

We make every woman feel *Beautiful* from the inside out

Visit us on **f** for promotions and gift ideas!
www.facebook.com/RomanticNotionsAlberta

Romantic Notions inc. 780.962.4944
1.855.962.4944
#30, 210 McLeod Ave., Spruce Grove
Bras... and so much more!

For him for her, for couples, for you!

20 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

30 YEARS
Coffee News

Coffee News is back on the menu!

Help us stop the spread of Covid-19 by taking this copy of **Coffee News** with you!

Please do not return to the stand.

Let's work together to **STOP THE SPREAD**

WHERE DO YOU WANT TO BE WORKING IN 5 MONTHS?
IF IT'S IN A PROFESSIONAL ENVIRONMENT OR A MORE STABLE POSITION,
BREDIN COLLEGE CAN HELP YOU GET THERE!

Ask us about our programs:
Accounting and Payroll Administration
Legal Assistant
Office Assistant
Medical Office Assistant with Unit Clerk

YOUR SUCCESS. OUR FOCUS.

YOU ARE ONE CALL AWAY FROM A SUCCESSFUL CAREER
Spruce Grove: 780-571-8692

QUEEN STREET DENTAL

We follow the Alberta Fee Guide

Located in Queen Street Place
#109 - 505 Queen St., Spruce Grove
780-960-1422

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?
The Disability Tax Credit allows for **\$3,000 YEARLY TAX CREDIT** and **\$30,000 LUMP SUM REFUND**

APPLY NOW TO MEET 2019 TAX DEADLINES!

For Expert Help:
1.844.453.5372

IS ADVENTURE ON YOUR BUCKET LIST?
Discover Scuba

Try **Scuba Diving** and see what it's like to breathe underwater!
\$50 per person. Save \$10 each when you register two or more!

The Dive Outfitters
Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton

Or, discover **Snorkelling!**
\$30 per person. Save \$5 each when you register two or more!

CALL OR REGISTER ONLINE

www.thediveoutfitters.ca

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

DOES Coffee News WORK?

IT JUST DID!

FREE! New Issue Every Week!

Coffee News[®]

"News To Be Enjoyed Over Coffee"

Spruce Grove Edition
780-220-6397

www.coffee-news.ca

Vol. 17 No. 43 October 26, 2020

Everybody's Talking

Weird weather forecast: Watch out! It might rain iguanas! Weather forecasters in the state of Florida (U.S.) aren't kidding when they make this prediction. A cold snap in the area that usually is warm can stun these reptiles. If they are in a tree when that happens, the creatures could fall out. But locals know not to worry about the health of the iguanas that lie on the ground after falling from their perches. Once the temperature warms up, they are able to move again, and they get up and walk away.

Going squirrely: Those who live in neighbourhoods frequented by squirrels know that the little critters like to gather nuts. But a couple from Allegheny County, Pennsylvania (U.S.), were shocked to discover that the rodents near their home were stashing nuts under the hood of their SUV. They could smell something burning when they started the car. Upon further investigation, they found over 200 walnuts and wads of grass under the hood. Luckily, the grass was damp, so it didn't catch fire. The pair cleaned up the mess and took the vehicle to their mechanic, who gave them the "all clear."

Cucumber holdup: Staff members in a shop in Glasgow, Scotland, needn't have been frightened of a robber who came into the premises. He was armed only with a cucumber, which he had covered with a black sock. The would-be thief was Gary Rough, and he tried to get the staff to give him cash. But before his demand was granted, an off-duty police officer who was in the store noticed that something was going on and came to the rescue. Rough ended up being arrested. The judge was not impressed and gave the thief jail time for his crime.

Good Peruvian eats: People in London, England, who crave a bit of Peruvian cuisine would be wise to try out the bottomless brunch at Coya Mayfair, a restaurant in the city's West End. First, guests are greeted with colourful decor and the music of Peru, and then they are served the wonderful food. Dishes include crocantes and guacamole, which is freshly made right at the table, ceviche, and vegan options like grilled corn with lime and chili butter. People who attend this brunch need lots of free time, as it takes all afternoon to get through the many courses.

Quoteable Quotes

"A courteous person will always make everyone around him feel at his best and most alive."
—Helen M. Luke

"My body and mind are going in the same direction but not at the same speed."
—Margaret Randall

What's Happening

Sept 21-Old Tyme Fiddling Group Lessons - Beginner Intermediate. Beginner FIDDLE LESSONS, 7pm every Monday at Pleasantview Community Hall, 10860 - 57th Ave, Edmonton. If you can play at least one fiddle tune and want to enhance learn new skills, please phone Ava Wood 780-962-8857 or visit www.wildrosefiddlers.org

November 17-Edmonton Career Fair and Training Expo Get in front of hiring managers! Network and apply with Employer Exhibitors. Build meaningful rapport you need to advance your career in the direction that you want. More info from Career Fair Canada

December 3- TD Family Nights Families have the opportunity to enjoy an evening of FREE admission to the new early childhood development gallery, made possible by TD Bank Group. 100 free passes are available. More info at www.chatterblock.comevents303507td-family-nights

NON profit organizations may submit events for FREE at
www.coffee-news.ca/whats-happening

Hidden Coffee News Guy ADVENTURE

To enter, visit **www.coffee-news.ca**

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

\$400* Prize Package

Find the Coffee News Guy hidden in one of the ads, then enter to win!

*Coffee News Bucks
Over 150 participating sponsors!

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

NEW FEATURE!

...or send your entry by snail mail to: CN Guy Contest, 17303-107 Ave., Edmonton, AB T5S 1E5
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. What was the name of Don Quixote's horse?
2. The Temple of the Sun can be found in what country?
3. Forage crops are grown primarily for what?
4. A tamale is traditionally cooked encased in what?
5. In the world of finance, what is an IPO?

(Flip bottom of page for answers)
© Published with Permission by Capital Marketing Ltd
(Over)

YSS CANNABIS

780-571-1977 | 112-7 McLeod Ave., Spruce Grove

NOW OPEN IN SPRUCE GROVE

WE OFFER **IN-HOUSE PEDICURE SERVICES** FOR THOSE WHO ARE HOUSEBOUND

Nails by PAM

Manicures • Pedicures
Gel Nails • Brow and Lash Tinting
Senior and Diabetic Pedicures

780.514.7990

BY APPOINTMENT ONLY (ROCKY RAPIDS)

ISP COMPUTERS

Connecting you to the World

- New computers, laptops, tablets
- Custom desktops & laptops
- Repairs on all PC brands
- Complete diagnosis
- Virus & spyware removal
- Data backup & restore
- Laptop screen replacements
- Onsite & networking services
- Business IT solutions & management

NEW LOCATION!

780-960-2150 #204 - 205 Jennifer Heil Way
www.ispcomputers.ca Spruce Grove, Alberta T7X 0T3

THIS SPACE FOR RENT

780-220-6397

Helping you rediscover **fun** In the Kitchen!

Gifts and Gadgets

Your one stop kitchen and gift shop.
780.962.5220

CHECK OUT OUR EXTENSIVE ONLINE CATALOG!

Visit **www.giftsandgadgets.ab.ca** or visit us in person at 111 First Avenue, Spruce Grove

Pregnant? Facing Difficult Decisions?

We can help.
Call 780.421.1177 or text 587.596.5380

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

Small Miracles Adoption

www.smallmiraclesadoption.com

AUTO & HOME WINDOW REPAIR

- Replacement ■ Screens
- All kinds of flat glass and mirrors

PURE GLASS

5211-49 St. Barrhead
780.674.0130 (behind Laura's Restaurant)

Coffee News®

blossom your business



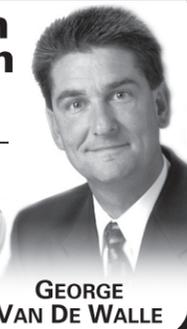
WHY RENT ...when you can BUY?

You may be financially ready – and don't even know!

Call George about **real solutions** to build equity:
780.982.4247

www.georgevandewalle.com

Each office independently owned and operated



GEORGE VAN DE WALLE

Need ONE More Reason to Join?

- 1 You need child support enforced
- 2 Your landlord raises rent in violation of your verbal agreement
- 3 You adopt a child
- 4 A friend owes you money and files for bankruptcy
- 5 You need help with credit card liability resolution
- 6 Your car is vandalized in a parking lot

Call **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

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!**

- ✓ VOIP Solutions at a fraction of the traditional carrier cost
- ✓ Long distance rates that outcompete the competition

TecWerks Inc.
WHERE TECH WORKS

780.801.1030 | www.tecwerks.ca

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS



Lock out your competition!

Coffee News® only allows one advertiser from each industry, so when you advertise your business, your competitors can't.

Call to lock out your competitors today!

Recipe of the month



Mini Halloween Cheeseball Pumpkins

- | | |
|--|--|
| 2½ teaspoons butter | ¼ cup chopped green onions |
| 3 tablespoons chopped garlic | ¼ teaspoon garlic salt |
| 1½ teaspoons white sugar | 1 cup finely crushed cheese-flavoured crackers |
| 2 cups shredded aged cheddar cheese | 12 pretzel sticks |
| 1 (8 ounce) package cream cheese, softened | 1 small bunch fresh parsley, or to taste |

Prep: 30 mins. Total: 1 hr 5 mins Yield: 24

- 1 Melt butter in a small saucepan over medium-high heat until sizzling, about 30 seconds. Add garlic and sugar. Cook, stirring constantly, until garlic just starts to brown, 3 to 5 minutes. Immediately remove from heat. Transfer garlic mixture to a bowl. Add Cheddar cheese, cream cheese, green onions, and garlic salt. Beat using an electric mixer on medium speed until creamy. Cover and refrigerate until firm enough to handle, about 30 minutes.
- 2 Shape chilled cheese mixture into golf ball-sized balls. Roll each ball in crushed crackers and slightly flatten the bottom. Press 1/2 a pretzel stick into the top. Repeat with remaining cheese mixture.
- 3 Spread parsley out on a serving plate and place mini cheeseball pumpkins on top.

Source: www.allrecipes.com



Here to help you see the world

We provide the technology to give you and your family the eye care you expect and need. We direct bill to most insurance companies.

Call today to book your appointment:
780-487-5986

SPECTRUM
FAMILY OPTOMETRY
1188, 8882-170 Street NW, Edmonton

~ Conveniently located at entrance 48 inside Pearle Vision in West Edmonton Mall ~
Call for Rates-780-220-6397/877-553-6397

Your Weekly Horoscope

ARIES (March 21 - April 20)



Your quick reaction to a situation may help bring others together. You might be able to look past the immediate to find much-needed solutions to current problems. Lucky numbers: 2, 4, 7, 12, 17, 33.

TAURUS (April 21 - May 21)



This may be a good time to get away from your usual daily activities. Getting away might help you evaluate your life, in general, and its overall course. Lucky numbers: 4, 13, 29, 31, 36, 48.

GEMINI (May 22 - June 21)



Others may try to reveal themselves in very mysterious ways. You might know quite well who you are dealing with and may be able to manage their requirements. Lucky numbers: 9, 11, 19, 32, 37, 39.

CANCER (June 22 - July 22)



Small details may change a little, but your plan still might be good. Empower others to look past immediate problems and find a better way for everyone to communicate. Lucky numbers: 3, 19, 23, 32, 34, 42.

LEO (July 23 - Aug. 23)



Communicate your message loud and clear! If you express your point of view, you may continue to bring others together. Your positive energy might help you to reach higher. Lucky numbers: 1, 2, 27, 37, 48, 49.

VIRGO (Aug. 24 - Sept. 23)



Strong emotional ties may need to be nurtured for you to continue on your current path. You might need to find a more positive approach to pursue these goals. Lucky numbers: 16, 19, 23, 32, 41, 48.

LIBRA (Sept. 24 - Oct. 23)



Try to put your positive influence in everything you do. Expand your plans to enjoy some amazing fun. You might find yourself surrounded by a buzz. Lucky numbers: 12, 24, 26, 29, 36, 43.

SCORPIO (Oct. 24 - Nov. 22)



You may be capable of forceful, decisive action and have the will to carry through on your intentions. Physically, you might feel good and your energy might be flowing smoothly. Lucky numbers: 17, 28, 29, 37, 46, 49.

SAGITTARIUS (Nov. 23 - Dec. 21)



You may hear some good news that makes you feel more empowered. Friends and family might want to get together to help celebrate your new venture. Lucky numbers: 13, 25, 38, 39, 41, 42.

CAPRICORN (Dec. 22 - Jan. 20)



Try not to analyze every situation, as some things in life make no sense. You might need to fortify yourself with positive energy from within. Lucky numbers: 6, 9, 19, 20, 23, 40.

AQUARIUS (Jan. 21 - Feb. 19)



Your well-thought-out ideas may help others deal with a sad situation. Your personal touch might be noticed. Expect to receive much honest appreciation for your sentiments. Lucky numbers: 1, 13, 20, 21, 26, 38.

PISCES (Feb. 20 - March 20)



Some new creative ventures may emerge in your life. Your loyalties might be tested, but making all the right decisions could prove that your heart is in the right place. Lucky numbers: 6, 16, 21, 28, 33, 44.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 9.

Did You Know...

Monkey business: The only wild monkey found in Europe is the macaque of Gibraltar, off the southern coast of Spain. Macaques are thought to originally have come from Morocco. They can be a bit of a nuisance to the residents because they can be aggressive.

Mineral man: A test that measures the hardness of minerals is the Mohs Hardness Test. On the Mohs Hardness Scale, talc is a one, quartz is a seven, and diamond is a 10. The test is named after its German inventor, Friedrich Mohs.

Currencies: There are many currencies around the world, including the Mexican peso, the Japanese yen, the lek in Albania, and the ruble in Belarus. In Canada, it's the Canadian dollar, and in the United States people use the U.S. dollar.

Space travelers: In 1961, Russian cosmonaut Yuri Gagarin was the first person to travel to outer space. He rode the spacecraft Vostok 1. His countrywoman, Valentina Tereshkova, was the first woman to do so in 1963, aboard Vostok 6.

Which fat? Saturated fat in food isn't healthy. It's solid at room temperature and can raise blood cholesterol. Unsaturated fat is liquid at room temperature. This type of fat can help lower cholesterol levels in the blood.

On the Lighter Side

Three states of age: youth, middle age, and "you're looking fine!"

What did the CD player say to the band leader? "Put me in, coach. I'm ready to play."

Parent: "I've got to teach you the value of a dollar!"
Child: "You have! That's why I asked you to loan me 10."

What did Paul Revere say when he finished his famous ride? "Whoa!"

Judge: "Are you guilty or not guilty?"
Defendant: "That's for me to know and you to find out."

Answers

Trivia answers: 1. Rociante 2. Peru 3. Livestock 4. Corn husk 5. Initial public offering

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



Wishes are waiting.

Help us give every eligible child the wish they need.

Donate today:
www.makeawishna.ca

Make-A-Wish
NORTHERN ALBERTA CANADA

Coffee News is proud to support Make-A-Wish Northern Alberta

WE BUY USED GOLD AND DIAMONDS



Blue Diamond Jewellers

780.968.0040
Main Street, Stony Plain

www.bluediamondjewellers.com

HORIZON STAGE

Performing Arts Centre

Horizon Stage is temporarily closed, for the health and safety of our artists, staff, volunteers, and patrons.

We thank you for your patience as we work through this situation. Please consult our website and social media accounts for more information and updates.

Spruce Grove, AB **780-962-8995** horizonstage.com



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

If you want to be successful in this life you have to follow your passion, not a pay cheque!

STOP WAITING FOR PERMISSION
WWW.RIPTHEPLAN.COM

ROUX Denture Clinic
New patients welcome!

Same day relines/repairs
Soft, flexible dentures – metal-free!

780.591.2260
5101-48 Street, Stony Plain

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE – It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere – even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714

GREATERT PARKLAND REGIONAL CHAMBER

FIRST ANNUAL 2020 GOLF TOURNAMENT
Trestle Creek Golf Resort
SPONSOR A HOLE & SHOWCASE YOUR BUSINESS

\$180 per golfer
\$720 per Fourball

For more information:
gprchamber.ca
780-963-4545
jroberts@gprchamber.ca

13
AUGUST