

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

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

**I BUY GUN COLLECTIONS
and WW II COLLECTIBLES**



Call Jay:

780-686-1350

**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

**BEST OF HAWAII
FOUR-ISLAND
TOUR**

12 days, departs
year-round



FROM
\$2,549
\$2,299
USD

**VMT
vacations**

1-877-699-7003

promo code N7017

* Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/22. Other terms & conditions may apply. Ask your Travel Consultant for details.

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

**WE BUY USED GOLD
AND DIAMONDS**



Blue Diamond



Jewellers

780.968.0040

Main Street, Stony Plain

www.bluediamondjewellers.com

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

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed
Over Coffee"

**Stony Plain
Edition**

780-220-6397



www.coffee-news.ca

Vol. 19 No. 32 August 8, 2022

Everybody's Talking

Pebbly pictures: Combing the beach for colourful, oddly shaped stones is always fun. For Justin Bateman, an English artist, the stones come in handy for his creations: mosaic pictures that he puts together right on the beach. He uses stones of all shapes, sizes, and colours to reproduce such masterpieces as "Mona Lisa" and "Girl With a Pearl Earring." His work is eye-catching, but viewers have to be quick because the pieces don't last long in their rugged, natural environment. Bateman can spend from one or two days to several weeks completing one of his stone works of art. He currently resides in Thailand; his artwork can be seen on beaches and surrounding areas.

Tunnel road: Guoliang is a remote village located high in the Taihang Mountains in China's Henan Province. People in the village had been quite isolated until the 1970s, when they decided to hand-dig a tunnel so cars could come and go from the scenic location. Using hammers and chisels, they succeeded in building a tunnel that is 1.2 kilometres (0.75 mi.) in length. The task took five years to accomplish and was completed in 1977. Before the tunnel's construction, the only way in and out of Guoliang was via the "Sky Ladder," a difficult climb up the mountain. Today, the tunnel is a tourist attraction, and the villagers are enjoying a more robust economy.

Unique pizza oven: Those wanting to enjoy a unique pizza might want to head to the Pacaya Volcano in Guatemala, where Chef Mario David García Mansilla uses lava from the active volcano to cook his gourmet pizzas. His restaurant is called Pizza Pacaya, and it moves according to where cooling lava can be found. The lava forms a kind of cave as it cools, creating a sort of oven where the chef can bake his pies. He also cooks the pizza directly on top of molten rocks. In either case, he wears protective gear while at work. Patrons can make a reservation for their slice of volcano-cooked pizza. Mansilla got the idea for his restaurant when he saw tourists roasting marshmallows over lava.

Two heads: The diamondback terrapin turtle is a threatened species in the United States, so researchers were excited when a two-headed specimen was born. Now in the care of the Birdsey Cape Wildlife Center in Massachusetts, the turtle is doing well. It has six legs instead of the usual four, along with two heads that move in and out of the shell independently. A barium test revealed that each head has its own gastrointestinal system, and scientists are looking for ways to learn more about this interesting creature. The turtle is growing well, with the heads seeming to work together to swim and find food.

Quoteable Quotes

"Resolve never to quit, never to give up, no matter what the situation." —Jack Nicklaus
"Long after an experience...it is seen quite differently." —Doris Lessing

What's Happening

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.

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

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. What is the only even prime number?
2. The Argentine flag has these two colours and this celestial body.
3. Who wrote the novel Breakfast at Tiffany's?
4. What shape depicts psychologist Abraham Maslow's hierarchy of needs?
5. What Mexican holiday originally celebrated the Battle of Puebla in 1862?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

IMPROVED!

**Faster Internet.
Unlimited data.**

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

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!

BBB

**THE ONE
88.1 FM
PARKLAND'S BEST COUNTRY**

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

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**

**WEBSITES
From \$129/Month**

(780) 760-6922
FRONTLINECONSULTING.CA

Registration for
**Summer
City** in the programs
from Recreation and Culture Services are
NOW OPEN!

www.sprucegrove.org/sitc

SHOP DIRECT WORKWEAR ONLINE
www.directworkwear.com

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

Where Safety Meets Savings

SCAN THIS CODE TO ENTER

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

DIRECT WORKWEAR LTD. since 1986

LARGEST SELECTION of Machines and Notions

baby lock
FOR THE LOVE OF SEWING

Come in for a test drive!
Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm

CENTRAL SEWING MACHINES

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

NEW LOCATION NOW OPEN!
SOUTH 780.469.1147 WEST 780.486.0047
8649-63 Ave., Edmonton 18514-104 Ave., Edmonton

www.centralesewing.com

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

Stumbling Blocks Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today!
780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.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

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

WHEEL OF FORTUNE
WEEKNIGHTS 7PM/6PST
yesTV

Online Counselling Alberta-wide
Complimentary 15-Minute Session

INNATE FREEDOM COUNSELLING

www.innatefreedomcounselling.com | 825.250.8415

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

Your Weekly Horoscope

ARIES (March 21 - April 20)

You may want to consider making an adjustment in your style of communicating with others. This could change the way that people see you, and eventually might lead to new opportunities. Lucky numbers: 4, 5, 14, 15, 26, 33.

TAURUS (April 21 - May 21)

An unusual or unexpected event in your life may be frustrating to you right now. Taking a deep breath and reflecting on your next steps before acting may be helpful. Lucky numbers: 14, 17, 24, 25, 33, 37.

GEMINI (May 22 - June 21)

Are you willing to fight for some specific issue? Gemini's ability to integrate information that may be conflicting can be useful in presenting a convincing argument on the matter. Lucky numbers: 17, 21, 22, 31, 37, 46.

CANCER (June 22 - July 22)

This week your heart may be in one place and your head in a different one. Waiting to act on anything until this dynamic passes by may be helpful. Lucky numbers: 3, 15, 19, 20, 41, 42.

LEO (July 23 - Aug. 23)

During the next month, the potential exists to reassess your values. What type of legacy do you want to leave for others, and what can you do to manifest it? Lucky numbers: 5, 7, 12, 25, 27, 48.

VIRGO (Aug. 24 - Sept. 23)

Are you having difficulty clearly communicating with your partner right now? If so, initiating a discussion about it between the two of you may be helpful in moving forward. Lucky numbers: 8, 17, 19, 33, 37, 43.

LIBRA (Sept. 24 - Oct. 23)

Libras often prefer for others to be in the limelight, rather than themselves. Right now, though, stepping into the spotlight yourself may be more comfortable than standing in the wings for others. Lucky numbers: 7, 10, 12, 14, 23, 40.

SCORPIO (Oct. 24 - Nov. 22)

An old, karmic issue may be resurfacing in your life right now. What might be helpful would be to resolve the prior consequences of this matter before trying to move forward. Lucky numbers: 12, 16, 18, 28, 29, 41.

SAGITTARIUS (Nov. 23 - Dec. 21)

Right now, there may be an opportunity to light a fire under the plans to achieve your life's dreams and wishes. However, you may need to proactively reach for it. Lucky numbers: 1, 4, 6, 16, 20, 27.

CAPRICORN (Dec. 22 - Jan. 20)

A trait of many Capricorns is to just keep putting one foot in front of the other until they get where they are going. Events this week may reinforce that pattern. Lucky numbers: 2, 4, 8, 17, 21, 31.

AQUARIUS (Jan. 21 - Feb. 19)

The full moon in your sign may provide a strong potential for you to bring a project to completion. Then you might be able to begin planning for the next six months. Lucky numbers: 22, 25, 36, 39, 40, 44.

PISCES (Feb. 20 - March 20)

Have you been in a pattern of having a difficult time getting out of your own way? You may find more endurance now to break through the obstacles that have impeded your progress. Lucky numbers: 15, 16, 19, 28, 29, 38.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 7.

Did You Know...

Couples only: Switzerland has many laws in place to protect animals, even guinea pigs. It's illegal to own only one. These mammals are highly social, so having only one lone(ly) guinea pig is considered animal abuse.

Waiting until the end: Going to the movies means sitting through lots of movie previews, so why are they called "trailers"? In the early days of showing movies, these film clips were shown after the main show, therefore they trailed it.

Living on air: Air plants come in many shapes and sizes, but the common denominator is that they don't need soil to grow. Just submerge and soak them for a while to water them, and mist them between soaks.

Spectacular falls: The Zambezi River flows between the borders of Zambia and Zimbabwe, and its claim to fame is the magnificent Victoria Falls. The water cascades down a ledge that is 1,708 metres (5,640 ft.) wide, into a gorge 108 metres (354 ft.) below.

Fastest man: A rare genetic disorder caused Zion Clark to be born without legs. In February 2021, he broke the Guinness World Record for the fastest 20 meter (65 ft.) walk on hands alone, finishing in under 4.8 seconds. His triumph took place at his former high school gym in Massillon, Ohio (U.S.).

On the Lighter Side

Did you hear that the fire-eater got engaged? He ran into an old flame.

I was accused of being a plagiarist. Their words, not mine.

Waiter: "What's the matter with the soup?"
Customer: "I asked for barley soup, not barely soup!"

What goes trot-dash-trot-dash-dash? Horse code.

Knock! Knock! Who's there? Decay. Decay who? Decay is after the J in the alphabet!

Answers

Trivia answers: 1. Two 2. Blue, white, sun 3. Truman Capote 4. Pyramid 5. Cinco de Mayo

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

Office Cleaning Now Available in Stony Plain and Spruce Grove

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

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
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

Transport our future. Become a school bus driver.

SOUTHLAND safety home

Apply now @ southland.ca

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.grovemachwelding.com | 35 South Ave., Spruce Grove

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

ISP COMPUTERS BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS

ISP COMPUTERS - Your Tech 911

780-960-2150
Email: iaine@ispcomputers.ca
Website: www.ispcomputers.ca

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

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

2009-2022 MODELS

CARSWANTED.CA

USA BUYER WANTS YOUR VEHICLE!
TRADE IN, LEASE BUYOUTS, FLEET UNITS... ANY CONDITION!

LOCAL PICKUP, INSTANT CASH OR CERTIFIED FUNDS

587-805-1500