

TRINITY
Baptist Church

Serving the community for over 40 years.
10:30 AM Sunday Worship Service

www.tbcsherwoodpark.ca
780-464-4040

Fast on Baseline; First left after Hwy 21
22550 Twp Road 530, Sherwood Park, AB

FREE! New Issue Every Week!
Coffee News[®]
"News To Be Enjoyed Over Coffee"

Sherwood Park South Edition
780-220-6397

www.coffee-news.ca Est. 1988

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

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500
YEARLY TAX CREDIT
\$30,000
LUMP SUM REFUND

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 Village
Centre in the Park

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

SNOW REMOVAL
780-922-4619
THREE SEASONS LANDSCAPING LTD.
www.ThreeSeasonsLandscaping.ca

IF WATER RUNS THROUGH IT, WE DO IT!
LUC'S PLUMBING INC.
Your Local Plumber
CERTIFIED GASFITTER
780-405-0436
lucsplumbinginc@gmail.com

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!

PSC Prairie Scented Candles
Sunset Scents a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

THOSE GUYS GARAGE
NOW ACCEPTING NEW CLIENTS

All services performed by qualified service technicians
587-456-0164 Family Owned and Operated
241 Portage Close, Unit 140 (across from Atco Gas)

www.scubagearcanada.ca

Vol. 20 No. 12 March 20, 2023

Everybody's Talking

Tiny tail: One breed of cat has been loved by people in Japan for centuries. Called the Japanese bobtail, this feline's tail is much shorter than other breeds, looking a bit like a bunny's tail. They have strong hind legs and can jump to high perches. These cats once were prized for their ability to control the rodent population, especially in silkworm barns; in temples, they kept rats away from rice paper scrolls. They are known as lovable, intelligent animals who make good pets, and can even be taught to fetch! Owners can enjoy "conversations" with them as they like to verbally respond. Rarely found outside of Japan, the Japanese bobtail is expensive to purchase from a breeder.

Fast service: A restaurant in Guadalajara, Mexico, is known for having the fastest service available anywhere. In fact, Karnes Garibaldi holds a Guinness World Record for the feat of getting an order to the table in 13.5 seconds. The way it's done is through excellent training of their servers, and by having the slow-cooked specialties ready to go. One of the restaurant's specialties is carne en su jugo, which means "meat in its juice." Other favourites are refried beans and enfrijoladas (fried tortillas covered in beans). The fast and efficient process of getting the dishes plated and on the table has amazed many of the restaurant's patrons.

Caught again: An escaped criminal, who had been in hiding with a new name for 20 years, was finally caught with the help of Google Maps Street View. Gioacchino Gammino was discovered in the town of Galapagar, located not far from Madrid, Spain. Investigators suspected that the gangster was in the area, and they confirmed it through the photo on the map site. Gammino had been working in a local restaurant as a chef and had not even called his family for many years. The convict had somehow escaped from the Rebibbia jail in Rome. A scar on his face was an identifying feature that helped with his identification.

Peter Rabbit creator: Many people know and love the children's stories of author Beatrix Potter (1866-1943), whose numerous publications include The Tailor of Gloucester and The Tale of Peter Rabbit. Not only was Potter a writer, she was an artist, scientist, and conservationist, too. The Victoria and Albert Museum in London, England, has featured multiple exhibitions of her work. A recent one was called "Beatrix Potter: Drawn to Nature," and the show displayed her diaries written in code, illustrations she drew as a child, and clothes, letters, and other items from her family life in London. There was even a photograph of the author at age 15, with her dog.

Quoteable Quotes

"Optimism is the one quality more associated with success and happiness than any other."
—Brian Tracy

"Happiness is not something ready-made. It comes from your own actions."
—Dalai Lama

What's Happening

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 does a chirogymnast device do?
2. The New Stone Age, beginning about 10,000 BCE, is also called what?
3. Where is Manning Strait—Solomon Islands, Bering Sea, Mediterranean Sea?
4. When did Western Samoa become independent from New Zealand?
5. In Roman mythology, he was the twin brother of Remus.

(Flip bottom of page for answers)

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

THIS SPACE FOR RENT
780-220-6397

Real Estate | Wills | Contracts

HOMESTEAD
LAW
Tamara D. Eppe B.A., J.D.
780.243.2116
www.homesteadlaw.ca

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"

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

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

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

780.554.1350 | reidse@shaw.ca

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

Life's busy. We can help.

Kitchens • Bathrooms • Bedrooms
Dusting • Mopping • Vacuuming

Maids of Sherwood

780.604.0528 maidssofsherwood@gmail.com

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

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.

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**

FREE ROLLING TRAY
- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

420
BUBONIC KRONIK SHERWOOD PARK
ECIGS VAPORIZERS BONGS

99 WYE ROAD

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

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

WHEEL OF FORTUNE
WEEKNIGHTS 7PM/6PST
yesTV

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

Your Weekly Horoscope

ARIES
(March 21 - April 20)

During the next month, the Sun will return to the same position as at your birth. This is an annual reset moment. What do you want to accomplish this solar year? Lucky numbers: 9, 18, 24, 36, 44, 48.

TAURUS
(April 21 - May 21)

Early in the week is conducive to getting out and socializing with others. A few days later, you may want to nest at home, so take advantage of the opportunity. Lucky numbers: 8, 14, 18, 20, 23, 26.

GEMINI
(May 22 - June 21)

Geminis often approach their interactions with others from a mental perspective. If you work at it, you may now have an opportunity to expand your persona to be more nurturing. Lucky numbers: 5, 7, 9, 12, 13, 43.

CANCER
(June 22 - July 22)

Are you angry about an unresolved situation? Try to be careful about it blowing up over the next two months. How might you proactively work with others to find a resolution? Lucky numbers: 6, 9, 17, 18, 33, 45.

LEO
(July 23 - Aug. 23)

Leos are known for their confidence. You are entering an era that might test that and reshape your sense of self. The more self-aware you are, the easier this may be. Lucky numbers: 12, 18, 19, 26, 33, 42.

VIRGO
(Aug. 24 - Sept. 23)

You may find your emotions focused on the idea of mothering. Your role could be as a mother or as a child. You might be going back over old territory. Lucky numbers: 4, 9, 13, 15, 24, 42.

LIBRA
(Sept. 24 - Oct. 23)

At the beginning of the week, you may feel a high level of ambition to make a change. Now might be a good time to develop a plan of action for that. Lucky numbers: 7, 8, 11, 22, 36, 46.

SCORPIO
(Oct. 24 - Nov. 22)

At midweek, you may experience a situation where your mind denies the impressions of your intuition. If you allow this conflict to simmer, it might pass in a few days. Lucky numbers: 3, 6, 8, 26, 38, 43.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Spirituality is an important focus for many Sagittarians. Now you may find multiple opportunities in this regard, both for your soul growth and that of humanity in general. Lucky numbers: 2, 16, 18, 22, 37, 41.

CAPRICORN
(Dec. 22 - Jan. 20)

You may want to review how your life and your sense of self have changed since 2008. What do you want to keep and what do you want to let go? Lucky numbers: 10, 18, 24, 38, 44, 46.

AQUARIUS
(Jan. 21 - Feb. 19)

A major theme for Aquarius is humanity's evolution. For the next two months, you may get a sense of how this could play out for you over the next decade. Lucky numbers: 8, 13, 18, 21, 30, 32.

PISCES
(Feb. 20 - March 20)

The challenge for Pisces at this time may be to increase the discipline and structure in your life. The universe is providing energy now for you to begin to do so. Lucky numbers: 1, 13, 27, 35, 39, 47.

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

Did You Know...

Mushroom madness: "Burn morels" are mushrooms that grow exclusively in burned conifer forest areas in the western United States. Many mushroom foragers scour burned areas to find the delicacy.

Fabric fight: During World War II, wool, silk, and other materials were rationed or unavailable. Clothing made of alternate fabrics became common, such as viscose, rayon, or fabric found in the home, like curtains.

Bothersome thumb: A common spot for osteoarthritis is the thumb joint. The associated pain can make opening jars or turning doorknobs difficult. Treatments include medications and the use of a splint to stabilize the thumb.

Race horse: Seabiscuit was a famous racehorse during the Great Depression in the 1930s. He won 33 of the 89 races in which he participated. He was the father of 108 foals.

Colourful place: At Pigment, an art store in Tokyo, artists can find thousands of colours in the form of pigment, a concentrated dust that is used to give colour to such things as paint, fabric, and ink.

On the Lighter Side

Gardeners hate weeds because if you give them an inch, they'll take a yard.

Knock! Knock! Who's there? Myth. Myth who? I myth you when you're gone.

Did you hear about the restaurant on the moon? The food is good but it has no atmosphere.

Juliet: "Romeo, oh Romeo, wherefore art thou?"
Romeo: "Down here in the flowers. The trellis broke!"

How does Big Foot tell time? With a Sasquatch.

Answers

Trivia answers: Exercises pianists' fingers 2. Neolithic 3. Solomon Islands 4. 1962 5. Romulus

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

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

Exclusive Offer!

Coffee News Readers - Receive \$100 OFF their Website Development!

*Mention this ad to redeem!

Frontline
web consulting
(780) 760-6922
FRONTLINE@FRONTLINE.CA

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

Professional Help for All Home & Property Needs!

HELPING HANDS PROPERTY SERVICES
www.hhpropertieservices.ca

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

100% OFF FOR SENIORS & MILITARY

780.570.0720 | info@hhpropertieservices.ca

"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

LOCALLY OWNED AND OPERATED

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

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

COLD SHOT
A DIVISION OF BALMARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

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

Affordable-Effective-Exclusive-CALL NOW!