

**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

**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**®

**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

**FREE ROLLING TRAY**  
 - WHEN YOU PRESENT THIS COUPON -  
 LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

99 WYE ROAD **BUBONIC KRONIK** SHERWOOD PARK  
 ECIGS VAPORIZERS BONGS

**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

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"

**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

**JEOPARDY!**  
 WEEKNIGHTS 7:30  
**YES TV**

**"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

**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

**Everybody's Talking**

**Plant lover:** Joe Bagley lives in his own personalized jungle. His home is a one-bedroom coach house in Loughborough, Leicestershire, England, and it is filled to the rafters with all kinds of potted plants, from cacti to ivy and from tropicals to succulents. All told, he estimates that 1,400 plants live in his abode. His love of plants started when, as a boy of 13, his grandmother gave him a spider plant cutting. Since then, collecting and caring for plants has become his passion. Even his work involves plants: he works in a garden centre.

**Close proximity:** Those who live near busy highways may not be thrilled with traffic noise, but that's nothing compared to a situation in Cairo, Egypt. Designed to carry fast-moving vehicles, Teraet Al-Zomor Bridge is under construction just 50 centimetres (20 in.) from four high-rise apartment buildings. Apparently, the bridge is an important addition to the infrastructure, and the construction has a permit. The apartment dwellers will have to relocate, as the buildings will be torn down. For now, though, the view from some of the suites is definitely blocked, but hopefully the compensation to the renters will be worth it!

**Big loaves:** The country of Vietnam holds many tourist attractions, but one unlikely item has people talking – giant loaves of bread. Baker Pham Thi Bac of An Giang province in the Mekong Delta, started making the big loaves in 2018, just for fun. At about one metre (3 ft.) long and weighing approximately three kilograms (6.5 lbs.), the loaves taste great and are glazed with butter and seeds. Local people heard about the bread first and started asking for it. Then tourists joined in, wanting to take home a loaf or two as souvenirs – if they could figure out a way to carry them!

**House for raffle:** Katherine Jablonowska and Ryan Mclean wanted to do something different, so they took on a unique project. They bought a 19th-century cottage on the Llyn Peninsula in North Wales and renovated it. But their goal was not to live there. Instead, they plan to raffle it off for £5 per ticket, with the lucky winner becoming the new owner. Originally a working barn, the home is now a beautiful, peaceful abode, with all the "bells and whistles" of modern life. When selling tickets, the pair is requesting a £1 donation, which they will match and donate to The Children's Society.

**Quoteable Quotes**

"Dance to the tune that is played." —Spanish proverb  
 "A little alarm now and then keeps life from stagnation." —Fanny Burney

**What's Happening**

**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.

**Feb 1 to 28-Hypothermic Half Marathon 10K** Virtual event - participate from any location you choose! Run in support of Justsocks.ca - a volunteer operated charity providing new socks to those in need across Canada. www.hypothermichalf.com

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

**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

To enter, visit **www.coffee-news.ca**  
 Submit your birth date and we'll send you a birthday card with valuable offers on your special day!  
**NEW FEATURE!**  
...or send your entry by snail mail 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. What does the term "ipso facto" mean?
2. Mexican American performer Carlos Santana is known for playing what instrument?
3. What does a bibliophile collect or have a love for?
4. Author Agatha Christie is best known for writing what type of novels?
5. A brouhaha is a German joke or a ruckus?

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

**Sonia Sells!**  
**SONIA TARABAY**  
**#1 AGENT**  
**RE/MAX ELITE (2017 and 2018)**  
**780.707.6015**  
**SONIASSELLS.COM**

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**  
 Sunset Scents a Ray of Progress

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**

**THIS SPACE FOR RENT**  
**780-220-6397**

**SENIOR HAIRCUTS \$12.99\***

**EVOLUTION Barber Shop**  
 MODERN DAY CLASSIC BARBERSHOP

**780.416.1885**  
 4 Blackfoot Rd., Sherwood Park

\*When you bring in this ad!

WALK INS WELCOME

**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

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

**SNOW REMOVAL**

**780-922-4619**

**THREE SEASONS LANDSCAPING LTD.**

www.ThreeSeasonsLandscaping.ca

**ART CLASSES**

**Artfully Yours**  
 School of Fine Art

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

#102 108 Provincial Avenue (upstairs) Sherwood Park

**780.449.3824**  
**info@artfullyyourschool.ca**  
**artfullyyourschool.ca**

GIFT CERTIFICATES AVAILABLE!

LIMITED ENROLMENT - REGISTER TODAY



NOW ACCEPTING NEW CLIENTS

# THOSE GUYS

## GARAGE

All services performed by certified journeymen mechanics

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

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

A SHINE ABOVE THE REST!

# 20% DISCOUNT\*

OFFER VALID FOR NEW CLIENTS ONLY

## Sparkle & Sheen

Organize And Cleaning Services Ltd.

A SHINE ABOVE THE REST

CALL NOW FOR DETAILS

Call 825-512-1277 to get your custom quote

STOP STREAMING! IT'S FUNNIER LIVE AT THE COMIC STRIP ON BOURBON STREET, WEST EDMONTON MALL

BUY TICKETS ONLINE AT [thecomicrostrip.ca](http://thecomicrostrip.ca)

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

Rick Branson's THE COMIC STRIP DRINK • DINE • LAUGH

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

# 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

# Recipe of the month

## Bacon Wrapped Stuffed Mushrooms

½ cup chopped green onions      20 fresh mushrooms, stems removed  
2 (8 ounce) packages cream cheese, softened      1 pound sliced bacon, cut in half

Level: Easy    Total: 30 mins    Yield: 20 appetizers  
Prep: 10 mins    Cook: 20 mins

- Preheat the oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix together the green onions and cream cheese. Stuff mushroom caps with the cheese mixture. Wrap each mushroom with a half-slice of bacon, and secure with toothpicks. Place on a baking sheet.
- Bake for 20 minutes in the preheated oven, until the bacon is cooked through.

An ideal addition to a party tray or a wonderful appetizer for a romantic Valentine Day meal.

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

## 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

# Your Weekly Horoscope

**ARIES** (March 21 - April 20)

Upcoming social and family gatherings may mean your schedule is full of fun activities. Your creative mind may be busy making plans. Use this time to recharge yourself. Lucky Numbers: 2, 14, 21, 34, 40, 45.

**TAURUS** (April 21 - May 21)

Feelings of tenderness and love, especially for family members, may be very strong right now. You might feel very high spirits in hosting a party at home. Cheers! Lucky Numbers: 12, 17, 31, 37, 40, 42.

**GEMINI** (May 22 - June 21)

Take full advantage of any possible avenue of communication available to spread your message. This may be an excellent time for you to do some research or studying. Lucky Numbers: 8, 9, 16, 22, 37, 41.

**CANCER** (June 22 - July 22)

You may need to ask pertinent questions about your status. If you don't hold back, you might be in the driver's seat. Plan a getaway and take full advantage of some time off. Lucky Numbers: 18, 20, 22, 23, 31, 40.

**LEO** (July 23 - Aug. 23)

Many may try to lead, but you might have the secret to success. You usually love a happy ending, and this story could prove to be a real winner. Enjoy the success. Lucky Numbers: 10, 12, 20, 28, 34, 38.

**VIRGO** (Aug. 24 - Sept. 23)

Don't be overly eager to launch your work goals until you have established a healthy family foundation. You may need to balance your career and your personal affairs. Lucky Numbers: 17, 19, 27, 29, 37, 39.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 10.

## Did You Know...

**It's snowing!** Accurately measuring the amount of rainfall is easier than measuring the amount of snowfall. One reason is that snow can stick to the side of the gauge, blocking falling snow from getting into the measuring container.

**No arch:** In people with flatfeet, the whole soles of their feet touch the floor when they are standing because their feet don't have arches. In some people, this condition causes problems, such as foot pain, but others don't have any symptoms.

**Zucchini facts:** People think of zucchini as a vegetable, but it is actually a fruit. Zucchini have beta-carotene and alpha-carotene, and the skin may be eaten along with the flesh because it is rich in antioxidants.

**Funny lady:** Maya Rudolph is an alumna of the famous American skit comedy show, *Saturday Night Live*. She performed on the show from 2000 to 2007 and became known for her impersonations.

**Old tree:** A living natural wonder of the world grows in the Abarkuh in Yazd Province, Iran. This Mediterranean cypress tree, known as Sarv-e Abarkuh, is thought to be between 4,000 and 5,000 years old.

## On the Lighter Side

How are a green apple and a red apple alike? They're both red, except for the green one.

Why are movie stars so cool? They have a lot of fans.

She: "I have a doctor's appointment today, but I really don't want to go."

He: "Just call in sick then."

How do you get down from an elephant? You don't. You get down from a goose.

What disappears the second you start talking about it? Silence.

## Answers

**Trivia answers:** 1. By the fact itself 2. Guitar 3. Books 4. Mystery 5. A ruckus

**LIBRA** (Sept. 24 - Oct. 23)

You may need to allow yourself to temporarily break out of your usual routine. Experiment with new techniques. This might help things run more smoothly. Lucky Numbers: 3, 15, 19, 23, 35, 43.

**SCORPIO** (Oct. 24 - Nov. 22)

You may feel that your life has put a great deal of mental strain right on you now. You might need something fresh and original to keep your mind interested. Lucky Numbers: 2, 14, 22, 24, 32, 44.

**SAGITTARIUS** (Nov. 23 - Dec. 21)

You may need to pay closer attention to your priorities. You might have to focus harder in order to get a clearer picture of exactly what's happening around you. Lucky Numbers: 5, 16, 25, 31, 37, 42.

**CAPRICORN** (Dec. 22 - Jan. 20)

You may need to find a new perspective on your relationships and your lifestyle. Do not try to make important decisions until you feel more comfortable. Lucky Numbers: 6, 7, 14, 16, 31, 36.

**AQUARIUS** (Jan. 21 - Feb. 19)

Your ability to communicate effectively may be noticed by your superiors. Enjoy the good times. Plans for family or social gatherings might keep you on your toes. Lucky Numbers: 21, 29, 30, 32, 35, 47.

**PISCES** (Feb. 20 - March 20)

Your interactions with others may be feisty and spirited. Share your knowledge and you might inspire others to take action. Group efforts or joint projects are favoured. Lucky Numbers: 7, 17, 22, 37, 40, 49.

## 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!

# 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

We've got you covered!

CALL FOR YOUR FREE ESTIMATE TODAY!

Serving Edmonton and Area for Generations

## ALF'S ROOFING

464.6464

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

[alfsroofing.com](http://alfsroofing.com)

NO HAGGLE ...NO HASSLE

BRAND NEW 2021 Honda Civic LX!

from \$69/week

**SHERWOOD HONDA**.CA

780.423.CARS (2277)

## 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**

For Expert Help:  
1.844.453.5372

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

BBB ACCREDITED

## 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!

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

Reader of the Month  
Thomas Acheson • Calgary, AB

IF WATER RUNS THROUGH IT, WE DO IT!

## LUC'S PLUMBING INC.

Your Local Plumber

CERTIFIED GASFITTER

**780-405-0436**  
[lucsplumbinginc@gmail.com](mailto:lucsplumbinginc@gmail.com)

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

## 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** #120, 2457 Broadmoor Boulevard, Sherwood Park  
[www.vitaldentalhygiene.ca](http://www.vitaldentalhygiene.ca)