

403.782.4883 info@rocksigns.ca FREE VASE

Headstones

Signs

This Space Is Available

Book NOW to ensure a spot in upcoming issues

Call Matt now at

403.346.4141



The spring show that offers great advice, great deals, and 1000s of products and experts under one roof!

March 8-10, 2024 Westerner Park, Red Deer



BUY TICKETS ONLINE, SAVE! www.reddeerhomeshow.ca

Your Land, Your Way: From raw ground to completion, you can count on us

· All Permits and Site Plan, SWMP

and Grading

Admin & Inspections for Construction Final Construction · Road, Infrastructure,

www.site-eng.ca

Project Management

Contract doc./Spec.

for Tender. Contract

Copyright 2024.

No

material, text or

advertising may be reproduced without

consent of the Publisher

Call or text Don: 403.597.1024

Site Engineering Technology Inc (SET Inc.)

COMMERCIAL & AG BATTERIES

#5 7803-50 AVENUE, RED DEER 403.343.3399 | www.BatteryBoss



ROOFING → SIDING → FRAMING → DRYWALL → MORE

CALL US FOR YOUR FREE, NO OBLIGATION QUOTE:

587.378.7663 • www.JVRoofingSiding.com



website and online store to reflect your ique custome base and brand identity. Wide range of options for erse industries and budgets

We tailor each

0 S TAIN 403.597.3372 | www.costaincorp.ca









Call 403-346-0034 to reserve



TRICAN

tricanwellservice.com

The benefits of advertising Coffee News with the Central Alberta





Fi 403.346.1011 office@questsigns.ca | www.questsigns.ca

#6, 7476-49 Avenue, Red Deer **Award-Winning**



- Window Tinting Shower Doors Residential Windows **Commercial Storefronts**

103.887.0190 Bay #1, #2 Erickson Crescent

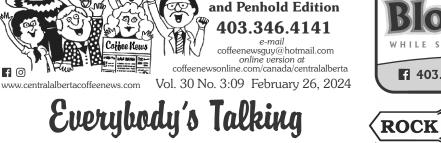
WINNER SMALL **BUSINESS**

Channel Custom Shapes Vehicle Graphics Custom Pylon Signs

Sharks - T/F?

(Flip bottom of page for answers)

5. A ballyhoo, carnyx, or warhammer is an ancient Celtic horn?



Coffee News®

"News To Be Enjoyed

Over Coffee! Sylvan Lake, Gasoline Alley, Springbrook

Long live the goldfish: Many folks, or someone they know, have owned a pet goldfish. But one special goldfish, named Tish, stands out from the rest because he lived to be 43 years old. While goldfish can live for a decade or two, Tish was the oldest goldfish ever recorded in captivity, although others may have lived longer. In 1956, Gordon Hand and Hilda, his mother, won Tish at a town fair in Doncaster, South Yorkshire, England. After Gordon grew up and moved away, Hilda took care of Tish, never overfeeding him. As he aged, his colour changed from bright orange to silver. Finally, after a long, peaceful life, Tish passed away in 1999.

Bitter taste: We may laugh at the stereotyped idea of shoes getting chewed to smithereens by someone's pet pooch, but gnawing on things like shoes and boots can be unhealthy for dogs. With that in mind, Brizza, a Brazilian company that makes flip-flops, teamed up with some partners to develop what they are calling the Inedible Flip-Flop. One of the partners was a pet food company, with lots of experience in knowing what dogs will and won't eat. The newly developed flip-flops include an ingredient called denatonium benzoate, which makes the footwear taste extremely bitter, yet is safe and not harmful to pets.

Beautiful berry: After much trial and error over many years, a Japanese farmer named Mikio Okuda developed an amazing strawberry called Bijin-Hime. Nicknamed "Beautiful Princess," this berry is one of a kind. It is quite large and sports a perfect strawberry shape and red colour. In other strawberry varieties, the larger fruits tend to be less sweet and flavourful. Not so with the rose-scented Beautiful Princess. The farmer takes his strawberry-growing business seriously, ensuring that conditions are right for a perfect crop. These berries go for big bucks. One can sell for as much as \$500 USD, so this variety may be out of reach for mere mortals!

Hot dog aficionado: A hungry eater named Joey Chestnut can pack in a lot of food. Specifically, he demolished 62 hot dogs, along with their buns, at the well-known event called Nathan's Famous Hot Dog Eating Contest on Coney Island in Brooklyn, New York. He did it in a mere 10 minutes. The contest has been held on July 4 for about 50 years, and this was Chestnut's 16th win. While proud of his performance, the big eater won in 2021 by downing 76 hot dogs. And in six other competitions, he consumed more than 70 of the beloved fast food. Obviously Chestnut is a huge fan of hot dogs!

Quoteable Quotes

"Don't go through life. Grow through life." ~ Eric Butterworth "Although the world is full of suffering, it is also full of the overcoming of it." ~ Helen Keller

What's Happening

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

Sylvan Lake Municipal Library presents its **Book To Movie Club** at Lakeshore Café (#130, 5003 Lakeshore Drive) Wednesday, February 28 from 6:30 to 8 p.m. The perfect book club for book and movie lovers! Is the book always better than the movie? Watch with us and find out! February's selection is Harry Potter and the Philosopher's Stone, based on the book by J.K. Rowling. Request the book and/or movie, or pick up a copy at the Library – we bring in extras! Full details at library website.



Trivia

1. Coronal mass ejections occur from the Sun, Mercury, or

2. C.S. Lewis or A.A. Milne wrote The Chronicles of Narnia?

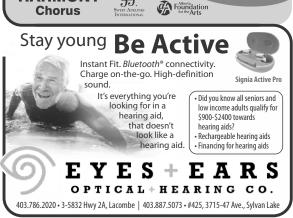
3. Albion was an ancient name for France, Canada, or Great

4. The rival gangs in West Side Story are the Jets and

© Published with permission by Costain Corp









Provincial

Flag Poles

International

Military · Novelty

5215-54 Avenue, Red Deer

403.340.0109 · cyrher@gmail.com

C & R ENDEAVORS LTD.

Your Weekly Horoscope

(March 20 - April 19)



What have you learned from your journey? How does it connect to what you value? This

week may offer an opportunity to communicate this to others on a similar path. Lucky numbers: 5, 23, 25, 26, 37, 33.

TAURUS

(April 20 - May 20)



Sudden or unexpected opportunities may appear this week. Use your grounded Taurus nature to help sort through them. The best one should align with your values. Lucky numbers: 16,

30, 36, 41, 42, 46. **GEMINI**

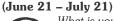
(May 21 - June 20)



Geminis often have a quick and sharp mind which can sometimes frustrate people who

don't. You may have an opportunity to connect to others and communicate your ideas. Lucky numbers: 2, 8, 11, 16, 18, 46.

CANCER





What is your most heartfelt wish? This week may be a good time for a deep dive to explore that desire and how you might be able to manifest it. Don't let fear stop you. Lucky numbers: 9, 11,

13, 24, 27, 41. **LEO**

(July 22 - Aug. 22)



This week you may find yourself out of sync when communicating with others. Can you

adjust your view of the situation, to communicate more effectively toward a solution? Lucky numbers: 7, 12, 14, 28, 37, 46.

VIRGO

(Aug. 23 - Sept. 22)



You may feel out of sorts and not your usual grounded self right now. While this

might soon pass, consider expanding your comfort zone about the nature of reality. Lucky numbers: 4, 14, 27, 30, 37, 43.



Pisces sometimes have difficulty translating their intuitive insights to others.

However, this week you may find this process easier. If so, take advantage of it while you can. Lucky numbers: 3, 19, 21, 24, 25, 46.

winners, with the luckiest number being 30.

Did You Know...

Greenland trivia: Greenland, the world's largest island, is part of the North American continent. But politically, it is an independent territory of Denmark. Nuuk (Godthaab), its capital, is on the southwest coast.

Perfumed plants: Gardeners with shaded yards might want to try growing lily-of-the-valley. This ground cover does well in shade and slowly spreads. They have a pleasant, fragrant scent, but are toxic in large quantities.

Famous writer: In addition to *Breakfast at Tiffany's*, American Truman Capote (1924-1984) also wrote In Cold Blood. The book helped pioneer the true crime genre, as well as using fiction techniques in nonfiction stories.

Strange monkey: A monkey that lives in South America's Amazon basin is the bald uakari. They have reddish-brown, shaggy coats, but no hair on their bright red faces, looking almost as though they are wearing masks.

Time to prime: Planning to paint a room in your house? Experts recommend applying a coat of primer before applying the colour. Along with covering minor imperfections, primer helps the paint adhere to the wall.

On the Lighter Side

Knock! Knock! Who's there? August. August who? August of wind almost blew me away!

Did you hear about the founder of the flea circus? He started it from scratch.

Towels can't tell jokes. They have a dry sense of humour. Two plants decided to grow next to each other. They were buds. Billy: "What does your mother do for a headache?" Silly: "She sends me outside to play."

Auswers

4. True 5. Carnyx

Trivia answers: 1. Sun 2. C.S. Lewis 3. Great Britain

Can you manage to

KNOWLEDGEABLE EXPERT CUSTOMER SERVICE TEAM!

100% CANADIAN 🌞 OWNED AND OPERATED

тм 403.347.2286

orders@prairieop.com

www.prairieop.com

Visit our showroom! 100 - 6660 Taylor Dr., Red Deer

66 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

contest sponsor 5846 Hwy 2A, Lacombe

PATRICIA

ZUKOWSKI

is our January

Rural Contest Winner!

Boston

403.782.9988

403.346.4141

One stop shopping for all your

OVERHEARD ABOUT

Coffee News...

For advertising info,

call Matt today at

Hoping this school year will

be better, is not a plan.

Sylvan Learning Tutoring

reddeersylvanlearning.ca

Local Charity,

Get involved

with a charity

that uses each

dollar with

integrity.

International Impact

1 hours per week,

IS a plan.

K-12 Tutoring, Camps and kids' ted

Coffee News®

Patricia will

receive a \$50

aift certificate

OFFICE

Prairie

SUPPLIES

take a few days off at the beginning of this week? Focus on some much needed relaxation

and self-care. Your mind and body will thank you. Lucky numbers: 6, 14, 24, 25, 27, 36. **SCORPIO**

(Oct. 23 - Nov. 21)

(Sept. 23 - Oct. 22)



Things may get very intense for you during the middle of the week. Take a deep

breath and a step back. Maybe temporarily retreat from a person or situation, if necessary. Lucky numbers: 10, 14, 19, 21, 32, 43. **SAGITTARIUS**

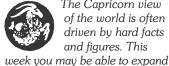
(Nov. 22 - Dec. 20)



You may be encouraged, at the end of the week, to reexamine your beliefs.

Do you need to make any changes to your endeavours, to be in line with your beliefs? Lucky numbers: 8, 10, 36, 41, 42, 48. **CAPRICORN**

(Dec. 21 - Jan. 19)



The Capricorn view of the world is often driven by hard facts and figures. This

your world view by seeking out intuitive insights. Lucky numbers: 16, 19, 21, 27, 38, 46.

AQUARIUS (Jan. 20 - Feb. 18)



At week's end, you may be in a verbal power struggle with others. By making a

conscious effort, you might find an opportunity to forge a reasonable compromise. Lucky numbers: 1, 7, 13, 18, 41, 47. **PISCES**

(Feb. 19 - March 19)



Lucky numbers this week: This week's odds favour Taurus

Helping rescue in Africa.



started the



Instagram Facebook, LinkedIn. Twitter (X), and TikTok as strategic tools to spotlight your brand's unique identity. Wide range of options for diverse industries

We harness



min 1 hour to max of in my home in Sylvan Lake



Parent Night Out: Friday & Saturday, 6-10 p.m.

Contact Tammy at 780.982.9600



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