

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

Stumbling Blocks Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today!
780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.COM

LARGEST SELECTION of Machines and Notions

Husqvarna
Your Sewing Superstore

CENTRAL SEWING MACHINES

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

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

Coffee News is proudly delivered by

BEEHIVE Support Services Association

Coffee News Part of your community.

SHOP DIRECT WORKWEAR ONLINE
www.directworkwear.com

Enter to **WIN a \$500 Gift Certificate**

Where Safety Meets Savings

Direct Workwear Ltd. Since 1986

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.

Reader of the Month
Drina P. (age 8) from Edmonton, AB

Coffee News Fun Reading. Serious Advertising.

Making peace of mind a reality

Nahachick Adult Guardianship and Trusteeship Services

Confidential and discreet document preparation. Available services include:

Applications for Appointment of Guardian and Trustee
Review of Guardianship and Trusteeship Order
Urgent Guardianship and Trusteeship Orders

Flexible appointments. For non-Edmonton residents, appointments can be held via telephone or video calls. Edmonton and area clients have the option to meet face-to-face, home visits, telephone or video calls.

A complete list of our services is available at <https://nahachick.ca>

780.660.0649 | nahachick.agt.services@gmail.com

FREE! New Issue Every Week!

Coffee News
"News To Be Enjoyed Over Coffee"

Drayton Valley Edition
877-553-6397

www.coffee-news.ca

Vol. 19 No. 28 July 11, 2022

Everybody's Talking

Grilled gold: If a grilled cheese sandwich needs to be ordered two days in advance, chances are good that it's not a normal grilled cheese sandwich. A restaurant in New York City (U.S.) called Serendipity 3 sells its "Quintessential Grilled Cheese Sandwich" for a whopping \$214 (USD). The reason for the high price is the amazing ingredients in what otherwise would be standard fare at a lunch joint. The restaurant uses bread that has champagne and edible gold flakes baked into it. The cheese is a rare Italian type called cacioavallo podolico, which is savory and complex. The dipping sauce served with the sandwich is South African Lobster Tomato Bisque. Mmmm!

Art alternative: A business in Japan lets people rent paintings for as long or short a period as desired. Called Casie, the service has become popular, especially for people who cannot afford to buy expensive works of art. Instead, they can pay by the month to have a painting in their home or office, and they can change it when they get tired of it, or if they want to seasonally alter their décor. The founder of the company, Sho Fujimoto, got the idea from seeing his artist father struggle to make a living selling his art. He figured that by offering paintings for rent, both the renter and the artist would benefit. Casie delivers the paintings to the renter's doorstep.

Not just a babysitter: Parents who want to hire a nanny to look after their children might want to consider a graduate of Norland College in Bath, England. One word of warning: these nannies cost a lot of money—somewhere in the vicinity of £78,000 or more per year—because of the special training they receive. Norland College began in the late 1800s, at a time when there was little to no official training for childcare providers. The high-quality education continues today; graduates are capable of teaching manners, various languages, and athletic pursuits, and they do all this with loving affection, in a fair, firm way. Norland nannies often find jobs with wealthy, well-known families.

Clear and blue: Anyone who wants to visit a lake with clear water should consider New Zealand's Blue Lake. Located in the Nelson Lakes National Park conservation area on the country's South Island, Blue Lake is said to have the clearest water of any freshwater lake in the world. The Maori name is Rotomairewhenua, meaning "Lake of Peaceful Lands." Its spring-fed water is naturally filtered through a dam formed by a landslide, so particles suspended in the water get filtered out as they pass through. Like other mountain lakes with clear water, this one has a beautiful blue hue, hence its English name.

Quoteable Quotes

"Every day we choose who we are by how we define ourselves."
—Angelina Jolie

"To live happily with other people, ask of them only what they can give."
—Tristan Bernard

What's Happening

Tuesdays-Dementia Care Partner Support Group If you are caring for someone living with Dementia, come join our Dementia Care Partner Support Group, Tuesdays, from 7 to 9 p.m., at BRIDGES 102, 111 Government Road, Hinton, AB. For more information, please call 780-223-8009.

Jul 22 to 24-Grove Rotary Ribfest Free to attend and fun for the whole family. BBQ ribs, food trucks, live music, family fair, car show, skateboard, scooter BMX competitions Central Park on King St. in Spruce Grove. Fri 3 PM - 10 PM, Sat Sun 10 AM - 10 PM. www.sgrifest.com

NON profit organizations may submit events for FREE at 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

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. Where is the easternmost point of the famous U.S. Rt. 66?
2. What year did the first Barbie doll debut?
3. Who is the author of the novel Alaska?
4. What battle did Napoleon fight on Sunday, June 18, 1815?
5. A baby alpaca is called what?

(Flip bottom of page for answers)
© Published with Permission by Capital Marketing Ltd

THIS SPACE FOR RENT

780-220-6397

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com

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

Zone 23 Updated 06.17.21

We appreciate you!

A & W	DV Pizza & Donair	Panago Pizza Hut
Aladdin	Foxwood Inn & Suites	River Rock Grill
Kabob House	Goldie's Chicken Plus	Scotty's Servus Credit Union
Black Gold Restaurant and Bar	Home Away Inn - Breakfast Nook	Subway x 2
Boston Pizza	KFC	Three Knights Steakhouse
Burger Baron	Khal's Steakhouse and Grill	Tim Hortons
Buster's Pizza	Malone Medical Clinic	Twin Dragon Dining Lounge
Canton Restaurant	McDonalds	White Bull Café
Cobblestone Café	Mitch's Restaurant	Yozakura
Dairy Queen	Mr. Mikes	
Dominos	Oriental Express	
Drayton Restaurant		

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.

Machining | Welding | Fabrication

GM GROVE MACHINE & WELDING

- Ramps
- Flywheels
- Farming Equipment
- Gear Parts
- ...and more

First Time Customers: 10% Off*
*To a maximum of \$300

780-962-1772 CALL US TO DISCUSS YOUR PROJECT!
www.grovemachwelding.com | 35 South Ave., Spruce Grove

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

IMPROVED!

Faster Internet. Unlimited data.

1-866-218-8782 Xplornet.com/fast

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

The World's #1 Restaurant Publication!

SHOP ONLINE!

www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

The Dive Outfitters

Learn to SCUBA DIVE at our Edmonton location - call for details

Scuba Diving & Snorkeling
11781-156 St., Edmonton 780.483.0044

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

Congratulations

to May's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Jeffrey Smith
Claire Boisvert
Desiree Gauthier
Linda Kondysar

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

Recipe of the month

Strawberry-Rhubarb Pops

3 cups chopped fresh or frozen rhubarb (½ inch)
1/4 cup sugar
3 tablespoons water
1 cup strawberry yogurt
½ cup unsweetened applesauce

1/4 cup finely chopped fresh strawberries
2 drops red food colouring, optional
8 freezer pop molds or 8 paper cups (3 ounces each and wooden pop sticks)

Prep: 10 min. + freezing Cook: 15 min. + cooling
Yield: 8 pops

- Place rhubarb, sugar and water in a large saucepan; bring to a boil. Reduce heat; simmer, uncovered, until thick and blended, 10-15 minutes. Remove 3/4 cup mixture to a bowl; cool completely. (Save remaining rhubarb for another use.)
- Add yogurt, applesauce and strawberries to bowl; stir until blended. If desired, tint with food colouring. Fill each mold or cup with about 1/4 cup rhubarb mixture. Top molds with holders; top cups with foil and insert sticks through foil. Freeze until firm.

Source: <https://www.tasteofhome.com>

Start Your Own Business!

FREE government funded Self-Employment Training

NOW ONLINE

microbusiness TRAINING CENTRE INC

Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7
780.482.4462 | www.microbusiness.ca

BLUE BLOODS

MONDAY TO THURSDAY 8PM/7PST

yesTV

Coffee News is proud to support Make-A-Wish® Canada

Transform lives, one wish at a time.

Make-A-Wish.

Visit makeawish.ca

SAVE \$10 ...when you use the promo code **CoffeeNews**

Put that \$10 in your tank. You're welcome.

3 Day Pass \$135*
*\$165 after July 8

JULY 29-31, 2022 STONY PLAIN, AB

Blueberry BLUEGRASS FESTIVAL

- ✓ Great Festival
- ✓ Close to Home
- ✓ Great Price

YOU SHOULD COME!

Visit blueberrybluegrass.com for tickets and details

Your Weekly Horoscope

ARIES (March 21 - April 20)

You may be feeling even more ambitious than usual. Look for a hidden gem of an opportunity that, along with hard work and a little luck, may allow you to succeed. Lucky numbers: 12, 19, 34, 35, 37, 45.

TAURUS (April 21 - May 21)

Those born under the sign of the bull value the stability of the known. Now, however, there may be a potential to develop the ability to be open to seeing new possibilities. Lucky numbers: 3, 4, 8, 41, 46, 48.

GEMINI (May 22 - June 21)

Have your relationships recently been based more on intellect than on feeling? You may be entering a period where this dynamic could shift to a more intuitive and emotional bent. Lucky numbers: 10, 17, 23, 32, 44, 47.

CANCER (June 22 - July 22)

During the middle of this week, you may receive practical information that could aid you in accomplishing your objectives. The potential also exists for you to improve communications with others. Lucky numbers: 9, 13, 16, 18, 21, 43.

LEO (July 23 - Aug. 23)

Are you in a phase where hard work doesn't bring rewards? Perhaps a better course would be acting from what you feel, rather than from what you think you should want. Lucky numbers: 8, 15, 17, 31, 33, 46.

VIRGO (Aug. 24 - Sept. 23)

Virgos sometimes pursue a fruitless search for the perfect job, partner, and so forth. You may be entering a period that heightens your long-term efforts to develop more empathy toward yourself and others. Lucky numbers: 13, 19, 21, 27, 34, 41.

LIBRA (Sept. 24 - Oct. 23)

Libras value smooth relationships, sometimes to the detriment of achieving their own goals. But your ambitions may be highlighted right now. Try to carefully weigh the pros and cons of potential endeavours. Lucky numbers: 6, 18, 23, 29, 31, 36.

SCORPIO (Oct. 24 - Nov. 22)

Scorpios often have an uncanny ability to see the underlying truth in people and circumstances. Right now you may want to weigh the risks of acting on any unexpected information you might receive. Lucky numbers: 1, 11, 20, 24, 44, 47.

SAGITTARIUS (Nov. 23 - Dec. 21)

Enthusiasm and optimism are hallmarks of Sagittarius. At the start of the week, these traits may be highlighted, perhaps giving you the opportunity to dissipate any obstacles in your current situation. Lucky numbers: 14, 15, 31, 32, 40, 43.

CAPRICORN (Dec. 22 - Jan. 20)

The beginning of the week includes a potential to bring current projects to completion. However, you may need to adjust your viewpoint regarding new items on the horizon. Lucky numbers: 17, 23, 30, 33, 35, 42.

AQUARIUS (Jan. 21 - Feb. 19)

An ability to quickly glean and process information in one's environment is a common Aquarius trait. The question now is this: toward what endeavour do you want to apply this knowledge? Lucky numbers: 4, 12, 22, 26, 31, 44.

PISCES (Feb. 20 - March 20)

You may find that your Pisces empathy is enhanced right now. If this energy starts to become an emotional burden, how can you focus it instead on your spiritual development? Lucky numbers: 7, 10, 33, 39, 43, 48.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 15.

Did You Know...

Night vision: Vitamin A in carrots is good for eye health, but doesn't improve night vision. To get people to eat more carrots due to a surplus during World War II, the United Kingdom Ministry of Food claimed consuming carrots improved pilots' night vision.

Bridge city: Venice, Italy, is known by several names, including City of Canals, Floating City, and City of Bridges. At least 400 bridges crisscross its canals. The widest is the stone arch Rialto Bridge. With footpaths and a striking view, it measures 22.9 metres (75 ft.) wide.

Funny ears: Grasshoppers' ears aren't on their heads, but on their bellies. Auditory organs encased in membranes are located on either side of a grasshopper's abdomen, tucked under their wings, where they vibrate in response to sound waves.

Lots of letters: English speakers and writers need to know 26 letters in the alphabet, but people using the Cambodian language must learn many more. The Khmer alphabet has 74 letters, the most of any language in the world.

Hiking surprise: In 1991, German hikers exploring the Similaun Glacier in the Alps discovered the mummified body of an estimated 5,300-year-old man. The Iceman, dubbed "Ötzi" for the area of the Alps where he was found, was very well preserved.

On the Lighter Side

Knock! Knock! *Who's there?* Rhoda. *Rhoda who?* Rhoda horse all the way through town.

What kind of train do ballerinas ride? A tutu train.

A ship wrecked while carrying red paint. It marooned all the sailors.

Customer: "Waiter, what is this insect in my soup?"
Waiter: "I wish you wouldn't ask me. I don't know one bug from another."

Why did the cucumber need a lawyer? It was in a pickle.

Answers

Trivia answers: 1. Chicago 2. 1959 3. James A. Michener 4. Waterloo 5. Cria

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

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!

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

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

Need ONE More Reason to Join?

- You need child support enforced
- Your landlord raises rent in violation of your verbal agreement
- You adopt a child
- A friend owes you money and files for bankruptcy
- You need help with credit card liability resolution
- 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

Online Counselling Alberta-wide

Complimentary 15-Minute Session

INNATE FREEDOM COUNSELLING

www.innatefreedomcounselling.com | 825.250.8415

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

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 or visit us in person at 111 First Avenue, Spruce Grove