

KNOWLEDGEABLE EXPERT CUSTOMER SERVICE TEAM!
One stop shopping for all your
OFFICE SUPPLIES

Prairie office plus

403.347.2286
orders@prairieop.com
www.prairieop.com

Visit our showroom!
100 - 6660 Taylor Dr., Red Deer

100% CANADIAN OWNED AND OPERATED

FREE DELIVERY

One stop shopping for your special Dad!

FATHER'S DAY JUNE 18

See us for all your hunting, fishing and camping needs!

THE **SPORTSMEN'S DEN**

403.347.7678 • #6, 7667-50 Ave., Red Deer

OVERHEARD ABOUT Coffee News...

"As a local business Coffee News has been a great tool to let people from all different walks of life get to know about our products and services. Bryon and his staff are always on top of things and provide our business with great value for our advertising dollars. **Would definitely recommend.**"

~ Geordin Flett, Sales Manager
Battery Boss

For advertising info, call Bryon today at **403.550.1957**

Hoping this school year will be better, is not a plan.

Sylvan Learning Tutoring
2 hours per week, IS a plan.

reddeersylvanlearning.ca

See website for specials.

K-12 Tutoring, Camps and kids' technology classes.

BUY-LOW FOODS

587-621-1000

Conveniently located in Blackfalds at #105-4500 Blackfalds Crossing Way

OPEN 8 am-9 pm 7 DAYS/WEEK

ALUS

MARGINAL LAND? SENSITIVE LAND?

ALUS helps with up-front & long-term management costs for ecosystem projects.

- Native Range Land
- Streams & Wetlands
- Riparian Areas

AlusRedDeerCounty.ca

We specialize in Residential Service and repair, including:

- BBQ Gas Line Installs
- Water Heaters and Plumbing
- Fixture Installation and Repairs

TARZAN & JANE
PLUMBING HEATING AND DRAIN

TYLER SUNGGAARD
Like & Follow Us facebook

587.877.4553 | tarzanandjanepumbing@gmail.com

Christmas • New Year's • Weddings • Valentine's • Grad • ...and more!

Make Your Special Occasion Unforgettable with

ARROW LIMOUSINE
SEDAN AND PARTY BUS LTD.

Call 403-346-0034 to reserve

FREE!

Coffee News[®]

"News To Be Enjoyed Over Coffee!"

Lacombe, Blackfalds Rimbey, and Bentley Edition

403.550.1957

e-mail coffee.newsguy@hotmail.com
online version at coffee.newsonline.com/canada/centralalberta

Vol. 29 No. 2:24 June 12, 2023

Everybody's Talking

Burnt offerings: Crusty on the outside and chewy on the inside sounds like a perfect combination for dinner rolls. However, the bread product in question is known as "heavy-fired" or "well-fired" rolls, and they can be as black as extremely burnt toast on the outside. Bakeries in Scotland have made these buns for many decades, and often sell out of their day's supply early in the morning. Some people love the charred offerings, finding them addictive. Others think the buns are a huge joke, wondering how a bakery could possibly get away with burning their wares, and then selling them. There is even some debate about whether the burnt tops are carcinogenic.

Meme mark: Anyone who subscribes to a stock photograph site can obtain an image and use it for their own purposes, such as to accompany a magazine article or illustrate a concept in an advertisement. But a man from Molins de Rei near Barcelona, Spain, was surprised to discover that his face had become a meme for "the worst person you know." It happened because Josep Maria Garcia had submitted his portrait to a photo site, where it was picked up and used to accompany a satirical magazine article. After getting used to the idea, Garcia decided to joke about it, as he knows he is not a bad person.

Walking dog: A dog from Ouray, Colorado, is a celebrity, but not as part of a circus act. Dexter, a Brittany spaniel and beloved pet of Kentee Pasek, walks on his two hind legs. It's not a trick. As a pup, Dexter was injured in a mishap with a car, leaving him with the use of only his hind legs. Pasek got him a doggy wheelchair, but before long, Dexter had abandoned the chair in favour of walking upright on his hind legs. Today, he is well known through social media and by taking part in parades. His loving human takes good care of him and ensures that Dexter regularly sees the vet for check ups.

Dumpling drink: Lots of people enjoy eating gyoza, which are fried, boiled, or steamed meat dumplings that originated in China, where they are called jiaozi. Usually spiked with a bit of chili, ginger, and garlic, they are served with a vinegary sauce, making the flavour combination quite satisfying. A beverage company in Japan launched a soda they claimed tastes like gyoza, but the feedback has been mixed. Many people find the taste incongruent with a carbonated beverage, and say they prefer to eat their gyoza, not drink it. The bottled soda does attract the curious, who might dare friends and family members to give it a try.

Quoteable Quotes

"Stand for something or you will fall for anything." ~ Rosa Parks

"You can make more friends...by becoming interested in other people than you can...by trying to get other people interested in you." ~ Dale Carnegie

What's Happening

Non profit organizations and charities - promote your upcoming event here free of charge! Complete our event submission page at www.centralalbertacoffeenews.com. Please allow three to four weeks' notice.

The Lacombe Police Commission is conducting a **Community Satisfactory Survey** to gather feedback on the Lacombe Police Service. Please complete the survey at lacombe.policecommission.com/survey. The survey is open until June 30, 2023. If you prefer, a paper copy of the survey can be picked up and returned to City Hall once completed.

Music in the Park is underway for another season! Enjoy a diverse roster of musical acts every Wednesday at the Echo Stage of the Lacombe Memorial Centre at 6:30 p.m. The featured act June 14 will be The Flat Iron Jazz Band. Visit lacombe.pac.com for more info.

Where's Newman?

Identify the ad where "Newman" the Coffee News Guy is hidden for your chance to win.

ENTER TO Win A \$50 GIFT CERTIFICATE!

To submit your entry today, visit the contest page at www.centralalbertacoffeenews.com

Trivia

1. _____ is when a caterpillar transforms into a butterfly.
2. A hock, knee, or elbow joint connects a chicken's drumstick and ankle joint?
3. This is a large body of ice that moves over land.
4. The Battle of Waterloo was fought in present-day England, Belgium, or France?
5. What is a southerly buster?

(Flip bottom of page for answers)

© Published with permission by Fargy Ink Advertising

LIL MULE LOGGING INC

Now buying Spruce, Pine, Tamarack and Birch. 20 acres min.

Selective logging and timber purchasing.

Call Shawn Stone today **403.318.4346**

The benefits of advertising with the Central Alberta **Coffee News**

It's All Positive!

Coffee News provides businesses the benefits of advertising in a positive environment. People choose to read the Coffee News, making it the ultimate in Permission Marketing.

PROUDLY SERVING RED DEER & AREA

Does Your Loved One Need Some TLC?

Daytime Respite • Errand Services
Light Housekeeping • Laundry
Grocery Shopping • Meal Prep
Medication Assistance/Reminders
Prescription Pick Up
Escort to Appointments

BOOK A MEET AND GREET WITH TAMMY TODAY!

Tammy Bourdon
Certified Health Care Aide

Call 587-876-4417 *TLL Senior Services*

QUALITY AND AFFORDABILITY SINCE 2001

QUEST Signs & Decals Inc.

403.346.1011

office@questsigns.ca | www.questsigns.ca
#6, 7476-49 Avenue, Red Deer

- Exterior Signage
- Channel Letters (Lit & Unlit)
- Custom Shapes
- Vehicle Graphics
- Custom Pylon Signs
- Retro-fit to LED

NEED TO DETOX?

DRUG TEST SUPPLIES

FLAVOURED BONG WATER 2 FOR \$20

NUMEROUS CANNABIS ACCESSORIES

HEMPNSTUF

403-342-HEMP (4367)

5211 GAETZ AVENUE, RED DEER. OPEN 10 AM-11 PM EVERY DAY

FLAGS ★ FLAGS

Provincial International Military • Novelty Flag Poles

5215-54 Avenue, Red Deer
403.340.0109 • cyrher@gmail.com

C & R ENDEAVORS LTD.

Alberta's Premium Wigs and Headwear

Downtown Wigs
formerly: Always Hair For You

By appointment:
403.346.3266

#31, 4917-48 Street, Red Deer

SOAPY'S

CAR WASH!

Touchless Now Open!

4876 - 46 St Lacombe

**New Name – Same Great Service,
Location and Owner!**



**WOLF CREEK
AUTO GLASS**
FORMERLY SPEEDY AUTO GLASS

403-782-7232
wolfcreekautoglass.com
Bay #3, 5098 Wolf Creek Drive
Lacombe

Your Weekly Horoscope

ARIES

(March 20 – April 19)



Be aware of your mood, especially at the beginning of the week, particularly your temper.

If you are feeling aggressive toward others, look inward rather than starting an argument. Lucky numbers: 8, 19, 22, 28, 35, 43.

TAURUS

(April 20 – May 20)



This week may present a new opportunity for you to manifest some thing that advances

your personal philosophy or beliefs. If you don't actively seek it out, it might pass by. Lucky numbers: 4, 5, 17, 25, 35, 36.

GEMINI

(May 21 – June 20)



At midweek, you may have an opportunity to set a new intention and develop a plan around

it. This may require that you focus and decide among a group of options. Lucky numbers: 2, 3, 9, 18, 24, 47.

CANCER

(June 21 – July 21)



Emotions are usually close to the surface for Cancers. This may be especially true at the

end of the week. Take deep breaths and wait for these feelings to subside. Lucky numbers: 11, 16, 31, 36, 37, 41.

LEO

(July 22 – Aug. 22)



Leos have a natural charisma that may be highlighted now in conversations with

others. If you are looking for assistance, this may be the right time to ask for it. Lucky numbers: 9, 12, 18, 39, 40, 43.

VIRGO

(Aug. 23 – Sept. 22)



A nine-month phase is ending. The focus may have been on your role as a mother and/or

as a child. What have you learned? How can it improve your relationships? Lucky numbers: 6, 7, 8, 20, 36, 37.

Lucky numbers this week: This week's odds favour Leo winners, with the luckiest number being 9.

LIBRA

(Sept. 23 – Oct. 22)



Balance is an important theme for Libras. The start of this week may highlight an imbalance

in your life. It may be within yourself or in a relationship with others. Lucky numbers: 5, 8, 22, 34, 37, 46.

SCORPIO

(Oct. 23 – Nov. 21)



For the past two-plus years, you may have felt pressured by an old karmic pattern.

While this dynamic is ending soon, the pattern won't end if you haven't addressed it. Lucky numbers: 14, 16, 17, 26, 35, 40.

SAGITTARIUS

(Nov. 22 – Dec. 20)



At the end of the week, your mind and emotions may be out of sync. Perhaps you

want to postpone important decisions for a few days until this disconnect passes. Lucky numbers: 15, 26, 28, 29, 34, 37.

CAPRICORN

(Dec. 21 – Jan. 19)



There may be an opportunity toward the end of the week to step outside the com-

fort zone of your stable Capricorn nature. You might see the situation from a new angle. Lucky numbers: 1, 5, 7, 14, 24, 28.

AQUARIUS

(Jan. 20 – Feb. 18)



For the last month, your focus may have been on your career or legacy. Now is the

last week of this dynamic, so it may be an advantageous time to consolidate any gains. Lucky numbers: 3, 6, 18, 27, 31, 47.

PISCES

(Feb. 19 – March 19)



You may be feeling stuck, but this could give you an opportunity to see the details

of an old personality issue. How might you make a positive adjustment related to it? Lucky numbers: 7, 8, 13, 18, 19, 34.

Did You Know...

Magical place: Parque Francisco Alvarado in Zarcero, Costa Rica, is quite a sight. That's because gardener and artist Evangelisto Blanco shapes hedges and shrubs into all manner of magical and abstract figures, such as animals, people, and archways.

Sweet heat: The datil pepper is grown near St. Augustine, Florida. It is quite hot, like a habanero, with a sweet, fruity flavour. Cooks like to use these peppers in hot sauces, pickles, and mustards.

Upright duck: A certain breed of duck actually looks more like a penguin. The Indian Runner duck's posture is upright. Rather than waddling, they can run but they cannot fly. They are raised mostly for their egg production.

Safest shelter: If a tornado is coming your way, the best place to shelter is in a basement or on the lowest level of the house or building. Choose a room without windows, such as a bathroom or closet.

The best: Only three movies have won all of the five major Academy Awards: Best Picture, Best Director, Best Screenplay, Best Actor, Best Actress. They are *It Happened One Night* (1934), *One Flew Over the Cuckoo's Nest* (1975), and *Silence of the Lambs* (1991).

On the Lighter Side

Knock! Knock! Who's there? Ooze. Ooze who? Ooze been telling you these terrible jokes?

We hired a doormaker the other day. She really knew how to make an entrance.

Bill: "What do you think of artificial respiration?"

Will: "I'd rather have the real one."

A fisherman baits his hooks, but a bad student hates his books.

The chocolate lover moved to Canada. She heard it was full of mousse!

Answers

4. Belgium 5. Strong southerly wind
Trivia answers: 1. Metamorphosis 2. Hock 3. Glacier

© Published with permission by Fargy Ink
For available franchise opportunities, visit www.coffeenewsCanada.com

BOOK NOW!

**Bowling
Birthday
Packages Available!**

403.782.6119

AMBASSADOR BOWLING CENTRE
5020 - 50 Street, Lacombe

JOIN THE FUN!

Coffee News®

**CONTEST
WINNER**

**MICHELLE
ARNOLD**
is our May
Rural Contest
Winner!

Michelle will receive
2 medium gourmet pizzas and
4 non-stop soft drinks
(approx. \$70 value*) from
our contest sponsor

**Boston
Pizza**

403.887.2018
61 Beju Ind. Drive
Sylvan Lake

*Not to be used
in conjunction
with other
discounts or
promotions.

**2023 MEMBERSHIP
BOGO EVENT***

**LACOMBE
GOLF & COUNTRY
CLUB**

Office
403.782.3956

www.golflacombe.com

18 holes | Driving Range | Pro Shop | Dining Room

**NOW
BOOKING**
for Christmas
Parties, Weddings,
Anniversaries,
Corporate Events
and more!

*Applicable to first time members only.
For complete details, please email kerryward@golflacombe.com

Stay young Be Active

Instant Fit. Bluetooth® connectivity.
Charge on-the-go. High-definition
sound.

It's everything you're
looking for in a
hearing aid,
that doesn't
look like a
hearing aid.

• Did you know all seniors and
low income adults qualify for
\$900-\$2400 towards
hearing aids?
• Rechargeable hearing aids
• Financing for hearing aids

EYES + EARS
OPTICAL + HEARING CO.

403.786.2020 • 3-5832 Hwy 2A, Lacombe | 403.887.5073 • #425, 3715-47 Ave., Sylvan Lake

**BLACK DOG
DRILLING INC.**

UNDER NEW OWNERSHIP

- Water Wells and Geothermal for Acreages, Farms and Recreational Properties
- Tie-Ins and Abandonments
- Shock Chlorination, Testing and Water Sample Service
- Pump and Pressure - Service and Installs

1-888.396.6389 | www.blackdogdrilling.com

**This Space
Is Available**

Book NOW to ensure
a spot in upcoming issues
**Call Bryon now at
403.550.1957**

BLACKFALDS
5004 Broadway
Avenue
403.600.0061

**4 GREAT
LOCATIONS**

LACOMBE
#4, 4425
Heritage Way
403.786.1776

**Mullet's
BARBER
SHOP**

BEER
AND A
HAIRCUT
\$30

Download
Our App!

Call or book online at mulletbarbershop.com

Lacombe

**THE PLACE TO BE
IN '23!**

RUNNING
SINCE 1979

EVERY THURSDAY
STARTING AT 3 P.M.

**Farmers
Market**

MICHENER PARK

**IRONMAN SCRAP
METAL RECOVERY**

...is picking up scrap again!

Serving
Central AB

- Farm machinery
- Vehicles
- Industrial

**YOUR SCRAP IS
WORTH \$\$\$**

403.318.4346

www.boatmart.ca
Sales • Parts • Service • Accessories

**Boat
Mart**

RED DEER LTD.

403.342.7015 8027-Gaetz Avenue, Red Deer

AlumaCraft ♦ Evinrude ♦ Mercury ♦ MerCruiser

Compass
Mobile RV
Services

We Come
To You!

10% OFF
LABOUR
WHEN YOU
MENTION THIS
AD

- Dewatering • Pre-travel Check
- Pre-purchase Inspections
- ...and more!

587-333-0317

**When
YOU Get
Paid
We
Get
Paid**

We're
Here To
Handle
The Legal
Complexity
For You!

Braithwaite Boyle
Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Red Deer, Edmonton, and Calgary

WIN one of three \$400 prepaid Visa cards
awarded monthly

Scan Once Weekly for Max. Entries

YOUR CONTACT INFORMATION IS SAFE WITH US!

For contest rules and recent winners, visit
www.accidentinjurylawyer.com/coffeenews

**JV ROOFING
& Exteriors**

INSURANCE
CLAIMS
WELCOME!

ROOFING ♦ SIDING ♦ FRAMING ♦ DRYWALL ♦ MORE

CALL US FOR YOUR FREE, NO OBLIGATION QUOTE:
587.378.7663 • www.JVRoofingSiding.com

Treat Your Windows Right!

Bring new style and functional design to any home or office
space through unique custom fit shutters, shades,
blinds, and even motorized blinds.

Call us for a free, no obligation
in-home consultation... and see
why Cover Your Windows is a
great way to treat your windows.

**COVER YOUR
WINDOWS.net**

403.505.6718 | coveryourwindows@gmail.com