

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

## 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)

## 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**

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



GEORGE VAN DE WALLE

For the first time ever...

## Advertise Your Restaurant Here!\*

For complete details, call Sam at 780-264-2552

Qualifying distributors of *Coffee News* receive **FIRST MONTH FREE!\*\***

*Coffee News* #supportlocal Initiative

Thank You to these distribution partners for continuing to support *Coffee News* through these unprecedented times...

- Spruce Grove**
- The Appetite and Delight Café
  - BarBurrto
  - Bing's Family Restaurant
  - Boston Pizza
  - Broadway & Grand
  - Buster's Pizza
  - Carl's Jr
  - Chopped Leaf
  - Cosmic Pizza and Donair
  - Dairy Queen
  - Docherty's Fish and Chips
  - Donair Mama
  - Duke's Pizza + Pub (Nova Inn)
  - El Taco Loco
  - Famosa Neapolitan Pizzeria

- Fatburger
- Freshii
- Humpty's
- Husky House
- IT Sushi
- J's Donair
- Joey's Only
- KFC
- La Best Donair and Pizza
- Love Pizza
- Mary Brown's Chicken
- McDonalds
- Oodle Noodle
- Opa
- Osaka Sushi
- Restaurant
- Perks Coffee House

- Pizza Hut
- Pizza 73
- Porta Romana Restaurant
- Quinzos
- Rainbow Palace
- Ray's Wok
- Red Chili Vietnamese
- Royal Pizza
- Sakia Sushi Bar
- Sam's 2 for 1 Pizza
- Smitty's
- Something Else Restaurant
- Starbucks
- Subway
- Sunset Grill
- Swiss Chalet
- Taco Time – Cantina

- Tandoori Grill
- Tasty Vietnamese
- Thang Long Restaurant
- 2 for 1 Pizza
- Walmart
- Wendy's

Would you like to offer your customers the opportunity to enjoy the "good news" message of *Coffee News*?

► For more information on becoming a distribution partner, call us at 780.220.6397 or scan the QR code at right.



FREE!

New Issue Every Week!

# Coffee News®

"News To Be Enjoyed Over Coffee"

Spruce Grove Edition

780-220-6397



www.coffee-news.ca

Est. 1988

Vol. 18 No. 15 April 12, 2021

## Everybody's Talking

**New from old:** An American mother of three knows how to save money on clothing. Caitlin Trantham taught herself how to sew, and she now uses her skill to transform second-hand clothing into modern pieces. She tries not to spend more than about \$10 USD on any one item, but does allow herself a few dollars for things like buttons and zippers. Her creations include turning a 1980s prom gown into a cocktail dress, a huge printed shirt into a snazzy, belted outfit, and a plaid, collared get-up into a spaghetti-strapped sundress. Trantham, who plans to donate some of her creations, shares her work on social media.

**Sandy beach:** Homeowners who would like to have their own backyard beach can call a Spanish company called Piscinas de Arena, which translates to "Sand Pools." This company builds pools that look like a beach oasis. They use a special sand/concrete mixture that looks like sand, but is actually a smooth surface. This "sand" slopes into a turquoise pool of calm, clear water, so sunbathers can seem to be wading into the sea. The builders then complete the mirage by rimming the area with rocks, shrubs, or any other natural items that suit the owner's fancy.

**Movie lovers:** A couple from Germany like to go on vacations, and their unique hobby takes them to different locales. Robin Lachhein and Judith Schneider enjoy re-creating scenes from movies. They research the location of a scene, find facsimiles of the actors' clothing in thrift stores, and then pose for the shot. They've done scenes from *La La Land* in California (U.S.), *Game of Thrones* in Spain, *Lord of the Rings* in New Zealand, *P.S. I Love You* in Ireland, and many more! Of course, they pick scenes with a male and a female character, and they limit touch-ups of the photos to colour correction only.

**Just can't win:** Daredevil dirt bike enthusiasts love a competition, and there is none more challenging than the annual Andler Hillclimb in Belgium. In fact, it is such an impossible climb that no one has ever reached the top, although many have tried. The conditions on the trail include changes of surface and steep inclines that have proven to be unconquerable. To be named as a successful competitor, a rider and bike must reach the top. The closest to do so was a daredevil whose front wheel crossed the finish line, but he fell back before the whole bike crossed over. Try, try again!

## Quoteable Quotes

"All grand thoughts come from the heart." —Luc de Clapiers  
"The butterfly counts not months but moments, and has time enough." —Rabindranath Tagore

## What's Happening

**Online event posting** During the Pandemic, we are happy to post your online event in the What's Happening section of *Coffee News*. Please visit our website at [www.coffee-news.ca](http://www.coffee-news.ca) to submit your event.

**Jun 3 to Sep 26-Century Park Market** Southside open air public farmers market. Open Thursdays from 3:30pm to 7:30pm. Phone 780-913-2586 for more information or visit [www.centuryparkmarket.com](http://www.centuryparkmarket.com)

**Sept 10-Bridge of Life** is a suicide awareness prevention candle light vigil walk across the high level bridge. There is light music, refreshments and guest speakers. [www.yegmentalhealth.com](http://www.yegmentalhealth.com). Constable Ezio Faraone Park 7-9 PM

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

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

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!

...or send your entry by snail mail 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. Of the seven dwarfs in the story of Snow White, which dwarf was a wallflower?
2. In height and wingspan, are bald eagles smaller or larger than golden eagles?
3. If you are described as magnanimous, are you generous or egocentric?
4. The constellation known as Orion is named after what character in Greek mythology?
5. Who is an author of many popular fables?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Affordable-Effective-Exclusive-CALL NOW!

## Xplornet Internet: Now 2x FASTER!

Call 1-866-218-8782 now!

XPLORNET | [xplornet.com](http://xplornet.com)

## Compost FUNDRAISER Sale

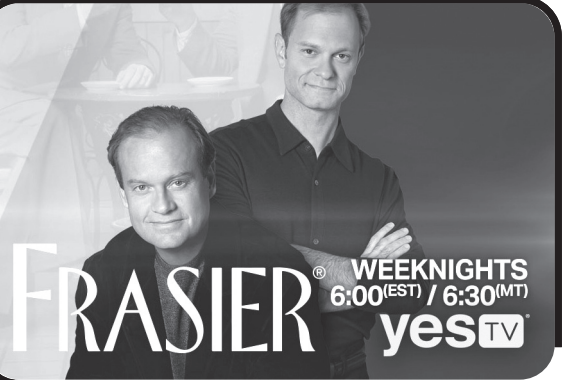
JUST IN TIME FOR SPRING PLANTING!  
Sat. May 8 • 9 am-3 pm

- 169th Glen Allan Scouts Canadian Tire & Lowes, Sherwood Park
- Champlain Heights Park 9820-104 St., Morinville
- Crestwood Elementary 9735-144 St.
- Kirk Scouts Canadian Tire, 3650-158 Ave. NW
- Zoe's Animal Rescue North Glenora Community League, 13535-109A Ave.

9 LOCATIONS

40 lb bag for \$10  
Three for \$25 or Five for \$40

For locations: [www.cleanitgreent.net](http://www.cleanitgreent.net) or 780.488.7926



Do you know 3 people who would like to make \$1,500 a month, part-time?  
[www.RipThePlan.com](http://www.RipThePlan.com)  
For more information, text 780.399.6459

## Recipe of the month

### Baked Ham with Cherry Sauce

- |  |   |
|--|---|
| 1 fully cooked bone-in ham (6 to 8 pounds) | 1/2 cup sugar   |
| 1 cup packed brown sugar                   | 1 cup cold water  |
| 3 tablespoons maple syrup                  | 1 can (15 ounces) pitted dark sweet cherries, undrained |
| 1 teaspoon ground mustard                  | 2 tablespoons lemon juice                               |
| 3 tablespoons cornstarch                   | 1 teaspoon almond extract                               |

Prep Time: 10 mins. Bake time: 1 hour 45 mins. Yield: 12 servings

1. Preheat oven to 325°. Place ham on a rack in a roasting pan. Using a sharp knife, score surface of ham with 1/4-in.-deep cuts in a diamond pattern. Mix brown sugar, syrup and mustard; rub over ham and press into cuts. Bake, covered, until a thermometer reads 140°, 1-3/4 to 2 hours.

2. In a small saucepan, mix cornstarch, sugar and water until smooth. Add cherries; bring to a boil. Cook and stir until thickened, 1-2 minutes. Remove from heat; stir in lemon juice and almond extract. Serve warm with ham.

An ideal Easter meal showstopper!

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

## 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.hearttohomemeals.ca](http://www.hearttohomemeals.ca)



## 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)

## 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!



**Reader of the Month**  
Trevor Hickey reads *CN* in St. Albert!

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

## 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



Adoption is the ultimate expression of a committed heart  
[www.smallmiraclesadoption.com](http://www.smallmiraclesadoption.com)

- 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

## 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 & Snorkelling  
**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](http://www.thediveoutfitters.ca)

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

## Wishes are waiting.

Help us give every eligible child the wish they need.

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



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

## 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!



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



Reclaim Your Freedom And Independence NOW!



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

# Your Weekly Horoscope

### ARIES (March 21 - April 20)



Highs and lows may be the emotional flow for this week. You might need to keep your keen perspective and allow yourself to rest and relax on the weekend. Lucky numbers: 3, 23, 38, 39, 41, 43.

### TAURUS (April 21 - May 21)



You may need to allow your inner voice to vocalize what you have within your heart. Embrace changes. You might be surprised by how much others enjoy the sound of it. Lucky numbers: 7, 9, 11, 27, 29, 31.

### GEMINI (May 22 - June 21)



Your intuitive ideas could become a good source of income for you. Your keen interest in real estate, antiques, or collectibles may become a big part of your life. Lucky numbers: 8, 18, 25, 31, 37, 42.

### CANCER (June 22 - July 22)



Reading books or articles of an inspirational nature may be very productive for you. This also might be a favourable time for business functions, negotiations, and communications. Lucky numbers: 10, 14, 20, 24, 30, 34.

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



Your intuitive sense of style and art may help you transform the opinions of others. Your keen eye and dramatic flair could result in an amazing visual presentation. Lucky numbers: 4, 17, 24, 27, 34, 44.

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



You may need to bring family and friends together to discuss recent changes in your lives. Someone close to you might require more of your time than you imagined. Lucky numbers: 2, 4, 7, 12, 14, 17.

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



This may be a time to experiment and investigate things that are totally new to you. You could be exposed to situations that are different. Be willing to loosen up. Lucky numbers: 5, 14, 16, 25, 29, 39.

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



Your positive energy may flow more freely. New beginnings might start blooming before your very eyes. You certainly could hold everyone's thoughts and attention. Lucky numbers: 24, 34, 38, 39, 42, 46.

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



Your creative flow may motivate your spirit to keep shining brightly. Your culinary interests could spark some yummy conversations and some positive action. Lucky numbers: 3, 13, 31, 33, 41, 43.

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



Some difficult area of your life may open up at this time. Opportunities could be presented to help you, but you must be willing to give up your old attitude. Lucky numbers: 6, 11, 20, 26, 33, 41.

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



Be sure to put your own spin into everything you touch. You may be able to find new ways to influence important people. Take charge when making arrangements. Lucky numbers: 1, 8, 12, 15, 17, 19.

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



Many new beginnings could come to light. You may need to take a closer look at something you can do that might become a new source of revenue for you. Lucky numbers: 12, 14, 22, 24, 32, 34.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 1.

## Did You Know...

**International stars:** People around the world have seen Walt Disney cartoons and movies, from Mickey Mouse to Mary Poppins. Walt Disney (1901-1966) was the co-founder of the Walt Disney Company, which still exists today.

**Spiral pasta:** Andarinos di Usini are pasta spirals made in only one place in the world – the town of Usini on the island of Sardinia, Italy. The pasta pieces are spiral in shape. They are handmade and are often dried in the sun.

**Cloud formations:** Clouds form in different ways depending on conditions. Cumulus clouds are tall mounds of white puffiness with darker, flat undersides. Cirrus clouds are streaky white filaments that look almost like white hair.

**Pacific island:** The largest island in the Pacific Ocean is New Guinea. Located north of the continent of Australia, its Indonesian western half is called Western New Guinea, while its eastern half is the independent state of Papua New Guinea.

**Play ball!** A plant that is native to the Great Karoo area of South Africa is the weird-looking *Euphorbia obesa*, commonly called the baseball plant. A succulent, it looks like a baseball with lines of spikes. It is endangered in the wild, but also is cultivated.

## On the Lighter Side

What is dirty after washing? Bath water.

Happiness held is the seed; happiness shared is the flower.

What did the ice cream scoop say to the news reporter? "What's the scoop?"

If a vegetarian eats vegetables, what does the humanitarian eat?

Age: Something to brag about in your wine cellar and forget in a birthday reminder book.

## Answers

**Trivia answers:** 1. Bashful 2. Larger 3. Generous 4. Orion the Hunter 5. Aesop

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

## Without our advertisers, Coffee News® would not exist

Please support them!

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

## WE BUY USED GOLD AND DIAMONDS

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

## 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**

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.



We are recreating our 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)

## 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

[www.ab.lung.ca/you-can-help-change-future-today](http://www.ab.lung.ca/you-can-help-change-future-today)

**BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS**  
 ISP COMPUTERS - Your Tech 911  
**780-960-2150**  
 Email: [iain@ispcomputers.ca](mailto:iain@ispcomputers.ca)  
 Website: [www.ispcomputers.ca](http://www.ispcomputers.ca)  
**124B South Ave., Spruce Grove, AB T7X 3A9**

**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**  
 FREE ASSESSMENT CALL TODAY!  
 BBB Accredited