

Call today and receive a
FREE SHOWER PACKAGE
PLUS \$1600 OFF

SAFE STEP
WALK-IN TUB
1-844-995-4468

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

36+ Delicious Flavours!

Blueberry Cheesecake
Moon Mist • Shark Attack
Birthday Cake • Orange Float
Cotton Candy • Bubble Gum
Cookies & Cream

TROPICOOOL ICE CREAM

403.227.2222

Visit us today at Unit #104, 4911-50 Street | Innisfail

This Space FOR RENT
780-220-6397

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.

GENERAC

Prepare for power outages today
WITH A HOME STANDBY GENERATOR

FREE 7-Year Extended Warranty* An \$895 Value!

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(844) 944-1991

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500
YEARLY TAX CREDIT
\$30,000
LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause
Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:
1-844-453-5372

Donate a Car to the Charity of Your Choice

DONATE A CAR CANADA 1-877-250-4904
www.donatecar.ca

JV ROOFING & Exteriors

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

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

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
Olds, Innisfail, Sundre and Areas Edition
780-220-6397

www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Est. 1988

Vol. 2023 No. 27 July 3, 2023

Everybody's Talking

Crazy roadway: A traffic structure called the Huangjuewan Overpass in Chongqing, in the southwestern part of China, is said to be one of the most complicated in the world. An aerial view reveals an octopus-like construction, with tentacles going off in eight different directions. The overpass has five levels of roadway, 20 ramps, and many lanes to connect three major thoroughfares. After over a decade of planning and construction, it finally opened to traffic in 2017. The designers claim it looks more complex than it is because there is good signage to keep traffic flowing. Apparently, drivers can even use satellite navigation to find their way through the structure.

Lights out: An electrician: An electrician from Ganeshpur, a village in Bihar's Purnia district of India, used his electrical know-how for his own advantage. To keep his relationship with his girlfriend a secret, he would cut off the power to the village just after dark so the two of them could meet in the schoolyard. Power outages happened regularly in the area, but no causes were apparent for this regular occurrence. So the villagers decided to investigate for themselves. When they discovered the young man's antics, they gave him a piece of their minds. However, they didn't report him to the police. Now the man and his girlfriend are married and they can be together, lights or no lights.

Square trees: Most people would think of tree trunks as being cylindrical, whether they are oak, ash, aspen, cypress, or any other species. Tourists in El Valle de Anton, Panama, however, may be surprised to discover that, in one area of the country, a certain kind of cottonwood tree grows with square trunks, and even the rings inside the trunk are square. Called the Valley of Square Trees, the area is located near a large dormant volcano called El Valle. Some of these trees trunks are perfectly square, with right angles, and others have square shapes not quite as obvious. As the trees mature, they seem to become less square and more like the typical, rounded shape.

Hot ice cream: Habanero, that hot pepper found in spicy main dishes, is featured in a special dessert in Hirata Village, Fukushima, Japan. Local farmers wanted a way to use the pepper crop that is a bit too spicy for local tastes. So they tried dusting dried habanero powder on soft ice cream, and challenged tourists to give it a try. The ice cream can be ordered as "very hot," "not as hot," and everything in between. If a customer can finish an ice cream cone, they get it for free. But in the event they get more heat than they bargained for, customers are first required to sign a waiver that absolves the proprietor of responsibility.

Quoteable Quotes

"The more we run from a problem, the more we're actually running into it."
—Pico Iyer

"The key is not to prioritize what's on your schedule, but to schedule your priorities."
—Stephen Covey

What's Happening

Sundre's Kick It to the Curb is BACK. Saturday AM, place unwanted items OUTSIDE on the front yard with a FREE note attached! Tour around town to find your own FREE treasures. Unclaimed items must be indoors by 8PM Sunday. Runs May 27,28. June 17,18. July 22,23. Aug 26,27. Sept 16,17.

Fridays. Farmers Market. Sundre Farmers Market. Fridays at 430-7pm. Runs until September 17.

German Canadian Club of Red Deer County Christmas Market. The GCC is looking for vendors for this popular Christmas Market event on Nov 4 in Red Deer County. Please contact Henrietta at 403.346.6610 or Donna at 403.343.1744 to secure a spot.

Nov 4. German Canadian Club of Red Deer County Christmas Market. Come out for this popular Christmas Market. 10a - 4p, Nov 4th at 38167 RR280 in Red Deer County.

New Horizons for Seniors Program Grant; Sundre Seniors Socialize. For 55 seniors, come for lunch, community resource speaker and entertainment, Noon to 3 p.m. RSVP essential.

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeeneews.ca and be seen here by thousands of readers each week. Please give 6 weeks notice

Trivia

- Larry Page and Sergey Brin started IBM, Google, or Pixar?
- Manatees have whiskers all over their bodies—T/F?
- Did lakes or hot springs attract Roman settlement in Bath, England?
- Who wrote Inspector Morse books—Agatha Christie or Colin Dexter?
- Is watermelon a cucurbit, allium, or brassica?

(Flip bottom of page for answers)

J.R. WATKINS
Since 1868 TRADE MARK

A full line of natural products for your home and family

YOUR INDEPENDENT WATKINS CONSULTANT
Candice Harrison
604-825-0380
www.RespectedHomeBusiness.com/5013070

A cozy little cabin filled with a variety of treasures!

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

Angel Card Readings with Charlene Money, AGP/AAEP
Call for details!

Check our website calendar for upcoming workshops and events!

403.946.5802
COUNTRY GARDEN CRYSTALS
Located west of Crossfield - see website for directions: www.countrygardencrystals.ca
Open Thursday thru Monday, 10 a.m. - 5 p.m. (Closed Tuesday and Wednesday)

When YOU Get Paid We Get Paid

Helping You Maximize Your Financial And Physical Recovery!

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Calgary, Red Deer, and Edmonton

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

Outdoor Art Show & Sale
ARTISTS ON THE AVENUE
JULY 1 & 2
10 am-5 pm
ArtistsOnTheAvenue.com
Markerville

BEST PRICES! FULLY STOCKED WALK IN HUMIDOR!

La Havana TOBACCONIST
M-F 9-9 | SAT. 10-9
SUN. 11-5

- Premium Cuban and non-Cuban Cigars
- Pipe Tobacco • Vaporizers
- E-Liquid - Huge Selection
- Hookah • Chew
- Cutters, Lighters, Pipes, Zippo Lighters, Lampe Berger Oils...and more

587-484-9005
4911-50 St., Innisfail (across from the Legion)

Congratulations to our latest contest winner for finding "Beans, the Coffee News Guy."

Ayaan Hossain found "Beans" at **Prairie Donair** in Olds

Coffee News

Enter today for your chance to win!
www.bvcoffeeneews.ca

WHEEL OF FORTUNE
WEEKNIGHTS 7PM/6PST
yesTV

REVIVE
cannabis

Innisfail's #1 Stop
For All Your Cannabis
& Accessory Needs

Experience the Difference
at Revive Cannabis

403-227-0267
4917-50st Innisfail
10am-8pm Mon to Sat
12-6 Sunday

Locally Owned
& Locally Operated

no minors permitted

Unsure of the next step?

CALL ACCESS MENTAL HEALTH TO DISCUSS YOUR OPTIONS.
We can help.

403.943.1500
1.844.943.1500

ADDITION AND MENTAL HEALTH
Information & Referral - Calgary Zone

Alberta Health Services

Sundre, get 100% pure fibre Internet.

Plans starting at just \$59.99/month!

Call 1-866-523-3193

Go beyond. xplora.ca/fibre

*Conditions apply. See website for details.

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: 403-335-8829

SILVERFERN
AESTHETICS AND VEIN MEDISPA
2028-17 AVENUE, DIDSBURY
SILVERFERNMEDISPA.COM

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

BOOK NOW FOR YOUR CANMORE GETAWAY!

ACCESSIBLE WELLNESS SOLUTIONS

we offer:

- Deep Tissue Massage
- Aqualead
- Aromatherapy
- Intense Healing Breath Work
- Crystal Therapy
- Ear Candling
- Fire Cupping
- ION Foot Detox
- Reiki • Reflexology
- Sound Therapy
- Tarot Reading
- Quantum Healing

THE BOW VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Book your own rejuvenating retreat, ...or one with a few of your friends!

PRIVATE & COUPLES
Yoga

403-609-8716

709-10 Street, Canmore (beside Communitea)

kayla@positivehealing.ca
www.positivehealing.ca

POSITIVE HEALING

CRYSTALS | YOGA | ALTERNATIVE THERAPY

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

STROLL BACK IN TIME...

CAROLINE WHEELS OF TIME MUSEUM AND HISTORICAL VILLAGE

Open May long weekend to September long weekend on Friday, Saturday and Sunday from 12 to 5 p.m.

Group tours available by appointment, email wheels3884@gmail.com

<http://www.carolinemuseum.ca/>

BUILDINGS
EXHIBITS
NATURE TRAIL
PICNIC AREA

Your Weekly Horoscope

ARIES
(March 20 - April 19)

Have you done the inner work to resolve an old karmic wound? If needed, this week may provide information available to you that could help you address it. Lucky numbers: 14, 21, 27, 29, 40, 47.

TAURUS
(April 20 - May 20)

The steadfastness of Taurus is an admirable quality, but sometimes change can be productive. You may receive unexpected information now that could help you see where change is needed. Lucky numbers: 5, 14, 18, 28, 34, 39.

GEMINI
(May 21 - June 20)

Geminis have an ability to see both sides of an argument. This can be frustrating to those with a fixed viewpoint. You may have an opportunity now to connect positively with them. Lucky numbers: 1, 5, 14, 37, 40, 45.

CANCER
(June 21 - July 21)

This season of Cancer energy can set the tone for you in the next year. The focus may be on your romantic partnership and might provide an opportunity to resolve problems. Lucky numbers: 9, 11, 16, 23, 27, 29.

LEO
(July 22 - Aug. 22)

Keep your eyes open now for new information. It may point you in the direction of a potential that you are passionate about manifesting in some area of your life. Lucky numbers: 7, 8, 17, 18, 19, 48.

VIRGO
(Aug. 23 - Sept. 22)

Virgos are often most comfortable when their sense of reality is grounded and practical. At midweek, you may find this dynamic disrupted. The situation could improve in a few days. Lucky numbers: 4, 11, 22, 23, 28, 31.

LIBRA
(Sept. 23 - Oct. 22)

Libras have a tendency to avoid conflict. Now may be a time to consider having an open discussion about the issue. Be careful not to be "passive aggressive" during the conversation. Lucky numbers: 8, 14, 15, 24, 38, 44.

SCORPIO
(Oct. 23 - Nov. 21)

You may find a strong empathy now for those who are suffering. Your insights can help them but you need to scope out whether others are amenable to the information. Lucky numbers: 3, 4, 6, 11, 30, 36.

SAGITTARIUS
(Nov. 22 - Dec. 20)

Having a personal philosophy and belief system is an important theme for Sagittarius. Now may be a good time to incorporate this into some form of service to others. Lucky numbers: 6, 18, 21, 32, 36, 42.

CAPRICORN
(Dec. 21 - Jan. 19)

You may be focused early this week on completing a project from the last six months. If it hasn't been particularly successful, you might want to explore any necessary adjustments. Lucky numbers: 11, 15, 33, 41, 45, 46.

AQUARIUS
(Jan. 20 - Feb. 18)

Aquarius has an ability to pick up information from the ethereal realm. That skill may be heightened now, so be on the lookout. Carefully consider what to do with it. Lucky numbers: 10, 27, 29, 43, 46, 48.

PISCES
(Feb. 19 - March 19)

Your intuition may work overtime midweek and you could become overwhelmed. Consider adjusting how you interact with your environment, and especially steer clear of the anger of others. Lucky numbers: 2, 7, 12, 19, 35, 41.

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

Did You Know...

Leading the music: Orchestra conductors started using a conductor's baton in the 1820s. German composer and conductor Louis Spohr was among the first. Before that, conductors often used a violin bow or rolled-up paper.

Colourful countryside: Near Reno, Nevada (U.S.), the Incandescent Rocks Scenic Area, called an "Area of Critical Environmental Concern," is quite a sight. Coloured by volcanic rock, the cliffs and buttes range from light pink to dark red.

Backyard breed: People who raise chickens in their backyards need to consider breeds that do well in small environments. Examples include the gentle Buff Orpington and the curious and friendly Salmon Faverolle.

A good year: The prolific, Canadian-born comedic actor Jim Carrey has made numerous movies. Three of his best-known ones were released in 1994: *The Mask*, *Dumb and Dumber*, and *Ace Ventura: Pet Detective*.

Salty place: The state of Texas (U.S.) is home to several natural salt lakes. La Sal Del Rey is in Hidalgo County, north of the Rio Grande. Over the centuries, this lake has been an important source of the mineral.

On the Lighter Side

Sign outside a muffler shop: "No appointment necessary. We hear you coming."

Knock! Knock! Who's there? Wicked. Wicked who? Wicked get dogs instead of cats.

Electricians are the friendliest people on the planet. They know how to make good connections.

Doctor: "I'm afraid you'll have to stop tap dancing."
Patient: "Why?"
Doctor: "Because I am trying to examine you."

When did the king ask for the royal joker? Jest in time.

Answers
Trivia answers: 1. Google 2. True 3. Hot springs 4. Colin Dexter 5. Cucurbit

For available franchise opportunities - visit coffeeneWSCANADA.COM
© Published with Permission by Mad Mama Marketing

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE:
403.922.2412

inogen

FREEDOM. TO BE YOU.

Call 1-833-301-1878 for a free consultation.

It's never TOO EARLY OR TOO LATE to work towards being the HEALTHIEST YOU

Family Owned/Operated
Trusted since 1971
Plant Based Protein Powder
Herbal Remedies & Supplements
Knowledgeable Staff

Perry Stang
Practical Herbalist, Certified Iridologist

#2, 5001-49 Ave., Olds (west of fire hall)
403-556-6090
Open 6 days

Uh-oh.

For mobile auto repair and roadside assistance services you can trust, contact

CAM'S AUTOMOTIVE

587-444-5802

Reasonably priced
Efficient and honest
Highly knowledgeable

Servicing Olds/Innisfail and Sundre

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!

THIS MONTH'S CONTEST SPONSOR

Bow Valley Coffee News

We specialize in skin and gut health

- Facials
- Medical Aesthetics
- Skin Care and Make Up Products
- Sugaring Hair Removal
- Nutrigenomix - testing how our DNA affects our nutrition absorption

REFLECTIONS Health Spa

5333-57 Ave., Olds
403.507.5423 | www.reflectionshealthspa.net

For All Your Real Estate Needs

Tammy Ryrie

CONTACT ME TODAY:
403.848.3304
Tammy.Ryrie@remax.net

RE/MAX
5008-50 St., Innisfail
O: 403.227.5571

tammyryrie.remax.ca

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER