

ComPost Sale

HELP YOUR GARDEN THRIVE!

Every Friday and Saturday
9 am - 5 pm

- Duggan Community League
3728-106 St.
- Space Off Whyte - 80 Ave.
10047-80 Ave.
- St. Albert Community League
17 Perron St.
- 201 Festival Way
Sherwood Park
- Edmonton Academy
810 Saddleback Rd. (S parking lot)
- Callingwood Square
6741-177 St.

Organic SoilTM

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

Visit one of our locations or go to cleanitgreenit.net to order bagged or bulk compost

FREE!

New Issue Every Week!

Coffee News[®]

"News To Be Enjoyed
Over Coffee"

**Sherwood Park
North Edition**

780-220-6397

www.coffee-news.ca

Est. 1988

**THIS SPACE
FOR RENT**

780-220-6397

BLUE BLOODS

MONDAY TO THURSDAY 8PM/7PST

yesTV

**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

**OUTLOOK
MOTEL**

AND RV PARK

780-908-6872

1850 Yellowhead Trail, Edmonton (close to Sherwood Park)

- 1 Bedroom Motel Unit
- Monthly Rates
- Seniors Welcome
- RV Stalls — full hook up and power only (low rates)

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

BBB ACCREDITED

Do you worry about your elderly parents living alone?

Dedicated to helping seniors stay safe in their homes for as long as possible

FOREVER HOME SENIOR CARE

We provide:

- Ongoing Home Care Services
- Dementia Care or Alzheimer's Care
- Respite Care/Relief Care
- Palliative Care

To book your Free Consultation, visit:

www.foreverhomeseniorcare.com | **780.245.1499**

...or call

Turn your dog in to one classy Mother pupper!

Try some of our "pawfect" pet services:

- Full Grooming | Tidy Ups | Dematting
- Nail Trimming & Filing | Tooth Brushing
- C02 Hydrotherapy | ...and more!

Dainty Dogs Spa

Kassandra Keating
Professional Groomer, CPPS Certified Pet Stylist
PIJAC Certified K9 Specialist

Text/Phone: **780.243.7701**
daintydogsspa@gmail.com
www.daintydogsspa.com

FIRST AID MEDICAL COURSES SAFETY COURSES

PROFESSIONALS TRAINING PROFESSIONALS

✓ EMR - Emergency Medical Responder
✓ BLS - Basic Life Support
✓ ACLS - Advanced Cardiovascular Life Support
✓ SFA - Standard First Aid

✓ AFA/MFR - Advanced First Aid/Medical First Responder
✓ PALS - Paediatric Advanced Life Support
✓ RFA - Remote First Aid

780.643.6163 | www.emergencyed.ca

THE WESTERN INSTITUTE OF EMERGENCY EDUCATION

CALL OR BOOK ONLINE, GET STARTED TODAY!

Everybody's Talking

Power outage: At one time, Austria intended to provide some of its electricity through nuclear power plants. Plans were in the making for three plants, and one was built in the 1970s. Called the Zwentendorf Nuclear Power Plant, it is approximately 32 kilometres (20 miles) from Vienna, on the Danube River. The only problem is that the plant was never turned on. That's because of a public outcry over the use of this kind of energy. The government never opened the plant, nor did it build the other two. Today, the plant is used as a security training centre and has been rented out for events and movie shoots.

Icy roads: In winter, people converge on a small, remote town in northern Sweden, a strange thing considering the icy cold temperatures in the region. The town is called Arjeplog, and the seasonal population surge occurs because the area has become a testing ground for European automakers. The frozen lakes allow brakes to be tested, and if they don't work very well, there is no chance the car will careen into rocks or mountainsides. Miles of specially groomed tracks are available for testing. The conditions are extremely snowy and icy, making it the ideal location for this purpose.

Peaky place: Someone traveling to Spain might want to consider a side trip to the city of Segovia, which is about 90 kilometres (56 miles) north of Madrid. Among the alluring architecture found there is one building not to be missed, called the Casa de los Picos, or the "House of Peaks." Built in the 1400s, its walls are covered with row upon row of small, granite, pyramid-shaped peaks that stick out far enough to be used as perches for pigeons. Over the centuries, the Casa de los Picos has been owned both privately and publicly. Currently, it is the home of the Segovia School of Art.

Unique home: Building a 16-sided house is unusual, but that is just what two cousins did in 18th-century England. Jane and Mary Parminster, who had been traveling with other female friends and relatives, came home to England and erected their house, known as A La Ronde, in Lymptone, Devon. Historical notes indicate that the cousins liked to move around the house for their meals, following the ample sunlight that came in through the various windows. The house changed hands over the years, and alterations were made, but today it is taken care of by the National Trust, which reverted it back to its original design.

Quoteable Quotes

"Certain things catch your eye, but pursue only those that capture the heart."
—Proverb

"Steady as a clock, busy as a bee, and cheerful as a cricket."
—Martha Washington

What's Happening

Jul 1 - Annual Canada Day celebration Strathcona County hosts a family-friendly Canada Day celebration at Broadmoor Lake Park. Events vary each year, but activities often include fireworks, live entertainment, scavenger hunts, food courts, canoeing and more. recreation@strathcona.ca

July 15 to 17-Edmonton Carnaval a Latin festival that serves as a platform for local artists and artisan, creates spaces of culture and entertainment for the whole family. www.edmontoncarnaval.com. 9210 118 Avenue.

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!

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. Who wrote the book The Godfather?
2. Under U.S. President Richard Nixon, Gerald Ford replaced what Vice President?
3. Saturn is the seventh planet from the Sun—T/F?
4. The Krakatoa Volcano is located in what country?
5. What American comic strip character has always believed in the Great Pumpkin?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

Real Estate | Wills | Contracts

HOMESTEAD
..... L A W

Tamara D. Eppe B.A., J.D.

780.243.2116
www.homesteadlaw.ca

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"

Sonia Sells!

SONIA TARABAY

#1 AGENT
RE/MAX ELITE (2017 - 2021)

780.707.6015
SONIASSELLS.COM

Personalized Home Insurance

CALL CANDACE, OUR HOME SPECIALIST, TODAY!

Tom Ciezki Agencies **BNI**

Candace Johnston — **780.464.3279**
candace_johnston@cooperators.ca
Aspen Plaza — 260 - 3820 Sherwood Dr., Sherwood Park

co-operators
Investing in your future. Together.™

DISCOVER THE MANY REASONS TO CHOOSE TOM CIEZKI AGENCIES FOR HOME INSURANCE

ART CLASSES

Artfully Yours
School of Fine Art

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

#126
150 Chippewa Road
(upstairs)
Sherwood Park

780.449.3824
info@artfullyyoursschool.ca
artfullyyoursschool.ca

GIFT CERTIFICATES AVAILABLE!

LIMITED ENROLMENT — REGISTER TODAY

THOSE GUYS GARAGE

Come visit our new location!

587-456-0164

Family Owned and Operated

241 Portage Close, Unit 140 (across from Atco Gas)

CALL NOW TO BOOK YOUR APPOINTMENT!

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

**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** **@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

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*



Scan QR Code

Full Kitchens • Social & Recreation • U/G Parking

161 Festival Way, Sherwood Park

780-233-6077
CDLhomes.com



SHOP DIRECT WORKWEAR ONLINE
www.directworkwear.com

Enter to
WIN a \$500
Gift Certificate

SCAN THIS CODE
TO ENTERWhere Safety
Meets Savings

- ✓ Competitive Pricing
- ✓ Knowledgeable Service
- ✓ Great Selection
- ✓ Check Out Our Sale Page For Even Better Deals



FREE ROLLING TRAY

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO
PURCHASE
NECESSARY99 WYE
ROAD

420
BUBONIC KRONIK
ECIGS • VAPORIZERS • BONGS

SHERWOOD
PARK

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.

CERTIFIED
GASFITTER*Your Local Plumber*

780-405-0436

lucsplumbinginc@gmail.com

Proudly Serving Sherwood Park & Surrounding Areas
NO CALL OUT FEE IN SHERWOOD PARK!



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

Visit us on Facebook-CoffeeNewsWeekly

Your Weekly Horoscope

ARIES

(March 21 - April 20)



You may continue to be in a period where possible opportunities could be hidden and need to be proactively sought out. Be aware of how well they might align with your values. Lucky numbers: 15, 22, 38, 43, 44, 47.

TAURUS

(April 21 - May 21)



Have you recently been encountering some obstacles in your day-to-day life, especially concerning cars, computers, and the like? The situation may begin to ease at the end of the week. Lucky numbers: 8, 11, 16, 17, 42, 43.

GEMINI

(May 22 - June 21)



This week may be a good time to consider what you want to do next with your life. Try developing your plans, but perhaps wait until next week to begin initiating them. Lucky numbers: 5, 14, 26, 33, 36, 39.

CANCER

(June 22 - July 22)



Those born under the sign of Cancer are especially sensitive to the Moon. This may be a good week to become aware of how the movements of the Moon might affect you. Lucky numbers: 4, 17, 39, 40, 41, 48.

LEO

(July 23 - Aug. 23)



You may be entering a period of several months where discipline and extra hard work might be required to keep things on track and going smoothly. This could be frustrating, but necessary. Lucky numbers: 6, 10, 15, 21, 24, 26.

VIRGO

(Aug. 24 - Sept. 23)



Your practical nature may be enhanced right now. However, you might need to resolve an issue from the past that could be acting as an obstacle to manifesting your current goals. Lucky numbers: 3, 23, 25, 34, 39, 43.

LIBRA

(Sept. 24 - Oct. 23)



Libras often focus on pleasing others. If you find yourself doing a lot of this right now, you may want to consider making an adjustment in how you approach such interactions. Lucky numbers: 2, 13, 16, 19, 22, 26.

SCORPIO

(Oct. 24 - Nov. 22)



Have you been struggling when communicating with others, perhaps with regard to what you know about a particular situation? You may want to wait a week or so before trying again. Lucky numbers: 9, 10, 17, 31, 46, 48.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Perhaps your mind and feelings are not in agreement right now about what you want or how to proceed. You may want to give favour to what your spirit values most. Lucky numbers: 1, 2, 4, 11, 25, 43.

CAPRICORN

(Dec. 22 - Jan. 20)



You may be undergoing a long period of transformation. Right now, though, the rough waters might be calmer. You could use this period to determine any needed course correction and implement it. Lucky numbers: 11, 14, 21, 29, 39, 47.

AQUARIUS

(Jan. 21 - Feb. 19)



Aquarius is the sign of the humanitarian. Over the next few months, you may discover that you have the discipline and rigour to carry out a plan that will highlight that trait. Lucky numbers: 7, 9, 13, 25, 32, 44.

PISCES

(Feb. 20 - March 20)



Pisces folks are often busy with grand dreams. This may be the right time to look for a more practical opportunity, in order to put a solid foundation under your dreams. Lucky numbers: 12, 14, 18, 19, 34, 39.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 43.

Did You Know...

Many marriages: King Henry VIII is famous for having a number of wives: six to be exact. The ruler of England from 1491 to 1547, he created the Church of England so he could annul his first marriage without papal approval.

Coin custom: People from all over the world visit the Trevi Fountain in Rome, Italy, and most honour the custom of throwing money into it. The money collected is used to support good causes.

Stormy weather: Even on sunny, calm days with no sign of rain in the immediate vicinity, a thunderstorm is happening somewhere in the world. In fact, at any given time, an estimated 1,800 to 2,000 thunderstorms are happening around the globe.

Black tongue: A giraffe's tongue can be 45-50 cm (17.7-19.6 inches) in length, and is usually black, dark blue, or purple in colour, with a pink base or back. Scientists think it might be black to avoid sunburn when the giraffe extends it to eat leaves from the tops of trees.

Heavy cake: When it first became popular in 18th-century Europe, the pound cake was aptly named. Its recipe called for a pound of butter, a pound of flour, a pound of sugar, and a pound of eggs. Today's recipe is a little lighter on the ingredients!

On the Lighter Side

Jill: "I bent down to smell a brose in my garden and hurt my nose."

Jack: "Not brose, rose. There is no B in rose."

Jill: "There was in this one!"

Why did the pie crust go to the dentist? It needed a filling.

Knock! Knock! *Who's there?* Spider. *Spider who?* In spider everything, I still like you.

A sheep from outer space must be a Ewe-F-O.

What do you get when you cross a crow with dynamite? Caw-boom!

Answers

Trivia answers: 1. Mario Puzo 2. Spiro Agnew 3. False, sixth 4. Indonesia 5. Linus

For available franchise opportunities – visit coffeenewscanada.com
© Published with Permission by Capital Marketing Ltd

Discover a new way to look at food and nutrition from Canada's largest and leading school of holistic nutrition!

Virtual! Healthy Eating & Lifestyle Certificate

Explore a variety of topics for simple, actionable nutrition information.

Classes run for a total of 21 hours over 5 weeks.

FULL
DETAILS ATwww.csnn.ca/edmonton/helc

Let Us Handle the Dirty Work!

Cistern and Septic Installation, Inspection and Maintenance

Septic Field and Mound Design and Installation by Govt. Certified Installers

REASONABLE
RATES

Family run, local business.
We care!

780.668.4306
best-cistern-septic-solutions.com

BEST CISTERN
SEPTIC SOLUTIONS

WHERE FLAME MEETS FLAVOUR



PrimeTime Donair & Poutine

– Sherwood Centre –
1020 Sherwood Drive #138
Sherwood Park
587-456-9190

– Baseline Village –
222 Baseline Rd #160
Sherwood Park
780-467-6970

"The Happiest Sound
in all the World"

June 2 | 7 p.m.
June 3 | 12 & 7 p.m.
June 4 | 11 a.m.
June 5 | 2 & 7 p.m.

Sherwood Park Alliance Church
1011 Clover Bar Rd., Sherwood Park



Tickets \$10 + tax

Purchase at
www.eventbrite.ca

[f](https://www.facebook.com/scaeaglestheatre) [i](https://www.instagram.com/scaeaglestheatre)
[@scaeaglestheatre](https://www.facebook.com/scaeaglestheatre)

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
certifiedwww.ThreeSeasonsLandscaping.ca

Buy back your time and your mental health!

- ✓ Home cleaning you can trust
- ✓ Green, family-friendly products
- ✓ No surprise bills

www.sparklingspaces.ca

Sparkling Spaces

MAKING THE WORLD SPARKLE ONE SPACE AT A TIME

780.233.8560 | info@sparklingspaces.ca

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

"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

EAGLE EYE
SECURITY SOLUTIONS LTD.

780.570.5974 | eecuritysolutions.cawww.scubagearcanada.ca