

**I HAVE BEEN DOING TAX RETURNS SINCE 1985**

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

**DBV** 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**

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!**

**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**

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"

CALL NOW TO BOOK YOUR APPOINTMENT!

**THOSE GUYS**  
GARAGE

Come visit our new location!  
**587-456-0164** Family Owned and Operated  
241 Portage Close, Unit 140 (across from Atco Gas)

**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

**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 South Edition**  
**780-220-6397**

www.coffee-news.ca

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

**LANDSCAPE MAINTENANCE AND INSTALLATION**  
Mowing, Trimming, Edging • Fertilizing  
Bed Maintenance, Weeding, Enhancements  
Final Grades, Paving Stones, Retaining Walls

**THREE SEASONS LANDSCAPING LTD.**  
780-922-4619 landscape industry certified

www.ThreeSeasonsLandscaping.ca

Vol. 18 No. 34 August 23, 2021

**Everybody's Talking**

**Duck dynasty:** Who needs pesticides in Thailand? Not the rice farmers in Nakhon Pathom province, west of Bangkok. That's because each year flocks of ducks are brought in to eat weeds and pests, such as snails. The ducks come from duck farms, and the farmers appreciate the free food their ducks eat from the rice paddies. Rice farmers benefit because they can cut back on the use of chemicals, and their fields get fertilized. The ducks move around the rice fields for a few months and then return to their farms to lay their eggs. Using ducks for this purpose is known as "ped lai thoong."

**Building blocks:** A 20-something-year-old woman from Pietermaritzburg near Durban, South Africa, unwittingly provided encouragement for other women to take on jobs usually done by men. Zama Philisiwe Zungu decided to build an addition to her home, and did it herself, from mixing the cement to stacking the bricks. Photos of her progress attracted attention on social media, bringing Zungu a lot of praise. As a civil engineer by training, she loves constructing things, a skill she learned from her father. She wants to empower more women in the construction industry and may start her own construction company.

**Replicating art:** A woman from Saint Petersburg, Russia, took an art challenge seriously. Liza Yukhnyova heard about the #gettychallenge, in which people recreate a work of art using household items, and then take a photo of the result. Bored during the COVID-19 pandemic, Yukhnyova decided to create one piece of art each day for as many days as she could. So she picked famous paintings, and using makeup and items from around the house, she turned herself into women from cultures around the world. Yukhnyova has a degree in art history, so she has a wide base of knowledge about art.

**Wall crawler:** If Spider-Man had a son, it might just be Yasharth Singh Gaur of Kanpur, Uttar Pradesh, India. Gaur has his own parents, but the young boy can scale walls in much the same manner as the comic book hero. The young fellow, facing outward and using only his hands and feet, taught himself to creep a 10-foot high wall. He settles into a corner and then up he goes. His parents are concerned that he may fall down, but they are also thrilled with this athletic skill. If the boy feels like he is going to fall, he makes a controlled jump to the ground without hurting himself.

**Quoteable Quotes**

"Great literature, past or present, is the expression of great knowledge of the human heart."  
*Edith Hamilton*

"Your life will be rich for others only as it is rich for you."  
*David McCord*

**What's Happening**

**Oct 1-Sight Night** fun run after dark, in support of visually impaired Albertans! The event raises funds and awareness for the Alberta Sports and Recreation Association for the Blind. The event features distances for all abilities. For more info www.asrab.ab.ca.

**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

**July 14 to Aug 31-Kid Connect Ages 5 - 12** Want to occupy your kids this summer. AT Kid Connect Kids get to create art, play games, and get out some of their extra energy with short exercises. Wednesdays and Saturdays from 11am to 12 pm. For details call 780-428-3041 or kidconnectyeg@outlook.com

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**

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.

**Trivia**

1. In the popular Mother Goose nursery rhyme, where is the farmer?
2. The lychee fruit is native to what area of the world?
3. What caused the Statue of Liberty in the U.S. to turn green?
4. In ancient Greek mythology, a cyclops has one eye, two eyes, or three eyes?
5. What is the full name of the explosive TNT?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

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

**Recipe of the month**

**Spicy Cajun Potato Salad**

5 pounds medium Yukon Gold potatoes, peeled and cut into 3/4-inch cubes  
1 large yellow onion  
1/2 medium lemon  
1/2 teaspoon salt  
8 hard-boiled large eggs, chopped

1-1/2 cups mayonnaise with olive oil and coarsely ground pepper  
1 cup dill pickle relish  
1/4 cup yellow mustard  
1 to 2 tablespoons Cajun seasoning  
1/4 cup minced fresh parsley  
Paprika

Prep Time: 20 min. Cook Time: 10 min. + chilling Yield: 20 servings

- 1 Place potatoes in a Dutch oven; add water to cover. Cut onion in half crosswise; add one half to saucepan. Bring to a boil. Add lemon and salt to cooking water. Reduce heat; cook, uncovered, until potatoes tender, 5-6 minutes.
- 2 Meanwhile, chop remaining onion. Combine with eggs, mayonnaise, dill pickle relish, mustard and Cajun seasoning.
- 3 Drain potatoes; rinse under cold water. Discard onion and lemon. Add potatoes to egg mixture; gently toss until well mixed (do not overmix, or potatoes will break down). Refrigerate, covered, 1-2 hours. Just before serving, sprinkle with parsley and paprika.

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

**BUYING A NEW HOME? LOOKING TO REFINANCE? TIME TO RENEW?**

Contact your **local mortgage broker** to get started **today!**

**LESLIE CAIRNS** 780.570.5457  
ACCREDITED MORTGAGE PROFESSIONAL

Joy MORTGAGES KEystone MORTGAGE CORPORATION @JoyInMortgages

leslie@joyinmortgages.ca • www.joyinmortgages.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

Scan QR Code

Full Kitchens • Social & Recreation • U/G Parking

161 Festival Way, Sherwood Park  
**780-233-6077**  
CDLhomes.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 | [eecuritysolutions.ca](http://eecuritysolutions.ca)

LOCALLY OWNED AND OPERATED

Affordable-Effective-Exclusive-CALL NOW!

**God's Word Never Changes**  
*InScribe*  
 Christian Writers' Fellowship  
**FALL CONFERENCE 2021**

**OPEN TO ALL WRITERS!**  
 Join us **September 30 - October 2**  
 Providence Renewal Centre  
 3005-119 Street NW  
 Edmonton

**REGISTER BEFORE AUG. 15 & SAVE!**

Featuring Keynote Speaker **D.S. Martin**

- Thursday Night Mixer
- Keynote Presentations
- Friday Banquet
- Awards Ceremony
- Panel Discussions
- Variety of Workshops
- Author Readings...and more!

**VIRTUAL OPTION AVAILABLE**

Registration & Details:  
[www.inscribe.org/events/fall-conference](http://www.inscribe.org/events/fall-conference)

**GET ONE FREE GENERAL CLEANING**  
 WITH A COMMITMENT OF 3 MONTHS OF BI-WEEKLY CLEANINGS\*

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

**825-512-1277**

**CALL TO BOOK TODAY!**

**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

**50% OFF Your Next Service**  
 WHEN YOU BRING IN A COPY OF THIS AD

**THE Shampoo SHOP**

Specializing in Perms and Colours

**780-640-8877**

Currently booking for Sundays and Mondays only

**Maun MASTER STYLIST**

**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  
 • Your address  
 so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!

**Readers of the Month**  
 Franz Fritzwitz & Wilbur Ramsbottom

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

**DSP HITCHES**

[www.dsphitches.com](http://www.dsphitches.com)

Manufacturer of DSP Hitches and retailer of all other major brand towing accessories

DSP 32K Weld-On, Sliding, X-Bed & OEM Fifth Wheel Hitches  
 Gooseneck Hitches  
 Folding Goose Balls  
 Weight Distribution Hitch Systems

**Made in Canada!**

- ✓ Alberta-owned and operated
- ✓ Canada's Last Hitch Manufacturer
- ✓ Factory Direct Pricing for DSP Hitches

**1-800-265-3377 | Edmonton, Alberta**

**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

# Your Weekly Horoscope

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

Your desire for love may be strong and you may act on impulse. Some aspects of your life might not be happy, but facing this issue may help you realize that it can be remedied. Lucky Numbers: 15, 16, 17, 33, 34, 35.

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

You may gain what you want through your diplomacy and charm. You might want to enlist the support of allies and friends, rather than trying to be so outspoken and bold. Lucky Numbers: 1, 5, 7, 18, 27, 31.

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

Differences in styles or personal tastes might be an issue for you. You may want to be gracious about making adjustments, even if you feel uncomfortable at first. Lucky Numbers: 22, 28, 31, 37, 40, 46.

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

Your drive for personal freedom may be pressing, and a confrontation could likely occur. Insist on your rights and stand up for yourself. Others should follow your lead. Lucky Numbers: 2, 6, 16, 26, 36, 46.

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

You might feel very bold and adventurous. You may not tolerate delays, restrictions, or any form of authority that prevents you from behaving exactly as you please. Lucky Numbers: 6, 24, 29, 35, 40, 42.

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

Health matters may be a concern, and you might be inspired to start a self-improvement program. You may be able to create better health habits and a new regimen. Lucky Numbers: 13, 17, 21, 25, 29, 33.

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

Giving and receiving appreciation and love may come into your life. You might want to experiment with new things, but be careful about what you throw out. Lucky Numbers: 1, 15, 22, 31, 44, 47.

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

You might need to apologize for being so stubborn. You may be humbled to see how the flaws in your attitude affect others, and you may need to remedy the situation. Lucky Numbers: 12, 30, 33, 35, 37, 48.

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

Your imagination in the arts or music may have great appeal. Using your creative talents might prove to be more fruitful than dealing with more practical matters. Lucky Numbers: 3, 4, 23, 24, 43, 44.

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

Relaxation, enjoyment, and pleasurable activities might be highlighted now. You may not want to get involved in anything that requires a great expenditure of energy. Lucky Numbers: 4, 6, 12, 20, 24, 30.

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

Someone important may come into your life. You might meet a person who becomes your strongest influence. It could be in the form of teacher or mentor. Lucky Numbers: 15, 16, 29, 32, 39, 49.

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

You may feel realistic about love and may be interested in being with people on whom you can depend. Reach out to an older person who means a lot to you. Lucky Numbers: 6, 9, 16, 20, 28, 45.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 15.

## Did You Know...

**Northern dogs:** "Reindeer dogs" are a type of hot dog sold in the northern U.S. state of Alaska. These are sausages made with caribou, pork, and beef, and served in a bun. Accompaniments include onions glazed with cola, mustard, and cream cheese.

**Seashell delights:** The Monastery of São Vicente de Fora in Lisbon, Portugal, houses a unique attraction: a seashell gallery. It contains a beautiful and artfully arranged collection of seashells from the country's shorelines.

**Florence Nightingale:** Known as "The Lady with the Lamp," Florence Nightingale is considered the founder of modern nursing. She was named Florence after the Italian city where she was born in 1820. Her family moved to England in 1821.

**Bouncy pickle:** There is a law in the U.S. state of Connecticut that says pickles must bounce. The law stems from an incident in 1948 when two men were arrested for selling rotten pickles. The new law established that if a pickle bounced, it was safe to eat.

**Can't go backward:** Kangaroos are one of the few animals that can't walk backward. They can only hop forward using both feet at the same time and their tail for balance.

## On the Lighter Side

Animal testing is a terrible idea—they get all nervous and give you the wrong answers.

"Doctor, I think I'm suffering from memory loss."  
 "Have you ever had it before?"

A bird does not sing because it has an answer. It sings because it has a song.

Today is the tomorrow you worried about yesterday. But not enough.

Did you hear about the invisible man who married the invisible woman? Yeah, their kids aren't much to look at, either.

## Answers

**Trivia answers:** 1. In the dell 2. Southeast Asia 3. Oxidation of copper 4. One eye 5. Trinitrotoluene

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

**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

**ART CLASSES**

*Artfully Yours*  
 School of Fine Art

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

#126 Chippewa Road (upstairs) Sherwood Park

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

GIFT CERTIFICATES AVAILABLE!

**LIMITED ENROLMENT - REGISTER TODAY**

**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](http://www.hearttohomemeals.ca)

**BLUE BLOODS**  
 MON - THURS 9:00  
**yesTV**

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

**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**

**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!**