

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

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
Sturgeon County Edition
780-220-6397

www.coffee-news.ca

St. Albert Sturgeon Hospice Association
SASHA

SASHA supports people in our community who are dealing with end-of-life situations by offering caregiver support, respite, and companionship.

587.921.1345
sasha-cares.com

Present to the end

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call **780-220-6397**

SPECIAL: 30 MINS. FOR \$30

TAROT CARD READINGS
Intuitive Psychic medium messages that come forward during sessions can include topics such as Work, Health, Family, Career, Relationships, Spirit, and Soul Guidance.

The Healing Ways

To book, call/text 587.207.4134
thehealingways@yahoo.com
thehealingways-healingcenter.vpweb.com

Twiggle Tailz
PET SERVICES
Teresa Engel

New Dog Grooming Business in Morinville

- Certified Professional Dog Groomer
- Doggie Day Care/ Pet Boarding
- Wedding Day Pet Care
- Every 6th visit receive 15% off!

8612-107 Ave., Morinville Cell: **780.222.8334**

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**

5120-41 Street (Located in Gibbons Industrial Park)

GIBBONS MINI STORAGE

STORAGE UNITS STARTING AT \$85 PER MONTH

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

like us

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

one bite technology

587.290.0200
www.onebiteitotechnology.ca

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

Everybody's Talking

Long live the goldfish: Many folks, or someone they know, have owned a pet goldfish. But one special goldfish, named Tish, stands out from the rest because he lived to be 43 years old. While goldfish can live for a decade or two, Tish was the oldest goldfish ever recorded in captivity, although others may have lived longer. In 1956, Gordon Hand and Hilda, his mother, won Tish at a town fair in Doncaster, South Yorkshire, England. After Gordon grew up and moved away, Hilda took care of Tish, never overfeeding him. As he aged, his colour changed from bright orange to silver. Finally, after a long, peaceful life, Tish passed away in 1999.

Bitter taste: Bitter taste: We may laugh at the stereotyped idea of shoes getting chewed to smithereens by someone's pet pooch, but gnawing on things like shoes and boots can be unhealthy for dogs. With that in mind, Brizza, a Brazilian company that makes flip-flops, teamed up with some partners to develop what they are calling the Inedible Flip-Flop. One of the partners was a pet food company, with lots of experience in knowing what dogs will and won't eat. The newly developed flip-flops include an ingredient called denatonium benzoate, which makes the footwear taste extremely bitter, yet is safe and not harmful to pets.

Beautiful berry: After much trial and error over many years, a Japanese farmer named Mikio Okuda developed an amazing strawberry called Bijin-Hime. Nicknamed "Beautiful Princess," this berry is one of a kind. It is quite large and sports a perfect strawberry shape and red colour. In other strawberry varieties, the larger fruits tend to be less sweet and flavourful. Not so with the rose-scented Beautiful Princess. The farmer takes his strawberry-growing business seriously, ensuring that conditions are right for a perfect crop. These berries go for big bucks. One can sell for as much as \$500 USD, so this variety may be out of reach for mere mortals!

Hot dog aficionado: A hungry eater named Joey Chestnut can pack in a lot of food. Specifically, he demolished 62 hot dogs, along with their buns, at the well-known event called Nathan's Famous Hot Dog Eating Contest on Coney Island in Brooklyn, New York (U.S.). He did it in a mere 10 minutes. The contest has been held on July 4 for about 50 years, and this was Chestnut's 16th win. While proud of his performance, the big eater won in 2021 by downing 76 hot dogs. And in six other competitions, he consumed more than 70 of the beloved fast food. Obviously Chestnut is a huge fan of hot dogs!

Quoteable Quotes

"Don't go through life. Grow through life." —Eric Butterworth
"Although the world is full of suffering, it is also full of the overcoming of it." —Helen Keller

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

May 1-7 - Mental Health Week Mental Health Week is an annual national event that takes place the first week in May to encourage people from all walks of life to learn, talk, reflect, and engage with others on all issues relating to mental health. Visit fortsask.ca for more info

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**

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. Coronal mass ejections occur from the Sun, Mercury, or Jupiter?
2. C.S. Lewis or A.A. Milne wrote The Chronicles of Narnia?
3. Albion was an ancient name for France, Canada, or Great Britain?
4. The rival gangs in West Side Story are the Jets and Sharks—T/F?
5. A ballyhoo, carnyx, or warhammer is an ancient Celtic horn?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

Communities in Mind

Co-op is working with the Mental Health Foundation to raise funds for mental health services in your community.

Donate at your local Co-op food store, gas bar, liquor store, home centre, or scan the QR code to DONATE TODAY!

Central Alberta, Cornerstone, New Horizon, South Country, Westview

Mental Health Foundation
We have a better future in mind.

Celebrating 40 Years Est. 1984

Interested in joining our board?

ELECTIONS
AGM, Tuesday, March 19
Gibbons Cultural Centre

sturgeonrca@gmail.com
www.sturgeonruralcrimewatch.org

STURGEON RURAL CRIME WATCH ASSOCIATION
YOUR EYES THE KEY TO SUCCESS

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
www.prairiescentedcandles.com

Jennifer Miles, Agent
125-15 Circle Dr
St. Albert AB T8N 3Y7
780-460-2279
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.

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

WILLPOWER WILLS
EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

780-418-7611
Call Terri today for a FREE consult.

TERRI BRUNNING

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit **yes.tv** for details

PAWNSTERS INC.

YOUR LOCAL PAWN SHOP

SCAN TO VIEW OUR LATEST INVENTORY

Tues-Sat, 10:30-6 | Sun, 12-5
322 McLeod Ave., Spruce Grove
www.pawnsters.ca 587.461.1798

BUY • SELL • LOAN

Your Local 3 "R" Plumber/Gasfitter:
Repair **Replace** **Renovate**
KANAN Plumbing
 Call today: **780.667.5780**
 EXACT PRICE BEFORE WORK STARTS
 LOCALLY OWNED, OPERATED
 FAMILY ORIENTED
NO OVERTIME CHARGES!

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!

NOW ACCEPTING ARI CARDS
 Auto • Commercial • Residential
Advanced Glass Inc.
 CALL MARC CLOUTIER TODAY:
780-961-2276
 advancedglassinc.ca • 5514 - 50 Avenue, Legal AB
 Morinville Location: Bay #2, 9702-90 Ave. Call 587-985-4427

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

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 or call us at 780-796-3939

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

Alberta's Best
 SENIORS' INTERNET PLAN
 • \$70/MONTH - VERY FAST SPEED, UNLIMITED USAGE
 • FREE HOME PHONE SERVICE
 • FREE NETWORK PROTECTION
NORTHERN LIGHTS FIBER
 FREE HOME PHONE!
 SIGN UP TODAY!
 NORTHERNLIGHTSFIBER.CA

PLEASE ASK US FOR STARTER PACK
200+ Delicious Meals Made for SENIORS!
 NOW SERVING THIS COMMUNITY!
 ✓ Free Delivery*
 ✓ No Obligations
 ✓ No Minimum Orders*
 *Some conditions apply
 Request your **FREE MENU Catalogue** today!
780-666-2336
 TF: 1-800-704-4779
HEART TO HOME MEALS
 DELICIOUS MEALS MADE FOR SENIORS®
www.hearttohomemeals.ca

Your Weekly Horoscope

ARIES
 (March 20 - April 19)



What have you learned from your journey? How does it connect to what you value? This week may offer an opportunity to communicate this to others on a similar path. Lucky numbers: 5, 23, 25, 26, 37, 33.

TAURUS
 (April 20 - May 20)



Sudden or unexpected opportunities may appear this week. Use your grounded Taurus nature to help sort through them. The best one should align with your values. Lucky numbers: 16, 30, 36, 41, 42, 46.

GEMINI
 (May 21 - June 20)



Gemini often have a quick and sharp mind which can sometimes frustrate people who don't. You may have an opportunity to connect to others and communicate your ideas. Lucky numbers: 2, 8, 11, 16, 18, 46.

CANCER
 (June 21 - July 21)



What is your most heartfelt wish? This week may be a good time for a deep dive to explore that desire and how you might be able to manifest it. Don't let fear stop you. Lucky numbers: 9, 11, 13, 24, 27, 41.

LEO
 (July 22 - Aug. 22)



This week you may find yourself out of sync when communicating with others. Can you adjust your view of the situation, to communicate more effectively toward a solution? Lucky numbers: 7, 12, 14, 28, 37, 46.

VIRGO
 (Aug. 23 - Sept. 22)



You may feel out of sorts and not your usual grounded self right now. While this might soon pass, consider expanding your comfort zone about the nature of reality. Lucky numbers: 4, 14, 27, 30, 37, 43.

LIBRA
 (Sept. 23 - Oct. 22)



Can you manage to take a few days off at the beginning of this week? Focus on some much needed relaxation and self-care. Your mind and body will thank you. Lucky numbers: 6, 14, 24, 25, 27, 36.

SCORPIO
 (Oct. 23 - Nov. 21)



Things may get very intense for you during the middle of the week. Take a deep breath and a step back. Maybe temporarily retreat from a person or situation, if necessary. Lucky numbers: 10, 14, 19, 21, 32, 43.

SAGITTARIUS
 (Nov. 22 - Dec. 20)



You may be encouraged, at the end of the week, to reexamine your beliefs. Do you need to make any changes to your endeavors, to be in line with your beliefs? Lucky numbers: 8, 10, 36, 41, 42, 48.

CAPRICORN
 (Dec. 21 - Jan. 19)



The Capricorn view of the world is often driven by hard facts and figures. This week you may be able to expand your world view by seeking out intuitive insights. Lucky numbers: 16, 19, 21, 27, 38, 46.

AQUARIUS
 (Jan. 20 - Feb. 18)



At week's end, you may be in a verbal power struggle with others. By making a conscious effort, you might find an opportunity to forge a reasonable compromise. Lucky numbers: 1, 7, 13, 18, 41, 47.

PISCES
 (Feb. 19 - March 19)



Pisces sometimes have difficulty translating their intuitive insights to others. However, this week you may find this process easier. If so, take advantage of it while you can. Lucky numbers: 3, 19, 21, 24, 25, 46.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 30.

Did You Know...

Greenland trivia: Greenland, the world's largest island, is part of the North American continent. But politically, it is an independent territory of Denmark. Nuuk (Godthaab), its capital, is on the southwest coast.

Perfumed plants: Gardeners with shaded yards might want to try growing lily-of-the-valley. This ground cover does well in shade and slowly spreads. They have a pleasant, fragrant scent, but are toxic in large quantities.

Famous writer: In addition to *Breakfast at Tiffany's*, American Truman Capote (1924-1984) also wrote *In Cold Blood*. The book helped pioneer the true crime genre, as well as using fiction techniques in nonfiction stories.

Strange monkey: A monkey that lives in South America's Amazon basin is the bald uakari. They have reddish-brown, shaggy coats, but no hair on their bright red faces, looking almost as though they are wearing masks.

Time to prime: Planning to paint a room in your house? Experts recommend applying a coat of primer before applying the colour. Along with covering minor imperfections, primer helps the paint adhere to the wall.

On the Lighter Side

Knock! Knock! *Who's there?* August. *August who?* August of wind almost blew me away!

Did you hear about the founder of the flea circus? He started it from scratch.

Towels can't tell jokes. They have a dry sense of humour.

Two plants decided to grow next to each other. After all, they were buds.

Billy: "What does your mother do for a headache?"

Silly: "She sends me outside to play."

Answers

Trivia answers: 1. Sun 2. C.S. Lewis 3. Great Britain 4. True 5. Carnyx

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

From the Heart Laser Therapy
 • Smoking Cessation
 • Drug Addiction
 • Sugar Addiction
 Also treatments for
 • Anxiety & Depression
587-357-2455

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
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

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

If you require assistance or information regarding government issues, please contact my office
Dale Nally, MLA
 MORINVILLE - ST. ALBERT
 780-572-6161
 Morinville.Stalbert@assembly.ab.ca

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

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

COLD SHOT
 A DIVISION OF BALMARIA 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