

## 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**

## THIS SPACE FOR RENT

### 780-220-6397

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

PLEASE ASK US FOR STARTER PACK

### 200+ Delicious Meals Made for SENIORS!



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)

## WE BUY USED GOLD AND DIAMONDS



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

## QUEEN STREET DENTAL

We follow the Alberta Fee Guide

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

Without our advertisers, **Coffee News** would not exist

Please support them!

## IS ADVENTURE ON YOUR BUCKET LIST? Discover Scuba

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

**The Dive Outfitters**  
\$50 per person. Save \$10 each when you register two or more!

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!

**www.thediveoutfitters.ca**

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

FREE!

New Issue Every Week!

## Coffee News®

"News To Be Enjoyed Over Coffee"

**Spruce Grove Edition**

**780-220-6397**



[www.coffee-news.ca](http://www.coffee-news.ca)

Vol. 18 No. 19 May 10, 2021

## Everybody's Talking

**Raining chocolate:** People might use the expression, "It's raining cats and dogs," but no one ever says, "It's raining chocolate!" That's what happened in the town of Olten, Switzerland, recently. Many people reported seeing chocolate powder in the air, and others mentioned that vehicles were covered with an accumulation of the sweet, brown stuff. Turns out that there was a logical reason for the phenomena. The town is home to a chocolate factory that had a problem with its ventilation system. The chocolate powder made its way outside and was blown around by strong winds.

**Working the land:** Apartment dwellers in cities expect to look out their windows to see such things as parking lots, malls, stores, and gas stations. At one apartment complex in Lublin, Poland, the view is a little different. At harvest time, the buildings' occupants can look out and see a farmer in a combine harvesting the crop. While other farmers in the area sold their land to urban developers, this one decided to keep his property so he could keep farming. Most people living in the nearby buildings don't seem to mind at all; they like seeing agriculture in action, rather than asphalt and urban sprawl.

**Artsy hairstyle:** Clients who get haircuts from stylist Truong Xuan Tuan wish their hair would never grow again! That's because the stylist, of Hanoi, Vietnam, creates works of art on the backs of people's heads using razors and trimmers. He might trim hair to form a celebrity's face, a cartoon character, a spider, or an urban scene. Because he cannot simply rub out any mistakes, he only creates designs that he has practiced making in the past. Those coming into his shop can browse through a portfolio and pick something they like. Warning: the designs become a bit fuzzy as the person's hair grows back!

**Manhole lights:** City planners in Tokorozawa, Japan, have a novel idea to decorate manhole covers. They outfitted 27 of these necessary, but usually unattractive, pieces of the city's infrastructure with solar-powered LED lights. The lights reveal designs that incorporate anime characters, which are popular in Japan. The 27 artistic designs are illuminated every evening at 5 p.m., and those who are out late can enjoy them until they go off at 2 a.m. Another motive that inspired the city's planners is that the extra lighting may help to prevent nighttime crime.

## Quoteable Quotes

"The plants have enough spirit to transform our limited vision."

—Rosemary Gladstar

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do." —Mark Twain

## 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.

**May 29-Fundraising Golf Tournament** 8:00 AM at The Ranch Golf and Country Club \$150 per player, \$550 for a foursome includes 18 holes of golf, cart and a full steak lunch silent auction. Search Eventbrite with Prescott and click current location. [president@plciff.com](mailto:president@plciff.com)

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!

NEW FEATURE!

...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. Zane Grey was a popular American author of what type of novel?
2. What are small plates of Spanish appetizers/snack foods called?
3. What is the favourite food of pandas?
4. In which sport would you see a "flying mare"?
5. The ATM is a feature of most banks today. What does ATM stand for?

(Flip bottom of page for answers)

(Over)

Call for Rates-780-220-6397/877-553-6397

## DSP HITCHES

[www.dsphitches.com](http://www.dsphitches.com)

Manufacturer of DSP Hitches and retailer of all other major brand towing accessories

DSP 32K Weld-On, Sliding, X-Bed & OEM Fifth Wheel Hitches  
Gooseneck Hitches  
Folding Goose Balls  
Weight Distribution Hitch Systems

We also offer:

**CAMPER ACCESSORIES**  
Tiedowns • Steps • Turnbuckles  
Receiver Extensions  
Jacks • Supertrusses & Hitches

**WEIGHT DISTRIBUTION HITCH SYSTEMS** 4k-15k  
Round Bar • Turnion  
4-point Sway Control

**RECEIVER HITCHES** 2k-16k  
Adjustable Ball Mounts  
Hitch Balls • Pintle • Clevis  
Locks & Security

**MOTORHOME TOWABLE**  
Towbars • Baseplates  
Brake Systems • Dollies  
Suspension & Steering Support

**FLATDECK COMMERCIAL**  
Hitch Plates  
King Pin Boxes • Couplers  
Light Boxes • Tool Boxes • Winches  
**WELDING PIPE STANDS**

**TRUCK AND TRAILER ACCESSORIES**  
Tonneau Covers • Running Boards  
Jacks • Landing Gear

**RACKS & ELECTRICAL**  
Bike Racks • Cargo Racks • Plugs  
Brake Controls • 7-way Harness  
Headache Racks & Rails

### Made in Canada!

✓ Alberta-owned and operated

✓ Canada's Last Hitch Manufacturer

✓ Factory Direct Pricing for DSP Hitches



**1-800-265-3377 | Edmonton, Alberta**

## Recipe of the month

### Spring Pea Pasta

1 pound pasta  
3-4 cups fresh peas  
5 scallions, thinly sliced  
1 shallot, very finely diced  
1 cup chopped fresh mint  
1 cup chopped Italian parsley  
½ cup olive oil

2 lemons – zest and ¼ cup juice  
2 cups fresh pea shoots, baby spinach or arugula  
1 teaspoon salt (plus more to taste)  
½ teaspoon pepper  
1 tablespoon truffle oil  
Optional: goat cheese crumbles

Prep Time: 15 mins. Cook time: 10 mins. Yield: 4 (main) or 8 (side)

- 1 Boil pasta in a generous amount of salted water per directions.
- 2 During the very last minute of cooking, if serving this as a warm entrée, add the peas to the pasta and just lightly blanch.
- 3 While the pasta is cooking, prep the rest of the ingredients.
- 4 Chop the scallions, shallots and herbs.
- 5 Zest two lemons, and measure out ¼ cup lemon juice.
- 6 Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper.
- 7 Toss in the pea shoots (or other greens) and add the scallions, shallot, herbs and lemon zest. Stir.
- 8 Taste, adjusting salt and lemon juice, adding more of both, if necessary.
- 9 Drizzle with truffle oil; serve immediately.

If making this as a pasta salad, rinse pasta and peas in very cold water to stop the peas from cooking any longer. Add goat cheese right before serving.

Source: [www.feastingathome.com](http://www.feastingathome.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](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

## ISP COMPUTERS

### BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS

ISP COMPUTERS - Your Tech 911

**780-960-2150**

Email: [ia@ispcomputers.ca](mailto:ia@ispcomputers.ca)  
Website: [www.ispcomputers.ca](http://www.ispcomputers.ca)

**124B South Ave., Spruce Grove, AB T7X 3A9**

## 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:  
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!



**Readers of the Month**  
Franz Fritzwitz & Wilbur Ramsbottom

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

## If you liked Gold Canyon Candles, you are gonna love Sunset Scents!

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!



They are the next Finest candles you will EVER find!



**Sunset Scents**  
a RAY of Fragrance  
[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

Affordable-Effective-Exclusive-CALL NOW!



## 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 LLOYD KENNEY,  
Independent Associate, to find out  
how LegalShield can help you!  
**LegalShield 1-877-579-9449**

## AUTO & HOME WINDOW REPAIR

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

**PURE GLASS**

**780.674.0130**

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

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!**\*\*

\* Space restrictions  
may apply.  
\*\* On 6 month term.

**Coffee News** #supportlocal Initiative

## 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**

## 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!

**inogen**

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

## 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**

**BBB** Accredited Business

Helping you rediscover  
**fun** in the kitchen!

**Gifts and Gadgets**

Your one stop  
kitchen and gift shop.

**780.962.5220**

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

**30 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE**

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 | #30, 210 McLeod Ave., Spruce Grove

30 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

Feel free to take your Coffee News home!

## Your Weekly Horoscope

### ARIES (March 21 - April 20)



Adapting to new information may be a challenge for you. While you might be excited about new ideas, you may be hesitant to embrace them. Lucky Numbers: 8, 11, 16, 22, 24, 34.

### TAURUS (April 21 - May 21)



You may have important discussions with people you are very close to. Connecting with your roots might be the theme, with an emphasis on looking objectively at the past. Lucky Numbers: 1, 2, 9, 12, 32, 42.

### GEMINI (May 22 - June 21)



You may be more perceptive than usual. You could see other people's true colours more clearly, and you might discover the hidden aspect of the situation. Lucky Numbers: 6, 19, 24, 36, 40, 47.

### CANCER (June 22 - July 22)



Superficial answers may not satisfy you. This might be an ideal time to look for something that could have been hidden, in order to learn more about your true feelings. Lucky Numbers: 11, 16, 21, 26, 31, 36.

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



You may start to feel as if you have been following the crowd for far too long. You might now seek a more spontaneous and creative lifestyle for yourself. Lucky Numbers: 5, 15, 25, 30, 35, 40.

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



Your efforts may be well received, allowing your inner harmony to prevail. You could move forward with creative projects and express yourself more comfortably. Lucky Numbers: 14, 27, 29, 35, 41, 47.

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



You may want to beautify your home. You might decide to paint or rearrange furniture, done simply, but to your tastes. Changes now could be good for you. Lucky Numbers: 3, 4, 10, 13, 33, 43.

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



You may need feedback from others. Conversations with your partners and friends could be critical. You might have to really listen and learn from others. Lucky Numbers: 6, 8, 17, 23, 30, 42.

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



Making decisions may be favoured right now. Reaching out to others who can help you take care of business in an orderly way could happen. Lucky Numbers: 10, 12, 15, 30, 35, 47.

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



This may be a good time to reach out to people and to get their input or counsel. Listen to your partner or a friend who can enlighten you on the situation. Lucky Numbers: 9, 19, 20, 29, 39, 49.

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



Your life's direction may come into greater focus. You might gain a stronger sense of purpose, which could energize your efforts to move toward your goals. Lucky Numbers: 2, 22, 27, 32, 37, 42.

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



You may want to reveal your concerns regarding a professional matter. Contact with those in charge might be appreciated and could be a positive for you. Lucky Numbers: 5, 6, 21, 36, 41, 45.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 6.

## Did You Know...

**Powerful quote:** Sir Francis Bacon is famous for first using the phrase "knowledge is power," in 1597. He was an English philosopher, statesman, and essayist, and known for ardently supporting the scientific revolution.

**Transparent car:** For the 1939 World's Fair, General Motors built the Pontiac Ghost Car, billed as the first transparent car. Created in partnership with Rohm and Hass, which invented plexiglass, the Ghost Car offered a clear view of the vehicle's engine.

**Big bill:** A shoebill is a large bird with stalk-like legs and a huge bill that resembles a shoe. These birds live in parts of East Africa, usually close to where they can find fish and other small prey, such as frogs and snails.

**Old gum:** When enjoying your next stick of gum, here is something to think about. The oldest chewing gum ever found dates back 5,000 years! It was found in a lump of bark tar that showed well-defined tooth prints.

**Take a swing:** It's generally agreed that the game of golf originated in Scotland during the 15th century. But there's also evidence that the Scots' game was inspired by stick-and-ball games played at the time in France, Germany, and the Low Countries.

## On the Lighter Side

Teacher: "I hope I didn't see you looking at Fred's test paper."  
Student: "I hope you didn't see me either."

Stop playing at being so serious and start playing seriously.

If it's zero degrees outside today, and it's supposed to be twice as cold tomorrow, how cold it is going to be?

Genius may have its limitations, but stupidity is not thus handicapped.

What did the two strings do in the race? They tied.

## Answers

**Trivia answers:** 1. Westerns 2. Tapas 3. Bamboo 4. Wrestling 5. Automatic Teller Machine

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

## 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



*A Small Miracle Adoption*

Adoption is the ultimate expression of a committed heart

**www.smallmiraclesadoption.com**

This is  
**Your Story**

Stories of redemption,  
discovery and faith  
**WEEKNIGHTS AT 11PM**

**yesTV**

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



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**

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

Zone 4  
Updated 02/22/21

We  
appreciate  
you!

**Spruce Grove**  
The Appetite and  
Delight Café  
BarBurrito  
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  
Oodles Noodles  
Opa  
Osaka Sushi  
Restaurant  
Peking Way  
Perks Coffee  
House

Pizza Hut  
Pizza 73  
Porta Romana  
Restaurant  
Quinnos  
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.



A wish  
begins with  
**HOPE**

Hope begins with you.

Donate at [makeawish.ca/createhope](http://makeawish.ca/createhope)

**Make-A-Wish**

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