

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

**FREE!** *New Issue Every Week!*

**Coffee News**®

"News To Be Enjoyed Over Coffee"

**Sturgeon County Edition**

**780-220-6397**

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

Vol. 21 No. 26 June 24, 2024

The World's #1 Restaurant Publication!

**We Take Care of Your Finances**

So You Can Concentrate On Your Business

✓ Full Cycle Bookkeeping ✓ Payroll ✓ GST  
✓ Personal and Small Business Income Tax

Locally serving Morinville, St. Albert, Edmonton, Sturgeon County, Strathcona County, Stony Plain, Spruce Grove. Virtually serving Canada-wide

**Teake Bookkeeping Services**

780.222.8334 | [teakebookkeeping@gmail.com](mailto:teakebookkeeping@gmail.com)

CANADA'S BRAND YOUR COMFORT

**NAPOLEON**

**GEMCO FIREPLACES**  
& WHOLESALE HEATING PRODUCTS

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB  
[WWW.GEMCOFIREPLACES.COM](http://WWW.GEMCOFIREPLACES.COM)

**Everybody's Talking**

**Unwanted advice:** The British enjoy their tea and don't want outsiders telling them how to drink it. That's what American scientist and author Michelle Francl learned when she published a book that suggested adding a pinch of salt to make a cup of tea less bitter, an amount small enough that it couldn't be tasted. Good Morning Britain, a British breakfast program, said the notion felt like a crime. The controversy drew involvement from no less than the U.S. Embassy in London, which confessed Francl's suggestion had got them "in hot water." They joked that they would continue to make tea the proper way, by microwaving it. No word on how that advice landed.

Renting at \$2700

**55+ Retirement Luxury Living**

2 Inglewood Dr. St. Albert

**CAREADON VILLAGE**

Open House every Saturday 12-4 p.m.

- On the River
- Close to Trails, Shopping
- Underground Parking
- Incredible Amenities, including Theatre Room, Library, Salon, 24 Hr. Gym, more

[careadonvillage.com](http://careadonvillage.com) **780.470.2330**

**Unhygienic husband:** A court in Ankara, Turkey, approved a woman's request to divorce her husband, but the reason wasn't a typical one. In Turkish civil law, one reason for divorce is if life has become unbearable for one or both parties. The woman said she wanted a divorce because her husband had unbearable personal hygiene. She told a family court that her husband wore the same clothes for at least five days in a row, smelled stinky, and didn't shower often. Witnesses confirmed her claims. The court ordered her husband to pay her 500,000 Lira (TRY) for putting up with his poor personal hygiene.

**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**

**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](http://sil.ab.ca/careers) or call us at 780-796-3939

**Sculpting Hope, Empowering Lives**

Book a consultation to learn how my services can empower your journey toward healing.

**Debbie Johnstone**

COUNSELLING

**780.394.3969**

[www.debbiejohnstonecounselling.com](http://www.debbiejohnstonecounselling.com)

**Fast kid:** Many people are familiar with Rubik's cube puzzles, which have six sides and 20 movable pieces. But then there's the 12-sided Megaminx, with 50 moving pieces. Aidan Granger is a 16-year-old student at Royal Wootton Bassett Academy, located in the British town of the same name. The teen cemented his status as a European Megaminx record holder and earned the 2024 title of the world's ninth fastest "speedcuber." Competitively solving puzzles like Rubik's cube or Megaminx is called speedcubing. The teen finished the Megaminx puzzle in only 31.41 seconds. He was competing against 200,000 speedcubers in the official World Cube Association competition.

LIVESTOCK FEED | TOYS | TREATS | FEEDING ACCESSORIES | MINERALS & VITAMINS

Feather to fur  
Beak to muzzle  
Hooves to paws  
**We have something for all!**

Neigh-Barks Sturgeon County

**Neigh-Barks**  
Feed & Pet Supply  
it's für life

56521 Range Road 211, Sturgeon County  
**825-523-7812**  
[www.neighbarks.com](http://www.neighbarks.com)

**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](http://www.psfh.ca)

**Urban art:** A street artist in Nerviano, a municipality in Milan, Italy, asks permission to apply his paint in public places. And because his art is so fascinating, the authorities usually say "yes" to Cosimo Cheone Caiffa. This self-taught artist makes 3D creations that look real, such as a man crawling out from under a bridge or a little boy leaning out of a window to give a flower to a passerby. His artwork really can transform dismal cityscapes into works of intriguing creativity. The artist initiates his designs on a computer, and when he's ready to hit the streets, he rounds up his paint cans and gets to work.

Wills | Enduring Power of Attorney | Personal Directive | Grants

**ESTATE Solutions**

SIMPLE AND AFFORDABLE

FREE WILL CONSULTATIONS

Stania Buist, Paralegal  
**780-228-1255**

[estate-solutions@outlook.com](mailto:estate-solutions@outlook.com) | [www.estate-solutions.ca](http://www.estate-solutions.ca)

Sturgeon Community Hospital Foundation

**THANK YOU TO OUR DONORS**

Because of YOU \$1,640,418 was raised last year!

**95,176 PATIENTS TREATED AT THE STURGEON**

**49,525 EMERGENCY ROOM VISITS**

**11,892 PEOPLE ADMITTED TO BEDS**

MAKE A DONATION FOR 2024

**Quoteable Quotes**

"Follow your dreams, transform your life." —Paulo Coelho  
"Only in the darkness can you see the stars." —Martin Luther King, Jr.

**TileTown** 50 years 1974-2024

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**

**NOW OPEN!**

**St. Albert Hearing**

50 585 St. Albert Trail  
Right off St. Albert Trail near Summit Centre and Boston Pizza

- Hearing Tests, Adjustments and Repairs
- Easy Access from Northern AB
- No Referral Needed
- Affordable Hearing Aid Prices
- We Bill AADL/WCB/DVA/NHIB

Klinton Pilling has moved to a New Location

**1-877-906-0605 | stalbertheating.com**

**What's Happening**

**Jun 29 - Tailgate sale** 9:00 AM to 4:00 PM, outdoors at 265 Fir Street Sherwood Park Presbyterian Church. Tired of hunting down those yard sales one at a time Or perhaps you have some things to sell Call Grace to book a spot - 780-467-4856.

**Aug 21 - Links fore Literacy Charity Golf Tournament 2024**  
The Links fore Literacy Charity Golf Tournament is the Centre for Family Literacy's annual summer fundraising event. Proceeds from the tournament support the Centre's adult and family literacy programs. For more information, visit [familit.cagolf2024](http://familit.cagolf2024)

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**

Over 150 participating sponsors!  
4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

Enter one of three ways:  
1. Scan the QR code  
2. Visit [www.coffee-news.ca](http://www.coffee-news.ca)  
3. Mail your entry\*

\*Mail your entry 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.

Jennifer Miles, Agent  
125-15 Circle Dr  
St. Albert AB T8N 3Y7  
780-460-2279  
[www.jmilesinsurance.com](http://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.

**NOW ACCEPTING ARI CARDS**

Auto • Commercial • Residential

**Advanced Glass Inc.**

CALL MARC CLOUTIER TODAY:  
**780-961-2276**

[advancedglassinc.ca](http://advancedglassinc.ca) • 5514 - 50 Avenue, Legal AB  
Morinville Location: Bay #2, 9702-90 Ave. Call 587-985-4427

**Trivia**

1. A monk lives in a monastery and a nun lives in a \_\_\_\_.
2. In Disney's animated movie, Robin Hood is portrayed as a badger or a fox?
3. Shakespeare's play The Tempest is named for a storm, earthquake, or flood?
4. What is the human body's buccal cavity?
5. The minimum depth of a hole in professional golf is 3, 4, or 6 inches?



**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

**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



## 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!



Switching to Fiber?

### Brace Yourself.

Always Fast, Always Reliable, Always Local

**NORTHERN LIGHTS FIBER**

northernlightsfiber.ca | 888-236-2947



Experience Senior Living at its Finest

**St. Michael's HEALTH GROUP**

**Fenwick Heights**  
260 Pioneer Rd, Spruce Grove

Move in today!

Offering Seniors' Supported Independent Living

**Weekend & Evening Tours Available**

**780.962.6598**  
www.fenwickheights.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 are just the beginning...

**Romantic Notions Inc.**

#30, 210 McLeod Avenue  
Spruce Grove  
780.962.4944  
1.855.962.4944

@romanticnotionsab  
romanticnotionsboutique


Book your appointment now at  
www.romanticnotions.ca



# Your Weekly Horoscope


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

How are your past issues and wounds affecting your relationships now? This may be a good time to take a deep dive into your unconscious. Seek help, if needed. Lucky numbers: 12, 14, 16, 21, 29, 32.




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

Is there something you want to advance that hasn't gotten traction before? If you present it in a new way at week's end, you may find that others are more receptive. Lucky numbers: 2, 4, 8, 16, 31, 37.




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

Many Geminis share the quicksilver nature of Mercury, the sign's ruling planet. But over the next few months, you may be asked to slow down and reexamine your life. Lucky numbers: 11, 15, 19, 30, 44, 46.




**CANCER**  
(June 21 - July 22)

Cancers often prioritize their feelings when making decisions. Over the next few months, you may have a chance to examine where this style does or does not serve you. Lucky numbers: 10, 13, 17, 18, 31, 35.




**LEO**  
(July 23 - Aug. 22)

Your mind and emotions may be out of sync at the beginning of the week. What change could you make to reconcile the difference and achieve more balance in your life? Lucky numbers: 3, 10, 16, 31, 33, 39.




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

During the middle of the week, your energy may feel confused and murky. If it is disrupting your normally disciplined routine, wait a few days for this dynamic to pass. Lucky numbers: 9, 10, 11, 17, 31, 41.




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

Is there an outdated belief or behaviour that is holding you back from having more love in your life? How might you release it? Who could help you figure it out? Lucky numbers: 7, 22, 28, 30, 31, 38.



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

The intensity of Scorpios interacting with others can be difficult for both parties. At week's end, however, you may have an opportunity for more pleasant social interactions. Lucky numbers: 1, 16, 17, 19, 21, 25.



**SAGITTARIUS**  
(Nov. 22 - Dec. 21)

Sagittarians sometimes closely connect their worldviews to their identities. In the next few months, you may need to reexamine where you are too rigid in this regard. Lucky numbers: 4, 5, 8, 10, 12, 34.




**CAPRICORN**  
(Dec. 22 - Jan. 19)

Hard work and discipline are key words for Capricorn's success but they can be exhausting at times. For a few months, consider how to "work smarter, not harder." Lucky numbers: 5, 9, 16, 19, 33, 36.




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

Early this week, you may find yourself in a centered space. How might you want to take advantage of this energy for the next few days, before it passes? Lucky numbers: 6, 30, 32, 33, 43, 44.



**PISCES**  
(Feb. 19 - March 20)

You may find yourself going back over old territory during the next four months. Have you become more disciplined over the last year in creating structure in your life? Lucky numbers: 8, 10, 15, 21, 28, 34.



Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 33.

## Did You Know...

**Green children:** Historians remain baffled by tales of two green-skinned children who appeared in Woolpit, Suffolk, England in the 12th century. No one knows exactly where they came from or why their skin was green.

**Maple goodness:** Anyone wanting the best and purest maple syrup should look to Canada. The country is well known for the quality of this product, which is made by boiling down sap from maple trees.

**Busy intersection:** Shibuya Crossing, in Tokyo, Japan, is possibly the world's biggest pedestrian crossing. People come from five directions, all crossing at the same time. The "Scramble" repeats every two minutes all day.

**What's in a name:** In 1946, Baltimore called its National Basketball Association team the Bullets, after a nearby ammunition foundry. In 1996, the current franchise adopted the less violent name of Wizards.

**Pole star:** *Stella polaris* is Latin for "pole star." Polaris, more commonly known as the North Star, is the brightest in the Ursa Minor constellation. Interestingly, "Polaris" has been used as a baby's name.

## On the Lighter Side

Why don't computers eat anything? They don't like what's on their menus.

Eating a clock may seem like a good idea, but it's time-consuming.

I used to run a donut shop, but I got tired of the hole business.

Principal: "This is the fourth time you've been in my office this week."

Student: "Well, I guess I'm glad it's Friday."

Knock! Knock! Who's there? Sasha. Sasha who? You make Sasha fuss!

### Answers

Trivia answers: 1. Convent 2. Fox 3. Storm 4. The mouth 5. 4 inches

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

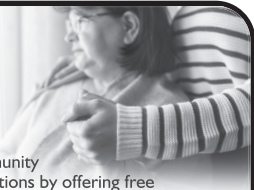
**St. Albert Sturgeon Hospice Association**

**SASHA**

SASHA supports people in our community who are dealing with end-of-life situations by offering free companionship, emotional support, and caregiver respite. We have been a volunteer-run, non-profit organization with charitable status since 2014.

587.921.1345  
sasha-cares.com

Present to the end



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



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




**STURGEON RURAL CRIME WATCH ASSOCIATION**

An all-volunteer, community-based service organization working in partnership with the RCMP and Enforcement Services

JOIN US - TOGETHER WE CAN MAKE A DIFFERENCE

sturgeonrcwa@gmail.com  
www.sturgeonruralcrimewatch.org



like us

We are your Apple experts!

**one bite technology**

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

587.290.0200  
www.onebitechology.ca

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



Your "P" Local 3 "R" Plumber/Gasfitter:

✓ Repair ✓ Replace ✓ Renovate

**KANAN Plumbing**

Call today: **780.667.5780**

NO OVERTIME CHARGES!

EXACT PRICE BEFORE WORK STARTS  
LOCALLY OWNED, OPERATED  
FAMILY ORIENTED



**From the Heart Laser Therapy**

- Smoking Cessation
- Drug Addiction
- Sugar Addiction

Also treatments for:

- Anxiety & Depression

**587-357-2455**



Sidewalks  
Driveways  
Steps • Garage Pads  
Basements • Exposed Shop Floors • Stamped Bobcat Services

**Residential & Commercial Service**  
WCB Coverage Fully Insured

**ATHENS Concrete Service Ltd.**  
Call 780.235.1900

PROUDLY SERVING THE GREATER EDMONTON AREA SINCE 2007

