

Arrive in Style!

MORINVILLE
Limousine
SERVICE

- ◆ Weddings
- ◆ Bachelor & Bachelorette Parties
- ◆ Birthdays
- ◆ Anniversaries
- ◆ Concerts
- ◆ Dinner Packages
- ◆ Sporting Events
- ◆ Graduations
- ...and more

780.991.3199
morinvillelimousine@gmail.com

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Sturgeon County Edition

780-220-6397

www.coffee-news.ca

Est. 1988

Jennifer Miles, Agent

125-15 Circle Dr
St. Albert AB T8N 3Y7
780-460-2279
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.

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

200+ Delicious Meals Made for SENIORS!

PLEASE ASK US FOR STARTER PACK

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

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

Rebecca McCord
gut health coach

250.329.8116 | www.HealthyBellyCoach.com

Twiggle Tailz
Teresa Engel

PET SERVICES

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

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

Renting at \$2700

55+ Retirement Luxury Living

CAREADON VILLAGE

2 Inglewood Dr. St. Albert

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 780.470.2330

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.

Oct 5 - Words in the Park, Book Fair and Sale Agora, Community Center, 401 Festival lane, Sherwood Park.

A free event for all the family to meet and chat with local authors and vendors showcasing their books and goods. Kids activities, Silent Auction, gifts and prizes. **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 1982 film Conan the _____ starred Arnold Schwarzenegger and James Earl Jones.
2. Sleeping Beauty fell asleep when she pricked her finger on a rose thorn—T/F?
3. A pinocle deck has 26, 48, or 52 cards?
4. What is the capital of Portugal?
5. The "V" in the acronym ROYGBIV stands for what?

Weekly • Bi-Weekly • Monthly • One-Time Cleaning

We do one thing — Clean!

Professional and personalized cleaning service:

- Residential & Commercial Cleaning
- Detail Cleaning • Basic Cleaning
- Move In/Move Out • New Construction

2024 WINNER QUALITY RATING SERVICE

Call Lynn for a free quote: **780.721.6789**
www.youhaveitmaid.ca

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

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

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

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

56521 Range Road 211, Sturgeon County
825-523-7812
www.neighbarks.com

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 or call us at 780-796-3939

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

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

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

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

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

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

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

From the Heart Laser Therapy

- Smoking Cessation
- Drug Addiction
- Sugar Addiction

Also treatments for Anxiety & Depression

587-357-2455

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

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

one bite technology

- Mac & PC Repair
- iPhone & iPad Repair
- Used/Refurb Device Sales

Call us today for expert 1-on-1 or in home tech support.

2002 Tudor Glen, St. Albert
OneBiteTechnology.ca - 587-290-0200

The World's #1 Restaurant Publication!

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

We Take Care of Your Finances

So You Can Concentrate On Your Business

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

AND MORE

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

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

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

- Repair
- Replace
- Renovate

KANAN Plumbing

NO OVERTIME CHARGES!

Call today: **780.667.5780**

EXACT PRICE BEFORE WORK STARTS
LOCALLY OWNED, OPERATED
FAMILY ORIENTED

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

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

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

NOW ACCEPTING ARI CARDS

Auto • Commercial • Residential

Advanced Glass Inc.

CALL MARC CLOUTIER TODAY:
780-961-2276

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