

**Are your ducks all in a row...?**

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

**WILLPOWER WILLS**  
EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

**780-418-7611**  
Call Terri today for a FREE consult.

TERRI BRUNNING

RATES AS LOW AS \$150 FOR WILLS

**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**  
a RAY of Fragrance

**Sunset Scents**  
a RAY of Fragrance

prairiescentedcandles@gmail.com  
www.prairiescentedcandles.com

**NOW ACCEPTING ARI CARDS**  
Auto • Commercial • Residential

**Advanced Glass Inc.**

CALL MARC CLOUTIER TODAY:  
**780-961-2276**

advancedglassinc.ca • 5514 - 50 Avenue, Legal AB  
Morinville Location: Bay #2, 9702-90 Ave. Call 587-985-4427

**WEBSITES**  
From \$129/Month

**(780) 760-6922**  
FRONTLINECONSULTING.CA

**BLUE BLOODS**  
MONDAY TO THURSDAY 8PM/7PST  
yesTV

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

like us

- Mac & PC Repair, Tech Support
- iPhone & iPad Repair
- Used Apple Device Sales
- Upgrades, Repairs, and (Used) Sales

**one bite technology**

587.290.0200  
www.onebiteitotechnology.ca

Retail store now open!  
22A Muir Drive, St. Albert

We are your Apple experts!

**ET Calls You Home!**  
780.907.2537 | ericathiering@hotmail.com

Call or text Erica and let me bring you to your new home.

**Erica Thiering**  
ASSOCIATE

NOW REAL ESTATE GROUP

Interest rates are low – now is the time to buy.

**FREE!** **New Issue Every Week!**

**Coffee News**<sup>®</sup>

"News To Be Enjoyed Over Coffee"

**Sturgeon County Edition**  
**780-220-6397**

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**

**Jul 14 to 17 Grand North American Old Time Fiddle Championship** 38th Annual Fiddling contest for All Ages: Junior, Youth, Senior, Golden, Novice. Traditional Fiddlers Compete. Over \$16,000 in Prizes! Dancing Dinner. Camping Jul14-17. https://www.wildrosefiddlers.org/fiddle-contest-gna

**Aug 2 to 6 - Rock N August** Rock'n August, one of the largest celebrations of classic cars and music in Western Canada. www.rocknaugust.com for more info

**Aug 11 to 14-Tofield Western Days** Outdoor Bill Riding, Cabaret with DJ, Main Street Promenade, Pancake Breakfast and a whole lot more. Visit us on facebook for full details. www.facebook.com/TownofTofield

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!

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.

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

**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

(Over)

**Faster Internet. Unlimited data.**

**1-866-218-8782** [Xplornet.com/fast](http://Xplornet.com/fast)

**THIS SPACE FOR RENT**  
**780-220-6397**

5120-41 Street  
(Located in Gibbons Industrial Park)

**GIBBONS MINI STORAGE**

**STORAGE UNITS STARTING AT \$85 PER MONTH**

24 HR. SURVEILLANCE

KEYPAD ACCESS

LOCALLY OWNED AND OPERATED

Country Pricing... with City Service!

**O: 780-271-0469**  
**C: 780-916-5843**

[www.gibbonsministorage.ca](http://www.gibbonsministorage.ca)

**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**

**Let Us Handle the Dirty Work!**

Cistern and Septic Installation, Inspection and Maintenance

Septic Field and Mound Design and Installation by Govt. Certified Installers

REASONABLE RATES

Family run, local business. We care!

**780.668.4306**  
best-cistern-septic-solutions.com

**BEST CISTERN SEPTIC SOLUTIONS**

**Western Equine Facility**  
BOARDING | LESSONS

**KG COUNTRY STABLES**

Lessons ranging from beginner and up, tailored to your specific needs and offered in a beautiful outdoor setting, providing therapy for your soul through horses and nature...

780.265.4371 | [kgcountry@gmail.com](mailto:kgcountry@gmail.com)

A "Bit" On The Side... Struggling with brain fog, tiredness, or lack of dieting, might power? We might have a solution!

**Dare To Be Plastic-Free!**

Vegan products in compostable or recyclable packaging

**AM SOAPS Sustainable Products**

Zero Waste Vegan:  
• Solid Dish Soap  
• Solid Shampoo  
• Solid Body and Face Soaps  
• Aluminum-free, baking soda-free Deodorant  
• Solid Lotions

Shop now at [amsosaps.com](http://amsosaps.com)

or at Tilley Auctions: 4728-50 Avenue, Redwater  
Phone 780-201-8585

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

Family Owned Local Alberta Business Since 1986  
DIRECT WORKWEAR LTD. since 1986  
We ship across Canada Huge Women's Selection XXS up to 7XL Sizing  
**WIN A \$500** Gift Certificate  
[www.directworkwear.com](http://www.directworkwear.com)  
Always low prices & great deals... save money.

If you have been impacted by family violence, we offer a variety of services for residents in St Albert, Sturgeon County & nearby rural communities including:

ELDER ABUSE SUPPORT    SUPPORT GROUPS    CHILD & YOUTH THERAPY

**INDIVIDUAL COUNSELLING (AGES 12+)**  
We offer free phone consults and individual counselling for those who have been impacted by abuse.

Give us a call to discuss your options and book an appointment today.

SAiF Society Stop Abuse in Families (SAiF) Society  
**780.460.2195 | info@saifsociety.ca**

Jennifer Miles, Agent  
125-15 Circle Dr  
St. Albert AB T8N 3Y7  
780-460-2279  
[www.jmilesinsurance.com](http://www.jmilesinsurance.com)

**Desjardins Insurance**

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products.  
Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

**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  
FREE ASSESSMENT CALL TODAY!  
For Expert Help: **1.844.453.5372**

**PRAIRIE SUNSET**  
Funeral Home and Cremation Services  
A DIVISION OF THE CARINGROUP INC.

780-470-5005 St. Albert    780-349-5006 Westlock  
[www.psfh.ca](http://www.psfh.ca)

**Stumbling Blocks Team Building Seminars**  
Build a Stronger, More Resilient Team  
Book Barbara Today!  
**780-722-3188**

[BARBARAMAY.COM](http://BARBARAMAY.COM) | [STUMBLING-BLOCKS.COM](http://STUMBLING-BLOCKS.COM)

# 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](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

My office is always available to connect you to government services and to provide information on local initiatives.

**Dale Nally, MLA**  
MORINVILLE - ST. ALBERT

780-572-6161  
[Morinville.Stalbert@assembly.ab.ca](mailto:Morinville.Stalbert@assembly.ab.ca)

**IS ADVENTURE ON YOUR BUCKET LIST?**  
**Learn to Scuba Dive**  
Ask about our Buddy Special

**Discover Snorkeling**  
1-Hour Lesson at the Pool!  
Snorkeling Sets for the Family

**The Dive Outfitters**  
Scuba Diving & Snorkeling  
**780.483.0044**  
11781-156 St., Edmonton  
[www.thediveoutfitters.ca](http://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](http://www.smallmiraclesadoption.com)

**Online Counselling Alberta-wide**  
Complimentary 15-Minute Session

**INNATE FREEDOM COUNSELLING**  
[www.innatefreedomcounselling.com](http://www.innatefreedomcounselling.com) | 825.250.8415

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**

**Your Favourite Auction House**  
NOW SERVING STURGEON COUNTY

View and bid at our upcoming auctions online! Links at:  
**www.tilleyauctions.com**  
Find us live at 4728-50 Avenue, Redwater

**Tilley Auctions**  
Phone Aaron Tilley with all inquiries or to consign at 780-792-8679  
PROUDLY SERVING NORTHERN AB: Cold Lake • Bonnyville • Fort McMurray • Lac La Biche • St. Paul • Elk Point • Sturgeon County

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

SAVE \$10 ...when you use the promo code **CoffeeNews**  
Put that \$10 in your tank. You're welcome.

**Blueberry BLUEGRASS FESTIVAL**  
JULY 29-31, 2022 STONY PLAIN, AB

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

Great Festival  
Close to Home  
Great Price

Visit [blueberrybluegrass.com](http://blueberrybluegrass.com) for tickets and details