

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 or visit us in person at 111 First Avenue, Spruce Grove

BLOSSOM FAMILY DENTAL
✓ Accepting New Families
✓ Free Invisalign Consults
✓ Comfortable Appointments
780.960.4242
www.blossomfamilydental.ca

THIS SPACE FOR RENT
780-220-6397

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

Zender FORD
• Locally owned
• Locally operated
• Invested in the community
780.962.3000
99 Golden Spike Rd, Spruce Grove
Anthony Surrendi
Direct: 780.914.4504
Check me out on Dealer Rater!
• Nearly 20 years experience
• Low pressure, customer-centric approach

Great Gift Ideas for Mom & Dad!
Romantic Notions inc.
#30, 210 McLeod Ave., Spruce Grove
780.962.4944 | 1.855.962.4944
www.romanticnotions.ca
@romanticnotionsab @romanticnotionsboutique
Bras • Briefs • Boxers • Bikinis

Services Offered
Furnace Repair
Hot Water Tanks
Drain Cleaning
Leak Repair
Sump Pumps
Gasfitting and more...
SS Plumbing & Heating
780-995-4140
FREE ESTIMATES NO HIDDEN FEES!
www.ssplumbingandheatingltd.com

NWT SAFETY SUPPLIES
FIRE EXTINGUISHER SALES & SERVICE
SINCE 2003
BAY 2, 1906-4 ST. NISKU
780 955 8797
X
50 SHEP ST. SPRUCE GROVE
780 962 1778
nwt-safety.com

FREE! New Issue Every Week!
Coffee News
"News To Be Enjoyed Over Coffee"
Spruce Grove Edition
780-220-6397
www.coffee-news.ca
Est. 1988

Vol. 20 No. 19 May 8, 2023

Everybody's Talking

Cold apartment: No one would dispute that the weather in Singapore gets really hot, but few would say that nine air conditioners are necessary in a four-room apartment. That is how many of the units a man named Huang installed in his small flat. The apartment got so chilly that several neighbours complained, saying their units were damp and moldy. The inhabitant in the flat above, named Liu, had excessive condensation on his cold floors. Huang said he needed the cool air due to a health condition, but Lui's floor was often wet because of it. They compromised, with Huang agreeing to shorten how long he ran his air conditioners and to only use two at night.

Lost, but found again: Misplacing an item of clothing can be annoying. Did you leave it at a friend's or relative's house, or maybe in the bottom of a suitcase that you put away after a trip? Losing the blue-and-white dress that Judy Garland wore in the 1939 movie The Wizard of Oz must have been a whole other matter. In the 1970s, the dress was donated to the drama department at Catholic University of America in Washington, D.C. (U.S.). But soon after, no one could find it. During recent renovations, a drama department lecturer noticed a garbage bag atop the faculty mailboxes. Inside was a shoebox containing the missing dress.

Bottle houses: Robert Bezeau knows that plastic bottles are a huge threat to the environment. So he collected tens of thousands of these discarded items and used them to build a little community. Called Plastic Bottle Village, it is located in the province of Bocas del Toro in Panama. Originally from Canada, Bezeau did not complete the feat himself; he asked local folks to help. The structures are made by filling metal cages with bottles, and then attaching the cages together. One bottle building, the four-story Castle Inspiration, can be booked for overnight stays. The whole idea of the project is to reuse plastic to prevent it from ending up in a landfill.

Slow but sure: Australia holds an annual ultra-marathon during which competitors run from Sydney to Melbourne. At 875 kilometres (543.7 mi.) long and taking as long as five days to complete, that event is not for the faint of heart. Needless to say, competitors are usually young and in excellent physical condition. That is, except for the inaugural event in 1983, which was won by Cliff Young, a 61-year-old potato farmer. He completed the whole race wearing his work boots and overalls. His gait was a slow but sure shuffle, and he didn't stop. He died a hero in 2003 at age 81, and by then had raised money for charitable causes by participating in other endurance events.

Quoteable Quotes

"A problem is a chance for you to do your best." —Duke Ellington
"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood." —Fred Rogers

What's Happening

June 24 - Hamlet of Robb - Centennial Event The Hamlet of Robb is celebrating 100 years with a full day of activities for all ages. There will be a Beer Garden, Children's Carnival, Food Trucks, Historical Display, Live Music many other surprises. Bring your family be a part of History!

May 4 to 6 - Pottery Spring Sale The St Albert Potters Guild has been busy creating beautiful pottery pieces that will be on sale at St Albert Place, 5 St Anne St. Come support our local artisans. Fundraising for the Canadian Mental Health Assoc. the food bank is also being held.

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
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 national flower of England?
2. Maasai Mara National Reserve is located in this country.
3. This telescope array first captured the black hole at the centre of our galaxy.
4. Who is the author of Bleak House?
5. In Canada, this canal runs between Lake Ontario and Lake Erie.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

Affordable-Effective-Exclusive-CALL NOW!

Looking for the perfect event centre?
Look no further than SebaHub!
Our versatile space – a repurposed former school – offers a range of options, including creative studio, sports facilities, gym access, office space, and meeting rooms. Whether you're planning a variety show, dance performance, or just need extra room to spread out, our indoor and outdoor spaces are available for rent.
Contact us today to book your next event!
IDEAL FOR WEDDINGS, BIRTHDAY PARTIES, OR CORPORATE MEETINGS
SebaHub 780.909.6544 sebabeachbusinesscentre.com

www.3bsflowers.com 780-968-6938
Rural Delivery
Flowers
Houseplants
Weddings
Memorials
Mother's Day
THREE B'S FLOWERS
SCAN ME!

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!

Dealing with anger, self hatred, unforgiveness, betrayal, addictions... find freedom and find your calling!
SPOKEN WORD MINISTRIES ASSOCIATION
"To Proclaim & Equip"
SWMA Podcasts available on iTunes & PodBean. Listen in!
For more info visit: swma.ca

MERIDIAN CREEK RV STORAGE
Secure, Clean, Easy-Access Storage at a Fair Price
53322 SH779, Parkland County
Serving Parkland County at the same convenient location right off Highway 779 since 2010.
780.960.1110 | www.meridiancreekrv.com

FOR ALL YOUR AUTOMOTIVE NEEDS TRAILTIRE
AUTO CENTERS
• Tires and Wheels • Tire Storage
• All Mechanical Repairs
• Inspections
780-571-0778
Visit us today at 140 Century Crossing, Spruce Grove

Let's Make A Deal!
We pawn, buy, sell, trade and consign a wide variety of products at our new location in Stony Plain!
Gold'n Loan Pawn Shop CALL TODAY!
587-521-4653
201, 5007-48 Street | Stony Plain goldnloan.com
GOT SOMETHING TO SELL OR PAWN?
CASH paid!

I BUY...
Non-restricted Firearms
pre-1990s Cars that need a little TLC
No parts cars or rust buckets!
World War II Collectibles
call Jay: 780-686-1350

The World's #1 Restaurant Publication!

Trust the Drywalrus!

SPECIALIZING IN:

- Drywall
- Vinyl Plank Flooring (Snap In or Glue Down)
- Mudding & Taping
- Insulation & Poly
- T-Bar Ceilings
- Baseboards & Trim
- Door Installation
- Blow In Attic Insulation
- Ceiling Texture
- Steel Stud & Wood Framing

RED SEAL JOURNEYMAN INTERIOR SYSTEMS MECHANIC

DRYWALLERS R US LTD.

Call Steve at 780-446-5598

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040

Main Street, Stony Plain
www.bluediamondjewellers.com

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

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

List for Less Get more

MORE REAL ESTATE
You Deserve More

- Flat Rate Listing Fee*
- Our Clients Save Thousands!*
- Exclusive Cash Back to Buyers Program**

Byron Marlin REALTOR®

780.937.3458
byronmarlin@hotmail.com

www.more Realty.ca

* Does not include fee payable to buyer's agent
** Compared to typical commission rates *** Visit website for details

E LATION

GLASS & VAPE

OPEN 7 DAYS A WEEK

M-Sat 10 am - 10 pm
Sun 11 am - 7 pm

780.571.0021 | 101 Main Street, Unit B, Spruce Grove

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)

A hidden opportunity may surface if you are aware of the possibility. Try not to let an old negative belief or behaviour pattern keep you from taking advantage of it. Lucky numbers: 4, 6, 16, 27, 41, 49.

TAURUS (April 21 - May 21)

Unusual and unexpected experiences may recently have been the norm for you. The chaos might begin to fade, but perhaps you should wait a couple of weeks before taking any major actions. Lucky numbers: 8, 9, 10, 13, 16, 28.

GEMINI (May 22 - June 21)

Have you recently felt stymied, unable to make progress on your goals? Hang on a little while longer. The obstacles may start to become easier and your efforts could move forward. Lucky numbers: 9, 15, 21, 37, 39, 45.

CANCER (June 22 - July 22)

Have there been communication difficulties in a relationship over the last month? Now there may be potential for improvement, if you are conscious about reconciling differences between you. Lucky numbers: 1, 3, 24, 33, 36, 37.

LEO (July 23 - Aug. 23)

Your mind and feelings may be out of sync at the end of the week. Because of this, you might want to avoid any impulsive decisions by waiting a few days. Lucky numbers: 16, 17, 22, 27, 28, 35.

VIRGO (Aug. 24 - Sept. 23)

Virgos like to approach life with a practical attitude, and that generally works for you. However, if you come upon an intuitive insight now, you may want to follow it. Lucky numbers: 12, 13, 23, 25, 36, 44.

LIBRA (Sept. 24 - Oct. 23)

What does the pot of gold at the end of the rainbow mean to you? Perhaps now is the time to pursue it, as the astrological energies are in your favour. Lucky numbers: 5, 7, 9, 18, 22, 47.

SCORPIO (Oct. 24 - Nov. 22)

Communicating with others can be tricky for Scorpios, given your ability to see deeply into them. Recently this dynamic may have been worse, but the situation could begin to slowly improve. Lucky numbers: 13, 22, 25, 32, 33, 48.

SAGITTARIUS (Nov. 23 - Dec. 21)

Your career and legacy may be on your mind right now. This might be a good time for such a focus, and to unearth a new opportunity in this regard. Lucky numbers: 2, 3, 11, 14, 28, 33.

CAPRICORN (Dec. 22 - Jan. 20)

You may be feeling especially serious at the beginning of the week. Perhaps consider lightening the mood, for yourself and others. Your relationship with them may improve. Lucky numbers: 10, 35, 37, 43, 44, 46.

AQUARIUS (Jan. 21 - Feb. 19)

Aquarius has a natural talent for resonating with the ethereal realm around us. At midweek, you may find this ability particularly strong and that intuitive information comes easily. Lucky numbers: 11, 14, 19, 29, 37, 45.

PISCES (Feb. 20 - March 20)

At the end of the week, you may feel as if you are being pulled in two different directions. Consider how you can balance your intuition with more mundane skills. Lucky numbers: 3, 5, 15, 17, 22, 45.

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

Did You Know...

- Uncountable:** The sun that shines on Earth every day is estimated to be one of 100 to 400 billion, or more, stars in the Milky Way galaxy. With millions of other galaxies, the suns in the universe are uncountable.
- Car problems:** The Ford Edsel was a car model that was short-lived. First produced in 1957, it was discontinued after only a couple of years because of a national recession, quality issues, and an appearance that people didn't like.
- Man vs. machine:** In 1996, chess player Garry Kasparov played against "Deep Blue," a computer. In a six-game match, Kasparov lost one, tied two, and won three. In 1997, he played an upgraded Deep Blue, which was proclaimed the winner.
- Active volcano:** Erta Ale is a continuously active volcano in a remote area of northeastern Ethiopia. It is only 613 metres (2,011 ft.) high, and has the unusual phenomenon of a lava lake that has been active for many decades.
- Tasty fruit:** The Purén white strawberry comes from Contulmo and Purén, two towns in Chile. Rather than the usual red, this rare and expensive strawberry is pale white and tastes a bit like pineapple. Another white strawberry grows in Japan.

On the Lighter Side

- What did the trees wear to the forest pool party? Swimming trunks.
- Sign in a podiatrist's office: "Time wounds all heels."
- Knock! Knock! Who's there? Safari. Safari who? Safari so good.
- How do you stop a baby spaceship from crying? Rocket.
- Mike: "How can someone make so many mistakes in a day?" Ike: "I get up early."

Answers

Trivia answers: 1. Tudor Rose 2. Kenya 3. Event Horizon Telescope 4. Charles Dickens 5. Welland Canal

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

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

Dragons of the Past

Book Four of The Dragons of Nibiru

Available now at your local bookstore

www.dragonsofnibiru.com

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

88.1 FM

PARKLAND'S BEST COUNTRY

Injured? Now What? We Help - A Lot!

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary

WIN one of three \$400 prepaid Visa cards awarded monthly

Scan Once Weekly for Max. Entries

For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffeenews

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

Our Bakery

features specialty coffees, baked goods, soups, and sandwiches. Dine-in, take it to go, or sip while you shop!

Homegrown Foods LTD.

#10 - 19 Granite Dr. Stony Plain
780.963.5305

Taste the Organic Difference!

Visit us on Facebook-CoffeeNewsWeekly