

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

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



[www.coffee-news.ca](http://www.coffee-news.ca) Est. 1988

The World's #1 Restaurant Publication!

**WE ARE YOUR "LOCATION, LOCATION, LOCATION" FOR PRINTING.**

**We Can Help You Get The Word Out!**

- Flyers & Brochures
- Business Cards
- Postcards
- Posters & Banners
- Lawn Signs & More!



108-4301B South Park Dr., Stony Plain 780.963.7066 | store392@theupsstore.ca **UPS THE UPS STORE**

**Registrations for SITC Programs are NOW OPEN!**  
[www.sprucegrove.org/sitc](http://www.sprucegrove.org/sitc)




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

**We Love Creating Amazing Smiles!**

**BRACES4ALL<sup>®</sup> ORTHODONTICS**  
 FORMERLY HORIZON ORTHODONTICS, NEW NAME, SAME EXPERT STAFF

Get to the root of your child's dental problems:

- Snoring
- Crowded Teeth
- Difficulty in School
- ADD/ADHD
- Chronic Allergies
- Daytime Drowsiness
- Sleep Issues
- Delayed Growth
- and more

**FREE ORTHODONTIC ASSESSMENT**  
**FREE SECOND OPINION CONSULTATION**

780.960.1910 | #107, 187 Hwy 16A, Spruce Grove

**I BUY...**

- Gun Collection/Firearms
- Automobiles (must be capable of running)
- WWI/WWII & Military Collectibles

**ESTATE PURCHASE/CONSULTATIONS**

**Ca\$h paid. Call Jay: 780.686.1350**

**HIP OR KNEE REPLACEMENT?**

THE DISABILITY TAX CREDIT ALLOWS FOR A

**\$2,500 YEARLY TAX CREDIT**  
**\$30,000 LUMP SUM REFUND**

CPD, 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**

**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!*

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

**Everybody's Talking**

**Straight arrow:** If you want to get into an archery competition with someone, stay clear of Lars Andersen because he is bound to come out on top. The Danish archer has proven time and time again that his archery skills are exceptional. For example, he broke a record when he consecutively shot seven arrows through a very small keyhole from 30 feet away. The wee opening, which was located in a door, was less than one centimetre in diameter. Anderson shot his seven arrows with barely a break between each successful attempt. He is also capable of shooting 10 arrows in less than five seconds. He is interested in historic archery and uses traditional methods in the sport.

**Furry feel:** What if you love cats, but your rented accommodation won't allow pets? Or what if you wish to stroke a cat, but are allergic to felines? Worse yet, what if petting a cat eases your stress, but for the above reasons, you can't have one? Then you might want to try bed linens and blankets made by a Japanese company called Nissen. To help cat lovers who can't have a cat, these products are made with material that feels like a cat's coat. When designing the artificial feline fur, the company asked cat-loving employees to test it for everything from softness to thickness, and even colour. The products in the line, called Neko Feel, sell very fast!

**Ardent fan:** People in Argentina love soccer, and for many, missing a World Cup soccer game would be a travesty. When the Argentina-versus-Croatia game was set to start on television during the last World Cup, an ardent fan in Buenos Aires realized that the bus he was riding during rush hour would never get him home in time. So, when the driver got off for a minute, the fan took advantage of the moment, jumped in the driver's seat, and hijacked the bus! He drove it as close to his home as possible. Meanwhile, the driver called police, who managed to apprehend the man before he reached his house. After all this, the fan missed the game!

**Cell phone theft:** Getting your cell phone stolen is one thing, but having 125 of them snatched in a grab-and-run theft is quite another. That happened to an unnamed New York City man. The fellow was a regular at a Fifth Avenue electronics store. He would buy many phones for the purpose of reselling them through his business. At the time of the theft, he had just left the store with three bags of the devices. A car pulled up and two men emerged, demanding the bags. The victim put up a fight, but the thieves got away with one bag, which contained 125 phones worth \$95,000 (USD). Police are looking into the matter.

**Quoteable Quotes**

"If I create from the heart, nearly everything works; if from the head, almost nothing."  
 — Marc Chagall

"Knowledge will give you power, but character respect."  
 — Bruce Lee

**What's Happening**

**Sept 23 - The Pioneer Art Club Show and Sale** You are invited to attend the exciting Pioneer Art Club show and sale September 23, 10 am to 6 pm at the Stony Plain Royal Canadian Legion 4902 44 avenue. You could win a painting. Admission, refreshments treats are free. Contact J Weir 7809960434

**Oct 7 - Farmers Market Last Day** Come down to shop and support local for the last day in 2023! Starting at 10am until 3pm at St. Albert Place 5 St. Anne St.

NON profit organizations may submit events for FREE at [www.coffee-news.ca](http://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](http://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. The Comoro Islands are in the Atlantic, Indian, or Pacific Ocean?
2. What does a pedometer record?
3. Is baking yeast single-celled or multicellular?
4. The Brachioradialis muscle helps you breathe—T/F?
5. The first roller coaster debuted in 1817, 1907, or 1960?

(Flip bottom of page for answers)  
 © Published with Permission by Capital Marketing Ltd  
 (Over)

**THIS SPACE FOR RENT**

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



**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/coffeeews](http://www.accidentinjurylawyer.com/coffeeews)




**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<sup>®</sup>

**780.937.3458**  
[byronmarlin@hotmail.com](mailto:byronmarlin@hotmail.com)

[www.more Realty.ca](http://www.more Realty.ca)

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




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

**BOOT-N-SCOOTER**

**NOW OPEN**

2530 Tudor Glen, St. Albert | [bootnscooters.com](http://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




**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](http://goldnloan.com)

GOT SOMETHING TO SELL OR PAWN?

# WEBSITES

From \$129/Month

**(780) 760-6922**

FRONTLINECONSULTING.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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



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](http://swma.ca)

**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!



[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

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

**Yes!**

We accept ALL scrap metals

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



16610-129 Avenue NW, Edmonton  
587.689.3100 | [richmondsteel.ca](http://richmondsteel.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](http://www.fairwaydentalhygiene.com)  
Book Online NOW!



**NWT SAFETY SUPPLIES**

**FIRE EXTINGUISHER SALES & SERVICE**

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

50 SHEP ST. SPRUCE GROVE  
780 962 1778



[nwt-safety.com](http://nwt-safety.com)

# Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)



The end of the week may be a good time to evaluate whether your efforts have borne fruit or not. What lessons from your experiences can you pass along to others? Lucky numbers: 5, 9, 10, 14, 19, 48.

**TAURUS**  
(April 20 - May 20)



A lot of energy is in flux this week, whirling around you. Be conscious of how unexpected information suddenly may come to you. Examine it, but be cautious of acting now. Lucky numbers: 3, 7, 19, 40, 43, 48.

**GEMINI**  
(May 21 - June 20)



Geminis usually have a quick mind that processes a lot of information from the ether. Energy at the end of the week may ramp up this quality. Be aware of overload. Lucky numbers: 2, 10, 15, 16, 26, 41.

**CANCER**  
(June 21 - July 21)



Be aware of your mood at the week's end. If you are tempted to argue about something that is irritating you, seeking a more positive approach may be better. Lucky numbers: 12, 14, 17, 18, 33, 44.

**LEO**  
(July 22 - Aug. 22)



At the end of the week, you may find yourself talking about your values, particularly regarding relationships. Discussions with others now may help you uncover what is important to you. Lucky numbers: 9, 10, 35, 37, 38, 39.

**VIRGO**  
(Aug. 23 - Sept. 22)



You may find that you encounter opposition to your efforts at midweek. The universe may be asking you to consider how to integrate more intuition into your thought process. Lucky numbers: 10, 13, 15, 23, 28, 48.

**LIBRA**  
(Sept. 23 - Oct. 22)



Keep your eyes open for a new opportunity at the end of the week. There is a potential for you to clearly and precisely communicate your needs to others. Lucky numbers: 8, 12, 13, 20, 29, 44.

**SCORPIO**  
(Oct. 23 - Nov. 21)



Scorpios can often come across very intensely to others. There may be an opportunity for you to incorporate more diplomacy into your communications style. How might you keep this going forward? Lucky numbers: 6, 9, 14, 18, 32, 44.

**SAGITTARIUS**  
(Nov. 22 - Dec. 20)



You may feel an urge toward impulsive action this week. Your desired outcome may be positive for you, but look before you leap. First carefully consider the pros and cons. Lucky numbers: 7, 8, 32, 33, 42, 44.

**CAPRICORN**  
(Dec. 21 - Jan. 19)



Your Capricorn desire for achievement may receive an extra boost of ambition at the end of the week. Avoid conflict by focusing on areas of common ground with others. Lucky numbers: 4, 18, 20, 37, 46, 47.

**AQUARIUS**  
(Jan. 20 - Feb. 18)



This may be a good time to begin new endeavours. You may want to ask for assistance from others. Focus on how these efforts can make a difference in their lives. Lucky numbers: 8, 11, 19, 39, 41, 43.

**PISCES**  
(Feb. 19 - March 19)



The Chinese character for crisis represents both danger and opportunity. Both qualities are potential outcomes for you at midweek. Therefore, wisely choosing your path is important. Lucky numbers: 1, 3, 4, 31, 47, 48.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 11.

## Did You Know...

**Beloved tree:** The Angel Oak Tree is a landmark tree on John's Island, South Carolina (U.S.). Estimated to be 300 to 400 years old, it is 65 ft. (19.8 m) tall with wide branches that shade a 17,000-sq. ft. (1,579.4-sq. m) area.

**Young star:** Billie Eilish started becoming famous as a musician at a young age. The American singer-songwriter's "Ocean Eyes" was an online hit in 2015 when she was only 13. She creates music with her brother Finneas.

**Remote and beautiful:** The Gates of the Arctic is a national park in the U.S. Situated in Alaska, the country's northernmost state, it receives the fewest annual visitors of any U.S. national park, due to its far-flung location.

**Lush eyelashes:** Some people have two sets of eyelashes. The condition, distichiasis, can be either acquired or present at birth, and may need to be treated if it causes eye irritation.

**Fruity-tooty:** The fruit called feijoa is also known as pineapple guava. Native to some South American countries, it resembles a lime, but is eaten by scooping out the flesh with a spoon.

## On the Lighter Side

Patient: "Doctor, I've got a scone in my ear."  
Doctor: "Don't worry, I've got some cream for that."

My new girlfriend tends to bees all day. She's a real keeper.

Don't corner something that is meaner than you.

Knock! Knock! Who's there? Oldest. Oldest who? Oldest knocking wears me out!

I bought a wooden whistle. But it wooden whistle.

## Answers

**Trivia answers:** 1. Indian 2. Distance by number of steps 3. Single 4. False 5. 1817

For available franchise opportunities - visit [coffeeneWSCANADA.COM](http://coffeeneWSCANADA.COM)  
© Published with Permission by Capital Marketing Ltd



**BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS**

ISP COMPUTERS - Your Tech 911

780-960-2150

Email: [la@ispcomputers.ca](mailto:la@ispcomputers.ca)  
Website: [www.ispcomputers.ca](http://www.ispcomputers.ca)

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

**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)

We've moved... VISIT US IN OUR NEW LOCATION!



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](http://www.giftsandgadgets.ab.ca)



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

**THREE B'S FLOWERS**

SCAN ME!

Rural Delivery  
Flowers  
Houseplants  
Weddings  
Memorials  
Mother's Day

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

Your Feet Will Thank You!

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

**Family Footcare & Reflexology**

Colleen Waddell - Registered CMB, Certified Reflexologist  
780.984.9774 | [www.familyfootcareandreflexology.ca](http://www.familyfootcareandreflexology.ca)

**WE BUY USED GOLD AND DIAMONDS**

Blue Diamond Jewellers

780.968.0040  
Main Street, Stony Plain  
[www.bluediamondjewellers.com](http://www.bluediamondjewellers.com)