

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

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Stony Plain Edition

780-220-6397

www.coffee-news.ca

Est. 1988

OCTOBER 18, 2021

VOTE Jerry MOLNAR
FOR PARKLAND COUNTY MAYOR

The Right Experience. The Right Choice.

@mayormolnar
www.mayormolnar.com

Happy **Thanksgiving**

from your friends at **Coffee News**

Congratulations to the past months' **Coffee News Guy** contest winners!

Your prizes are in the mail!

Enter today for your chance to win at www.coffee-news.ca

JULY
Koshua Kyrejto
Katarina Penfold
Lucyna Szezebanik
Tammy Werner

AUG.
Jess Boyd
Jennifer Gee
Brian Janiten
Sharon Kurceba

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

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!

CALL OR REGISTER ONLINE

www.thediveoutfitters.ca

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

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

THIS SPACE FOR RENT

780-220-6397

Imagine your business here!

For more information:
780-220-6397
or 877-553-6397
www.coffee-news.ca

Vol. 18 No. 40 October 4, 2021

Everybody's Talking

Slippery soap: A silky bar of scented soap is always nice to have in the shower, but a soap maker in Lebanon has taken that idea several steps further. The family-owned Bader Hassen & Sons factory in Lebanon, makes exclusive skincare products, but perhaps none more so than its Khan Al Saboun brand of soap. One expensive bar costs about \$2,800 (USD), because it contains gold and diamond powder, along with olive oil, honey, essential oils, and fragrance. It gives new meaning to the phrase, "Don't drop the soap in the shower!"

Big fight: It must have been a whopper of an argument! An Italian man and his wife, who live in a town north of Milan, Italy, had a spat one night. The husband decided the best thing to do was to go for walk to "cool down." While that's often a good way to start the process of making up, the man took his walk many steps further, literally! He kept going for about 420 kilometres (261 mi.)! His flight from the fight lasted about a week, during which time he received food from strangers. His wife had reported him missing, and the police finally caught up with him.

Pricy pigeon: A bird lover might buy a parrot or a finch for company, but few will spend over a million dollars for a feathered friend. That actually happened in Belgium, although the bird in question is not a pet. It's a racing pigeon named New Kim and was owned by the Van De Wouwer family. The respected breeder put New Kim up for auction, and to everyone's surprise, a bidding war took place before New Kim sold for 1.6 million Euro. Racing pigeons are valuable, both as breeding birds and as racers. In a race, the pigeons are released at a measured distance from their homes. The winner is the first one to return home.

Leafy talent: Lito, an artist in Japan who has attention deficit hyperactivity disorder (ADHD), has found the perfect way to focus his active mind. He carves incredibly intricate scenes into tree leaves, spending many hours on each one. Lito imagines playful scenes and then sets out to make them. For example, one portrays an anteater sticking its long tongue into an anthill to find a treat. Another features a rhinoceros brushing its baby's teeth. Lito has carved a herd of sheep jumping over a fence and a family of fish swimming amongst seaweed, and many more! His work has appeared on social media.

Quoteable Quotes

"Beware of allowing a tactless word, a rebuttal, a rejection to obliterate the whole sky." —Anais Nin

"A teacher affects eternity; he can never tell where his influence stops." —Henry Adams

What's Happening

Oct 1-Sight Night fun run after dark, in support of visually impaired Albertans! The event raises funds and awareness for the Alberta Sports and Recreation Association for the Blind. The event features distances for all abilities. For more info www.asrab.ab.ca.

Oct 17-Devon Monthly Arts Market Throughout COVID, our Artists have been couped up. Imagine what they've created! Come check out our local artists, craftspeople and artisans each month at the Devon Community Center, 20 Haven Ave, Devon. The Market runs from noon to 4 pm. Free to attend

Workplace Bullying Awareness Week 2021 Please join us for Workplace Bullying Awareness Week! Follow awarenessendsbullying to participate in the conversation and share what you are doing!

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

...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. Yo-Yo Ma is a famous pianist, violinist, or cellist?
2. All varieties of pumpkin are orange in colour—T/F?
3. What are magnetite and bauxite?
4. A medium-size banana has about 50, 105, or 200 calories?
5. What type of vehicle would a musher use?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Recipe of the month

Pumpkin Spice Cupcakes

2 cups sugar
1 can (15 ounces) pumpkin
4 large eggs, room temperature
1 cup canola oil
2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon baking soda
½ teaspoon salt

½ teaspoon ground ginger
¼ teaspoon ground cloves
1 cup raisins

Cream Cheese Frosting:
1/3 cup butter, softened
3 ounces cream cheese, softened
1 teaspoon vanilla extract
2 cups confectioners' sugar
1/2 cup chopped walnuts, toasted

Prep Time: 30 min. Bake: 30 min + cooling Yield: 2 dozen

- 1 Preheat oven to 350°. Beat sugar, pumpkin, eggs and oil until well blended. In another bowl, whisk next seven ingredients; gradually beat into pumpkin mixture. Stir in raisins.
- 2 Fill each of 24 paper-lined muffin cups with 1/4 cup plus 1 teaspoon batter. Bake until a toothpick inserted in centre comes out clean, 28-32 minutes. Cool 10 minutes before removing from pans to wire racks to cool completely.
- 3 For frosting, beat butter and cream cheese until smooth. Beat in vanilla. Gradually add confectioners' sugar. Frost cupcakes; sprinkle with walnuts. Refrigerate.

Source: www.tasteofhome.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

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

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

QUEEN STREET DENTAL

We follow the Alberta Fee Guide

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

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

Visit us on Facebook-CoffeeNewsWeekly

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

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

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!

Coffee News Fun Reading. Serious Advertising.

Reader of the Month
 Camille Snow of Edmonton

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!

PSC
 Prairie Scented Candles

Sunset Scents
 a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

They are the next Finest candles you will EVER find!

WE BUY USED GOLD AND DIAMONDS

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

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

inogen
FREEDOM. TO BE YOU.

1-888-998-6714
 MKT-P0253

Get Your Meters' Calibrations Right

We are committed to proving 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

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Your close relationships may need a little boost of energy. Use your restless and assertive spirit to invite your partner to join you in pursuing your creative impulses. Lucky Numbers: 9, 16, 26, 29, 36, 49.

TAURUS

(April 21 - May 21)



New knowledge might help you deal with a crucial situation. Regardless of your occupation, you could gain a deeper understanding to help improve your methods. Lucky Numbers: 4, 6, 14, 16, 24, 26.

GEMINI

(May 22 - June 21)



Your steady, hard work may reap greater gains than you expect. Your positive energy might nurture stronger alliances that instill trust in your personal relationships. Lucky Numbers: 1, 17, 19, 21, 27, 39.

CANCER

(June 22 - July 22)



Your energy level may soar high, and strong personal relationships could bring out your true self. You might want to be wary of those who try to hide their true interests. Lucky Numbers: 2, 12, 21, 25, 30, 47.

LEO

(July 23 - Aug. 23)



You may be able to enjoy new adventures while you research the cuisines of distant places. Dreaming of traveling to new lands might give you a thirst for adventure. Lucky Numbers: 14, 16, 20, 37, 39, 44.

VIRGO

(Aug. 24 - Sept. 23)



You might want to seize an opportunity to try to increase your income. Thoroughly researching the situation could help ensure that no deception may be involved. Lucky Numbers: 6, 13, 26, 33, 36, 46.

LIBRA

(Sept. 24 - Oct. 23)



Your hard work may be well noted. Try to free yourself of any negative energy. Your positive efforts to improve your lifestyle could help make your dreams come true. Lucky Numbers: 23, 27, 32, 37, 41, 47.

SCORPIO

(Oct. 24 - Nov. 22)



You might not have to push your ideas very hard to find mutual agreements. This may be a time to slow down your hectic pace to enjoy the company of friends and family. Lucky Numbers: 5, 7, 12, 17, 23, 49.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You might be able to find a new way to share your duties and activities with loved ones. You often love happy endings. This story may prove to be a real winner. Lucky Numbers: 13, 21, 28, 39, 42, 48.

CAPRICORN

(Dec. 22 - Jan. 20)



An original proposal may start to fade, but you might preserve its essential idea by promoting it again. You may need to push your positive influence toward those in charge. Lucky Numbers: 4, 14, 24, 29, 32, 43.

AQUARIUS

(Jan. 21 - Feb. 19)



Being your unique self makes you a real treasure. Once you feel understood, you might feel empowered. To find answers, you may need to trust the ability of others. Lucky Numbers: 23, 27, 33, 37, 43, 47.

PISCES

(Feb. 20 - March 20)



You might want to streamline your tasks to create more leisure time. Your perceptive touch may help you find the best result. Keep your interest strong in your activities. Lucky Numbers: 15, 19, 25, 29, 35, 45.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 4.

Did You Know...

Long pregnancy: An elephant's pregnancy is one of the longest of any existing species. It can take up to 22 months before the baby elephant is ready to arrive in the world.

Rich cousins: Jeff Bezos, CEO and president of Amazon and one of the wealthiest men in the world, has a multi-millionaire relative. Bezos and Grammy award-winning country singer George Strait are cousins.

Few words: Taki Taki, also known as Sranan, is a language of few words. One of 16 languages spoken in the South American country of Suriname, and used as a common one, it has just 340 words.

Big personality: Buffalo Bill (1846-1917) was a man of many talents, including buffalo hunter, army scout, and actor. He became an entertainer in his own, circus-like show, "Buffalo Bill's Wild West." He was born William Frederick Cody in the U.S. state of Iowa.

Monitoring baby: The first baby monitor was commercially available in 1937. The Zenith Radio Nurse was developed by Zenith president Eugene F. McDonald and Japanese designer Isamu Noguchi. Technical problems, such as distortions and picking up local radio signals, hindered its success.

On the Lighter Side

Learn from the mistakes of others because you can't live long enough to make them all yourself.

There is a new book out called *How to be Happy without Money*. It costs \$10.

Did you hear about the composer who took too many baths? He began to write soap operas.

Dad: "I don't trust stairs."

Child: "Why?"

Dad: "Because they are always up to something."

What did the police officer say to the belly button? "You are under a vest."

Answers

Trivia answers: 1. Cellist 2. False 3. Types of ore 4. 105 5. A dog sled

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

SERVING THE AREA FOR OVER 39 YEARS

Polish & Sparkle
 CLEANING SERVICES

Weekly • Bi-Weekly • Move Ins
 Move Outs • Spring/Fall Cleans

OFFICE CLEANING NOW AVAILABLE IN STONY PLAIN AND SPRUCE GROVE

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

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

Coffee News
 is proudly delivered by

Rehoboth
 Christian Ministries

Coffee News Part of your community.

Little Ghouls and Goblins are invited to the Spooktacular

MONSTER BASH

Saturday, October 30 10 a.m. - 2 p.m.

Heritage Park Pavilion
 5100 - 41 Avenue
 Stony Plain

TOWN OF STONY PLAIN
 City of Spruce Grove

Volunteers needed!
 Contact: events@sprucegrove.org or 780-224-6298

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

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.

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!