

THIS SPACE FOR RENT
780-220-6397

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
Stony Plain Edition
780-220-6397
www.coffee-news.ca



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

Bras Briefs Boxers Bikinis
Romantic Notions inc.
Visit us on Facebook 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



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:
• 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!
Readers of the Month
Franz Fritzwitz & Wilbur Ramsbottom
"We are big fans of your newspaper! It gets us through the morning and our daily commute."
Coffee News® Fun Reading. Serious Advertising.



A wish begins with HOPE
Hope begins with you.
Donate at makeawish.ca/createhope
Make-A-Wish.
Coffee News is proud to support Make-A-Wish Northern Alberta



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



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
Passenger Website: www.coldshot.ca
TICKETS: 587-557-7719 | PARCEL: 587-557-7718
SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



Recipe of the month
Spicy Cajun Potato Salad
5 pounds medium Yukon Gold potatoes, peeled and cut into 3/4-inch cubes
1 large yellow onion
1/2 medium lemon
1/2 teaspoon salt
8 hard-boiled large eggs, chopped
1-1/2 cups mayonnaise with olive oil and coarsely ground pepper
1 cup dill pickle relish
1/4 cup yellow mustard
1 to 2 tablespoons Cajun seasoning
1/4 cup minced fresh parsley
Paprika
Prep Time: 20 min. Cook Time: 10 min. + chilling Yield: 20 servings
1 Place potatoes in a Dutch oven; add water to cover. Cut onion in half crosswise; add one half to saucepan. Bring to a boil. Add lemon and salt to cooking water. Reduce heat; cook, uncovered, until potatoes tender, 5-6 minutes.
2 Meanwhile, chop remaining onion. Combine with eggs, mayonnaise, dill pickle relish, mustard and Cajun seasoning.
3 Drain potatoes; rinse under cold water. Discard onion and lemon. Add potatoes to egg mixture; gently toss until well mixed (do not overmix, or potatoes will break down). Refrigerate, covered, 1-2 hours. Just before serving, sprinkle with parsley and paprika.
Source: www.tasteofhome.com



Everybody's Talking

Possum party: Residents of the vacation town of Mallacoota in Victoria, Australia, were relieved when a resident brush-tail possum that locals call "Russell Rustle" came sauntering back to the area, along with his partner Rosie and baby Rascal. The area had recently endured bushfires, which had claimed a lot of forest and property, and residents were very concerned about the wildlife. While possums are often thought of as pests, Russell Rustle is loved by the whole community. His safe return was cause for celebration among the locals.

Monkey culprit: If a cellphone is stolen, the owner might suspect a human thief. When Zackrydz Rodzi's phone disappeared from his home in Batu Pahat, Malaysia, the thief turned out to be a monkey. As there was no sign of a break-in, Rodzi's family used his brother's phone to call the stolen one, and heard it ringing in the bush near their home. After retrieving it from the mud and cleaning it up, Rodzi found a bunch of selfies of a monkey. There were even videos showing the antics of the little mammal trying to eat the phone.

Black cat haven: Japan is home to many cafés that feature real felines, but only one is filled with black cats. Nekobiyaka is in the city of Himeji. Because black cats are less likely to find owners than cats of other colours, the café's owner wanted to provide a place for people to interact with them and hopefully take one home as a pet. She keeps about 10 black cats at any one time, differentiating them by the colours of their collars. When a family takes one home, she brings another from a shelter. Visitors pay a small fee to enter, and they can buy refreshments while interacting with the cats.

Canal digger: A man from Kothilawa, a remote village in Bihar, India, has completed an amazing feat. It took Laungi Bhuiyan about three decades to divert run-off rainwater into a pond near the village. He did it by digging a three-kilometre-long (1.8-mi.) canal by himself, using hand tools. Before the canal existed, rainwater ran into a river and never reached the village. Now, people in the village have access to water in the pond, which they can use for crop irrigation and for farm animals to drink. As news of his feat spread on social media, Bhuiyan became known as "Canal Man."

Quoteable Quotes

"The weak can never forgive. Forgiveness is the attribute of the strong."
—Mahatma Gandhi
"Keep your fears to yourself; share your courage with others."
—Robert Louis Stevenson

What's Happening

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

Kid Connect Ages 5 - 12 Want to occupy your kids this summer AT Kid Connect Kids get to create art, play games, and get out some of their extra energy with short exercises. Wednesdays and Saturdays from 11am to 12 pm. For details call 780-428-3041 or kidconnectyeg@outlook.com

July 21 to Aug 1-A Taste of Edmonton Taste of Edmonton is an 11-day food festival that showcases Edmonton's local restaurants. Sir Winston Churchill Square.

Tickets are available through the Events Edmonton Office, TIX on the Square, and North Central Co-op. 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!
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.
NEW FEATURE!

Trivia

1. What system/scale is used to determine the heat in chili peppers?
2. Stonehenge is a prehistoric monument located in England, Ireland, or Scotland?
3. What colour is associated with the emotion of envy?
4. "Daddy" Warbucks was the rich and philanthropic benefactor in what comic strip?
5. What organ uses 20% of the human body's oxygen and blood?

(Flip bottom of page for answers)

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



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



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!
PSC Prairie Scented Candles
Sunset Scents a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com



SERVING THE AREA FOR OVER 39 YEARS
Polish & Sparkle
CLEANING SERVICES
Weekly • Bi-Weekly • Move Ins
Move Outs • Spring/Fall Cleans
LICENSED AND BONDED WCB
Member, Greater Parkland Regional Chamber of Commerce
Call Sherry
780.962.4659 or 780.916.5133



INDEPENDENT LIVING AT ITS BEST!
A Community of Vibrant, Active Seniors
three robins
ACTIVE LIVING COMMUNITY
STONY PLAIN
780.591.5700
info@threerobins.ca
threerobins.ca



DSP HITCHES
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 • Trunnion
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

Made in Canada!
✓ Alberta-owned and operated
✓ Canada's Last Hitch Manufacturer
✓ Factory Direct Pricing for DSP Hitches
I-800-265-3377 | Edmonton, Alberta



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.kangoodubsprucegrove.com

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

100% PURE FUN!

SWEAT SMILE
 SWEAT SMILE
 SWEAT SMILE

Get Your Meters' Calibrations Right

We are committed to providing your meters accurate and on time. Since 2003, Measurement Inc. has performed over 8,250 meter proves, so we won't be practising on yours.

— RELAX WHEN YOU GET AUDITED!
MY PROMISE TO YOU: "If all you want is someone cheap to tag your meters, I respectfully ask you to call someone else. Ours will be the best proving experience you have ever had. When audited you'll see the results of excellent measurement. This will be the most complete, professional proving and calibration you have ever experienced. We do the work right or we'll redo it for FREE. I guarantee it."
 ~ Jerry Greiner

MEASUREMENT INC.

 780-621-2555
 www.MeasurementInc.ca

PORTABLE TEST SEPARATOR RENTALS

- Mobile Bench™
- Field Provers
- High Sour/Pressure
- Chart Calibration
- Zedi Calibration

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

GEORGE VAN DE WALLE

RE/MAX

Each office independently owned and operated

inogen
FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

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

Zone 3
 Updated 02.22.21

Stony Plain

Atomic Donair	Original Joe's
Basilies 2 for 1 Pizza	Pizza Hut
Best Western	Quesada Burritos & Tacos
Burger King	Subway
Cosmic Pizza	Twenty Eight
Dairy Queen	Urban Kitchen
KC's Restaurant and Lounge	Wendys
KFC	Wing'n It

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.

Good Times Start Here!

RANCHERS SPORTS BAR & GRILL
 Open Daily, 6 am - 10 pm
 780.865.9785

RANCHERS SPIRITS
 Open Daily, 10 am - 10 pm
 780.817.2356

438 Smith Street, Hinton

DINE IN AND TAKE OUT AVAILABLE

BOTH LOCATED AT:

Your Weekly Horoscope

ARIES (March 21 - April 20)

 This could be an excellent time to investigate a complex problem. You may search for something that has been lost and also learn more about your inner self. Lucky Numbers: 10, 20, 23, 29, 31, 37.

TAURUS (April 21 - May 21)

 Your personal magnetism may be strong, and you could attract attention. You might beautify your surroundings and pay particular attention to your appearance. Lucky Numbers: 4, 17, 18, 30, 33, 47.

GEMINI (May 22 - June 21)

 Your honesty and willingness to communicate openly could impress others. This may be a good time to present your ideas to the people who matter the most in your life. Lucky Numbers: 3, 23, 24, 26, 39, 49.

CANCER (June 22 - July 22)

 This might be a favourable time to bring out any personal concerns you have in your relationships. Agreements and cooperation could be achieved easily now. Lucky Numbers: 6, 9, 21, 31, 32, 41.

LEO (July 23 - Aug. 23)

 Strong support from close friends and family could give you extra confidence now. This may be a good time to mend fences and to improve some aspects of your homelife. Lucky Numbers: 4, 31, 34, 43, 46, 48.

VIRGO (Aug. 24 - Sept. 23)

 You may feel relaxed and pleasantly calm. Sharing hospitality, giving something special and personal to a friend, and other loving gestures could be emphasized now. Lucky Numbers: 12, 13, 27, 36, 37, 41.

LIBRA (Sept. 24 - Oct. 23)

 This may be an excellent time to be out and about. There could be significant opportunities to make connections and to learn something through a chance meeting. Lucky Numbers: 3, 9, 15, 22, 26, 32.

SCORPIO (Oct. 24 - Nov. 22)

 Doors may open and new opportunities for personal and professional growth may present themselves. Any idea you feel inclined to take could lead to a positive outcome. Lucky Numbers: 13, 16, 20, 21, 48, 49.

SAGITTARIUS (Nov. 23 - Dec. 21)

 Partnerships for mutual benefit may be favoured. Once you join with others, especially in team sports, your energy level could soar higher than you expect. Lucky Numbers: 6, 18, 23, 28, 32, 35.

CAPRICORN (Dec. 22 - Jan. 20)

 This may be an excellent time to enjoy company at your home. You might be feeling loving and needing to share comfort and affection with close friends and family. Lucky Numbers: 1, 16, 29, 33, 41, 42.

AQUARIUS (Jan. 21 - Feb. 19)

 Self-confidence and ambitions may be high. You might be able to accomplish a great deal of work, especially if it involves some sort of communication. Lucky Numbers: 18, 20, 21, 30, 42, 47.

PISCES (Feb. 20 - March 20)

 You may gain what you want through diplomacy and by enlisting the support of your friends, rather than by being forthright and bold. Decision-making might be favoured now. Lucky Numbers: 5, 6, 8, 29, 32, 43.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 5.

Did You Know...

- Dancer first:** Madonna, the well-known singer of "Material Girl" fame, at first wanted to be a dancer, but switched to music after being influenced by then-boyfriend Dan Gilroy, with whom she was in a band called Breakfast Club.
- Brilliant mind:** Katherine Johnson (1918-2020) had a brilliant mind for mathematics. She worked for NASA and helped to put men on the moon. She was one of the subjects of the 2016 Hollywood movie, *Hidden Figures*.
- Unusual lime:** Finger limes may be shaped like jalapeño peppers, but the resemblance ends there. These limes grow on shrubs in subtropical coastal areas of eastern Australia. They hold tiny, caviar-like beads that have an acidic flavour.
- Fern fronds:** The Georgia State University in Decatur, Georgia (U.S.), is home to Ferns of the World, an unusual garden started by the late botany professor, George Sanko. Today, the garden is lush with many fern varieties from all over the world.
- Stony love:** The Holystone, which has a small hole through it, sits in a field near the village of Doagh, County Antrim, Northern Ireland. From the Bronze Age, the stone has become known as the "lovestone." Engaged couples come to the stone to pledge their love for each other.

On the Lighter Side

The judge said to her dentist, "Pull my tooth, the whole tooth, and nothing but the tooth."
 What did one arithmetic book say to another? "I've got problems."
 Doctor: "What happened? You look awful."
 Patient: "You said to take this medicine for three days, then skip a day. All that skipping wore me out."
 Actors: people who work really hard at never being themselves.
 What word is always pronounced wrong? Wrong.

Answers

Trivia answers: 1. Scoville scale 2. England 3. Green 4. Little Orphan Annie 5. The brain

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

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

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers
 780.968.0040
 Main Street, Stony Plain
www.bluediamondjewellers.com

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

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!

www.coffee-news.ca/editions

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

BLUE BLOODS
 MON - THURS 9:00
 yesTV

QUEEN STREET DENTAL
 We follow the Alberta Fee Guide

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

Have You Considered Adopting Your Step-Children?

We prepare and file your step-parent adoption, adult adoption, relative adoption and private direct placement adoption.

A Small Miracle Adoption
 Adoption is the ultimate expression of a committed heart

780.421.1177
www.smallmiraclesadoption.com