

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

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

THIS SPACE FOR RENT
 OR SCAN HERE FOR MORE INFO

Call 780-220-6397

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 550, Sherwood Park, AB

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!

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

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
 YOUR CONTACT INFORMATION IS SAFE WITH US!
 For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffeenews

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

Vol. 20 No. 49 December 4, 2023

Everybody's Talking

Good driver: A little boy from Turkey is proving to be quite a good driver. Zayn Sofuoglu is under five years of age and isn't even tall enough to see out of the windshield, but that doesn't stop him from driving better than most adults with licences. Zayn comes by his talent honestly: his father is Kenan Sofuoglu, a famous motorcycle racer. Watching and getting lessons from his dad has allowed little Zayn to develop great expertise in manoeuvring vehicles. He uses a special in-car camera that shows him where he's going. The kid is so good that his dad lets him take his Ferrari out for a whirl in the driveway without a worry.

Different dish: A restaurant in Osaka, Japan, has an item on its menu that is raising eyebrows, but gaining fans. The restaurant is called Franken, and it is now serving bowls of spicy miso ramen with a slab of strawberry shortcake on top. A senior chef at Franken is sure that this is a winning combination because the spongy cake soaks up the soup to make its spiciness perfect. Called Ramen x Shortcake, the concoction was not created overnight. Rather, there were many attempts to get it right. And this bowl of soup has a unique look: white shortcake topped with a juicy strawberry, floating in a bowl of delicious red broth.

Strong man: A nonagenarian from Venice, California (U.S.) is thought to be the oldest man who is actively bodybuilding. Jim Arrington started to lift weights when he was a teenager, after spotting a bodybuilding magazine in a drug store. Using three-pound steel balls that his dad owned, he was able to begin building muscle and has been doing it ever since. Of course, he graduated to proper weights as he got stronger. At one time, he hoped to compete in the Mr. America contest, but soon realized that genetics prevented him from being in that category of bodybuilders. However, he kept it up and has remained healthy and strong well into his later years.

Strange song: Rainforest jungles in South America may sound like relaxing destinations. However, in some spots, they are also quite noisy, especially if capuchinbirds (*Perissocephalus tricolour*) live there. These unique birds, with their bald little heads and orange plumage, make quite a racket during mating season. The males are the ones who sing the loudest, and they do so by inflating air sacs on their throats, which help to amplify the sounds. That racket has been compared to a buzzing chain saw or even to a mooing cow. The male with the best song attracts the females, who flock around him like rock star fans.

Quoteable Quotes

"The Sun will rise and set regardless. What we choose to do with the light while it's here is up to us." —Alexandra Elle
 "No one is too small to make a difference." —Greta Thunberg

What's Happening

NON PROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.

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!
...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. Do a plant's leaves or roots absorb sunlight during photosynthesis?
2. An ancient warship with three banks of oars was the bark, skiff, or trireme?
3. The Tasman Sea is located between Australia and ____?
4. Hesiod or Pan was the Greek god of woods, fields, shepherds, and flocks?
5. Vinegar is an acid (acidic) or a base (alkaline)?

(Flip bottom of page for answers)

pep
RECOVER UP
 Rewrite the narrative of addiction in your family.
 Find a meeting near you.
 1.877.991.2737
pepsociety.ca

Find Your Power...
 Individual Counselling
 Child/Teen Counselling
 Couples Counselling
 Family Counselling
 Virtual and In-person sessions
POWER PSYCHOLOGY
www.emdrpower.com
780-467-0700
 Sherwood Park, Edmonton, St. Albert locations

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

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
www.prairiescentedcandles.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
 CHRISTENSON COMMUNITIES

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 CORPORATION @JoyInMortgages
leslie@joyinmortgages.ca • www.joyinmortgages.ca



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

ART CLASSES



* Drawing * Painting
* Sculpture
* Portfolio Preparation

#126
150 Chippewa Road
(upstairs)
Sherwood Park

LIMITED ENROLLMENT - REGISTER TODAY

School of Fine Art **780.449.3824**
info@artfullyyoursschool.ca
artfullyyoursschool.ca

GIFT CERTIFICATES AVAILABLE!

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



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 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



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)

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

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


Your Weekly Horoscope

ARIES
(March 20 - April 19)




Midweek may bring an opportunity to address an old emotional issue. The energy now might have a joyful optimism that you could use to help heal the situation, if you reach for it. Lucky numbers: 15, 25, 31, 35, 39, 44.

TAURUS
(April 20 - May 20)




Are you in a stalemate with a relationship partner? There may be an opportunity this week to improve the situation for both of you, but it could require more open communication. Lucky numbers: 4, 11, 17, 26, 34, 39.

GEMINI
(May 21 - June 20)




Gemini's approach to people and situations is often from a rational perspective. However, adjusting your heart and adding more heat into your efforts may be helpful right now. Lucky numbers: 3, 6, 8, 29, 31, 47.

CANCER
(June 21 - July 21)




Have you been hiding in your shell the last few months, afraid that others will take advantage of your sensitive nature? Now may be the time to rectify the situation. Lucky numbers: 2, 24, 26, 27, 37, 39.

LEO
(July 22 - Aug. 22)




The sunny optimism of Leo sometimes cannot see the impact of their actions on other people. You may have an opportunity now to adjust this pattern. Lucky numbers: 4, 14, 18, 21, 42, 44.

VIRGO
(Aug. 23 - Sept. 22)




Is there something that you have been holding onto that you are now ready to release? The beginning of this week may be a good time to do so. Lucky numbers: 7, 24, 28, 39, 44, 46.

LIBRA
(Sept. 23 - Oct. 22)




Your natural grace and charm may shine at week's end. It might be a good time to try to resolve any thorny issues with others, to the satisfaction of all. Lucky numbers: 10, 13, 15, 19, 22, 28.

SCORPIO
(Oct. 23 - Nov. 21)



This may be a week when you are going to want answers. But be sure that you are emotionally ready for them, especially those regarding partners and close relationships. Lucky numbers: 1, 9, 14, 16, 35, 42.

SAGITTARIUS
(Nov. 22 - Dec. 20)




In recent months, you may have felt unsure about who you are and what you believe. That dynamic could start to ease, but it may take some time to do so. Lucky numbers: 9, 12, 19, 23, 33, 41.

CAPRICORN
(Dec. 21 - Jan. 19)




Capricorns are often seriously focused on successful accomplishments and legacy. However, you may have an opportunity now for some downtime with loved ones. Don't overlook it. Lucky numbers: 5, 11, 22, 34, 35, 37.

AQUARIUS
(Jan. 20 - Feb. 18)



You may experience an issue in your relationship now. If so, resist any temptation to ignore it. Consider how to resolve the conflict now in a way that works for everyone. Lucky numbers: 8, 13, 15, 18, 47, 48.

PISCES
(Feb. 19 - March 19)



Any confusion you have been experiencing could end, but it might take a while. Once things settle, consider investing your energy into something in line with your values. Lucky numbers: 12, 15, 18, 20, 34, 43.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 10.

Did You Know...

Fast food: Short-order cooks may get a bad rap because they often work in ordinary restaurants. But their task requires skill. They make simple meals quickly and to order, while endeavouring to maintain quality.

Long river: The Mississippi River (U.S.) is North America's second longest, 100 miles shorter than the Missouri River. Starting in Lake Itasca in Minnesota, the Mississippi runs about 2,350 mi. (3782 km) to the Gulf of Mexico.

Rules of the road: Bicyclists in Galesburg, Illinois (U.S.), need to keep both hands on the handlebars and both feet on the pedals. That's because fancy bike riding is outlawed in the city, including any kind of acrobatic actions.

Sticking together: What would the world do without Velcro to keep clothing and other things fastened together? Patented in 1955, Velcro was created by George de Mestral, a Swiss mountaineer and engineer.

Running mate: Animals who are well adapted to running, such as a horse or cheetah, are known as "cursorial" animals. The word is usually applied to animals who can run fast or for long distances at a constant speed.

On the Lighter Side

What's the best way to talk to a Viking? Norse code.

Did you hear about the kid who ran from New York to California? He needed to west.

I've just written a book on penguins. Paper would have been better.

Teacher: "I hope I didn't see you cheating on that test."
Student: "I hope you didn't either."

Knock! Knock! Who's there? X. X who? X me no questions, I'll tell you no lies.

Answers

Trivia answers: 1. Leaves 2. Treme 3. New Zealand 4. Pan 5. Acid

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

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



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

EQUIPMENT FINANCING

We do the work so you can keep on working.

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

WESTAR
PRACTICAL COMMERCIAL FINANCING FOR PEOPLE ON THE GO

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"



HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

CPD, 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!



SNOW REMOVAL

780-922-4619

THREE SEASONS LANDSCAPING LTD.

www.ThreeSeasonsLandscaping.ca

CANADIAN SECURITY DEPOT LTD.

- Security Cameras
- Access Control
- Special Orders
- Tools
- Network Hardware and Switches

AND MORE

<https://cdnsd.ca>

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

UNIVERSITY OF ALBERTA

Call to ask questions or book a tour
astergardens.ca | 780-902-7837

7 Brower Dr, Sherwood Park



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



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



Affordable-Effective-Exclusive-CALL NOW!