

**THIS SPACE FOR RENT**

Call 780-220-6397

OR SCAN HERE FOR MORE INFO




**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

**We Pay CASH For Your Scrap Metal!**

**Yes!**

We accept ALL scrap metals

**RICHMOND STEEL RECYCLING**

16610-129 Avenue NW, Edmonton

587.689.3100 | richmondsteel.ca

BRING THIS AD IN WITH YOUR SCRAP AND GET \$5/NT MORE ON STEEL SCRAP AND/OR 0.05/LBS MORE ON COPPER SCRAP

**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?

**ELATION**

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

**Registrations for SITC Programs are NOW OPEN!**

www.sprucegrove.org/sitc

**SUMMER IN THE CITY**



**We've moved...**

**Gifts and Gadgets**

NOW AT 28-308 WESTGROVE DR., SPRUCE GROVE

BEHIND McDONALD'S

YOUR ONE STOP KITCHEN AND GIFT SHOP

780.962.5220 | www.giftsandgadgets.ab.ca

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

**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

**I BUY...**

pre-2000 Cars and Trucks

Non-restricted Firearms

World War I & II Collectibles

Old Airplane Parts

call Jay: 780-686-1350

CASH paid!

**Everybody's Talking**

**Raincoat nabber:** For over a decade, women in Osaka, Japan, have had to keep a sharp eye on their raincoats. That is because someone was stealing the hooded, poncho-type garments, known as kappa. Luckily, the culprit was caught. His name is Yoshio Yoda, and he would nab the items out of baskets on bicycles that were left unattended in the parking lots of such places as train stations and shopping malls. And he hadn't stolen just one or two raincoats; after searching the man's home, police discovered that he had snatched more than 360 of the ponchos during his reign of raincoat theft. He has become known as "Raincoat Man."

**Fast chair:** While sitting in a wobbly wheeled office chair, did you ever try moving it over to a file cabinet to retrieve a document? Not fun. A prototype of a new kind of office chair would put an end to such annoyances. Made by designers at the German carmaker Volkswagen, this new chair has controls so the user can drive it at a speed of up to about 20 km (12.4 mi.) per hour. And driving it is safe, as it offers a seatbelt, horn, and sensors to prevent collisions with desks and other fixtures. Apparently, the chair is not available for purchase because it was meant as a marketing ploy, but maybe that will change!

**Shoe art:** A Pakistani truck artist named Haider Ali is known for the creative ways he turns trucks into rolling pieces of art. Now, he has turned his attention to another medium: running shoes. Ali's work is quite distinctive, and when applied to a pair of sneakers, the result is a unique and colourful blend of flowers, petals, birds and more. The artist hand paints each shoe, selling them for far more than they would be worth without the designs. He customizes his work to his client's desires, and it can take several days to complete a matching set of runners. Ali has also applied his creative talents to such media as walls, T-shirts, and cars.

**Dirty dancing:** If you've got a bad back and take paid time off work because of it, it's best not to be caught in activities that are unsuitable for your ailment. A woman from Spain known as Mrs. Piedad learned this the hard way. She had been on leave from her job due to severe back pain, but when her employer discovered videos on social media of her dancing, they fired her, claiming she was taking advantage of the company's benefits package. The woman took the employer to court, but the judge agreed that if she truly had back pain bad enough to be off work, she certainly would not be participating in wild dance moves.

**Quoteable Quotes**

"You can't have everything. Where would you put it?" —Steven Wright

"Make happy those who are near, and those who are far will come." —Proverb

**What's Happening**

**Aug 24 - Tri-Municipal Region Info Night** The region partners host this exciting opportunity for community organizations and businesses to promote and demonstrate their recreation, sport, wellness, art and heritage programs and related services within the Tri-Region! Tri Leisure Centre from 6-8pm

**Aug 30 - Drive for Change** Join us for a family-friendly evening of entertainment, food, and disc golf in support of men's mental health. Open to all community. Register early to reserve a limited spot by visiting allevents.in, taking place at Jubilee Park from 5:30-8:30pm

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**

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

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.

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

**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

**Where excitement and eco-friendly rides collide**

**BOOT-N-SCOOTER**

2530 Tudor Glen, St. Albert | bootnscooters.com

Tues-Thurs, 10 am - 7 pm | Fri, 10 am - 6 pm | Sat, 10 am - 5 pm

FREE DEMO RIDES Thursdays at 7 pm. Register at 6:30 pm

**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

**BLUE BLOODS**

MON - THURS 9:00

yesTV

**THE NEW CAR CLEAN**

We specialize in interior detailing at your location. From personal to commercial fleets and even heavy equipment, we handle it all!

**Monkman's MOBILE DETAILING**

CALL OR TEXT FOR A FREE QUOTE: 780.999.5973

BOOK ONLINE: monkmansmobiledetailing.com

100s OF HAPPY CUSTOMERS SERVED SINCE 2016!

**THE ONE**

**88.1 FM**

PARKLAND'S BEST COUNTRY

**Trivia**

1. Is indigo, saffron, or madder considered the King of Dye?
2. This reflex allows cats to always land on their feet.
3. How many children are in a set of quintuplets?
4. Mozart, Puccini, or Verdi composed the opera Cosi Fan Tutte?
5. The deltoid muscle moves the thigh, shoulder, or wrist?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

# WEBSITES

From \$129/Month

**(780) 760-6922**

FRONTLINECONSULTING.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.



WIPE OUT INFLATION, GET THE CREDIT!

FOR EXPERT HELP:  
**1-844-453-5372**

## 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

FREE ESTIMATES



RED SEAL JOURNEYMAN INTERIOR SYSTEMS MECHANIC

**DRYWALLERS R US LTD.**

Call Steve at 780-446-5598

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

**Join us for a special event**

September 28  
8:30 a.m. - 4:30 p.m.



invisalign

**BLOSSOM FAMILY DENTAL**

221C First Ave.  
Spruce Grove  
780.960.4242  
[www.blossomfamilydental.ca](http://www.blossomfamilydental.ca)

Start your **Invisalign** journey with Blossom Family Dental and receive **\$500 off!**

**WE BUY USED GOLD AND DIAMONDS**

Blue Diamond Jewellers

**780.968.0040**

Main Street, Stony Plain

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

**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)

**NWT SAFETY SUPPLIES**

**FIRE SALES & SERVICE**  
EXTINGUISHER

BAY 2, 1906-4 ST. NISKU  
780 955 8797

50 SHEP ST. SPRUCE GROVE  
780 962 1778

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

# Your Weekly Horoscope

**ARIES**

(March 20 - April 19)



You may get information this week that can help you deal with an old issue. However, it may require you to adjust your beliefs or attitude about the situation. Lucky numbers: 12, 17, 23, 24, 29, 34.

**TAURUS**

(April 20 - May 20)



Have you experienced sudden or unexpected changes the last few years? You may find yourself going back over that territory again. Consider how you may want to course correct going forward. Lucky numbers: 8, 16, 19, 30, 45, 47.

**GEMINI**

(May 21 - June 20)



Geminis often can easily see all sides of an argument. At the end of the day, though, you need to establish a set of values that works for you. Lucky numbers: 9, 12, 23, 24, 25, 36.

**CANCER**

(June 21 - July 21)



At the end of the week, the energetic pattern may provide a new opportunity for you to strengthen your intuitive abilities. Don't be afraid to reach for this gift. Lucky numbers: 3, 7, 9, 17, 33, 48.

**LEO**

(July 22 - Aug. 22)



You may have been focused on your relationship the last few months. Blocks in this area may start to ease now. What lessons from this period can you use going forward? Lucky numbers: 15, 20, 33, 36, 43, 45.

**VIRGO**

(Aug. 23 - Sept. 22)



Virgos can sometimes sacrifice their relationships in favor of practical results. Over the next month, you will be given an opportunity to create a better balance in this dynamic. Lucky numbers: 18, 19, 22, 25, 38, 42.

**LIBRA**

(Sept. 23 - Oct. 22)



Despite their diplomatic talents, Libras sometimes find emotions interfere in their efforts to clearly communicate their needs. You may have the opportunity now to change this paradigm. Lucky numbers: 2, 6, 11, 27, 31, 40.

**SCORPIO**

(Oct. 23 - Nov. 21)



Scorpios have a strong intuition they sometimes hide from others. However, there is a cost to not showing them who you truly are, and now may be the time for change. Lucky numbers: 7, 10, 29, 33, 37, 43.

**SAGITTARIUS**

(Nov. 22 - Dec. 20)



Is there something ending in your life? Consider whether you want to fight the process or evaluate what you can learn from it. Take that lesson into your next endeavour. Lucky numbers: 6, 16, 39, 40, 45, 47.

**CAPRICORN**

(Dec. 21 - Jan. 19)



Have you recently run into an obstacle about money or romance? You may have an opportunity now to make an adjustment to your view that will help resolve the issue. Lucky numbers: 16, 28, 40, 42, 45, 48.

**AQUARIUS**

(Jan. 20 - Feb. 18)



Your intellectual abilities may be even stronger than usual at the beginning of the week. While this has its uses, be careful of being too detached in your interactions with others. Lucky numbers: 1, 3, 6, 9, 12, 17.

**PISCES**

(Feb. 19 - March 19)



Midweek is favourable to bring current endeavours to an end. As you plan what to do next, it may be more important than usual to establish clear expectations with others. Lucky numbers: 10, 11, 31, 33, 35, 39.

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

## Did You Know...

**Bright fruit:** The marble berry (*Pollia condensata*) plant grows in Central Africa. Its fruit looks like shiny blue marbles covered in metallic paint. Scientists say it is the brightest thing found in nature.

**Keyboard shortcuts:** Many keyboard shortcuts make computer work more efficient. "Control (Command on a Mac) + Shift + t" reopens the most recently closed browser tab. "Control + t" opens a new tab.

**Common birthday:** Birthdays are cause for celebration, and September 9 is the most common day for people to have a birthday. Nine of the top 10 birthday dates are in the month of September.

**Webbed digits:** A small, stocky monkey lives in Central African swamp forests. Called Allen's Swamp monkey (*Allenopithecus nigroviridis*), these primates have a small amount of webbing on their fingers and toes.

**Fingers only:** Fried chicken is a traditional favourite food in the state of Georgia (U.S.). However, don't try using a knife and fork to dig in. That's been illegal since 1961. You must eat it with your fingers.

## On the Lighter Side

What planet is like a circus? Saturn—it has three rings!

The best sermons are lived, not preached.

Knock! Knock! *Who's there?* Isolate. *Isolate who?* Isolate to the party I almost missed it.

A washbasin is standing in front of the door. Let that sink in.

Teacher: "Which two days begin with T?"

Student: "Today and Tomorrow."

## Answers

**Trivia answers:** 1. Indigo 2. Righting reflex 3. Five 4. Mozart 5. Shoulder

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

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

**Homegrown Foods**



#10 - 19 Granite Dr.  
Stony Plain  
**780.963.5305**

*Taste the Organic Difference!*

Find Your Best Fit With Us!

**Romantic Notions inc.**

#30, 210 McLeod Ave., Spruce Grove  
**780.962.4944 | 1.855.962.4944**  
[www.romanticnotions.ca](http://www.romanticnotions.ca)

@romanticnotionsab @romanticnotionsboutique

Bras Briefs Boxers Bikinis



**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](mailto:byronmarlin@hotmail.com)

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

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

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!



**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](http://www.meridiancreekrv.com)**

[www.3bsflowers.com](http://www.3bsflowers.com) 780-968-6938

THREE B'S  
**B**  
FLOWERS



SCAN ME!

Rural Delivery  
Flowers  
Houseplants  
Weddings  
Memorials  
Mother's Day

CN-Proudly printed by One to One Mailing