

**Business Owners' Choice for Insurance & Financial Planning**



Tom Ciezki Agencies  
Tom Ciezki – 780.464.3279  
Tom\_Ciezki\_Agencies@cooperators.ca

**the co-operators**  
A Better Place For You®  
Aspen Plaza – 260 - 3820 Sherwood Dr., Sherwood Park


SAVE TIME WITH OUR CUSTOMIZED BUSINESS INSURANCE PROGRAM!

**FREE!** *New Issue Every Week!*

# Coffee News®

"News To Be Enjoyed Over Coffee"

**Sherwood Park South Edition**  
**780-220-6397**



www.coffee-news.ca Est. 1988

Did you know Gold Canyon Candles went out of business in March 2020? Sunset Scents is a new candle company that was formed by two former Gold Canyon executives who have over 20 years in the candle industry.



**PSC Prairie Scented Candles**  
We are recreating your Gold Canyon favourites like Fall Leaves (aka Autumn Walk), Hot Apple Cider (aka Mulled Cider), Christmas Wreath (aka Holiday Wreath), Ginger Lime and many more!

prairiescentedcandles@gmail.com  
www.prairiescentedcandles.com

IF WATER RUNS THROUGH IT, WE DO IT!

## LUC'S PLUMBING INC.

*Your Local Plumber*

CERTIFIED GASFITTER

**780-405-0436**  
lucsplumbinginc@gmail.com



Proudly Serving Sherwood Park & Surrounding Areas  
**NO CALL OUT FEE IN SHERWOOD PARK!**

Real Estate | Wills | Contracts



## HOMESTEAD

..... L A W .....

Tamara D. Epple B.A., J.D.

780.243.2116  
www.homesteadlaw.ca

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"

**HELP STOP THE SPREAD!**



1. Wear a mask  
2. Keep your distance – six feet!  
3. Wash your hands  
4. Take your copy of *Coffee News* home with you

*Stay safe!*  
A message from your friends at **Coffee News®**

**NO HAGGLE ...NO HASSLE**



**BRAND NEW 2021 Honda Civic LX!**  
from **\$69/week**

**SHERWOOD HONDA.CA**  
780.423.CARS (2277)

**FLAT RATE ALFA TAXI®**  
SERVING SHERWOOD PARK AND AREA

**780.410.0667**

Airport - \$40. Anywhere in Sherwood Park - up to \$10.\*  
\*Except weekends and evenings.  
Reasonable flat rate anywhere • 24 Hr. Service.  
Toll Free 1.855.688.2941

**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

**Welcoming new patients!**  
Offering a full line of dental services, including

- ◆ Invisible Braces
- ◆ Myofunctional Therapy
- ◆ Snore and Apnea Appliances



**PARK DENTAL**  
WELLNESS CENTRE #302, 2018 Sherwood Dr.  
**780.467.2444**  
www.parkdentalcare.ca

We are pleased to announce that Dr. Sabrina Atwal has joined our team

Vol. 18 No. 1 January 4, 2021

## Everybody's Talking

**Lost in the maze:** Those who don't mind getting lost might want to visit the rare Elizabethan hedge maze in the VanDusen Garden in the city of Vancouver, British Columbia, on Canada's west coast. Planted in the fall of 1981, the maze is made of over 3,000 pyramidal cedars, which have been growing ever since. Some people come to test their sense of direction as they walk through its cool passageways, while others enjoy finding a quiet spot to contemplate life. Those who are afraid of getting lost can view the maze from an observation terrace and watch others try to find their way out!

**Sandy art:** Visitors to a beach in Basque Country in Spain could be forgiven if they ran away in fear because they saw a big bull sitting in the sand. However, what they saw wasn't a real bull. It was a sculpture created by sand artist Andoni Bastarrika. For a decade, the artist has been making sand sculptures mainly to entertain people, but images of this life-size bull went viral on social media and made him famous. Bastarrika uses his hands to get the shape of his subject, and then moves to brushes, sticks, and toothpicks to sculpt the fine details. In addition to creating his own art, he also teaches sand sculpting workshops.

**Stay home!** The originator of Batman probably never envisioned the caped crusader as a virus fighter. However, that was the case in the Mexican city of Monterrey, Nuevo León, during the early days of the COVID-19 pandemic. A man dressed up in a real Batman suit drove around the city in a Batmobile, taking it upon himself to tell people to stay at home. He blasted a recorded message from the vehicle asking people to keep their distance from each other. The vigilante apparently was Candelario Maldonado, a Batman impersonator known in the city.

**Cat sense:** Dogs tend to get all the recognition for being heroes in times of trouble, but a cat in Portugal Cove-St. Philip's, Newfoundland (Canada), deserves some credit for being a "watch cat." The black and white feline, called Joey, is owned by Scott White. Just after midnight, White had put some food in the slow cooker, expecting it to be ready in the morning. However, he woke up a few hours later to find Joey pacing around the bed and whacking him with a paw. Turns out the slow cooker had caught fire. Without Joey, the house might have burned down.

## Quoteable Quotes

"But how cool, how quiet is true courage!" —Fanny Burney  
"In youth we learn, in age we understand." —Marie von Ebner-Eschenbach

## What's Happening

**Nov 20 to Jan 2-Magic of Lights** Head to **Castrol Raceway** for a new holiday tradition! You'll embark on a 2.5 KM drive through experience from the comfort of your own vehicle. Be mesmerized as multiple holiday themes come to life with hundreds of thousands of sparkling LED lights!

**Dec 3-Jan 30-Sherwood Park Women's Group** Sherwood Park Support for Women in these abnormal and uncertain times. Relationship, communication and personal issues can be discussed. To learn more about the impacts of social isolation please call: 780-449-62-86  
**Jan 16 to 17-Deep Freeze: A Byzantine Winter Adventure** This two-day festival brings together diverse cultures and revels in the magic and beauty of winter. Alberta Avenue - 118 Avenue NW and 91 Street, Edmonton.

NON profit organizations may submit events for FREE at  
www.coffee-news.ca/whats-happening

**Hidden Coffee News Guy ADVENTURE**

To enter, visit [www.coffee-news.ca](http://www.coffee-news.ca)

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

**\$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

...or send your entry by snail mail to: CN Guy Contest, 17303-107 Ave., Edmonton, AB T5S 1E5  
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.

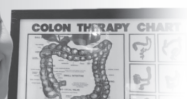
## Trivia

1. What is a sabbatical?
2. Often used in meal preparation, what are capers?
3. Which gland in the human body generates tears?
4. What musical instrument did Ravi Shankar champion worldwide?
5. The longest river in Europe is the Danube, the Rhine, or the Volga?

(Flip bottom of page for answers)

**Take your health back into your own hands**

A healthy colon is essential to a healthy body. Colon hydrotherapy will help you clean and remove toxic waste, parasites, and strengthen the colon walls.



The only thing you'll regret is that you didn't come sooner!

**LAVAGE COLON HYDROTHERAPY**

Call Candice for more info:  
**780.700.3266**  
candice@lavagehydrotherapy.ca

**THOSE GUYS GARAGE**

NOW ACCEPTING NEW CLIENTS

All services performed by certified journeymen mechanics

**587-456-0164** Family Owned and Operated

241 Portage Close, Unit 120 (across from Atco Gas)

**THIS SPACE FOR RENT**

**780-220-6397**

**ELECTRICIAN FOR HIRE**

Residential  
Light Commercial  
Electrical Repairs and Renovations

Art de Leon ⚡ Master Electrician

**780.932.3858** Cell  
ajdeleon63@gmail.com

**"A Proven Leader in Digital Security"**

- Commercial CCTV Surveillance Solutions
- Commercial Access Control Solutions
- Commercial Alarm Solutions
- Rural Farm and Acreage Solutions

**EAGLE EYE SECURITY SOLUTIONS LTD.**  
780.570.5974 | eesecuritysolutions.ca

LOCALLY OWNED AND OPERATED

**We've got you covered!**

CALL FOR YOUR FREE ESTIMATE TODAY!

Serving Edmonton and Area for Generations

**ALF'S ROOFING**  
780.464.6464

- ◆ Specializing in residential re-roofing
- ◆ Visit our showroom today
- ◆ In business since 1976

**alfsroofing.com**

Helping you rediscover **fun** in the kitchen!

**Gifts and Gadgets**

Your one stop kitchen and gift shop.  
**780.962.5220**

CHECK OUT OUR EXTENSIVE ONLINE CATALOG!

Visit [www.giftsandgadgets.ab.ca](http://www.giftsandgadgets.ab.ca) or visit us in person at 111 First Avenue, Spruce Grove

Feel free to take your Coffee News home!

Affordable-Effective-Exclusive-CALL NOW!



## HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?  
**The Disability Tax Credit allows for**  
**\$3,000 YEARLY TAX CREDIT**  
**and \$30,000 LUMP SUM REFUND**

**APPLY NOW TO MEET 2019 TAX DEADLINES!**

**For Expert Help:**  
**1.844.453.5372**

**BBB**

## OPENING JUNE 1, 2020!

• Adult Teeth Cleaning and Complementary In-office LED Teeth Whitening • Lower Fee Guide

**VITAL DENTAL HYGIENE CLINIC**  
 CARING FOR YOU & YOUR SMILE

**587-598-4825**  
 www.vitaldentalhygiene.ca

#120, 2457 Broadmoor Boulevard, Sherwood Park

## A MAID. A MOVIE. A MERLOT.

Purchase our weekly or bi-weekly Holiday Bundle and receive over 600 dollars in bonuses, including cinema, spa and restaurant cards as well as several cleaning upgrades to redeem throughout the year.

**ULTIMATE MAID SERVICE FOR A YEAR HOLIDAY BUNDLE**  
 This holiday season, give the gift that creates free time for busy people!

**Sparkle & Sheen**  
 Organize And Cleaning Services Ltd.  
 A SHINE ABOVE THE REST

Call 825-512-1277 to get your custom quote

## Calling all Fishermen 50 YEARS & OVER

Come find fishing buddies at **THE EDMONTON Old Timers' FISHING CLUB**

Monthly meetings Monthly newsletter

...with guest speaker, free coffee & donuts. For more info, call or text Gary Preece at 780.940.6679

## This is Your Story

Stories of redemption, discovery and faith  
**WEEKNIGHTS AT 11PM**

**yesTV**

## SENIOR HAIRCUTS \$12.99\*

**EVOLUTION Barber Shop**  
 MODERN DAY CLASSIC BARBERSHOP

WALK INS WELCOME

\*When you bring in this ad!  
**780.416.1885**  
 4 Blackfoot Rd., Sherwood Park

## SNOW REMOVAL

**780-922-4619**

**THREE SEASONS LANDSCAPING LTD.**

www.ThreeSeasonsLandscaping.ca

## STOP STREAMING! IT'S FUNNIER LIVE

AT THE COMIC STRIP ON BOURBON STREET, WEST EDMONTON MALL

BUY TICKETS ONLINE AT **thecomicrostrip.ca**

**2 FOR 1** TICKETS ALL SUMMER LONG CODE: SUMMER2020

**Rick Bronson's THE COMIC STRIP**  
 DRINK • DINE • LAUGH

# Your Weekly Horoscope

**ARIES (March 21 - April 20)**  
 This may be a good time for buying, selling, negotiating, and communications of all kinds. Your long, hard work could provide you with the perfect tools to find a happy medium. Lucky Numbers: 8, 10, 18, 19, 48, 49.

**TAURUS (April 21 - May 21)**  
 Try not to allow an irritating delay involving contracts or business deals to wear you down. Your colleagues might declare that you are proving to be the perfect negotiator. Lucky Numbers: 2, 5, 22, 24, 30, 43.

**GEMINI (May 22 - June 21)**  
 Accept all invitations to attend social and family events. You may need to get out and meet people. You might be surprised to find so many mutually valuable interactions. Lucky Numbers: 10, 11, 14, 17, 20, 46.

**CANCER (June 22 - July 22)**  
 Pleasurable interactions with your family and friends may certainly help strengthen your bonds of trust. Return the favour by buying your loved ones some thoughtful gifts. Lucky Numbers: 1, 4, 11, 24, 31, 44.

**LEO (July 23 - Aug. 23)**  
 People from different places may sing your praises. Be humble, but enjoy the limelight. This might be the time for you to start to feel more confident in your workplace. Lucky Numbers: 6, 12, 16, 26, 42, 43.

**VIRGO (Aug. 24 - Sept. 23)**  
 Proper research might give you the answers you need. Your interest in a new communications application may provide you with a perfect fit for an existing dilemma. Lucky Numbers: 3, 5, 7, 19, 33, 39.

**LIBRA (Sept. 24 - Oct. 23)**  
 You may have a desire to connect with others in intense emotional exchanges. The urge to demonstrate your creativity and your ability to produce results might be strong. Lucky Numbers: 9, 12, 13, 28, 38, 40.

**SCORPIO (Oct. 24 - Nov. 22)**  
 There may be good potential for entertaining and accepting invitations to celebrate with others. Social networking can help promote some new endeavours. Lucky Numbers: 16, 18, 20, 44, 46, 47.

**SAGITTARIUS (Nov. 23 - Dec. 21)**  
 Friends may vie for your attention. Contracts, negotiations, and business dealings of all kinds might be favoured. You could perhaps make some big strides and perhaps important discoveries. Lucky Numbers: 20, 23, 28, 37, 46, 49.

**CAPRICORN (Dec. 22 - Jan. 20)**  
 Your motivations may become more elevated and idealistic. You might be sensitive to the value of your contribution to society, rather than focusing on your personal rewards. Lucky Numbers: 2, 11, 28, 44, 45, 49.

**AQUARIUS (Jan. 21 - Feb. 19)**  
 Effectively communicate your ideas to someone you doesn't seem to understand you. You may be able to share your spiritual concerns with others in a very satisfying way. Lucky Numbers: 19, 23, 27, 41, 48, 49.

**PISCES (Feb. 20 - March 20)**  
 Constructive connections may be completed. You might want to call someone you love to cheer them up. You may be feeling friendlier towards newcomers. Lucky Numbers: 2, 18, 28, 31, 41, 47.

Lucky numbers this week: This week's odds favor Aries winners with the luckiest number being 8.

## Did You Know...

**Dairy problem:** Some people are lactose intolerant, meaning that they have trouble digesting lactose in dairy products. These folks don't produce enough lactase, an enzyme that breaks down ingested lactose.

**Arty place:** The Banff Centre for the Arts is located near the picturesque mountain town of Banff in Alberta, Canada. Students can take part in studies in many disciplines, such as music, writing, dance, and the visual arts.

**Island nation:** The Philippines is a Pacific Ocean archipelago consisting of more than 7,000 islands. The capital of Manila is on the largest island, Luzon, in the northern part of the country.

**Feather hue:** When we think of flamingos, we think of pink flamingos. However, the colour of their feathers may range from pink to red to purple, and is a result of what they eat.

**Far away:** When people are farsighted, they can clearly see things in the distance, but if they try to read a book, it's blurry. This condition, known as hyperopia, is usually easily corrected with glasses or contact lenses.

## On the Lighter Side

What question can never be answered with a "yes"? "Are you asleep?"

Optimist: "The glass is half full."  
 Pessimist: "The glass is half empty."  
 Parent: "Why didn't you use a coaster!"

It's so cold outside that I saw a politician with his hands in his own pockets.

Advertisement: "I Love You Only" Valentine cards. Now available in multipacks.

What did the green grape say to the purple grape? "Oh no! Breathe! Breathe!!"

## Answers

**Trivia answers:** 1. An extended leave 2. Pickled flower buds 3. Lactinial gland 4. The star 5. Volga

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
 © Published with Permission by Capital Marketing Ltd

# Recipe of the month

## Holiday Haystack Cookies

1 cup semisweet chocolate chips ½ cup roughly chopped almonds  
 1 cup milk chocolate chips ½ cup shelled pistachios  
 3 cups chow mein noodles 2 tablespoons assorted holiday sprinkles

Level: Easy Total: 1 hr 15 mins Yield: 24 cookies  
 Active: 15 mins

- Heat 2 inches of water in a pot to a simmer. Add the semisweet and milk chocolate to a bowl and place over the pot of simmering water. Allow to melt, stirring occasionally, 4 to 5 minutes.
- Meanwhile, add the noodles, almonds and pistachios to a large bowl and set aside.
- When the chocolate has melted completely, pour over the noodle and nut mixture. Mix until everything is well coated in the melted chocolate.
- Using 2 spoons, drop tablespoon mounds onto 2 parchment-lined baking sheets. Sprinkle the holiday sprinkles over the top. Allow to dry completely before storing, about 1 hour.

Source: [www.foodnetwork.com](http://www.foodnetwork.com)

## Sonia Sells!

**SONIA TARABAY**  
**#1 AGENT**  
 RE/MAX ELITE (2017 and 2018)

**780.707.6015**  
**SONIASSELLS.COM**

## Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to [contests@coffee-news.ca](mailto:contests@coffee-news.ca)  
 Please put "Readers" in the subject line.

Please include:  
 1 Your name 2 Your phone number and 3 Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!

**Reader of the Month**  
 Thomas Acheson • Calgary, AB

**Coffee News** Fun Reading. Serious Advertising.

# TRINITY Baptist Church

Serving the community for over 40 years.  
 10:30 AM Sunday Worship Service

[www.tbcsherwoodpark.ca](http://www.tbcsherwoodpark.ca)  
**780-464-4040**

East on Baseline; First left after Hwy 21  
 22550 Twp Road 530, Sherwood Park, AB

## EMPLOY Abilities FOR NEWCOMERS

### LOOKING FOR HELP? NEW TO ALBERTA?

We provide services for newcomers with permanent barriers with a fast, pre-employment program, to help you get ahead!

This program offers the following FREE services:  
 • Private one-on-one job search advice  
 • Training to get you ahead with your job search  
 • Strategies to help you succeed at work  
 • Networking to help you with your goals

**CONTACT EMPLOYABILITIES TODAY!**

Contact us by phone at 780.945.4643 or email [michael@employabilities.ab.ca](mailto:michael@employabilities.ab.ca)

Funded by: Immigration, Refugees and Citizenship Canada  
 Financed by: Immigration, Refugees and Citizenship Canada

# ART CLASSES

**Artfully Yours**  
 School of Fine Art

\* Drawing \* Painting \* Sculpture \* Portfolio Preparation

#102 Provincial Avenue (upstairs) Sherwood Park

**LIMITED ENROLMENT - REGISTER TODAY**

**780.449.3824**  
[info@artfullyyourschool.ca](mailto:info@artfullyyourschool.ca)  
[artfullyyourschool.ca](http://artfullyyourschool.ca)

GIFT CERTIFICATES AVAILABLE!

# FREE ROLLING TRAY

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

420  
**BUBONIC KRONIK**  
 ECIGS • VAPORIZERS • BONGS

99 WYE ROAD SHERWOOD PARK

Call for Rates-780-220-6397/877-553-6397