

Struggling with your health and wellness goals?
Nest's acupuncturist can treat:
• fatigue • pain
• hormone imbalances (impacting fertility and menopause)
• immune health
• allergies
...and more!

SCAN THIS QR CODE TO BOOK A FREE 15 MINUTE PHONE CONSULT TO SEE HOW ACUPUNCTURE COULD HELP YOU ON YOUR HEALTH JOURNEY

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

Specializing in Home Health Care Since 1970

PICK UP AND DELIVERY

- Ostomy
- Incontinence
- Mastectomy
- Compression
- Walkers
- Rentals
- Wheelchairs
- Accessibility
- Repairs
- ...and more!

Visit us at 10550 Mayfield Road NW

Congdon's | Aids to Daily Living | 780.483.1762
Since 1970 | congdon.ca

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

Our Focus Is On You

WE OFFER:

- Comprehensive eye examinations
- Ocular emergency walk ins*
- Contact lenses, eyewear, eye drops
- Pediatric examinations / Senior examinations
- Diabetic exams, glaucoma workup/mgmt
- Direct billing to most insurance companies

* Fully covered by AB Health for ALL AGES

780.489.3937
PRAIRIE EYE CARE
6855-170 Street NW, Edmonton

ACCEPTING NEW PATIENTS AND WALK-INS

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

ETTA TELECOM
587.760.2800
https://zettatelecom.com

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

Trustworthy, Honest and Reliable House Cleaning... Just For You!

- ✓ Flat and Hourly Rates Available
- ✓ Over 15 Years Experience
- ✓ Thorough, Considerate, Friendly

3 HRS CLEANING \$99+GST
ON FIRST 2 CLEANINGS WHEN BOOKED IN 1 CALENDAR MONTH

Whatsapp: (780) 239-3553 | almescape@gmail.com

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

Pure DENTURE CLINIC

- Full and Partial Dentures
- Denture Repairs
- Night Guards
- Certified Denturist
- Direct Billing For Insurance

FREE CONSULTATIONS

780-477-6850
www.puredenture.ca

18336 Lessard Rd. NW, Edmonton

FREE! **New Issue Every Week!**

Coffee News[®]
"News To Be Enjoyed Over Coffee"

South West
Edmonton
Edition

780-220-6397

www.coffee-news.ca

Est. 1988

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.

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)

(Over)

Quest + Medi Lab
A Division of Quest Research And Analytics Inc.

Allergy Testing: Find What Triggers You— Food, Pollen, Insects, and More...

We offer Full Panel Allergy & Food Intolerance/Sensitivity Screen for 295 Allergies & 286 Food Allergies
We also test for Vitamin D & Lyme Disease

SCAN BOOK YOUR APPOINTMENT TODAY!

Located in Edmonton 780.851.2021 Ext.101
Lab Address: 4282-91A Street Edmonton T6E 5V2

Capital
WINDOWS AND SHOW

FALL SEASON CLEANING

WINDOW WASHING
GUTTER CLEANING
SNOW REMOVAL

BOOK NOW
(780) 850-4357

10% OFF SENIORS DISCOUNT

www.iusecapital.com

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

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

barterpay

Tom Halapatz
587-407-1584

Bonnie Ell
587-404-8989

→ barterpay.ca

OVER STOCKED?
You can Barter that!
Turn what you have into what you need, without using money
ASK US HOW!

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

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yes.tv for details

Maggie's PET GROOMING

Internationally recognized groomer with over 25 yrs. experience.

780.489.9551
16209A Stony Plain Road

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

www.sellerdirectnorthernhomes.com

FIND OUT HOW YOU CAN
SAVE UP TO 50%!
ON COMMISSIONS
 WHEN YOU **SELL**

with Seller Direct Northern Homes Realty

How We Get Your House SOLD:

- ✓ 300+ Websites
- ✓ Social Media Ads
- ✓ QR Code to all your home's features right on your For Sale Sign
- ✓ 3D Tours & Professional Photos

WE HELP BUYERS TOO!

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

sellerdirect Diana Noble
 Northern Homes Realty Owner/Broker
780.638.4800

PROUDLY SERVING EDMONTON & SURROUNDING AREAS

DR. AHMAD FAYAD & ASSOCIATES
LESSARD DENTAL

780.394.3494
 6104-172 St. NW, #125, Edmonton

- Braces • Implants
- Extraction
- Children's Dentistry
- Cleaning
- Emergency Services

New Patients Welcome!

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
 FRONTLINECONSULTING.CA

SCAN ME

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

WEST EDMONTON VISIT OUR NEW LOCATION AT 10165-186 ST.!

jiffy lube

- OIL CHANGES ■ CABIN FILTERS
- TRANSMISSION AND DRIVELINE SERVICE
- AIR FILTERS ■ FUEL FILTERS

\$15 OFF ON YOUR NEXT VISIT!

780.483.2281 17771 - 98A Avenue (beside the Domo!)
 Mon - Fri, 8-5 | Sat, 9-4 | Sun, 10-4

780.244.4855 10165 - 186 Street (Sunwapa Centre, beside Co-op Gas Bar)
 Mon - Fri, 9-5 | Sat, 9-4 | Sun, closed

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

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.


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.

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

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

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES
 & WHOLESALE HEATING PRODUCTS

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

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

PURCHASE TICKETS ONLINE AT
thecomicrostrip.ca

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

RETIREMENT LIVING
CHRISTENSON
 Optional Meals • Personalized Services • On-site Care

Join Our Vibrant Community

Glastonbury Village
 PARKLAND

Full Kitchens • Social & Recreation • U/G Parking

1585 Glastonbury Blvd, Edmonton
780-540-9500
 CDLhomes.com

CHRISTENSON COMMUNITIES

IT'S BACK.
EMPLOYEE PRICING
 AT **BIG WEST** Ford

YOU PAY WHAT WE PAY.
PLUS \$10,000 CASH GIVEAWAY
NO PURCHASE NECESSARY

BIG WEST **Diamond Club** 2023 WINNER PRESIDENT'S AWARD
 FOR OUTSTANDING ACHIEVEMENT IN SALES AND CUSTOMER SERVICE

18208 Stony Plain Rd. Edmonton, Alberta, T5S 1A7
780.489.9999
 bigwestford.com

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

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