

### 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](mailto:contests@coffee-news.ca)  
Please put "Readers" in the subject line.

**Please include:**  
 ● Your name ● Your phone number  
 and ● 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.


**FREE!** *New Issue Every Week!*

# Coffee News®

"News To Be Enjoyed Over Coffee"

**North Central  
Edmonton  
Edition**

**780-220-6397**



www.coffee-news.ca Est. 1988

The World's #1 Restaurant Publication!

Reach out to us for free dementia-friendly guidance, resources, and a community that understands.



Contact us today at **1-866-950-5465** or visit [alzheimer.ab.ca](http://alzheimer.ab.ca) to learn more.

**Alzheimer Society**  
ALBERTA AND NORTHWEST TERRITORIES

EDMONTON COMMUNITY FOUNDATION presents

# WILLSWEEK

October 7-11, 2024

**Join Us for FREE Wills & Estates Sessions!**

Learn the essentials of wills and estates in these informative sessions. Topics include how to choose an executor, designate beneficiaries, and ensure your wishes are legally protected.

Don't miss out on this opportunity to get informed and plan for the future!

View all sessions: [ecfoundation.org/wills-week](http://ecfoundation.org/wills-week)

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.

Celebrate the Heroes of the Diabetes Community at the Hummingbird Awards Gala!

Join us for an unforgettable evening as we honour the passionate advocates, brilliant researchers, and the entire diabetes community at our exclusive "Blue Tie" fundraising event.

## The Hummingbird Awards Gala

November 14 | The Enjoy Centre, 101 Riel Dr., St. Albert  
Gourmet Full Course Meal ♦ Live Entertainment ♦ Exclusive Gifts for Attendees

Reserve your spot: [www.albertadiabetesfoundation.com](http://www.albertadiabetesfoundation.com)

Don't Miss Out! Limited Tickets Available.

**The Dive Outfitters**  
Scuba Diving & Snorkelling  
**780.483.0044**  
11781-156 St., Edmonton  
[www.thediveoutfitters.ca](http://www.thediveoutfitters.ca)

**Learn to Scuba Dive!**  
Scan to start your course online today




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

**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO



**Call 780-220-6397**

**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.

**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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

**ELECTRICIAN FOR HIRE**

Residential  
Light Commercial  
Electrical Repairs and Renovations

Art de Leon Master Electrician

**780.932.3858** Cell  
ajdeleon63@gmail.com



**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.

**It's not just a generator. It's a power move.**

Receive a free 5-year warranty with qualifying purchase\* - valued at \$715.

Call 888-716-3428 to schedule your free quote!

\*Terms and Conditions apply. **GENERAC**



**Your golden years are meant to be carefree.**  
Simplify the search for your retirement living home with Suitebird




**780-719-6569**

**Suitebird**  
SENIORS HOME FINDER

## 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 19 - Shakers and Makers Quality Craft Market** 10740 19 Ave NW Edm. 9:30 am to 3 pm. Our sale features hundreds of unique, one-of-a-kind handcrafted items. A delicious array of home baked goodies, jams preserves will be available too. Visit Facebook EdmGrans for more info. \$2 cash admission.

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



**yesTV**

**FREE LIVE STREAMING COMING THIS FALL**

visit [yestv.com](http://yestv.com) for details




**NON PROFIT organizations may submit fundraising events for FREE at [www.coffee-news.ca](http://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](http://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.


**Smile with Confidence: AFFORDABLE DENTURE SERVICES**

NAIT's Dental Clinic has been providing high-quality, low-cost denture services for nearly 50 years. Get superior dentures at an affordable rate while giving our students valuable hands-on experience.

**BOOK YOUR APPOINTMENT TODAY:**  
**780.471.7786 • [dentalclinic@nait.ca](mailto:dentalclinic@nait.ca)**  
[nait.ca/dentures](http://nait.ca/dentures)



Jennifer Miles, Agent  
125-15 Circle Dr  
St. Albert AB T8N 3Y7  
780-460-2279  
[www.jmilesinsurance.com](http://www.jmilesinsurance.com)



**Desjardins Insurance**

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products.  
Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

## Trivia

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

Your Local 3 "R" Plumber/Gasfitter:  
✓ Repair ✓ Replace ✓ Renovate

**NO OVERTIME CHARGES!**

**KANAN Plumbing**

Call today: **780.667.5780**

EXACT PRICE BEFORE WORK STARTS  
LOCALLY OWNED, OPERATED  
FAMILY ORIENTED





Comedian  
**Jimmy The Janitor**  
**Legion**

COMING NOV. 24!

VIEW UPCOMING EVENTS

Kingsway Branch #175  
14339-50 Street, Edmonton  
780.425.8654 | <https://kingswaylegion.ca>

**FREE ROLLING TRAY**  
- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

WITH PURCHASE OF \$5 OR MORE

8060-167 AVENUE NW EDMONTON

**BUBONIC KRONIK**

MONDAY TO SATURDAY 10 am - 9 pm  
SUNDAY, 11 am - 6 pm

**Recipe of the month**

**Fall Garden Medley**

4 large carrots, cut into 1-1/2-inch pieces  
3 fresh beets, peeled and cut into 1-1/2-inch pieces  
2 medium sweet potatoes, peeled and cut into 1-1/2-inch pieces  
2 medium onions, peeled and quartered

1/2 cup water  
2 teaspoons salt  
1/2 teaspoon pepper  
1/4 teaspoon dried thyme  
1 tablespoon olive oil  
Fresh parsley or dried parsley flakes, optional

Prep Time: 20 min Cook: 5 hours Yield: 8 servings

1 Place the carrots, beets, sweet potatoes, onions and water in a greased 3-qt. slow cooker. Sprinkle with salt, pepper and thyme. Drizzle with olive oil. Cover and cook on low for 5-6 hours or until tender.  
2 Stir vegetables and, if desired, sprinkle with parsley.

The perfect Fall side - colourful, tasty and healthy and complements many different meat dishes.

Source: <https://www.tasteofhome.com>

Creating Smiles That Last A Lifetime...

General Dentistry • Cosmetic Dentistry • Implants  
Restorative Dentistry • Botox Treatments

**Dr. DEREK FIKA Family Dentistry** [drderekfika.com](http://drderekfika.com)

12943-97 St NW Edmonton

Proudly Introducing **Dr. Ahmed Hussain**  
SPECIALIZING IN PROSTHODONTICS

EVENING APPOINTMENTS AVAILABLE | WE SPEAK ARABIC, SOMALI, VIETNAMESE, CHINESE & HINDI

587.760.3454

**Need ONE More Reason to Join?**

- You don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- 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

find your smile here

Dentists: Rick Donily and Weronika Chlebek

**horizon**  
DENTURE CENTER & IMPLANT SOLUTIONS

780.476.7929 | [horizontenturecenter.com](http://horizontenturecenter.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](http://www.coffee-news.ca/editions)

# 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](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

**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

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

PURCHASE TICKETS ONLINE AT [thecomicstrip.ca](http://thecomicstrip.ca)

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

PROVIDING THE GREATEST RETURN ON YOUR GREATEST INVESTMENT!

**SELLING YOUR HOME?**

Invite me over for a coffee. I'll give you real estate advice and a FREE market evaluation.

Your Community Realtor  
**GEORGE VAN DE WALLE**  
780.982.4247 **RE/MAX**

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

**Make Your Marketing Work For You!**

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

SCAN ME

Frontline 780.760.6922

**HOME CLEANING Service** Seniors' Discounts

✓ Residential and Commercial  
✓ Pet-friendly and Eco-friendly  
✓ Fully insured and bonded

Discover the Tailored Clean Difference!

**TCS CLEANING SERVICES LTD.**

587.987.1970  
[TailoredCleaningServices.ca](http://TailoredCleaningServices.ca)

**inogen** **INOGEN® PORTABLE OXYGEN CONCENTRATORS**

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

30-DAY RISK-FREE TRIAL

\*30-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.  
#A0230459 EN, EN, USA | In Only © 2024 Inogen, Inc.  
859 Wood Drive, Suite 200, Colton, CA 95311  
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.

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

866.888.1081 | [www.pbmlaw.ca](http://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](http://pbmlaw.ca)