

When YOU Get Paid We Get Paid

We're Here To Help You When You Need Results!



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/coffeeneews

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

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

FREE DELIVERY

100% CANADIAN OWNED AND OPERATED

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



Sylvan Learning
403-341-6110

See website for specials.

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

FREE! **Coffee News**®
"News To Be Enjoyed Over Coffee!"
Lacombe, Blackfalds, Rimbey, and Bentley Edition
403.550.1957
e-mail: coffeeneewsguy@hotmail.com
online version at coffeeneewsonline.com/canada/centralalberta
Vol. 29 No. 2:25 June 19, 2023

Everybody's Talking

Lying down: Everyone knows about ski competitions, bicycle races, and running marathons, but the village of Brezna, Montenegro, has a unique one. During their "lying down competition," people lie down for as long as they can. The competition has taken place annually for over a decade; in 2022, the winner was Zarko Pejanovic. With the exception of allowable washroom breaks, this winner stayed prone for 60 hours, beating out his nine competitors. The unusual event started because organizers wanted to make fun of the stereotype that people from Montenegro are lazy. Pejanovic was happy to take first prize, which included 350 Euros in cash, plus other rewards.

Balancing act: Wang Yekun of Hong Kong really knows how to keep things in balance, quite literally! He puts various items on top of each other and figures out how to make them stay there. For example, he placed two bottles on the ground, positioned a third bottle on top of the first two, and then balanced a bicycle on top of the bottles. Other items he's used in his precarious arrangements include sewing machines, wrenches, gas cylinders, bricks, and cell phones. The skill started as a hobby, and now his patience has paid off. He has quite a following on social media by people who are amazed at his clever ability.

Salty wall: Although the action is not condoned by public health authorities, patrons of The Mission restaurant in Scottsdale, Arizona, sometimes lick the establishment's walls. That's because the walls in question are made of Himalayan salt blocks. Owner Matt Carter got the idea to build pink salt walls after he visited a Chicago restaurant that boasted a room lined with salt rocks. He claims that he does not encourage his customers to stick out their tongues for a taste in his own restaurant, unless, of course, it is to lick the salt block that comes with the tortillas. Or patrons can buy a small block of Himalayan salt to take home with them.

Screamer: Ashley Peldon has a gift for screaming, and she is using it to make a living. Born in New York, N.Y., in 1984, Peldon has worked as a child actor in such shows as *Guiding Light*, *The '70s Show*, and *Ghost World*. Her ability to scream well has landed her voice roles in movies, television shows, and video games. In real life, people may scream for many reasons, including feeling emotions such as fear, rage, happiness, and grief. But an actor may not be able to scream on cue, regardless of their acting ability. That's where Peldon steps in, providing the exact feeling needed to make the scene come to life.

Quoteable Quotes

"Between what is said and not meant, and meant and not said, most of love is lost."
~ Kahlil Gibran
"When you don't slow down by choice, your body can make you slow down by force."
~ Katrina Leggins

What's Happening

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

• **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 21 will be Strings Galore. Visit lombepac.com for more info.

• Mary C. Moore Public Library offers a **Family Craft Night** July 6 at 6:30 p.m. Program is for parents/guardians and kids ages 6+. Cost is \$5/family. Registration required; call 403.782.3433 or email miranda.cl@prl.ab.ca.

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!
Actual size of the hidden graphic: 
To submit your entry today, visit the contest page at www.centralalbertacoffeeneews.com

Trivia

1. A triangle with at least two equal sides is equilateral, isosceles, or obtuse?
2. Backgammon originated near the Mediterranean Sea about 5,000 years ago – T/F?
3. A desert is one of the five kinds of biomes or climates?
4. Perseus, Heracles, or Apollo – who was the son of Zeus and Alcmena?
5. A grandfather clock is an analog or digital timepiece?

(Flip bottom of page for answers)

© Published with permission by Fargy Ink Advertising

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 SUNDGAARD
587.877.4553 | tarzanandjaneplumbing@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

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

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
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

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

NEED TO DETOX?
DRUG TEST SUPPLIES

2 HR. TYPICAL
DETOXIFY

24-DAY CLEANSE
\$123.50

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

**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! Google Play App Store

Call or book online at mulletbarbershop.com

Your Weekly Horoscope

ARIES
(March 20 – April 19)

You may have a good opportunity this week to address an old karmic wound. Try to have a conversation with someone who can help you find a resolution for this issue. Lucky numbers: 1, 7, 12, 14, 24, 37.

TAURUS
(April 20 – May 20)

At midweek, keep your eyes open for a sudden or unexpected opportunity that may surface. Don't immediately reject it because it's unusual, but carefully examine the pros and cons. Lucky numbers: 2, 6, 16, 18, 39, 43.

GEMINI
(May 21 – June 20)

Geminis can see many possibilities and can connect individual pieces into a cohesive whole. You are entering a period where you may be able to offer these skills in service to others. Lucky numbers: 6, 8, 17, 38, 41, 46.

CANCER
(June 21 – July 21)

The Sun is returning this month to the position where it was when you were born. This provides an opportunity for you to set new goals and plans to achieve them. Lucky numbers: 8, 20, 30, 31, 35, 47.

LEO
(July 22 – Aug. 22)

Your ambition level and ability to communicate your ideas effectively to others may be heightened right now. How do you want to use this dynamic to achieve your objectives? Lucky numbers: 12, 18, 38, 40, 42, 44.

VIRGO
(Aug. 23 – Sept. 22)

Virgo has the ability to complete hard, detailed, and precise work that would be more difficult for other signs. This skill may be strengthened for you at the week's end. Lucky numbers: 5, 20, 31, 34, 40, 43.

Lucky numbers this week: This week's odds favour Cancer winners, with the luckiest number being 30.

LIBRA
(Sept. 23 – Oct. 22)

You are entering an extended period where your focus may be on your role as a mother and/or as a child. This is an opportunity to address issues in this area. Lucky numbers: 11, 12, 19, 27, 34, 47.

SCORPIO
(Oct. 23 – Nov. 21)

Have you experienced communication difficulties the last two weeks? Perhaps consider making an adjustment to your style. Remember that others aren't always ready to see the truth. Lucky numbers: 9, 10, 15, 19, 26, 36.

SAGITTARIUS
(Nov. 22 – Dec. 20)

You are entering a period where your confidence may be challenged. Are there ways to adjust your behaviour that could allow you to expand your sense of self? Lucky numbers: 10, 13, 23, 26, 30, 31.

CAPRICORN
(Dec. 21 – Jan. 19)

Capricorns like to feel in control, but right now that may not be the case. You may find ways to adjust things that might allow you to be more flexible. Lucky numbers: 3, 13, 20, 30, 38, 46.

AQUARIUS
(Jan. 20 – Feb. 18)

You may be very busy for the next few weeks. Plan time for relaxation if you become stressed. You are likely to be able to clearly communicate your ideas to others. Lucky numbers: 4, 5, 6, 22, 27, 47.

PISCES
(Feb. 19 – March 19)

You may receive a lot of information right now, but it may be more confusing than clarifying. It may contain an opportunity, but be sure to review it carefully before deciding. Lucky numbers: 7, 14, 23, 26, 31, 40.

Did You Know...

Old tree: The Alerce Costero National Park in Chile is the home of a very old tree, possibly the world's oldest. It's a Patagonian cypress known as Gran Abuelo ("great-grandfather") and is estimated to be almost 5,500 years old.

Scenic road: Only one road goes to a village called Cuevas del Agua in northern Spain. Travellers must drive on a narrow roadway that goes through a 300-metre (984-ft.) natural cave, complete with stalagmites and stalactites.

Hear the sound: When movie viewers hear raindrops pattering on a window or piano keys tinkling under someone's fingers, this is "diegetic" sound. The sound happens while the action takes place in the film; it is not added later.

Multi-talented: American musician Prince (1958-2016) played at least 27 instruments, including guitar, bass, piano, drums, and orchestral bells. He also wrote many hit songs performed by others, such as "Manic Monday" by The Bangles.

Delightful sandwich: A restaurant in Brookings, South Dakota, serves a specialty of the state: pheasant sandwich. Made from the meat of this wild fowl, the restaurant's version also includes apples, cranberries, and pecans.

On the Lighter Side

My brother got a job making telescopes. Things are looking up. Son: "Why did you buy this TV? It's stuck on full volume."

Dad: "I know. It was so cheap, I couldn't turn it down."

Why are fish terrible basketball players? They're afraid of the net.

The sheep all went into the barn together. They were tightly knit. Knock! Knock! Who's there? Thermos. Thermos who?

Thermos be a better joke than this one!

Answers

4. Heracles 5. Analog
Trivia answers: 1. Isosceles 2. True 3. Biomes

© Published with permission by Fargy Ink
For available franchise opportunities, visit www.coffeenewscanada.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'll Send You in the Right Direction!

We Come To You!

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

10% OFF LABOUR
WHEN YOU MENTION THIS AD

587-333-0317

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

2023 MEMBERSHIP NOW ON!

BOGO EVENT*

LACOMBE GOLF & COUNTRY CLUB

Office 403.782.3956
www.golflacombe.com

18 holes | Driving Range | Pro Shop | Dining Room

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

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

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