

**THIS SPACE FOR RENT**

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



www.3bsflowers.com 780-968-6938

Rural Delivery  
Flowers  
Houseplants  
Weddings  
Memorials  
Mother's Day

THREE B'S  
FLOWERS



SCAN ME!

**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

Where excitement and eco-friendly rides collide

Long Boards  
Go Carts

**NOW OPEN**

**TAKE IT TO TRACK**

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

**WOMENS WORKWEAR**

www.womensworkwear.ca

Workwear Built For Women

**STORE NOW OPEN!**

5403 Gateway Blvd NW, Edmonton

Enjoy The Experience



**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

**THE ONE 88.1 FM**

PARKLAND'S BEST COUNTRY

**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




**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

Vol. 21 No. 8 February 19, 2024

**Everybody's Talking**

**Scribbled tattoo:** When getting a tattoo, clients choose designs that vary widely and, in the end, it's "to each their own." That's likely what many people say about tattoos by German artist Mykhailo, based in Berlin. One piece of this artist's work looks more like a child's scribbles, with squiggly looking flowers on scrawled stems, along with other lines that don't seem to have any connection to anything. However, the artist first drew the design with a marker, and the client said "yes" to it before the actual inking happened. Mykhailo said he knew the work would be controversial and provocative, which it proved to be on social media.

**Not a barn:** When apartment buildings allow residents to keep pets, that's usually understood to mean dogs, cats, birds, and maybe the odd goldfish. But a retired farmer in Sichuan Province, China, pushed the limits when he brought seven calves from his country home to keep as pets on his fifth-floor balcony. The presence of the mooing, smelly animals didn't go over well with the building's other tenants, who reported the man to the authorities. Luckily, the tenants' beefs were taken seriously, and the owner of the bovines had to give up his plan to keep the cows. However, he's tried to sneak them back in!

**Hummingbird haven:** An older lady from Mexico City is known for her ability to care for injured hummingbirds. In 2012, a friend brought one of the tiny birds to Catia Lattouf de Arida. Ever since then, she has been nursing the small pollinators back to health. When she realized this was her calling, she started researching the birds, and she has become an expert in their care. When they regain their health, she takes them to an unpopulated spot outside of the city to release them back to the wild. If they are unable to fly again, she provides a home for them in the refuge she has created in her apartment.

**Close call:** A father-son kayaking duo were in the right place at the right time when they came across an overturned boat in the Thompson River in the Canadian province of British Columbia. Chris Carlson and his teen son Ben found two men holding on to the capsized boat, yelling for help. One boater could not swim and the other's foot was tangled in a rope. The kayakers retrieved the boaters' life jackets, floating nearby, and managed to pull the men to shore. The boaters had been yelling but their shouts could not be heard from the shore over a nearby restaurant's loud music. Chris is proud of Ben for staying calm during the incident.

**Quoteable Quotes**

"Act the way you'd like to be, and soon you'll be the way you act."  
—Leonard Cohen

"If you only read the books that everyone else is reading, you can only think what everyone else is thinking."  
—Haruki Murakami

**What's Happening**

**Feb 23 - After Dark Night Market** The Alt After Dark Night Market is a monthly night market. With 35 local alternative vendors, artists and distilleries you are sure to find something unique and wonderful. 8426 Gateway Blvd 7pm-11pm

**Ongoing - City Hall Skating** Free skating daily at City Hall rink starting at 5am until 11pm. Change room and skate rental availability differs so check edmonton.ca before heading out

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](http://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. An epact is a period of time used to harmonize the solar and lunar calendars—T/F?
2. The famous cat at London's No. 10 Downing Street is Tabby, Larry, or Felix?
3. Who composed the opera Falstaff?
3. Who composed the opera Falstaff?
5. In the movie Casablanca, the cafe is called what?

(Flip bottom of page for answers)

**COLD SHOT**  
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

**PASSENGER & PARCEL SERVICES**

SHIP BY BUS

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



**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

**THE UPS STORE**




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)



**Taste the Organic Difference!**

YOUR LOCAL ORGANIC BAKERY

**Homegrown Foods LTD.**

GLUTEN FRIENDLY AVAILABLE

#10 - 19 Granite Dr. Stony Plain  
780.963.5305



**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?

**We Need Volunteers In Your Area!**

Help us to advocate for a quality of life that all Alberta seniors deserve

**Alberta Council on Aging**

Contact us: 780.423.7781 | 1.888.423.9666

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967



**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



**NWT SAFETY SUPPLIES**

**FIRE EXTINGUISHER SALES & SERVICE**

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

X  
50 SHEP ST. SPRUCE GROVE  
780 962 1778

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

85% SUCCESS RATE!

**Bras don't have to be uncomfortable!**

**Romantic Notions Inc.**

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

f @romanticnotionsab

Book your appointment: [www.romanticnotions.ca](http://www.romanticnotions.ca)

**yes tv**

**FREE LIVE STREAMING COMING THIS FALL**

visit [yestv.com](http://yestv.com) for details

**WE BUY USED GOLD AND DIAMONDS**

**Blue Diamond Jewellers**

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

**WHEN YOU GET PAID We Get Paid**

**WHIPLASH COMPENSATION?**

Get the whiplash compensation you deserve from a trusted team of experienced lawyers. **You pay nothing up front.** Not all injury claims are capped.

**1-800-661-4902**  
[WhiplashInformationCentre.com](http://WhiplashInformationCentre.com)

**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  
 ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

**TileTown** 50 years 1971-2021  
 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

**Groggy mornings?**

Imagine starting each day refreshed, ready to conquer anything!

Optimize your routine to elevate your morning and capitalize on time.

**Free month trial** then only \$1 a month

**RISE UP**

# Your Weekly Horoscope

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

Over the next year, an old wound may intersect with your life purpose. You may need to reach for the courage of Aries the Ram to navigate this dynamic now. Lucky numbers: 12, 13, 16, 22, 31, 37.

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

You may be very busy this week. Even so, try to be on the lookout for an opportunity that could give you a chance to exhibit new leadership skills. Lucky numbers: 4, 6, 7, 17, 31, 38.

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

Gemini's can sometimes be a victim of having too many options. Narrowing them to those that can be successful for you and others might be helpful for you now. Lucky numbers: 13, 14, 24, 30, 36, 42.

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

Early this week, you may have the chance for an emotional reset. If you are retreating into your shell, this might be an opportunity to set new rules of engagement. Lucky numbers: 7, 8, 13, 17, 24, 36.

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

During midweek, your natural enthusiasm and charm may be heightened. Your ability to shine could provide an opportunity to secure the help of others in your endeavours. Lucky numbers: 3, 12, 38, 41, 42, 46.

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

Are you a bit overwhelmed with everything on your plate? The end of the week may be a good time to sort out what to drop and what might be best to complete now. Lucky numbers: 1, 3, 19, 23, 42, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 3.

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

Others sometimes take advantage of a Libra desire to please. If this applies to you, the next year may offer an important opportunity for you to finally break this pattern. Lucky numbers: 7, 13, 16, 19, 26, 30.

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

Your ability to obtain intuitive insights may be heightened in the next month. You might have an opportunity to incorporate more empathy into your communication style. Lucky numbers: 6, 8, 25, 27, 44, 46.

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

For the next month, you may run into obstacles in your endeavours. It might help to remember one theme for Sagittarius is egalitarianism. How does that fit into your goals? Lucky numbers: 8, 14, 17, 24, 39, 40.

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

Your heart and mind may be at odds early this week. Is there a win-win resolution? You might want to hold off for a few days on making an important decision. Lucky numbers: 11, 14, 28, 30, 38, 45.

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

A decade from now, you may look back at this time as a critical "fork in the road" moment. In choosing your path, be clear and conscious of your motivation. Lucky numbers: 2, 5, 9, 12, 42, 44.

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

Your birthday month is a good time to set goals for the next year. This time you may want to make an adjustment to incorporate your values into your endeavours. Lucky numbers: 5, 9, 11, 26, 27, 30.

## Did You Know...

- Deep spot:** The deepest ocean spot in the world is within the Mariana Trench, in the western Pacific Ocean. The Challenger Deep is approximately 10,935 metres (35,876 ft.) deep.
- Starting young:** American actor Burt Reynolds (1936-2018) had many television and movie roles during his acting career. Taking an acting class during college in the mid-1950s set him on the road to his well-known career.
- Mating call:** Male Gunnison sage-grouse put on quite a performance to attract a mate. They inflate air sacs on their necks, then slide the sacs under their wings and slap them together for swishing and plopping sounds.
- Tart berry:** Lingonberries are small, deep red, and quite tart. They grow in Scandinavia and northern North America. Rarely cultivated, they are harvested from the wild and used to make jams and jellies.
- Real ID:** Using a fake name when checking into a hotel in the American town of Buckeye, Arizona, is illegal. Even celebrities, who don't want to draw the attention of the public, must use their real names.

## On the Lighter Side

- Flip: "Are your blinds drawn?"  
 Flop: "No, they're real blinds."
- Knock! Knock! *Who's there?* Colin. *Colin who?* Just Colin to see how you are doing.
- Two parakeets were standing on a perch. One says, "Do you smell fish?"
- Where did Robin Hood buy his flowers? Sherwood Florist.
- Ceiling fans: "Wow, look at that ceiling! What a great paint job! It's so high up there!"

**Answers**

**Trivia answers:** 1. True 2. Larry 3. Giuseppe Verdi 4. Tiber 5. Rick's

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

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

**I BUY...**

Gun Collection/Firearms

Automobiles (must be capable of running)

ESTATE PURCHASE/CONSULTATIONS

WWI/WWII & Military Collectibles

Ca\$h paid. Call Jay:  
 780.686.1350

**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!

**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

FREE ORTHODONTIC ASSESSMENT

FREE SECOND OPINION CONSULTATION

**BRACES & ALL ORTHODONTICS**

FORMERLY HORIZON ORTHODONTICS. NEW NAME. SAME EXPERT STAFF

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

**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.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

**Get More Traffic, Leads & Sales**

- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

**Frontline** 780.760.6922  
[frontlineconsulting.ca](http://frontlineconsulting.ca)

**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)