

ONE
88.1 FM
PARKLAND'S BEST COUNTRY

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 kids are back to school...

Now it's your turn for something fabulous!

Find your fit with our amazing team and treat yo'self!

Call now to book your fitting:
780-962-4944

Romantic Notions Inc.
#30, 210 McLeod Ave., Spruce Grove
Toll Free: 1.855.962.4944
@romanticnotionsab

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

You'll Dig Our Work!

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

DK EXCAVATION

780-616-1890 | www.dkexcavation.ca

BOOK NOW FOR SPRING & SUMMER 2024

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.

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

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

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

Vol. 21 No. 39 September 23, 2024

Everybody's Talking

Young pilot: Promising aviator Lucien Distler has been soaring through the skies solo since his early years. At just 14 years old, this Oakville, Ontario (Canada), native boldly piloted a Cessna aircraft, marking his independent flight debut. While he was too young to operate a car, he possessed the necessary skills to command an airplane. According to him, achieving such a feat at a young age is entirely feasible with diligent training and determination. Lucien attributes his passion for aviation to his regular attendance at air shows alongside his father, an experience that ignited his fascination with airplanes and flying. Their shared enthusiasm continues to fuel his aspirations in the world of aviation.

Not in vane: A decades-long search for a stolen weathervane is over. Recently, a 114-year-old antique copper weathervane surfaced at Sotheby's in New York, N.Y. (U.S.). The auction house, which maintains a database of stolen items, alerted officials in Hartford, Vermont, who confirmed that it was the one stolen from the White River Junction train station in 1983. The weathervane was modeled after a steam locomotive and coal tender, and was crafted by W.A. Snow Iron Works, Inc. It is considered a valuable historic artifact and a beautiful piece of art. The weathervane will be remounted and returned to Vermont to be enjoyed once more.

Gator grab: When angler Justin Wyrick set out for a typical day of bass fishing, he was expecting nothing out of the ordinary. However, his routine excursion took an unexpected turn when he reeled in a surprising catch, a nearly 4-foot-long (1.2m) alligator while fishing with his brother at a lake north of Knoxville, Tennessee (U.S.). The brothers promptly contacted the local wildlife agency. Officers intervened, safely removing the reptile from the scene. Subsequently, the alligator found temporary refuge at a local zoo until arrangements could be made for relocation to a more natural habitat.

High-tech hoax: A university hopeful in Isparta, Turkey, was apprehended for using an artificial intelligence system to cheat on an entrance exam. The candidate, known by the initials M.E.E., was detected during the test due to his suspicious behaviour. Hidden inside his sneaker was a small router, and he had a high-definition camera disguised as a shirt button. The AI provided real-time answers via a tiny headset. Turkish authorities have not disclosed full details of the cheating system, but M.E.E. faces jail time and a ban from taking future exams. In the end, it seems his artificial intelligence couldn't outsmart human vigilance.

Quoteable Quotes

"There's a responsibility in being a person. It's more than just taking up space where air used to be."
—John Steinbeck

"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart."
—Roy T. Bennett

What's Happening

Sept 27 - First Annual Fall Fair Join us on Friday, Sept 27 starting at 4:30 PM at the St Albert United Church Hall at 20 Green Grove Drive for a bowl of soup and bread, used book sale, used costume sale just in time for Halloween, plus more!! Cost is \$20

Sept 27 - First Annual Fall Fair 4:00 to 7:00 PM. St. Albert United Church, 20 Green Grove Drive

Bowl of soup and a roll. Adults \$10 children \$5 Used Book Sale, Used Costume Sale just in time for Halloween, Bake Sale and Raffle. 780-238-5617 **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

Enter one of three ways:
1. Scan the QR code
2. Visit www.coffee-news.ca
3. Mail your entry*

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

*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. In Bermuda, do drivers use the right or left side of the road?
2. Nitrous oxide (N2O) is more commonly called what?
3. How many legs does a spider have?
4. The musician Liberace played the piccolo-T/F?
5. Vaarwel is "goodbye" in Dutch, Swedish, or Finnish?

(Flip bottom of page for answers)
© Published with Permission by Capital Marketing Ltd
(Over)

Moonstone & Amethyst Unique Gifts!

- ◆ Sensory and Early Education
- ◆ Crafts and Puzzles
- ◆ Meditation Items
- ◆ Candles ◆ Incense

825.966.6369
moonstoneandamethyststore@gmail.com
Unit 205 86 Boulder Blvd., Stony Plain

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 resumé before fall!

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

IMPROVING EFFICIENCY SINCE 2006

Wills | Enduring Power of Attorney | Personal Directive | Grants

ESTATE Solutions
SIMPLE AND AFFORDABLE

FREE WILL CONSULTATIONS
WE COME TO YOU!

Stana Buist, Paralegal
780-228-1255

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

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

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

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 congdon.ca

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

For the kids...
• Games
• Barrel Train
• Face Painting
• Bouncy Castle

Taste the Organic Difference!



#10 - 19 Granite Dr.
Stony Plain
780.963.5305

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



PROFILES

HAIR SALON & BARBER SHOP

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



Women's Cuts • Perms
Balayage • Highlights

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

228 Century Rd
Spruce Grove

780-962-7887



COLD SHOT

A DIVISION OF BALWARIA 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

Your One Stop Spiritual Shop

NOW OPEN!



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

@cassia.codes

#104, 215 McLeod Ave., Spruce Grove

MERIDIAN CREEK RV STORAGE

53322 SH779, Parkland County

Secure, Clean, Easy-Access Storage at a Fair Price

Serving Parkland County at the same convenient location right off Highway 779 since 2010.

780.960.1110 | www.meridiancreekrv.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



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

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Any stalemate with others in upcoming weeks may offer an opportunity for more tact and diplomacy in your communication. Consider taking advantage of this potential. Lucky numbers: 7, 10, 12, 14, 33, 42.

TAURUS

(April 20 - May 20)



Things may be busy, even chaotic, for you this week. A new idea may emerge, but consider it carefully before deciding whether or not to implement it. Look before you leap. Lucky numbers: 1, 2, 7, 38, 44, 46.

GEMINI

(May 21 - June 20)



Your ability to argue both sides of an issue may annoy others with more fixed world viewpoints. The energy of the next few weeks could temporarily ease this dynamic. Lucky numbers: 2, 5, 9, 26, 39, 45.

CANCER

(June 21 - July 22)



You may feel tired and stressed at midweek. Might you be able to find a way to carve out some time for self care? Doing so could mean you're better able to help others. Lucky numbers: 8, 12, 16, 19, 29, 30.

LEO

(July 23 - Aug. 22)



The energy this weekend may make this a good moment to take time out to play and have fun. Remember, though, that you probably need to get back to work soon. Lucky numbers: 12, 25, 28, 31, 37, 47.

VIRGO

(Aug. 23 - Sept. 22)



You might find yourself feeling introspective at the end of the week. If you can retreat for a couple of days, you may find that important information can surface. Lucky numbers: 3, 7, 12, 18, 30, 43.

LIBRA

(Sept. 23 - Oct. 22)



Is there a thorny relationship issue that you have been avoiding? The next few weeks may provide an opportunity for progress, using your skills of tact and diplomacy. Lucky numbers: 15, 27, 28, 30, 35, 43.

SCORPIO

(Oct. 23 - Nov. 21)



The intensity of Scorpio can intimidate others. But the energy now may soften this dynamic. If you consciously incorporate it, you might be able to retain it going forward. Lucky numbers: 10, 13, 15, 26, 29, 40.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Your natural friendliness and optimism may get an extra boost for the next three weeks. How can you use this energy to create a win-win opportunity for your goals? Lucky numbers: 4, 16, 20, 21, 27, 44.

CAPRICORN

(Dec. 22 - Jan. 19)



Important information may emerge from your unconscious at midweek. You might be tempted to ignore it, but you also could use it positively in your personal development. Lucky numbers: 11, 17, 22, 27, 44, 48.

AQUARIUS

(Jan. 20 - Feb. 18)



Your heart and mind may be out of sync at week's end. If your default is to usually choose your mind, perhaps consider leaning toward the side of your heart this time instead. Lucky numbers: 9, 10, 18, 39, 40, 48.

PISCES

(Feb. 19 - March 20)



Everything may be confusing for you this week. Knowing what is real and truthful vs. what is not might be difficult. Perhaps postpone important decisions for at least a week. Lucky numbers: 6, 7, 19, 22, 33, 34.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 21.

Did You Know...

Olympic art: The Olympics weren't always just for sports. Beginning in 1912, 151 medals were awarded in painting, sculpture, architecture, literature, and music for work inspired by athleticism. Art exhibits replaced the medals in 1954.

Lefties: Only about 10% of people worldwide are left-handed. About 1% are ambidextrous, able to use either hand effectively. This means the rest of us are predominantly right-handed.

Chair evolution: We may have Charles Darwin to thank for our office chairs. He is often credited with the idea of using wheeled legs to replace regular legs on his office chair. This let him move easily and quickly around his lab.

Youthful success: Stevie Wonder was only 13 years old in 1963 when he earned his first No. 1 hit on the Billboard Hot 100 with "Fingertips." He has since added many more hits to his resume!

Gator aid: In the 1960s, scientists at the University of Florida (U.S.) invented the popular sports drink Gatorade. In the 1970s, they also created Gatorade gum, but it was discontinued by 1989.

On the Lighter Side

A man sued an airline after they lost his luggage. Unfortunately, he lost his case.

Our son at college said he grew a whole foot. So we sent him a third sock.

Art: "Why did you name your son Bill?"
Marty: "Because he arrived at the beginning of the month."

Knock! Knock! Who's there? Cheese. Cheese who? Cheese a very smart girl!

How did the owl with laryngitis feel? He couldn't give a hoot!

Answers

5. Dutch
Trivia answers: 1. Left 2. Laughing gas 3. Eight 4. False

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



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

WE BUY USED GOLD AND DIAMONDS



Blue Diamond Jewellers

780.968.0040

Main Street, Stony Plain

www.bluediamondjewellers.com

Pregnant? Facing Difficult Decisions?

We can help.
Call 780.421.1177 or text 587.596.5380



Adoption is the ultimate expression of a committed heart
• Confidential Pregnancy Counselling • Support and Connection to Resources • Adoption Information and Advice
www.smallmiracleadoption.com

Make Your Marketing Work For You!



SCAN ME

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

Frontline

780.760.6922

SERVING THE AREA FOR OVER 39 YEARS

Polish & Sparkle CLEANING SERVICES



OFFICE CLEANING NOW AVAILABLE IN STONY PLAIN AND SPRUCE GROVE

Weekly • Bi-Weekly • Move Ins
Move Outs • Spring/Fall Cleans

LICENSED AND BONDED WCB

Member, Greater Parkland Regional Chamber of Commerce

Call Sherry
780.962.4659 or 780.916.5133

Your Feet Will Thank You!

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

Family Footcare & Reflexology

Colleen Waddell - Registered CMB, Certified Reflexologist

1108 McLeod Avenue, Spruce Grove
780.984.9774 | www.familyfootcareandreflexology.ca

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

www.scubagearcanada.ca