality Workmanship



Real Estate Law

Over 800 Google Reviews!	Easy, Secure Remote Legal Signing	Exceptional Legal Services at Low Cost	Learn more at pbmlaw.ca
--------------------------	-----------------------------------	--	--

PBM LAW ★ ALBERTA REAL ESTATE LAWYERS
(PETER B. MASON PROFESSIONAL CORP.)
AN ASSOCIATION OF INDEPENDENT LAWYERS

Call now: 866-888-1081 | www.pbmlaw.ca



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



Less Stress, More Smiles

AVALON DENTAL

ORAL HEALTH AND WELLNESS CENTRE

From routine preventative care, to cosmetic improvements and Invisalign, we have you covered.

910 Roper Rd. NW
Edmonton

780.465.0994
avalondentalreception@gmail.com

AVALON DENTAL SERVICES
SLEEP APPLIANCES
MERRELL SLEEP CLINIC
INFANT FREN-ECTOMY



RETIREMENT LIVING

CHRISTENSON

Join Our Safe & Social Community
Suites Now Available

Full Kitchens • In Suite Laundry • Optional Meals

9433-67A Ave., Edmonton

780-975-2509
CDLhomes.com




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

PURCHASE TICKETS ONLINE AT
thecomicstrip.ca

Rick Branson's
THE COMIC STRIP
DRINK • DINE • LAUGH



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

Sept 13 to 15 - Fall Book Sale Sale hours are Friday noon-6pm; Saturday 10am-6pm; Sunday noon-4pm. Take what you want, donate what you can. Spruce Grove Public Library.

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. 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)

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

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



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



Get The Smile You Deserve!

\$99 New Patient Exam | Lower Than Current Fee Guide | Complimentary Teeth Whitening

Floss Bosses.ca

Your. New. Routine.

825.901.GUMS | #207, 6958-76 Ave. NW




SOLID ADVICE. TIMELY SERVICE. KNOWLEDGEABLE STAFF.

We Work For You!

IN BUSINESS SINCE 1982
We're proud of our history!

ROBERTS-McCLURE INSURANCE

780.439.4357 | #106, 8657-51 Ave., Edmonton



FAST, ACCURATE, CLEAN & FRIENDLY SERVICE

MILLWOODS Bottle Depot

2830 Parsons Road
(south extension of 99th St. above South Edmonton Common)

mybottledepot.ca

14 receiving stations to serve you REALLY FAST!

Mon - Sat 8:30 am - 7 pm
Sunday 10 am - 6 pm

BEST IN THE CITY!

Bring in your bottles for a chance to win in our regular Customer Appreciation Draws!



ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com



Not sure what your marketing needs are?



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

SCAN ME

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!



CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

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

NEED CASH FAST?

Title Loans



GET FUNDED
AUTO EQUITY LOANS

APPLY NOW!

- ✓ Car Repairs
- ✓ Emergency
- ✓ Lost Job
- ✓ Bills Piling Up

Cash in your hands as soon as the next day!

780-901-5545 | autoeloans.ca

Capital
WINDOWS AND SNOW

10% OFF
SENIORS DISCOUNT

FALL SEASON CLEANING

WINDOW WASHING
GUTTER CLEANING
SNOW REMOVAL

BOOK NOW
(780) 850-4357



www.iusecapital.com

At Seller Direct® Northern Homes Realty, It's Not About Discounts, It's About OPTIONS!

How We SELL Your Home:

- ✓ 300+ Websites
- ✓ Social Media Ads
- ✓ QR Code to Home's Features
- ✓ 3D Tours & Professional Photos

AND MORE!

seilerdirect
Northern Homes Realty

Diana Noble Owner/Broker

Chris White 587.335.4675 | Kristal McCoy 204.782.7312
ckduo@sellerdirectnorthernhomes.com




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



Visit our NEW showroom!

GRAND OPENING

Call today to get free expert advice on your flooring reno!

Quality
RED TAG FLOORS

780.721.4324
8327 Roper Rd, Edmonton

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.



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 Geminis, 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.


LIBRA
(Sept. 23 - Oct. 22)

What has worked well or poorly for you since your last birthday? Now is a good time to set new goals. But you may wish to wait a bit before starting to implement them. Lucky numbers: 6, 14, 15, 17, 24, 34.




SCORPIO
(Oct. 23 - Nov. 21)

This month you may find yourself drawn into universal mysteries. Following where they lead may give you powerful insights. Be careful of being pulled under too deeply. Lucky numbers: 1, 8, 26, 27, 35, 45.




SAGITTARIUS
(Nov. 22 - Dec. 21)

Your mind may be racing in many directions at week's end, which could make decisions difficult. You might want to wait a few days for this energy to pass. Lucky numbers: 10, 14, 16, 17, 29, 39.



CAPRICORN
(Dec. 22 - Jan. 19)

As Pluto makes its last pass through Capricorn, you may be asked to shed the vestiges of an old pattern. Let what you love most be your compass in this transformation. Lucky numbers: 8, 12, 14, 18, 23, 30.




AQUARIUS
(Jan. 20 - Feb. 18)

Pluto will soon reenter Aquarius and reside in your sign for the next 20 years. This heralds a period of transformation that could bring significant changes in your life. Lucky numbers: 7, 8, 9, 18, 30, 36.



PISCES
(Feb. 19 - March 20)

Like your opposite sign, Virgo, you may find yourself at a turning point over the next year, with major beginnings and endings. Let your highest vision be your North Star. Lucky numbers: 5, 9, 12, 18, 23, 25.



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

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

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>

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



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**



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!

LegalShield 1-877-579-9449



inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

Call us toll-free at 1-888-998-6714

30-DAY RISK-FREE TRIAL



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>

