

**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




**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

# FLAT RATE ALFA TAXI®

SERVING SHERWOOD PARK AND AREA

## 780.410.0667

Toll Free 1.855.688.2941 **24 HR. SERVICE**

Reasonable flat rate to Airport - \$50

**When YOU Get Paid We Get Paid**

We're Here To Handle The Legal Complexity For You!

## Braithwaite Boyle Injury Law

800-440-8298

**It's The Only Law We Do - Since 1986**

**Free Initial Consultation**

Offices in: Edmonton, Red Deer, and Calgary

**WIN** one of three \$400 prepaid Visa cards awarded monthly

Scan Once Weekly for Max. Entries

For contest rules and recent winners, visit [www.accidentinjurylawyer.com/coffeenews](http://www.accidentinjurylawyer.com/coffeenews)




Vol. 20 No. 14 April 3, 2023

## Everybody's Talking

**Food history:** For someone who not only likes food but enjoys learning about its history, a museum called LA Plaza Cocina may be a place to visit. Part of a larger cultural centre called LA Plaza de Cultura y Artes and calling itself the first museum dedicated to Mexican food, LA Plaza Cocina's purpose is to reveal the long history of the cuisine. Visitors to the location in downtown Los Angeles, California (U.S.), can view tools and utensils used in the distant past and discover how maize and other ingredients became important parts of the country's dishes. The museum offers cooking classes and has a shop with cookbooks, gifts, and traditional kitchenware for preparing Mexico's classic foods.

**Bats and bugs:** Two libraries in Portugal, both caretakers of invaluable, centuries-old manuscripts, have an extraordinary way to keep bugs from damaging the pages of their books: colonies of bats live in the rafters, swooping down at night to eat flies and other pests. The bats are thought to have lived for centuries at the Joanina Library at the University of Coimbra, in central Portugal, and at the National Palace of Mafra library, near Lisbon. Their presence has always been welcome. The bats at both libraries exit through open windows to find water, then come back to the libraries to roost. These bat colonies provide the institutions with a natural way to preserve their precious, ancient holdings.

**Big bucks:** Boarding schools are usually fairly expensive, but few cost as much as Institut Le Rosey in Switzerland. It welcomes students from all over the world, provided their parents can pay tuition of between CHF 87,000 and 119,000. One of the school's two campuses is in the Chateau du Rosey estate in Rolle (for the spring, summer, and fall terms), while the other is located at the ski resort of Gstaad (for the winter term). Founded in 1880, the co-ed Institut Le Rosey has many famous alumni, including kings, princes, and other world leaders. Students at this exclusive school range in age from 8 to 18, and many of them go on to prestigious universities.

**Cat-loving artist:** There is no question that Louis Wain (1860-1939) loved cats; the artist from London, England, loved to draw and paint them. He would put an amusing, human touch on the felines, depicting them dancing on their hind feet, playing musical instruments, making speeches, and singing carols. The artist spent a few years of his life in the Bethlem Royal Hospital in southeast England. The hospital is showing an exhibition of his work. Recently, a film was made about the artist's life, entitled The Electrical Life of Louis Wain. It starred English actors Benedict Cumberbatch as Wain and Claire Foy as Emily, his wife.

**COLD SHOT**  
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

## PASSENGER & PARCEL SERVICES

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: [www.coldshotca.com](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



Real Estate | Wills | Contracts

## HOMESTEAD LAW

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

780.243.2116  
[www.homesteadlaw.ca](http://www.homesteadlaw.ca)

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"



# 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](http://www.tbcsherwoodpark.ca)

780-464-4040

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



**We've got you covered!**

CALL FOR YOUR FREE ESTIMATE TODAY

Serving Edmonton and Area for Generations

## ALF'S ROOFING

780.464.6464

- Specializing in residential re-roofing
- Visit our showroom today
- In business since 1976

[alfsroofing.com](http://alfsroofing.com)



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)



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



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](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)



## 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**



**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](http://astergardens.ca/memory-care)  
7 Brower Dr, Sherwood Park, AB **780.902.7837**




## Quoteable Quotes

"The greatest mistake you can make in life is to be continually fearing that you'll make one."  
—Elbert Hubbard

"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us."  
—Joseph Campbell

## What's Happening

**Apr 29-30 - Melodies at the Manor** Join the South East Edmonton Seniors Association as they present Melodies at the Manor on the 29th 7pm and the 30th 1pm. Visit [seesa.ca](http://seesa.ca) for more information

**Apr 22 - Free Clothing Exchange** Join us on Saturday 10:30 am -12:30 pm at Sherwood Park Alliance Church. Everyone is welcome. It is not necessary to contribute in order to receive. Drop off donations at the South gym after 4 pm on April 22 until 11 am on April 23. Info: 780 467-8404.

NON profit organizations may submit events for FREE at [www.coffee-news.ca](http://www.coffee-news.ca)

**Hidden Coffee News Guy ADVENTURE**

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!

**\$400\* Prize Package**  
\*Coffee News Bucks  
Over 150 participating sponsors!

...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.

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

# 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](http://www.liebezentrum108.ca)**



## Sonia Sells!

**SONIA TARABAY**

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

**780.707.6015**  
[SONIASSELLS.COM](http://SONIASSELLS.COM)



## Trivia

- When was Guinness Book of World Records first published?
- In which ocean is the island nation of Tuvalu?
- Athlete Sonja Henie competed in gymnastics, figure skating, or archery?
- What is bauxite?
- John Montagu claimed to have invented what?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

**(Over)**



**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

**ART CLASSES**

*Artfully Yours* School of Fine Art

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

#126  
150 Chippewa Road (upstairs)  
Sherwood Park

LIMITED ENROLLMENT - REGISTER TODAY

780.449.3824

info@artfullyyoursschool.ca  
artfullyyoursschool.ca

GIFT CERTIFICATES AVAILABLE!

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

THE WESTERN INSTITUTE OF EMERGENCY EDUCATION

CALL OR BOOK ONLINE, GET STARTED TODAY!

232-2755 Broadmoor Blvd. Sherwood Park

780.643.6163 | www.emergencyed.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

**BLUE BLOODS**

MON - THURS 9:00

yesTV

**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

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

**HELPING HANDS PROPERTY SERVICES**

www.hhpropertieservices.ca

780.570.0720 | info@hhpropertieservices.ca

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

10% OFF FOR SENIORS & MILITARY

**"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

# Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)

Aries are usually confident about their strengths and abilities. But you may be feeling discouraged right now. This might not last long, so try not to let it get you down. Lucky numbers: 9, 16, 21, 28, 29, 34.

**TAURUS**  
(April 21 - May 21)

Are you suddenly feeling eager to go on a journey? Consider planning a local trip that you can do quickly, during the short period that this energy may be in play. Lucky numbers: 11, 14, 15, 17, 35, 45.

**GEMINI**  
(May 22 - June 21)

Geminis usually are capable of quickly plucking a lot of information out of the ether. This week, though, you might want to slowly sift through that data before making any decisions. Lucky numbers: 5, 13, 27, 28, 43, 44.

**CANCER**  
(June 22 - July 22)

Are you feeling that the concerns you have expressed about a situation are not being heard? Consider trying again at week's end, and your argument may finally break through to others. Lucky numbers: 3, 4, 6, 11, 14, 15.

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

Try to be sure that your interactions with others reflect your integrity, especially early in the week. If you don't, you may risk damaging your reputation and relationship with those involved. Lucky numbers: 12, 18, 33, 39, 41, 44.

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

Virgos usually can work patiently at difficult projects. Early in the week, the energy may support you in doing so. Try not to let any insecurities get in the way. Lucky numbers: 6, 14, 17, 22, 24, 40.

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

Look back over the last six months. What projects are ready to be brought to completion? This can free you up to begin to plan your next phase of activities. Lucky numbers: 7, 9, 10, 13, 33, 48.

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

Your intuitive antenna may ping wildly toward the end of the week. If you can, try retreating from the world for a few days. This might be beneficial for your emotions. Lucky numbers: 2, 5, 7, 37, 45, 47.

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

Does your enthusiasm lead you to impulsive conversations with others? For the next few months, you may want to make an adjustment, and slow down when talking with them. Lucky numbers: 17, 23, 33, 36, 39, 47.

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

Capricorns generally project a stable persona to others. The energy late this week enhances this image and might reassure others in your orbit that you can be relied upon. Lucky numbers: 5, 6, 15, 17, 19, 40.

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

Aquarius can often address situations with many theoretical ideas. Early in the week, you may have an opportunity to take a more grounded approach, which others might be likely to appreciate. Lucky numbers: 15, 25, 26, 29, 34, 43.

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

Pisces sometimes look at people and events through rose-coloured glasses. At week's end, you may be faced with a more realistic view regarding someone or something that you love. Lucky numbers: 10, 23, 29, 30, 31, 36.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 17.

## Did You Know...

**Long career:** British actress Angela Lansbury (1925-2022) was well known for her various Broadway and movie roles. However, she'll be remembered as crime novelist Jessica Fletcher in the television series, *Murder, She Wrote*.

**Good horse:** Horse lovers say the Appaloosa breed is wonderful to own because of its gentle, friendly disposition. These horses have spotted coats of colourful patterns, and are intelligent and loyal.

**Eye to behold:** The Richat Structure is in western Mauritania. From the air, concentric rings of rock in this Sahara Desert landform look like a blue bull's-eye. The diameter of the "Eye of the Sahara" is about 40 kilometres (25 mi.).

**Orange tint:** Like ginger, turmeric is a root plant. With only a teaspoon or two, the dried or powdered form flavours many dishes in Southeast Asia and India with its peppery, bitter, and earthy taste.

**Healthy skin:** As people age, their skin may become drier because oil glands become less active. Therefore, dermatologists recommend giving the skin a boost by using moisturizer, which helps with hydration.

## On the Lighter Side

What do you call an alligator in a vest? An investigator.

Customer: "Waiter, this soup tastes funny."  
Waiter: "Then why aren't you laughing?"

What do you call a tiny onion? A minion.

Take it from a scientist: never believe atoms. They make up everything.

Knock! Knock! *Who's there?* Tick. Tick *who?* Is tock there? It's time we got back together!

**Answers**  
4. Aluminium ore 5. Sandwitch  
**Trivia answers:** 1. 1955 2. Pacific 3. Figure skating

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

The World's #1 Restaurant Publication!

**SNOW REMOVAL**

780-922-4619

**THREE SEASONS LANDSCAPING LTD.**

www.ThreeSeasonsLandscaping.ca

**SAVE YOUR FAMILY memories**

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

For more information & pricing email: [info@thecreativehive.ca](mailto:info@thecreativehive.ca)

780.996.7510 | www.hive-media.com

**Personalized Investment Advice**

CALL TOM, OUR MUTUAL FUND INVESTMENT SPECIALIST

**Tom Ciezki Agencies**

Tom Ciezki - 780.464.3279  
[Tom\\_Ciezki\\_Agencies@cooperators.ca](mailto:Tom_Ciezki_Agencies@cooperators.ca)

**co-operators**  
Investing in your future. Together.™

CHOOSE TOM CIEZKI AGENCIES TO HELP YOU ACHIEVE YOUR FINANCIAL GOALS

**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

**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

IF WATER RUNS THROUGH IT, WE DO IT!

**LUC'S PLUMBING INC.**

Your Local Plumber

CERTIFIED GASFITTER

780-405-0436  
[lucsplumbinginc@gmail.com](mailto:lucsplumbinginc@gmail.com)

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

**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.

SCAN ME

Contact us today for your FREE no obligation consultation!

Frontline 780.760.6922

www.scubagearcanada.ca