



**Coats for Kids & Families**

We accept clean, gently used, or new winter outerwear for men, women, and children in need.

**Keeping our community warm.**



United Way  
Alberta Capital Region

coatsforkidsandfamilies.ca

**SAVE 15% OFF 6 SESSION PACKAGES**  
AVAILABLE ON LASER SERVICES



**REGAL MEDI SPA**

780.922.1118  
chrystal.pearson@gmail.com

- HAIR REMOVAL
- SKIN REJUVENATION (Wrinkle Reduction, Skin Tightening & Age Spot Reduction)

**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



**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 530, Sherwood Park, AB

**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

**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            | Little Caesars    | Roma Pizza and Donair |
| Chopped Leaf             | Meet Street Pies  | Rosti Coffee          |
| Cosmic Pizza             | Mr. Sub           | Saigon                |
| Dominos                  | New Asian         | Cuisine               |
| Donair Shwarma House     | Village           | Smilie's              |
| Famous Donairs           | Nitza's Pizza     | Subway                |
| Good Buddy               | Papa Johns        | Taco Time             |
| Headquarters Restaurant  | Pasta Pantry      | Walmart-Burger King   |
|                          | Pizza 73          |                       |
|                          | Prime Time Donair |                       |

**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.




**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 Est. 1988

Vol. 18 No. 48 November 29, 2021

**Everybody's Talking**

**Noisy home:** Living beside a busy highway isn't most people's idea of peace and quiet. A woman in Guangdong province, northwest of Hong Kong, doesn't seem to care about that. Known as Ms. Liang, the woman refused to take a payout from the government to sell her house so the Haizhuyong Bridge in the city of Guangzhou could be built. Many other homeowners and businesses took the compensation, and the construction proceeded. To accommodate the house, which is located in a pit, four lanes of traffic had to be split to go around it.

**Rare pasta:** The island of Sardinia, Italy, is home to the rarest pasta in the world. Called su flindeu, which means "the threads of God," this pasta has been made for centuries to feed pilgrims who pass through the area. Today, however, not many people know how to make by hand the slimmer-than-angel-hair threads of pasta from semolina flour, water, and salt. One of those people is 60-something-year-old Paola Abraini, whose niece and sister-in-law also know the tricks of the trade. Abraini wants to teach others before making the noodle becomes a lost art, but su flindeu is so arduous to create, that few will step up to the challenge. Su flindeu could be called an "endangered pasta."

**Attic antics:** No one wants to discover that a stranger might have taken refuge in their home's attic, but that's just what happened to Monica Green of Rockhampton, Queensland, Australia. The mother of three had noticed a few signs that something might be awry, such as missing food and a disabled security system. But one day, she arrived home to find the door open, the TV on, and a plate of food on the kitchen table. She called the cops, and they discovered that someone had been living in the attic, possibly for as long as three weeks. Green has changed the locks, but still feels a little weird knowing that a stranger had been hiding in her attic for a while.

**Try, try again:** No matter where one lives, getting a driver's licence is a rite of passage for most people. The trouble is that many fail the test the first time (or even the second or third time) before finally gaining the right to drive. But for a man in England, the third time trying his driving theory test was just the beginning of his attempts. He finally managed to pass the test after failing it 157 times. These many efforts made quite a hole in the man's bank account; trying, and trying again, cost him over £3,000. His next step was getting through the practical exam. Hopefully he's better at actually driving than at the written test.

**Quoteable Quotes**

"To be awake is to be alive." —Henry David Thoreau  
 "Children have never been very good at listening to their elders, but they have never failed to imitate them." —James Baldwin

**What's Happening**

**Dec 9 to Jan 17-Online Classes open for registration-Adults 50 plus** Learn something new! Classes start January 17-something for almost every interest. Non-credit classes in sciences, humanities, arts leisure. ELLA offers education, affordable, fun, non-credit courses for adults. Register now MY\_ELLA.COM.

**Dec 12-Devon Christmas Arts Market** Come check out our local artists, craftspeople and artisans each month at the Devon Community Center, 20 Haven Ave, Devon. The Market runs from noon to 4 pm. Free to attend

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](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**

1. Which Starr was a member of The Beatles?
2. What is the main ingredient in coq au vin?
3. If a text is abridged, is it translated or shortened?
4. A full moon's face is fully illuminated by the sun's light—T/F?
5. When was the first episode of the TV show Seinfeld aired—1989, 1999, or 2009?

(Flip bottom of page for answers)

**WIN**

a 26-week advertising package in *Coffee News* for your NON-PROFIT organization!

To enter, simply visit our website at [www.coffee-news.ca](http://www.coffee-news.ca) and submit an upcoming event that your non-profit is holding in the near future. All submissions until March 30 will be counted as one entry. The more submissions you make, the more entries you get!

Submission approval is based on specific criteria. For your submission to qualify, you must meet these criteria. Space and category restrictions may apply to prize.

**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



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!**



Real Estate | Wills | Contracts

**HOMESTEAD LAW**

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

780.243.2116  
www.homesteadlaw.ca

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"



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

FEATURING **Vann** MASTER STYLIST



Imagine your business here!

For more information:  
780-220-6397  
or 877-553-6397  
www.coffee-news.ca



**Sonia Sells!**

**SONIA TARABAY**  
#1 AGENT  
RE/MAX ELITE (2017 - 2020)

780.707.6015  
SONIASSELLS.COM



Can't get to your *Coffee News* each week?

Check out our PDF editions online!  
New editions are posted every Monday

Sign up here to receive email notifications of new editions.  
Now you never have to miss your weekly dose of good news!

www.coffee-news.ca/editions






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

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

**Bedford**  
Centre in the Park *Village*

Full Kitchens • Social & Recreation • U/G Parking  
161 Festival Way, Sherwood Park  
780-233-6077  
CDLhomes.com



Scan QR Code



**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

LOCALLY OWNED AND OPERATED

780.570.5974 | eesecuritysolutions.ca

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

**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!

**Reader of the Month**  
Lea Castillo of Grande Prairie

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

**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 CREDITATION @JoyInMortgages

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

The World's #1 Restaurant Publication!

## Your Weekly Horoscope

### ARIES (March 21 - April 20)

An opportunity exists for a deeper understanding of old wounds and to seek new information to help heal any lingering effects. Approach others gently in a discussion of these issues. Lucky numbers: 8, 15, 18, 25, 46, 47.

### TAURUS (April 21 - May 21)

You may experience an unexpected event. The situation may require discipline and hard work to address. Efforts you make now in this regard may reap benefits down the road. Lucky numbers: 3, 16, 17, 18, 21, 33.

### GEMINI (May 22 - June 21)

Your direction and purpose may be on your mind. Research and gather information on new opportunities and be aware of your emotional response. The right one should generate an "aha" moment. Lucky numbers: 4, 12, 17, 21, 37, 44.

### CANCER (June 22 - July 22)

You may have been focused for a while on dreams about your ideal situation. Perhaps you want to wait a bit to develop your plans, until you feel more grounded. Lucky numbers: 2, 3, 10, 11, 13, 35.

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

Your natural charm and easy connection to others has the potential to be enhanced now. Focus on this energy as a way to move past any obstacles that may occur. Lucky numbers: 5, 8, 22, 41, 42, 47.

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

You may feel confused or believe that you are being deceived by others. If so, find the belief that is controlling this pattern. Use your practical nature to implement a solution. Lucky numbers: 10, 11, 12, 15, 17, 35.

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

Your heart may want to rule at this time. Your Libra energy is best used in artistic endeavours or playing the diplomat who can bring together people at odds. Lucky numbers: 3, 8, 12, 44, 46, 48.

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

You likely have the drive and energy to work hard at achieving goals, particularly ones that spotlight you. Be sure to recognize the contributions of those who may assist you. Lucky numbers: 1, 6, 10, 15, 39, 43.

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

The Sun has returned to Sagittarius. Therefore, your natural optimism and communications skills have the potential to be enhanced right now. Be careful, though, of overreach when taking risks. Lucky numbers: 7, 27, 29, 40, 43, 47.

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

If you are focused now on your relationship, use this time as an opportunity for growth. This applies to the relationship itself, as well as to you and your partner. Lucky numbers: 2, 8, 23, 27, 28, 48.

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

You may be of two minds: one voice encourages stability while the other wants change. Use your innate creativity to find a compromise that bridges the gap between the two. Lucky numbers: 5, 9, 14, 16, 33, 37.

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

Neptune is taking a long journey through Pisces. You may feel strong intuition, great empathy, or just confusion and anxiety. Trust that all of it is shaping a better you. Lucky numbers: 6, 8, 11, 36, 39, 43.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 7.

## Did You Know...

**Ode to poetry:** English poet John Keats (1795-1821) wrote six odes in 1819, including "Ode on a Grecian Urn" and "Ode on Melancholy." No one knows the order in which he wrote them.

**Fish food:** A fish-shaped food item in Japan, called taiyaki, isn't very fishy at all. It is actually a sweet treat made of a crispy flour shell with sweet bean paste inside. Traditionally, it's served warm.

**Tooth talk:** Parents will say that their baby is teething when the little one's teeth start to come through the gums. The medical term for teething is odontiasis.

**Food lover's delight:** The Mercado de San Juan (San Juan Market) is a famous traditional market in the centre of Mexico City. It is known for its high-quality offerings of fruit, vegetables, and meat, some of which can be quite striking, such as iguana and lion.

**Loud call:** The bird with the loudest call is the male white bellbird. This bird lives in South America and is only about the size of a pigeon. But its call can hit 125 decibels, which is not safe for human ears to hear. It's as loud as a fire truck siren.

## On the Lighter Side

Knock! Knock! Who's there? Europe. Europe who? Europe early. Good morning!

What do teddy bears eat? Nothing. They are too stuffed!

Did you hear about the circus that caught fire? It was "in tents."

Teacher: All the other students in class forgot to do their homework. Did you forget, too?  
Student: No, but tomorrow I'll try harder.

Why did the hen cross the road? Because she saw what you did to her eggs.

### Answers

Trivia answers: 1. Ringo 2. Chicken 3. Shortened 4. True 5. 1989

GET ONE  
**FREE**  
GENERAL CLEANING  
WITH A COMMITMENT OF 3 MONTHS  
OF BI-WEEKLY CLEANINGS\*  
\*OFFER VALID THROUGH AUGUST 30, 2021.  
TERMS AND CONDITIONS APPLY.

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

825-512-1277

CALL TO BOOK TODAY!

**THIS SPACE FOR RENT**

**780-220-6397**

**ART CLASSES**

*Artfully Yours*  
School of Fine Art

- Drawing
- Painting
- Sculpture
- Portfolio Preparation

#126  
150 Chippewa Road  
(upstairs)  
Sherwood Park

780.449.3824

GIFT CERTIFICATES AVAILABLE! info@artfullyyourschool.ca  
artfullyyourschool.ca

LIMITED ENROLLMENT - REGISTER TODAY

**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**

RECEIVE YOUR REFUND BY CHRISTMAS!

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

**the co-opérateurs**  
A Better Place For You®  
Aspen Plaza - 260 - 3820 Sherwood Dr., Sherwood Park

SAVE TIME WITH OUR CUSTOMIZED BUSINESS INSURANCE PROGRAM!

**THOSE GUYS GARAGE**

CALL NOW TO BOOK YOUR APPOINTMENT!

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

Family Owned and Operated

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

yesTV

*Shelby's Simple Solutions*  
just a Smile Away

- Transportation
- Respite
- In-Home Help

780-974-7541  
esheen8@gmail.com