

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

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

Floral Excellence Since 1956

Weddings, Funerals, and Floral Design for all occasions!

- Silk Flowers made to order
- Variety of Plants
- Balloons
- Chocolate/Fudge
- Stuffed Animals
- Gift/Treat Baskets
- Workshops
- Full Gift Store

Leduc Florists

Owners Sarah and Megan have over 40 years experience in the floral industry

DELIVERY TO LEDUC & SURROUNDING AREA

780.986.3320 | www.leducflorists.net | 4807-50 Ave., Leduc

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

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!

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

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

BEST IN THE CITY!

Helping You Lead Your Most Independent Life

- Wheelchairs & Walkers
- Wound Care
- Disposable Medical Supplies

LEDUC Homecare Supplies

Approved vendor for AADD, WCB, NIHB, Vet Affairs

780.986.3588 | 4711-50 Ave., Leduc | M-F, 9 a.m. - 5 p.m.

Let us help you find yours

Specializing in trauma-informed therapy and working with First Responders

BALANCE Psychological Services Inc

EMDR, Somatic Therapy
 Family, Individual, Youth, Couples, and Corporate Therapy

587.985.3132
 balancepsychservices.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

FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

Leduc - Nisku Edition

780-220-6397

www.coffee-news.ca

Est. 1988

Vol. 21 No. 41 October 7, 2024

Everybody's Talking

Sausage stop: While inserting money to get chocolate bars or chips from a vending machine might be familiar, if you happen to be in Germany, you also can get bratwurst and bockwurst sausages. These unusual vending machines have been around for a few years and are both popular and convenient, especially late at night when someone is craving a sausage. People who work late also appreciate the machines if grocery stores are closed by the time they have a chance to get food. Some of the machines even offer eggs, milk, produce, butter, and prepared sides like potato salad. The products are vacuum-sealed, and the machines are temperature-controlled to ensure safety.

Bee delay: You often hear of weather halting outdoor sports events, but this time it was buzzing bees that stopped the play. During a quarterfinal tennis match at the BNP Paribas Open in Indian Wells, California (U.S.), play was interrupted for nearly two hours. The players had to pause their game while a worker used a vacuum to remove bees that had swarmed onto the overhead camera. The unexpected delay provided an unusual spectacle for the audience, who watched as the court was carefully cleared of the insects. The players, who had been swatting away the bees, were fortunate that no one was stung.

Tourist trouble: Residents of Fujikawaguchiko (Japan), a town about 62 miles (100 km) west of Tokyo, were fed up with tourists who littered, trespassed, parked illegally, and broke other traffic rules. Tourists, eager to capture a perfect view of Mount Fuji, would flock to the town with their cameras, causing disruption. In response, the town installed a large, 66-foot (20-m) by 8-foot (2.5-m) mesh barrier to block the view of the snow-capped mountain. An official stated it was regrettable that it had come to this, adding that over-tourism is the biggest problem facing the iconic mountain. The measure aims to restore peace and order for the local community.

Ring recovered: A woman in Wales lost her engagement ring in 1970, while feeding hay to cattle on her family farm. She now has it back, thanks to a detectorist, which is someone who explores the ground with a metal detector. Marilyn Birch, a senior resident of Pontardawe in Neath-Port Talbot, described recovering the ring as an emotional reunion. All those years ago, she had retraced her steps in hopes of finding the ring, but to no avail. Recently, detectorist Keith Phillips obtained permission to search the land for treasures and found the ring buried about 8 inches (20 cm) deep in a field, a discovery that left its owner speechless.

Quoteable Quotes

"Reality itself is gorgeous. It is the plenum; the fullness of total joy."
 —Alan Watts

"The whole future lies in uncertainty: live immediately."
 —Seneca

What's Happening

Oct 5 - Words in the Park, Book Fair and Sale Agora, Community Center, 401 Festival lane, Sherwood Park.

A free event for all the family to meet and chat with local authors and vendors showcasing their books and goods. Kids activities, Silent Auction, gifts and prizes. **Oct 19 - Fall Craft Sale and Silent Auction** 265 Fir Street, Oct 19, 9AM - 4PM. Come on out and see what crafty folk have for sale or bid on one of the auction items! Looking to market some of your handiwork Call Grace at 780-467-4856 to book a spot. Hosted by the cowboy church.

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

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. The 1982 film Conan the _____ starred Arnold Schwarzenegger and James Earl Jones.
2. Sleeping Beauty fell asleep when she pricked her finger on a rose thorn—T/F?
3. A pinochle deck has 26, 48, or 52 cards?
4. What is the capital of Portugal?
5. The "V" in the acronym ROYGBIV stands for what?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)

THIS SPACE FOR RENT

Call **780-220-6397**

OR SCAN HERE FOR MORE INFO

For All Your Real Estate Needs, Call Bonnie!

780-995-0155
 bonniecampbell.remax@gmail.com
 www.superproperties.ca

Bonnie Campbell
 REAL ESTATE AGENT - OVER 24 YRS. EXPERIENCE

Learn From the Best!

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

wixy Soap

Our classes are fully hands-on and also available online!

Sherwood Park
587.785.8878
 shop@wixysoap.com | www.wixysoap.com

THE ONE 93.1 FM

LEDUC'S BEST COUNTRY

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

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

Promoting Smiles One Stitch At A Time

All the tools you need for knitting, crochet, embroidery, cross-stitch, needlefelting and spinning. We have beautiful and affordable yarn as well as many gift ideas from teddy bears, handmade hats and blankets to tote bags, yarn bowls and gift certificates.

10% OFF YOUR NEXT ORDER WHEN YOU MENTION THIS AD AND THE SECRET WORD "RAVEN"

BLACKBIRD KNITTING & NEEDLEWORK
 4724A - 50 Avenue, Leduc
 blackbirdknitting.ca

Open 10 a.m. - 5 p.m. Monday thru Saturday

OSP

LOOKING FOR WORK IN LEDUC?

OSP can help.
 www.osp.ab.ca/leduc-nisku • (780) 769-0700

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

LEAKY GUT?

DO YOU SUFFER WITH ANY OF THESE...

1. Digestive issues (gas, bloating, diarrhea, irritable bowel syndrome)
2. Autoimmune disease (arthritis, lupus, psoriasis, celiac disease)
3. Depression, anxiety, ADD or ADHD
4. Seasonal allergies or asthma
5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances

"Death begins in the colon" ~ Mechnikov

LEARN MORE HERE

Heal Your Gut, Improve Your Well Being!

Rebecca McCord
gut health coach

250.329.8116 | www.HealthyBellyCoach.com

SHOP ONLINE!

www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

The Dive Outfitters

Learn to SCUBA DIVE at our Edmonton location - call for details

11781-156 St., Edmonton 780.483.0044

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

Winter Is Coming...

Have you had your furnace serviced?

HVAC • Heating • Cooling
Refrigeration • Gas Fitting
Boilers • Building Management

DHR Daniels Heating & Refrigeration Ltd.

Residential & Commercial Service

24/7 On Call Service: 1-587-785-6033

We've moved...

VISIT US IN OUR NEW LOCATION!

Gifts and Gadgets

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

RETIREMENT LIVING

CHRISTENSON

Extensive Amenities • On-site Dining • Pet Friendly

Join Our Vibrant Community

TELFORD MEWS
AT LEDUC VILLAGE

Full Kitchens • Social & Recreation • Accessible Suites

41 Athapaskan Drive, Leduc

780-394-8233

CDLhomes.com

CHRISTENSON COMMUNITIES

Your Weekly Horoscope

ARIES
(March 20 - April 19)

Lots of energy swirls around you this week. You may be tempted to take an aggressive stand. But you might want to consider where forgiveness could serve you better. Lucky numbers: 10, 18, 25, 34, 42, 48.

TAURUS
(April 20 - May 20)

Did you pay attention to the hard truth that may have been revealed to you last week? This information could follow you, so you might want to address it now. Lucky numbers: 12, 14, 19, 34, 40, 42.

GEMINI
(May 21 - June 20)

You may be presented with many ideas and opportunities this week. Take time to sort through and evaluate them against your values and goals. But maybe wait to take action. Lucky numbers: 13, 14, 17, 27, 33, 45.

CANCER
(June 21 - July 22)

Cancers can be introverted by nature. But this week you may have a desire to expand your social circle and participate more fully. What might be the best way to manifest it? Lucky numbers: 9, 20, 25, 30, 40, 48.

LEO
(July 23 - Aug. 22)

Your thoughts and feelings might be out of sync for a few days at week's end. Can you reconcile this stalemate? If not, then waiting for this dynamic to pass may be best. Lucky numbers: 2, 4, 16, 17, 25, 39.

VIRGO
(Aug. 23 - Sept. 22)

Virgos often focus on precise facts and details. But sometimes, consider trying an intuitive leap of faith. The next few weeks may provide an opportunity to test this premise. Lucky numbers: 11, 25, 26, 28, 33, 40.

LIBRA
(Sept. 23 - Oct. 22)

Libras gravitate to beauty and may avoid the darker parts of their unconscious. At week's end, an opportunity may arise to unearth information that can help your development. Lucky numbers: 4, 7, 10, 13, 18, 40.

SCORPIO
(Oct. 23 - Nov. 21)

For the next few weeks, you may feel an urgency to blurt out whatever insights you have, no matter how dark, to others. Thinking before speaking could be important. Lucky numbers: 8, 11, 19, 36, 43, 46.

SAGITTARIUS
(Nov. 22 - Dec. 21)

You may feel the need to bust out of restrictions at the beginning of the week. Consider taking a time-out to analyze what changes you might truly need in your life. Lucky numbers: 1, 10, 14, 24, 32, 44.

CAPRICORN
(Dec. 22 - Jan. 19)

This may be a week of two steps forward and one step back. Though frustrating, you may want to consider postponing important discussions or decisions for a couple of weeks. Lucky numbers: 6, 8, 15, 32, 37, 41.

AQUARIUS
(Jan. 20 - Feb. 18)

Are you digging in your heels now because you have a strong feeling about something? Finding some detachment about the matter could help point the way to a solution. Lucky numbers: 7, 19, 32, 38, 41, 42.

PISCES
(Feb. 19 - March 20)

Are you experiencing an issue in a relationship now? Are there ways you could adjust your communication style to more clearly express your thoughts to the other party? Lucky numbers: 5, 15, 28, 38, 43, 48.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 30.

Did You Know...

Space growth: Scientists have discovered that astronauts can grow taller in space. In fact, living in microgravity can increase their height by up to 3%. A man who is 6 feet tall (1.8 m) could gain 2 inches (5 cm) in height!

Avocado truth: You might not think of avocados as fruit, like apples or oranges. But biologically, that's exactly what they are because they contain seeds. Their unsaturated fats are a healthy benefit of eating them.

Frightening frog: The tiny 1-inch (2.5 cm) poison dart frog has enough poison to kill 20,000 mice. It safely stores toxins in its skin to fend off predators. The species have brightly coloured bodies and are native to Central and South America.

Fierce predator: The giant Allosaurus dinosaur, with its 8-inch (20.3-cm) claws and 70 teeth, could hunt prey easily by running at 21 miles (33 km) per hour. All those teeth meant it was built to eat meat.

Sound sensitivity: If you can't stand certain sounds that don't bother other people, you may have a condition called misophonia. It's when a person is emotionally affected by common sounds like eating or even breathing.

On the Lighter Side

Knock! Knock! Who's there? Ogre. Ogre who? I'm ogre here, come find me!

Why was the broom confused? It didn't know which witch was which.

Swimmers do pool-ups to get strong.

Our poodle is like one of the family, but which one?

Barber: "Your hair is getting thin."
Customer: "Who wants fat hair?"

Answers

Trivia answers: 1. Barbarian 2. False 3. 48 4. Lisbon 5. Violet

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

30% OFF CELLULAR

BUDGET BLINDS
Style and service for every budget.

Summer Sizzler

SALE

780.986.0708

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

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

Edmonton.CMHA.ca

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

Edward Jones

At Edward Jones, we do money differently.

Garet Wood
Financial Advisor
780-679-2220

- Planning for Retirement
- Wealth Strategies
- Business Owner Strategies

Let's talk

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

A Bold and Imaginative Collection of Post-Apocalyptic Tales

Echoes of the Red Earth

Written By Canadian Author
Cornelius van Dijk

Available in paperback and digital copy

Canada's HEALTHY Choice for Pets!

GLOBAL PET FOODS

SENIORS' DAY last Tuesday of every month
Save 15%

5103 - 50 Avenue, Leduc
780-980-8711 • www.globalpetfoods.com

NWT SAFETY SUPPLIES

FIRE SALES & SERVICE
EXTINGUISHER

BAY 2, 1906-4 ST. NISKU
780 955 8797
X
50 SHEP ST. SPRUCE GROVE
780 962 1778

Lots to discover at 4722-51 Ave., Leduc

SIDE STREET & VINTAGE

Vintage Décor
Local Artisan Products

Tues-Sat 10-5
Ladies' Consignment Clothing

780-986-2048 | www.sidestreetvintage.ca