

www.3bsflowers.com 780-968-6938

THREE B'S
FLOWERS

SCAN ME!

Rural Delivery
Flowers
Houseplants
Weddings
Memorials
Mother's Day

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

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!

THIS SPACE FOR RENT

780-220-6397

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

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

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

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

Come out for a great afternoon of lunch and shopping!

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

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

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

Vol. 20 No. 25 June 19, 2023

Everybody's Talking

Lying down: Everyone knows about ski competitions, bicycle races, and running marathons, but the village of Brezna, Montenegro, has a unique one. During their "lying down competition," people lie down for as long as they can. The competition has taken place annually for over a decade; in 2022, the winner was Zarko Pejanovic. With the exception of allowable washroom breaks, this winner stayed prone for 60 hours, beating out his nine competitors. The unusual event started because organizers wanted to make fun of the stereotype that people from Montenegro are lazy. Pejanovic was happy to take first prize, which included 350 Euros in cash, plus other rewards.

Balancing act: Wang Yekun of Hong Kong really knows how to keep things in balance, quite literally! He puts various items on top of each other and figures out how to make them stay there. For example, he placed two bottles on the ground, positioned a third bottle on top of the first two, and then balanced a bicycle on top of the bottles. Other items he's used in his precarious arrangements include sewing machines, wrenches, gas cylinders, bricks, and cell phones. The skill started as a hobby, and now his patience has paid off. He has quite a following on social media by people who are amazed at his clever ability.

Salty wall: Although the action is not condoned by public health authorities, patrons of The Mission restaurant in Scottsdale, Arizona (U.S.), sometimes lick the establishment's walls. That's because the walls in question are made of Himalayan salt blocks. Owner Matt Carter got the idea to build pink salt walls after he visited a Chicago restaurant that boasted a room lined with salt rocks. He claims that he does not encourage his customers to stick out their tongues for a taste in his own restaurant, unless, of course, it is to lick the salt block that comes with the tortillas. Or patrons can buy a small block of Himalayan salt to take home with them.

Screamer: Ashley Peldon has a gift for screaming, and she is using it to make a living. Born in New York, N.Y. (U.S.), in 1984, Peldon has worked as a child actor in such shows as Guiding Light, That 70s Show, and Ghost World. Her ability to scream well has landed her voice roles in movies, television shows, and video games. In real life, people may scream for many reasons, including feeling emotions such as fear, rage, happiness, and grief. But an actor may not be able to scream on cue, regardless of their acting ability. That's where Peldon steps in, providing the exact feeling needed to make the scene come to life.

Quoteable Quotes

"Between what is said and not meant, and meant and not said, most of love is lost."
—Kahlil Gibran

When you don't slow down by choice, your body can make you slow down by force."
—Katrina Leggins

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. A triangle with at least two equal sides is equilateral, isosceles, or obtuse?
2. Backgammon originated near the Mediterranean Sea about 5,000 years ago—T/F?
3. A desert is one of the five kinds of biomes or climates?
4. Perseus, Heracles, or Apollo—who was the son of Zeus and Alcmena?
5. A grandfather clock is an analog or digital timepiece?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

MERIDIAN CREEK RV STORAGE

53322 SH779, Parkland County

Secure, Clean, Easy-Access Storage at a Fair Price

Serving Parkland County at the same convenient location right off Highway 779 since 2010.

780.960.1110 | www.meridiancreekrv.com

When YOU Get Paid We Get Paid

Over HALF A BILLION Recovered For Our Clients!

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/coffeeneews

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

25 WORDS OR LESS

WEEKDAYS 3PM

yesTV

Trust the Drywalrus!

SPECIALIZING IN:

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

FREE ESTIMATES

RED SEAL JOURNEYMAN INTERIOR SYSTEMS MECHANIC

DRYWALLERS R US LTD.

Call Steve at 780-446-5598

Affordable-Effective-Exclusive-CALL NOW!

Your Weekly Horoscope

ARIES
(March 20 - April 19)



You may have a good opportunity this week to address an old karmic wound. Try to have a conversation with someone who can help you find a resolution for this issue. Lucky numbers: 1, 7, 12, 14, 24, 37.

TAURUS
(April 20 - May 20)



At midweek, keep your eyes open for a sudden or unexpected opportunity that may surface. Don't immediately reject it because it's unusual, but carefully examine the pros and cons. Lucky numbers: 2, 6, 16, 18, 39, 43.

GEMINI
(May 21 - June 20)



Geminis can see many possibilities and can connect individual pieces into a cohesive whole. You are entering a period where you may be able to offer these skills in service to others. Lucky numbers: 6, 8, 17, 38, 41, 46.

CANCER
(June 21 - July 21)



The Sun is returning this month to the position where it was when you were born. This provides an opportunity for you to set new goals and plans to achieve them. Lucky numbers: 8, 20, 30, 31, 35, 47.

LEO
(July 22 - Aug. 22)



Your ambition level and ability to communicate your ideas effectively to others may be heightened right now. How do you want to use this dynamic to achieve your objectives? Lucky numbers: 12, 18, 38, 40, 42, 44.

VIRGO
(Aug. 23 - Sept. 22)



Virgo has the ability to complete hard, detailed, and precise work that would be more difficult for other signs. This skill may be strengthened for you at the week's end. Lucky numbers: 5, 20, 31, 34, 40, 43.

LIBRA
(Sept. 23 - Oct. 22)



You are entering an extended period where your focus may be on your role as a mother and/or as a child. This is an opportunity to address issues in this area. Lucky numbers: 11, 12, 19, 27, 34, 47.

SCORPIO
(Oct. 23 - Nov. 21)



Have you experienced communication difficulties the last two weeks? Perhaps consider making an adjustment to your style. Remember that others aren't always ready to see the truth. Lucky numbers: 9, 10, 15, 19, 26, 36.

SAGITTARIUS
(Nov. 22 - Dec. 20)



You are entering a period where your confidence may be challenged. Are there ways to adjust your behavior that could allow you to expand your sense of self? Lucky numbers: 10, 13, 23, 26, 30, 31.

CAPRICORN
(Dec. 21 - Jan. 19)



Capricorns like to feel in control, but right now that may not be the case. You may find ways to adjust things that might allow you to be more flexible. Lucky numbers: 3, 13, 20, 30, 38, 46.

AQUARIUS
(Jan. 20 - Feb. 18)



You may be very busy for the next few weeks. Plan time for relaxation if you become stressed. You are likely to be able to clearly communicate your ideas to others. Lucky numbers: 4, 5, 6, 22, 27, 47.

PISCES
(Feb. 19 - March 19)



You may receive a lot of information right now, but it may be more confusing than clarifying. It may contain an opportunity, but be sure to review it carefully before deciding. Lucky numbers: 7, 14, 23, 26, 31, 40.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 30.

Did You Know...

Old tree: The Alerce Costero National Park in Chile is the home of a very old tree, possibly the world's oldest. It's a Patagonian cypress known as *Gran Abuelo* ("great-grandfather") and is estimated to be almost 5,500 years old.

Scenic road: Only one road goes to a village called Cuevas del Agua in northern Spain. Travelers must drive on a narrow roadway that goes through a 300-metre (984-ft.) natural cave, complete with stalagmites and stalactites.

Hear the sound: When movie viewers hear raindrops pattering on a window or piano keys tinkling under someone's fingers, this is "diegetic" sound. The sound happens while the action takes place in the film; it is not added later.

Multi-talented: American musician Prince (1958-2016) played at least 27 instruments, including guitar, bass, piano, drums, and orchestral bells. He also wrote many hit songs performed by others, such as "Manic Monday" by The Bangles.

Delightful sandwich: A restaurant in Brookings, South Dakota (U.S.), serves a specialty of the state: pheasant sandwich. Made from the meat of this wild fowl, the restaurant's version also includes apples, cranberries, and pecans.

On the Lighter Side

My brother got a job making telescopes. Things are really looking up.

Son: "Why did you buy this TV? It's stuck on full volume."
Dad: "I know. It was so cheap, I couldn't turn it down."

Why are fish such terrible basketball players? They're afraid of the net.

The sheep all went into the barn together. They were tightly knit.

Knock! Knock! Who's there? Thermos. Thermos who? Thermos be a better joke than this one!

Answers

Trivia answers: 1. Isosceles 2. True 3. Biomes 4. Heracles 5. Analog

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

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

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com

WEBSITES
From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA

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

Registrations for SITC Programs are NOW OPEN!

www.sprucegrove.org/sitc

SUMMER IN THE CITY

ISP COMPUTERS

BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS

ISP COMPUTERS - Your Tech 911
780-960-2150
Email: ia@ispcomputers.ca
Website: www.ispcomputers.ca

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

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

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

nwt-safety.com

BLOSSOM FAMILY DENTAL

- Accepting New Families
- Free Invisalign Consults
- Comfortable Appointments

780.960.4242
www.blossomfamilydental.ca

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

THE ONE 88.1 FM

PARKLAND'S BEST COUNTRY

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

WHERE THE BEST IS THE STANDARD

Parkland Denture and Implant Centre

780-960-0227

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

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