

**BUY-LOW FOODS**

587-621-1000

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

**OPEN 8 am-9 pm 7 DAYS/ WEEK**



**NO MORE PILL BOTTLES!**

Condense all your meds down to one box containing each pill individually packaged for your daily doses.\*

Contact us today!

**SAGEWOOD PHARMACY**

587.457.0933 | pharmacy@sagewoodrx.com | sagewoodrx.com

\* AT NO ADDITIONAL CHARGE TO YOU!



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

Like & Follow Us facebook



Make Your Special Occasion Unforgettable with

**ARROW LIMOUSINE**

SEDAN AND PARTY BUS LTD.

Call 403-346-0034 to reserve

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




**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**



**Your Catalyst for Marketing Excellence!**

Complete Digital Marketing Solutions:

- Graphic Design
- Website Development
- Social Media Design/Mgmt.
- Search Engine Marketing & Optimization

**COSTAIN CORP**

403.597.3372

www.costaincorp.ca



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



**FREE!**

**Coffee News**®

"News To Be Enjoyed Over Coffee!"


Lacombe, Blackfalds Rimbye, and Bentley Edition

403.550.1957

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

www.centralalbertacoffeenews.com

Vol. 29 No. 2:31 July 31, 2023



## Everybody's Talking

**Bee crazy:** Travellers to Provincia di Matera in the southern part of Italy can now get up close and personal with bees. Airbnb owner Rocco Filomeno has found a way to incorporate bees into his accommodation. Calling his place an "air bee and bee," the host offers a one-room house that sits amid nine apiaries. The high ceiling of the wooden structure has a glass hive through which guests can watch a colony of bees hard at work. They can go to sleep at night hearing the soft buzzing and smelling the gentle scent of the bees and their honey. The accommodation is situated on Filomeno's olive farm near the village of Grottole.

**Look-alike:** Arthid Duangsri of Chiang Rai, Thailand, sported long hair and a beard in his younger years. Now, the bulked-up, bald man is well known as the Thai Vin Diesel, the Hollywood star from the *Fast and Furious* movie franchise. The fan started to transform himself into that movie's Dominic Toretto character almost a decade ago when a friend suggested he could pull it off. So he shaved his head and began working out in a gym. Today, he looks so much like Vin Diesel that people stop him in the street and ask for photographs. His brother even helped him to soup up a car to resemble the one that Dominic Toretto drives in the movies.

**Dog business:** A pair of animal lovers in Skagway, Alaska, has found a way to bring the dog community together in this small mountain town. The married couple, Mo and Lee Thompson, are available to pet sit, train, and walk people's pooches. They use an intriguing way to make their rounds, picking up the dogs at their residences on a small bus. The dogs are so well trained that, after waiting patiently in their yards, they hop on the bus, greet their dog pals, and then jump up on their assigned seat to be harnessed in for the ride to the dog park. The business grew quickly for the Thompsons, who are thrilled to be involved with such a rewarding undertaking.

**Keep running:** Running a marathon or completing an Iron Man triathlon is a tough feat, even for someone who is in topnotch health. But an Australian man named Russell Winwood has proven that, with effort, a difficult diagnosis can be overcome to live a dream. Winwood has chronic obstructive pulmonary disease (COPD), which makes breathing difficult because it negatively affects his lung capacity. However, the Brisbane man worked on improving his respiratory fitness by training, eating well, and consistently taking his prescribed medication. Today, he runs full marathons around the world. He wears an oxygen tank on his back and runs with a partner.

## Quoteable Quotes

"Nothing haunts us like the things we don't say."  
~ Mitch Albom

"When someone shows you who they are, believe them the first time."  
~ Maya Angelou

## 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.

• **Music in the Park** offers 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 August 2 will be Boots & The Hoots. Visit [lacombepac.com](http://lacombepac.com) for more details.

• Mary C. Moore Public Library's **Parent/Child Book Club** will be meeting August 31 at 6:30 p.m. to discuss *The Bridge Home*. The group is always open to new members and drop-ins. Contact Miranda for more details at [miranda.cl@prl.ab.ca](mailto: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.centralalbertacoffeenews.com](http://www.centralalbertacoffeenews.com)



## Trivia

1. Construction of the Cathedral of Notre Dame began in 1099, 1163, or 1812?
2. An arcade, arch, or balustrade is a series of arches supported by columns?
3. Obsidian is an igneous, metamorphic, or sedimentary rock?
4. What is a piece of land almost completely surrounded by water?
5. A niddy nody is a tool to wind yarn into skeins – T/F?

(Flip bottom of page for answers)

© Published with permission by Costain Corp.

**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](mailto: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](http://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](http://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

**LACOMBE** #4, 4425 Heritage Way 403.786.1776


4 GREAT LOCATIONS

**Mulleit's BARBER SHOP**

BEER AND A HAIRCUT \$30

Download Our App! Google Play App Store

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



**Lacombe**

**THE PLACE TO BE IN '23!** RUNNING SINCE 1979

**EVERY THURSDAY** STARTING AT 9 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**

**SHERRY MOREAU** is our June Rural Contest Winner!

Sherry will receive a \$50 gift certificate from our contest sponsor

**Boston Pizza**

403.782.9988  
5846 Hwy 2A, Lacombe

**NOW TAKING FACILITY BOOKINGS**

**LACOMBE GOLF & COUNTRY CLUB**

Office 403.782.3956

**www.golflacombe.com**

18 holes | Driving Range | Pro Shop | Dining Room

- Weddings
- Christmas Parties
- Anniversaries
- Corporate Events
- ...and more!

For more 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

# Your Weekly Horoscope

**ARIES** (March 20 – April 19)

At midweek, you may be particularly ambitious about achieving your objectives. However, be careful of being overly aggressive with others in the process. Instead, try to work toward a win-win. Lucky numbers: 11, 17, 19, 21, 29, 47.

**TAURUS** (April 20 – May 20)

The Taurus-born are usually conservative in risk taking. But now you may have a strong desire to do something big and bold. Before acting, consider the potential risks and rewards. Lucky numbers: 13, 17, 24, 31, 34, 40.

**GEMINI** (May 21 – June 20)

Your ambition level might be high right now, supported by an easy energetic flow. This might be a good time to start new creative endeavours outside of your comfort zone. Lucky numbers: 2, 7, 25, 28, 34, 37.

**CANCER** (June 21 – July 21)

Cancers don't usually bring attention to themselves and their accomplishments. Now may be a good time to find a hidden opportunity that could encourage you to do so. Lucky numbers: 12, 18, 22, 23, 42, 43.

**LEO** (July 22 – Aug. 22)

Are you of two minds right now about an important decision? Developing a list of the pros and cons may clarify your choice. Otherwise, perhaps wait a few days to decide. Lucky numbers: 4, 6, 10, 23, 42, 45.

**VIRGO** (Aug. 23 – Sept. 22)

Virgos like to focus on achieving concrete results. Midweek, you may have the opportunity to expand your endeavours into developing deeper relationships. Accepting this challenge is your choice. Lucky numbers: 5, 9, 12, 16, 17, 41.

**LIBRA** (Sept. 23 – Oct. 22)

Is there something you want to do but haven't, maybe for fear of upsetting someone? At the end of the week, you might find the courage to do so anyway. Lucky numbers: 6, 17, 21, 26, 37, 43.

**SCORPIO** (Oct. 23 – Nov. 21)

Do you feel that others are putting obstacles in your path right now? Is there a resolution that you could offer that does not compromise your values and sense of self? Lucky numbers: 14, 17, 28, 33, 46, 48.

**SAGITTARIUS** (Nov. 22 – Dec. 20)

Things may be flowing easily for you right now. If so, are you giving your maximum effort to achieve your objectives? If not, are those goals truly what you want? Lucky numbers: 1, 12, 14, 22, 23, 35.

**CAPRICORN** (Dec. 21 – Jan. 19)

Capricorns often defend tradition and stability, even to their detriment. Ask yourself where you can make an adjustment in viewpoint without abandoning your values or authentic self. Lucky numbers: 15, 18, 24, 25, 31, 47.

**AQUARIUS** (Jan. 20 – Feb. 18)

This may be a good time to review your efforts over the last six months. Complete anything that needs to be wrapped up, but consider holding off on starting new projects. Lucky numbers: 7, 12, 15, 24, 34, 41.

**PISCES** (Feb. 19 – March 19)

Your Pisces connection to the ethereal realm may be particularly strong now. If you feel discouraged at the end of the week, seek out allies who can help lighten your mood. Lucky numbers: 3, 4, 14, 25, 31, 42.

Lucky numbers this week: This week's odds favour Leo winners, with the luckiest number being 37.

## Did You Know...

**Heightened status:** The Grand Canyon in Arizona became a National Park in 1919, while an original, smaller version of today's Grand Teton National Park in Wyoming received that status in 1929.

**Long horns:** A spider that looks scary but won't hurt humans is the long horned orb-weaver (Macracantha arcuata). Its distinguishing feature is the presence of two spiny "horns" that grow from its sides.

**Moon time:** The planet Mars has two moons, Phobos and Deimos. Phobos is close to the planet's surface and completes three orbits in each Martian day, which is about 17 minutes longer than an Earth day.

**Ear movement:** Not many people can move their outer ears back and forth, like a cat. However, humans have three auricular muscles that some folks are able to voluntarily engage, making for an interesting trick.

**On TV:** The first, full National Hockey League game on TV was on February 25, 1940, on New York's W2XBS, an experimental station. The station's 300 subscribers watched the New York Rangers beat the Montréal Canadiens, 6-2.

## On the Lighter Side

Customer: Do you have a camouflage jacket?  
Clerk: We have dozens but I can't find them.

How does a clock put on its gloves? One hand at a time

Electric company sign: "We'd be delighted if you pay on time. If not, YOU will be de-lighted."

Knock! Knock! Who's there? Byte. Byte who? Byte you're happy to see me again!

The ship's captain had to dock in a very tiny space. He was under a lot of pier pressure.

## Answers

Trivia answers: 1. 1163 2. Arcade 3. Igneous 4. Peninsula 5. True

© Published with permission by Costain Corp.  
For available franchise opportunities, visit www.coffeenewsCanada.com

**Injured? Now What? We Help - A Lot!**

**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)



**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](mailto:coveryourwindows@gmail.com)

**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**

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

**YOUR ONE-STOP OUTDOORS SHOP**

**GUNS AMMO LICENSES**

# 6, 7667-50 Ave., Red Deer

**THE SPORTSMEN'S DEN**

403.347.7678 • [www.sportsmensden.ca](http://www.sportsmensden.ca)

**OVERHEARD ABOUT Coffee News...**

"We have been using Coffee News for five years for our local advertising. They are always very helpful, professional and accommodating to our changing needs.

**I recommend them for any small business!**

~ Lori Gillan, Trophy loft

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

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

**Sylvan Learning** 403-311-6110

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

[reddeersylvanlearning.ca](http://reddeersylvanlearning.ca)

See website for specials.

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