

**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

Sonia Sells!

SONIA TARABAY
#1 AGENT
RE/MAX ELITE (2017 - 2021)
780.707.6015
SONIASSELLS.COM

**Professional Help for
All Home & Property Needs!**



HELPING HANDS
PROPERTY SERVICES
www.hhpropertyservices.ca

780.570.0720 | info@hhpropertyservices.ca

	Handyperson Services & Renovations
	Property Maintenance
	Vacant Home/Property Insurance Checks
	Home & Property Inspections

10% OFF FOR SENIORS & MILITARY

Exclusive Offer!

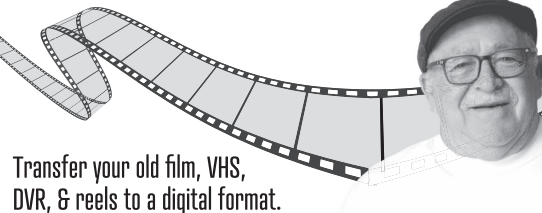


Frontline
web consulting
(780) 760-6922
FRONTLINECONSULTING.COM

Coffee News Readers - Receive \$100 OFF their Website Development!
*Mention this ad to redeem!



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

ART CLASSES



* Drawing * Painting * Sculpture * Portfolio Preparation
#126 150 Chippewa Road (upstairs) Sherwood Park

LIMITED ENROLLMENT - REGISTER TODAY

780.449.3824

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

Personalized Investment Advice



CALL TOM, OUR MUTUAL FUND INVESTMENT SPECIALIST

Tom Ciezki Agencies
Tom Ciezki - 780.464.3279
Tom_Ciezki_Agencies@cooperators.ca



CHOOSE TOM CIEZKI AGENCIES TO HELP YOU ACHIEVE YOUR FINANCIAL GOALS

The World's #1 Restaurant Publication!

FREE!

New Issue Every Week!

Coffee News

"News To Be Enjoyed Over Coffee"



www.coffee-news.ca

Sherwood Park South 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

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!

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

...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.

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

**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

www.joyinmortgages.ca • www.joyinmortgages.ca

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

ASTER GARDENS
An OPTIMA LIVING Community

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.

astergardens.ca/memory-care
7 Brower Dr, Sherwood Park, AB

780.902.7837

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

Investing in Community to Strengthen Community

Your neighbourhood thrift store with heart!

201 Athabasca Ave. Sherwood Park
780.464.7786
www.countyclothes-line.com

County Clothes-Line Foundation
Improving Sherwood Park One Donation at a Time

CELEBRATING 40 YEARS OF GIVING

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 • VAPORIZERS • BONGS

Do you have a favourite quilt that needs repair?

Longarm Quilting Services

Offering a variety of quilting services

- Longarm Quilting • Digital Edge2Edge
- Competitive Rates
- Friendly Environment

Free Quote!

780.554.1350 | reidse@shaw.ca

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)

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"

SNOW REMOVAL

780-922-4619

THREE SEASONS LANDSCAPING LTD.

www.ThreeSeasonsLandscaping.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 | eesecuritysolutions.ca



LIEBE ZENTTRUM
"The Canadian Wellness Centre"

#590 800 Broadmoor Blvd.

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!

* When you bring in this ad, Offer expires 04.03.23.

825-450-1318 | www.liebezentrum108.ca

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



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

CHRISTENSON COMMUNITIES



Scan QR Code

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. 5,212 F (100 C)

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

THE TODAY CENTRE

Family violence help starts today

PROVIDING IMMEDIATE, INCLUSIVE, INTEGRATED SERVICES FOR THOSE IMPACTED BY FAMILY VIOLENCE

780.455.6880
www.thetodaycentre.ca

Experiencing family violence and don't know where to turn?
We can help.
Find the road to healing at The Today Centre.



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!



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



NOW ACCEPTING NEW CLIENTS

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)



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



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

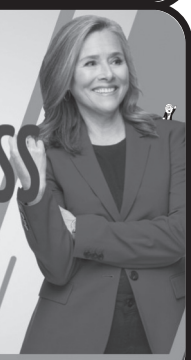
SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



25 WORDS OR LESS

WEEKDAYS 3PM

yesTV



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

