

**SEWING CLASSES**  
Ages 7+



# Little Hart Designs

4814-49 St., Rocky

Little Hart Designs  
@littlehartdesign

www.littlehartdesigns.com  
Bonnie@littlehartdesigns.com

**Fabric Store • Sewing School Alterations**  
(Specializing in Bridal & Formal Wear)

**780-972-2466**

**FREE!** **Coffee News**®

"News To Be Enjoyed Over Coffee!"

**Rocky Mountain House/Nordegg/Caroline/Eckville/Leslieville Edition**

**403.304.4767**

countrycoffeeneews@shaw.ca

Vol. #17 Edition 07  
February 12, 2024

For advertising information, contact **Veronica** today.

www.donnasdentalhygiene.ca

# Quick Lane

TIRE & AUTO CENTRE  
LOCATED NEXT TO RAINBOW ARCH

**Now Carrying**

**Omnicroft**  
Quality Parts For All Makes & Models!

2-Year Unlimited Mileage Warranty!

Trust Omnicroft For All Mechanical Parts!  
- Brake Pads - Rotors  
- Filters - Starters  
- Alternators - & More!

ALL MAKES. ALL MODELS. ANYTIME.

Rocky Quick Lane  
Tire & Auto Centre  
403-845-3673




**It's not just a generator. It's a power move.**

Receive a free 7-year warranty with qualifying purchase\* - valued at \$945.

**Call 866-942-0485 to schedule your free quote!**

**GENERAC**

**BRING THE FAMILY!**  
MEN'S | LADIES' | CHILDREN

**Sylvan Lake BARBER SHOP**

5008 - 50 (Main) St., Sylvan Lake

Sherry Thomas, Owner  
403-887-4112

Facebook

Seniors' Discounts

Mon-Fri, 9 am-5 pm | Sat, 9 am-4 pm | Walk-in Only

**SYLVAN'S ORIGINAL!**  
EST. 1999

February 19

Enjoy **Family Day!**

From Your Friends at **Coffee News**®

**No Time for Laundry?**  
We've got you covered!

✓ Residential Wash & Fold Bags  
✓ Coveralls ✓ Pick Up & Delivery  
✓ Repairs & Alterations

**MacCleaners**  
DRY CLEANING & LAUNDRY SERVICE

5109-49 Street, Rocky

Rhonda Nadeau 403.845.3900

Mon-Thurs, 9a.m.-5 p.m.  
Fri 9 a.m. - 4 p.m. | Closed Holidays



**WHEN YOU GET PAID We Get Paid**

# WHIPLASH COMPENSATION?

Get the whiplash compensation you deserve from a trusted team of experienced lawyers.

**You pay nothing up front.** Not all injury claims are capped.

**1-800-661-4902**  
WhiplashInformationCentre.com

**Braithwaite Boyle Injury Law**  
It's The Only Law We Do - Since 1986  
Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary  
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS



## Everybody's Talking

**Wild picnic:** In Brazil, adventurous diners can enjoy their food while suspended over an enormous waterfall. A company called Rota Aventura has all the equipment set up for the experience, which includes a picnic table dangling on metal cables above Cascata da Sepultura, a large waterfall in the country's southern state of Rio Grande do Sul. Customers are carefully strapped onto the table, which is then rolled out on the cables. At a cost of \$450 USD for 15 minutes, the experience may seem a bit expensive, but how else can a tourist view a waterfall from such a great height, and eat dinner at the same time?

**Lots of neighbours:** Anyone who enjoys high density living does not need to look any further than the Regent International apartment building in Hangzhou, China. Originally meant to be a high-end hotel, this building now is home to about 20,000 residents, which is bigger than many small towns and cities! The giant, S-shaped, luxury building has between 36 and 39 floors, which vary by size of the building. Residents have access to many conveniences, such as swimming pools, shops, cafés, grocery stores, and a food court. Anyone who is a homebody would love it because you don't even have to leave the premises to get what you need.

**Peace at last:** There will finally be peace in a neighbourhood in El Masnou, Catalonia, Spain. For five years, a severely inconsiderate man constantly played very loud electronic music, despite the fact that he knew it was annoying his neighbours. People living in adjoining homes called police numerous times, complaining about noise so loud that they could feel vibrations from it. Police gave the man numerous warnings, which he never heeded. Finally, he was taken to court, where a judge gave him a one year, three-month prison term. He also was required to pay retribution to his neighbours, and is not allowed to have any kind of electronic music-related career.

**Baking contest:** Do you think you have the skills to run a bakery? There's a contest with a chance to win Erwin's Fine Baking and Delicatessen, owned by Robin and Shawn Haley, in Kamloops, British Columbia. The couple is challenging prospective owners to submit an essay about why they'd be good successors, along with a \$1,000 CDN entry fee. If the Haleys get 500 respondents, they'll go ahead with the contest. If not, they'll refund the money. If the contest happens, they'll choose 10 finalists, and those participating will not get their money back. The Haleys hope to find a winner who has all the skills needed to be successful in the endeavour.

**Quoteable Quotes**

"You cannot shake hands with a clenched fist." ~ Indira Gandhi

"The mystery of human existence lies not in just staying alive, but in finding something to live for." ~ Fyodor Dostoyevsky

## What's Happening

Want an event, major attraction or sport publicized? E-mail countrycoffeeneews@shaw.ca, fax 403-864-4459 or phone 403-304-4767 to have it printed here at NO CHARGE!

- **Winterfest & Rocky's Freezin' for a Reason Polar Bear Dip:** February 17, Pioneer Ranch at Crimson Lake, 10 a.m.-3 p.m. Cross country skiing, snowshoeing, sleigh rides and an animal adoption event. Fun for all. Polar Bear dip at 1 p.m. Community fundraiser.
- **Rocky Farmer's Market:** Every Saturday from 10 a.m. to 1 p.m. at the Rocky Museum, lower level at rear.
- **Rocky Lions Club has tables and chairs to rent** for functions in the community. Call 403.846.3215.

**Enter to win \$40 gift certificate** awarded each month!

Identify the ad where the Coffee News Guy is hidden for your chance to win! Enter your name, address, and phone number, along with where you read Coffee News to...

Actual size of the hidden graphic:

**Country Coffee News**  
37 Forest Dr.  
Sylvan Lake, AB  
T4S 1H4 or e-mail  
countrycoffeeneews@shaw.ca

January's contest winner was **Mike Reid**. Mike will receive a \$40 gift certificate from FasGas after spotting the hidden Coffee News Guy while reading the publication at Rocky IDA. Congratulations!

## Trivia

1. The currency code for the Bangladeshi taka is BDT, BLS, or BTK?
2. In Britain, Boxing Day is celebrated on December 13, 26, or 31?
3. This famous sign sits on Mount Lee in California's Santa Monica Mountains (U.S.).
4. In Peter Pan, Captain Hook's ship is the Jolly Roger or Treasure Chest?
5. In Greek mythology, anything touched by this king turned to gold.

(Flip bottom of page for answers)  
© Published with permission of Country Coffee News

**ELEVATE YOUR BUSINESS WITH TRANSFORMATIONAL IT**

**HY-TEK COMPUTERS**  
IT SPECIALISTS SINCE 1996

4920-51 Ave., Rocky | sales@hytekcomputers.com | www.sparksignal.com  
403.845.4677 | www.hytekcomputers.com

- COMPUTER SALES & REPAIRS
- MANAGED IT SERVICES
- SOFTWARE DEVELOPMENT
- VIDEO SECURITY
- WEB DESIGN & HOSTING
- CUSTOM CABLING

**Skyline**  
TINT ETCH  
SIGNS GRAPHICS  
PAINT PROTECTION

845-7254 | HWY 11, ROCKY

**GIFT CERTIFICATES!**

**This Space Is Available**

Book NOW to ensure a spot in upcoming issues

Call Veronica now at **403.304.4767**



**Communities in Mind**

Co-op is working with the Mental Health Foundation to raise funds for mental health services in your community.

Donate at your local Co-op food store, gas bar, liquor store, home centre, or scan the QR code to **DONATE TODAY!**

CO-OP  
Central Alberta, Cornerstone, New Horizon, South Country, Westview

Mental Health Foundation  
We have a better future in mind!

**Donna's DENTAL HYGIENE CLINIC**

**SERVICES PROVIDED**

- Professional Teeth Cleaning
- Dental X-Rays/Assessments
- We follow the current Dental Fee Guide
- Referrals - No dentist on site

Call/Text 403.845.4901  
4528 D - 47 Ave., RMH | donnasdentalhygiene.ca

Dental Insurance Accepted

**H&R BLOCK**

**YEAR ROUND TAX SERVICE**

**Convenient. Accurate. Affordable.**

Corporate • Business • Farms • Personal Estate • Foreign/US • GST • Trust Returns

403-845-2611 5 Bighorn Mall - Rocky Mountain House

HOURS (Feb thru Apr): Mon - Fri, 9 am - 6 pm | Sat, 9 am - 5 pm

**THE M.E.L. SOCIETY**  
Medical Equipment Lending

Open Monday to Thursday  
9:00am - 5:00pm

Contact Us:  
403-845-7470  
melsociety@talus.net  
www.melsociety.ca  
403-845-2191

We rent wheelchairs, walkers, crutches, bedrails, bath aids, cold therapy systems, etc.

Bay 2, 4907 - 44 Street Rocky Mountain House, AB  
Box 2227 Rocky Mountain House, AB T4T 1B6

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.

**JK Customs**

- ◆ Hand Tooled Steel & Leather Work
- ◆ Kimperfections Crafts

403-896-5527 jkcustoms.ca

**RETIREMENT LIVING CHRISTENSON**

Optional Meals • Personalized Services • On-site Care

Join Our Vibrant Community

**The Ravines**  
AT PARK AVENUE  
IN CREEKSIDE

Full Kitchens • Social & Recreation • Pet Friendly

5810-47th Ave, Rocky Mountain House

403-596-9044  
CDLhomes.com

**Creating Smiles**  
WITH AN INNOVATIVE APPROACH

- Complete and Partial Dentures
- Implant Supported Dentures
- Immediate Dentures
- Same Day Repairs and Relines
- Direct Billing Available

FEB SPECIAL 10% OFF NEW DENTURES

SUNDRE Mikki Johnston-Phillips DD  
**DENTURE & IMPLANT CENTRE**

403.638.2880 Bay 4, 306 Main Ave.

**We'll Turn You On!**

**TOWNSEND ELECTRICAL LTD.**

- Residential
- Commercial
- New Builds
- Renovations

403-302-3721  
www.townsendelectricalalberta.com

**Experience Discreet Power**  
...Without Drawing Attention To Your Hearing Aid!

Signia Silk Charge & Go  
Smallest Rechargeable on the Market

**\$3000 OFF PREMIUM AID**

- ✓ Tinnitus Therapy & Testing
- ✓ Financing for Hearing Aids

**EYES + EARS**  
OPTICAL + HEARING CO.

403.871.2020 | www.eyesandearsclinic.ca  
eyesandearsrocky@outlook.com | Railway Plaza, Rocky Mtn. House

Sylvan Lake 403.887.5073 Ponoka 403.790.2020 Lacombe 403.786.2020

# Your Weekly Horoscope

## ARIES

(March 20 – April 19)



At the beginning of the week, you may find you have plenty of energy to push forward on your goals. Don't doubt your abilities. Courage could be key for you now. Lucky numbers: 5, 24, 26, 29, 39, 46.

## TAURUS

(April 20 – May 20)



You may find yourself very busy and stressed at week's end. Things might be a bit overwhelming right now, but watch for new, unexpected opportunities. Lucky numbers: 12, 16, 26, 28, 35, 41.

## GEMINI

(May 21 – June 20)



At week's end, you may find yourself changing your mind about something several times. If you need to make a decision about it, you might want to wait a few days. Lucky numbers: 4, 6, 10, 25, 37, 47.

## CANCER

(June 21 – July 21)



Cancers often direct their efforts toward those in their immediate circle. For the next few weeks, perhaps consider making an adjustment to support the wider human family. Lucky numbers: 2, 10, 13, 14, 21, 44.

## LEO

(July 22 – Aug. 22)



Over the next few weeks, you may find yourself frustrated and irritable. To break the stalemate, perhaps consider how to better align your values with your endeavours. Lucky numbers: 9, 16, 38, 39, 40, 44.

## VIRGO

(Aug. 23 – Sept. 22)



As Virgos mature, service to others often becomes an important focus. A change in your view about something could mean that such an opportunity surfaces now. Lucky numbers: 11, 12, 17, 18, 26, 40.

Lucky numbers this week: This week's odds favour Aries winners, with the luckiest number being 39.

## LIBRA

(Sept. 23 – Oct. 22)



Are you feeling a "slow burn" with someone right now? If you can keep control of your temper, this might be a good time to work out the issue. Lucky numbers: 8, 18, 22, 27, 41, 47.

## SCORPIO

(Oct. 23 – Nov. 21)



For the next month or so, you may encounter challenges regarding finances or relationships. Might the universe be using these matters to encourage a transformation for you? Lucky numbers: 6, 13, 18, 19, 24, 27.

## SAGITTARIUS

(Nov. 22 – Dec. 20)



You might find the line blurring between friendship and romance with someone in your life. You may want to wait a month to clarify which is the right choice for you. Lucky numbers: 3, 5, 13, 32, 39, 41.

## CAPRICORN

(Dec. 21 – Jan. 19)



Capricorns often focus on projects that bring personal success. Over the next few weeks, an opportunity may emerge that encourages you to expand your efforts to others. Lucky numbers: 1, 3, 5, 24, 25, 37.

## AQUARIUS

(Jan. 20 – Feb. 18)



For the next month, you may be willing to fight to accomplish goals that are aligned with your values and beliefs. How might you recruit others to help in your cause? Lucky numbers: 7, 13, 19, 21, 38, 42.

## PISCES

(Feb. 19 – March 19)



This week may be a good time to launch a new creative project or activity that you may have been hesitant to begin. Your intuition could be channelled into this endeavour. Lucky numbers: 10, 17, 20, 22, 33, 36.

## Did You Know...

**Hot and dry:** The Sahara Desert in northern Africa is huge, covering about 25 per cent of the continent's land. A large portion of this hot desert is covered by sand dunes; such areas are known as "ergs."

**Ancient philosophy:** Some people use the Chinese philosophy of feng shui when decorating, wanting to create harmony in the home. Translated to English, feng means "wind" and shui means "water."

**Quite quilly:** Porcupine quills are made of keratin, like human hair but more rigid. Each quill has muscle at its base. When threatened, the porcupine can make them stand up. Like human hair, porcupine quills shed.

**Do not eat:** Seeing deer in your yard is great, but not if they are eating your plants. Gardeners can thwart the animals by planting bee balm, Japanese painted ferns, lungwort, and others that deer usually avoid.

**La or le:** French uses feminine (la) or masculine (le) articles. With few exceptions, countries whose French names end in "e" are feminine, the rest masculine: la Bolivie (Bolivia) and la Côte d'Ivoire (Ivory Coast).

## On the Lighter Side

Laugh and the world laughs with you. Cry, and your mother takes your temperature.

Teacher: "Tell me something that did not exist 50 years ago."  
Student: "Me!"

Knock! Knock! Who's there? To. To who? No, it's "to whom?"

In a tank, one goldfish asks the other, "Do you know how to drive this thing?"

What do nuclear scientists eat for dinner? Fission Chips.

## Answers

4. Jolly Roger 5. Midas  
Trivia answers: 1. BDT 2. 26 3. Hollywood Sign

© Published with permission by Country Coffee News  
For available franchise opportunities, visit www.coffeenewsCanada.com

(Over)

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

Computer Issues?  
**CALL US!**

- ✓ Computer Refurbishing
- ✓ Service, Sales & Repair
- ✓ Virus Free Operating System

Visit us at 5114 - 50 St. Eckville

**POWERS ENTERPRISES NETWORKS**

403.746.0226 | www.powersenterprises.com

**LIL MULE LOGGING INC.**

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

Selective logging and timber purchasing.

Call Shawn Stone today 403.318.4346

YOUR NEIGHBORHOOD FORD STORE

**RAINBOW Ford**

403-845-3673

Let's Get Social!

www.rainbowford.ca

Something for everyone!

Cotton Candy, Popcorn, Ice Cream  
Mini Donuts & Snacks  
Coffee & Slushies

28 YEARS SERVING ROCKY

**Rolf's GROCERIES**

5337-59 AVENUE, ROCKY  
10 am - 11 pm Daily | 403.845.4577

YOUR CONVENIENCE STORE WITH MORE!

**HIGH ELECTRIC BILLS?**

PROUDLY SERVING CENTRAL ALBERTA

**eco solar**

Find out how much you can save today!  
www.ecosolar.ca | 1.855.748.6321

✓ New & Used Tires  
✓ RV, ATV Tires & More  
✓ Batteries

M-F 8 am - 5 pm

**GT CIVIC TIRE**

Facebook Ken Cinnamon civic234@telus.net  
403-847-1072 / 4909-44 St. Rocky

**FLAGS ★ FLAGS**

Provincial  
International  
Military • Novelty  
Flag Poles

5215-54 Avenue, Red Deer  
403.340.0109 • cyrher@gmail.com

**C & R ENDEAVORS LTD.**