



**FREE**  
**SCRAP CAR REMOVAL**

**DJ'S TOWING** MENTION THIS AD AND RECEIVE UP TO \$200 FOR YOUR SCRAP VEHICLE  
CALL 403-922-2412

**WHAT'S ON YOUR TO DO LIST...?**

WE OFFER **HANDYMAN SERVICES** such as...

- DRYWALL
- ROOFING
- PATCH/PAINT
- FURNITURE ASSEMBLY

10% OFF YOUR PAINT OR RENO PROJECT WHEN YOU BOOK BY 03.31.20

AND MORE! NO JOB TOO SMALL!  
**HomeServ** PROUDLY SERVING OKOTOKS, HIGH RIVER & NANTON  
CALL FOR A FREE ESTIMATE: **403.404.7890**  
www.homeserv.ca

**Caring for your dogs as if they were our own!**

- On leash and off leash walks in appropriate areas
- Private in-home training
- Group classes
- Special programs for private training

**Daisy's Doggie Walks and Training**

Visit us on Facebook to find out what we're all about!

daisysdoggiewalksandtraining@gmail.com **403.970.9800**

**Did You Know...?**

**Coffee News** offers printing services!

- Same day printing\*
- Competitive rates

Call **780-220-6397**

\*Some conditions apply.

1-134 Macleod Trail High River

**HIGHWOOD DENTAL**

**DR. DARCY W. BENNETT**

**403.652.2274**  
www.highwooddental.com

NEW PATIENTS WELCOME!

**Just hatching a new business?**

CHECK OUT **Coffee News** ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising

*It's a crackin' good deal!*

**One solution for oxygen at home, away, and for travel**

Introducing the INOGEN ONE – It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit  
**1-888-998-6714**

inogen  
© 2020 Inogen, Inc. All rights reserved. MKT-P0108

*"A Royal Flush Always Beats A Full House!"*

**HIGH RIVER SEPTIC TANK CLEANING** **403.651.3958**

We offer: SEPTIC TANK CLEANING • VAC TRUCK • & BACKHOE SERVICES

PROUDLY SERVING HIGH RIVER, OKOTOKS & SURROUNDING AREA

**FREE!** *New Issue Every Week!*

**Coffee News**®

*"News To Be Enjoyed Over Coffee"*

**High River Edition**  
**587-392-8086**

www.coffee-news.ca Est. 1988

Vol. 10 No. 32 August 10, 2020

**Everybody's Talking**

**Uphill ride** A grandmother of six from Bolivia isn't afraid of a challenge. Mirtha Munoz is the oldest person to ever participate in her country's Skyrace. This race is entirely uphill and takes place on the "Death Road," so named for its dangerous 60-kilometre (37-mile) route from lowland to mountain peak. Munoz has been biking for many years, so did not think the race was a big deal. However, it's very different from the leisurely rides she and her grandchildren enjoy together.

**Cash give-away** Some people living in a low-income district of Istanbul, Turkey, recently had something to cheer about. A mysterious man came into the neighbourhood and paid off their debts. The man went into a grocery store wanting to know who owed money to the store. After asking to meet some of these folks, he came back to the store and paid their debts. The unknown man also placed cash in envelopes and put them on the steps of the homes of families in need. When the grocery store owner asked who he was, the man would not say, but suggested they could consider him Robin Hood.

**Luxurious water house** Anyone wanting to live in a luxurious home, which is also a boat, can fork over \$5.5 million (USD) to buy a floating home called the Arkup. It is set up like a real home, complete with living room, lounge, four bedrooms, a kitchen, and lots of windows through which to enjoy ocean views. Available in Miami, Florida (U.S.), it is a perfect vessel for touring coastal waters, although it's not built to travel in rough seas. It has a rainwater purification system and solar energy, as well as hydraulic stilts, should the owner choose to raise it out of the water.

**Clean water** In a city in Japan, colourful koi fish swim in the drain channels that border the streets. The city of Shimabara is located on Kyushu Island. The water is exceptionally clean in these drain channels because of an earthquake that happened over two centuries ago. The quake caused freshwater springs to gush. In more recent years, city officials decided to stock the channels with the fish, which today are a tourist attraction. Shimabara is known as the City of Swimming Carp. There are only a few other towns in Japan with fish swimming in their drain gutters.

**Quoteable Quotes**

"Nothing endures but change." *Heraclitus*

"...there is a luxury in being quiet in the heart of chaos." *Virginia Woolf*

**What's Happening**

**May 5th - September 30th - Youth Voices : Sharing your lock down stories** How has the COVID19 pandemic affected you The Okotoks Museum and Archives wants you to share your personal story and photos to help share your experience. If you have any questions call the Okotoks Museum and Archives at 403-938-8969.

**July 25th - September 12th - Okotoks Elks Farmers' Market** It will run from 11:00 AM until 3:00 PM each Saturday at the Elks building 58 Elizabeth Street. Many local food vendors as well as unique vendors. Market will follow current Alberta guidelines on physical distancing measures.

**NON profit organizations may submit events for FREE at**  
www.coffee-news.ca/whats-happening

**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**

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

NEW FEATURE!

...or send your entry by small mail to: CN Guy Contest, 17303-107 Ave., Edmonton, AB T5S 1E5 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. An entertainer who performs in silence is known as what?
2. If you are disingenuous, are you quiet or insincere?
3. What is the largest island of the Inner Hebrides, off the coast of Scotland?
4. In children's nursery rhymes, who "could eat no fat"?
5. Does honey ever go bad—Y/N?

(Flip bottom of page for answers)  
© Published with Permission by Calgary Coffee News

www.toesonthego.care

**Because No One Wants to See Your Crack**

WINDSHIELDS | TIRES | MUCH MORE

**High River's COUNTRY CHRYSLER**

**403-652-4949**  
1103, 14 STREET SE • HIGH RIVER

**SAVE 20%**  
ON A NEW WINDSHIELD WHEN YOU BRING IN THIS AD!

**Support Coffee News!**

The paper you have grown to love can't do it without readers like you...

Visit our advertisers  
Browse our website  
Like us on Facebook

**Coffee News**®  
*"News to Enjoy Over Coffee"*

**JEOPARDY!**

WEEKNIGHTS 7:30  
**yesTV**

**THIS SPACE FOR RENT**

**587-392-8086**

**Say "Thank You" to our advertisers**

by visiting them and doing business with them.

They make this publication possible.

(And be sure to tell them you saw their ad in **Coffee News!**)

**"Water" You Waiting For?**

Call us today!  
**403.804.5551**

**BIG ROCK WATER HAULING SERVICE**

www.bigrockwaterhauling.com

- Drinking Water
- Cisterns
- Tree, Livestock & Acreages
- Demolition & Road Dust Control
- Swimming Pools & Hot Tubs
- Skating Rinks
- Landscape Watering

**Recipe of the month**

**Summer Fruit and Mascarpone Tart**

2 x 320g ready-rolled all-butter puff pastry  
100g icing sugar  
750g tub mascarpone  
600ml double cream  
2 tsp vanilla extract  
200g raspberries, a few halved  
200g blackberries, a few halved

1 large mango, peeled and thinly sliced  
6 nectarines or peaches, a mixture, sliced  
4 passion fruits (look for ones with crinkly skins - they're ripe), halved, seeds and pulp scooped out  
handful small mint leaves

Prep: 30 mins. Cook: 30 mins Level: Easy Serves: 15-18

1 Heat oven to 200C/180C fan/gas 6. Unroll 1 pastry sheet, but leave it on the parchment. Place it on a baking tray, dust with 2 tbsp icing sugar, then cover with another sheet of parchment and another baking tray. Pour baking beans into the tray to weigh it down, or use empty cans. Bake for 30 mins, then check if the pastry is golden all over. If not, return for another 5 mins or so. Repeat with the other pastry sheet (or cook both together if you have enough trays). Once out of the oven, trim the edges with a large, sharp knife. Leave to cool.

2 Softly whip the mascarpone, cream, vanilla and remaining icing sugar, then transfer half to a disposable piping bag fitted with a 1.5cm round nozzle (or just snip off the corner). Pipe blobs of the mascarpone cream over the surface of one piece of pastry, right up to the edges. Top with half the fruit and dust with a little icing sugar.

3 Top with the second piece of pastry, more mascarpone cream (refilling the bag when you need to), the remaining fruit, a dusting of icing sugar and, finally, some mint leaves. Use a serrated knife to cut through the layers.

Source: **www.bbcgoodfood.com**

**Coffee News**  
is so popular...  
even our competitors read it!

**E CAUGHT YOUR EYE?**

Comprehensive Eye Care:

- Health
- Emergencies
- Optics
- Rehabilitation

**Diamond Valley Vision Care**  
IN BLACK DIAMOND

CALL NOW: **403-933-5552**

PRICE MATCH GUARANTEE! TALK TO US FIRST!

From Port Alberni, B.C. to St. John's, Newfoundland

Served in

**1579** restaurants and coffee shops

Read by over 1.25 million Canadians per week

**Coffee News** is Canada's choice for positive news from around the world!

**Coffee News** is back on the menu!

Help us stop the spread of Covid-19 by taking this copy of **Coffee News** with you!

**Please do not return to the stand.**

Let's work together to **STOP THE SPREAD**

Every \$3.51 You Give = **1 MEAL FOR A HOMELESS NEIGHBOUR**

Give Hope. Give Today.  
[TheSeed.ca/donate](http://TheSeed.ca/donate)

**Hip or Knee Replacement?**

The disability tax credit allows for a **\$2,500 Yearly Tax Credit** and up to **\$30,000 Lump Sum Refund**

Copd, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

APPLY ANY TIME OF THE YEAR

For Expert Help:  
**1.844.453.5372**

**MOBILE DETAILING CRAZE**

403-519-6199  
[www.CrazeMobileDetail.com](http://www.CrazeMobileDetail.com)  
[CrazeMobileDetail@gmail.com](mailto:CrazeMobileDetail@gmail.com)

Proudly serving the Foothills communities including:

- Aldersyde
- Black Diamond
- Calgary
- High River
- Longview
- Okotoks
- Turner Valley

CARING ABOUT YOUR MOBILE INVESTMENTS

**30 YEARS**  
**Coffee News**

## Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)

The only way to really please yourself is by being true to your heart. Try not to let the expectations of others be part of your goal. This may be a time to revise your plans. Lucky numbers: 14, 24, 28, 29, 32, 44.

**TAURUS**  
(April 21 - May 21)

Put extra energy into thinking about and organizing your professional life. Decisions you make now may very likely work out well, as you are clear and objective. Lucky numbers: 16, 19, 23, 32, 43, 49.

**GEMINI**  
(May 22 - June 21)

Your positive energy may enable you to meet some tight deadlines. You might be astonished by how much work you can accomplish, once you get yourself going. Lucky numbers: 1, 8, 12, 25, 37, 41.

**CANCER**  
(June 22 - July 22)

Communication! Your positive energy may let you reach higher places. Expressing your viewpoint might help you continue to bring others together for a purpose. Lucky numbers: 1, 2, 27, 37, 48, 49.

**LEO**  
(July 23 - Aug. 23)

Friends may try to reveal themselves in the most mysterious ways. You might know them very well and be able to stimulate their imaginations and draw them in. Lucky numbers: 2, 11, 19, 32, 37, 39.

**VIRGO**  
(Aug. 24 - Sept. 23)

There may be many choices for you to try to make. You might need to listen to your own heart and not allow others to interfere with your important decisions. Lucky numbers: 10, 15, 20, 25, 30, 45.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 8.

## Did You Know...

**Big cities:** India is the largest of the South Asian countries. It is also the most populous, with numerous big cities, such as Delhi, Mumbai, and Bengaluru.

**Play ball:** The United States has a number of large football stadiums. These include the Los Angeles Memorial Coliseum in Los Angeles, California; MetLife Stadium in East Rutherford, New Jersey; and FedExField Stadium in Landover, Maryland.

**Big box:** People from the Philippines who live abroad send balikbayan boxes home to their families. These boxes, which are inexpensively shipped by ocean cargo, are filled with such things as toys, clothing, books, and food.

**The far north:** The Earth's most northern region is the Arctic, the border of which is the Arctic Circle (66°30' N). It includes Greenland, Baffin Island, and the far northern parts of Canada, Europe, and Alaska (U.S.).

**Smelly fruit:** Like blue cheese, durian fruit is smelly. This large, oval fruit has a shell that is covered with spikes, but the fruit inside is rich in vitamins and minerals. However, many people can't get past its disagreeable odor.

## On the Lighter Side

An economist is an expert who will know tomorrow why the things he predicted yesterday did not happen today.

Patient: "I keep seeing spots in front of my eyes."  
Nurse: "Have you seen a doctor?"  
Patient: "No, just spots."

What type of book has only characters and no story?  
A telephone book.

He doesn't get lost; he discovers alternative destinations.

What starts with E, ends with E, and has only 1 letter in it?  
Envelope.

### Answers

Trivia answers: 1. A mime 2. Insincere 3. Isle of Skye 4. Jack Sprat 5. No

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Calgary Coffee News

## Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to [contests@coffee-news.ca](mailto:contests@coffee-news.ca)  
Please put "Readers" in the subject line.

Please include:  
1 Your name 2 Your phone number and 3 Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!



**Coffee News** Fun Reading. Serious Advertising.

Unit 3, 401-33 Street NE  
**singlecup.ca**  
Mon-Sat 9-5

**500+**  
K-Cups • PODS • Davinci Syrups

FREE SHIPPING \$60+  
Call or text and collect **403-837-4379**

**Support Your Community**  
by visiting local businesses that advertise in **Coffee News**.

After all, they are making this publication possible for your enjoyment!

Tell them you saw their ad in **Coffee News!**

**Lock out your competition!**

**Coffee News** only allows one advertiser from each industry, so when you advertise your business, your competitors can't.

Call to lock out your competitors today!

**TEST YOUR MEMORY**

After reading **Coffee News**, put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.

Your Score:  
Less than 6 - Keep trying  
7-10 - Getting better  
11-15 - Excellent  
16 or more - Genius!

**It's legal!**  
Have questions? We have answers!

**SWEET TREE**  
CANNABIS CO.  
403-649-6420  
1204C - 16 St. East, High River (right next to Subway)

EST 2017  
NOW OPEN IN HIGH RIVER

**Pregnant? Facing Difficult Decisions?**

We can help.  
Call **780.421.1177** or text **587.596.5380**

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

**Small Miracles Adoption**

[www.smallmiraclesadoption.com](http://www.smallmiraclesadoption.com)