

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

GOT SOMETHING TO SELL OR PAWN?

Need to talk?
 988 is here for you. 24/7

Suicide & Crisis Helpline
 Call or text: 9-8-8

Edmonton.CMHA.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

TDS
 Proudly serving Central Alberta

MULCHING & SKID STEER SERVICES
 SERVING CENTRAL ALBERTA

General dirt work and gravel driveways, backfills, small demos

Rural Property Maintenance

Mulching fence lines, firebreaks, trails, and clearing

Pen and Barn Cleaning

Call us today for an estimate: **780.919.9577**
tdskidsteer@gmail.com
tdsservicesinc.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

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

City Orthodontics & Pediatric Dentistry

Now in **Spruce Grove**
 #107, 187 Hwy 16A

cityorthopeds.com
 (780) 960-1910

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES
 & WHOLESALE HEATING PRODUCTS

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

Affordable-Effective-Exclusive-CALL NOW!

FREE! **New Issue Every Week!**

Coffee News[®]
 "News To Be Enjoyed Over Coffee"

Stony Plain Edition
780-220-6397

www.coffee-news.ca

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

Sept 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
 *Coffee News Bucks
 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.

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)

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
 Main Street, Stony Plain
www.bluediamondjewellers.com

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

THE ONE 88.1 FM

PARKLAND'S BEST COUNTRY

ISP COMPUTERS

BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS

ISP COMPUTERS - Your Tech 911

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

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

Boost Your Career From Home!

Did you know that you can take Business and IT certification exams from Microsoft, Cisco and other vendors right from the comfort of your home?

Check us out today and add new certifications to your résumé before fall!

Know it Sooner
 Computer Training
www.knowitsooner.com/get-certified

IMPROVING EFFICIENCY SINCE 2006

WHAT WOOD YOU DREAM?

RDS Kitchens and Woodworking

Specializing in kitchen cabinets & bathroom vanities

Contact us today for an estimate:
 780.963.4480 | patricia.rdswood@gmail.com

Proudly serving the GPRC since 1987

Make Your Marketing Work For You!

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

SCAN ME

Frontline 780.760.6922

NWT SAFETY SUPPLIES
FIRE SALES & SERVICE
 EXTINGUISHER

SINCE 2000

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

nwtsafety.com

GOING THE DISTANCE FOR OUR CLIENTS!

Digger REAL ESTATE

FREE MARKET ANALYSIS
FREE BUYER CONSULTATION

587.989.0292
 780.454.7700
 renee@teamdigger.ca
 renee.teamdigger.ca

Renee Degenhardt
 REALTOR/Associate

Isaac Kristensen
 REALTOR/Associate

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

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

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!

ONLINE SURVEY

Take Survey here

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

The Dive Outfitters
 Scuba Diving & Snorkelling
 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

Don't Be A Statistic!

Keep Your Deliveries Safe From Theft With A Mailing Address

THE UPS STORE
 108-4301B South Park Dr., Stony Plain
 780.963.7066 | store392@theupsstore.ca

Pregnant? Facing Difficult Decisions?

We can help. Call **780.421.1177** or text **587.596.5380**

A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

www.smallmiraclesadoption.com

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

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

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

Recipe of the month

Harvest Salad with Cherry Vinaigrette

3 medium fresh beets (about 1 pound)
 1 package (5 ounces) spring mix salad greens
 2 medium apples, thinly sliced
 1 medium carrot, shredded
 1/2 cup grape tomatoes, halved
 1/2 cup yellow grape tomatoes or pear tomatoes, halved
 1/2 cup chickpeas, rinsed and drained
 1/2 cup coarsely chopped walnuts, toasted

4 thick-sliced bacon strips, cooked and crumbled

Cherry Vinaigrette:
 1/2 cup tart cherry preserves
 3 tablespoons olive oil
 2 tablespoons red wine vinegar
 2 teaspoons Dijon mustard
 1 garlic clove, minced
 1/4 teaspoon salt
 1/8 teaspoon pepper

Prep Time: 10 min Bake: 50 min. + cooling Yield: 10 servings

1 Preheat oven to 400°. Scrub beets and trim tops to 1 in. Wrap in foil; place on a baking sheet. Bake 50-60 minutes or until tender. Remove foil; cool completely. Peel beets and cut into 1/2-in. pieces.
 2 In a large bowl, combine salad greens, apples, carrot, tomatoes, chickpeas, walnuts, bacon and cooled beets. In small bowl, whisk vinaigrette ingredients until blended. Serve with salad.

Source: <https://www.tasteofhome.com>

Learn From the Best!

Explore the possibilities of DIY soap making, lotion making, and bath product creation

wixy Soap

Our classes are fully hands-on and also available online!

Sherwood Park
587.785.8878
 shop@wixysoap.com | www.wixysoap.com

PRIVATE CLASSES AVAILABLE

Taste the Organic Difference!

YOUR LOCAL ORGANIC BAKERY

Homegrown Foods LTD.

GLUTEN FRIENDLY AVAILABLE

#10 - 19 Granite Dr. Stony Plain
780.963.5305

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

Specializing in Home Health Care Since 1970

PICK UP AND DELIVERY

- 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

LEAKY GUT?

"Death begins in the colon" ~ Mechnikov

DO YOU SUFFER WITH ANY OF THESE...

1. Digestive issues (gas, bloating, diarrhea, irritable bowel syndrome)
2. Autoimmune disease (arthritis, lupus, psoriasis, celiac disease)
3. Depression, anxiety, ADD or ADHD
4. Seasonal allergies or asthma
5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances

LEARN MORE HERE

Heal Your Gut, Improve Your Well Being!

Rebecca McCord gut health coach

250.329.8116 | www.HealthyBellyCoach.com