

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jeweller

780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com

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

NWT SAFETY SUPPLIES

FIRE SALES & SERVICE
EXTINGUISHER

BAY 2, 1906-4 ST. NISKU
780 955 8797
X
50 SHEP ST. SPRUCE GROVE
780 962 1778

nwtsafety.com

Your Feet Will Thank You!

Certified Master Pedicurist for Seniors, Diabetics, Those With Toenail Troubles

Family Footcare & Reflexology

Colleen Waddell - Registered CMP, Certified Reflexologist
780.984.9774 | www.familyfootcareandreflexology.ca

Get More Traffic, Leads & Sales

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

780.760.6922
frontlineconsulting.ca

Ready for a Winning Smile?

FRIENDLY DENTAL HYGIENE CARE FOR ALL AGES

- Direct billing to insurance
- Teeth whitening options
- Pain relief solutions, including needle-free options
- Relaxing office with TV viewing during treatment

Fees 13+% lower than the AB Fee Guide!

Fairway Dental Hygiene

104, 3809-49 Ave. Stony Plain
587-990-GUMS (4867)
www.fairwaydentalhygiene.com
Book Online NOW!

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!

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

FOR EXPERT HELP: 1-844-453-5372

Wipe out INFLATION. GET THE CREDIT!

I BUY...

pre-2000 Cars and Trucks
Must be capable of running

Non-restricted Firearms

World War I & II Collectibles

Old Airplane Parts

CASH paid!

call Jay: 780-686-1350

Garden Valley Emporium VENDOR MARKET

Saturday, June 17
11 am to 4 pm
Garden Valley Hall
52002 Range Rd 274
Spruce Grove

WELL OVER **100** local small businesses will be in attendance - and two food trucks

No ATM on site. Dogs not allowed due to AHS rules.
Kristine: 780-718-4524
blondeukrainian14@gmail.com

Vol. 20 No. 24 June 12, 2023

Everybody's Talking

Burnt offerings: Crusty on the outside and chewy on the inside sound like a perfect combination for dinner rolls. However, the bread product in question is known as "heavy-fired" or "well-fired" rolls, and they can be as black as extremely burnt toast on the outside. Bakeries in Scotland have made these buns for many decades, and often sell out of their day's supply early in the morning. Some people love the charred offerings, finding them addictive. Others think the buns are a huge joke, wondering how a bakery could possibly get away with burning their wares, and then selling them. There is even some debate about whether the burnt tops are carcinogenic.

Meme mark: Anyone who subscribes to a stock photograph site can obtain an image and use it for their own purposes, such as to accompany a magazine article or illustrate a concept in an advertisement. But a man from Molins de Rei near Barcelona, Spain, was surprised to discover that his face had become a meme for "the worst person you know." It happened because Josep Maria Garcia had submitted his portrait to a photo site, where it was picked up and used to accompany a satirical magazine article. After getting used to the idea, Garcia decided to joke about it, as he knows he is not a bad person

Walking dog: A dog from Ouray, Colorado (U.S.), is a celebrity, but not as part of a circus act. Dexter, a Brittany spaniel and beloved pet of Kentee Pasek, walks on his two hind legs. It's not a trick. As a pup, Dexter was injured in a mishap with a car, leaving him with the use of only his hind legs. Pasek got him a doggy wheelchair, but before long, Dexter had abandoned the chair in favour of walking upright on his hind legs. Today, he is well known through social media and by taking part in parades. His loving human takes good care of him and ensures that Dexter regularly sees the vet for check ups.

Dumpling drink: Lots of people enjoy eating gyoza, which are fried, boiled, or steamed meat dumplings that originated in China, where they are called jiaozi. Usually spiked with a bit of chili, ginger, and garlic, they are served with a vinegary sauce, making the flavour combination quite satisfying. A beverage company in Japan launched a soda they claimed tastes like gyoza, but the feedback has been mixed. Many people find the taste incongruent with a carbonated beverage, and say they prefer to eat their gyoza, not drink it. The bottled soda does attract the curious, who might dare friends and family members to give it a try.

Quoteable Quotes

"Stand for something or you will fall for anything." —Rosa Parks
"You can make more friends...by becoming interested in other people than you can...by trying to get other people interested in you." — Dale Carnegie

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!

Onoway District Quilt Show In celebration of Onoways 100th Birthday the Guild is having a quilt show honoring quilts both old and new. Onoway Heritage Centre. 4708 Lac St Anne Trail N, Onoway from 10am to 5pm

\$5 admission 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

1. _____ is when a caterpillar transforms into a butterfly.
2. A hock, knee, or elbow joint connects a chicken's drumstick and ankle joint?
3. This is a large body of ice that moves over land.
4. The Battle of Waterloo was fought in present-day England, Belgium, or France?
5. What is a southerly buster?

(Flip bottom of page for answers)

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

THIS SPACE FOR RENT

780-220-6397

THE ONE 88.1 FM

PARKLAND'S BEST COUNTRY

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

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

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

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

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Be aware of your mood, especially at the beginning of the week, particularly your temper. If you are feeling aggressive toward others, look inward rather than starting an argument. Lucky numbers: 8, 19, 22, 28, 35, 43.

TAURUS

(April 20 - May 20)



This week may present a new opportunity for you to manifest something that advances your personal philosophy or beliefs. If you don't actively seek it out, it might pass by. Lucky numbers: 4, 5, 17, 25, 35, 36.

GEMINI

(May 21 - June 20)



At midweek, you may have an opportunity to set a new intention and develop a plan around it. This may require that you focus and decide among a group of options. Lucky numbers: 2, 3, 9, 18, 24, 47.

CANCER

(June 21 - July 21)



Emotions are usually close to the surface for Cancers. This may be especially true at the end of the week. Take deep breaths and wait for these feelings to subside. Lucky numbers: 11, 16, 31, 36, 37, 41.

LEO

(July 22 - Aug. 22)



Leos have a natural charisma that may be highlighted now in conversations with others. If you are looking for assistance, this may be the right time to ask for it. Lucky numbers: 9, 12, 18, 39, 40, 43.

VIRGO

(Aug. 23 - Sept. 22)



A nine-month phase is ending. The focus may have been on your role as a mother and/or as a child. What have you learned? How can it improve your relationships? Lucky numbers: 6, 7, 8, 20, 36, 37.

LIBRA

(Sept. 23 - Oct. 22)



Balance is an important theme for Libras. The start of this week may highlight an imbalance in your life. It may be within yourself or in a relationship with others. Lucky numbers: 5, 8, 22, 34, 37, 46.

SCORPIO

(Oct. 23 - Nov. 21)



For the past two-plus years, you may have felt pressured by an old karmic pattern. While this dynamic is ending soon, the pattern won't end if you haven't addressed it. Lucky numbers: 14, 16, 17, 26, 35, 40.

SAGITTARIUS

(Nov. 22 - Dec. 20)



At the end of the week, your mind and emotions may be out of sync. Perhaps you want to postpone important decisions for a few days until this disconnect passes. Lucky numbers: 15, 26, 28, 29, 34, 37.

CAPRICORN

(Dec. 21 - Jan. 19)



There may be an opportunity toward the end of the week to step outside the comfort zone of your stable Capricorn nature. You might see the situation from a new angle. Lucky numbers: 1, 5, 7, 14, 24, 28.

AQUARIUS

(Jan. 20 - Feb. 18)



For the last month, your focus may have been on your career or legacy. Now is the last week of this dynamic, so it is time to consolidate any gains. Lucky numbers: 3, 6, 18, 27, 31, 47.

PISCES

(Feb. 19 - March 19)



You may be feeling stuck, but this could give you an opportunity to see the details of an old personality issue. How might you make a positive adjustment related to it? Lucky numbers: 7, 8, 13, 18, 19, 34.

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

Did You Know...

Magical place: Parque Francisco Alvarado in Zarcero, Costa Rica, is quite a sight. That's because gardener and artist Evangelisto Blanco shapes hedges and shrubs into all manner of magical and abstract figures, such as animals, people, and archways.

Sweet heat: The datil pepper is grown near St. Augustine, Florida (U.S.). It is quite hot, like a habanero, with a sweet, fruity flavour. Cooks like to use these peppers in hot sauces, pickles, and mustards.

Upright duck: A certain breed of duck actually looks more like a penguin. The Indian Runner duck's posture is upright. Rather than waddling, they can run but they cannot fly. They are raised mostly for their egg production.

Safest shelter: If a tornado is coming your way, the best place to shelter is in a basement or on the lowest level of the house or building. Choose a room without windows, such as a bathroom or closet.

The best: Only three movies have won all of the five major Academy Awards: Best Picture, Best Director, Best Screenplay, Best Actor, Best Actress. They are *It Happened One Night* (1934), *One Flew Over the Cuckoo's Nest* (1975), and *Silence of the Lambs* (1991).

On the Lighter Side

Knock! Knock! *Who's there?* Ooze. Ooze who? Ooze been telling you these terrible jokes?

We hired a doormaker the other day. She really knew how to make an entrance.

Bill: "What do you think of artificial respiration?"

Will: "I'd rather have the real one."

A fisherman baits his hooks, but a bad student hates his books.

The chocolate lover moved to Canada. She heard it was full of mousse!

Answers

Trivia answers: 1. Metamorphosis 2. Hock 3. Glacier 4. Belgium 5. Strong southerly wind

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

Dragons of the Past

Book Four of
The Dragons of Nibiru

Available now at
your local bookstore

www.dragonsofnibiru.com



SS Plumbing & Heating

780-995-4140

Services Offered

Furnace Repair
Hot Water Tanks
Drain Cleaning
Leak Repair
Sump Pumps
Gasfitting and more...

FREE ESTIMATES

NO HIDDEN FEES!

www.ssplumbingandheatingltd.com

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

Registrations for SITC Programs

are NOW OPEN!

www.sprucegrove.org/sitc



www.3bsflowers.com 780-968-6938

THREE B'S
FLOWERS

SCAN ME!



Rural Delivery
Flowers
Houseplants
Weddings
Memorials
Mother's Day

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

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

YOUR CONTACT INFORMATION IS SAFE WITH US!

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



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

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

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

WHERE THE BEST IS THE STANDARD

Parkland Denture and Implant Centre

780-960-0227

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

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV

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

Affordable-Effective-Exclusive-CALL NOW!