



Everybody's Talking

**This Space FOR RENT** 403-431-0027

Fondue Kits and Celebration Packs available CHAMPAGNE FONDUE BAR 587.907.8316 | Canmore, AB | www.moonlightandeli.com Donate a Car to the **Charity of Your Choice** 1-877-250-4904 🟵 NATE A CAR CANADA www.donatecar.ca Serving the Bow Valley for all your **CONSTRUCTION NEEDS**  Commercial and Residential Interior and Exterior Finishing • Bathrooms Kitchens • Remodels allevView CONSTRUCTION 403.609.1719 / 403.996.2977 fo@valleyviewconstruction.ca PAINTING SERVICES Interior/Exterior Commercial/Residential • High Gloss • Wood Finishing • Kitchens & Cabinets A Passion for Craftsmanship f 🞯 @nwrpainting 403.609.8807 Painting Inc. nwrpainting@gmail.com NICK ROCHACEWICH www.nwrpainting.com WELLNESS SOLUTIONS FOR THE POSITIVE THINKER les les YOGA REFLEXOLOGY REIKI FIRE RAYNOR MASSAGE AQUA LEAD

–Ella Wheeler Wilcox "Whatever is—is best." "It will never rain roses: when we want To have more roses we must plant more trees." —George Eliot

# What's Happening

Quoteable Quotes



GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeenews.ca and be seen here by thousands of readers each week.



Coffee News® wants all of our readers to stay safe, so please take this copy with you.

### Trivia

1. A xylophone is a member of what class of musical instruments?

2. Where is Tasmania?

3. Lou Ferrigno is best known for his portrayal of what TV character?

4. In the periodic table of elements, what is the symbol for platinum—P, Pl. or Pt?

5. What is a snaffle?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing (Over)



403-609-8719

509 Spring Creek Drive, Canmore

kayla@positivehealing.ca



#### Your Weekly Horoscope ARIES LIBRA

(Sept. 24 - Oct. 23)

You may have a clear

goal in mind and intend to succeed. You might

need to use your sense of

creativity to help you to

appreciate and recognize

Disputes can cause great

sorrow. Uncertainties

could distract you from

straightening out your

personal issues. Ask

direct questions and insist

You may feel optimistic,

hopeful, and eager to interact with others. You

might see connections

and possibilities that you

You may be able to

discover new methods to

accomplish your own

personal tasks. If you deal

with words, ideas, or

communication, your

Your search for a creative

outlet may be realized.

Express yourself about

the things that are impor-

tant to you. In doing this,

you might become clearer

This may be the time to

prove your commitment

to your loved ones. Put

your emotional needs

into perspective. Put

aside work ambitions

each person's unique part. Lucky

on pertinent answers. Lucky Numbers:

previously could have overlooked. Lucky Numbers: 3, 12,

efforts might be very productive. Ľucky Numbers: 27, 28, 32, 35, 45, 48.

about your own ideals. Lucky Numbers:

and focus on personal issues. Lucky

Numbers: 4, 16, 20, 28, 32, 41

(Feb. 20 - March 20)

Numbers: 5, 7, 13, 17, 23, 34.

(Oct. 24 - Nov. 22)

**SCORPIO** 

6, 8, 10, 12, 14, 16.

**SAGITTARIUS** 

40, 42, 44, 47.

**AQUARIUS** 

2, 6, 34, 43, 44, 49.

**PISCES** 

CAPRICORN

(Dec. 22 - Jan. 20)

(Jan. 21 - Feb. 19)

(Nov. 23 - Dec. 21)

#### (March 21 - April 20)

This may be a busy and active time in your per-

sonal life. Appointments to keep and a hectic schedule might leave you little time for close, per-

sonal contact with your loved ones. Lucky Numbers: 1, 5, 7, 9, 11, 13. **TAURUS** 

#### (April 21 - May 21)

Take a break from your rigid schedule. This may be a favourable time to take a short vacation or pleasure trip, especially to visit people whose

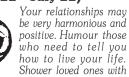
company you really enjoy. Lucky Numbers: 9, 11, 34, 41, 42, 48. **GEMINI** 

#### (May 22 - June 21)

Think big – the basics of your life may be shifted. You might be more willing to take risks and speculate. This could spur you to discover

ways to improve your career. Lucky Numbers: 10, 19, 22, 32, 38, 41. CANCER

#### (June 22 - July 22)



affection and pampering. Lucky Numbers: 11, 30, 37, 39, 42, 44. LEO

#### (July 23 - Aug. 23)

You might discover that the ethics you hold can radically change through some new experiences. You may find new and exciting ways to begin a

high-tech adventure. Lucky Numbers: 17, 28, 33, 42, 45, 47 VIRGO



very demanding, both

winners with the luckiest number being 3.

## Did You Know...

**Snack time:** Everybody loves popcorn, especially at the movies! Popcorn is a specific type of corn with a hard outside and an inside that consists of dense starch. When heated, the starch pops and turns the kernel into the familiar snack.

Mountain ranges: The country of Colombia, in the northwest corner of South America, is home to the Colombian Andes. There are three branches: Cordillera Central, Cordillera Oriental, and Cordillera Occidental.

Famous works: Composer Wolfgang Amadeus Mozart (1756-1791) was a famous Austrian composer whose works are still admired today. He wrote operas, including The Marriage of Figaro, as well as symphonies, such as the Jupiter Symphony.

Fast running bird: Ostriches are found in the wild in Africa and are also raised around the world as a farm animal. Although they can't fly, they can run faster than any other running bird.



ADDICTION AND MENTAL HEALTH Information & Referral Calgary Zone Alberta Health Access Mental Health Serving the Bow Valley for all your **CONSTRUCTION NEEDS**  Commercial and Residential Interior and Exterior Finishing 

Bathrooms
 Kitchens • Remodels allevVi CONSTRUCTION 403.609.1719 / 403.996.2977





mentally and physically. Lucky Numbers: 2, 15, 19, 29, 35, 48.

Lucky numbers this week: This week's odds favour Sagittarius

### **NEED TO HIRE STAFF?**

Coffee News® allows you to target job seekers throughout the Bow Valley.

No restrictions on the type of business that can advertise.

Affordable rates, impressive results. Contact us today!

403.431.0027 | www.bvcoffeenews.ca



Cotton swabs: A Polish American named Leo Gerstenzang is credited with inventing the Q-tip in the early 1920s after watching his wife use a cotton-covered toothpick as a makeshift version. That spurred him to come up with something better.

On the Lighter Side

My friend and I often laugh about how competitive we are. But I laugh more.

What has feathers but no wings? A pillow.

Man on one river bank: "I need you to help me get to the other side!'

Man on the other river bank: "You are on the other side!"

Don't you hate it when someone answers their own questions? I do.

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

### Answers

4. Pt 5. A bit for a horse Trivia answers: 1. Percussion 2. SE Australia 3. The Hulk

For available franchise opportunities – visit coffeenewscanada.com © Published with Permission by Mad Mama Marketing



<sup>40-</sup>Bow Valley