

**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

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

**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](http://www.sherwoodparkliberalconstituencyal.ca)

**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.countyclotesh-line.com](http://www.countyclotesh-line.com)

CELEBRATING 40 YEARS OF GIVING

**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

**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](http://www.ThreeSeasonsLandscaping.ca)

**Sonia Sells!**

**SONIA TARABAY**  
#1 AGENT  
RE/MAX ELITE (2017 - 2022)  
780.707.6015  
[SONIASSELLS.COM](http://SONIASSELLS.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!**

**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](http://www.parkdentalcare.ca)

We are pleased to announce that Dr. Sabrina Atwal has joined our team

**FREE!** New Issue Every Week!

**Coffee News**<sup>®</sup>  
"News To Be Enjoyed Over Coffee"

Sherwood Park South Edition  
780-220-6397

[www.coffee-news.ca](http://www.coffee-news.ca) Est. 1988

Vol. 20 No. 25 June 19, 2023

**Everybody's Talking**

**Lying down:** Everyone knows about ski competitions, bicycle races, and running marathons, but the village of Brezna, Montenegro, has a unique one. During their "lying down competition," people lie down for as long as they can. The competition has taken place annually for over a decade; in 2022, the winner was Zarko Pejanovic. With the exception of allowable washroom breaks, this winner stayed prone for 60 hours, beating out his nine competitors. The unusual event started because organizers wanted to make fun of the stereotype that people from Montenegro are lazy. Pejanovic was happy to take first prize, which included 350 Euros in cash, plus other rewards.

**Balancing act:** Wang Yekun of Hong Kong really knows how to keep things in balance, quite literally! He puts various items on top of each other and figures out how to make them stay there. For example, he placed two bottles on the ground, positioned a third bottle on top of the first two, and then balanced a bicycle on top of the bottles. Other items he's used in his precarious arrangements include sewing machines, wrenches, gas cylinders, bricks, and cell phones. The skill started as a hobby, and now his patience has paid off. He has quite a following on social media by people who are amazed at his clever ability.

**Salty wall:** Although the action is not condoned by public health authorities, patrons of The Mission restaurant in Scottsdale, Arizona (U.S.), sometimes lick the establishment's walls. That's because the walls in question are made of Himalayan salt blocks. Owner Matt Carter got the idea to build pink salt walls after he visited a Chicago restaurant that boasted a room lined with salt rocks. He claims that he does not encourage his customers to stick out their tongues for a taste in his own restaurant, unless, of course, it is to lick the salt block that comes with the tortillas. Or patrons can buy a small block of Himalayan salt to take home with them.

**Screamer:** Ashley Peldon has a gift for screaming, and she is using it to make a living. Born in New York, N.Y. (U.S.), in 1984, Peldon has worked as a child actor in such shows as Guiding Light, That 70s Show, and Ghost World. Her ability to scream well has landed her voice roles in movies, television shows, and video games. In real life, people may scream for many reasons, including feeling emotions such as fear, rage, happiness, and grief. But an actor may not be able to scream on cue, regardless of their acting ability. That's where Peldon steps in, providing the exact feeling needed to make the scene come to life.

**Quoteable Quotes**

"Between what is said and not meant, and meant and not said, most of love is lost."  
—Kahlil Gibran

When you don't slow down by choice, your body can make you slow down by force."  
—Katrina Leggins

**What's Happening**

**June 20 - Rural Enviroservice Event** Stop by this Enviroservice event to drop off your unwanted computers, TVs and old paint! Taking place from 3-6pm at Fire Hall 2, 22142 South Cooking Lake Rd. More info at [strathcona.caruralenviro](http://strathcona.caruralenviro)

**June 23 to 24 - Ravenwood Music Festival** Enjoy two days of fantastic music, artist market, kids zone, beer tent, food trucks and more at an outdoor family orientated music festival, showcasing multiple genres of music. Visit [www.ravenwoodexperience.com](http://www.ravenwoodexperience.com) for more info

NON profit organizations may submit events for FREE at [www.coffee-news.ca](http://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](http://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. A triangle with at least two equal sides is equilateral, isosceles, or obtuse?
2. Backgammon originated near the Mediterranean Sea about 5,000 years ago—T/F?
3. A desert is one of the five kinds of biomes or climates?
4. Perseus, Heracles, or Apollo—who was the son of Zeus and Alcmene?
5. A grandfather clock is an analog or digital timepiece?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)

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

**RETIREMENT LIVING CHRISTENSON**

Optional Meals • Personalized Services • On-Site Care

**Join Our Vibrant Community**

**Bedford Village**  
Centre in the Park

Full Kitchens • Social & Recreation • U/G Parking

161 Festival Way, Sherwood Park

780-540-9500  
[CDLhomes.com](http://CDLhomes.com)

CHRISTENSON COMMUNITIES

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

**HELPING HANDS PROPERTY SERVICES**  
[www.hhpropertieservices.ca](http://www.hhpropertieservices.ca)

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

10% OFF FOR SENIORS & MILITARY

780.570.0720 | [info@hhpropertieservices.ca](mailto:info@hhpropertieservices.ca)

**Life's busy. We can help.**

Kitchens • Bathrooms • Bedrooms  
Dusting • Mopping • Vacuuming

**Maids of Sherwood**

780.604.0528 [maidsofsherwood@gmail.com](mailto:maidsofsherwood@gmail.com)

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

**When YOU Get Paid We Get Paid**

Over HALF A BILLION Recovered For Our Clients!

**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

YOUR CONTACT INFORMATION IS SAFE WITH US!

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

PROFESSIONAL | APPROACHABLE | AFFORDABLE

**Keeping Edmonton Cool**

Residential A/C and Furnace Service and Repairs

**Edmonton Furnace Repair**

825-474-4328 (HEAT)  
[www.edmontonfurnace.repair](http://www.edmontonfurnace.repair)

**ASTER GARDENS**  
An OPTIMAL 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 @themarkerskeep  
587.200.0473  
www.themarkerskeep.com

**HIP OR KNEE REPLACEMENT?**

THE DISABILITY TAX CREDIT ALLOWS FOR A **\$2,500 YEARLY TAX CREDIT** AND A **\$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!

**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!

**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

**FREE ROLLING TRAY**

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

420 SHERWOOD PARK  
**BUBONIC KRONIK**  
ECIGS VAPORIZORS BONGS

99 WYE ROAD

**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

**"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

# Your Weekly Horoscope

**ARIES (March 20 - April 19)**

You may have a good opportunity this week to address an old karmic wound. Try to have a conversation with someone who can help you find a resolution for this issue. Lucky numbers: 1, 7, 12, 14, 24, 37.

**TAURUS (April 20 - May 20)**

At midweek, keep your eyes open for a sudden or unexpected opportunity that may surface. Don't immediately reject it because it's unusual, but carefully examine the pros and cons. Lucky numbers: 2, 6, 16, 18, 39, 43.

**GEMINI (May 21 - June 20)**

Geminis can see many possibilities and can connect individual pieces into a cohesive whole. You are entering a period where you may be able to offer these skills in service to others. Lucky numbers: 6, 8, 17, 38, 41, 46.

**CANCER (June 21 - July 21)**

The Sun is returning this month to the position where it was when you were born. This provides an opportunity for you to set new goals and plans to achieve them. Lucky numbers: 8, 20, 30, 31, 35, 47.

**LEO (July 22 - Aug. 22)**

Your ambition level and ability to communicate your ideas effectively to others may be heightened right now. How do you want to use this dynamic to achieve your objectives? Lucky numbers: 12, 18, 38, 40, 42, 44.

**VIRGO (Aug. 23 - Sept. 22)**

Virgo has the ability to complete hard, detailed, and precise work that would be more difficult for other signs. This skill may be strengthened for you at the week's end. Lucky numbers: 5, 20, 31, 34, 40, 43.

**LIBRA (Sept. 23 - Oct. 22)**

You are entering an extended period where your focus may be on your role as a mother and/or as a child. This is an opportunity to address issues in this area. Lucky numbers: 11, 12, 19, 27, 34, 47.

**SCORPIO (Oct. 23 - Nov. 21)**

Have you experienced communication difficulties the last two weeks? Perhaps consider making an adjustment to your style. Remember that others aren't always ready to see the truth. Lucky numbers: 9, 10, 15, 19, 26, 36.

**SAGITTARIUS (Nov. 22 - Dec. 20)**

You are entering a period where your confidence may be challenged. Are there ways to adjust your behavior that could allow you to expand your sense of self? Lucky numbers: 10, 13, 23, 26, 30, 31.

**CAPRICORN (Dec. 21 - Jan. 19)**

Capricorns like to feel in control, but right now that may not be the case. You may find ways to adjust things that might allow you to be more flexible. Lucky numbers: 3, 13, 20, 30, 38, 46.

**AQUARIUS (Jan. 20 - Feb. 18)**

You may be very busy for the next few weeks. Plan time for relaxation if you become stressed. You are likely to be able to clearly communicate your ideas to others. Lucky numbers: 4, 5, 6, 22, 27, 47.

**PISCES (Feb. 19 - March 19)**

You may receive a lot of information right now, but it may be more confusing than clarifying. It may contain an opportunity, but be sure to review it carefully before deciding. Lucky numbers: 7, 14, 23, 26, 31, 40.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 30.

## Did You Know...

**Old tree:** The Alerce Costero National Park in Chile is the home of a very old tree, possibly the world's oldest. It's a Patagonian cypress known as *Gran Abuelo* ("great-grandfather") and is estimated to be almost 5,500 years old.

**Scenic road:** Only one road goes to a village called Cuevas del Agua in northern Spain. Travelers must drive on a narrow roadway that goes through a 300-metre (984-ft.) natural cave, complete with stalagmites and stalactites.

**Hear the sound:** When movie viewers hear raindrops pattering on a window or piano keys tinkling under someone's fingers, this is "diegetic" sound. The sound happens while the action takes place in the film; it is not added later.

**Multi-talented:** American musician Prince (1958-2016) played at least 27 instruments, including guitar, bass, piano, drums, and orchestral bells. He also wrote many hit songs performed by others, such as "Manic Monday" by The Bangles.

**Delightful sandwich:** A restaurant in Brookings, South Dakota (U.S.), serves a specialty of the state: pheasant sandwich. Made from the meat of this wild fowl, the restaurant's version also includes apples, cranberries, and pecans.

## On the Lighter Side

My brother got a job making telescopes. Things are really looking up.

Son: "Why did you buy this TV? It's stuck on full volume."  
Dad: "I know. It was so cheap, I couldn't turn it down."

Why are fish such terrible basketball players? They're afraid of the net.

The sheep all went into the barn together. They were tightly knit.

Knock! Knock! *Who's there?* Thermos. *Thermos who?* Thermos be a better joke than this one!

## Answers

**Trivia answers:** 1. Isosceles 2. True 3. Biomes 4. Heracles 5. Analog

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

**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.peacemindconcierge.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"

**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

**25 WORDS OR LESS**

WEEKDAYS 3PM

yesTV



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

**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

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

**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