

**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

**FREE!**  
**Coffee News**<sup>®</sup>  
 "News To Be Enjoyed Over Coffee!"  
 Sylvan Lake, Gasoline Alley, Springbrook and Penhold Edition  
 403.550.1957  
 e-mail: coffeenews@hotmail.com  
 online version at: coffeenewsonline.com/canada/centralalberta  
 www.centralalbertacoffeenews.com  
 Vol. 29 No. 3:24 June 12, 2023

**Buying a Home?**  
 Beat other buyers to Hot New Listings!  
 Sylvan Lake • Red Deer • Acreages  
**Chat with Warren**  
 587-377-5686  
 Warren Hansen REALTOR<sup>®</sup>  
 Trilliant Real Estate Group Ltd.

**This Space Is Available**  
 Book NOW to ensure a spot in upcoming issues  
 Call Bryon now at **403.550.1957**

Alberta's Premium Wigs and Headwear  
**Downtown Wigs**  
 formerly: Always Hair For You  
 By appointment: **403.346.3266**  
 #31, 4917-48 Street, Red Deer

**FLAGS ★ FLAGS**  
 Provincial International Military • Novelty Flag Poles  
 5215-54 Avenue, Red Deer  
 403.340.0109 • cyrher@gmail.com  
**C & R ENDEAVORS LTD.**

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

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**

**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

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.

**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 García 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, García 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](http://www.centralalbertacoffeenews.com).  
**Please allow three to four weeks' notice.**

• **Skatepark Season Opener Event** will take place Saturday, June 17 at 4725-43 Street from 11 a.m. to 3 p.m. Meet our Skatepark Ambassadors, participate in mini competitions, and have a hot dog! Families are encouraged to come and learn skate culture, etiquette, and the benefits of skateboarding, scootering, and BMX biking. For more information, call 403.887.1137.

• The Sylvan Lake Library invites you to enjoy **Fun at the Farm** Saturday, June 17 from 11 a.m. to 12 p.m. Meet some friendly animals from the Wild Tines Ranch. Free, but registration required. Call 403.887.2130 or email [sylvan.library@prl.ab.ca](mailto:sylvan.library@prl.ab.ca) to register for this free event.

**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](http://www.centralalbertacoffeenews.com)

**Trivia**

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

(Flip bottom of page for answers)

**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**

**Experience our Difference**  
**RED DEER MOTORS**  
 6720 Johnstone Drive / Red Deer  
 403.347.7777 | [www.reddeermotors.com](http://www.reddeermotors.com)

Rustic, handcrafted furniture. *Beautifully built.*  
**CABIN-ISH**  
 Custom Wood Works  
 Furniture Swings & Rockers Birdhouses & Feeders  
 Bay 2, 5201-49A Ave., Bentley  
 403.875.2382. | [www.cabin-ish.com](http://www.cabin-ish.com)  
 Tues-Fri, 9 am - 5 pm | Sat, 10 am - 5 pm

**BUY A HOME, BRING YOUR HOME OR RENT A HOME AT KOUNTRY MEADOWS**  
 Call 403.746.5080 for more information

Compass Mobile RV Services  
 We Come To You!  
 • Dewinterizing • Pre-travel Check  
 • Pre-purchase Inspections  
 • ...and more!  
**10% OFF LABOUR** WHEN YOU MENTION THIS AD  
**587-333-0317**

• 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

**Stay and Play!**  
 18 holes of affordable, fun, yet challenging golf only minutes away...plus a full service RV park!  
**RV Park** 403.314.9577  
**Golf** 403.342.2830 | [www.reddeergolf.com](http://www.reddeergolf.com)  
**SPIRIT CREEK GOLF & RV PARK**

© Copyright 2023. No material, text or advertising may be reproduced without the express written consent of the Publisher.

**IN STORE SPECIALS...**  
STOP BY AND CHECK THEM OUT!  
OPEN MON-SAT, 9 A.M. - 5 P.M.

**CityCenterVacuum**  
SALES & SERVICE LTD

5311-50 Avenue, Red Deer

Repairs to most makes and models | We carry over one dozen major top quality brands | Parts, Accessories, Consumables, Janitorial Supplies

**403.347.5767**  
www.citycentervacuum.ca

QUALITY AND AFFORDABILITY SINCE 2001

**QUEST Signs & Decals Inc.**

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

**403.346.1011**  
office@questsigns.ca | www.questsigns.ca  
#6, 7476-49 Avenue, Red Deer

**Award-Winning Service You Can Trust**

**Royal Glass**

Windshields • Mirrors  
Window Tinting • Shower Doors  
Residential Windows  
Commercial Storefronts

MON-FRI 8-5

**403.887.0190** Bay #1, #2 Erickson Crescent

WINNER  
SMALL BUSINESS OF THE YEAR

**IRONMAN SCRAP METAL RECOVERY**  
...is picking up scrap again!

Serving Central AB

Farm machinery • Vehicles • Industrial

**403.318.4346**

YOUR SCRAP IS WORTH \$\$\$

**The Hamlets at Red Deer**  
An OPTIMA LIVING Community

Let us welcome you home!  
**403-986-1250**  
thehamletsatreddeer.ca

Scan or call to book your visit

338 Liberty Ave, Red Deer County, AB

**LIL MULE LOGGING**

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

Selective logging and timber purchasing.

Call Shawn Stone today **403.318.4346**

**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

**H&R BLOCK**

A2, 5043 - 50A Street, Sylvan Lake  
P: 403-887-2234  
F: 403-887-3223  
E: HRBLOCKSL@telus.net

**OPEN YEAR ROUND**

HOURS  
Tuesday, Wednesday, Thursday: 10 am-5 pm

# 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 comfort 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

**THE LAKE HOUSE KITCHEN & BAR**

OPEN 7 DAYS A WEEK, 7 am - 8 pm

25% OFF MONDAYS FOR SENIORS 65+ | 50% OFF WING FRIDAYS | BRUNCH SAT/SUN 8:30 a.m. - 1:30 p.m.

FOR PARTY BOOKINGS, CALL 403.864.0677

5004-33 STREET, SYLVAN LAKE (IN THE DAYS INN)

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

**Boat Mart RED DEER LTD.**

403.342.7015 8027-Gaetz Avenue, Red Deer

AlumaCraft • Evinrude • Mercury • MerCruiser

**Mullet's BARBER SHOP**

4 GREAT LOCATIONS

PENHOLD #9 Hawkridge Boulevard 403.886.2600 | SYLVAN LAKE #420, 3715-47 Avenue 403.887.8143

BEER AND A HAIRCUT \$30

Download Our App! | Google Play | App Store

Call or book online at [mulletbarbershop.com](http://mulletbarbershop.com)

**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**

**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](http://www.accidentinjurylawyer.com/coffeenews)

**All Makes & Models FULL SERVICE REPAIRS & ACCESSORIES**

✓ TUNE-UPS  
✓ EXHAUST  
✓ TIRES  
✓ DIESEL PERFORMANCE

**A/T**

TIRE & PERFORMANCE

Bay 9, 4 Erickson Cres., Sylvan Lake  
**403-887-8793 • www.attireperformance.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