

403.342.2272  
Toll Free 1.800.790.5038



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

**FREE!** *New Issue Every Week!*  
**Coffee News**<sup>®</sup>  
"News To Be Enjoyed Over Coffee"  
**Carstairs, Crossfield, Didsbury Edition**  
**888-242-9002**



www.bvcoffeeneews.ca  
amy@bvcoffeeneews.ca

**If this was your ad...**



**it would have been seen now!**

**Shocking News!**  
You can pay less for electricity and gas with a locally owned provider.



**Go to our web site: www.vectorenergy.ca**  
**or phone customer care at: 403-770-9090**

**CWC**  
**Carstairs Waste Control**



722 - 9 Avenue, North • Carstairs  
**403.337.2870**  
carstairswastecontrol@yahoo.com  
www.carstairswaste.com

**Waste Bin Rentals**  
HOUSEHOLD AND CONSTRUCTION BINS  
4 cubic yard to 30 cubic yard waste bins available!

**THE BEST IN Vein Treatment SERVICES**



Tired of ugly veins? We offer sclerotherapy to remove unsightly spider, reticular and varicose veins. And best of all - no downtime!  
Call now: **403-980-2662**

**SILVERFERN**  
AESTHETICS AND VEIN MEDISPA  
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE  
SILVERFERNMEDISPA.COM  
"Everyone will notice... but no one will know."

**Coffee News**  
**Coffee News**<sup>®</sup>  
**is so popular...**  
**even our competitors read it!**



**Taking Care of Your Family Needs**



Seniors Receive **10% Off** Every Day!

**VALUE DRUG MART**  
Free Prescription Delivery - Giftware Household Products - Homecare Supplies  
**403.335.3307**  
1710 - 20 Street, Didsbury • www.valuedrugmart.com  
**Keeping it in the Community**

**Struggling To Take Care of Your Feet?**



Whether you suffer from ingrown nails, athlete's foot, corns, skin and nail fungus infections, or other common foot ailments... help is just a call away with Certified Podologist, Marion.

**Toes On The Go Footcare**  
Call today for more information: **403-620-7851**  
marion@toesonthego.care • toesonthego.care

Happy **Earth Day** April 22



from your friends at **Coffee News**

**Everybody's Talking**

**Lottery luck:** It's not much fun to discover that a car tire is low on air, necessitating a stop at a gas station with an air pump. But for a man from Michigan (U.S.), it led to winning a whopping \$2 million. The fellow was driving his wife's truck when he realized one of the tires was going soft. He pulled into the nearest gas station, but didn't have coins for the air pump. That led him to enter the adjoining store to get some change, and he decided to pick up a lottery ticket while he was at it. The winner and his wife will invest their winnings in a new home, and maybe they'll even get a new, airtight tire for the truck.

**Bear country:** When Sean Atkinson looked at the security camera to see who had broken into his home near Orillia, Ontario (Canada), he was surprised to find that the burglar was not a person, but a bear! The animal seemed to have opened the door like a human, and then it walked in nonchalantly, as though it owned the place. It rummaged around quite a bit, but didn't find much to eat in the empty pizza boxes that were lying around. Getting out of the house was a little bit trickier because the door slammed back in the poor creature's face. However, the bear made it out, with not much damage to Atkinson's home.

**Subway splendour:** When one thinks of subway stations in big cities, visions of concrete, graffiti, and dimly lit underground corridors may come to mind. Not so in Moscow, where the metro stations look more like ornately decorated dance halls. Rather than being dirty and unpleasant, these stations are beautiful and opulent. Each station in the city has its own unique design, with some featuring stained glass and chandeliers, while others display plaster mosaics and marble seating. They are unexpected sights to see while waiting to catch the train to a destination.

**Lacy cookies:** Judit Czinkné Poór of Ajka, Hungary, probably never expected that her skill at painting porcelain would transfer to cookie decorating. That is just what happened, and today the artist is a well-known pastry chef with her own shop. She is able to turn a gingerbread cookie into a creative edible that appears to be covered in traditional Hungarian lace and delicate flowers. She has expanded her decorating to include cartoon characters and animal figures. As can be imagined, completing a batch of cookies takes Poór a long time, so she is unable to keep up with the demand. However, she shares her talent through teaching.

**Quoteable Quotes**

"There is only one proof of ability: action." —Marie von Ebner-Eschenbach  
"We are such stuff as dreams are made on; and our little life is rounded with a sleep." —William Shakespeare

**What's Happening**

**Canmore UNCORKED.** Come join in this yearly event highlighting the best in food and drink in the Valley. April 8 to 22. Visit canmoreuncorked.com for all the details.

**Mealtime Struggles To Success.** FREE Online Nutrition Class for parents and caregivers of 1 to 5 yr olds. Learn how to: create a positive mealtime environment, introduce new foods, and cope with mealtime struggles. April 14 at 630PM. Register at birthandbabies.com

**Feeding Your Baby.** FREE Online Nutrition Class for parents and caregivers of infants. Information and q and a's on starting solids and first foods, textures, finger foods, timing, amounts, and more. April 20 at 1030AM. Register at birthandbabies.com

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



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


**Trivia**

- Which American filmmaker created Jaws and Jurassic Park?
- Tonsils are part of the lymphatic system—T/F?
- A simoleon is a slang term for what?
- How often does the International Space Station orbit Earth?
- The Nehru jacket was a product of the 1940s, '50s, or '60s?

(Flip bottom of page for answers)  
© Published with Permission by Mad Mama Marketing  
(Over)

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

**Recipe of the month**



**Baked Ham with Cherry Sauce**

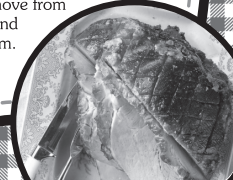
1 fully cooked bone-in ham (6 to 8 pounds)	1/2 cup sugar
1 cup packed brown sugar	1 cup cold water
3 tablespoons maple syrup	1 can (15 ounces) pitted dark sweet cherries, undrained
1 teaspoon ground mustard	2 tablespoons lemon juice
3 tablespoons cornstarch	1 teaspoon almond extract

Prep Time: 10 mins. Bake time: 1 hour 45 mins.  
Yield: 12 servings

- Preheat oven to 325°. Place ham on a rack in a roasting pan. Using a sharp knife, score surface of ham with 1/4-in.-deep cuts in a diamond pattern. Mix brown sugar, syrup and mustard; rub over ham and press into cuts. Bake, covered, until a thermometer reads 140°, 1-3/4 to 2 hours.
- In a small saucepan, mix cornstarch, sugar and water until smooth. Add cherries; bring to a boil. Cook and stir until thickened, 1-2 minutes. Remove from heat; stir in lemon juice and almond extract. Serve warm with ham.

An ideal Easter meal showstopper!

Source: www.tasteofhome.com



A cozy little cabin filled with a variety of treasures!

**COUNTRY GARDEN CRYSTALS**

- Crystals & Gems
- Gemstone Jewellery
- Sterling Silver Chains
- Himalayan Salt Lamps
- SongPods
- Tibetan & Crystal Singing Bowls
- Gemstone Lamps
- Books, Decks & CDs

Open Thursday thru Monday, 10 a.m. - 5 p.m.  
(Closed Tuesday and Wednesday)

403.946.5802

We are doing our best to remain a safe and healing space. Please call ahead to arrange a time to visit the cabin! Check our website calendar for up and coming workshops and events. We are located west of Crossfield - see website for directions: www.countrygardencrystals.ca.

Angel Card Readings available with Charlene Money, AGP/AAEP  
Please call the shop for more details!

**Paterson Community Centre Bowden**  
2101-27 Avenue, Bowden

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

403.507.5090 | www.bowdencommunityhall.ca

**JV ROOFING & EXTERIORS**

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

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

Full service bakery, deli, meats, grocery and produce



**BUY-LOW FOODS**

- Freshness
- Selection
- Friendly Service

403.335.9595  
www.buy-lowfoods.com  
8 a.m. - 8 p.m., 7 days a week | 900 Shantz Dr., Didsbury

**THE BEST IN Botox/Filler SERVICES**

Reclaim your youthful looks! Botox and Fillers are an incredible way to combat wrinkles and reduce worry lines in the forehead, between the eyebrows, and smile and laugh lines.

Call now: 403-980-2662



**SILVERFERN**  
AESTHETICS AND VEIN MEDISPA  
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE  
SILVERFERNMEDISPA.COM

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

FRIENDLY PROFESSIONAL STAFF

# Your Weekly Horoscope

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



Something that may have been lost or hidden may now come to light. Secrets, mysteries, or long-buried feelings and desires could be revealed. Lucky Numbers: 3, 16, 18, 22, 29, 32.

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



You may be more impressionable and open, and your intuition may be heightened. The world of imagination or entertainment could hold some attraction for you. Lucky Numbers: 5, 6, 9, 33, 36, 39.

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



It may be a good time to come to an agreement, negotiate, or exchange your views with others. Ideas flow and you could present your case very well. Lucky Numbers: 12, 15, 23, 33, 38, 49.

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



Conversations and sharing plans may be very productive now. You might better understand what others are telling you and also make yourself clearly understood. Lucky Numbers: 2, 17, 22, 27, 34, 40.

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



Times may call for flexibility and your ability to think on your feet while accepting the unexpected. You might come up with fresh insight, which could be quite useful. Lucky Numbers: 11, 19, 21, 29, 31, 39.

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



This may be a favourable time to socialize with people with whom you have professional ties. The positive feelings you generate now could help you with your goals for the future. Lucky Numbers: 7, 13, 18, 19, 22, 48.

**LIBRA (Sept. 24 - Oct. 23)**



There may be major opportunities to make connections and to learn something through a chance encounter. This might be a good time to be out and about. Lucky Numbers: 17, 27, 33, 37, 40, 48.

**SCORPIO (Oct. 24 - Nov. 22)**



This may be a good time to make decisions about your financial affairs, with judgment that is sound and reliable. Spending time with old friends could bring you happiness. Lucky Numbers: 5, 10, 17, 22, 37, 43.

**SAGITTARIUS (Nov. 23 - Dec. 21)**



Confidence and inner harmony may prevail. You might move forward with creative projects and express yourself more easily and comfortably now. Lucky Numbers: 1, 2, 3, 11, 22, 33.

**CAPRICORN (Dec. 22 - Jan. 20)**



Thoughts of the past and the choices you've made may be prominent. Making a decision regarding your home or your family life could be favoured at this time. Lucky Numbers: 21, 26, 29, 31, 36, 39.

**AQUARIUS (Jan. 21 - Feb. 19)**



You may see connections and possibilities that you had overlooked before. Now might be a good time to communicate your enthusiasm and share your plans. Lucky Numbers: 5, 10, 15, 25, 35, 45.

**PISCES (Feb. 20 - March 20)**



You may receive appreciation and a positive response for your generosity. Being with people and giving something of yourself and your talents might be your path. Lucky Numbers: 1, 4, 14, 24, 34, 44.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 11.

## Did You Know...

**Multilingual:** Swedish actress Ingrid Bergman (1915-1982) had many talents. As well as starring in famous movies of her day, such as *Casablanca* and *For Whom the Bell Tolls*, she could speak five languages.

**Yummy soup:** People in New Orleans, Louisiana (U.S.), are quite familiar with a traditional soup called yakamein. The tangy beef broth is chock full of spaghetti, beef, green onions, and hard-boiled eggs, and topped with Creole seasoning.

**Silence is golden:** Surprisingly, wind doesn't make a sound. That is, until it comes into contact with objects. So when whistling, rattling, rolling, or squeaking sounds are heard on windy days, it's not really the wind!

**Long borders:** The longest international border in the world, between the United States and Canada, is 8,890 kilometres (5,524 mi.) long. Next longest is the border between Russia and Kazakhstan, which is 6,846 km (4,254 mi.) long.

**Unique tree:** Baobab, also known as the bottle tree, is a genus of tree that has several species. They grow in Madagascar, Africa, and Australia. Their thick trunks store water, and they can live to be hundreds of years old.

## On the Lighter Side

Why did the traffic light turn red? You would, too, if you had to change in the middle of the street.

First pupil: "Great news! Teacher said we're going to have a test today, come rain or shine."  
Second pupil: "Why is that good news?"  
First pupil: "It's snowing!"

0 and 8 are taking a walk in the desert. The 0 turns to the 8 and says, "You must be hot with that belt on."

A candle loses nothing by lighting another candle.

What a fine thing experience is! It enables us to recognize a mistake every time we make it.

### Answers

Trivia answers: 1. Steven Spielberg 2. True 3. A dollar 4. Every 90 minutes 5. 1960s

For available franchise opportunities – visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Mad Mama Marketing

**ENTER TO WIN!**

Find the hidden Coffee News guy... Hint: He's about this big in one of the ads

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!

**APRIL'S CONTEST SPONSOR**

**Bow Valley Coffee News**

**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

**BLUE BLOODS**

MON - THURS 9:00

yesTV

**Sparkle And Shine**

CAR & DOG WASH

AUTOMATIC TOUCHLESS WASH  
6 LARGE VEHICLE SELF-SERVE BAYS  
DOG WASH

VOTED BEST CAR WASH!

901A Hwy 2A, Carstairs | 403-586-8519

**THRIFT WITH A TWIST!**

DEE'S TREASURE CHEST

Not your average thrift store...

1610-20 Street Didsbury

403-335-5616  
[www.thetreasurechest.ca](http://www.thetreasurechest.ca)

Not all Superheros wear capes.

**Coffee News**

Cheering you every step of the way!

THANK YOU ESSENTIAL WORKERS!

Your One Stop Accounting and Advisory Shop

At The Catalyst Group we can get you set up for future growth with cloud accounting. Snap a picture of receipts and have it go directly into your accounting software. Anytime, Anywhere.

Accounting & Advisory • CFO Services  
Canadian & US Tax • Cloud Accounting • Wealth

meganb@thecatalystgroup.ca 403-767-1529

[www.theCatalystgroup.ca](http://www.theCatalystgroup.ca)

**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](mailto:christo@airenet.com)

**WILLS PROMOTION**

Single Will \$150 (GST incl.)  
Will Package \$500 (GST incl.)  
Will Package includes: Will, Enduring Power of Attorney and Personal Directive

**Chinook Country Law Office**

403-946-4300  
info@chinookcountrylaw.com  
www.chinookcountrylaw.com  
Box 860  
1018C Hammond Ave., Crossfield

We are pleased to announce the addition of  
**TODD I. WYTRYCHOWSKI**  
B.A., LL.B.  
to our practice!

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!

**We Recover Your Investment**

Prestige Upholstery

Andrew Sadlowski  
403-638-3571  
403-507-3864

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

Located in Bergen  
[www.albertatentrentals.com](http://www.albertatentrentals.com)

**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

**FREE SCRAP CAR REMOVAL**

MENTION THIS AD AND RECEIVE UP TO \$200 FOR YOUR SCRAP VEHICLE

**DJ'S TOWING**

CALL 403-922-2412

**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!