

CENTRAL ALBERTA PODIATRY
FOOT AND ANKLE CLINIC



Healthy Feet Start Here!
For all your foot and ankle needs please contact Central Alberta Podiatry.
Also offering laser services for fungal nails, warts and varicose veins.
Dr Woodruff is now at Central Alberta Podiatry located at Unit 101, 179C Leva Avenue in Red Deer.

Open Monday - Friday 9 am - 5 pm
Phone: 403-340-1468 | Fax: 403-340-2634
www.centralbertapodiatry.ca

Love Reading Coffee News®?
Consider Becoming a Publisher...

FRANCHISE OPPORTUNITY
MEDICINE HAT

- Be your own Boss
- Run your own Business from Home
- Use your People Skills for Profit
- Stay Connected to your Community
- World's #1 Weekly Restaurant Publication

Call 207.941.0860
or Apply Online at: www.coffeenews.com



403.342.2272
Toll Free 1.800.790.5038



SHUR-WAY TRUCKING
Personal & Business Users
Twice Daily to/from Red Deer, Penhold, Innisfail, Bowden, Olds & Sundre

"Why Do I Advertise in Coffee News?"

"Coffee News is the most cost effective method of advertising our business. The response I've had to my ad has been overwhelming. As a business, I would recommend Coffee News to fellow business owners. This publication works!"



STANG'S HEALTH CENTRE
Perry Stang
Stang's Health Center
#2, 5001-49th Ave, Olds
403-556-6090

Discover the Coffee News advantage
403-318-1334
www.coffeenewscentralalberta.com

250+ Varieties*

u - Pick Koffee

12 for \$12 - 24 for \$22 - 1 for \$1.50

403-556-1134
Mountain View Plaza, #5 4513-52 Ave
More Space, More Parking

Koffee Time for the Whole Family

- *Select from:
- Coffee • Tea
- Decaf
- Hot Cocoa
- Cappuccino
- Specialty Drinks

OPEN M-F

SPRING DETOX CLEANSE



Products Available at Stang's Health Centre
#2, 5001-49th Ave, Olds • 403-556-6090

What's Happening?
Not much!
COVID-19

We are asking ALL our readers to take your copy of Coffee News home with you instead of leaving it at the table or putting it back in the racks for the next person. We want to make sure no germs are spread through the paper. Don't worry, we are printing more and everyone will still get to enjoy our funny and interesting news!

Thank you!

FREE! **Coffee News®**
"News To Be Enjoyed Over Coffee"



Innisfail-Bowden-Olds-Sundre-Spruce View Edition
Advertising Information
Contact Dorothy
403-318-1334

www.coffeenewscentralalberta.com
centralbertacoffeenews@telus.net

Vol. 13 No. 36 March 24, 2020

Everybody's Talking!

Big tip: Servers in restaurants are always grateful to receive generous tips. One waitress in Clearwater Beach, Florida (U.S.), was happily overwhelmed by an enormous tip left by a customer who was, evidently, quite wealthy. However, the giver of the \$5,000 tip on a small restaurant bill turned out to be a vindictive thief who was out for revenge against her boyfriend. Serina Wolfe, the customer, had gotten into an argument with her beau and decided to get back at him by using his credit card to give the big tip. Wolfe was arrested for theft.

Long slide: When complete, a water slide in Escape Theme Park in Penang, Malaysia, might be the longest in the world. It will be a whopper of a slide, taking adventurers on a four-minute, 1,140-meter (3,740-ft.) ride down a hillside through the jungle. At the bottom, sliders will be dumped into a big swimming pool. Builders of the slide are concerned about the environment, so they decided to use the natural hill, rather than build a tower. They are working around the trees to avoid cutting them down and are manually transporting materials, instead of using heavy machinery.

Jail birds: Twin brothers in Turkey did something unexplainable. One of the bothers agreed to secretly switch places with the other brother, a convict in the E Tipi Kapasi Prison in Mersin. They managed to make the switch during a visit. Later, prison guards realized that something wasn't quite right with their charge. Upon investigation, police found the real inmate in his brother's home. Now, both brothers are in jail, and authorities are at a loss to explain why the free brother would agree to take the criminal brother's place in jail.

Loyal friend: A golden retriever in Buenos Aires, Argentina, is extremely loyal to her owner. The dog, named Sheila, has been waiting patiently for more than a year at a police station where her owner was arrested. The police think she managed to follow the police car in which her owner was transported after his crime. The officers at the station are taking good care of the loyal canine, feeding her and taking her to the vet when necessary. They have even allowed her to spend a bit of time with her owner in his cell. Everyone expects that, when the man is released, Sheila will go home with him to be by his side.

Quoteable Quotes

"Explanation separates us from astonishment, which is the only gateway to the incomprehensible." —Eugène Ionesco

"Life itself still remains a very effective therapist." —Karen Horney

What's Happening

Do you want an event, major attraction or sport publicized? E-mail centralbertacoffeenews@telus.net, phone 403-318-1334 to have it printed here at NO CHARGE!

Covid 19 may affect the events below:

Spring Farmers' Market Sat Mar 21st 11-4 at Sundre Community Centre.

Leaders of Tomorrow Chili Dinner and Auction Spruce View and District Lions Saturday April 4th at Spruce View Community Hall. Cocktails 5:30 (cash bar) Silent Auction- all evening Dinner at 6:30 Live Auction-7:30 Cost- \$10.00. Proceeds help educate students, the Leaders of Tomorrow, through training courses, activities & leadership camps. Tickets at Spruce View Co-op, any Spruce View Lions member or Lois and Phil Burkinshaw at 403-728-0008 or Ted Mikkelsen at 403-728-3353.

Stand Up Yoga every Monday 2pm. Chair Yoga every Friday 1:15 p.m. for seniors 50+. 2 sessions for free; afterwards membership of the Olds and District Evergreen Club of \$20.00 is required. Come out and relax. The Olds and District Evergreen Centre, (5237 52 St, Olds) Visit our facebook page as we have much more to offer.

Enter to Win
\$50 Gift Certificate to be awarded each month

Identify the ad where the Coffee News® Guy is hidden for your chance to win! Enter your name, address and phone number, along with where you read Coffee News® to...

Central Alberta Coffee News
128 Westview Drive
Sylvan Lake, AB T4S 1H5
or e-mail
centralbertacoffeenews@telus.net

February winner Marlene Trainor
Marlene won a \$50.00 Gift Certificate from Sobey's after spotting the Coffee News® Guy. **Congratulations!**

Trivia

1. Astigmatism is a medical condition affecting what part of the body?
2. The term "nouveau riche" means what?
3. What is a façade?
4. Sisters Serena and Venus Williams are champions of which sport?
5. A clementine is a cross between a sweet orange and what?

(Flip bottom of page for answers)

© Published with Permission by Coffee News® of Central Alberta
(Over)

This Space Available!
(...but not for long!)
Call
403-318-1334



Door Service by Moonlight Ltd.

Residential / Commercial / Agricultural
OVERHEAD DOORS & OPENERS

Sales / Service / Installation
of ALL makes and models
403-227-4485
Located at 3719 - 57 Ave Innisfail, AB



We Recover Your Investment

Prestige Upholstering

Andrew Sadlowski
403-638-3571
403-507-3864
Located in Bergen
www.albertatentrentals.com

We Rent **PARTY TENTS**
to fit your occasion
as well as tables & chairs



Christo Communications

- Sales, Service & Installation of Two-Way Radios
- Portable • Mobile
- Wide Area Repeaters
- Serving Central Alberta For 35 Yrs

Glenn Christopherson
403-556-7700 - Olds
christo@airenet.com



REVIVE
cannabis

Innisfail's #1 Stop For All Your Cannabis & Accessory Needs

Experience the Difference at Revive Cannabis

403-227-0267
4917-50st Innisfail
Open 7 days
10am-10pm

Family Owned
Family Operated
no minors permitted



JV ROOFING & Exteriors

- No Wait Time
- Re-Siding
- New Roof
- Quality Workmanship
- Re-Roof
- Free Quotes
- New Siding
- Insurance Claims Welcome

587-378-ROOF (7663)
www.jvroofingsiding.com



LOCK OUT YOUR COMPETITION

Coffee News® is exclusive!
One advertiser per category.

Call today!
403-318-1334



Recipe of the Week
Corn and Zucchini Melody

4 slices bacon	1 small onion, chopped
2 cups chopped zucchini	1 pinch pepper
1 1/2 cups fresh corn kernels	1/4 cup shredded Monterey Jack cheese

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Reserve 1 tablespoon of drippings. Drain bacon, chop, and set aside.
Heat the bacon drippings in the skillet over medium heat. Sauté the zucchini, corn, and onion until tender but crisp, about 10 minutes. Season with pepper. Spoon vegetables into a bowl, and sprinkle with chopped bacon and shredded cheese.

source: allrecipes.com



Tobacconist La Havana

Fully Stocked Walk-In Humidor

- Premium Cuban & Non-Cuban Cigars
- Pipe Tobacco
- Vaporizers
- Huge selection of e-liquid
- Hookah • Chew
- Cutters, lighters, pipes, Zippo lighters, Lampe Berger Oils and much more...

Cigars, Vaporizers & Pipes Make Great Christmas Gifts

Mon-Fri: 9-9
Sat: 10-9
Sun: 11-5

4911-50 St. Innisfail - 587-484-9005

BEST PRICES

(across the street from Innisfail Legion)

Nesty Juice Dinner Lady Twelve Monkeys

THE BEST IN Vein Removal SERVICES

Tired of ugly veins? We offer sclerotherapy to remove unsightly spider, reticular and varicose veins. And best of all - no downtime!

Call now: 403-335-8829

SILVERFERN AESTHETICS AND VEIN MEDISPA
1810 - 20 ST., DIDSBURY • DIDSBURYMEDICALSPA.CA

"Everyone will notice... but no one will know."

FRIENDLY PROFESSIONAL STAFF

CERTIFIED MECHANICAL SYSTEMS LTD.

- Plumbing & Heating
- Residential
- Commercial
- Industrial

Innisfail, Penhold, Red Deer & Area

Plumbing • Gas Fitting • Gas Fireplaces • Hot Water Heating
Water Filters • Furnace Repair • Septic Systems
Well & Pressure Systems

Warren Blair
Office: 403-886-5805 • Cell: 403-357-4358

Been in an Accident? Let US Help!

We save you 50% OFF your insurance deductible (restrictions apply)

Kelly Desjarlais Owner/Operator
Over 25 years experience

- Free Computerized Estimates
- Lifetime Warranty on all Collision Repairs
- Approved By All Insurance Companies
- Serving Innisfail & Area since 2003

CFK Collision Ltd.
403-227-4414 • 4420 - 51 St • Innisfail

DO YOU NEED A REFERRAL?

If you need a referral, and none of the advertisers here are the type of business you are looking for, contact me! I know a lot of great business people in the area, and they will give you the kind of service you expect! They are local and respect you as their customer.

Dorothy Quaife, Publisher

Smoker - Hog Roaster - Chicken Cooker • Grill

Let us Cater Your Shindig

Slow Cooked Favorites with Sides, Sauces, & Dessert
Options available for any size event

KODIAK BBQ CATERERS LTD. Call Jess 403-638-8066
Main Street Sundre

THE BEST IN MEDICAL GRADE Skin Care

Struggling with acne, rosacea, sun damage or wrinkles? We offer effective, customized, scientifically proven treatment. Ask for your personal consultation.

Call now: 403-335-8829

SILVERFERN AESTHETICS AND VEIN MEDISPA
1810 - 20 ST., DIDSBURY • DIDSBURYMEDICALSPA.CA

"Everyone will notice... but no one will know."

FRIENDLY PROFESSIONAL STAFF

I am going to U-Pick Koffee for my specialty coffee & teas.

They have over 250 varieties. See display ad.

Your Weekly Horoscopes

ARIES (March 21 - April 20)

Relationships and marital harmony may be truly important for you right now. Your partner might seem more considerate and supportive, and could really enjoy your company. Lucky Numbers: 11, 12, 15, 17, 21, 25.

TAURUS (April 21 - May 21)

You may need to make some changes that allow you to spend more time doing what you really enjoy. Your natural instincts might make worldly ambitions attractive to you. Lucky Numbers: 18, 19, 25, 35, 43, 44.

GEMINI (May 22 - June 21)

You may have a deep desire to intensify the intimacy in your relationship. This may be the time to clear away any clutter that would impede your deeper union. Lucky Numbers: 3, 4, 5, 6, 13, 30.

CANCER (June 22 - July 22)

You may have to adjust your dietary habits or adapt to some new conditions in your professional life. Managing your health and career needs might require some assistance. Lucky Numbers: 6, 12, 24, 34, 43, 45.

LEO (July 23 - Aug. 23)

Your experience can teach others how to become more self-reliant and independent. Try to help them discover the proper tools to succeed in the outside world. Lucky Numbers: 1, 7, 9, 25, 36, 40.

VIRGO (Aug. 24 - Sept. 23)

You may be feeling affectionate, and sharing the company of your partner might be important to you. Harmonizing, sharing, and love may be the themes right now. Lucky Numbers: 5, 18, 27, 31, 40, 44.

LIBRA (Sept. 24 - Oct. 23)

Harmony may flow. You might feel that you are in sync with the people in your immediate surroundings. There could be a sense of easiness and positive flow all around you. Lucky Numbers: 6, 9, 22, 30, 39, 45.

SCORPIO (Oct. 24 - Nov. 22)

You may feel attractive, relaxed, and quite socially gracious. Others might respond very favorably to you and let you know they appreciate who you are and all that you do. Lucky Numbers: 3, 12, 30, 34, 36, 47.

SAGITTARIUS (Nov. 23 - Dec. 21)

This may be a good time to study, learn, and pass along data and ideas. Your thinking may be very clear, so try not to let anything overwhelm your true efforts. Lucky Numbers: 7, 11, 16, 22, 39, 43.

CAPRICORN (Dec. 22 - Jan. 20)

Intellectual or creative activities shared within the family may be rewarding and stimulating for you. Some career concerns might take a backseat to domestic matters. Lucky Numbers: 5, 9, 14, 19, 25, 39.

AQUARIUS (Jan. 21 - Feb. 19)

You may enjoy emotional satisfaction and harmony in your homelife. Relationships might run smoothly. You may have a solid emotional base in your life and could reap its benefits. Lucky Numbers: 8, 35, 36, 41, 46, 48.

PISCES (Feb. 20 - March 20)

Help from your mate may enable you to achieve goals that you once thought were out of reach. You might even become involved in career matters, as a team. Lucky Numbers: 3, 10, 11, 15, 39, 44.

Lucky numbers this week: This week's odds favor Leo winners with the luckiest number being 7.

Did You Know...

Japanese fame: Maynard Plant is a member of a band called Money Majik, which is famous in Japan. Plant was raised in Canada. Blaise, his brother, is also a band member, along with two Japanese musicians.

Giant egg: The town of Vegreville, Alberta (Canada), has a unique sculpture of a giant Pysanka, a Ukrainian-style Easter egg. It was erected in 1975 in honor of the Ukrainian settlements in the area.

Garden beauty: The Kingsbrae Garden in St. Andrews, New Brunswick (Canada), is home to over 50,000 perennial plants, as well the wollemi pine, one of the oldest trees in the world.

Made a mark: Tim Bergling (1989-2017) was a Swedish musician and DJ from Stockholm known by his stage name, Avicii. He was known for mixing electronic music with other types of musical genres.

Canyon hiking: Near the Dead Sea in Jordan are canyons through which water flows. When the water is low and slow in the summer and fall, hiking is possible in these canyons, such as the Wadi Mujib, Wadi Zarqa Ma'in, and Wadi Himara.

On the Lighter Side

My email password has been hacked. That's the third time I've had to rename the cat.

What's the best thing about Switzerland? I don't know, but the flag is a big plus.

How many sheep does it take to make one sweater? Depends how well they can knit.

I called a temp agency looking for work, and they asked if I had any phone skills. I said, "I called you, didn't I?"

How many telemarketers does it take to change a light bulb? Only one, but he has to do it while you're eating dinner.

Answers

Trivia answers: 1. The eye 2. New rich 3. Building front or false effect 4. Tennis 5. Mandarin orange

For available franchise opportunities - visit www.coffeenewsfranchise.com

LIBERTY TAX

- Personal & Corporate Tax Returns
- Bookkeeping Specialists
- Payroll Services
- CRA Audit Assistance

Open All Year!

Olds Office #103, 5003-50th St 403-556-1474 403-597-6260

Innisfail Office 5040-50 St 403-227-9499 403-597-6260

"You do life... we do taxes."

Exciting Business Opportunity

- Be your own boss
- Unlimited growth potential

The Drumheller/Hanna/Trochu/Three Hills Coffee News franchise is for sale!
#1 restaurant publication in the world

For details, email melynda@mvcoffeenews.com

Dewey 403-396-0656

RENOVATIONS Garages NEW HOMES

Windows DECKS Fences

Serving Central Alberta Over 30 Years

BARKS N BOWS

- Pet Grooming/Daycare
- Top-notch Pet Grooming at Affordable Rates
- Safe & Relaxing Environment
- Full Service Grooms, Nail Trims, Ear Cleaning & Sanitary Trims
- All Breeds
- Out of Town Clients Welcome
- Ask about our "pet maintenance program" with priority bookings

Christine Morris owner/operator
Gentle & Caring Groomer
Henday Mall Innisfail • 403-865-2000

Now Open in Olds #5, 5221-46 St (Same Mall as Subway)

A Leading Accounting Firm

Specializing in US Tax (Business & Personal)

Now, for tomorrow

Advising clients for over 30 years in US and International Tax

Connect with us: 403-227-4444
slsmith@bakertilly.ca
Suite 202A, Second Floor
4911-50 St. Innisfail

Shelley L. Smith, CPA

bakertilly

INNISFAIL EYECARE

Eye Exams • Fashion Frames • Contact Lenses • Safety

Dr J. Long • Dr A. Forrest • Dr B. Thome & Associates
4303-50th st Innisfail
(403) 227-3366
www.innisfaileyecare.com

Paterson Community Centre Bowden

2101-27 Avenue, Bowden

- Seats up to 350 banquet style
- Onsite power RV parking
- Air conditioned
- Affordable all weekend rental includes tables, chairs, sound system
- No restrictions on catering and bar

Free WiFi

403.507.5090 | www.bowdencommunityhall.ca

Prevention is the best CURE...

- Wash Hands Frequently
- Maintain Social Distancing
- Cough into your Elbow
- Seek Medical Attention Early
- Limit Travel; Stay Home if Sick
- Avoid Touching Eyes, Nose, & Mouth

Help stop the spread of Covid-19
who.int/emergencies/diseases/novel-coronavirus-2019

World Health Organization
Coffee News

Innisfail