

**Where excitement and eco-friendly rides collide**  
Long Boards Go Carts

**NOW OPEN**

**TAKE IT TO TRACK**

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

**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](mailto:doghouse@pitbullsforlife.com)

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

WHERE EDUCATION BEGINS & THE FUN NEVER ENDS

**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?

**THE ONE 88.1 FM**

PARKLAND'S BEST COUNTRY

**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!

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

WE CAN HELP!

**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

**FREE!** New Issue Every Week!

**Coffee News**  
"News To Be Enjoyed Over Coffee"

Stony Plain Edition  
780-220-6397

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

Est. 1988

Vol. 21 No. 10 March 4, 2024

**Everybody's Talking**

**Windy ride:** For a bike ride, most people choose a calm day with not much wind to slow them down. However, anyone who likes windy rides might enjoy participating in the Dutch Headwind Time Trial Championship. Participants all ride the same type of bike: upright and with only one speed. They ride an 8.5-kilometre (5.3-mi.) course located on the Oosterscheldekering storm barrier near the southwest city of Vrouwenpolder, Netherlands. The race originated in 2013 and is only held during storms when winds are expected to reach up to 120 km/h (74 mph). Only 300 participants are allowed, and the winner is the rider who completes the course with the fastest time.

**Running away:** Lots of young kids hate doing their homework, but most would choose to do their school work over being sent to an orphanage. Not so for a school boy in Chongqing, China. He was so angry at his mother for pestering him to do his homework that he went to a local police station to complain. He told the police that he wanted to go to an orphanage instead of living at home. The officers helped him calm down, got his address, and contacted the parents. With the father on the way, the officers had a little chat with the boy to convince him that returning home was a better choice.

**Perfectly round:** In the U.S. state of Florida is a lake so round that pilots gave it the nickname "Silver Dollar Lake." Officially called Kingsley Lake, it is located in the northeastern part of the state. The flocks of people who visit the lake on the ground may not be able to see its round shape, which is obvious from the air. The perfectly round shape is not artificial, but was formed by an ancient, spring-fed sinkhole. Ringing the lake are houses and cottages, all the way around the 2-mile (3.2-km) wide lake, which is 90 feet (27.4 m) deep at its centre. The homes have docks for swimming and boating

**Fruit artist:** Someone looking at the flowers sculpted by Vietnamese artist Nguyen Thi Thu could be forgiven for not realizing that the blooms emerge from papaya fruits. She has been practicing this traditional art for many years, with a 15-year break when she moved to another country where green papaya was not readily available. Glad to be back in Hanoi, she picked up the art again. This time, along with sculpting primroses, lotuses, and water lilies, she challenged herself to create many different types of chrysanthemums, which is a complicated process. The artist shows her work at public events, and she also teaches classes to show others the delicate art of sculpting papaya

**Quoteable Quotes**

"At some point, you've got to let go, and sit still, and allow contentment to come to you."  
—Elizabeth Gilbert

"What wisdom can you find that is greater than kindness?"  
—Jean-Jacques Rousseau

**What's Happening**

NON PROFIT organizations may submit fundraising events for FREE at [www.coffee-news.ca](http://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. Annulry, glove, or wedded is the medical term for the ring finger?
2. Cut, clarity, colour, and carat (the 4 Cs) refer to what stone?
3. The scientific name for a bird's wishbone is furcula, tibia, or aloha?
4. The spots on dice are called what?
5. Herpetophobia is the fear of foot pain, freckles, or reptiles?

(Flip bottom of page for answers)

**Get More Traffic, Leads & Sales**

SCAN ME

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

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

**yes tv**

**FREE LIVE STREAMING COMING THIS FALL**

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

**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

IS ADVENTURE ON YOUR BUCKET LIST?

**The Dive Outfitters**  
Scuba Diving & Snorkeling  
780.483.0044  
11781-156 St., Edmonton  
[www.thediveoutfitters.ca](http://www.thediveoutfitters.ca)

Learn to Scuba Dive  
Ask about our Buddy Special

Discover Snorkeling  
1-Hour Lesson at the Pool!  
Snorkeling Sets for the Family

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

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

**WOMENS WORKWEAR**

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

Workwear Built For Women  
**STORE NOW OPEN!**  
5403 Gateway Blvd NW, Edmonton  
Enjoy The Experience

Scan QR Code To View Our New Website!

[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

**Taste the Organic Difference!**

YOUR LOCAL ORGANIC BAKERY

**Homegrown Foods LTD.**  
GLUTEN FRIENDLY AVAILABLE

#10 - 19 Granite Dr. Stony Plain  
780.963.5305

**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**

**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**

Available on the App Store  
GET IT ON Google Play

RISE UP

**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!

**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

**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

**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

**WE BUY USED GOLD AND DIAMONDS**

Blue Diamond Jewellers

780.968.0040  
Main Street, Stony Plain  
www.bluediamondjewellers.com

**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  
Passenger Website: www.coldshot.ca

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

www.scubagearcanada.ca

# Your Weekly Horoscope

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

For the next several weeks, be careful of impulsive speech or actions. You may find that you are easily angered, so take a deep breath and retreat if needed. Lucky numbers: 12, 14, 19, 22, 37, 41.

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

The universe may continue to present you with many opportunities, a rare and unusual situation. Perhaps consider one that will expand you beyond your comfort zone. Lucky numbers: 4, 7, 8, 11, 18, 24.

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

For the next few weeks, be extra cautious in your communications. Your quick mind and wit could put you in danger of saying something you might regret. Lucky numbers: 3, 13, 14, 20, 42, 45.

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

The Cancer-born can tend to lead with their feelings. At the beginning of the week, you may be challenged to approach a situation with a more balanced heart and mind. Lucky numbers: 17, 18, 24, 35, 37, 39.

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

Midweek, your thoughts and feelings may be out of sync for a few days. If you feel like you're at a stalemate, move beyond your own desires and help someone else. Lucky numbers: 10, 21, 37, 31, 33, 38.

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

You may have an opportunity at the end of the week to expand your comfort zone and tap more into your intuition. This might feel awkward and could require practice. Lucky numbers: 6, 12, 14, 20, 41, 43.

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

For the next several weeks, you may be seeing people "put their foot in their mouth." Therefore, leaning into your natural diplomatic nature might be even more important. Lucky numbers: 5, 14, 18, 27, 29, 32.

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

Have you been reluctant to take off your safe mask and authentically face the world? Doing so is never easy, but this week might prove to be better than most. Lucky numbers: 7, 13, 17, 19, 27, 34.

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

Your natural optimism and enthusiasm may get a boost for the next several weeks. If new opportunities come up, carefully examine them and look before you leap. Lucky numbers: 9, 11, 21, 22, 31, 32.

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

Early in the week may be a good time to connect with those whose cooperation and assistance you need. Your serious demeanour and strong work ethic may be highlighted. Lucky numbers: 1, 3, 17, 37, 40, 48.

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

Things may be very busy for you this week. Consider prioritizing what serves your highest values, rather than someone else's agenda. This may be scary to do. Lucky numbers: 2, 12, 17, 18, 22, 38.

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

This may be a good time to evaluate your current endeavours. Are some less important now? Consider completing your critical projects and letting go of the rest. Lucky numbers: 11, 24, 27, 33, 36, 48.

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

## Did You Know...

**Islands in the sea:** The island nation of the Maldives, in the north-central part of the Indian Ocean, includes approximately 1,200 islands. About 200 of the sandbanks and coral islands are inhabited.

**Saving energy:** Similar to hibernation, an animal going into a dormant state because the environment is too hot or dry is called aestivation. The aestivating animal stops eating and does not move around.

**Small but mighty:** A tiny insect called the oribatid mite can lift over 1,000 times its own body weight. Also called the armoured or beetle mite, is only about the size of a grain of sand or two human hairs placed side by side.

**Popular condiment:** In Mexico, a condiment called chamoy is very popular. This hot, sweet, tangy sauce contains dried chilies, lime juice, and some kind of fruit, such as mango, apricot, or plum.

**Talented man:** Brian May, who became famous as a member of the British rock band Queen, is regarded as one of the best guitarists around. May earned a Ph.D. in astrophysics from Imperial College London.

## On the Lighter Side

Why were the scissors smiling? Because they have their work cut out for them.

An astronomer watched the moon rotate for 24 hours. Then he got bored and called it a day.

My new diet consists of only aircraft. It's a bit plane.

Diner: "I'd like an elephant sandwich, please."  
Waiter: "I'm sorry, sir, we've just run out of bread."

Knock! Knock! Who's there? Hugo. Hugo who? Hugo first and I'll go second.

## Answers

**Trivia answers:** 1. Annular 2. Diamond 3. Furcula 4. Pips 5. Reptiles

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

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**

**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.morealty.ca

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

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!

For more info visit: [swma.ca](http://swma.ca)

**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

**NWT SAFETY SUPPLIES**

**FIRE SALES & SERVICE** EXTINGUISHER

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

nwtsafety.com

**We Love Creating Amazing Smiles!**

FREE ORTHODONTIC ASSESSMENT  
FREE SECOND OPINION CONSULTATION

**BRACES4ALL** ORTHODONTICS

FORMERLY HORIZON ORTHODONTICS. NEW NAME, SAME EXPERT STAFF

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

**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!

**PSC Prairie Scented Candles**

**Sunset Scents** a RAY of Fragrance

prairiescentedcandles@gmail.com  
www.prairiescentedcandles.com

Affordable-Effective-Exclusive-CALL NOW!