

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

YOU HAVE IT MAID CLEANING SERVICES

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

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

Reach out to us for free dementia-friendly guidance, resources, and a community that understands.

Alzheimer Society

ALBERTA AND NORTHWEST TERRITORIES

Contact us today at **1-866-950-5465** or visit alzheimer.ab.ca to learn more.

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.

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**

DEEP WATER KUNG FU & TAI CHI

深水 功夫

Come and train with us!

- Morinville
- St. Albert

780-267-8779
deepwaterkungfu@gmail.com [instagram.com/deepwaterkungfu](https://www.instagram.com/deepwaterkungfu)

PLEASE ASK US FOR STARTER PACK

200+ Delicious Meals Made for SENIORS!

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

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

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**

From the Heart Laser Therapy

- Smoking Cessation
- Drug Addiction
- Sugar Addiction

Also treatments for:
Anxiety & Depression

587-357-2455

Vol. 21 No. 43 October 21, 2024

Everybody's Talking

Bird blockade: Trains traveling between the English centres of Brighton and London were delayed for at least 90 minutes for an unusual reason: a baby herring gull on the tracks needed to be removed. Officials turned off the power to the track during the removal process. Herring gulls are a common sight in the seaside town of Brighton, but they are on the red list compiled by the Birds of Conservation Concern, due to their declining population numbers. The incident initially led many to believe the reason for the train delays was a joke. The delayed passengers, though inconvenienced, were relieved to learn that the young bird was safely rescued and was unharmed.

Madonna superfan: Tara Berry, a dedicated Madonna fan, holds the Guinness World Record for the most tattoos of the same musician on the body, proudly displaying 18 portraits of the iconic singer. Her tattoo journey began in 2016 when Madonna sought out fans with tattoos of her image for a video. Inspired, Berry started with two tattoos, and then her collection rapidly expanded. She was motivated to surpass Nikki Paterson's record of 15 Eminem tattoos, leading her to invest nearly \$10,000 (USD) and 110 hours over six months. Despite her mother's shock, Berry's friends admired the artistic tribute. Her tattoos capture Madonna's memorable moments from the singer's worldwide career.

Alpaca escape: A herd of alpacas executed a daring escape plan, causing havoc on a highway near Cambridge, England. The animals had broken free from a local farm and were obstructing traffic on the busy road. Although police were called to the scene, by the time they arrived, the alpacas had been safely corralled back into their fenced field by the farmer. Motorists captured footage that showed the curious alpacas gazing at drivers, seemingly intrigued by the commotion they were unaware that they had caused. Meanwhile, some of the animals were happily munching on grass by the roadside, which added a touch of charm to the unexpected traffic jam.

Lucky lady: If you believe that good luck comes in pairs, then Christine Wilson is proof of that theory. The woman from Attleborough, Massachusetts (U.S.), won the lottery twice. The first time, she won \$1 million (USD) and she used some of her windfall to buy a car. Then, 10 weeks later, the lucky lady won another cool million dollars. In both cases, she had opted to receive her winnings as one-time payouts. Wilson earned her first lottery win by buying a \$50 ticket, and then she bought a \$10 instant ticket, which brought her the second big win. She said she plans to put her second windfall into savings.

Quoteable Quotes

"A lily or a rose never pretends, and its beauty is that it is what it is."
—Jiddu Krishnamurti

"Look closely. The beautiful may be small."
—Immanuel Kant

What's Happening

Nov 2 - Apple Fest and Craft Sale at the Morinville Rendez-Vous Centre 9913 - 104 St. on 10 am - 3 pm. Buy unique Christmas gifts - Take home some homemade Apple treats - Enjoy lunch with friends. Free Admission - Everyone Welcome

Nov 20 - National Child Day: Open House and Car Seat Fit Clinic 12-8pm join us at Sturgeon County's Protective Services Headquarters for fire and enforcement tours, crafts, games and goodie bags. Parents of young children can register for a free Child Car Seat Inspection. SturgeonCounty.ca/Programs for more info.

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.

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

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

MS Office Training

Live **FREE** Sessions on Fridays during October & November

Scan QR Code below to attend

Explore the possibilities...
• Excel • Word • Outlook • PowerPoint
• Teams • OneNote • Smart Phones

Know it Sooner
Computer Training
www.knowitsooner.com/events

BOOST YOUR CAREER - FROM HOME!

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

Trivia

1. What kind of food is gazpacho?
2. If a carnivore eats meat, what is a frugivore?
3. This is the easternmost city in the U.S.
4. What is a female rabbit called?
5. How many years are in an undecennial—9, 11, or 20?

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

The World's #1 Restaurant Publication!

Affordable-Effective-Exclusive-CALL NOW!

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

We Take Care of Your Finances

So You Can Concentrate On Your Business

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

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

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

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

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

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 Local 3 "R" 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

Your Weekly Horoscope

ARIES (March 20 - April 19)



Important information may emerge from your unconscious at the end of the week. Pay attention to it because it might help you find a new solution to an old issue. Lucky numbers: 2, 4, 14, 30, 40, 45.

LIBRA (Sept. 23 - Oct. 22)



The week may offer an opportunity to unearth information from the depths of your unconscious mind. This process is intended to serve your spiritual development. Lucky numbers: 11, 15, 33, 37, 40, 48.

TAURUS (April 20 - May 20)



Surprises may abound for you as the week begins. The Taurus-born generally are not fond of change, but going with the flow right now may be in your best interests. Lucky numbers: 7, 13, 14, 21, 31, 48.

SCORPIO (Oct. 23 - Nov. 21)



If you set goals at the time of your birthday last year, how well did you succeed at them? This month may be a good time to establish new ones for the next year. Lucky numbers: 12, 13, 15, 17, 19, 26.

GEMINI (May 21 - June 20)



Do you feel your confidence is being shaken now? What adjustment might allow you to express your authentic self? To do so, you may need to push past your fear. Lucky numbers: 4, 6, 10, 13, 19, 23.

SAGITTARIUS (Nov. 22 - Dec. 21)



The eternal optimism of Sagittarius may want to ignore the hard truth of a situation in their life. Right now, though, you may be given opportunities to finally face it. Lucky numbers: 14, 16, 19, 28, 39, 45.

CANCER (June 21 - July 22)



You may feel the desire to retreat for a few days this week. If that's possible, honouring this need and decompressing from your daily routine might be helpful to you. Lucky numbers: 8, 12, 30, 38, 39, 41.

CAPRICORN (Dec. 22 - Jan. 19)



If you are in conflict with yourself or someone else this week, step back and take a deep breath. Ask yourself what this dynamic might be trying to tell you right now. Lucky numbers: 10, 13, 22, 23, 31, 40.

LEO (July 23 - Aug. 22)



A desire for having fun may continue this week. If possible, try to accommodate this, if you haven't done so yet. If you have, is now the time to get back to work? Lucky numbers: 1, 5, 27, 28, 39, 48.

AQUARIUS (Jan. 20 - Feb. 18)



Are you experiencing a conflict with someone in a position of authority? Think carefully about whether your position is correct or the other person has a valid argument. Lucky numbers: 1, 10, 15, 22, 37, 41.

VIRGO (Aug. 23 - Sept. 22)



This weekend may be a good time to tackle something that needs to be organized. This could be anything from a closet to thoughts that are running around in your head. Lucky numbers: 9, 15, 20, 33, 38, 45.

PISCES (Feb. 19 - March 20)



Organization is generally not a Pisces strong suit. At the beginning of this week, the energy supports catching up on your outstanding tasks, so take advantage of it. Lucky numbers: 3, 10, 17, 20, 35, 46.

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

Did You Know...

Pocket watch: The small pocket inside the right side pocket of blue jeans is called a watch pocket. When Levi Strauss designed the trousers back in the late 1800s, men used pocket watches and could safely store them there.

Clay comforts: Baby pacifiers have been around for at least 3,000 years. They once were made of all sorts of materials that neither parents nor pediatricians would recommend today, such as clay, silver, and coral.

Loonie legacy: In Canada, the one-dollar coin, which replaced the paper bill in 1987, quickly gained the nickname "loonie" because it has a loon on the coin's reverse side. The image was created by wildlife artist Robert-Ralph Carmichael.

Presidential whiskey: After his tenure as U.S. president from 1789 to 1797, George Washington operated a highly lucrative whiskey distillery on his farm in Mount Vernon, Virginia. Today, staff continue to produce this historic whiskey.

Same birthday: Unless you were born on February 29, you are sharing your birthday with a lot of people around the globe: around 20 million people! If you are a Leap Year baby, then you share your special day with about 5 million people.

On the Lighter Side

One day the office computers broke down. Everyone had to think.

Doctor: "How is the patient who swallowed the coins?"
Nurse: "No change yet."

Knock! Knock! Who's there? Quiche. Quiche who? Want a hug and quiche?

What goes around the yard but stays in place? A fence.

The tree was glad when fall and winter passed. In fact, it was re-leafed.

Answers

4. Doe 5. 11
Trivia answers: 1. Soup 2. Fruit eater 3. Eastport, Maine

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

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

Twiggle Tailz PET SERVICES

Teresa Engel



Accepting new fur clients!

- Certified Professional Dog Groomer
- Doggie Day Care/ Pet Boarding
- Wedding Day Pet Care
- Every 6th visit receive 15% off!

8612-107 Ave., Morinville Call: **780.222.8334**

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



Neigh-Barks Feed & Pet Supply

— it's für life —

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

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

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



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

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

Amazing Customer Service

Klinton Pilling has moved to a New Location

1-877-906-0605 | stalbertheating.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

FREE WILL CONSULTATIONS
WE COME TO YOU!