

NEW YEAR NEW ME

INVISALIGN SPECIAL WITH SPECIAL PRICING!

INCLUDES

- Complimentary Consultation
- FREE Teeth Whitening Kit
- Complimentary X-Rays

BLOSSOM FAMILY DENTAL **CALL NOW!**

Dr. Gurjeet Pal Ghuman

780.960.4242
www.blossomfamilydental.ca

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

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

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

TileTown 50 years

Your Space. Your Style. Your Way.

Bring this ad into one of our 2 Edmonton Locations & Receive **20% OFF**

All Regular Priced, in Stock Tile

8219 Argyll Rd., Edmonton • 780-466-1343
11478-156th St., Edmonton • 780-451-7744

We Love Creating Amazing Smiles!

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

BRACES4ALL ORTHODONTICS

FORMERLY HORIZON ORTHODONTICS. NEW NAME, SAME EXPERT STAFF

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

Where excitement and eco-friendly rides collide

Now OPEN

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

Trust the Drywalrus!

SPECIALIZING IN:

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

DRYWALLERS R US LTD.

Call Steve at 780-446-5598

Taste the Organic Difference!

Homegrown Foods LTD.

YOUR LOCAL ORGANIC BAKERY

GLUTEN FRIENDLY AVAILABLE

#10 - 19 Granite Dr. Stony Plain

780.963.5305

Vol. 21 No. 3 January 15, 2024

Everybody's Talking

Long gallery: The subway system in Stockholm, Sweden, is more than just a place to catch a train to a destination. It is also a wonderful and unique art gallery. The Stockholm metro presents various art installations in many of the stations, rather than housing the art in a building. Passengers riding the subway can see beautiful artwork in the form of mosaics, sculptures, paintings, and more, all for the price of the train ticket they'd be buying anyway. At 110 kilometres (68 mi.), the subway has become known as the world's longest art gallery. The best times to ride and observe the art are weekdays in the middle of the day to avoid rush hour commuters.

Rule breaker: A woman from Australia lost respect from fellow athletes when she accepted a bronze medal that she did not rightly earn. Joasia Zakrzewski was in England to compete in an 80-kilometre (50-mi.) ultramarathon. Supposedly, she came in third; she accepted the medal and posed for photographs. However, organizers could clearly see in the race data that Zakrzewski had cheated because in a portion of the race, her running speed was unreasonably fast. When her leg was hurting, she had hitched a short ride in a friend's car, intending to withdraw from the race. But instead she resumed running without revealing that she'd cheated. The disgraced athlete's medal was given to the rightful third-place runner.

Ghost town: In the community of Wayne, in the western Canadian province of Alberta, visitors can imagine what life was like over a century ago. The location is about 150 km (93 mi.) northeast of Calgary. With the local coal mine long closed, Wayne is considered a ghost town. Still operating in a 1923 structure, the Last Chance Saloon and Rose Deer Hotel is decorated with artifacts, including a few framed bullet holes. Today, this little town has only a handful of permanent residents, but in the early 1900s, more than 3,000 called it home. Although just a hamlet with a history, Wayne welcomes many visitors looking for a unique slice of history.

Days off: There are good employers, and then there are great employers who design all kinds of incentives to keep their staff happy. An imported food company in China's Guangdong province is one of the great ones. At its general meeting, the administration provided amazing prizes that staff could win, including cash and a few extra days off. However, a young manager surnamed Lu surprised everyone by drawing the really big prize: a full 365 days off work, with pay. Lu was happy, but wondered who would do his work while he was away. The company gave him a choice: 365 days of vacation, or a regular work schedule with an extra yearly payment.

Quoteable Quotes

"Life is like riding a bicycle. To keep your balance, you must keep moving."
—Albert Einstein

"Character is doing the right thing when nobody's looking."
—J.C. Watts

What's Happening

NON PROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.

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. Blue, red, and yellow are primary or secondary colours?
2. Are termites known for eating plastic, wood, or carpet?
3. This U.S. singer had sisters named Rebbie, Janet, and LaToya.
4. What mountain range runs through France, Italy, Switzerland, Austria, and Germany?
5. The Golden Ratio (1.618) is associated with the Avogadro, Dali, or Fibonacci sequence?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

THE DOGHOUSE A CANINE ACADEMY

IN SUPPORT OF PIT BULLS FOR LIFE FOUNDATION OF ALBERTA

12 BOULDER BLVD. STONY PLAIN

7-10 am and 4-7 pm Daily

CONTACT US: 877-343-0801 doghouse@pitbullsforlife.com

Canine Care • Education • Socialization Boarding • Grooming • Responsible Rescue

WHERE EDUCATION BEGINS & THE FUN NEVER ENDS

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040

Main Street, Stony Plain

www.bluediamondjewellers.com

THE SNOW WILL COME...

BOOK NOW!

GIVE ME SOME MOW AND SNOW REMOVAL!

DEPENDABLE | HARD WORKING | RELIABLE

FOR A FREE QUOTE, VISIT WWW.GIVEMESOMEMOW.CA

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

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

FOR EXPERT HELP: 1-844-453-5372

Zender FORD

Anthony Surrendi Direct: 780.914.4504

Check me out on Dealer Rater!

- Locally owned
- Locally operated
- Invested in the community

780.962.3000

99 Golden Spike Rd, Spruce Grove

Nearly 20 years experience

Low pressure, customer-centric approach

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

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

ONE 88.1 FM

PARKLAND'S BEST COUNTRY

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

SERVING THE AREA FOR OVER 39 YEARS

Polish & Sparkle

CLEANING SERVICES

Weekly • Bi-Weekly • Move Ins
Move Outs • Spring/Fall Cleans

OFFICE CLEANING NOW AVAILABLE IN STONY PLAIN AND SPRUCE GROVE

LICENSED AND BONDED **WCB**
Member, Greater Parkland Regional Chamber of Commerce

Call Sherry
780.962.4659 or 780.916.5133

Your Feet Will Thank You!

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

Family Footcare & Reflexology

1108 McLeod Avenue Spruce Grove

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

BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS

ISP COMPUTERS

ISP COMPUTERS - Your Tech 911

780-960-2150
Email: iain@ispcomputers.ca
Website: www.ispcomputers.ca

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

IS ADVENTURE ON YOUR BUCKET LIST?

The Dive Outfitters
Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton
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

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

yes tv

FREE LIVE STREAMING COMING THIS FALL
visit yestv.com for details

Your Weekly Horoscope

ARIES (March 20 - April 19)

Early this week, you may be very ambitious to achieve your goals. But be cautious about being too impulsive or getting angry with others, as either could jeopardize your success. Lucky numbers: 5, 7, 10, 20, 40, 47.

TAURUS (April 20 - May 20)

This may be a good week to look for a new opportunity for success. Talking to others that you trust about what you are seeking may help manifest it. Lucky numbers: 6, 10, 12, 21, 37, 48.

GEMINI (May 21 - June 20)

You may radiate Gemini energy to the maximum degree for a few days starting at the end of the week. Please remember to use kindness when speaking with others. Lucky numbers: 7, 14, 25, 43, 45, 48.

CANCER (June 21 - July 21)

Do your emotions sometimes get the best of you in discussions with others? The astrological energy of the coming weeks may give you a more confident communication style. Lucky numbers: 1, 14, 36, 37, 42, 46.

LEO (July 22 - Aug. 22)

Would others say that you are acting immaturity right now about a particular situation? How can you make an adjustment to your view or style to help resolve the matter? Lucky numbers: 4, 10, 23, 31, 33, 44.

VIRGO (Aug. 23 - Sept. 22)

Discussions with others may help move things forward over the next few weeks. You might be able to guide others in understanding what needs to be accomplished. Lucky numbers: 9, 11, 15, 16, 41, 42.

LIBRA (Sept. 23 - Oct. 22)

Are you feeling burned out right now? The beginning of the week may be a good time to focus on yourself. You can't successfully help others if you are tapped out. Lucky numbers: 2, 8, 12, 40, 41, 46.

SCORPIO (Oct. 23 - Nov. 21)

Your ability to clearly communicate your deeply intuitive insights continues this week. Have you figured out yet how to continue doing so, once this astrological aspect passes? Lucky numbers: 10, 14, 22, 35, 43, 45.

SAGITTARIUS (Nov. 22 - Dec. 20)

Your heart and mind may be out of sync at the end of the week. You might want to wait a few days before making any important decisions or taking action. Lucky numbers: 11, 12, 17, 18, 32, 34.

CAPRICORN (Dec. 21 - Jan. 19)

A significant insight may emerge from your unconscious at the end of the week. It might be helpful to talk about it to someone who you know you can trust. Lucky numbers: 8, 11, 17, 19, 33, 37.

AQUARIUS (Jan. 20 - Feb. 18)

If you seek them, hidden opportunities may emerge early this week for you to achieve a desired goal. Use discernment and common sense to decide which ones to pursue. Lucky numbers: 4, 7, 9, 11, 18, 30.

PISCES (Feb. 19 - March 19)

This week may be a good time to create practical ways to manifest your "castles in the air." If you encounter naysayers along the way, you can choose to ignore them. Lucky numbers: 3, 4, 10, 11, 17, 41.

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

Did You Know...

Crowd of pink: One island in the Bahamas, called Great Inagua, is home to more than 80,000 West Indian flamingos and fewer than 1,000 people. Inagua National Land and Sea Park covers nearly half of the land mass.

Fun for baby: Parents of fussy babies can thank Olivia Poole for making their lives easier. The Ojibwe woman from North Dakota (U.S.) invented the Jolly Jumper, patented in 1957 in Canada, where she had moved.

Sweet smell: A perennial wildflower known as the chocolate daisy (*Berlandiera lyrata*) grows in Mexico and the southwestern United States. Its yellow petals bloom at night, releasing a chocolate-like aroma.

Versatile spice: Unripe green mangoes that are dried and crushed results in a spice called amchoor powder. This citrusy flavouring is used in meat and vegetable dishes of North India.

Be careful: A stretch of beach in Oaxaca, Mexico, is beautiful, but dangerous. Playa Zipolite, which means "Beach of Death," has strong undercurrents that can be very hazardous to swimmers.

On the Lighter Side

Have you ever met a funny sewing machine? It keeps everyone in stitches.

I saw a ball in the sky, wondered why it was getting bigger, then it hit me.

Son: "Dad, there's a man at the door with a bald head."
Dad: "Tell him I already have one!"

Knock! Knock! Who's there? Pudding? Pudding who? Pudding on shoes before pants is a bad idea.

It's time to sell the vacuum cleaner. It's just gathering dust.

Answers

Trivia answers: 1. Primary 2. Wood 3. Michael Jackson 4. Alps 5. Fibonacci!

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

Visit us on Facebook-CoffeeNewsWeekly

NWT SAFETY SUPPLIES

FIRE SALES & SERVICE

EXTINGUISHER

SINCE 2003

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

nwtsafety.com

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?

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

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

www.3bsflowers.com 780-968-6938

THREE B'S FLOWERS

SCAN ME!

Rural Delivery
Flowers
Houseplants
Weddings
Memorials
Mother's Day

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

Your One Stop Spiritual Shop

NOW OPEN!

Cassia
metaphysical wellness inc.

- Gifts
- Crystals
- EMF Protection
- Palo Santo
- Smudge Sprays
- Reiki
- Sage
- Energy Clearing Services
- Sweet Grass
- Chakra Sets
- Past Life Sessions
- Geodes

#104, 215 McLeod Ave., Spruce Grove
@cassia.codes

Bras don't have to be uncomfortable!

Romantic Notions Inc.

#30, 210 McLeod Ave., Spruce Grove
780.962.4944 | 1.855.962.4944
@romanticnotionsab

Book your appointment: www.romanticnotions.ca

WE CAN HELP!

Affordable-Effective-Exclusive-CALL NOW!