

**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

**FREE!** New Issue Every Week!  
**Coffee News**<sup>®</sup>  
"News To Be Enjoyed Over Coffee"  
Sherwood Park North Edition  
780-220-6397

www.coffee-news.ca

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 Fragrance

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

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"

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<sup>®</sup>  
www.hearttohomemeals.ca

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

**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 / Immigration, Réfugiés et Citoyenneté Canada

**Recipe of the month**

**Valentine's Day Brownies**

3/4 c. unsalted butter  
4 oz. unsweetened chocolate  
4 oz. semisweet chocolate  
1/2 c. all-purpose flour  
1/2 c. unsweetened cocoa powder  
3/4 tsp. salt

6 large eggs  
1 c. granulated sugar  
1 c. packed brown sugar  
2 tsp. vanilla extract  
vanilla frosting, for decorating

Total time: 40 mins. Yield: 16 servings

- Heat oven to 350°F. Line 13-inch by 9-inch pan with foil; grease foil.
- In 3-quart saucepan, melt butter and chocolates on low, stirring. Remove from heat.
- In bowl, whisk flour, cocoa and salt. In large bowl, with electric mixer on high speed, beat eggs until blended. Gradually add sugars; beat until tripled in volume, about 10 minutes.
- Fold in chocolate mixture and vanilla, then flour mixture. Pour into pan. Bake until toothpick inserted near centre comes out almost clean, 28 to 32 minutes.
- Once cool, cut brownies into hearts freehand or using a heart-shaped cookie cutter. (Tip: Don't let the trimmings go to waste - you can even crumble them onto a sundae!)
- Pipe on store-bought frosting to create cute chocolate "conversation hearts."

Source: www.goodhousekeeping.com

**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 DEAD LINES!

For Expert Help:  
**1.844.453.5372**

BBB Accredited

Vol. 18 No. 7 February 15, 2021

**Everybody's Talking**

**Table for one:** During the COVID-19 pandemic, social distancing has been the norm. That's why restaurants have closed in countries around the world. However, a Swedish couple decided to try their hand at offering a safe dining experience. Linda Karlsson and Rasmus Persson, from the rural village of Ransäter, opened Bord för en (which is Swedish for "table for one"). They set up a table in a field for one person to dine, and sent the food to the guest in a basket, via a rope from the kitchen to the table. They carefully sterilized the dishes and table before serving a diner with a vegetarian meal of three courses.

**Cool cake:** When Zahirah MacWilson and Aiman Hakim Redza got married, they wowed their guests by presenting a unique wedding cake. The Malaysian actors hired bakers to create a wedding cake that hung upside down from the ceiling to resemble a chandelier. The newlyweds stepped up onto a small stage to make the first cut. The cake was made by Lily & Lola Cakes in Kuala Lumpur. Owner Lily Osman got the idea to make such a cake a few years ago, but this was her first opportunity to actually do it. It took a week to make, and she needed help to install it from the ceiling of the wedding venue.

**Fast food diet:** Dieticians don't recommend the food choices of a Belgian man named Rudy Gybels. He realized that he had a love for fried potatoes when he was 13 years old. His mother allowed him to eat the fried food for dinner if he would agree to eat a healthy lunch. Over three decades later, Gybels is still eating fries for dinner, along with a Dutch hot dog called a fricadelle. The fast food lover is not overweight, and he feels healthy, but admits that he hasn't had a check-up for a while. He realizes that his diet isn't great, but he likes fries too much to give them up.

**Moose rescue:** Travis Burke and Greg Miller went fishing, a favourite activity among folks who live near the Canadian city of Sudbury, Ontario. On this outing, however, the pair did more than catch fish. They came across a very young baby moose that was shivering and alone. It was in the water and couldn't seem to get up onto the rocky shore. So Burke and Miller came to the rescue, guiding their boat to the baby and helping it onto land. Upon hearing the story, a wildlife expert believed the men did the right thing by leaving it there, saying that it was likely the mother would come back to find it.

**Quoteable Quotes**

"Forget the past and live in the present hour." —Sarah Knowles Bolton

"What delights us in the visible beauty is the invisible." —Marie von Ebner-Eschenbach

**What's Happening**

**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

**Mar 7-Ardrossan Winter Market** 10 AM - 3 PM Ardrossan Recreation Centre. 80 First Avenue. If your interested in becoming a vendor or to get more information, please contact the Market Manager at ardrossanfarmersmarket@gmail.com

**Edmonton's indoor, year round farmers' market!** Fridays 9-5. With over 100 local vendors, We're your one-stop-shop to keep you stocked for the week. Everything from fresh local vegetables and meat, local coffee roasters, to Albertan beer and wine. 3696 97 St, Edmonton Mill Woods Town Centre

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!

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

**Trivia**

1. What is an abacus?
2. The distinct flavour in Earl Grey tea is bergamot, cinnamon, or sage?
3. The largest part of the human brain is called the cerebrum or the cerebellum?
4. What plant is known for its stinging ability?
5. Who was the first woman to win the Nobel Prize, in 1903?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

**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**

**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

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

**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

**NO HAGGLE ...NO HASSLE**

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

**SHERWOOD HONDA**.CA

780.423.CARS (2277)

**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

**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

**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:**  
 • Your name  
 • Your phone number and  
 • 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

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



**SNOW REMOVAL**

**780-922-4619**

**THREE SEASONS LANDSCAPING LTD.**

[www.ThreeSeasonsLandscaping.ca](http://www.ThreeSeasonsLandscaping.ca)

**"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



**THOSE GUYS GARAGE**

NOW ACCEPTING NEW CLIENTS

All services performed by certified journeyman mechanics

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

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

**BUYING A HOME?**

Call today so I can help create **Joy in Your mortgage experience!**

**LESLIE CAIRNS 780.570.5457**  
 ACCREDITED MORTGAGE PROFESSIONAL

[leslie@joyinmortgages.ca](http://leslie@joyinmortgages.ca) • [www.joyinmortgages.ca](http://www.joyinmortgages.ca)



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 825-512-1277 to get your custom quote

\*CALL NOW FOR DETAILS

**Your Weekly Horoscope**


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

Inspiring dialogue may help you see someone's natural talents. Your experience and nurturing instincts may help you encourage them to find their own niche. Lucky Numbers: 16, 19, 26, 29, 36, 39.



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

Slowing down your pace, just to suit others, might not be best right now. Try not to be too abrupt, though. You probably know that you need to follow your own rhythm. Lucky Numbers: 8, 12, 17, 33, 37, 41.




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

You may have decided on big changes in your domestic life. Communication with family or friends might be strained. Try your best to clear up the points of confusion. Lucky Numbers: 4, 9, 24, 27, 43, 48.




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

Your energy level and attitude could be very high. Use this newfound force to take on some kind of struggle or resistance. You may need to find a cause to engage in. Lucky Numbers: 13, 22, 31, 44, 46, 49.




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

If you really focus on your objectives, you may really accomplish much. Plan a new future for yourself. Your positive attitude and physical energy levels might be very high. Lucky Numbers: 15, 16, 24, 25, 33, 34.




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

Don't let any wild, daring behaviour put you in risky situations. You may feel headstrong and rash. Your drive for independence in your own life might be strong. Lucky Numbers: 3, 10, 24, 27, 30, 40.




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

You may not feel as practical or resourceful as your usual self. Your ability to focus on the present may help your judgment about making important decisions. Lucky Numbers: 12, 30, 37, 42, 44, 49.




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

Expect some opposition, but know that you have more people on your side. The continued team effort may put your ideas at the top of the heap. Enjoy the limelight. Lucky Numbers: 3, 6, 12, 18, 24, 36.



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

You may have to do work that interferes with your personal affairs. Take pride that others recognize your talents. New ideas may arise in the conversation. Lucky Numbers: 3, 31, 33, 35, 37, 39.




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

The role of host or hostess may suit you very well. Verbal agreements, contracts, or other joint efforts might work out to your advantage right now. Lucky Numbers: 7, 24, 32, 41, 43, 47.




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

You may have a strong need to be loved and to love others. You could make big strides and perhaps important discoveries, especially if your work involves family research. Lucky Numbers: 5, 6, 14, 15, 26, 27.



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

Your strong relationships within your family may make this week a cooperative one. Show them how much they really mean to you. Count your blessings. Lucky Numbers: 8, 15, 19, 38, 45, 49.



Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 12.

**Did You Know...**

**Bead work:** The Museo de Arte Popular in Mexico City is home to El Vochol. This Volkswagen Beetle has been decorated with beadwork, the traditional handicraft of the country's Huichol people. Portrayed in the beadwork are many colourful symbols of Mexico.

**Queen of the colony:** Naked mole rats live in colonies with a dominant female rat (the queen) leading them. The worker rats dig burrows using their big front teeth. As their name indicates, these mammals are hairless.

**Many steps:** Tianmen Shan near Zhangjiajie, Hunan Province, China, is an opening in a mountain face that seems to be the door to heaven. Visitors can reach it in several ways, including a 999-step staircase or a tour bus on a winding road.

**Magic station:** London's King Cross Station has a Platform 9<sup>3/4</sup>. It honours the wildly popular *Harry Potter* book series, in which students of Hogwarts School went to this weirdly numbered, magical platform to catch to their train.

**Beautiful beast:** The Bengal tiger, which lives in and around India, is the most common subspecies of tiger and is designated as India's national animal. These cats are carnivores and can live to be 8 to 10 years old.

**On the Lighter Side**

"Does your dog bite?"  
 "Nope."  
 "Oh, so how do you feed him?"

What can you hold without ever touching it? A conversation.

The best thing about the good old days is that we were neither good nor old.

When do you stop at green and go full speed at red? When you're eating a watermelon!

The more you take from it, the greater it becomes. What is it? A hole.

**Answers**

**Trivia answers:** 1. Ancient counting tool 2. Bergamot 3. Cerebrum 4. Nettle 5. Marie Curie (Physics)

**ELECTRICIAN FOR HIRE**

Residential  
 Light Commercial  
 Electrical Repairs and Renovations

Art de Leon Master Electrician  
**780.932.3858** Cell  
[ajdeleon63@gmail.com](mailto:ajdeleon63@gmail.com)



**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

**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)



**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

**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



**STOP STREAMING! IT'S FUNNIER LIVE**

AT THE COMIC STRIP  
 BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT [thecomicstrip.ca](http://thecomicstrip.ca)

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



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!**



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

Tom Ciezki Agencies  
 Tom Ciezki - 780.464.3279  
[Tom\\_Ciezki\\_Agencies@cooperators.ca](mailto: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!

The World's #1 Restaurant Publication!

