Your Smile Is Our Business!
Dental Implants
$3500 Includes Implant, Crown and CT Scan
- Same Day Emergency Walk-Ins
- Direct Insurance Billing
- 0% Payment Plans Available
- No Obligation Consultation
- We follow the Alberta Dental Fee Guide

ACCEPTING NEW PATIENTS
ROCKY MOUNTAIN DENTAL
403-762-2625 • RockyMountainDental.ca
2nd Floor, 210 Bear St., Banff | Open Mon, 9-5/Tue, 9-4/Wed & Thu, 8-4/Fri & Sat, 9-3

24/7 On Call Service
- Diagnostics, Repairs, Tires and Troubleshooting
- Automobiles and RVs (Free courtesy vehicles)
- Out of Province Inspections
- Safety & Insurance Inspections
- CVIP Inspections for Highway Motor Coaches, Class 8 Trucks and Commercial Buses

LICENSED INSPECTION FACILITY
FREE SHUTTLE SERVICE TO CANMORE
Exshaw Auto Truck, & Bus
Red E to serve
403.707.7109
exshawatb@icloud.com | exshawatb.com | 11 Cougar Mountain Cres.

100% LOCALLY OWNED AND OPERATED
Every TYPE OF FLOORING ...ALL UNDER ONE ROOF!
CANMORE FLOORING COMPANY
CALL FOR YOUR FREE QUOTE: 587.807.0087
1302 Railway Ave. Canmore
canmoreflooringco.ca
CARPET | TILE | HARDWOOD | VINYL | COUNTERTOPS

Assist In Our Recovery!
SHOP LOCAL
USE LOCAL CONTRACTORS
...and tell them you saw them in Coffee News®!

YOUR RENOVATION ROOFING & EMERGENCY ROOF REPAIR SPECIALISTS
Rippy's Roofing & Construction Inc.
- Emergency Repairs
- Eaves and Soft Metals
- Asphalt Shingle Specialists
- Insurance Claims
- Siding

FAMILY OWNED AND OPERATED
FREE ESTIMATES | 5-YEAR LIMITED WORKMANSHIP WARRANTY
403-932-2938
info@rippysroofing.com www.rippysroofing.com RippysRoofing

Serving the Bow Valley for all your CONSTRUCTION NEEDS
- Commercial and Residential
- Interior and Exterior Finishing • Bathrooms • Kitchens • Remodels

CLEAN FAST RELIABLE
ValleyView CONSTRUCTION
403.609.1719 / 403.996.2977
info@valleyviewconstruction.ca

Recipe of the month

Bacon Wrapped Stuffed Mushrooms

½ cup chopped green onions
2 (8 ounce) packages cream cheese, softened
20 fresh mushrooms, stems removed
1 pound sliced bacon, cut in half

Level: Easy Total: 30 mins Yield: 20 appetizers
Prep: 10 mins Cook: 20 mins

❶ Preheat the oven to 350 degrees F (175 degrees C).
❷ In a medium bowl, mix together the green onions and cream cheese. Stuff mushroom caps with the cheese mixture. Wrap each mushroom with a half-slice of bacon, and secure with toothpicks. Place on a baking sheet.
❸ Bake for 20 minutes in the preheated oven, until the bacon is cooked through.

An ideal addition to a party tray or a wonderful appetizer for a romantic Valentine Day meal.

Source: www.allrecipes.com

FREE! New Issue Every Week!
Coffee News®
"News To Be Enjoyed Over Coffee"
Bow Valley Edition
888-242-9002
Est. 1988
www.bvcoffeenews.ca
amy@bvcoffeenews.ca
Vol. 2021 No. 9 March 1, 2021

Everybody's Talking

Melon mania: Carving pumpkins at Halloween might be a normal thing to do, but carving watermelons to use as bandit masks is quite another. That's what two thieves in Louisa, Virginia (U.S.), did to cover up their identities when they robbed a convenience store. They arrived at the business in a stolen vehicle, then strolled in, looking through carved-out "eyes" in the melons they wore on their heads. Police managed to find one of the culprits, and they are still searching for the other one.

Colour change: Blaze, a Labrador retriever from Finland, suddenly changed from black to white, and his owner couldn't figure out why. She wondered why a small patch of fur on her pet's ear suddenly turned white. Then, over the course of a year, much of Blaze's fur changed from black to white. It turns out that Blaze has vitiligo, a condition that causes the pigment in fur to lose its colour. Blaze doesn't seem to care. He is a loving, healthy dog that likes to play and go for walks. Thanks to his owner's posts, he has become a social media sensation.

Bedsheet shirts: Two clothing designers from Archivist Studio in Berlin, Germany, found a unique way to reuse material that would have gone to the dump. Eugenie Haitsma and Johannes Offerhaus offered to take expensive hotel bedsheets that were headed for the garbage bin, due to minor flaws and tears. The designers realized that the Egyptian linen would be perfect for shirts, and the hotels were happy to get rid of it. With so much quality material to work with, the entrepreneurs soon came up with some styles, and they intend to add more to their portfolio in the future.

Brave stance: Elephants may be quite a lot larger than crowned cranes, but that didn't stop one of the birds from aggressively protecting its nest against a herd of the giant grazing mammals. The crane's bravery was caught on camera in Kenya's Maasai Mara National Reserve. As the elephant approached, the crane spread its colourful wings and squawked loudly while moving towards the mammal in a menacing manner. The adult moved away, and then the crane started badgering a baby elephant, which didn't go over well with the adult. All was well in the end, as the elephants wandered off.

Quoteable Quotes

"If the wind will not serve, take to the oars." —*Latin Proverb*
"How beautiful, how buoyant, and glad is morning!" —*L.E. Landon*

What's Happening

Knights of Columbus Lottery. It's another DREAM VACATION! The Airdrie Knights Lottery is back and with only 120 tickets you chance to WIN is Great. Get all the info and your ticket at airdriedreamvacation.ca.

Avalanche Safety Training Level 2. BanffLIFE presents this course on March 4th. Registration and fees apply. Visit banff.ca to register.

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. Which mischievous feline appears in Alice's Adventures in Wonderland?
2. The Rhode Island Red is an American breed of what type of creature?
3. What is the collective term for a group of giraffes?
4. What are the Atacama, Gobi, and Sahara types of?
5. The candy called Life Savers was created in 1912, 1944, or 1952?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

(Over)

PAINTING SERVICES
Interior/Exterior
Commercial/Residential
- High Gloss • Wood Finishing
- Kitchens & Cabinets

A Passion for Craftsmanship
NWR Painting Inc.
NICK ROCHACEWICH
@nwrpainting
403.609.8807
nwrpainting@gmail.com
www.nwrpainting.com

WELLNESS SOLUTIONS FOR THE POSITIVE THINKER
2 CANMORE LOCATIONS TO SERVE YOU
YOGA REFLEXOLOGY REIKI
RAYNOR MASSAGE AQUA LEAD FIRE CUPPING
403-609-8719
509 Spring Creek Dr. | 201B-749 Railway Ave.
kayla@positivehealing.ca
www.positivehealing.ca
POSITIVE HEALING

This Space
FOR RENT
403-431-0027

YOUR HOME COMFORT EXPERTS
Time for a new furnace system? Give us a call!
Furnace Service STARTS AT $99 PLUS GST
Install • Maintain • Repair
BOW VALLEY 24/7 PLUMBING AND HEATING LTD
NAPOLEON
24/7 EMERGENCY
403.493.4328
oli@bowvalley247.com
Olivier Dompierre Gagnon RSE
Red Seal Plumber & Gasfitter | Cross Connections Specialist

CONFUSED worried angry worried
NOT SURE WHERE TO FIND HELP? WE CAN POINT YOU IN THE RIGHT DIRECTION
SCARED ALONE UNCERTAIN worried SAD hurt
403.943.1500
1.844.943.1500 (toll free)
ADDICTION AND MENTAL HEALTH
Information & Referral
Calgary Zone
Alberta Health Services Access Mental Health

ENTER TO WIN!
❶ Find the hidden Coffee News guy...
Hint: He's about this big in one of the ads
❷ Then send your name and full address via email to amy@bvcoffeenews.ca or enter online at www.bvcoffeenews.ca
Tell us the ad in which you found the CN guy hidden, the edition name and date and the location where you picked up Coffee News for a chance to win a great prize!
MARCH'S CONTEST SPONSOR
POSITIVE HEALING

Buried in SNOW?
CALL US FOR ALL YOUR SNOW REMOVAL NEEDS!
Book now for your Spring gravel removal and line painting services.
CANMORE LANDSCAPING
YOUR TRUSTED ALL SEASON YARD MAINTENANCE SERVICE
Call Steve at 403.688.7512
clc89@outlook.com | @CanmoreLandscaping

Donate a Car to the Charity of Your Choice
DONATE A CAR CANADA
1-877-250-4904
www.donatecar.ca

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

Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may need to create your own unique image of what you do, as your creative cycle might seem very high. You might have a captive audience and may not disappoint anyone. Lucky numbers: 2, 15, 21, 28, 30, 40.

TAURUS
(April 21 - May 21)

You may want to try hard to be patient with those close to you. They might not comprehend your motives or your methods. Enlighten them with the information in plain language. Lucky numbers: 33, 38, 39, 42, 43, 48.

GEMINI
(May 22 - June 21)

You may be able to make things happen. There could be interesting options that open up to you. You might need to look past the immediate to see what the future can bring. Lucky numbers: 5, 6, 19, 21, 26, 32.

CANCER
(June 22 - July 22)

Your deepest feelings may make you a little too subjective right now. Honest conversations with friends and family might help you understand things a little more clearly. Lucky numbers: 3, 9, 11, 25, 26, 39.

LEO
(July 23 - Aug. 23)

You may be invited to share in someone's tradition or a cultural celebration. Researching for information might be necessary to help you understand your role in the occasion. Lucky numbers: 12, 24, 27, 39, 41, 46.

VIRGO
(Aug. 24 - Sept. 23)

Your words and actions could demonstrate your sense of teamwork. Newfound knowledge may enable you to find the perfect niche within your circle of friends. Lucky numbers: 7, 25, 32, 35, 40, 45.

LIBRA
(Sept. 24 - Oct. 23)

You might need to find a new hobby or revive an old one to keep your mind busy. Your everyday routine may become very tedious unless you change things up a little. Lucky numbers: 12, 15, 18, 19, 29, 38.

SCORPIO
(Oct. 24 - Nov. 22)

Using your creative ideas may help you get back on track. Stop procrastinating about your future and take the reins in the direction you want to go. Lucky numbers: 6, 8, 10, 22, 32, 47.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Accepting help doesn't mean failure; it may mean that you realize you shouldn't do everything by yourself. Good communication with those around you could clear the air. Lucky numbers: 12, 17, 21, 31, 37, 44.

CAPRICORN
(Dec. 22 - Jan. 20)

Financial commitments may weigh heavily on you. You might need to liquidate some of your assets in order to achieve a balance. Cut back on luxuries and stick to the basics. Lucky numbers: 1, 3, 4, 6, 9, 21.

AQUARIUS
(Jan. 21 - Feb. 19)

A change of venue may be healthy for your imagination. You might accept an invitation to do something different. You could be surprised by how much fun you have. Lucky numbers: 2, 12, 13, 24, 36, 39.

PISCES
(Feb. 20 - March 20)

Your strong family ties may inspire you to reach beyond your previous expectations. Good vibrations could be all around. Your intuitive insights might be precise. Lucky numbers: 17, 21, 27, 35, 38, 41.

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

Did You Know...

Wee birdie: The tiniest bird on the planet is the Bee Hummingbird. This species lives in Cuba and lays eggs the size of coffee beans. It is so small that it might be mistaken for a bee when it is hovering around flowers to collect nectar.

Soundscape: The Sagano Bamboo Forest in Kyoto, Japan, is a magical place. The rustling and creaking of the thousands of tall bamboo stalks is so meditative that the country has deemed it a "soundscape."

Surf 'n turf: People who live on the west coast of the United States are likely familiar with a regional dish called the Hangtown Fry. It combines bacon, fried oysters, and eggs, resulting in a salty, chewy mixture.

Amazing wave: Wave Rock is a rock formation in Western Australia. Part of a larger formation called Hyden Rock, it looks like a 15-metre (50-ft.) tidal wave, but is really comprised of layers of stone.

Odd name: Awkwafina is an American actress and rap singer who has starred in movies such as *Crazy Rich Asians* and *Ocean's 8*. She was born Nora Lum in 1988, and started calling herself Awkwafina when she was 16.

On the Lighter Side

Why do Norwegians put barcodes on their battleships? When they dock they can Scandinavian.

Political candidate: "My campaign is picking up speed!" Campaign Manager: "That's what happens when it's going downhill!"

Everybody wants to save the Earth; nobody wants to help do the dishes.

Parent to rambunctious kids: "If you fall down and break your legs, don't come running to me!"

Egotist: One who's always "me-deep" in conversation.

Answers

Trivia answers: 1. Cheshire cat 2. Chicken 3. A tower 4. Deserts 5. 1912

For available franchise opportunities – visit coffeenewscanada.com

© Published with Permission by Mad Mama Marketing

This is Your Story
Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM
yesTV

DELIVERY AVAILABLE
Fondue Kits and Celebration Packs available
Moonlight + Eli
CHAMPAGNE & FONDUE BAR
587.907.8316 | Canmore, AB | www.moonlightandeli.com

Congratulations
to our latest contest winner for finding "Beans, the Coffee News Guy."
Marianne Bladon
found "Beans" at Silver Creek Lodge in Canmore
Coffee News®
Enter today for your chance to win!
www.bvcoffeenews.ca

Your Dog Is In For A Treat!
Barbara Pfister – Experienced Dog Walker
Quality instead of quantity
On leash dog walking only.
One dog at a time, multiple dogs only from the same family
4 PAWS UP Canmore
Call or text
403-609-8792
babepfister@hotmail.com

Carpet Steam Cleaning
Commercial Custodial Cleaning
Mr Knight CLEANING
Quality Workmanship You Can Trust!
403.609.2334
info@mcknightclean.ca | www.mcknightclean.ca
PROUDLY SERVING LAKE LOUISE, BANFF, CANMORE & KANANASKIS

WELLNESS SOLUTIONS FOR THE POSITIVE THINKER
2 CANMORE LOCATIONS TO SERVE YOU
YOGA REFLEXOLOGY REIKI
RAYNOR MASSAGE AQUA LEAD FIRE CUPPING
403-609-8719
509 Spring Creek Dr. | 201B-749 Railway Ave.
kayla@positivehealing.ca
www.positivehealing.ca
POSITIVE HEALING

YAMNUSKA WOLFDOG SANCTUARY
Located at 263156 Range Rd 53, on the 1A Hwy
A non-profit organization that oversees the rescue and safe sanctuary for wolfdogs that have been neglected, abandoned, or otherwise displaced.
Through its educational programs, the Sanctuary discusses the challenges of wolfdog ownership and promotes responsible ownership by outlining what a suitable home should look like. The Sanctuary also touches on the importance of preserving wolves in the wild!
For further details about our mission, please call 587-890-WOLF (9653) or visit yamnuskawolfdogsanctuary.com
You can also find details there about our Intro Tours and Interactive Tours, including pertinent age restrictions.

Serving the Bow Valley for all your CONSTRUCTION NEEDS
• Commercial and Residential
• Interior and Exterior Finishing • Bathrooms
• Kitchens • Remodels
CLEAN FAST RELIABLE
ValleyView CONSTRUCTION
403.609.1719 / 403.996.2977
info@valleyviewconstruction.ca

January 23
Happy Pie Day
from your friends at Coffee News®

If this was your ad...
Your Business 7 Days A Week
it would have been seen now!

Not all Superheros wear capes.
Coffee News®
Cheering you on every step of the way!
THANK YOU ESSENTIAL WORKERS!

NOT LOOKING FORWARD TO WINTER?
CALL US FOR ALL YOUR SNOW REMOVAL NEEDS!
CANMORE LANDSCAPING
YOUR TRUSTED ALL SEASON YARD MAINTENANCE SERVICE
DESIGN. MAINTAIN. CLEAN.
Call Steve at 403.688.7512
clc89@outlook.com | @CanmoreLandscaping

MEN IN KILTS®
1.800.777.KILT
meninkilts.ca
We Clean. You Enjoy. No Peeking!
WINDOW CLEANING PRESSURE WASHING
GUTTER CLEANING SNOW REMOVAL

Shocking News!
You can pay less for electricity and gas with a locally owned provider.
VECTOR ENERGY
Go to our web site: www.vectorenergy.ca
or phone customer care at: 403-770-9090

Serving the Bow Valley for all your CONSTRUCTION NEEDS
• Commercial and Residential
• Interior and Exterior Finishing • Bathrooms
• Kitchens • Remodels
CLEAN FAST RELIABLE
ValleyView CONSTRUCTION
403.609.1719
info@valleyviewconstruction.ca