

HORIZON STAGE Performing Arts Centre

2022-23 Season

Tickets available in person at the Border Paving Athletic Centre, #100, 9 Tri Leisure Way, or by phone at 780.962.8995.

Scan here for season details!

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

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

THE ONE 88.1 FM

PARKLAND'S BEST COUNTRY

Bras Briefs Boxers Bikinis

Romantic Notions inc.

Visit us on Facebook 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

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

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

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

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:

- Your name
- Your phone number
- Your address

so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Reader of the Month
Jessica Montgomery from Hinton

Coffee News Fun Reading. Serious Advertising.

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. 44 October 31, 2022

Everybody's Talking

Pet-friendly hotel: Anyone wishing to go on a holiday in Gloucester, England, who doesn't want to leave a pet canine behind, simply needs to make a reservation at the Tewkesbury Park Hotel. This hotel offers many activities for pet owners, such as playing golf, going for walks, enjoying a game of tennis, or having a spa treatment. Likewise, their canine companions can lounge in the luxurious rooms on their doggie beds, enjoy doggie treats, and wander through the gardens. Not only that, but guests are allowed to take their pet to dinner at the Piano Lounge, where both human and animal patrons can enjoy a meal of their liking.

Nap time: Folks in Hong Kong who have trouble getting a good night's sleep can try to have an extended nap on the Bus Sleeping Tour. This tour, run by Ulu Travel, encourages riders to bring their slippers and pillows so they can curl up to snooze. The double-decker bus then kicks into gear for a five-hour, 76-kilometre (47-mile) ride around the area. The idea originated with Kenneth Kong, Ulu's marketing manager, who knows people who struggle with insomnia. Since many people find they are able to sleep on public transit during their commutes, Kong thought the Bus Sleeping Tour might attract some customers. Tickets are reasonably priced, and riders get a free eye mask and earplugs.

Bad handwriting: While a retired man named Alan Slattery may have been successful at robbing a bank in England, his sloppy handwriting is the reason he was unsuccessful in his first attempt, and his lack of penmanship eventually led to his apprehension by police. Slattery walked into a bank in Eastbourne, East Sussex, and handed a threatening note to a teller, but the teller couldn't read it because of the sloppy writing. Slattery ended up running away without any stolen money. Later, with the note as evidence and video footage from another robbery, police were able to catch and arrest the thief.

Spinning house: A retired man in Srbac, Bosnia, wanted to make sure his wife would always have interesting views of the world. So Vojin Kusic decided to build a new home with a special feature: he designed it to rotate. He studied methods to bring his dream to fruition, and after six years of planning and building, the home was complete. It uses a rotating mechanism that runs on electric motors and employs wheels that were once used on a large transport vehicle. Now, Kusic's wife can choose to have the house rotate as slowly as once every 24 hours, or at the dizzying rate of once every 22 seconds.

Quoteable Quotes

"There is no joy but calm!" —Alfred, Lord Tennyson
"If you are idle, be not solitary; if you are solitary, be not idle." —Samuel Johnson

What's Happening

Nov 25 - Snowflake Festival Join us in the heart of downtown St. Albert as we light up the Perron District with the warm glow of Christmas lights. Families can take a ride on the polar express, cuddle the animals, play a little road hockey, and of course meet Santa. 7:30 PM.

NON profit organizations may submit events for FREE at www.coffee-news.ca

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

- Who was the original lead singer of the Byrds?
- What foreign-language film won the Best Oscar in 2020?
- Braille began as "night writing" for military communications T/F?
- What element was named for the planet Neptune?
- Guinness Book of World Records says the largest snowflake was how big?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)

Fast wireless home Internet with **truly unlimited data.**

Call 1-866-218-8782 to sign up

Go beyond. xplore.ca Xplore[®] X

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST

yesTV

THIS SPACE FOR RENT

780-220-6397

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 \$300

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

Happy Halloween

from your friends at **Coffee News**

Stumbling Blocks Team Building Seminars

Fun, Informative and Highly Interactive

Book Barbara Today!
780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.COM

COLD SHOT
A DIVISION OF BALMARIA 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

**BEST OF HAWAII
FOUR-ISLAND
TOUR**

12 days, departs
year-round



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.



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

**LARGEST
SELECTION
of Machines
and
Notions**

Your Sewing
Superstore



Come in for a test drive!

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

NEW LOCATION NOW OPEN!

SOUTH 780.469.1147 WEST 780.486.0047

8649-63 Ave., Edmonton 18514-104 Ave., Edmonton

www.centalsewing.com

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE



**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

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



Call Jay:

780-686-1350

Your Weekly Horoscope

**ARIES
(March 21 - April 20)**



Your normal confidence level may be taking a hit right now. Perhaps consider how you might be sabotaging yourself because of an old emotional wound, and how to address it. Lucky numbers: 18, 21, 22, 27, 30, 39.

**TAURUS
(April 21 - May 21)**



At the end of the week, you may encounter someone whose charisma is very attractive to you. Enjoy the experience but don't make any serious decisions at this time. Lucky numbers: 9, 11, 12, 30, 32, 34.

**GEMINI
(May 22 - June 21)**



You may feel out of sync with others right now. Perhaps an adjustment in your view of the situation would improve your interactions with them. Avoid the temptation to argue right now. Lucky numbers: 3, 5, 15, 30, 32, 37.

**CANCER
(June 22 - July 22)**



Is there a goal or cause that you feel particularly passionate about achieving? Right now may be a good time to try to recruit others to assist you in this endeavour. Lucky numbers: 6, 16, 20, 33, 34, 44.

**LEO
(July 23 - Aug. 23)**



You may feel that others are placing obstacles in the way of what you are trying to achieve. You may want to explore what underlying dynamic is driving your belief. Lucky numbers: 17, 18, 23, 24, 27, 48.

**VIRGO
(Aug. 24 - Sept. 23)**



Do you have a hard time requesting assistance? Others might be more receptive right now, so this may be a good time for you to start to practice asking for help. Lucky numbers: 7, 12, 36, 38, 40, 43.

**LIBRA
(Sept. 24 - Oct. 23)**



You may have been trying, without success, to show the world your unique and authentic self. A deep dive into your unconscious could reveal a new opportunity to do exactly that. Lucky numbers: 2, 3, 5, 10, 15, 23.

**SCORPIO
(Oct. 24 - Nov. 22)**



The Sun returns to your birth sign this month, providing an opportunity to make a new plan for your life. Consider one that allows you to manifest something particularly important to you. Lucky numbers: 16, 18, 21, 32, 39, 40.

**SAGITTARIUS
(Nov. 23 - Dec. 21)**



Are you having trouble settling on what you want to do next in your life? An approach that might help could be to first understand what you believe in, and then move forward. Lucky numbers: 8, 10, 24, 27, 30, 46.

**CAPRICORN
(Dec. 22 - Jan. 20)**



Your self-confidence may receive a much needed boost right now. How do you want to use this positive energy to help you fulfill a wish or dream that you have long treasured? Lucky numbers: 10, 12, 13, 26, 44, 45.

**AQUARIUS
(Jan. 21 - Feb. 19)**



At the beginning of the week, your thoughts and feelings may be well balanced. You might use this time to devise a plan to address any issues you are experiencing now. Lucky numbers: 5, 8, 15, 19, 30, 33.

**PISCES
(Feb. 20 - March 20)**



At mid-week, you may be feeling particularly emotional. Find a positive outlet for your thoughts, so you don't wallow in them unnecessarily. If you can, postpone any important decisions now. Lucky numbers: 1, 6, 21, 38, 41, 42.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 33.

Did You Know...

Mind for chess: Zoltan Sarosy, who immigrated to Toronto, Ontario (Canada), from Hungary in the 1950s, was a chess master all his life. He was still playing the game just a couple of years before he died in 2017 at age 110.

Athletic actor: Douglas Fairbanks (1883-1939) was an American actor in the time of silent films, such as *Robin Hood*, *The Mark of Zorro*, and *The Thief of Bagdad*. He was athletic and performed most of his own stunts.

Edible weed: Plantain weed (not the banana-like fruit) is an edible weed that grows in urban environments, from pavement cracks to playgrounds. It can be eaten raw or cooked in soups and stews, and has been shown to help decrease inflammation.

Big animals: There is a breed of cattle that originated in Italy called Chianina. This breed is the largest in the world. These animals have long legs, well-defined muscles, and long, straight faces.

All lit up: Horsetail Fall in Yosemite National Park in the United States is an ephemeral waterfall. In late winter, when the snowmelt provides enough water, the setting sun causes it to light up, a phenomenon known as "firefall."

On the Lighter Side

Knock! Knock! Who's there? Max. Max who? Max no difference to me.

Why don't monkeys play cards in the jungle? Too many cheetahs.

Jeff: "Hey! I have music in my feet!"
Joy: "Yes, two flats!"

Why was the nail so unhappy? The carpenter kept hitting it on the head.

The pilot liked to be alone. But even for him, flying a drone was too remote.

Answers

Trivia answers: 1. Jim (Roger) McGuinn 2. Parasite 3. True 4. Neptunium 5. 15" x 8"

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

GENERAC

Prepare for power outages today
WITH A HOME STANDBY GENERATOR

FREE
7-Year Extended Warranty*
An \$895 Value!

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(888) 688-0973

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

**Get More Traffic,
Leads & Sales**

SCAN ME

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

Frontline 780.760.6922
frontlineconsulting.ca

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

Transform lives,
one wish at a time.

Make-A-Wish.
Visit makeawish.ca

**Need ONE More
Reason to Join?**

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter

LegalShield Call LLOYD KENNEY,
Independent Associate, to find out
how LegalShield can help you!
1-877-579-9449

inogen

**FREEDOM.
TO BE YOU.**

1-888-998-6714 MKT-P0253

**WE BUY USED GOLD
AND DIAMONDS**

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

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

Congratulations
to September's
Coffee News Guy
contest winners!

Marlys Zee
Marilyn Eschyshyn
Cathy Blachand
Melanie Spence

Your prizes are in the mail!

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

Recipe of the month

Pumpkin Lasagna

1/2 pound sliced fresh mushrooms	Dash pepper
1 small onion, chopped	9 no-cook lasagna noodles
1/2 teaspoon salt, divided	1 cup reduced-fat ricotta cheese
2 teaspoons olive oil	1 cup shredded part-skim mozzarella cheese
1 can (15 ounces) solid-pack pumpkin	3/4 cup shredded Parmesan cheese
1/2 cup half-and-half cream	
1 teaspoon dried sage leaves	

Prep Time: 25 min. Bake: 55 min. + standing
Yield: 6 servings

- 1 In a small skillet, saute the mushrooms, onion and 1/4 teaspoon salt in oil until tender; set aside. In a small bowl, combine pumpkin, cream, sage, pepper and remaining salt.
- 2 Spread 1/2 cup pumpkin sauce in an 11x7-in. baking dish coated with cooking spray. Top with 3 noodles (noodles will overlap slightly). Spread 1/2 cup pumpkin sauce to edges of noodles. Top with half of mushroom mixture, 1/2 cup ricotta, 1/2 cup mozzarella and 1/4 cup Parmesan cheese. Repeat layers. Top with remaining noodles and sauce.
- 3 Cover and bake at 375° for 45 minutes. Uncover; sprinkle with remaining Parmesan cheese. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

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

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

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

Visit us on Facebook-CoffeeNewsWeekly

CN-Proudly printed by One to One Mailing