

Helping you rediscovers **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](http://www.giftsandgadgets.ab.ca) or visit us in person at 111 First Avenue, Spruce Grove



# YSS

## CANNABIS

Ask for the **TOURIST SPECIAL**

Valid until December 31, 2020.  
300 43 Avenue, Stony Plain | [yssc corp.ca](http://yssc corp.ca)

## Leave a legacy and be a part of tomorrow's future, today

If you're thinking of writing or updating your will, The Alberta Lung Association is offering the chance for donors to make a simple Will for free through our partnership with the Canadian Free Wills Network.

You are not obligated to leave a gift to the Lung Association – we hope that you will see this program as the perfect way to satisfy your estate planning objectives.

**BREATHE**  
the lung association

FOR MORE INFO, PLEASE VISIT:  
[www.ab.lung.ca/you-can-help-change-future-today](http://www.ab.lung.ca/you-can-help-change-future-today)

## JOIN THE KANGOO JUMPS REVOLUTION

Where Fit Meets FUN!

- 80% less joint impact per rebound
- Burn 25% more calories per unit of time
- Promote faster recovery and weight loss
- Increase bone density and muscle mass

### Kangoo Club

Spruce Grove

780.901.2818  
211-35 South Ave., Spruce Grove  
[www.kangooclubsprucegrove.com](http://www.kangooclubsprucegrove.com)

USE PROMO CODE JUMP. RECEIVE **25% OFF** YOUR FIRST VISIT!

Wellspring's  
*Twice is Nice*  
**THRIFT STORE**

**KIDS' BAG SALE\***  
**\$10**  
LAST SAT. OF EACH MONTH  
\* 0-5 YEARS

VOLUNTEERS WELCOME!  
DONATIONS ACCEPTED DURING STORE HOURS  
ALL PROCEEDS TO WELLSPRING FAMILY RESOURCE & CRISIS CENTRE

HOURS: Mon-Sat, 10 am - 4 pm  
780-706-3181  
5115-49 St., Whitecourt  
Midtown Mall

Wellspring's Twice Is Nice

## ROUX Denture Clinic

New patients welcome!

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

780.591.2260  
5101-48 Street, Stony Plain

## 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](http://www.smallmiraclesadoption.com)

**FREE!** New Issue Every Week!

# Coffee News®

"News To Be Enjoyed Over Coffee"

Stony Plain Edition  
**780-220-6397**

www.coffee-news.ca

Vol. 17 No. 50 December 14, 2020

## Everybody's Talking

**More than cherry soda:** When people grab a soda, the roster of flavours usually includes such things as cola, strawberry soda, ginger ale, and limeade. Now, a soft drink company based in Shizuoka Prefecture, Japan, may have won the competition for the weirdest soda flavours. The company, called Kimura Beverage, has produced sodas with flavours that include pickled plums, curry, melon bread, and eel. Developing the flavours is no small undertaking, as it can take up to a year to get it just right.

**Plastic plant:** A woman from California (U.S.) recently had a big surprise. Caelie Wilkes loves plants. She had a succulent that she carefully looked after for two years, watering it on a schedule. Its beautiful green leaves always seemed healthy. One day, Wilkes decided to transplant her pride and joy into a bigger pot. Imagine her shock when she discovered that the succulent was fake; it had no roots and was glued onto a piece of Styrofoam that was covered with dirt. Luckily, Wilkes has a sense of humour. She posted her story, which garnered lots of funny and sympathetic comments.

**Snail power:** When thinking about pets, most people conjure up images of cats, dogs, bunny rabbits, parrots, and maybe even pot-bellied pigs. But snails? That is the choice of Pepper Apollo, a woman from the United Kingdom who cares for approximately 150 of the creatures. She started collecting them a few years ago when she found some near her workplace. Today, she keeps her large collection of tiny pets in tiered terrariums where they live a luxurious, well-fed life. Apollo genuinely feels that each one of her little charges has its own personality.

**Animal sanctuary:** A couple in India love wildlife. In 1998, wildlife photographer Aditya Singh and his artist wife, Poonam Singh, started purchasing farmland near the Ranthambore Tiger Reserve in Rajasthan, northern India. Farmers happily sold their land because the big cats on the reserve threatened farmers' livelihoods. The couple has allowed the forest to regrow on the land, and today it is a lush home for tigers, leopards, wild boars, and other animals. The Singhs even dug watering holes for the animals. Now that these predators have the food and water they need, they are not as much of a threat to farmers.

## Quoteable Quotes

"Happiness lies in the consciousness we have of it." —George Sand

"Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight." —Benjamin Franklin

## What's Happening

**Nov 20 to Jan 2-Magic of Lights** Head to Castrol Raceway for a new holiday tradition! You'll embark on a 2.5 KM drive through experience from the comfort of your own vehicle. Be mesmerized as multiple holiday themes come to life with hundreds of thousands of sparkling LED lights!

**Dec 1-Dec 31-Luminaria** Stroll through the candle-lit pathways of the snow-covered Kurimoto Japanese Garden. University of Alberta Botanic Gardens - 51227 Hwy 60, Parkland County.

**Devon Arts Market Christmas Sale** Celebrate and experience the unique creativity of our artisans. Find those perfect one-of-a-kind gifts. Runs from noon to 4 pm, Sunday, Dec. 13, 2020. Devon Community Centre, 20 Haven Ave., Devon. More info at [ArtsDevon@gmail.com](mailto:ArtsDevon@gmail.com). Masks Mandatory

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://www.coffee-news.ca/whats-happening)

## Hidden Coffee News Guy ADVENTURE

To enter, visit [www.coffee-news.ca](http://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**  
\*Coffee News Bucks  
Over 150 participating sponsors!

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

## Trivia

1. Yale University is located in the U.S. state of New York or Connecticut?
2. The koala bear sleeps an average of 20 hours a day—T/F?
3. IKEA is best known for what?
4. In karate, what colour belt represents the highest level—red or black?
5. Who wrote the popular novel Doctor Zhivago?

(Flip bottom of page for answers)

Feel free to take your Coffee News home!

Did you know Gold Canyon Candles went out of business in March 2020? Sunset Scents is a new candle company that was formed by two former Gold Canyon executives who have over 20 years in the candle industry.



**PSC**  
Prairie Scented Candles  
Sunset Scents  
a Ray of Fragrance

We are recreating your Gold Canyon favourites like Fall Leaves (aka Autumn Walk), Hot Apple Cider (aka Mulled Cider), Christmas Wreath (aka Holiday Wreath), Ginger Lime and many more!

[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

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

BY APPOINTMENT ONLY (ROCKY RAPIDS)

**780.514.7990**

# THIS SPACE FOR RENT

**780-220-6397**

## HELP STOP THE SPREAD!

1. Wear a mask
2. Keep your distance – six feet!
3. Wash your hands
4. Take your copy of Coffee News home with you

Stay safe!  
A message from your friends at **Coffee News®**

## WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jeweller

**780.968.0040**  
Main Street, Stony Plain  
[www.bluediamondjewellers.com](http://www.bluediamondjewellers.com)

Wishes are waiting.

Help us give every eligible child the wish they need.

Donate today:  
[www.makeawishna.ca](http://www.makeawishna.ca)

Make-A-Wish  
NORTHERN ALBERTA CANADA

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

## Get Your Meters' Calibrations Right

— RELAX WHEN YOU GET AUDITED!

MEASUREMENT INC.

780-621-2555  
[www.measurementinc.ca](http://www.measurementinc.ca)

PORTABLE TEST SEPARATOR RENTALS

## 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**

For Expert Help:  
**1.844.453.5372**

## 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!  
**1-877-579-9449**

**LegalShield**

## 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**

**inogen**  
 © 2020 Inogen, Inc. All rights reserved. MKT-P0108

**QUEEN STREET DENTAL**

We follow the Alberta Fee Guide

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

**200+ Delicious Meals Made for SENIORS!**

PLEASE ASK US FOR STARTER PACK

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.hearttohomeals.ca

**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**  
 Please put "Readers" in the subject line.

Please include:  
 1 Your name 2 Your phone number and 3 Your address  
 so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!

**Reader of the Month**  
 Thomas Acheson • Calgary, AB

**Coffee News** Fun Reading. Serious Advertising.

IS ADVENTURE ON YOUR BUCKET LIST?

**Discover Scuba**

Try **Scuba Diving** and see what it's like to breathe underwater!

**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!

**www.thediveoutfitters.ca**

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

**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

**RE/MAX**

**GEORGE VAN DE WALLE**

**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.ispcomers.ca Spruce Grove, Alberta T7X 0T3

## Your Weekly Horoscope

### ARIES (March 21 - April 20)

You may be so excited about having learned something new that you can hardly stop thinking and talking about it. You might consider sharing these developments with others. Lucky Numbers: 3, 6, 9, 33, 36, 39.

### TAURUS (April 21 - May 21)

Don't allow the complaints of others to frustrate you or ruin your plans. Simply do something that is more fun. You might be in too good a mood to get bogged down. Lucky Numbers: 5, 10, 17, 22, 37, 43.

### GEMINI (May 22 - June 21)

You may have a positive, "can-do" attitude. Your physical energy and stamina might be high. Feeling energetic could enable you to go after challenges with gusto. Lucky Numbers: 11, 19, 21, 29, 31, 39.

### CANCER (June 22 - July 22)

You may feel very compassionate and motivated to aim high. Inspiration, imagination, and dreams might help you to be in touch with your higher forces. Lucky Numbers: 2, 17, 22, 27, 34, 40.

### LEO (July 23 - Aug. 23)

Self-confidence and physical energy may run very high. You might undertake any challenge that confronts you. Competition could help you to assert yourself. Lucky Numbers: 12, 15, 23, 33, 38, 49.

### VIRGO (Aug. 24 - Sept. 23)

Explore your ideas of desires and transformation. You may feel pressure to change, but try to eliminate stress in your life and reach your goals. Lucky Numbers: 1, 4, 14, 24, 34, 44.

### LIBRA (Sept. 24 - Oct. 23)

You might act on your passions, but try not to go to extremes. Stay clear about your purpose so that you can succeed without harming yourself or others. Lucky Numbers: 6, 9, 16, 19, 24, 37.

### SCORPIO (Oct. 24 - Nov. 22)

You may feel more compassionate and intuitive. You might be much more willing to empathize, and you could find that some people really do need your help. Lucky Numbers: 8, 11, 15, 25, 35, 45.

### SAGITTARIUS (Nov. 23 - Dec. 21)

You may have an impulse to experiment with new methods or routines. Someone might invite you to do something new. If you go along with them, you may be glad you did. Lucky Numbers: 1, 2, 3, 11, 22, 33.

### CAPRICORN (Dec. 22 - Jan. 20)

You may feel pressured to think hard and fast, and to handle many small details. Your quick reaction might help you obtain the great accomplishments you deserve. Lucky Numbers: 21, 26, 29, 31, 36, 39.

### AQUARIUS (Jan. 21 - Feb. 19)

You may meet all of your social obligations. You might learn not to take things so personally. Listening well could help you to understand how to improve your relationships. Lucky Numbers: 12, 21, 22, 33, 39, 41.

### PISCES (Feb. 20 - March 20)

You may need to take a real break from your daily routine. You might find that the solace will provide you with a much-needed inner or spiritual rejuvenation. Lucky Numbers: 6, 9, 13, 16, 19, 21.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 8.

## Did You Know...

**Sound the siren:** The first civilian ambulances were horse and buggy teams that carried medical equipment and were used to pick up patients in New York City. Dr. Edward L. Dalton of Bellevue Hospital started the service in 1869.

**Northern player:** Jordin Tootoo was the first player of Inuk descent to play in the National Hockey League. From Rankin Inlet, Nunavut, in northern Canada, his career started with the Nashville Predators in 2003. He retired in 2018.

**Fast wave:** Tsunamis, those enormous waves that can cause harm to coastal regions, occur most often in the Pacific Ocean's Ring of Fire. They can travel across the ocean at speeds of up to 800 kilometres (500 miles) an hour.

**Protein source:** Lots of people put tofu into their stir-fries. This soybean product is made from pressing soymilk curds into blocks. Tofu is a source of protein and is enjoyed by those who want protein from a substitute for meat.

**Skating phenom:** Sonja Henie was a famous figure skater. Born in Oslo, Norway, in 1912, she won many medals in competitions, including three golds in the Winter Olympics of 1928, 1932, and 1936. She died in 1969.

## On the Lighter Side

Hotel sign: "Our towels are so fluffy, it will be hard to put them in your suitcase."

The absentminded professor saw a sign on his door that said, "Back in 30 minutes." So he sat down to wait.

A baby brightens up a home. Since ours came, the lights have been on all night!

Life is like high school algebra. Every time you solve one problem, the teacher is waiting to give you another.

No job is so simple that it can't be done wrong.

## Answers

**Trivia answers:** 1. Connecticut 2. True 3. Home furnishings 4. Red 5. Boris Pasternak

For available franchise opportunities – visit [coffeenewscanada.com](http://coffeenewscanada.com)  
 © Published with Permission by Capital Marketing Ltd

## Good Times Start Here!

### RANCHERS SPORTS BAR & GRILL

Open Daily,  
 6 am - 10 pm  
**780.865.9785**

DINE IN AND TAKE OUT AVAILABLE



Open Daily,  
 10 am - 10 pm

### RANCHERS SPIRITS

**780.817.2356**

BOTH LOCATED AT:

438 Smith Street, Hinton

**Recipe of the month**

**Holiday Haystack Cookies**

1 cup semisweet chocolate chips      ½ cup roughly chopped almonds  
 1 cup milk chocolate chips      ½ cup shelled pistachios  
 3 cups chow mein noodles      2 tablespoons assorted holiday sprinkles

Level: Easy      Total: 1 hr 15 mins      Yield: 24 cookies  
 Active: 15 mins

- 1 Heat 2 inches of water in a pot to a simmer. Add the semisweet and milk chocolate to a bowl and place over the pot of simmering water. Allow to melt, stirring occasionally, 4 to 5 minutes.
- 2 Meanwhile, add the noodles, almonds and pistachios to a large bowl and set aside.
- 3 When the chocolate has melted completely, pour over the noodle and nut mixture. Mix until everything is well coated in the melted chocolate.
- 4 Using 2 spoons, drop tablespoon mounds onto 2 parchment-lined baking sheets. Sprinkle the holiday sprinkles over the top. Allow to dry completely before storing, about 1 hour.

Source: [www.foodnetwork.com](http://www.foodnetwork.com)

**GREATER PARKLAND REGIONAL CHAMBER**

**BECOME A MEMBER**

We promote the economic and social well-being of our community.

The Chamber will act as the front-door of the business community, uniting and representing the GPRC members in order to promote growth and economic contribution in the region.

[gprchamber.ca](http://gprchamber.ca)

Bras    Briefs    Boxers    Bikinis

**Romantic Notions inc.**

Visit us on **f** for promotions and gift ideas! **780.962.4944**  
**1.855.962.4944**

[www.romanticnotions.ca](http://www.romanticnotions.ca) | #30, 210 McLeod Ave., Spruce Grove

30 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

**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](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

**FRASIER** WEEKNIGHTS 6:00 (EST) / 6:30 (MT)

yes TV

Visit us on Facebook-CoffeeNewsWeekly