

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!**

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

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

Full Kitchens • Social & Recreation • U/G Parking

161 Festival Way, Sherwood Park

**780-233-6077**  
CDLhomes.com

# 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 can (15 ounces) pitted dark sweet cherries, undrained  
3 tablespoons maple syrup    2 tablespoons lemon juice  
1 teaspoon ground mustard    1 teaspoon almond extract  
3 tablespoons cornstarch

Prep Time: 10 mins. Bake time: 1 hour 45 mins.  
Yield: 12 servings

- 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.
- 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](http://www.tasteofhome.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**

FREE ASSESSMENT CALL TODAY!

For Expert Help:  
**1.844.453.5372**

NO HAGGLE ...NO HASSLE

BRAND NEW 2021 Honda Civic LX!

from **\$69/week**

**SHERWOOD HONDA**.CA

780.423.CARS (2277)

FREE! New Issue Every Week!

# Coffee News®

"News To Be Enjoyed Over Coffee"

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

www.coffee-news.ca

Vol. 18 No. 16 April 19, 2021

## Everybody's Talking

**Lottery luck:** It's not much fun to discover that a car tire is low on air, necessitating a stop at a gas station with an air pump. But for a man from Michigan (U.S.), it led to winning a whopping \$2 million. The fellow was driving his wife's truck when he realized one of the tires was going soft. He pulled into the nearest gas station, but didn't have coins for the air pump. That led him to enter the adjoining store to get some change, and he decided to pick up a lottery ticket while he was at it. The winner and his wife will invest their winnings in a new home, and maybe they'll even get a new, airtight tire for the truck.

**Bear country:** When Sean Atkinson looked at the security camera to see who had broken into his home near Orillia, Ontario (Canada), he was surprised to find that the burglar was not a person, but a bear! The animal seemed to have opened the door like a human, and then it walked in nonchalantly, as though it owned the place. It rummaged around quite a bit, but didn't find much to eat in the empty pizza boxes that were lying around. Getting out of the house was a little bit trickier because the door slammed back in the poor creature's face. However, the bear made it out, with not much damage to Atkinson's home.

**Subway splendour:** When one thinks of subway stations in big cities, visions of concrete, graffiti, and dimly lit underground corridors may come to mind. Not so in Moscow, where the metro stations look more like ornately decorated dance halls. Rather than being dirty and unpleasant, these stations are beautiful and opulent. Each station in the city has its own unique design, with some featuring stained glass and chandeliers, while others display plaster mosaics and marble seating. They are unexpected sights to see while waiting to catch the train to a destination.

**Lacy cookies:** Judit Czinkné Poór of Ajka, Hungary, probably never expected that her skill at painting porcelain would transfer to cookie decorating. That is just what happened, and today the artist is a well-known pastry chef with her own shop. She is able to turn a gingerbread cookie into a creative edible that appears to be covered in traditional Hungarian lace and delicate flowers. She has expanded her decorating to include cartoon characters and animal figures. As can be imagined, completing a batch of cookies takes Poór a long time, so she is unable to keep up with the demand. However, she shares her talent through teaching.

## Quoteable Quotes

"There is only one proof of ability: action." —Marie von Ebner-Eschenbach

"We are such stuff as dreams are made on; and our little life is rounded with a sleep." —William Shakespeare

## 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](http://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

**April 18 to 30 - Help KEEF Help Kids** your donation helps educate bright, poor youth in Kenya and acknowledge Sherwood Park's Faida Mageza's effort in 10 Km 2021 Sun Run. Tax receipts for all gifts. Kenya Education endowment Fund, [www.kenyaeducation.org](http://www.kenyaeducation.org) More info, [shelaghag@shaw.ca](mailto:shelaghag@shaw.ca)

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://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**

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](http://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

- Which American filmmaker created Jaws and Jurassic Park?
- Tonsils are part of the lymphatic system—T/F?
- A simoleon is a slang term for what?
- How often does the International Space Station orbit Earth?
- The Nehru jacket was a product of the 1940s, '50s, or '60s?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

The World's #1 Restaurant Publication!

Real Estate | Wills | Contracts

# HOMESTEAD

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

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

780.243.2116  
[www.homesteadlaw.ca](http://www.homesteadlaw.ca)

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"

## HELP STOP THE SPREAD!

- Wear a mask
- Keep your distance – six feet!
- Wash your hands
- Take your copy of Coffee News home with you

Stay safe!

A message from your friends at **Coffee News®**

# THIS SPACE FOR RENT

**780-220-6397**

## COMPOST FUNDRAISER Sale

Organic Soil™

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

- 120 Ottewell Scouts Ottewell Church
- Alberta Avenue Community League 9210-118 Ave.
- Cameron Heights Community Playground 3250 Cameron Heights Way
- George P. Nicholson School 11341-12 Ave. NW
- Champlain Heights Park 9820-104 St., Morinville

9 LOCATIONS    40 lb bag for \$10  
Three for \$25 or Five for \$40

For locations: [www.cleanitgreenit.net](http://www.cleanitgreenit.net) or 780.488.7926

# FREE ROLLING TRAY

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

99 WYE ROAD    420    SHERWOOD PARK  
**BUBONIC KRONIK**  
ECIGS • VAPORIZORS • BONCS

## 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!

# JEOPARDY!

WEEKNIGHTS 7:30

yesTV

## 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**  
Trevor Hickey reads CN in St. Albert!

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

Visit us on Facebook-CoffeeNewsWeekly

Affordable-Effective-Exclusive-CALL NOW!

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)

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

PURCHASE TICKETS ONLINE AT  
**thecomicstrip.ca**

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

**Sonia Sells!**

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

780.707.6015  
**SONIASSELLS.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

**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

**EAGLE EYE**  
SECURITY SOLUTIONS LTD.

"A Proven Leader in Digital Security"

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

780.570.5974 | eesecuritysolutions.ca

**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

**SNOW REMOVAL**

780-922-4619

**THREE SEASONS LANDSCAPING LTD.**

www.ThreeSeasonsLandscaping.ca

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

## Your Weekly Horoscope

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

Something that may have been lost or hidden may now come to light. Secrets, mysteries, or long-buried feelings and desires could be revealed. Lucky Numbers: 3, 16, 18, 22, 29, 32.

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

You may be more impressionable and open, and your intuition may be heightened. The world of imagination or entertainment could hold some attraction for you. Lucky Numbers: 5, 6, 9, 33, 36, 39.

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

It may be a good time to come to an agreement, negotiate, or exchange your views with others. Ideas flow and you could present your case very well. Lucky Numbers: 12, 15, 23, 33, 38, 49.

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

Conversations and sharing plans may be very productive now. You might better understand what others are telling you and also make yourself clearly understood. Lucky Numbers: 2, 17, 22, 27, 34, 40.

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

Times may call for flexibility and your ability to think on your feet while accepting the unexpected. You might come up with fresh insight, which could be quite useful. Lucky Numbers: 11, 19, 21, 29, 31, 39.

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

This may be a favourable time to socialize with people with whom you have professional ties. The positive feelings you generate now could help you with your goals for the future. Lucky Numbers: 7, 13, 18, 19, 22, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 11.

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

There may be major opportunities to make connections and to learn something through a chance encounter. This might be a good time to be out and about. Lucky Numbers: 17, 27, 33, 37, 40, 48.

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

This may be a good time to make decisions about your financial affairs, with judgment that is sound and reliable. Spending time with old friends could bring you happiness. Lucky Numbers: 5, 10, 17, 22, 37, 43.

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

Confidence and inner harmony may prevail. You might move forward with creative projects and express yourself more easily and comfortably now. Lucky Numbers: 1, 2, 3, 11, 22, 33.

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

Thoughts of the past and the choices you've made may be prominent. Making a decision regarding your home or your family life could be favoured at this time. Lucky Numbers: 21, 26, 29, 31, 36, 39.

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

You may see connections and possibilities that you had overlooked before. Now might be a good time to communicate your enthusiasm and share your plans. Lucky Numbers: 5, 10, 15, 25, 35, 45.

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

You may receive appreciation and a positive response for your generosity. Being with people and giving something of yourself and your talents might be your path. Lucky Numbers: 1, 4, 14, 24, 34, 44.

## Did You Know...

**Multilingual:** Swedish actress Ingrid Bergman (1915-1982) had many talents. As well as starring in famous movies of her day, such as *Casablanca* and *For Whom the Bell Tolls*, she could speak five languages.

**Yummy soup:** People in New Orleans, Louisiana (U.S.), are quite familiar with a traditional soup called yakamein. The tangy beef broth is chock full of spaghetti, beef, green onions, and hard-boiled eggs, and topped with Creole seasoning.

**Silence is golden:** Surprisingly, wind doesn't make a sound. That is, until it comes into contact with objects. So when whistling, rattling, rolling, or squeaking sounds are heard on windy days, it's not really the wind!

**Long borders:** The longest international border in the world, between the United States and Canada, is 8,890 kilometres (5,524 mi.) long. Next longest is the border between Russia and Kazakhstan, which is 6,846 km (4,254 mi.) long.

**Unique tree:** Baobab, also known as the bottle tree, is a genus of tree that has several species. They grow in Madagascar, Africa, and Australia. Their thick trunks store water, and they can live to be hundreds of years old.

## On the Lighter Side

Why did the traffic light turn red? You would, too, if you had to change in the middle of the street.

First pupil: "Great news! Teacher said we're going to have a test today, come rain or shine."  
Second pupil: "Why is that good news?"  
First pupil: "It's snowing!"

0 and 8 are taking a walk in the desert. The 0 turns to the 8 and says, "You must be hot with that belt on."

A candle loses nothing by lighting another candle.

What a fine thing experience is! It enables us to recognize a mistake every time we make it.

## Answers

4. Every 90 minutes 5. 1960s  
Trivia answers: 1. Steven Spielberg 2. True 3. A dollar

For available franchise opportunities - visit coffeenewscanada.com

© Published with Permission by Capital Marketing Ltd

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

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

We appreciate you!

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

A Taste of Vietnam  
Tim Hortons  
Walmart-Burger King

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.

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

**ART CLASSES**

Artfully Yours School of Fine Art

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

#102  
108 Provincial Avenue (upstairs)  
Sherwood Park

LIMITED ENROLMENT - REGISTER TODAY

780.449.3824  
info@artfullyyourschool.ca  
artfullyyourschool.ca

GIFT CERTIFICATES AVAILABLE!

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

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

I HAVE BEEN DOING TAX RETURNS SINCE 1985

Personal Tax Returns • Corporate Tax Returns  
GST Returns • Preparation of T4s/T5s

**D.B.V.** 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