

Affordable-Effective-Exclusive-CALL NOW!

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!

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

Life's busy. We can help.

Kitchens • Bathrooms • Bedrooms
Dusting • Mopping • Vacuuming

Maids of Sherwood

780.604.0528 maidsosherwood@gmail.com

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

We've got you covered!

Serving Edmonton and Area for Generations

ALF'S ROOFING

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

alfsroofing.com

CALL FOR YOUR FREE ESTIMATE TODAY



Security Cameras
Access Control
Special Orders
Tools
Network Hardware and Switches
AND MORE

<https://cdnsd.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

Joy MORTGAGES KEystone MORTGAGE BROKER @JoyInMortgages

leslie@joyinmortgages.ca • www.joyinmortgages.ca

We've moved...

VISIT US IN OUR NEW LOCATION!

Gifts and Gadgets

NOW AT 28-308 WESTGROVE DR., SPRUCE GROVE
BEHIND MCDONALD'S
YOUR ONE STOP KITCHEN AND GIFT SHOP
780.962.5220 | www.giftsandgadgets.ab.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

Vol. 20 No. 45 November 6, 2023

Everybody's Talking

Rock story: A young Canadian girl who likes to collect pretty rocks almost lost one of her favourites, but got it back. Georgia LeMasurier, from New Brunswick on the country's east coast, was visiting her grandmother in British Columbia on the west coast. As usual, she was carrying her favourite rock, but lost it on the airplane. Unfortunately, by the time she and her family realized the rock was missing, the plane had already taken off for London, England. Although the loss may have seemed trivial, LeMasurier's mom reported the loss to the airline. About a week later, they got a phone call. Someone had found the rock, after it took several trips to different cities.

Bird brains: If you have a pet macaw, don't let it fly free. A Taiwanese man discovered this after he took his two macaws to a local park. He set the birds free to fly around but one approached a jogger from behind, landing on his back. The startled jogger, who turned out to be a doctor, fell and hurt himself. While recovering, he had to miss work so he lost income. Not surprisingly, he sued the birds' owner. The owner, whom the court ruled should have better supervised the birds, received a short prison term and a fine of NT\$3.04 million. Hopefully, a responsible person will look after his macaws while he's serving time!

Shop crazy: Those who love shopping might want to try Gekas Ullared. This giant Swedish department store is said to be the biggest in the world. Larger than five football fields, it is located in the small town of Ullared, in the southern part of the country not far from Gothenburg. Opened in 1963, Gekas Ullared has made its namesake town famous, with millions of shoppers a year elbowing their way through the store. The mall-style store has departments for everything from toys to food to technology, along with home decor, clothing and much more. There's even a hotel for those who want to spend multiple days shopping for deals to their hearts' content.

Shhhh! Two of the quietest rooms in the world are found in the United States: one at Orfield Labs in Minneapolis, Minnesota, and the other at Microsoft's Audio Lab in Redmond, Washington. Both rooms are known as anechoic chambers, which are built to stop any outside noise from getting inside. Apparently, visiting one of these chambers is quite an eerie experience, as the only audible sounds are produced inside the room, such as a visitor's heartbeat, breathing, and stomach gurgles. Even extremely faint sounds seem loud because there is no background sound to muffle them. Most people can only stay in an anechoic chamber for a short time as it's disorienting and odd.

Quoteable Quotes

"Faith in oneself is the best and safest course." —Michelangelo
"Proper listening is the foundation of proper living." —Plutarch

What's Happening

Nov 29 - Comedians in the Park An Inclusive Event. 102 Athabasca Ave, Sherwood Park,

Doors Open 6:30pm. \$5. For Tickets Call Winder Inclusive Communities Service. 780-449-0494
Nov 25 - St Joseph Hospital Auxiliary Christmas Fair 10:00 am to 4:00 pm. Ermineskin Community Center, 10709 - 32 A Avenue. Sale of: Home Baking; Crafts; Gently Used Christmas Decorations; High Quality Costume Jewelry All proceeds donated to resident programs.

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!

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

Find the Coffee News Guy hidden in one of the ads, then enter to win!

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.

Trivia

1. The Nutcracker ballet is based on a book by this writer.
2. Dalmatian puppies are born without spots—T/F?
3. The Tour de France bicycle race began in 1903, 1933, or 1973?
4. What is the largest lake in the world?
5. An early, wooden ancestor of the tuba was called a serpent, frog, or duck?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

The World's #1 Restaurant Publication!



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



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

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

SNOW REMOVAL

780-922-4619

THREE SEASONS LANDSCAPING LTD.

www.ThreeSeasonsLandscaping.ca

Frustrated with traditional financing options? Tired of waiting for answers?



EQUIPMENT FINANCING

With over 25 years experience, we pride ourselves in eliminating the obstacles often associated with traditional finance solutions.

We do the work so you can keep on working.

PRACTICAL COMMERCIAL FINANCING FOR PEOPLE ON THE GO

Call today: 780.467.7600 or toll free at 1.855.967.7600
contact@westarfin.com

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV




Decluttering & Organizing • Home Staging
Move Preparation & Packing • Unpacking & New Home Setup

Rose City

PROFESSIONAL ORGANIZING
NOW SERVING ST. ALBERT!

Christa Jones
Owner & Professional Organizer
780.600.0264
RoseCityProfessionalsOrganizing.com
@RoseCityOrganizing



SCAN FOR YOUR FREE "ORGANIZE LIKE A PRO" WORK BOOK!

Real Estate | Wills | Contracts

HOMESTEAD LAW

..... 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"

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!



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

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

ART CLASSES

 * 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!

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





Find Your Power...
 Individual Counselling Virtual and In-person sessions
 Child/Teen Counselling
 Couples Counselling
 Family Counselling
POWER PSYCHOLOGY
 WWW.EMDRPOWER.COM
780-467-0700
 Sherwood Park, Edmonton, St. Albert Locations


yes tv
FREE LIVE STREAMING COMING THIS FALL
 visit yestv.com for details





Your Weekly Horoscope


ARIES
(March 20 - April 19)

 At midweek, you may come face to face with an unpleasant truth from the past. It may be encouraging you to adjust your view of the situation and release it. Lucky numbers: 6, 10, 12, 21, 29, 35.

TAURUS
(April 20 - May 20)

 Some who are Taurus put up with an upsetting issue for a long time, then suddenly reach a boiling point. Be aware that such a potential exists this week. Lucky numbers: 11, 13, 19, 24, 41, 47.


GEMINI
(May 21 - June 20)

 For the next three weeks, you may find your emotions are in conflict, seesawing between two views. Be careful about projecting this conflict onto others as you interact. Lucky numbers: 4, 6, 7, 9, 43, 47.


CANCER
(June 21 - July 21)

 Cancers are often good at nurturing people. At midweek, you may be tempted to be overly indulgent to others. Be careful of them taking advantage of it. Lucky numbers: 5, 9, 11, 29, 33, 42.

LEO
(July 22 - Aug. 22)

 Your natural enthusiasm may expand for the next few weeks, especially in communications with others. To avoid repercussions, be sure you can deliver on promises you make. Lucky numbers: 6, 8, 9, 14, 18, 24.

VIRGO
(Aug. 23 - Sept. 22)

 Your detail-oriented nature may be heightened early this week. Consider a solo project where this is useful. Try not to be overly critical when interacting with others. Lucky numbers: 12, 15, 26, 28, 46, 47.


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


LIBRA
(Sept. 23 - Oct. 22)

 Love is in the air. Venus, which rules Libra, will be in your sign for the next three weeks. Who and what you love may be a focus for you during this time. Lucky numbers: 9, 16, 18, 19, 31, 40.


SCORPIO
(Oct. 23 - Nov. 21)

 Your ability to see deeply into people and situations may be heightened at week's end. Be aware of this when interacting with others and act accordingly. Lucky numbers: 3, 5, 6, 28, 35, 42.

SAGITTARIUS
(Nov. 22 - Dec. 20)

 Mercury, planet of communications, is in Sagittarius for the next few weeks. You may be busy, and might have an opportunity to successfully communicate with others. Lucky numbers: 12, 17, 18, 29, 35, 36.

CAPRICORN
(Dec. 21 - Jan. 19)

 This week you may find yourself in deep thought or having serious discussions. Speak from your values, and others might respect your arguments even if they disagree. Lucky numbers: 2, 6, 11, 23, 29, 33.

AQUARIUS
(Jan. 20 - Feb. 18)

 The next few weeks may have a potential that allows you to develop deeper emotional connections to others. But you might need to actively reach for the opportunity. Lucky numbers: 1, 4, 13, 28, 42, 44.

PISCES
(Feb. 19 - March 19)

 Pisces often understand the invisible realm, but struggle to communicate it. This week, tweaking your communication style may let you successfully express your understanding. Lucky numbers: 11, 14, 24, 32, 35, 36.

Did You Know...

Slang start: Most everyone says "OK" multiple times a day. That started in 1839 when the *Boston Morning Post* in Massachusetts (U.S.) used it for "oll korrekt," a then-popular, intentional misspelling of "all correct."

Female pilot: In 1911, journalist Harriet Quimby received a pilot's licence, the first American woman to do so. The following year, she was the first woman to fly across the English Channel.

Money makers: The blockbuster movie *Jaws* hit theatres June 20, 1975. It made more money than any previous movie. Of course, that record has been broken a number of times since, including by *Avatar* and *Titanic*.

Walking wire toy: A toy still popular today is the Slinky, that coil of wire that can "walk" down a set of stairs. It was the brainchild of Richard James, a mechanical engineer who invented it in the 1940s.

Scary story: Readers were first able to buy the famous book *Dracula* in 1897, when it was made available in bookshops in London, England. The classic novel was written by Irishman Bram Stoker.

On the Lighter Side

Knock! Knock! *Who's there?* Noise. *Noise who?* Noise to see you. How are you?

What do you get when you cross a cat with a lemon? A sour puss.

People who scuba are a divers group of people.

Did you hear about the pig on the baseball team? She played snort stop.

Pet shop customer: "Do any of your dogs go cheap?"
 Owner: "Sorry, all our dogs go woof."

Answers

Trivia answers: 1. E.T.A. Hoffman 2. True 3. 1903 4. Caspian Sea 5. Serpent

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

Sonia Sells!
SONIA TARABAY
#1 AGENT
 RE/MAX ELITE (2017-2022)
780.707.6015
SONIASSELLS.COM



Memory Care at Aster Gardens
 Come and thrive in our Memory Care program designed with you in mind, in partnership with U of A. **Limited Suites Available**
ASTER GARDENS
UNIVERSITY OF ALBERTA
 Call to ask questions or book a tour astergardens.ca | 780-902-7837
 7 Brower Dr, Sherwood Park



Savona by Salvi
 61 Festival Way Unit 128 Sherwood Park AB
 Maintenance-free adult living
 Limitless comfort and style
 Luxury condos to own
780 467 0088 savona@salvigroup.com www.mysavona.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)



FREE ROLLING TRAY
 - WHEN YOU PRESENT THIS COUPON -
 LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS
BUBONIC KRONIK
 ECIGS - VAPORIZERS - BONDS
 99 WYE ROAD 420 SHERWOOD PARK



OPENING ANOTHER LOCATION SOON IN ARDROSSAN
 FOR
HOME | AUTO | LIFE | RRSP TFSA GROUP | BUSINESS | FARM | TRAVEL
"The Insurance Guyz" Tom & Todd
 Tom Ciezki Todd T. Fournier
co-operators
 Investments. Insurance. Advice.
 780.464.3279 Aspen Plaza 260, 3820 Sherwood Dr. Sherwood Park
 780.632.3240 #136, 4925-50 Ave. Vegreville
 780.895.7303 5124-50 Ave. Lamont



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

