

ComPost
FUNdraiser Sale
Organic Soil
 9 LOCATIONS 40 lb bag for \$10
 Three for \$25 or Five for \$40
 For locations: www.cleanitgreenit.net or 780.488.7926

JUST IN TIME FOR SPRING PLANTING!
 Sat. May 8 • 9 am-3 pm

- 169th Glen Allan Scouts Canadian Tire & Lowes, Sherwood Park
- Champlain Heights Park 9820-104 St., Morinville
- Crestwood Elementary 9735-144 St.
- Kirk Scouts Canadian Tire, 3650-158 Ave. NW
- Zoe's Animal Rescue North Glenora Community League, 13535-109A Ave.

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"

THIS SPACE FOR RENT
780-220-6397

HELP STOP THE SPREAD!

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

"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 | eecuritysolutions.ca

LOCALLY OWNED AND OPERATED

ESTATE POWER
 EDMONTON COMMUNITY FOUNDATION

Edmonton Community Foundation is pleased to present free seminars on **estate administration.**

April 12 - 16, 2021

Find out how to be an executor, how to choose an executor, and many important topics.

Registration is required. For session descriptions and to register, go to ecfoundation.org

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

SNOW REMOVAL

780-922-4619

THREE SEASONS LANDSCAPING LTD.

www.ThreeSeasonsLandscaping.ca

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

Vol. 18 No. 15 April 12, 2021

Everybody's Talking

New from old: An American mother of three knows how to save money on clothing. Caitlin Trantham taught herself how to sew, and she now uses her skill to transform second-hand clothing into modern pieces. She tries not to spend more than about \$10 USD on any one item, but does allow herself a few dollars for things like buttons and zippers. Her creations include turning a 1980s prom gown into a cocktail dress, a huge printed shirt into a spazzy, belted outfit, and a plaid, collared get-up into a spaghetti-strapped sundress. Trantham, who plans to donate some of her creations, shares her work on social media.

Sandy beach: Homeowners who would like to have their own backyard beach can call a Spanish company called Piscinas de Arena, which translates to "Sand Pools." This company builds pools that look like a beach oasis. They use a special sand/concrete mixture that looks like sand, but is actually a smooth surface. This "sand" slopes into a turquoise pool of calm, clear water, so sunbathers can seem to be wading into the sea. The builders then complete the mirage by rimming the area with rocks, shrubs, or any other natural items that suit the owner's fancy.

Movie lovers: A couple from Germany like to go on vacations, and their unique hobby takes them to different locales. Robin Lachhein and Judith Schneider enjoy re-creating scenes from movies. They research the location of a scene, find facsimiles of the actors' clothing in thrift stores, and then pose for the shot. They've done scenes from La La Land in California (U.S.), Game of Thrones in Spain, Lord of the Rings in New Zealand, P.S. I Love You in Ireland, and many more! Of course, they pick scenes with a male and a female character, and they limit touch-ups of the photos to colour correction only.

Just can't win: Daredevil dirt bike enthusiasts love a competition, and there is none more challenging than the annual Andler Hillclimb in Belgium. In fact, it is such an impossible climb that no one has ever reached the top, although many have tried. The conditions on the trail include changes of surface and steep inclines that have proven to be unconquerable. To be named as a successful competitor, a rider and bike must reach the top. The closest to do so was a daredevil whose front wheel crossed the finish line, but he fell back before the whole bike crossed over. Try, try again!

Quoteable Quotes

"All grand thoughts come from the heart." —Luc de Clapiers
 "The butterfly counts not months but moments, and has time enough." —Rabindranath Tagore

What's Happening

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

Mar 4 to May 6-Supports for Women Support for Women in these abnormal and uncertain times. Communication, relationship and personal issues can be discussed. To learn more about the impacts of social isolation call 780-449-6286

Jun 3 to Sep 26-Century Park Market Southside open air public farmers market. Open Thursdays from 3:30pm to 7:30pm. Phone 780-913-2586 for more information or visit www.centuryparkmarket.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!

...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

- Of the seven dwarfs in the story of Snow White, which dwarf was a wallflower?
- In height and wingspan, are bald eagles smaller or larger than golden eagles?
- If you are described as magnanimous, are you generous or egocentric?
- The constellation known as Orion is named after what character in Greek mythology?
- Who is an author of many popular fables?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

RETIREMENT LIVING
CHRISTENSON
 Optional Meals • Personalized Services • On-site Care

Join Our Safe & Social Community
 1 and 2 Bedroom suites now available

Bedford Village
 Centre in the Park

Scan QR Code

Full Kitchens • Social & Recreation • U/G Parking

161 Festival Way, Sherwood Park
780-233-6077
CDLhomes.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

ESTATE POWER
 EDMONTON COMMUNITY FOUNDATION

Edmonton Community Foundation is pleased to present free seminars on **estate administration.**

April 12 - 16, 2021

Find out how to be an executor, how to choose an executor, and many important topics.

Registration is required. For session descriptions and to register, go to ecfoundation.org

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

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

Thank You to these distribution partners for continuing to support **Coffee News** through these unprecedented times...

Zone 5 Updated 03.21.21

We appreciate you!

A&W	IHOP	Richard's
Booster Juice	Joey's Only	Donair
Brentwood Pizza & Donair	Joey's Urban	Ricky's All
Burrito Libre	KFC	Day Grill
Chopped Leaf	Little Caesars	Roma Pizza and Donair
Cosmic Pizza	Meet Street Pies	Rosti Coffee
Dominos	Mr. Sub	Saigon
Donair Shwarma House	New Asian	Cuisine
Famous Donairs	Nitza's Pizza	A Taste of Vietnam
Good Buddy	Papa Johns	Tim Hortons
Headquarters Restaurant	Pasta Pantry	Walmart-Burger King
	Pizza 73	
	Prime Time Donair	
	Taco Time	

Would you like to offer your customers the opportunity to enjoy the "good news" message of Coffee News?

► For more information on becoming a distribution partner, call us at 780.220.6397 or scan the QR code at right.

The World's #1 Restaurant Publication!

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!



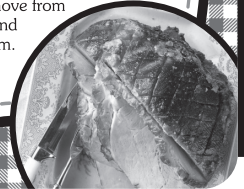
ART CLASSES
Artfully Yours
 School of Fine Art
 * Drawing * Painting * Sculpture * Portfolio Preparation
 #102 108 Provincial Avenue (upstairs) Sherwood Park
LIMITED ENROLLMENT - REGISTER TODAY
780.449.3824
 info@artfullyyoursschool.ca
 artfullyyoursschool.ca
 GIFT CERTIFICATES AVAILABLE!

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)

I HAVE BEEN DOING TAX RETURNS SINCE 1985
 Personal Tax Returns • Corporate Tax Returns
 GST Returns • Preparation of T4s/T5s
DBA Donald B. Verbeke CPA, CA, CFP
 PROFESSIONAL CORPORATION
 CHARTERED PROFESSIONAL ACCOUNTANT & CERTIFIED FINANCIAL PLANNER
 1169 Tory Road NW Edmonton • don@verbeke.ca
Cell: 780.945.6190 • www.verbeke.ca

TRINITY Baptist Church
 Serving the community for over 40 years.
 10:30 AM Sunday Worship Service
www.tbcsherwoodpark.ca
780-464-4040
 East on Baseline; First left after Hwy 21
 22550 Twp Road 550, Sherwood Park, AB

Recipe of the month
Baked Ham with Cherry Sauce
 1 fully cooked bone-in ham (6 to 8 pounds) 1/2 cup sugar
 1 cup packed brown sugar 1 cup cold water
 3 tablespoons maple syrup 1 can (15 ounces) pitted dark sweet cherries, undrained
 1 teaspoon ground mustard 2 tablespoons lemon juice
 3 tablespoons cornstarch 1 teaspoon almond extract
 Prep Time: 10 mins. Bake time: 1 hour 45 mins.
 Yield: 12 servings
 1 Preheat oven to 325°. Place ham on a rack in a roasting pan. Using a sharp knife, score surface of ham with 1/4-in.-deep cuts in a diamond pattern. Mix brown sugar, syrup and mustard; rub over ham and press into cuts. Bake, covered, until a thermometer reads 140°, 1-3/4 to 2 hours.
 2 In a small saucepan, mix cornstarch, sugar and water until smooth. Add cherries; bring to a boil. Cook and stir until thickened, 1-2 minutes. Remove from heat; stir in lemon juice and almond extract. Serve warm with ham.
 An ideal Easter meal showstopper!
 Source: www.tasteofhome.com



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

Your Weekly Horoscope

ARIES (March 21 - April 20)
 Highs and lows may be the emotional flow for this week. You might need to keep your keen perspective and allow yourself to rest and relax on the weekend. Lucky numbers: 3, 23, 38, 39, 41, 43.

TAURUS (April 21 - May 21)
 You may need to allow your inner voice to vocalize what you have within your heart. Embrace changes. You might be surprised by how much others enjoy the sound of it. Lucky numbers: 7, 9, 11, 27, 29, 31.

GEMINI (May 22 - June 21)
 Your intuitive ideas could become a good source of income for you. Your keen interest in real estate, antiques, or collectibles may become a big part of your life. Lucky numbers: 8, 18, 25, 31, 37, 42.

CANCER (June 22 - July 22)
 Reading books or articles of an inspirational nature may be very productive for you. This also might be a favourable time for business functions, negotiations, and communications. Lucky numbers: 10, 14, 20, 24, 30, 34.

LEO (July 23 - Aug. 23)
 Your intuitive sense of style and art may help you transform the opinions of others. Your keen eye and dramatic flair could result in an amazing visual presentation. Lucky numbers: 4, 17, 24, 27, 34, 44.

VIRGO (Aug. 24 - Sept. 23)
 You may need to bring family and friends together to discuss recent changes in your lives. Someone close to you might require more of your time than you imagined. Lucky numbers: 2, 4, 7, 12, 14, 17.

LIBRA (Sept. 24 - Oct. 23)
 This may be a time to experiment and investigate things that are totally new to you. You could be exposed to situations that are different. Be willing to loosen up. Lucky numbers: 5, 14, 16, 25, 29, 39.

SCORPIO (Oct. 24 - Nov. 22)
 Your positive energy may flow more freely. New beginnings might start blooming before your very eyes. You certainly could hold everyone's thoughts and attention. Lucky numbers: 24, 34, 38, 39, 42, 46.

SAGITTARIUS (Nov. 23 - Dec. 21)
 Your creative flow may motivate your spirit to keep shining brightly. Your culinary interests could spark some yummy conversations and some positive action. Lucky numbers: 3, 13, 31, 33, 41, 43.

CAPRICORN (Dec. 22 - Jan. 20)
 Some difficult area of your life may open up at this time. Opportunities could be presented to help you, but you must be willing to give up your old attitude. Lucky numbers: 6, 11, 20, 26, 33, 41.

AQUARIUS (Jan. 21 - Feb. 19)
 Be sure to put your own spin into everything you touch. You may be able to find new ways to influence important people. Take charge when making arrangements. Lucky numbers: 1, 8, 12, 15, 17, 19.

PISCES (Feb. 20 - March 20)
 Many new beginnings could come to light. You may need to take a closer look at something you can do that might become a new source of revenue for you. Lucky numbers: 12, 14, 22, 24, 32, 34.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 1.

Did You Know...

International stars: People around the world have seen Walt Disney cartoons and movies, from Mickey Mouse to Mary Poppins. Walt Disney (1901-1966) was the co-founder of the Walt Disney Company, which still exists today.

Spiral pasta: Andarinos di Usini are pasta spirals made in only one place in the world – the town of Usini on the island of Sardinia, Italy. The pasta pieces are spiral in shape. They are handmade and are often dried in the sun.

Cloud formations: Clouds form in different ways depending on conditions. Cumulus clouds are tall mounds of white puffiness with darker, flat undersides. Cirrus clouds are streaky white filaments that look almost like white hair.

Pacific island: The largest island in the Pacific Ocean is New Guinea. Located north of the continent of Australia, its Indonesian western half is called Western New Guinea, while its eastern half is the independent state of Papua New Guinea.

Play ball! A plant that is native to the Great Karoo area of South Africa is the weird-looking *Euphorbia obesa*, commonly called the baseball plant. A succulent, it looks like a baseball with lines of spikes. It is endangered in the wild, but also is cultivated.

On the Lighter Side

What is dirty after washing? Bath water.
 Happiness held is the seed; happiness shared is the flower.
 What did the ice cream scoop say to the news reporter? "What's the scoop?"
 If a vegetarian eats vegetables, what does the humanitarian eat?
 Age: Something to brag about in your wine cellar and forget in a birthday reminder book.

Answers

Trivia answers: 1. Bashful 2. Larger 3. Generous 4. Orion the Hunter 5. Aesop

Sonia Sells!
SONIA TARABAY
#1 AGENT
 RE/MAX ELITE (2017 and 2018)
780.707.6015
SONIASSELLS.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
HEART TO HOME MEALS
 DELICIOUS MEALS MADE FOR SENIORS™
 Request your FREE MENU Catalogue today!
780-666-2336
 TF: 1-800-704-4779
 www.hearttohomemeals.ca



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
FREE ASSESSMENT CALL TODAY!
For Expert Help: 1.844.453.5372



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 or visit us in person at 111 First Avenue, Spruce Grove



NO HAGGLE ...NO HASSLE
BRAND NEW 2021 Honda Civic LX!
\$69/week
SHERWOOD HONDA.CA
 780.423.CARS (2277)



FRASIER WEEKNIGHTS 6:00 (EST) / 6:30 (MT)
yesTV



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
 420
 ECIGS VAPORIZORS BONGS

What Are You Saving For?
 Discover your path to financial security. Let's talk!
 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
INSURANCE AND FINANCIAL SOLUTIONS

