

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

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

Injured? Now What? We Help - A Lot!

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/coffeeneews

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

RETIREMENT LIVING CHRISTENSON
 Optional Meals • Personalized Services • On-Site Care

Join Our Vibrant Community

Bedford Village
 Centre in the Park
 SHERWOOD PARK

Full Kitchens • Social & Recreation • U/G Parking
 161 Festival Way, Sherwood Park
 780-540-9500
 CDLhomes.com

Vol. 20 No. 24 June 12, 2023

Everybody's Talking

Burnt offerings: Crusty on the outside and chewy on the inside sound like a perfect combination for dinner rolls. However, the bread product in question is known as "heavy-fired" or "well-fired" rolls, and they can be as black as extremely burnt toast on the outside. Bakeries in Scotland have made these buns for many decades, and often sell out of their day's supply early in the morning. Some people love the charred offerings, finding them addictive. Others think the buns are a huge joke, wondering how a bakery could possibly get away with burning their wares, and then selling them. There is even some debate about whether the burnt tops are carcinogenic.

Meme mark: Anyone who subscribes to a stock photograph site can obtain an image and use it for their own purposes, such as to accompany a magazine article or illustrate a concept in an advertisement. But a man from Molins de Rei near Barcelona, Spain, was surprised to discover that his face had become a meme for "the worst person you know." It happened because Josep Maria Garcia had submitted his portrait to a photo site, where it was picked up and used to accompany a satirical magazine article. After getting used to the idea, Garcia decided to joke about it, as he knows he is not a bad person

Walking dog: A dog from Ouray, Colorado (U.S.), is a celebrity, but not as part of a circus act. Dexter, a Brittany spaniel and beloved pet of Kentee Pasek, walks on his two hind legs. It's not a trick. As a pup, Dexter was injured in a mishap with a car, leaving him with the use of only his hind legs. Pasek got him a doggy wheelchair, but before long, Dexter had abandoned the chair in favour of walking upright on his hind legs. Today, he is well known through social media and by taking part in parades. His loving human takes good care of him and ensures that Dexter regularly sees the vet for check ups.

Dumpling drink: Lots of people enjoy eating gyoza, which are fried, boiled, or steamed meat dumplings that originated in China, where they are called jiaozi. Usually spiked with a bit of chili, ginger, and garlic, they are served with a vinegary sauce, making the flavour combination quite satisfying. A beverage company in Japan launched a soda they claimed tastes like gyoza, but the feedback has been mixed. Many people find the taste incongruent with a carbonated beverage, and say they prefer to eat their gyoza, not drink it. The bottled soda does attract the curious, who might dare friends and family members to give it a try.

Quoteable Quotes

"Stand for something or you will fall for anything." —Rosa Parks
 "You can make more friends...by becoming interested in other people than you can...by trying to get other people interested in you." — Dale Carnegie

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.

Investing in Community to Strengthen Community

Your neighbourhood thrift store with heart!

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

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

CELEBRATING 40 YEARS OF GIVING

THIS SPACE FOR RENT

780-220-6397

Do you have a favourite quilt that needs repair?

Longarm Quilting Services

QUILTING

Offering a variety of quilting services

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

780.554.1350 | reidse@shaw.ca

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

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

"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 | eecuritysolutions.ca

LOCALLY OWNED AND OPERATED

ART CLASSES

Artfully Yours
 School of Fine Art

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

#126 150 Chippewa Road (upstairs) Sherwood Park

LIMITED ENROLMENT - REGISTER TODAY

780.449.3824

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

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

the MAKERS keep

A local collective boutique with over 350 vendors from all across Alberta!

112, 2755 Broadmoor Blvd Sherwood Park
 @tmksherwoodpark @themakerskeep

587.200.0473
www.themakerskeep.com

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

- Trivia**
1. _____ is when a caterpillar transforms into a butterfly.
 2. A hock, knee, or elbow joint connects a chicken's drumstick and ankle joint?
 3. This is a large body of ice that moves over land.
 4. The Battle of Waterloo was fought in present-day England, Belgium, or France?
 5. What is a southerly buster?

(Flip bottom of page for answers)

Professional Help for All Home & Property Needs!



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

HELPING HANDS PROPERTY SERVICES
www.hhpropertyservices.ca
780.570.0720 | info@hhpropertyservices.ca

10% OFF FOR SENIORS & MILITARY

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!

FREE ROLLING TRAY
- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

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



Joy MORTGAGES KEystone MORTGAGE CONSULTANT @JoyInMortgages
leslie@joyinmortgages.ca • www.joyinmortgages.ca

SENIORS & CAREGIVERS SUPPORT

PEACE OF MIND CONCIERGE
Never enough hours in the day? Let us help.

SERVICES SPECIFICALLY DESIGNED FOR YOU:

- Personal Assistant
- Problem Solving
- Advocacy
- Companionship
- Housesitting
- Home Organization

CONTACT US FOR A FREE CONSULTATION!



Tammy Lautner, RSW
Founder/Owner

780.720.3035 www.peacemindconciierge.com
CUSTOMIZED & FLEXIBLE TO FIT YOUR NEEDS.

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"

WHEEL OF FORTUNE
WEEKNIGHTS 7PM/6PST
yesTV

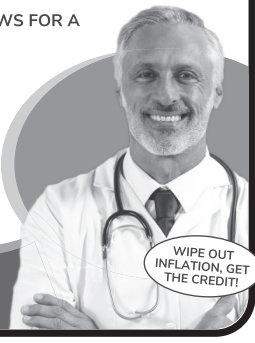


HIP OR KNEE REPLACEMENT?
THE DISABILITY TAX CREDIT ALLOWS FOR A

\$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


WIPE OUT INFLATION, GET THE CREDIT!

Your Weekly Horoscope


ARIES
(March 20 - April 19)

 Be aware of your mood, especially at the beginning of the week, particularly your temper. If you are feeling aggressive toward others, look inward rather than starting an argument. Lucky numbers: 8, 19, 22, 28, 35, 43.


TAURUS
(April 20 - May 20)

 This week may present a new opportunity for you to manifest something that advances your personal philosophy or beliefs. If you don't actively seek it out, it might pass by. Lucky numbers: 4, 5, 17, 25, 35, 36.


GEMINI
(May 21 - June 20)

 At midweek, you may have an opportunity to set a new intention and develop a plan around it. This may require that you focus and decide among a group of options. Lucky numbers: 2, 3, 9, 18, 24, 47.


CANCER
(June 21 - July 21)

 Emotions are usually close to the surface for Cancers. This may be especially true at the end of the week. Take deep breaths and wait for these feelings to subside. Lucky numbers: 11, 16, 31, 36, 37, 41.


LEO
(July 22 - Aug. 22)

 Leos have a natural charisma that may be highlighted now in conversations with others. If you are looking for assistance, this may be the right time to ask for it. Lucky numbers: 9, 12, 18, 39, 40, 43.


VIRGO
(Aug. 23 - Sept. 22)

 A nine-month phase is ending. The focus may have been on your role as a mother and/or as a child. What have you learned? How can it improve your relationships? Lucky numbers: 6, 7, 8, 20, 36, 37.

LIBRA
(Sept. 23 - Oct. 22)

 Balance is an important theme for Libras. The start of this week may highlight an imbalance in your life. It may be within yourself or in a relationship with others. Lucky numbers: 5, 8, 22, 34, 37, 46.

SCORPIO
(Oct. 23 - Nov. 21)

 For the past two-plus years, you may have felt pressured by an old karmic pattern. While this dynamic is ending soon, the pattern won't end if you haven't addressed it. Lucky numbers: 14, 16, 17, 26, 35, 40.


SAGITTARIUS
(Nov. 22 - Dec. 20)

 At the end of the week, your mind and emotions may be out of sync. Perhaps you want to postpone important decisions for a few days until this disconnect passes. Lucky numbers: 15, 26, 28, 29, 34, 37.


CAPRICORN
(Dec. 21 - Jan. 19)

 There may be an opportunity toward the end of the week to step outside the comfort zone of your stable Capricorn nature. You might see the situation from a new angle. Lucky numbers: 1, 5, 7, 14, 24, 28.

AQUARIUS
(Jan. 20 - Feb. 18)

 For the last month, your focus may have been on your career or legacy. Now is the last week of this dynamic, so it is time to consolidate any gains. Lucky numbers: 3, 6, 18, 27, 31, 47.

PISCES
(Feb. 19 - March 19)

 You may be feeling stuck, but this could give you an opportunity to see the details of an old personality issue. How might you make a positive adjustment related to it? Lucky numbers: 7, 8, 13, 18, 19, 34.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 9.

Did You Know...

Magical place: Parque Francisco Alvarado in Zarcero, Costa Rica, is quite a sight. That's because gardener and artist Evangelisto Blanco shapes hedges and shrubs into all manner of magical and abstract figures, such as animals, people, and archways.

Sweet heat: The datil pepper is grown near St. Augustine, Florida (U.S.). It is quite hot, like a habanero, with a sweet, fruity flavour. Cooks like to use these peppers in hot sauces, pickles, and mustards.

Upright duck: A certain breed of duck actually looks more like a penguin. The Indian Runner duck's posture is upright. Rather than waddling, they can run but they cannot fly. They are raised mostly for their egg production.

Safest shelter: If a tornado is coming your way, the best place to shelter is in a basement or on the lowest level of the house or building. Choose a room without windows, such as a bathroom or closet.

The best: Only three movies have won all of the five major Academy Awards: Best Picture, Best Director, Best Screenplay, Best Actor, Best Actress. They are *It Happened One Night* (1934), *One Flew Over the Cuckoo's Nest* (1975), and *Silence of the Lambs* (1991).

On the Lighter Side

Knock! Knock! Who's there? Ooze. Ooze who? Ooze been telling you these terrible jokes?

We hired a doormaker the other day. She really knew how to make an entrance.

Bill: "What do you think of artificial respiration?"

Will: "I'd rather have the real one."

A fisherman baits his hooks, but a bad student hates his books.

The chocolate lover moved to Canada. She heard it was full of mousse!

Answers

Trivia answers: 1. Metamorphosis 2. Hock 3. Glacier 4. Belgium 5. Strong southerly wind

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

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)

ALBERTA LIBERAL



Looking for Volunteers to Move Alberta Forward and be a part of the Generational Change

Jacob Stacey

AUTHORIZED BY THE SHERWOOD PARK LIBERAL CONSTITUENCY

www.sherwoodparkliberalconstituencyal.ca

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

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



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 | APPROACHABLE | AFFORDABLE

Keeping Edmonton Cool

Residential A/C and Furnace Service and Repairs



Edmonton Furnace Repair

825-474-4328 (HEAT)
www.edmontonfurnace.repair

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

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 certified

www.ThreeSeasonsLandscaping.ca