

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



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



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. Hrishabh Joshi has joined our team



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



you've come to the right spot

Experience friendly, professional wax services in our clean and welcoming studios

100% gender-inclusive

buff WAX SPOT

Sherwood Park
975 Broadmoor Blvd, Unit 70

587-745-WAXD (9293)

Tuesday - Friday 9 a.m. - 8 p.m.
Saturday 9 a.m. - 5 p.m.
Sunday + Monday Closed



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 17wp 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

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. 21 No. 41 October 7, 2024

Everybody's Talking

Sausage stop: While inserting money to get chocolate bars or chips from a vending machine might be familiar, if you happen to be in Germany, you also can get bratwurst and bockwurst sausages. These unusual vending machines have been around for a few years and are both popular and convenient, especially late at night when someone is craving a sausage. People who work late also appreciate the machines if grocery stores are closed by the time they have a chance to get food. Some of the machines even offer eggs, milk, produce, butter, and prepared sides like potato salad. The products are vacuum-sealed, and the machines are temperature-controlled to ensure safety.

Bee delay: You often hear of weather halting outdoor sports events, but this time it was buzzing bees that stopped the play. During a quarterfinal tennis match at the BNP Paribas Open in Indian Wells, California (U.S.), play was interrupted for nearly two hours. The players had to pause their game while a worker used a vacuum to remove bees that had swarmed onto the overhead camera. The unexpected delay provided an unusual spectacle for the audience, who watched as the court was carefully cleared of the insects. The players, who had been swatting away the bees, were fortunate that no one was stung.

Tourist trouble: Residents of Fujikawaguchiko (Japan), a town about 62 miles (100 km) west of Tokyo, were fed up with tourists who littered, trespassed, parked illegally, and broke other traffic rules. Tourists, eager to capture a perfect view of Mount Fuji, would flock to the town with their cameras, causing disruption. In response, the town installed a large, 66-foot (20-m) by 8-foot (2.5-m) mesh barrier to block the view of the snow-capped mountain. An official stated it was regrettable that it had come to this, adding that over-tourism is the biggest problem facing the iconic mountain. The measure aims to restore peace and order for the local community.

Ring recovered: A woman in Wales lost her engagement ring in 1970, while feeding hay to cattle on her family farm. She now has it back, thanks to a detectorist, which is someone who explores the ground with a metal detector. Marilyn Birch, a senior resident of Pontardawe in Neath-Port Talbot, described recovering the ring as an emotional reunion. All those years ago, she had retraced her steps in hopes of finding the ring, but to no avail. Recently, detectorist Keith Phillips obtained permission to search the land for treasures and found the ring buried about 8 inches (20 cm) deep in a field, a discovery that left its owner speechless.

Quoteable Quotes

"Reality itself is gorgeous. It is the plenum; the fullness of total joy."
—Alan Watts

"The whole future lies in uncertainty: live immediately."
—Seneca

What's Happening

Oct 5 - Words in the Park, Book Fair and Sale Agora, Community Center, 401 Festival lane, Sherwood Park.

A free event for all the family to meet and chat with local authors and vendors showcasing their books and goods. Kids activities, Silent Auction, gifts and prizes. **Oct 19 - Fall Craft Sale and Silent Auction** 265 Fir Street, Oct 19, 9AM - 4PM. Come on out and see what crafty folk have for sale or bid on one of the auction items! Looking to market some of your handiwork Call Grace at 780-467-4856 to book a spot. Hosted by the cowboy church.

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

Enter one of three ways:

1. Scan the QR code
2. Visit www.coffee-news.ca
3. Mail your entry*

*Mail your entry 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 1982 film Conan the _____ starred Arnold Schwarzenegger and James Earl Jones.
2. Sleeping Beauty fell asleep when she pricked her finger on a rose thorn—T/F?
3. A pinochle deck has 26, 48, or 52 cards?
4. What is the capital of Portugal?
5. The "V" in the acronym ROYGBIV stands for what?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

FREE ROLLING TRAY

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

99 WYE ROAD SHERWOOD PARK

BUBONIC KRONIK

MONDAY TO SATURDAY 10 am - 9 pm

SUNDAY 11 am - 6 pm

WITH PURCHASE OF \$5 OR MORE

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES

& WHOLESALE HEATING PRODUCTS

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB

WWW.GEMCOFIREPLACES.COM



"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



SNOW REMOVAL

780-922-4619

THREE SEASONS LANDSCAPING LTD.

www.ThreeSeasonsLandscaping.ca



Step Into Wellness with Reflexology!

Multiple Practices

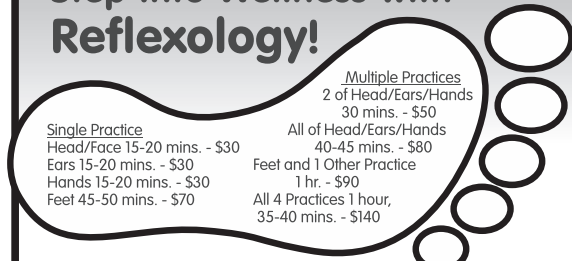
- 2 of Head/Ears/Hands 30 mins. - \$50
- All of Head/Ears/Hands 40-45 mins. - \$80
- Feet and 1 Other Practice 1 hr. - \$90
- All 4 Practices 1 hour, 35-40 mins. - \$140

Single Practice

- Head/Face 15-20 mins. - \$30
- Ears 15-20 mins. - \$30
- Hands 15-20 mins. - \$30
- Feet 45-50 mins. - \$70

Sheree Buchanan 780-940-3442

CERTIFIED REFLEXOLOGIST



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



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)



Make Your Marketing Work For You!

- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

SCAN ME

Frontline 780.760.6922



Affordable-Effective-Exclusive-CALL NOW!

NOW OPEN IN ARDROSSAN!
780.922.1788

HOME | AUTO | LIFE | RRSF TFSA GROUP | BUSINESS | FARM | TRAVEL

"The Insurance Guyz"
Tom & Todd

Tom Ciezki | Todd T. Fournier

co-operators
Investments. Insurance. Advice.

780.464.3279 | 780.632.3240 | 780.895.7303
Aspen Plaza | #136, 4925-50 Ave. | 5124-50 Ave.
260, 3820 Sherwood Dr. | Vegreville | Lamont
Sherwood Park

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

10% OFF SUPPLIES
When you mention this ad, in-store only

CAPITAL CITY SPORTS CARDS

BUY | SELL | TRADE

Sports Cards of all Eras
Vintage Cards • Memorabilia
Figurines • TCG Cards • Pokemon
Mystery Packs • Auctions • Box Breaks

7633-50 St. NW Unit 101
1.825.480.1886
capitalcitysports21@outlook.com

We can also Grade your cards for you.
We recommend The Canadian Graders along with these guys!

TAG | BECKETT | PSA | MTF

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!

HERE WHEN YOU NEED US
When You Get Paid, We Get Paid

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

1-800-440-8298
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

Real Estate | Wills | Contracts

HOMESTEAD
..... L A W

Tamara D. Eppe B.A., J.D.

780.243.2116
www.homesteadlaw.ca

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"

Marketing SAAS | SALES Automation

(587) 410-5831

FREE Marketing Audit

www.scubagearcanada.ca

Your Weekly Horoscope

ARIES (March 20 - April 19)
Lots of energy swirls around you this week. You may be tempted to take an aggressive stand. But you might want to consider where forgiveness could serve you better. Lucky numbers: 10, 18, 25, 34, 42, 48.

LIBRA (Sept. 23 - Oct. 22)
Libras gravitate to beauty and may avoid the darker parts of their unconscious. At week's end, an opportunity may arise to unearth information that can help your development. Lucky numbers: 4, 7, 10, 13, 18, 40.

TAURUS (April 20 - May 20)
Did you pay attention to the hard truth that may have been revealed to you last week? This information could follow you, so you might want to address it now. Lucky numbers: 12, 14, 19, 34, 40, 42.

SCORPIO (Oct. 23 - Nov. 21)
For the next few weeks, you may feel an urgency to blurt out whatever insights you have, no matter how dark, to others. Thinking before speaking could be important. Lucky numbers: 8, 11, 19, 36, 43, 46.

GEMINI (May 21 - June 20)
You may be presented with many ideas and opportunities this week. Take time to sort through and evaluate them against your values and goals. But maybe wait to take action. Lucky numbers: 13, 14, 17, 27, 33, 45.

SAGITTARIUS (Nov. 22 - Dec. 21)
You may feel the need to bust out of restrictions at the beginning of the week. Consider taking a time-out to analyze what changes you might truly need in your life. Lucky numbers: 1, 10, 14, 24, 32, 44.

CANCER (June 21 - July 22)
Cancers can be introverted by nature. But this week you may have a desire to expand your social circle and participate more fully. What might be the best way to manifest it? Lucky numbers: 9, 20, 25, 30, 40, 48.

CAPRICORN (Dec. 22 - Jan. 19)
This may be a week of two steps forward and one step back. Though frustrating, you may want to consider postponing important discussions or decisions for a couple of weeks. Lucky numbers: 6, 8, 15, 32, 37, 41.

LEO (July 23 - Aug. 22)
Your thoughts and feelings might be out of sync for a few days at week's end. Can you reconcile this stalemate? If not, then waiting for this dynamic to pass may be best. Lucky numbers: 2, 4, 16, 17, 25, 39.

AQUARIUS (Jan. 20 - Feb. 18)
Are you digging in your heels now because you have a strong feeling about something? Finding some detachment about the matter could help point the way to a solution. Lucky numbers: 7, 19, 32, 38, 41, 42.

VIRGO (Aug. 23 - Sept. 22)
Virgos often focus on precise facts and details. But sometimes, consider trying an intuitive leap of faith. The next few weeks may provide an opportunity to test this premise. Lucky numbers: 11, 25, 26, 28, 33, 40.

PISCES (Feb. 19 - March 20)
Are you experiencing an issue in a relationship now? Are there ways you could adjust your communication style to more clearly express your thoughts to the other party? Lucky numbers: 5, 15, 28, 38, 43, 48.

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

Did You Know...

Space growth: Scientists have discovered that astronauts can grow taller in space. In fact, living in microgravity can increase their height by up to 3%. A man who is 6 feet tall (1.8 m) could gain 2 inches (5 cm) in height!

Avocado truth: You might not think of avocados as fruit, like apples or oranges. But biologically, that's exactly what they are because they contain seeds. Their unsaturated fats are a healthy benefit of eating them.

Frightening frog: The tiny 1-inch (2.5 cm) poison dart frog has enough poison to kill 20,000 mice. It safely stores toxins in its skin to fend off predators. The species have brightly coloured bodies and are native to Central and South America.

Fierce predator: The giant Allosaurus dinosaur, with its 8-inch (20.3-cm) claws and 70 teeth, could hunt prey easily by running at 21 miles (33 km) per hour. All those teeth meant it was built to eat meat.

Sound sensitivity: If you can't stand certain sounds that don't bother other people, you may have a condition called misophonia. It's when a person is emotionally affected by common sounds like eating or even breathing.

On the Lighter Side

Knock! Knock! *Who's there?* Ogre. *Ogre who?* I'm ogre here, come find me!

Why was the broom confused? It didn't know which witch was which.

Swimmers do pool-ups to get strong.

Our poodle is like one of the family, but which one?

Barber: "Your hair is getting thin."
Customer: "Who wants fat hair?"

Answers

Trivia answers: 1. Barbarian 2. False 3. 48 4. Lisbon 5. Violet

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

Water warehouse
Purified water and purified water systems

get 5 gallons of the freshest, best tasting water in The Park for as low as \$3.50

Enjoy Pure, Fresh Water While Saving Money!

39 - 99 Wye Rd. (next to A&W)

780.417.9911
www.thewaterwarehouse.ca

Sonia Sells!

SONIA TARABAY
#1 AGENT
RE/MAX ELITE (2017-2023)

780.707.6015
SONIASSELLS.COM

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

Because healing belongs at Home

Care You Can Trust is Just A Call Away

ONE CALL AWAY HOME HEALTH SERVICES 587-823-5700

Companionship
Personal Care • Home Support
Nursing and Other Services
Caregiver Relief/Respite Care
Other Services Coming Soon

the **MAKERS** keep

A local gift shop with 375 plus vendors from across Alberta.
Come say hello!

112, 2755 Broadmoor Blvd Sherwood Park
@tmksherwoodpark @themakerskeep

587.200.0473
www.themakerskeep.com

Quest + Medi Lab
A division of Quest Research And Analytics Inc.

Allergy Testing: Find What Triggers You— Food, Pollen, Insects, and More...

We offer Full Panel Allergy & Food Intolerance/Sensitivity Screen for 295 Allergies & 286 Food Allergies
We also test for Vitamin D & Lyme Disease

SCAN BOOK YOUR APPOINTMENT TODAY!

Located in Edmonton 780.851.2021 Ext.101
Lab Address: 4282-91A Street Edmonton T6E 5V2

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

ART CLASSES

Artfully Yours
School of Fine Art

* Drawing * Painting * Sculpture * Portfolio Preparation

#126 150 Chippewa Road (upstairs) Sherwood Park

780.449.3824
info@artfullyyourschool.ca
artfullyyourschool.ca

GIFT CERTIFICATES AVAILABLE!

LIMITED ENROLLMENT - REGISTER TODAY