

**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

**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>

**THIS SPACE  
FOR RENT**

**780-220-6397**

**WEBSITES  
From \$129/Month**

**(780) 760-6922**

FRONTLINECONSULTING.CA

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

**Call Jay:  
780-686-1350**

SHOP DIRECT WORKWEAR ONLINE  
[www.directworkwear.com](http://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

**FOR ALL YOUR AUTOMOTIVE NEEDS**

**TRAILTIRE**

AUTO CENTERS

- Tires and Wheels • Tire Storage
- All Mechanical Repairs
- Inspections

AND MORE!

**780-571-0778**

Visit us today at 140 Century Crossing, Spruce Grove

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

**Coffee News**<sup>®</sup>

"News To Be Enjoyed Over Coffee"

**Spruce Grove Edition**

**780-220-6397**

www.coffee-news.ca

Est. 1988

Vol. 19 No. 45 November 7, 2022

**Everybody's Talking**

**Winning ticket:** Brian Woodle always wanted to own and operate an automobile repair shop, so while he and his wife were raising their family, he scrimped and saved to make his dream come true. But, as it turned out, he didn't really need to do that. On the very day he opened his shop in Callahan, Florida (U.S.), Woodle discovered that he'd bought a winning lottery ticket. Purchased at a convenience store for a mere \$5, the ticket wound up being worth \$1 million (USD). While the hard work of saving money will always be worthwhile, having this much of a head start on a new business venture always helps.

**Snake catcher:** Fortunately, Helaina Alati knows a few things about snakes. A wildlife rescuer in Australia, the young woman has helped to round up about 20 of these reptiles over the course of her career. So it was quite fortuitous that she was the shopper who came face-to-face with a python lurking in the spice aisle of a supermarket in Sydney. Remaining calm, Alati was immediately able to identify the type of snake and knew it was not venomous. She let the store's staff know the location of the snake, and then went home to fetch a snake bag. It only took a few minutes for the python to slither into the bag, after which Alati released him into the bush. No harm done!

**A calm place:** At the Jewel Changi Airport in Singapore, travelers can spend their time between flights at a unique attraction: an indoor garden called Shiseido Forest Valley. The forest has over 900 trees and 60,000 shrubs, spread out over four levels. The area has a display of changing lights of different colours that illuminate the vegetation, making the whole environment seem magical, which is calming to weary travelers. The installation is also linked to sounds that help visitors ignore outside noise and, instead, relax into the depths of the forest. Scent also plays a part in the experience, with the aromas of rose and lotus wafting through the branches.

**Elevator elevation:** Hunan Province in China is home to the world's tallest outdoor elevator. This feat of engineering is located in the Wulingyuan Scenic area, which offers breathtaking mountain views, including columns of sandstone formations. The elevator was built by a German company and dozens of local contractors. It's known as the Bailong Elevator or the Hundred Dragons Elevator. It rises up a sheer cliff to a height of approximately 330 metres (1,070 feet). Before the elevator was completed in 2002, visitors seeking the expansive vistas had to drive for hours on treacherous roads to reach this scenic viewing area.

**Quoteable Quotes**

"I just make it my business to get along with people so I can have fun. It's that simple."  
—Betty White

"Give me again my hollow tree,  
A crust of bread, and liberty."  
—Alexander Pope

**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](http://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](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.

**Trivia**

1. What year was Charles de Gaulle elected president of France?
2. The dune buggy was invented by \_\_\_\_.
3. On which continent is the mountain range Annamese Cordillera?
4. Which flying bird has the largest wingspan?
5. Niagara Falls is located in New York (U.S.) and what Canadian province?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

www.scubagearcanada.ca

**BLUE BLOODS**

MON - THURS 9:00

yesTV

**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)

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

**BEST OF HAWAII FOUR-ISLAND TOUR**

12 days, departs year-round

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

**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**

SHIP BY BUS

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: [www.coldshotca.com](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

SERVING THE AREA FOR OVER 39 YEARS

**Polish & Sparkle**

CLEANING SERVICES

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**

Sunset Scents a RAY of Fragrance

[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

Machining | Welding | Fabrication

**GW**

GROVE MACHINE & WELDING

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

First Time Customers: 10% OFF\*

**780-962-1772**

CALL US TO DISCUSS YOUR PROJECT!

[www.grovemachwelding.com](http://www.grovemachwelding.com) | 35 South Ave., Spruce Grove

\* To a maximum of \$300

Visit us on Facebook-CoffeeNewsWeekly

(Over)

The World's #1 Restaurant Publication!

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

## Need ONE More Reason to Join?

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

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

**LARGEST SELECTION of Machines and Notions**

**baby lock**  
FOR THE LOVE OF SEWING

**Central Sewing Machines**  
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 WEST  
**780.469.1147** **780.486.0047**  
8649-63 Ave., Edmonton 18514-104 Ave., Edmonton

www.centralsewing.com

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

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

**Transform lives, one wish at a time.**

**Make-A-Wish**  
Visit [makeawish.ca](http://makeawish.ca)

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

Call 1-866-218-8782 to sign up

Go beyond. **xplore.ca** **xplore**

**inogen**

**FREEDOM. TO BE YOU.**

**1-888-998-6714**

## 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**

**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

# Your Weekly Horoscope

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

If you find yourself in a pattern of conflict with others right now, perhaps you should take a step back. Examine what is going on within yourself that may be triggering this dynamic.  
Lucky numbers: 10, 11, 13, 25, 33, 39.

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

You may be feeling frustrated that things are not going your way. Now might be a time for completion. Think about what you should release in order to help you move forward.  
Lucky numbers: 8, 14, 18, 22, 28, 36.

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

You may feel a desire now to show off your mental abilities. Perhaps you should consider adjusting your demeanour to avoid unproductive arguments and power struggles with others.  
Lucky numbers: 1, 8, 15, 19, 43, 45.

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

You may find that your heart and mind are in agreement about an issue. If you use a balanced approach, this can be a good time to make a decision.  
Lucky numbers: 9, 17, 22, 27, 28, 35.

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

There may be potential opportunities for you to achieve public recognition. If you ask for assistance now, you might find that others are amenable to helping you in the process.  
Lucky numbers: 11, 14, 15, 21, 42, 44.

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

Virgos often take a very practical and grounded approach to their work. However, now may be a time to look for ways to incorporate a little more magic into the mix.  
Lucky numbers: 4, 11, 14, 27, 40, 45.

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

Libras are known for being the peacekeepers of the zodiac. Right now, though, you may find that skill has escaped you. If so, ask yourself why that might be the case.  
Lucky numbers: 2, 5, 29, 34, 37, 39.

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

Scorpios don't mind digging deeply into a situation to uncover hidden truths. Now may be the right time to initiate such a conversation. But be gentle with the other person.  
Lucky numbers: 3, 8, 11, 12, 16, 31.

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

Are you finding yourself getting into philosophical arguments with others right now? Perhaps it would be helpful to adopt a "live and let live" attitude for the time being.  
Lucky numbers: 12, 18, 23, 37, 43, 44.

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

Romantic partners can sometimes act as a mirror to our own unconscious processes. You may have an opportunity now to expand both your self awareness and your relationship consciousness.  
Lucky numbers: 5, 11, 13, 27, 39, 42.

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

Obstacles may appear to be in your way for no apparent reason right now. Be sure that you are focusing on something your heart really wants and then work hard to achieve it.  
Lucky numbers: 7, 9, 10, 30, 35, 38.

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

Your head may be in the clouds at this time. A new opportunity could be available for you, but you might have to consciously reach out and seize the right one.  
Lucky numbers: 6, 7, 17, 30, 36, 46.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 11.

## Did You Know...

**Getting rested:** When we sleep, reaching the "deep sleep" stage is important for feeling rested the next day. Deep sleep is when heartbeat, breathing, and brain activity are at their slowest. Waking up from this sleep phase is difficult.

**Interesting tree:** Socotra, an Arabian Sea island that is part of Yemen, is the only home of the Socotra dragon tree. This unique tree's branches form an umbrella that catches and absorbs mist. It has red resin, which local people call "dragon's blood."

**Look up:** The ceiling of the Sistine Chapel in Vatican City was painted by Renaissance artist Michelangelo. He spent four years completing the project, which contains about 300 figures. He used a painting technique called fresco.

**Dishwashing fatigue:** An American woman named Josephine Cochran patented the dishwasher in 1886 because she was tired of cleaning up after parties. She presented it at the 1893 Chicago World's Fair, and it was a hit.

**Sit or lie down:** The words "couch" and "sofa" are often used interchangeably today, but historically, they meant different things. A sofa had arms and was meant for sitting, while a couch was intended more for lying down.

## On the Lighter Side

Did you hear the one about the knives? It's a cutup.

First Invisible Man: "Did you miss me when I was gone?"  
Second Invisible Man: "Were you gone?"

When is fishing not a good way to relax? When you are the worm.

I used to know this hilarious joke about a boomerang. I forgot it, but I am sure it will come back to me.

Knock! Knock! Who's there? Rosa. Rosa who? Rosa corn grow in the field.

## Answers

**Trivia answers:** 1. 1958 2. Bruce Meyers 3. Asia 4. Wandering Albatross 5. Ontario

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

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

# THE ONE

## 88.1 FM

PARKLAND'S BEST COUNTRY

# E LATION

GLASS & VAPE

M-Sat 10 am - 10 pm  
Sun 11 am - 10 pm

780.571.0021 | 101 Main Street, Unit B, Spruce Grove

OPEN 7 DAYS A WEEK

**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!

## WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

**780.968.0040**  
Main Street, Stony Plain  
[www.bluediamondjewellers.com](http://www.bluediamondjewellers.com)

**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**

## 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](http://www.microbusiness.ca)

# Lest We Forget

Coffee News® remembers and honours our heroes

Affordable-Effective-Exclusive-CALL NOW!