

88.1 FM
PARKLAND'S BEST COUNTRY

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
Stony Plain Edition
780-220-6397
www.coffee-news.ca

CN-Proudly printed by One to One Mailing

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

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

THIS SPACE FOR RENT
Call 780-220-6397

OR SCAN HERE FOR MORE INFO

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

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.

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

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

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

Edmonton.CMHA.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

Everybody's Talking

Sausage stop: While inserting money to get chocolate bars or chips from a vending machine might be familiar, if you happen to be in Germany, you also can get bratwurst and bockwurst sausages. These unusual vending machines have been around for a few years and are both popular and convenient, especially late at night when someone is craving a sausage. People who work late also appreciate the machines if grocery stores are closed by the time they have a chance to get food. Some of the machines even offer eggs, milk, produce, butter, and prepared sides like potato salad. The products are vacuum-sealed, and the machines are temperature-controlled to ensure safety.

Bee delay: You often hear of weather halting outdoor sports events, but this time it was buzzing bees that stopped the play. During a quarterfinal tennis match at the BNP Paribas Open in Indian Wells, California (U.S.), play was interrupted for nearly two hours. The players had to pause their game while a worker used a vacuum to remove bees that had swarmed onto the overhead camera. The unexpected delay provided an unusual spectacle for the audience, who watched as the court was carefully cleared of the insects. The players, who had been swatting away the bees, were fortunate that no one was stung.

Tourist trouble: Residents of Fujikawaguchiko (Japan), a town about 62 miles (100 km) west of Tokyo, were fed up with tourists who littered, trespassed, parked illegally, and broke other traffic rules. Tourists, eager to capture a perfect view of Mount Fuji, would flock to the town with their cameras, causing disruption. In response, the town installed a large, 66-foot (20-m) by 8-foot (2.5-m) mesh barrier to block the view of the snow-capped mountain. An official stated it was regrettable that it had come to this, adding that over-tourism is the biggest problem facing the iconic mountain. The measure aims to restore peace and order for the local community.

Ring recovered: A woman in Wales lost her engagement ring in 1970, while feeding hay to cattle on her family farm. She now has it back, thanks to a detectorist, which is someone who explores the ground with a metal detector. Marilyn Birch, a senior resident of Pontardawe in Neath-Port Talbot, described recovering the ring as an emotional reunion. All those years ago, she had retraced her steps in hopes of finding the ring, but to no avail. Recently, detectorist Keith Phillips obtained permission to search the land for treasures and found the ring buried about 8 inches (20 cm) deep in a field, a discovery that left its owner speechless.

Quoteable Quotes

"Reality itself is gorgeous. It is the plenum; the fullness of total joy."
—Alan Watts

"The whole future lies in uncertainty: live immediately."
—Seneca

What's Happening

Nov 2 - CWL Craft Bake Sale Holy Family CWL Craft Bake Sale 10:00 a.m.-2:00 p.m. at Holy Family Parish Hall, 75 Poirier Ave. Vendors selling a great variety of items. Also will have baked goods for sale. Raffle tickets for 3 great cash prizes and for vendors donated raffle items.

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

- The 1982 film Conan the _____ starred Arnold Schwarzenegger and James Earl Jones.
- Sleeping Beauty fell asleep when she pricked her finger on a rose thorn—T/F?
- A pinochle deck has 26, 48, or 52 cards?
- What is the capital of Portugal?
- The "V" in the acronym ROYGBIV stands for what?

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

yes tv

FREE LIVE STREAMING COMING THIS FALL
visit yestv.com for details

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

Coffee News is proud to support Make-A-Wish® Canada

Transform lives, one wish at a time.

Make-A-Wish
Visit makeawish.ca

A Bold and Imaginative Collection of Post-Apocalyptic Tales

Echoes of the Red Earth
Written By Canadian Author Cornelius van Dijk

Available in paperback and digital copy

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

Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter

Call **LLOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!
1-877-579-9449

LegalShield

Can't get to your Coffee News each week?

Check out our PDF editions online!
New editions are posted every Monday

Sign up here to receive email notifications of new editions.

Now you never have to miss your weekly dose of good news!



www.coffee-news.ca/editions

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



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

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

Taste the Organic Difference!



#10 - 19 Granite Dr.
Stony Plain
780.963.5305

WE BUY USED GOLD AND DIAMONDS



Blue Diamond Jewellers
780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.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
nwtssafety.com

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Lots of energy swirls around you this week. You may be tempted to take an aggressive stand. But you might want to consider where forgiveness could serve you better. Lucky numbers: 10, 18, 25, 34, 42, 48.

TAURUS

(April 20 - May 20)



Did you pay attention to the hard truth that may have been revealed to you last week? This information could follow you, so you might want to address it now. Lucky numbers: 12, 14, 19, 34, 40, 42.

GEMINI

(May 21 - June 20)



You may be presented with many ideas and opportunities this week. Take time to sort through and evaluate them against your values and goals.

But maybe wait to take action. Lucky numbers: 13, 14, 17, 27, 33, 45.

CANCER

(June 21 - July 22)



Cancers can be introverted by nature. But this week you may have a desire to expand your social circle and participate more fully. What might be the best way to manifest it? Lucky numbers: 9, 20, 25, 30, 40, 48.

LEO

(July 23 - Aug. 22)



Your thoughts and feelings might be out of sync for a few days at week's end. Can you reconcile this stalemate? If not, then waiting for this dynamic to pass may be best. Lucky numbers: 2, 4, 16, 17, 25, 39.

VIRGO

(Aug. 23 - Sept. 22)



Virgos often focus on precise facts and details. But sometimes, consider trying an intuitive leap of faith. The next few weeks may provide an opportunity to test this premise. Lucky numbers: 11, 25, 26, 28, 33, 40.

LIBRA

(Sept. 23 - Oct. 22)



Libras gravitate to beauty and may avoid the darker parts of their unconscious. At week's end, an opportunity may arise to unearth information that can help your development. Lucky numbers: 4, 7, 10, 13, 18, 40.

SCORPIO

(Oct. 23 - Nov. 21)



For the next few weeks, you may feel an urgency to blurt out whatever insights you have, no matter how dark, to others. Thinking before speaking could be important. Lucky numbers: 8, 11, 19, 36, 43, 46.

SAGITTARIUS

(Nov. 22 - Dec. 21)



You may feel the need to bust out of restrictions at the beginning of the week. Consider taking a time-out to analyze what changes you might truly need in your life. Lucky numbers: 1, 10, 14, 24, 32, 44.

CAPRICORN

(Dec. 22 - Jan. 19)



This may be a week of two steps forward and one step back. Though frustrating, you may want to consider postponing important discussions or decisions for a couple of weeks. Lucky numbers: 6, 8, 15, 32, 37, 41.

AQUARIUS

(Jan. 20 - Feb. 18)



Are you digging in your heels now because you have a strong feeling about something? Finding some detachment about the matter could help point the way to a solution. Lucky numbers: 7, 19, 32, 38, 41, 42.

PISCES

(Feb. 19 - March 20)



Are you experiencing an issue in a relationship now? Are there ways you could adjust your communication style to more clearly express your thoughts to the other party? Lucky numbers: 5, 15, 28, 38, 43, 48.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 30.

Did You Know...

Space growth: Scientists have discovered that astronauts can grow taller in space. In fact, living in microgravity can increase their height by up to 3%. A man who is 6 feet tall (1.8 m) could gain 2 inches (5 cm) in height!

Avocado truth: You might not think of avocados as fruit, like apples or oranges. But biologically, that's exactly what they are because they contain seeds. Their unsaturated fats are a healthy benefit of eating them.

Frightening frog: The tiny 1-inch (2.5 cm) poison dart frog has enough poison to kill 20,000 mice. It safely stores toxins in its skin to fend off predators. The species have brightly coloured bodies and are native to Central and South America.

Fierce predator: The giant Allosaurus dinosaur, with its 8-inch (20.3-cm) claws and 70 teeth, could hunt prey easily by running at 21 miles (33 km) per hour. All those teeth meant it was built to eat meat.

Sound sensitivity: If you can't stand certain sounds that don't bother other people, you may have a condition called misophonia. It's when a person is emotionally affected by common sounds like eating or even breathing.

On the Lighter Side

Knock! Knock! Who's there? Ogre. Ogre who? I'm ogre here, come find me!

Why was the broom confused? It didn't know which witch was which.

Swimmers do pool-ups to get strong.

Our poodle is like one of the family, but which one?

Barber: "Your hair is getting thin."
Customer: "Who wants fat hair?"

Answers

Trivia answers: 1. Barbarian 2. False 3. 48 4. Lisbon 5. Violet

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

Not sure what your marketing needs are?



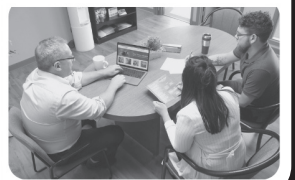
Frontline
Web Consulting
(780) 760-6922
www.frontline.ca

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!



CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES

& WHOLESALE HEATING PRODUCTS

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

LEAKY GUT?

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



"Death begins in the colon" ~ Mechnikov

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

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

PICK UP AND DELIVERY

Visit us at 10550 Mayfield Road NW
Congdon's Since 1970 | Aids to Daily Living | 780.483.1762
congdons.ca

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

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

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

The World's #1 Restaurant Publication!