

Specializing in Home Health Care Since 1970

- Ostomy
- Incontinence
- Mastectomy
- Compression
- Walkers
- Rentals
- Wheelchairs
- Accessibility
- Repairs
- ...and more!

Visit us at 10550 Mayfield Road NW

Congdon's Since 1970 | Aids to Daily Living | 780.483.1762 | congdons.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

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



Your One Stop Spiritual Shop

NOW OPEN!

Cassia
metaphysical wellness shop

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

#104, 215 McLeod Ave., Spruce Grove

Caregivers Alberta CARING FOR CAREGIVERS

Caregivers Alberta provides education, supports well-being, and advocates for family and friend caregivers taking care of someone at home or in the community.

In rural areas where support is limited, caregivers who are seniors are struggling more and more. You can help them by volunteering as a Senior Caregiver Ambassador.

- Stay active in your community
- Help other seniors
- Be part of an organization that values your contribution

Give us a call at 1.877.453.5088 or email volunteer@caregiversalberta.ca

Seniors Helping Seniors

www.caregiversalberta.ca/volunteer

Vol. 21 No. 36 September 2, 2024

Everybody's Talking

Clean beaches: In New Jersey (U.S.), one can never predict what someone might discover on the state's beaches, which is why the nonprofit Clean Ocean Action hosts a biannual event to document some of the unusual items that are either left behind or wash up on the shores. Every spring and fall, thousands of participants gather to comb more than 70 beaches. Among the more unusual discoveries are an adult-size Elmo costume, a rubber brain, rosary beads, and even a whoopee cushion, just to name a few. The organization publishes an annual "Roster of the Ridiculous," showcasing the strangest finds.

Gaming grandma: Affectionately dubbed "Gamer Grandma," a Japanese woman has claimed the title of the world's oldest YouTube gamer. Since launching her channel in 2015, Hamako Mori has amassed a huge following, garnering hundreds of thousands of subscribers. Her videos range from the process of unboxing new consoles to showing off her gaming skills. Recognized by Guinness World Records, Mori's videos capture her joy and humour, and offer glimpses into her life and gaming adventures. Her gaming journey began with the Cassette Vision console in the early 1980s and hasn't stopped since. She is proving that age is no barrier in the gaming world.

Miracle dog: She's being hailed as the miracle dog. Mishka, a 3-year-old street dog from Mexico, adopted by the Houman Family in San Diego, California (U.S.), went missing. Eight months later, the lost dog reappeared 2,000 miles (3,218 km) away in Detroit, Michigan. The family never lost hope that their beloved pet would be found. When Mishka was picked up by police in response to a report about a stray dog, an implanted identity chip helped trace her owners to San Diego. The animal welfare group that facilitated the return speculates that the dog had been stolen, sold, and ended up in Michigan.

Noisy highway: Guangzhou, China, has several examples of roads being built around "hold-out" individuals who refuse to sell their buildings. One of them, known as "Number 28 on Yongxing Jie," is an eight-story building located right in the middle of a multi-lane traffic overpass. Back in 2008, authorities wanted to build the new traffic infrastructure, and marked several area buildings for demolition. While most owners agreed to sell, the owners of Number 28 did not. When the two sides could not reach an agreement, the authorities went ahead and built the overpass, leaving the yellow apartment building in the middle of the swirling traffic lanes.

Quoteable Quotes

"Be practical as well as generous in your ideals. Keep your eyes on the stars but remember to keep your feet on the ground."
—Theodore Roosevelt

"Those who know do not speak. Those who speak do not know."
—Lao Tzu

What's Happening

Sep 8 -Perogy Supper We will be holding a Perogy supper at peace Lutheran church, 303 church road in Spruce Grove from 5:00 pm-6:30 pm. Suggested cost is \$15.00 for adults, and \$5.00 for children under 12. Call Diane at 587-599-7412 for more information.

Sept 13 to 15 - Fall Book Sale Sale hours are Friday noon-6pm; Saturday 10am-6pm; Sunday noon-4pm. Take what you want, donate what you can. Spruce Grove Public Library.

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

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
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.

PROFILES HAIR SALON & BARBER SHOP

We have only master stylists and barbers with 20+ years of experience

WALK INS WELCOME!

Women's Cuts • Perms
Balayage • Highlights

Hot Shaves • Taper Fades
Barber's Cut • Beard Trims

228 Century Rd Spruce Grove 780-962-7887

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040

Main Street, Stony Plain

www.bluediamondjewellers.com

THE ONE 88.1 FM

PARKLAND'S BEST COUNTRY

GOING THE DISTANCE FOR OUR CLIENTS!

Digger REAL ESTATE

Renee Degenhardt REALTOR/Associate

Isaac Kristensen REALTOR/Associate

FREE MARKET ANALYSIS
FREE BUYER CONSULTATION

587.989.0292

780.454.7700
renee@teamdigger.ca
renee.teamdigger.ca

Offering full-service selling and buying services for residential, country residential, recreational, homestead, and bare land.

Trivia

1. The extinct language Omurano was spoken in this present-day country.
2. The Olympics eliminated what rope-pulling sport after 1920?
3. Napoleon Bonaparte was the king of France—T/F?
4. What is a geoduck?
5. This American abstract expressionist painter was known for his drip technique.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Take our quick survey, it's under 2 minutes

Help Us Improve – and Win!

Your feedback will help us make **Coffee News®** better for you.

PLUS you could win a \$200 gift card and limited edition **Coffee News®** swag!

Take Survey here

Do what you do best, we'll take care of the rest!

- Receipt Management
- Accounts Payable/Receivable
- Account Reconciliations
- Government Remittances
- Year End Prep
- Payroll

ADMINISTRATION SHERIFF

780.722.4987

pamela@administrationsheriff.com
www.administrationsheriff.com

CATCH UP SERVICES

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

HERE WHEN YOU NEED US

When You Get Paid, We Get Paid

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

1-800-440-8298

ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

Taste the Organic Difference!

YOUR LOCAL ORGANIC BAKERY

Homegrown Foods LTD.

GLUTEN FRIENDLY AVAILABLE

#10 - 19 Granite Dr. Stony Plain 780.963.5305

You'll Dig Our Work!

- ✓ Hole Digging & Filling
- ✓ Concrete Breaking
- ✓ Lot Clearing & Site Prep

DK EXCAVATION

780-616-1890 | www.dkexcavation.ca

The Dive Outfitters

Scuba Diving & Snorkeling

780.483.0044

11781-156 St., Edmonton
www.thediveoutfitters.ca

Learn to Scuba Dive!

Scan to start your course online today

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

Visit us on Facebook-CoffeeNewsWeekly



CityOrthodontics & PediatricDentistry

Now in Spruce Grove
#107, 187 Hwy 16A

cityorthopeds.com
(780) 960-1910

St. Michael's HEALTH GROUP

Grove Manor Seniors' Apartments



Move in today!

Moderately-priced, spacious studio, one and two bedroom suites for the independent senior. This secure and accessible one-level building offers plenty of common areas, outdoor space and other amenities.

780.962.6672
600 King Street, Spruce Grove, AB • grovemanor@smhg.ca

smhg.ca

ISP COMPUTERS

BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS

ISP COMPUTERS - Your Tech 911

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

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

Your Feet Will Thank You!

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



Family Footcare & Reflexology

110B McLeod Avenue Spruce Grove

Colleen Waddell - Registered CMP, Certified Reflexologist

780.984.9774 | www.familyfootcareandreflexology.ca

FREE QUOTES

STUMP GRINDING

✓ Quality, professional service at a reasonable rate
✓ Same day service in most cases
✓ Senior discount available

Nicholas Verklan - nverklan@hotmail.com

780-938-5548

20TH ANNIVERSARY SEASON OPENER

9704-96 Ave., Westlock

Monday May 20 12-3 p.m.

CANADIAN TRACTOR MUSEUM
WESTLOCK, ALBERTA

Hot dogs & cake, start-up of vintage tractors, stationary engines, and vintage sawmill

• Games
• Barrel Train
• Face Painting
• Bouncy Castle

For the kids...

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

The World's #1 Restaurant Publication!

Your Weekly Horoscope

ARIES (March 20 - April 19)

Is it time to finally shed that old pattern that is holding you back? There may be an opportunity this week to listen for a solution or find a helpful guide. Lucky numbers: 1, 6, 8, 20, 28, 44.

TAURUS (April 20 - May 20)

At week's end, you may want to be cautious in your endeavours. This includes activities involving vehicles, electronics, and communications with others. Think before you act. Lucky numbers: 10, 11, 18, 20, 29, 36.

GEMINI (May 21 - June 20)

Geminis often respond from the head, rather than the heart. Seek new opportunities over the next couple of months that will encourage more balance between the two. Lucky numbers: 5, 8, 22, 28, 39, 41.

CANCER (June 21 - July 22)

For the next two months, consider closely monitoring your interactions with others for any passive aggressive responses. Look for underlying causes of any such reactions. Lucky numbers: 3, 10, 29, 30, 32, 47.

LEO (July 23 - Aug. 22)

Those born under Leo may struggle with reaching maturity. An opportunity could present itself over the next couple of months to help that process. Don't let it pass by. Lucky numbers: 2, 9, 13, 18, 19, 39.

VIRGO (Aug. 23 - Sept. 22)

Service often can be an important theme for Virgos. Early in the coming week may be a good time to ask what new intention you want to set in this regard. Lucky numbers: 11, 12, 22, 36, 42, 43.

LIBRA (Sept. 23 - Oct. 22)

The middle of the week may present you with an opportunity to make a reset in your life, starting during the next month. What change does your heart most desire? Lucky numbers: 7, 10, 13, 21, 32, 34.

SCORPIO (Oct. 23 - Nov. 21)

Do you understand what is motivating your actions right now? If not, the weekend may be a good time to stop and explore the hidden feelings that are driving you. Lucky numbers: 9, 10, 22, 42, 44, 48.

SAGITTARIUS (Nov. 22 - Dec. 21)

Sagittarius often strives to climb the next mountain and examine the view from its summit. For the next two months, what could inner exploration show you about yourself? Lucky numbers: 18, 23, 29, 32, 33, 34.

CAPRICORN (Dec. 22 - Jan. 19)

Pluto is about to finally end a long-term transit through your sign. You may feel an urgency to complete something before this aspect ends. Carefully consider actions to take. Lucky numbers: 4, 10, 13, 18, 19, 22.

AQUARIUS (Jan. 20 - Feb. 18)

Aquarius sometimes is accused of loving humanity, but disliking individual humans. For the next two months, cultivating a more personal level of empathy may be possible. Lucky numbers: 6, 12, 13, 21, 35, 40.

PISCES (Feb. 19 - March 20)

This week may be difficult, with a stalemate or active conflict. Reach for a positive adjustment in the situation. Resist the temptation to escape, especially with substances. Lucky numbers: 15, 16, 17, 18, 21, 29.

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

Did You Know...

Speeding ticket: The first speeding ticket in the world was issued in 1896 in Kent, England. Walter Arnold was the driver and he was ticketed for going an outrageous 8 miles (12 km) per hour. That was four times the legal speed limit.

Lucky guy: Teddy Roosevelt, president of the United States from 1901 to 1909, could thank his eyeglass case and a thick roll of speech notes, both in his vest pocket, for stopping an assassin's bullet to the chest in 1912.

Woolly pig: The Mangalista pig is unlike most breeds of pig. It has a thick, sheep-like wool coat rather than the bristly hairs of most pigs. This native of Hungary is said to be the "Kobe beef of pork."

Beaver tails: Hand-stretched wheat dough, deep fried and sprinkled with sugar, is a popular Canadian sweet treat known as Beaver Tails. In 1978, Grant Hooker trademarked a recipe from his German-Canadian grandmother.

Scent loss: After age 80, it's reported that over 75% of people may experience significant olfactory impairment, losing both their sense of smell and their ability to differentiate between scents.

On the Lighter Side

Knock! Knock! Who's there? Dewey. Dewey who? Dewey have to go to the dentist?

What bird is always short of breath? A puffin.

Groups of intelligent trees grow next to each other. It's called a brainforest.

A chess champion at lunch will take 20 minutes to pass the salt.

Patient: "Doctor! Please help me. I think I am invisible!"
Doctor: "Who said that?"

Answers
4. Large clam 5. Jackson Pollock
Trivia answers: 1. Peru 2. Tug of war 3. False

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

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB
WWW.GEMCOFIREPLACES.COM

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

Wills | Enduring Power of Attorney | Personal Directive | Grants

ESTATE Solutions

SIMPLE AND AFFORDABLE

Stana Buist, Paralegal
780-228-1255

estate-solutions@outlook.com | www.estate-solutions.ca

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

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

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

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

Not sure what your marketing needs are?

Frontline
web consulting
(780) 760-6922
www.frontlinemktg.ca

SCAN ME

Transform your business today with our Elite Pro Marketing Package!

Get a whole digital marketing team of specialists on your side.

Contact us for a FREE consultation today!



Affordable-Effective-Exclusive-CALL NOW!