

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

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

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES
SHIP BY BUS
GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: www.coldshotca.com
Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

**FLAT RATE
ALFA TAXI**

SERVING SHERWOOD PARK AND AREA

780.410.0667

Toll Free 1.855.688.2941

Reasonable flat rate to Airport - \$50

24 HR.
SERVICE

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 ENROLLMENT - REGISTER TODAY

If you liked Gold Canyon Candles, you are gonna love **Sunset Scents!**

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!



They are the next Finest candles you will EVER find!

PSC
Prairie Scented Candles

Sunset Scents
a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

25 WORDS OR LESS
WEEKDAYS 3PM
yesTV

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

www.scubagearcanada.ca

FREE!

New Issue Every Week!

Coffee News

"News To Be Enjoyed
Over Coffee"



www.coffee-news.ca

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

Vol. 20 No. 10 March 6, 2023

Everybody's Talking

A rock and a hard place: Only the intrepid have the nerve to step onto a certain boulder in Norway. "Kjeragbolten" is jammed in a crevasse on the 1,084-metre (3,556-foot) Kjerag mountain near the town of Lysebotn in southern Norway. The boulder sits above an abyss that is about 1,000 metres (3,280 feet) above Lysefjord below. Hopping down onto it is not for the faint of heart, but many complete the feat, ending up with a great photo. Adventurers can get to Kjeragbolten by hiking a 12-kilometre (7.5-mile) trail, if they are in reasonable physical shape. The scenery is a reward for the effort, even without jumping onto the famous boulder.

Floating hotel: In the 1980s, a floating hotel was moored in the Great Barrier Reef Marine Park in Australia. The Four Seasons Barrier Reef Resort was 70 kilometres (43 miles) off the coast of Queensland, and developers expected it to be a hit with tourists. But the long boat ride to the nearly 200-room venue, plus financial problems, caused its closure after a year. It was purchased by a Vietnamese company, moved to Ho Chi Minh City, and anchored in the Saigon River. When it closed after more financial trouble, North Korea bought the structure for the Mt. Kumgang tourist region, where the renamed Hotel Haegumgang operated for a decade before permanently closing.

Colourful place: In Amsterdam, Netherlands, is a museum with a cabinet full of rocks. Visitors won't realize the significance of these seemingly plain-looking stones. But when the flip of a switch turns on a black light, these rocks glow with neon colour because they contain fluorescent flecks. The venue is the Electric Ladyland, after the Jimi Hendrix album, with a formal name of The First Museum of Fluorescent Art. In it, visitors can also see works of fluorescent art and be fully immersed in an ethereal environment of coloured light. Fittingly, the museum, which is the brainchild of American artist Nick Padalino, is located in a basement venue, making the colourful light seem even more dazzling.

Time for a tune: The piano company Steinway and Sons received a unique contract from the U.S. government during World War II: making more than 3,000 pianos for American troops to use for their amusement and relaxation between 1942 and 1953. Known as "Victory Vertical" pianos, the 40-inch (102-cm) tall, specially built instruments were manufactured in military colours of olive drab, blue, and gray). Most were air dropped by parachute to the locations of the troops. The company even made sure soldiers could enjoy playing in tune; instructions and tuning equipment were packaged with the pianos. Anecdotal evidence, via letters from soldiers, indicated that the operation helped raise spirits.

Quoteable Quotes

"My mission in life is not merely to survive, but to thrive."

—Maya Angelou

"There is always light. If only we're brave enough to see it. If only we're brave enough to be it."

—Amanda Gorman

What's Happening

Mar 12 -Devon Monthly Arts Market Join us for our first Spring Market from Noon to 4 pm at the Devon Community Centre. Meet our creative souls and check out unique items for any season, any occasion. Email ArtsDevon@gmail.com for more info.

NON profit organizations may submit events for FREE at www.coffee-news.ca

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. What is the fourth longest river in Africa?
2. The Davis Cup is awarded in what sport?
3. Kava is a traditional drink in this South Pacific island country.
4. A calcographer draws with what?
5. What is the boiling point of water at sea level?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Visit us on Facebook-CoffeeNewsWeekly

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



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



Sonia Sells!

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

780.707.6015
SONIASSELLS.COM

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

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!

SAVE YOUR FAMILY memories

Transfer your old film, VHS, DVR, & reels to a digital format.

For more information & pricing email: info@thecreativehive.ca

780.996.7510 www.hive-media.com

Life's busy. We can help.

Kitchens • Bathrooms • Bedrooms
Dusting • Mopping • Vacuuming

Maids of Sherwood

780.604.0528 maidsofsherwood@gmail.com

FLEXIBLE OPTIONS TO SUIT YOUR SCHEDULE AND LIFESTYLE:
One Time | Weekly | Bi-Weekly | Monthly

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

FOR EXPERT HELP:
1-844-453-5372

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

“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 | eesecuritysolutions.ca

Professional Help for All Home & Property Needs!



HELPING HANDS PROPERTY SERVICES

www.hhpropertyservices.ca

780.570.0720 | info@hhpropertyservices.ca

Exclusive offer for Facebook and Google Ads

Get **FREE** set-up (up to a \$500 value!)

We are a local digital marketing agency specializing in paid ads.

Contact us today for your **FREE** no obligation consultation!

Frontline 780.760.6922

WINTER CLEARANCE

Save Up To **50%**

Off Our Already Low, Low Prices

Direct Workwear Ltd.

5361 Gateway Blvd NW, Edmonton AB

Open 7 Days A Week

ASTER GARDENS

Come and thrive in our Memory Care program, designed with you in mind.

Take our two minute assessment. Just scan the code below!

Call us to ask questions or take a tour.

780.902.7837

PROFESSIONALS TRAINING

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

Personalized Investment Advice

CALL TOM, OUR MUTUAL FUND INVESTMENT SPECIALIST

Tom Ciezki Agencies

Tom Ciezki - 780.464.3279

Tom_Ciezki_Agencies@cooperators.ca

co-operators

Investing in your future. Together.™

CHOOSE TOM CIEZKI AGENCIES TO HELP YOU ACHIEVE YOUR FINANCIAL GOALS

Your Weekly Horoscope

ARIES
(March 21 - April 20)

Sometimes Aries have a tendency to immediately respond to stimuli and input. This week, you may want to consider taking a step back and waiting a bit before taking action. Lucky numbers: 18, 20, 21, 25, 41, 43.

TAURUS
(April 21 - May 21)

Taurus-born are entering a period where focus may be on relationships. Are your emotional needs being met by a partner? How much emotional support are you able to provide? Lucky numbers: 16, 17, 19, 23, 43, 44.

GEMINI
(May 22 - June 21)

Geminis are most comfortable interacting with others on an intellectual level. Now you may have an opportunity to show your emotional side, especially about something you passionately value. Lucky numbers: 6, 14, 19, 20, 34, 46.

CANCER
(June 22 - July 22)

You may be in a period where your natural emotional intelligence level is expanding. How might you use this skill to help others deal with issues caused by emotional trauma? Lucky numbers: 1, 5, 8, 11, 20, 25.

LEO
(July 23 - Aug. 23)

Over the next two years, the universe may call on you to expand your level of compassion. How might you manifest that in a way that helps your fellow human beings? Lucky numbers: 4, 22, 27, 36, 41, 44.

VIRGO
(Aug. 24 - Sept. 23)

Virgos have a natural practical talent. That energy is highlighted now. You might use it to bring a project or other effort to completion, and begin to plan your next steps. Lucky numbers: 7, 35, 37, 42, 43, 45.

LIBRA
(Sept. 24 - Oct. 23)

Your natural diplomacy may be heightened mid-week. If you or one of your loved ones is experiencing a conflict with someone else, you might be able to act as a mediator. Lucky numbers: 11, 13, 18, 22, 33, 39.

SCORPIO
(Oct. 24 - Nov. 22)

Scorpios have an ability to pick up psychological impressions from others. Late this week, this skill may become a bit overwhelming for you. Perhaps you could retreat for a few days. Lucky numbers: 3, 15, 27, 34, 40, 41.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Are you feeling dissatisfied right now with your place in the world? You might want to consider what you want your legacy to be, and how to create a path toward it. Lucky numbers: 2, 3, 7, 28, 30, 40.

CAPRICORN
(Dec. 22 - Jan. 20)

Capricorn is one of the signs that belong to the “earth element” group. Now, however, you have an opportunity to add some “water element” energy. This may help stimulate your intuition. Lucky numbers: 8, 10, 26, 27, 35, 47.

AQUARIUS
(Jan. 21 - Feb. 19)

The last two years, you may have felt external pressure to be disciplined about mundane, everyday tasks. This period is ending, as is the energy that helped you achieve them. Lucky numbers: 12, 20, 27, 28, 29, 38.

PISCES
(Feb. 20 - March 20)

A planetary shift is going to put pressure on Pisces for the next two years. The challenge of this period will be to ground your intuitive nature with more practicality. Lucky numbers: 5, 8, 10, 36, 41, 48.

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

Did You Know...

Sweet cat: A Persian cat is an affectionate and adaptable feline friend. With a long, luxurious coat, which can be of various colours, and a sweet expression, one type of Persian is nicknamed “Doll Face.”

Silent star: A silent film star of the early 20th century, American Buster Keaton was a master at physical comedy. Born Joseph Frank Keaton in 1895, he got his start at age 3 when he joined his parents' touring vaudeville act.

Protective clothing: Sunscreen is common to protect skin from the sun's harmful rays, and clothing can also provide protection. Dark, tightly woven fabric helps prevent ultraviolet light from reaching the skin.

Glowing place: The Newnes Glow Worm Tunnel near Putty, Australia, once housed a railway. Today the limestone tunnel is home to the glowing larvae of the *Arachnocampa Richardsae*, a type of fungus gnat.

Low maintenance: Some say it looks like a baseball, others a sea urchin. The baseball plant (*Euphorbia obesa*), a succulent of South Africa, is a popular houseplant because of its appearance and easy maintenance.

On the Lighter Side

Teacher: “What does it mean when the barometer is failing?”
Student: “Whoever nailed it up didn't do a good job.”

How do you know the dishes are in trouble? They're in hot water.

Never discuss infinity with a mathematician. They can go on about it forever.

Knock! Knock! *Who's there?* Decode. Decode who? Decode is getting worse, open up!

Geology rocks, but geography is where it's at.

Answers

Trivia answers: 1. Zambesi (Zambesi) 2. Men's tennis 3. Fiji 4. Chalk 5. 212 F (100 C)

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

THOSE GUYS GARAGE

All services performed by qualified service technicians

587-456-0164

Family Owned and Operated

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

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”

LIEBE ZENTTRUM

“The Canadian Wellness Centre”

Offers:

- Registered Massage Therapy
- Osteopathic Therapy
- Certified Reflexology
- UEM Method (Chakra's Energy Transfer Therapy)

ANNIVERSARY SPECIAL!

Purchase two prepaid sessions of services, get 50% off on the second session!

825-450-1318 | www.liebezentrum108.ca

FREE ROLLING TRAY

WHEN YOU PRESENT THIS COUPON

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

99 WYE ROAD 420 **BUBONIC KRONIK** SHERWOOD PARK

ECIGS VAPORIZORS BONGS

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

leslie@joyinmortgages.ca • www.joyinmortgages.ca

SNOW REMOVAL

780-922-4619

THREE SEASONS LANDSCAPING LTD.

www.ThreeSeasonsLandscaping.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