

THIS SPACE FOR RENT
587-318-7963

Because No One Wants to See Your Crack
 WINDSHIELDS | TIRES | MUCH MORE

High River's
COUNTRY CHRYSLER
403-652-4949
 1103, 14 STREET SE • HIGH RIVER

SAVE 20%
 ON A NEW WINDSHIELD WHEN YOU BRING IN THIS AD!

10% OFF WITH THIS AD!

Does Your Pet Deserve A Spaw Day?
 Cats Welcome

We offer Full Service Pet Grooming
 Call or visit us online to book
403.475.6484
 www.nvh.ca

NOLAN HILL Pet Spaw Located inside Nolan Hill Veterinary Hospital

• Offices • Residential • AirBnB • +More

Maggie's Cleaning SERVICES

WHETHER YOUR CLEANING NEEDS ARE ONE TIME, WEEKLY OR MONTHLY... LET'S TALK! 403.861.1919

If this was your ad...

Your Business 7 Days A Week

it would have been seen now!

Deaf & Hear Alberta Social Support for Seniors

A free, volunteer-led program that supports isolated Deaf and hard-of-hearing seniors (55+) through workshops, meet up groups, peer mentoring, technology coaching, and more!

Email: leslieb@deafandhearalberta.ca

NICKLE FAMILY FOUNDATION

Canada

How Do You Recycle Your Coffee News?

- Make it into a paper airplane
- Distribute to schools as a reading tool
- Use as a packing material for gifts
- Pass along to a senior who does not get out much
- Use as a liner for a pet cage
- Perfect for origami or crafts
- Use as a placemat

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 **info@coffeeneewscalgary.ca**
 Please put "Readers" in the subject line.

Readers of the Month
 Ruhaan & Yuvaan from Calgary

Coffee News Fun Reading. Serious Advertising.

FREE! *New Issue Every Week!*
Coffee News
 "News To Be Enjoyed Over Coffee"
Sunridge Edition
587-318-7963

coffeeneewscalgary.ca
 info@coffeeneewscalgary.ca Vol. 14 No. 30 July 22, 2024

Everybody's Talking

Dress dilemma: A groom's absentminded mistake led to disaster when he accidentally left his fiancée's \$2,000 (USD) wedding dress on the car roof and then drove away, leaving the dress to fly off the vehicle. Lindel Cain, the bride from Adelaide, Australia, shared the mishap on social media. The couple was retrieving items from a storage unit when the incident occurred. Despite frantic efforts to find the dress, it remained missing. The couple offered a cash reward for its return. But even with such a setback, the bride maintained a sense of humour, seeing the mishap as a future wedding speech anecdote.

Tomato trouble: A Nigerian woman stands on the brink of a potentially lengthy prison sentence for her online critique of a can of tomato puree, of all things. Chioma Okoli shared her discontent online about the excessively sweet taste of the product she purchased. Unexpectedly, her post snowballed, amassing thousands of comments. Despite warnings from someone linked to the food product company, she persisted in complaining online. Consequently, she faced arrest in accordance with Nigeria's cybercrime laws. The company is suing her for significant damages, citing negative impact on their business. In response, Okoli is fighting back, suing both the police and the company.

Exquisite treat: The chocolate made by the To'ak company stands out in the world of fancy sweets, made from rare Nacional cacao found in small parts of Ecuador. Priced at up to \$490 for a mere 50-gram bar, it's not just candy, it's an experience. To'ak sets itself apart by carefully selecting the finest cacao, once believed extinct. This chocolate undergoes a special aging process in wooden barrels, similar to aging fine spirits, giving it exceptional depth. Spices like Cambodian Kampot pepper further enrich its flavour. Although above most people's price point, To'ak's distinct taste makes it a sought-after delicacy for those seeking something extraordinary.

Digital host: Spain's adaptation of the Survivor TV show will feature a unique twist: a segment hosted by Alba Renai, an AI-powered digital influencer. Despite her non-existent physical form, Alba was meticulously created based on feedback from a focus group of 350 young people, ensuring she embodied traits that were likely to resonate with a wide audience. Be a Lion, the team behind Alba, emphasizes the extensive human collaboration in her development. Claiming that no human jobs were lost in the project, they employ 32 people, including AI experts. The emergence of virtual influencers like Alba are sparking discussions on AI's role in entertainment and employment.

Quoteable Quotes

"Our grand business is not to see what lies dimly at a distance, but to do what lies clearly at hand." —Thomas Carlyle
 "Character is much easier kept than recovered." —Thomas Paine

What's Happening

Kidney March 3 Days 100 KM Kananaskis to Calgary Sept 6-8 2024 Walk the farthest you have ever walked and raise the most you have ever raised in the fight against kidney disease and for organ donation. Join us for Kidney March www.kidney.ca

Calgary International Pin Club 34th Annual Festival of Pins Calgary International Pin Club 34th Annual Festival of Pins
 Centennial Legion 9202 Horton Road S.W. August 24th 25th 2024 9am - 5pm Saturday. 9am - 4pm Sunday. Free Admission
 NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

Hidden Coffee News Guy ADVENTURE

To enter, visit www.coffeeneewscalgary.ca

Submit your birth date and we'll send you a birthday card ... or send your entry by mail to CNC Coffee Guy Contest 361 Panorama Way NW Calgary, AB T3K 0V2

Don't forget to include your full name, complete mailing address with postal code, phone number, email and date of birth. Also make sure you include the name of the ad in which you found the Coffee Guy!

Find the Coffee News Guy hidden in one of the ads, then enter to Win! **\$200 Prize Package** from local sponsors!
 4 winners (\$50 each) will be drawn on the 15th of each month from all correct entries

Trivia

1. A large body of ice that moves over land is called a ____.
2. An earthquake is measured by its depth, magnitude, or location?
3. T/F—The constellation Orion's second brightest star is called Betelgeuse?
4. TACOCAT is an example of a palindrome, imponderable, or paradigm?
5. What is a campanile?

National Love is Kind Day

A reminder from your friends at **Coffee News** Calgary

JULY 27

Does your coffee make you happy?

The Happy Co. In every cup you'll find hundreds of smiles...

Our coffee releases the four "happy hormones"

- Clearer Mind
- More Energy
- Weight Loss
- Over All Happier

www.thehappyco.com/HappyHilary

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!

<https://coffeeneewscalgary.ca/editions>

We Keep Good Company

Improving the quality of life for seniors and those with disabilities through accompaniment and companionship, including transportation services

Driving Miss Daisy Seniors' Services
 Accompanying you to a fuller life

1.877.613.2479
www.drivingmissdaisy.ca

inogen CLAIM YOUR 14-DAY RISK-FREE TRIAL!

PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

Call us toll-free at **1-866-950-1036**

*14-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.
 PMA20469 EN, EX, USA 1 Rx Only © 2023 Inogen, Inc.
 303 Common Drive, Colton, CA 95127
 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.

Feeling a little STReSSed?

Relax with... **Coffee News**

"NEWS TO BE ENJOYED OVER COFFEE!"

Thank You to all the distributors that display **Coffee News**

We are proud to be partners with you in providing "News to enjoy over coffee!"

Interested in having us in your restaurant or coffee shop? Call us for availability in your area...

COLD SHOT A DIVISION OF BALMARIA 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

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

FOR EXPERT HELP:
1-844-453-5372



Struggling To Take Care of Your Feet?

Whether you suffer from ingrown nails, athlete's foot, corns, skin and nail fungus infections, or other common foot ailments... help is just a call away with Certified Podologist, Marion.



Toes On The Go Footcare

Call today for more information: 403-620-7851
marion@toesonthego.ca • toesonthego.ca

Get in the mood TO GO NUDE

...with our quality handmade bath treats

We are a small, Calgary local based business creating Bath Bombs, Scrubs and Soaks for all skin types (including sensitive)



TAYCEE Delights

CHECK US OUT AT
Taycee Delights

OR SHOP ONLINE AT
www.tayceedelights.etsy.com

Franchise Areas Available!

Love Reading *Coffee News*®?

- Be a publisher!
- Work from home!
- Excellent income!

Opportunities now available in this area.



Call today:
587.318.7963

Fernando Arteaga

TORRES ARTEAGA LAWYERS

- Real Estate
- Civil Litigation
- Family Law
- Wills & Estates

403-261-4749
contact@talawyers.ca

SE HABLA ESPAÑOL



Just hatching a new business?

CHECK OUT *Coffee News*® ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising



It's a crackin' good deal!

Guttermedik+

Call: 403-903-8601

- ✓ Gutter Repair
- ✓ Seamless Gutter
- ✓ Fix Leaks
- ✓ Leaf Guards
- ✓ Downspouts
- ✓ Fascia | Soffit

on the web: guttermedik.com

Have You Had A Stroke?

For support and education:

- Stroke Recovery Association of Calgary (SRAC)
- Calgary Aphasia Centre (CAC)
- Young Survivors Group (YSS)

Phone 403.827.7520

www.sracalgary.com • www.calgaryaphasia.com
ysscargary@gmail.com • Calgary.Aphasia.Centre@gmail.com



Your Weekly Horoscope

ARIES

(March 20 – April 19)



You may experience burn out at midweek. Remember that Aries are undergoing a long-term transformation process that will be in effect for three more years. Lucky numbers: 7, 12, 19, 31, 32, 47.

TAURUS

(April 20 – May 20)



This weekend may be a good time for you to retreat for a couple of days. Relaxation and comfort food might be exactly what you need right now to recharge. Lucky numbers: 6, 14, 36, 37, 43, 44.

GEMINI

(May 21 – June 20)



Your energy level may be substantially increased this week. To what part of your life should you apply this boost? Don't forget self-care as you zip through this process. Lucky numbers: 8, 9, 25, 30, 38, 42.

CANCER

(June 21 – July 22)



Cancers' deep-felt emotions aren't always easy to translate to others. But the next two weeks may present an opportunity to communicate more precisely when speaking. Lucky numbers: 12, 19, 24, 31, 33, 43.

LEO

(July 23 – Aug. 22)



The ruling planet of Leo is the Sun, and it is shining down on you during your birthday month. This is a good time to set your intentions for the next year. Lucky numbers: 4, 17, 19, 22, 26, 40.

VIRGO

(Aug. 23 – Sept. 22)



Try to use this week to nail down details on your projects, including communicating with others. After that, things may be a bit chaotic for a couple of weeks. Lucky numbers: 13, 30, 36, 37, 40, 42.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 17.

LIBRA

(Sept. 23 – Oct. 22)



Are you simmering below the surface about an issue? Try to find a positive way to address it, or the situation could impulsively erupt into the open at midweek. Lucky numbers: 14, 18, 20, 23, 31, 45.

SCORPIO

(Oct. 23 – Nov. 21)



Your intuitive connection to those around you may be subdued for a few days at week's end. Rather than being disturbed by this dynamic, can you welcome it as a respite? Lucky numbers: 1, 14, 16, 18, 19, 23.

SAGITTARIUS

(Nov. 22 – Dec. 21)



Sagittarians often have a broad, philosophical worldview. This may not go over well with others for the next two weeks. You might want to retreat until the dynamic passes. Lucky numbers: 2, 5, 11, 12, 18, 35.

CAPRICORN

(Dec. 22 – Jan. 19)



In the next couple of weeks, you may have an opportunity for your hard work and discipline to be rewarded. Just be sure you read the fine print of agreements. Lucky numbers: 9, 12, 15, 17, 42, 43.

AQUARIUS

(Jan. 20 – Feb. 18)



You may be in a stalemate on how to proceed with your life. Making a list of pros and cons might help give clarity on adjusting your view of the situation. Lucky numbers: 5, 11, 23, 25, 26, 42.

PISCES

(Feb. 19 – March 20)



Pisces sometimes are overwhelmed by their emotions and those of others. Now may be a good time to make an adjustment that grounds you in a more joyful attitude. Lucky numbers: 3, 16, 24, 25, 38, 43.

Did You Know...

No relatives: American author Mark Twain was born Samuel Langhorne Clemens in 1835. He married Olivia Langdon, and they had four children. However, the author has no direct descendants living today.

Taking in flavour: Wood ear mushrooms are well known to Chinese cooks. These mushrooms grow on trees and bushes and look a bit like ears. They don't have much flavour, but absorb flavours of the sauces in which they are cooked.

Famous cars: Hollywood has had many famous cars grace its screens, including a Volkswagen Beetle "Herbie" in *Love Bug*, a 1966 Ford Thunderbird convertible in *Thelma & Louise*, and a 1977 Pontiac Firebird Trans Am in *Smokey and the Bandit*.

Canadian citizen: Canada has a population of about 39 million, and that includes Santa Claus. In 2010, the Canadian government affirmed Santa Claus as a Canadian citizen during a special citizenship ceremony in Calgary, Alberta.

Isolated world: The Sentinelese, who inhabit a tiny island in the Bay of Bengal, have lived isolated lives for over 60,000 years. They resist any attempts by authorities or anthropologists to study their culture.

On the Lighter Side

My mom gave some old rope a time-out. It was knotty.

First monster: "Are the monsters in your town ugly?"

Second monster: "Last year we held a beauty contest and no one won."

That poor piece of paper pinned to the wall! It was under a tack.

Knock! Knock! Who's there? Deduct. Deduct who? Deduct said, "Quack! Quack!"

What do you call a knight who just lost a fencing match? A sword loser.

Answers

Trivia answers: 1. Glacier 2. Magnitude 3. True 4. Palindrome 5. Free-standing bell tower

For available franchise opportunities – visit coffeenewscanada.com

© Published with Permission by Calgary Coffee News

Be prepared before the next power outage.

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

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

Call 1-866-930-1690 to schedule your free quote!

*Terms and Conditions apply.

GENERAC



Strawberry Frozen Yogurt

Ingredients

- 1 lb - 1 pound fresh strawberries
- half - lemon, juiced
- 2 - (7 ounce) containers Greek yogurt
- 3/4 cup - white sugar



RECIPE PREPARATION

1. Blend strawberries and lemon juice together in a blender until smooth; refrigerate until cold, about 1 hour.
2. Stir yogurt and sugar into strawberry mixture until well blended and smooth; pour mixture into ice cream machine's container.
3. Freeze according to manufacturer's directions for a soft-serve consistency.

allrecipes.com

Cost: \$20

Game Ready Elite is a well established 7v7 football program – and we have the amazing opportunity to bring this to Calgary as an affiliate, **GAME READY ELITE CALGARY!** For our inaugural season, we will be hosting tryouts for 3 age groups: U12, U15, U18. Location: Viper Dome 2255 Crowchild Trail Season Schedule (subject to change) 1. Nov. 11 – Tryouts 2. Nov. 18 – Teams selected 3. Weekly Practice (TBD) 4. Winter Showcase Tournament Feb 10,11,12 5. Game Ready Tournament March 6. Summer 7v7 weekend league play – June & July

FULL DETAILS AT
athleticedgecalgary.ca

HELPING HOMEOWNERS START OR FINISH THEIR HOME PROJECTS

CALGARY HANDYMAN SERVICES

DRYWALL	INSTALLATION
PAINTING	BATHROOM RENOS
PLUMBING	FLOORING
ELECTRICAL	...AND MORE!



CALL/TEXT TODAY:
403.852.7505
calgaryhandymanservices@telus.net

DO THE MATH!

If you advertise in a monthly publication, your ad is seen 12 times a year.
If you advertise in a bimonthly publication, your ad is seen 6 times a year.

If you advertise in *Coffee News*®, your ad is seen 52 times a year!
It takes the average person 8 - 10 times to see a message and retain it.
So, where would you want YOUR ad to be?

Coffee News® = Repetition

Early Bird until June 1 \$395/week
Regular Price \$370/week (GST incl.)
Subsidies available

Monday to Thursday 9:00 a.m. - 3:00 p.m.
Start dates:
Week 1 July 8 - 11
Week 2 July 15 - 18
Week 3 July 22 - 25
Week 4 July 29 - August 1
Week 5 August 12 - 15
Week 6 August 19 - 22
Calgary Rotary Challenger Park (3688-48 Ave. NE)

Register online:
<https://iconichoops.ca/summer-camps>

Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF

SAFE STEP WALK-IN TUB 1-855-681-2245

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