

WE COME TO YOU!

CHANELLE'S MOBILE HAIR CARE
Proudly serving Red Deer and area

CHANELLE FORTH
Licensed Stylist

587.876.3064
chanellemobilehaircare@gmail.com




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

Boat Mart
RED DEER LTD.

403.342.7015 8027-Gaetz Avenue, Red Deer

AlumaCraft ♦ Evinrude ♦ Mercury ♦ MerCruiser



Coffee News
CONTEST WINNER

CHERYL WOOD
is our June Online Contest Winner!

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

COW TOWN BEEF SHACK
403.986.3444 | Unit 9105, 499 Timberlands Dr.



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



NEED TO DETOX?
DRUG TEST SUPPLIES

2 HR. TYPICAL

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



FINANCE FAST TRACK PROGRAM
FREE EMPLOYMENT READINESS & JOB PLACEMENT SERVICES

If you are currently unemployed, have a credit score of 650 or higher, good English and Math skills, and can provide a clean Criminal Reference Check, you have everything you need to get started in a rewarding career in the Financial Services Industry.

Make your money helping others manage theirs as a Financial Planner, Investment Advisor, Insurance Broker, and more! And the best part? The training is offered at no cost to you!

CAN Call 403-341-7811 and get started today!
Let us help you find the work you need and build the career you love!



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



FREE!

Coffee News
"News To Be Enjoyed Over Coffee!"

Red Deer North Edition

403.550.1957
e-mail: coffeenews@hotmail.com
online version at: coffeenewsonline.com/canada/centralalberta

Vol. 29 No. 1:32 August 7, 2023



Everybody's Talking

Handy skill: Having strong hands is convenient, especially when a lid won't come off a jar. But a man from Germany has taken strong hands to a new level. Muhamed Kahrimanovic, who has earned the nickname "Hammer Hands," broke a record when he used his hands to break 68 baseball bats in just one minute. The man is also able to whack open coconuts using only one hand, crush aluminum cans, and smash glass bottles and slabs of concrete. Kahrimanovic gained his strength because he took part in taekwondo classes when he was a child. At first he was a student and later became an instructor.

Tree cutter: A criminal on the loose in the U.S. state of Oregon is going to be in considerable trouble when caught. The culprit is not stealing anything or hurting anyone, but the crime is serious. Since the summer of 2021, someone has been cutting down trees in the forests near the Portland suburb of Gresham. Known as the "Gresham Lumberjack," the person has felled hundreds of trees, and no one knows why anyone would do such a thing. Residents are upset by the destruction, and authorities have increased their efforts to crack the case by using hidden cameras. When the lumberjack is found, heavy fines definitely will be issued.

Rub it out: Those who make a lot of mistakes in their writing might want to consider buying something that will make erasing errors easy: the Radar S10000 eraser. Enormous in comparison to the usual small erasers found in desk drawers, this one measures 276 x 141 x 43 mm (10.9 x 5.5 x 1.7 in.) and weighs over 2.2 kilograms (4.9 lbs.). It's part of the popular Radar product line of a Japanese company called Seed. Originally, they made such a large eraser as a prize giveaway. However, consumers showed such an interest that Seed produced more and made them available for purchase.

Mall skating: Citi Plaza, a mall in London, Ontario, is the venue for an occasional but unique event: an evening of roller skating. Put on by Retro Rollers, Inc., and MainStreet London, the ticketed event lets about 400 skaters whiz by store outlets to their hearts' content. It's quite an experience for people who love this retro sport. Instead of walking around and shopping, they are allowed to don their skates in a very large venue. The event also includes a family skate so that little kids don't have to worry about speedsters getting too energetic in their presence. For many, the evening provides hope that the sport will become popular again.

Quoteable Quotes

"Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself." ~ Alice Walker

"If I were to wish for anything, I should not wish for wealth and power, but for the passionate sense of the potential." ~ Søren Kierkegaard

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 provide three to four weeks' notice.

• **Hearts of Harmony Chorus** is always looking for new members. We rehearse at 6:30 p.m on. Monday evenings and if you are interested in singing with us (a cappella), please contact Donna at 403.352.7304. If you might be interested in having us sing at your event, please contact Sheila at 403.358.6428.

• **Ellis Bird Farm** (39502 Range Road 26-0, Lacombe County) will be hosting its annual **Bug Jamboree** August 12 from 11 a.m. to 4 p.m.! Enjoy a day featuring guest speakers and information booths all about the wonderful world of insects. Crafts and face painting available for the kids. Admission fee of \$5 per person or \$15 per family. Full details at ellisbirdfarm.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!

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

Actual size of the hidden graphic: 



Trivia

1. One of the Luxor Obelisks is in Istanbul, Paris, or London?
2. Jell-O was invented in 1897, 1927, or 1947?
3. This word for knot-tying craft is from the Arabic migramah.
4. There are 16, 26, or 32 bones in the foot?
5. What number starts with 1 and is followed by 100 zeros?

(Flip bottom of page for answers)

© Published with permission by Costain Corp.

E-Bikes and E-Scooters

\$1,899⁹⁹

BATTERY BOSS .ca **403.343.3399**

#5, 7803-50 AVE. RED DEER

48v 500w Fat Tire Step Through



Local Charity, International Impact

Get involved with a charity that uses each dollar with integrity.

Helping rescue children in need in Africa.

Home of Hope.ca

For more information, scan the QR code or call 403.314.1214.

Meant 4 More is a book by Red Deer author, Brian Thomson about how he started the charity, Home of Hope. Cost: \$25. homeofhope.ca/meant4more/




VOKESTONE
C R O W N S

Concrete Floor Renewal

403-921-7340
VOKESTONE.COM

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

See website for specials.

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



• 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



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

Like & Follow Us on facebook

TYLER SUNDGAARD
587.877.4553 | tarzanandjaneplumbing@gmail.com



MP Minuteman Press
WE DESIGN, PRINT & PROMOTE...YOU!

P: 403-348-0302
F: 403-348-0332
E: print@mmpress.ca
W: mmpress.ca

- printing
- promotional items
- mailing services



Experience our Difference

RED DEER MOTORS

6720 Johnstone Drive / Red Deer
403.347.7777 / www.reddeermotors.com



GET SUMMER SPORTS TROPHIES NOW!

Baseball, Soccer, Basketball and Cornhole Trophies

Trophy Loft

403.347.5030 | trophyloft.com

Coffee News®

CONTEST WINNER

TERRY SLENO is our June Contest Winner!

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

403.346.9400
4701-50 Street, Red Deer

2 For 1 FAMILY PIZZA

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

Love to Sing?

We offer the gift of music...and invite you to join our chorus!

www.heartsofharmony.ca

HEARTS of HARMONY Chorus

We are also available to sing at your event! Inquire for details.

PRESERVE • PROTECT • REJUVENATE • RESTORE

BRIGHT GREEN ROOF

SHINGLE PRESERVATION

SAVE \$\$\$!

Our eco-friendly treatment will add 15 years to your roof's life and restores the original colour and appearance!

Visit www.bgrreddeer.com for more info or to book your free quote or call 403.340.9007

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

Embrace a bottle-free medication routine with a single, convenient dose pouch tailored to your pharmacy needs.

SAGEWOOD PHARMACY

Enjoy worry-free organized daily dosing at no additional cost.

587.457.0933 | pharmacy@sagewoodrx.com | sagewoodrx.com

ROOF RUNNER ROOFING

- Prompt Service
- Clean Sites
- Superior Results

403.550.2674

roofrunnerroofing@hotmail.com

Your Weekly Horoscope

ARIES

(March 20 – April 19)



Did you establish a new set of goals during your birthday month? If so, now is a good time to review how things are going and where to make changes. Lucky numbers: 3, 8, 9, 13, 21, 46.

TAURUS

(April 20 – May 20)



Are you craving freedom right now, especially regarding a perceived restriction in your relationships? Having a heartfelt conversation with your partner may reveal a resolution you can both agree on. Lucky numbers: 4, 6, 7, 16, 21, 48.

GEMINI

(May 21 – June 20)



Gemini has the ability to absorb information from the ether. This dynamic may be heightened at midweek. If it becomes overwhelming, you may want to retreat for a few days. Lucky numbers: 6, 7, 17, 19, 35, 45.

CANCER

(June 21 – July 21)



At the end of the week, you may very well feel moody and out of sorts. To avoid a relationship issue, be aware of these feelings as you interact with others. Lucky numbers: 9, 13, 27, 29, 43, 48.

LEO

(July 22 – Aug. 22)



The focus for you right now may be someone or something you are passionate about. Enjoy the emotional high, but avoid making any decisions that would be difficult to reverse later. Lucky numbers: 11, 18, 27, 36, 38, 42.

VIRGO

(Aug. 23 – Sept. 22)



If you aren't as assertive in your interactions with others as you would like to be, the potential exists now to be so. The reverse dynamic may also be true. Lucky numbers: 2, 4, 13, 21, 31, 32.

LIBRA

(Sept. 23 – Oct. 22)



The current energy pattern may provide more ambition for you to accomplish your goals. However, you may need to actively seek out an opportunity to manifest this potential. Lucky numbers: 8, 25, 27, 33, 38, 48.

SCORPIO

(Oct. 23 – Nov. 21)



Scorpios can see hard truths that can be difficult to communicate to others. At midweek, it may be easier to do so. How can you cultivate this going forward? Lucky numbers: 16, 17, 22, 32, 35, 38.

SAGITTARIUS

(Nov. 22 – Dec. 20)



A well-defined life philosophy or belief system is important for many Sagittarians. You may encounter some new ideas that you have not seen before. How should you incorporate them? Lucky numbers: 7, 10, 26, 46, 47, 48.

CAPRICORN

(Dec. 21 – Jan. 19)



Is someone in your orbit, especially a woman, interacting with you in a particularly emotional manner? Consider how you may be contributing to the issue and make changes as needed. Lucky numbers: 1, 8, 10, 32, 36, 39.

AQUARIUS

(Jan. 20 – Feb. 18)



Is your personal or business partner putting an obstacle in the way of your goals? Work with them to understand the underlying cause and get to a win-win solution. Lucky numbers: 7, 11, 29, 35, 41, 47.

PISCES

(Feb. 19 – March 19)



Pisces can sometimes be discouraged about themselves and their experiences. There may be an opportunity now to make an adjustment that encourages you to be more optimistic going forward. Lucky numbers: 5, 9, 19, 26, 29, 35.

Lucky numbers this week: This week's odds favour Leo winners, with the luckiest number being 27.

Did You Know...

Taste test: Some folks taste things more distinctly than others because of a higher-than-normal concentration of taste buds on their tongues. These "supertasters" find some flavours strong, such as the bitterness of broccoli or grapefruit.

Based on reality: The famous television series *M*A*S*H* is based on a novel called *MASH: A Novel About Three Army Doctors*. The book was a collaboration between real-life army surgeon H. Richard Hornberger (pen name Richard Hooker) and writer W.C. Heinz.

Big mushroom: Zambia, as well as parts of West Africa, is home to an edible mushroom called *Termitomyces titanicus*. The caps on these huge fungi can measure about one metre (3 ft.) across. Locals love them for their smoky flavour.

Big bunnies: Those looking for a pet rabbit might want to consider a breed called the Flemish Giant. Weighing up to about 10 kg (22 lbs.), it is the largest breed of rabbits in the world. Their gentle, relaxed personalities make them good pets.

Funny name: A town in the province of British Columbia is called Youbou. The moniker comes from the names of two staff members at a lumber company: Mr. Yount and Mr. Bouten.

On the Lighter Side

Knock! Knock! Who's there? Bond. Bond who? Bond to succeed if you keep trying!

You can't always be a Winter Olympics champion. You win some, you luge some.

Waiter: "How did you find your steak, sir?"

Diner: "I moved my french fry and there it was!"

Why are pianos good with locks? They have a lot of keys.

Your fences need to be horse-high, pig-tight, and bull-strong.

Answers

Trivia answers: 1. Paris 2. 1897 3. Macramé 4. 26 5. Googleplex

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

Senior Drop-in Bowling!

Seniors (50+) are invited to stop by for fun every Tuesday and Friday at 10 a.m. \$8 fee includes two games of bowling, shoe rental, coffee/tea and snacks! For more information, please call 403.309.6387

Come out and join us!

Heritage Lanes

Open all Summer!

YOUR PLACE FOR SPECIAL EVENTS & ACTIVITIES...

- Whist Tournament first Thurs. each month
- Crib Tournament third Thurs. each month
- Lunch daily, 11 a.m. - 1 p.m.

SENIORS' DOWNTOWN HOUSE

FACILITY RENTAL AVAILABLE

Call 403.346.4043 for information | 5414-43 Street, Red Deer

This Space Is Available

Book NOW to ensure a spot in upcoming issues

Call Bryon now at **403.550.1957**

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

When YOU Get Paid We Get Paid

Over HALF A BILLION Recovered For Our Clients!

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

Stay and Play!

18 holes of affordable, fun, yet challenging golf only minutes away...plus a full service RV park!

SPRIT CREEK GOLF & RV PARK

RV Park 403.314.9577

Golf 403.342.2830 | www.reddeergolf.com

CASH FOR SCRAP!

WE ACCEPT ALL KINDS OF METAL!

BULLDOG METALS LTD 403.347.5815

www.bulldogmetals.net

4305-78 STREET CRESCENT RED DEER

We buy all metal types and sizes, (Pb) Batteries + Free Bin Service, and Farm Cleanups