

TRINITY
Baptist Church

Serving the community for over 40 years.
10:30 AM Sunday Worship Service

www.tbcsherwoodpark.ca
780-464-4040

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

FREE! *New Issue Every Week!*
Coffee News®
"News To Be Enjoyed Over Coffee"

Sherwood Park
North Edition
780-220-6397

www.coffee-news.ca

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

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

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

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

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!

Step Into Wellness with Reflexology!

Multiple Practices
2 of Head/Ears/Hands 30 mins. - \$50
All of Head/Ears/Hands 40-45 mins. - \$80
Single Practice
Head/Face 15-20 mins. - \$30
Ears 15-20 mins. - \$30
Hands 15-20 mins. - \$30
Feet 45-50 mins. - \$70
Feet and 1 Other Practice 1 hr. - \$90
All 4 Practices 1 hour, 35-40 mins. - \$140

Sheree Buchanan
CERTIFIED REFLEXOLOGIST 780-940-3442

Vol. 21 No. 44 October 28, 2024

Everybody's Talking

Early graduation: Few young people graduate from university at the age of 17, but Dorothy Jean Tillman II is one of them. In 2024, she was part of the graduating class at Arizona State University (ASU), based in Phoenix, Ariz. (U.S.), where she earned her doctoral degree in integrated behavioural health. Homeschooled in her early years in Chicago, Dorothy began taking correspondence college courses at age 10. Over the next seven years, she studied at three different universities before finishing her degree at ASU. The university says Dorothy is the youngest person in school history to earn a doctoral degree in integrated behavioural health. Her remarkable achievement is an inspiration to young scholars everywhere.

Goose guards: While guard dogs are a familiar concept in many places, have you ever heard of guard geese? In Santa Catarina, Brazil, the Sao Pedro de Alcantara Prison has employed geese as a security measure. These feathered sentinels, dubbed "geese agents," patrol the perimeter of the prison, between the inner and outer walls, and provide an additional layer of vigilance alongside electronic and human surveillance. Their remarkable attentiveness has earned them recognition as effective members of the prison's security team. Despite their unorthodox role, the geese have proven themselves to be dedicated and alert guardians, who deter potential intruders with their loud honks and watchful eyes.

Barrow blitz: Dylan Phillips, a mechanic from Pembroke, England, has achieved a new Guinness World Record for the fastest wheelbarrow, reaching speeds up to 52 mph (84 km/h). The idea started in a pub and quickly turned into a reality for the man, who built the wheelbarrow in his shed. During a test, he hit 37 mph (59 km/h), sparking his interest in the world record, which stood at 46 mph (74 km/h). Phillips then took his creation to the Straightliners Speed Week, where he smashed the record. Despite its impressive speed, the wheelbarrow is dangerous, lacking suspension and having only front-wheel brakes. Phillips described the ride as terrifying and uncomfortable.

Campus cat: There's a feline who can now boast the title "Doctor of Litter-ature." Max the Cat received this honorary certificate from Vermont State University in Castleton, Vermont (U.S.), where he is a frequent and cherished visitor. The students adore interacting with him, and the university regards him as a beloved member of its community. Unlike typical academic pursuits, Max's focus is on friendliness. For about four years, Max has made daily visits from his nearby home to spend time with students and faculty, becoming a campus celebrity. Students love taking photos with their four-legged friend. Although Max didn't attend the graduation ceremony, his certificate was delivered to his owner afterward.

Quoteable Quotes

"A quiet conscience makes one strong." —Anne Frank
"Real birthdays are not annual affairs. Real birthdays are the days when we have a new birth." —Ralph Parlette

What's Happening

Oct 29 - Fashion Show Fundraiser Sherwood Care's long term care hosts their fabulous Fashion Show 6:30pm at the Agora. Fashions from Thrift Store with models from the community, Sherwood Park Crusader hockey team plus Mayor Frank council. Tickets \$20 Call 780-722-3087

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 Kermadec Trench is located in this ocean.
2. Claude Debussy composed "Clair de Lune" for what instrument?
3. Bulls don't see the colour red—T/F?
4. Are the triceps on the front or the back of the arm?
5. Whist is an early form of this card game.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

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)

the MAKERS keep

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

112, 2755 Broadmoor Blvd Sherwood Park
@tmksherwoodpark @themarkerskeep
587.200.0473
www.themarkerskeep.com

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

EAGLE EYE SECURITY SOLUTIONS LTD.

"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

NOW OPEN IN ARDROSSAN!
780.922.1788

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

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
capitalcitysportscards21@outlook.com

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

TAG BECKETT PSA

Sonia Sells!
SONIA TARABAY
#1 AGENT
RE/MAX ELITE (2017 - 2023)
780.707.6015
SONIASSELLS.COM

Real Estate | Wills | Contracts
HOMESTEAD
 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"

CANADA'S BRAND YOUR COMFORT
NAPOLEON
GEMCO FIREPLACES
 & WHOLESALE HEATING PRODUCTS
 PH: 780-465-9719 9281-50 STREET, EDMONTON, AB
 WWW.GEMCOFIREPLACES.COM

SNOW REMOVAL
780-922-4619
THREE SEASONS LANDSCAPING LTD.
 www.ThreeSeasonsLandscaping.ca

Because healing belongs at Home
ONE CALL AWAY
 HOME HEALTH SERVICES
587-823-5700
 Care You Can Trust is Just A Call Away
 Companionship Personal Care • Home Support Nursing and Other Services Caregiver Relief/Respite Care Other Services Coming Soon

FREE ROLLING TRAY
 - WHEN YOU PRESENT THIS COUPON -
 LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS
BUBONIC KRONIK
 99 WYE ROAD SHERWOOD PARK
 MONDAY TO SATURDAY 10 am - 9 pm
 SUNDAY 11 am - 6 pm

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

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

Your Weekly Horoscope

ARIES (March 20 - April 19)
 Are you holding a grudge against someone because of their past actions? Consider that finding a way to forgive them right now might be able to free you, going forward. Lucky numbers: 4, 7, 16, 27, 34, 35.

TAURUS (April 20 - May 20)
 At the beginning of the week, you might have a sudden insight about something. How could you use this to break through a situation that may be in a stalemate right now? Lucky numbers: 9, 16, 24, 34, 35, 45.

GEMINI (May 21 - June 20)
 Are your mind and heart currently in a tug of war about what you should do next? How could you find a compromise now that would move you past this old dynamic? Lucky numbers: 6, 8, 22, 27, 34, 41.

CANCER (June 21 - July 22)
 Do you have a project that has been in limbo for a while because there is no concrete plan for how you could achieve it? This week may be a good time to develop one. Lucky numbers: 3, 8, 9, 11, 15, 29.

LEO (July 23 - Aug. 22)
 For the next six weeks, you might have an energy boost to channel into projects that can help achieve your goals. Avoid a temptation to impulsively argue with others. Lucky numbers: 5, 13, 15, 19, 26, 31.

VIRGO (Aug. 23 - Sept. 22)
 Virgos often hide the light of their talents and accomplishments from others. For the next few weeks, consider taking advantage of an opportunity to change this dynamic. Lucky numbers: 2, 7, 12, 19, 24, 46.

LIBRA (Sept. 23 - Oct. 22)
 At midweek, take a deep breath and look at where your life is right now. Do you feel like it is in a good balance or might there be a change that you need to make? Lucky numbers: 8, 14, 25, 34, 42, 46.

SCORPIO (Oct. 23 - Nov. 21)
 The new moon in your sign this week may provide a good opportunity for you to set a new intention in your life. What changes would you like to make right now? Lucky numbers: 1, 11, 13, 17, 30, 44.

SAGITTARIUS (Nov. 22 - Dec. 21)
 You may be very chatty for the next few weeks. But be sure to be careful of speaking impulsively. This may prove to be a good time to pursue a new topic of study. Lucky numbers: 2, 9, 10, 11, 25, 29.

CAPRICORN (Dec. 22 - Jan. 19)
 Important information may emerge from within you. Can you positively address what it presents, rather than ignoring it? Your feelings won't go away if you ignore them. Lucky numbers: 13, 14, 16, 29, 36, 38.

AQUARIUS (Jan. 20 - Feb. 18)
 An emotional leadership style is not usually a hallmark for Aquarius. For the next six weeks, you may have the first of two near-term opportunities to cultivate these qualities. Lucky numbers: 11, 13, 23, 24, 32, 42.

PISCES (Feb. 19 - March 20)
 You may feel tempted to escape your responsibilities this week. Find a way to work with this feeling, without dropping the ball on tasks that are an important focus. Lucky numbers: 6, 8, 11, 16, 26, 32.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 31.

Did You Know...

Vintage pout: Before "cheese" took over, photographers used "prunes" to encourage a tight-lipped look in photos. In photography's early days, wide smiles were thought improper, so a subtle pout was the preferred expression.

Contagious yawns: Yawning is seen in humans and many vertebrates, including sharks. Most people will yawn after seeing someone else yawn, even in a photo. Theories suggest yawning may be linked to empathy and social bonding.

Early talent: Johnny Cash's music passion started young; he began writing songs at 12. Seeing his talent, his mother saved enough for singing lessons. After three lessons, the future star's teacher said his unique voice needed no further training.

Aqua rugby: Underwater rugby is an exhilarating sport played in deep pools. Two teams compete to place a ball into baskets positioned at the pool's bottom. Players need gear like diving masks, snorkels, and fins.

Pineapple magic: Its bromelain content makes pineapple an excellent meat tenderizer. This enzyme effectively breaks down protein chains to make meat more tender. The fruit's unique properties make it a culinary favourite.

On the Lighter Side

Knock! Knock! *Who's there?* Pastor. *Pastor who?* Pastor mashed potatoes, please.

Why is it difficult to hold a conversation with a goat? They're always buttin' in!

That race car driver has a very checkered past.

Did you hear about the jester who lost his job? He was nobody's fool.

Ed: "I have a job in a watch factory."
 Fred: "Oh yeah, what do you do there?"
 Ed: "I stand around and make faces."

Answers

5. Bridge
Trivia answers: 1. Pacific 2. Piano 3. True 4. Back

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

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
 STOP ALLERGY
 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

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

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

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

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

Marketing SAAS | SALES Automation
 (587) 410-5831
FREE Marketing Audit

Not sure what your marketing needs are?
SCAN ME
 Transform your business today with our Elite Pro Marketing Package!
 Get a whole digital marketing team of specialists on your side.
Contact us for a FREE consultation today!
Frontline with consulting (780) 760-6922
 www.frontlinepro.ca