

Affordable-Effective-Exclusive-CALL NOW!

Stumbling Blocks
Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today!
780-722-3188



BARBARAMAY.COM | STUMBLING-BLOCKS.COM

Machining | Welding | Fabrication

GM
GROVE MACHINE & WELDING

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

780-962-1772 CALL US TO DISCUSS YOUR PROJECT!

www.grovemachnewelding.com | 35 South Ave., Spruce Grove


First Time Customers: 10% Off*
*To a maximum of \$200

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

Get More Traffic, Leads & Sales



- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline web consulting 780.760.6922
frontlineconsulting.ca

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

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**



WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com



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

JULY 29-31, 2022 STONY PLAIN, AB

Blueberry BLUEGRASS FESTIVAL

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

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

Visit blueberrybluegrass.com for tickets and details


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

Vol. 19 No. 29 July 18, 2022

Everybody's Talking

Home for bees: Bees are important to the environment because they are pollinators. In China, where the native bee population is in danger, a special bee sanctuary exists. It's in the Shennongjia Nature Reserve in the central part of the country, where a steep cliff accommodates about 700 wooden boxes that the bees use as their hives. Beekeepers tending to the boxes must also use them as steps to reach the hives further up. To access the topmost hives, the keepers use ropes. The steep cliff is an ideal spot because it is inaccessible to bears. The area has diverse flora, as well, so the bees have many places to forage for pollen.

Tear-down project: Folks in the town of Blumberg, Germany, had better be sure to pay their contractor, at least if the contractor is someone known as Matija P. While building an apartment block, this fellow had run into problems getting the developer to pay for his work. Instead of taking the issue to court, Matija P. hopped onto a huge excavator and started dismantling the very facade he'd just finished building! In the process, he damaged about 30 apartments that tenants were about to occupy. The contractor stopped his act of destruction when the excavator broke down. Later, he turned himself in to police. He is likely to be fined and will possibly end up in jail.

Not a doctor: A teacher at Shude University of Science and Technology in Taiwan is not just a good teacher, he's good at drawing, too. Zhong Quanbin uses chalk and a ruler to produce amazingly detailed blackboard drawings of parts of the body: eyes, skeletons, muscles, and more. Although not a doctor, nor even interested in becoming one, Zhong Quanbin's skill in art brought him so much attention that he was hired at the university to teach medical students how to draw anatomically correct body parts from different angles. The name of the course he teaches is "Anatomy Illustrations and Drawing Skills."

Exam fraud: Those who want to graduate from high school need to write their own exams. A young couple in Diourbel, Senegal, learned this the hard way. Khadim Mboup dressed up as a woman and attempted to write high school graduation exams on behalf of his girlfriend, Gangué Dioum. Mboup wore a dress, wig, scarf, and earrings, and he put on makeup, too. Unfortunately for the couple, an exam supervisor became suspicious and called the police. Mboup had no choice but to confess to his actions, explaining that he did it to help Dioum, who isn't fluent in English. The couple may now be barred from taking the exam for five years.

Quoteable Quotes

"Life is the game that must be played." —Edwin Arlington Robinson

"Justice is a machine that, when someone has once given it the starting push, rolls on of itself." —John Galsworthy

What's Happening

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.sgribfest.com

Aug 14-Spruce Grove Public Market Come join us at the Spruce Grove Public Market taking place on August 14th at the Pioneer Centre on Jespersen Avenue from 11am - 4pm. We will have free activities for the kids, food trucks, music and entertainment...and of course vendors galore.

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

Trivia

1. Which U.S. National Park was designated first—Yellowstone, Glacier, or Acadia?
2. On the periodic table, this element has the symbol Au.
3. For what city's team did Hank Aaron first play Major League Baseball?
4. Sherlock Holmes lived at this address
5. Who designed the glass pyramid outside of the Louvre Museum in Paris?

(Flip bottom of page for answers)

The World's #1 Restaurant Publication!

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



LARGEST SELECTION of Machines and Notions

FOR THE LOVE OF SEWING

baby lock

NEW LOCATION NOW OPEN!

Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm

SOUTH 780.469.1147 8649-63 Ave., Edmonton

WEST 780.486.0047 18514-104 Ave., Edmonton

www.centalsewing.com

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

THIS SPACE FOR RENT

780-220-6397

We follow the Alberta Fee Guide

Queen Street DENTAL

Located in Queen Street Place
#109, 505 Queen St. Spruce Grove

Dr. Chris Gordon • Dr. Azra Lalani • Dr. Sonia Thibault

780.960.1422 | www.queenstdental.ca

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

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

Online Counselling Alberta-wide

Complimentary 15-Minute Session

INNATE FREEDOM COUNSELLING

www.innatefreedomcounselling.com | 825.250.8415

SHOP DIRECT WORKWEAR ONLINE
www.directworkwear.com

Enter to WIN a \$500 Gift Certificate

SCAN THIS CODE TO ENTER

Where Safety Meets Savings

- ✓ Competitive Pricing
- ✓ Knowledgeable Service
- ✓ Great Selection
- ✓ Check Out Our Sale Page For Even Better Deals

DIRECT WORKWEAR LTD. since 1986

Pregnant? Facing Difficult Decisions?
 We can help.
 Call 780.421.1177 or text 587.596.5380



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

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

www.smallmiraclesadoption.com

inogen
FREEDOM. TO BE YOU.



1-888-998-6714

I BUY GUN COLLECTIONS and WW II COLLECTIBLES



Call Jay:
780-686-1350

Faster Internet. Unlimited data.



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

ISP COMPUTERS
BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS

ISP COMPUTERS - Your Tech 911
 780-960-2150
 Email: itain@ispcomputers.ca
 Website: www.ispcomputers.ca

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

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>

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


Your Weekly Horoscope

ARIES
(March 21 – April 20)



This may be a period in which luck and optimism could heighten your ability to break through obstacles. Try not to let self-doubt about past events get in the way. Lucky numbers: 4, 15, 28, 32, 40, 47.

TAURUS
(April 21 – May 21)




Are you feeling rebellious and looking to break free of restrictions that may keep you from achieving your purpose? The middle of the week could bring a calm moment to reevaluate the situation. Lucky numbers: 5, 9, 21, 27, 31, 35.

GEMINI
(May 22 – June 21)




At the end of the week, your mind may be particularly quick and sharp. You might receive many insights, so try to be conscious of using them in a positive manner. Lucky numbers: 8, 11, 18, 33, 38, 44.

CANCER
(June 22 – July 22)




Your natural empathy may be heightened. If you use it to nurture yourself and others, be careful about sharing too much with those who could take advantage of your giving nature. Lucky numbers: 9, 14, 15, 17, 32, 36.

LEO
(July 23 – Aug. 23)




This month, the Sun is returning to the position of your birth. This may provide an opportunity to initiate a new phase. Try to look for opportunities to exercise your leadership abilities. Lucky numbers: 1, 9, 10, 27, 29, 30.

VIRGO
(Aug. 24 – Sept. 23)




Are you feeling opposition to your goals in life? If so, you may want to consider setting aside your personal priorities and reaching for a higher level of service to others. Lucky numbers: 13, 14, 22, 23, 45, 46.

LIBRA
(Sept. 24 – Oct. 23)




For the next few weeks, you may be feeling a loss of confidence. Being kind to yourself could help you to successfully navigate this period while waiting for the situation to improve. Lucky numbers: 17, 21, 28, 30, 39, 43.

SCORPIO
(Oct. 24 – Nov. 22)



Scorpios often have the hard task of seeing hidden truths about people. The energy this week may help you initiate a positive response with others, if you choose to pursue it. Lucky numbers: 3, 5, 6, 8, 10, 18.

SAGITTARIUS
(Nov. 23 – Dec. 21)




Right now you may feel that your big Sagittarius heart is out of sync with your thoughts. If you wait a few days, the lack of equilibrium within you may pass. Lucky numbers: 7, 13, 14, 23, 39, 41.

CAPRICORN
(Dec. 22 – Jan. 20)




You might be continuing through a period of long-term transformation. You may want to gently release what you no longer need, in order to encourage a new sense of self. Lucky numbers: 2, 12, 24, 27, 28, 39.

AQUARIUS
(Jan. 21 – Feb. 19)



Many Aquarians find comfort in maintaining an emotionally detached view. Right now you may feel that this tendency is being tested, and you may no longer be certain about who you are. Lucky numbers: 6, 13, 15, 18, 26, 38.

PISCES
(Feb. 20 – March 20)



You may find yourself idealizing your partner or looking for an ideal one. You might benefit from the idea that each partner supports the other's purpose, rather than being their purpose. Lucky numbers: 12, 13, 17, 19, 22, 35.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 9.

Did You Know...

Common critter: Squirrels seem to be everywhere. Scientists have identified close to 290 species of the critters, and they can be found filling their tummies on just about every continent. They can eat their own body weight during a week.

Higher court: The U.S. Supreme Court may be the highest court in the land, but literally one floor above it is a basketball court. This 1940s workout area has backboards and baskets, which were installed later. It's a high court indeed!

Rockin' eaters: Termites eat wood, and they choose which pieces to eat based on vibrations they detect. One study found that rock music causes vibrations that attract termites to pieces of wood that are easier to eat.

Wig-wearer: Sean Connery shot to fame as the movie character James Bond. The handsome actor wore a wig on screen because in real life he had begun losing his hair at age 21. His hairline continued to recede into his 30s and resulted in early baldness for the actor.

Raining fish: It doesn't rain "cats and dogs," but in May or June of each year, it does rain fish in Yoro, Honduras. Scientists believe the fish are possibly carried into town by heavy rainstorms, flash floods, or water tornadoes.

On the Lighter Side

Jean: "I've been skiing since I was 5 years old."
 Ron: "You must be really tired!"

What do you call an elephant in a phone booth? Stuck.

Knock! Knock! Who's there? Freddy. Freddy who? Freddy or not, here I come.

I had to quit my job at the shoe recycling factory. It was sole destroying.

There once was a banker who could no longer ride a bicycle. He lost his balance.

Answers

Trivia answers: 1. Yellowstone 2. Gold 3. Milwaukee 4. 221B Baker St., London 5. I.M. Pei

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

IS ADVENTURE ON YOUR BUCKET LIST?



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

Learn to Scuba Dive
 Ask about our Buddy Special

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

www.thediveoutfitters.ca

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

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

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 **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

WHEEL OF FORTUNE
 WEEKNIGHTS 7PM/6PST
yesTV



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

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

HORIZON STAGE
 Performing Arts Centre

2022-23 Season

2022-2023 Season goes on sale July 25!

Visit horizonstage.com for more information and to purchase tickets

THE ONE
88.1 FM

PARKLAND'S BEST COUNTRY

www.scubagearcanada.ca