

**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  
a RAY of Fragrance  
prairiescentedcandles@gmail.com  
www.prairiescentedcandles.com

**FREE!** *New Issue Every Week!*  
**Coffee News**<sup>®</sup>  
"News To Be Enjoyed Over Coffee"  
**Sturgeon County Edition**  
**780-220-6397**



www.coffee-news.ca Est. 1988

**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**

5120-41 Street  
(Located in Gibbons Industrial Park)

**STORAGE UNITS**  
STARTING AT **\$85 PER MONTH**

**GIBBONS MINI STORAGE**

- 24 HR. SURVEILLANCE
- KEYPAD ACCESS
- LOCALLY OWNED AND OPERATED

Country Pricing... with City Service!  
**O: 780-271-0469**  
**C: 780-916-5843**  
**www.gibbonsministorage.ca**

**THIS SPACE FOR RENT**  
**780-220-6397**

**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

**Safety Training You Can Count On**

including:

- Equipment Training
- Fall Protection
- Confined Space Training

...and more. Visit our website for our complete course offerings!

**DF SAFETY** 587.473.0138  
**www.dfsafety.ca**



**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/coffeenews**



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**

**Jun 16 - Morinville Festival Days** Save the date for three days of fun! Enjoy a pancake breakfast with Mayor and Council, Napa Morinville Show N Shine, a variety of family friendly events hosted by the Town of Morinville and local community groups. 780-939-4361 for more info

**Jul 13-14 - Sturgeon County Bount** Join us for a two-day family-friendly event celebrating the Sturgeon County community. Well have food trucks serving up food from local producers, live music and entertainment, kids activities, and a vendor village with local products. Cardiff Park 4-9pm

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!

...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 Alcmene?
5. A grandfather clock is an analog or digital timepiece?

**25 WORDS OR LESS**  
WEEKDAYS 3PM  
yes tv



**PRAIRIE SUNSET**  
Funeral Home and Cremation Services  
A DIVISION OF THE CARINGROUP INC.

780-470-5005 St. Albert  
780-349-5006 Westlock  
**www.psfh.ca**

**WEBSITES**  
From \$129/Month  
**(780) 760-6922**  
**FRONTLINECONSULTING.CA**

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



**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.



EXPERIENCE YOU CAN TRUST  
**Stewart & Sons**  
Heating | Plumbing | Furnace Installation & Repair | AC Installation & Repair

**\$99** MAINTENANCE CALL\*  
**\$500 OFF** NEW INSTALLATION\*

\* OFFERS EXPIRE 05.30.23

To schedule your free quote, call us today!  
**780.405.7892**  
**stewartandsons.ca**



**ET Calls You Home!**  
780.907.2537 | ericathiering@hotmail.com  
Call or text Erica and let me bring you to your new home.

**Erica Thiering** NOW REAL ESTATE GROUP ASSOCIATE



Don't let interest rates scare you from finding your dream home!

## 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**



## Dragons of the Past

Book Four of The Dragons of Nibiru

Available now at your local bookstore

[www.dragonsofnibiru.com](http://www.dragonsofnibiru.com)



### IS ADVENTURE ON YOUR BUCKET LIST?



Scuba Diving & Snorkeling  
**780.483.0044**  
11781-156 St., Edmonton

[www.thediveoutfitters.ca](http://www.thediveoutfitters.ca)

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

### Learn to Scuba Dive

Ask about our Buddy Special

### Discover Snorkeling

1-Hour Lesson at the Pool!  
Snorkeling Sets for the Family



## NOW ACCEPTING ARI CARDS

Auto • Commercial • Residential



## Advanced Glass Inc.

CALL MARC CLOUTIER TODAY:

**780-961-2276**

[advancedglassinc.ca](http://advancedglassinc.ca) • 5514 - 50 Avenue, Legal AB

Morinville Location: Bay #2, 9702-90 Ave. Call 587-985-4427

inogen

## FREEDOM. TO BE YOU.

Call 1-888-998-6714 for a free consultation.



### Are your ducks all in a row...?

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

RATES AS LOW AS \$150 FOR WILLS



TERRI BRUNNING

## WILLPOWER WILLS

EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

**780-418-7611**

Call Terri today for a FREE consult.

## 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

like us

- Mac & PC Repair, Tech Support
- iPhone & iPad Repair
- Used Apple Device Sales
- Upgrades, Repairs, and (Used) Sales

We are your Apple experts!

**one bite technology**

587.290.0200

[www.onebitetechnology.ca](http://www.onebitetechnology.ca)

Retail store now open!  
22A Muir Drive, St. Albert

Visit us on Facebook-CoffeeNewsWeekly

# 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](http://coffeenewscanada.com)

© Published with Permission by Capital Marketing Ltd

## 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**

### End of Life - Death Doula Care

If you or a family member require support after a terminal diagnosis or are at end of life, I provide a free/donation-based End of Life - Death Doula Care Service.

I am a non-medical Spiritual Practitioner providing holistic spiritual support, light respite care for family, practical daily assistance and end-of-life vigil.

### The Healing Ways HEALING CENTER

For more information, call/text 587.207.4134 or visit [thehealingways-healingcenter.vpweb.com](http://thehealingways-healingcenter.vpweb.com)

INDIVIDUALS | FAMILIES | BUSINESSES

## Be Better Prepared For The Unexpected

We help individuals, families and employers through challenging times. Our policies pay cash benefits for covered accidents and illnesses — to help you out with your everyday costs while you get back on your feet.

To learn more about Supplemental Insurance coverage, call Christina at 780.934.4249



A carefully curated wellness brand dedicated to prioritizing how best to support the concept of mind, body and spirit connections.

Create vibrancy and well being in your life.



780.441.1891 [vennerbrand@gmail.com](mailto:vennerbrand@gmail.com)  
[vennerbrandinc.com](http://vennerbrandinc.com)

Sil Industrial Minerals We're Ready.

Western Canada's leader in industrial sands, blasting abrasives and equipment

## WE'RE HIRING

Lamont County, AB (Hwy 38 & RR204)

To find out more, visit [sil.ab.ca/careers](http://sil.ab.ca/careers) or call us at 780-796-3939



## Alberta Council on Aging

An aging demographic is changing the face of Alberta. Alberta Council on Aging, with regional representation across the province, addresses many of the challenges our older population faces. We engage in conversation with various organizations addressing relevant research-based matters, communications, and programs. ACA is committed to providing support and resources to all Alberta communities.

For a presentation in your community contact us or visit our website:  
[www.acaging.ca](http://www.acaging.ca)  
780-423-7781 or toll free 1.888.423.9666 Email: [office@acaging.ca](mailto:office@acaging.ca)



Be the voice for your community. Become a Volunteer!

Jennifer Miles, Agent  
125-15 Circle Dr  
St. Albert AB T8N 3Y7  
780-460-2279  
[www.jmilesinsurance.com](http://www.jmilesinsurance.com)



**Desjardins Insurance**

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products. Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

## 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

Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

**LegalShield**

1-877-579-9449

