

WALK-IN TUB

1-844-995-4468



Prepare

for power

outages today

(844) 944-1991

WITH A HOME STANDBY GENERATOR

REQUEST A FREE QUOTE

GENERAC

FREE





"News To Be Enjoyed Over Coffee"

Olds, Innisfail, Sundre and **Areas Edition** 780-220-6397

www.bvcoffeenews.ca amv@bvcoffeenews.ca

Vol. 2024 No. 14 April 1, 2024

Everybody's Talking

Screen to sanctuary: As a teen actress in the 1957 film Loving You, newcomer Dolores Hart kissed Elvis Presley, marking her Hollywood debut. Her nine more films hinted at a glittering career. But while portraying St. Clare in Francis of Assisi in 1964, she met Pope John XXIII and told him of her role. He proclaimed, "No, you are Clare!" This helped redirect her path. Hart then broke an engagement, bid adieu to acting, and became a nun at the Abbey of Regina Laudis in Connecticut (U.S.). She did attend the 2012 Academy Awards, where God Is the Bigger Elvis, a documentary chronicling her journey, earned an Oscar nod.

Long and lonely road An amazing road connects Kashgar, China, with Islamabad, Pakistan. The Karakoram Highway snakes its way around mountains and through valleys for 800 km (500 mi.). Without this highway, much of the area would not be accessible. The road was built between 1959 and 1978 through an agreement between both countries. Over the course of the construction, over 24,000 workers dodged mudslides and rockfalls to get the job done. To this day, the road requires considerable maintenance to keep it functioning. Tourists who decide to travel this road are rewarded with beautiful views of mountains, glaciers, and alpine lakes.

Costly fix: Hiring a tradesman to come fix something can get pretty expensive these days, but it's not usually something to go berserk about. Not so for a man in Malaga, Spain. The fellow realized he had a broken pipe that needed tending, so he called a local plumber. When the tradesman arrived, he took a look at the job and provided a quote. However, the man was not impressed and got quite angry at the cost of the job. He was so irate, in fact, that he held the plumber hostage. Luckily, neighbours in the apartment building heard the ruckus and called police, who were able to intervene and arrest the angry man.

Shadowy art: Can shadows made from cut up cardboard boxes be considered art? To followers of a Japanese man named Kuronushi, the answer is a resounding "yes!" Kuronushi arranges pieces of cardboard in various ways. The seemingly mismatched piles of material don't look like anything unusual. But shine a light on the creations, and the shadows on the wall become art. One of Kuronushi's shadows reveals a pirate ship and, when the pile of cardboard is rotated, the ship turns into the pirate Jack Sparrow from the movie Pirates of the Caribbean. The artist also created Harry Potter shadow art, to the delight of his fans.

Quoteable Quotes

the storm and defy it." "If you have a garden and a library, you have everything

What's Happening

Sundre District Museum Events. Sundre District Museum Preschool Programs every Tuesday 1:00 - 3:00 PM will continue into the new year. All are welcome.

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

Trivia

- 1. Each player in chess has how many pieces?
- 2. Triskaidekaphobia is the fear of what?
- 3. What was Juliet's last name in Shakespeare's Romeo and Juliet?
- 4. This is the acronym for International Business Machines Corporation.
- 5. Actor Boris Karloff famously portrayed Lurch, Frankenstein's monster, or Wolf Man?

(Flip bottom of page for answers) © Published with Permission by Mad Mama Marketing (Over)





• No Wait Time • Re-Siding

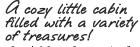
 New Roof • Quality Workmanship

• Re-Roof • Free Quotes

 New Siding • Insurance Claims Welcome

587-378-ROOF (7663)

www.jvroofingsiding.com



 Crystals & Gems • Gemstone Jewelle Sterling Silver ChainsHimalayan Salt LampsSongPods

 Tibetan & Crystal Singing Bowls
 Gemstone Lamps Books, Decks & CDs



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)



12 DAYS: MAY-SEPT 2024 **DEPARTURES** Starting at \$2149 \$1899 USD

ice per person based on double occupancy plus \$299 tax service/gov't fees. Ask your Travel Consultant for term.



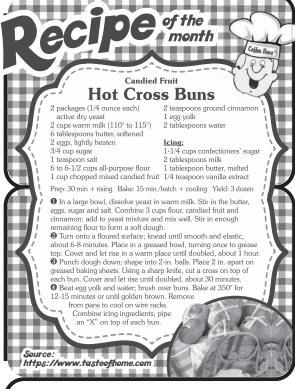
NORTHERN ALBERTA

SOUTHERN ALBERTA

Play Monday, Thursday & Saturday at 6 p.m.

GUARANTEED <u>\$10,000</u> 25,000

For more information, visit radiobingo.ca







THIS MONTH'S

Bow Valley



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

I-888.396.6389 | www.blackdogdrilling.com



WE OFFER YEAR-ROUND TREE SERVICES

Hazard Tree Removal Tree & Hedge Trimming/Pruning Stump Grinding • Fireproofing Tree & Shrub Planting

Free Quotes 403-638-2796 • 403-559-8780 www.matterhornforest.com

BEST PRICES! FULLY STOCKED WALK IN HUMIDOR!



SILVERFERN

AESTHETICS AND VEIN MEDISPA

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

Locally Owned.

Genuinely

Canadian.

Mind-Body

Connection Therapies

Healing Breathing Work

124 River Avenue, Cochrane

(above Bike Brothers)

kayla@positivehealing.ca

www.positivehealing.ca

Sound Therapy

Quantum Healing

building centre

403.638.3508 | Hwy 584 W, Sundre | info@sundrehhbc.com

ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE

THE VALLEY'S

ALL-INCLUSIVE ALTERNATIVE

THERAPY CENTRE

Start your

journey today...

POSITIVE HEALING

(we offer:

ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS

SUNDRE

587-484-9005

THE BEST IN

Botox/Filler

between the eyebrows

and smile and laugh lines Call now: **403-335-8829**

Reclaim your youthful looks! Botox and

Fillers are an incredible way to combat wrinkles and reduce worry lines in the forehead,

and non-Cuban Cigars
Pipe Tobacco • Vaporizers

• E-Liquid - Huge Selection • Hookah • Chew • Cutters, Lighters

Pipes, Zippo Lighters,

Lampe Berger Oils



Midweek, your normally detailed and disciplined thought process may feel confused and muddled. Take a deep breath. This might pass in a few

days. Lucky numbers: 3, 4, 14, 27,

Your Weekly Horoscope

(March 20 - April 19)



Your birthday month is a good time to develop new goals. In addition, the end of this week may be a good time to plan how to work toward

them. Lucky numbers: 9, 12, 17, 19,

TAURUS (April 20 - May 20)



For the next few weeks, be on the lookout for an opportunity to achieve a long held or heartfelt goal. You may need to be proactive and seek it

out. Lucky numbers: 8, 10, 11, 12,

GEMINI

(May 21 - June 20)



You may find vourself eager to manifest everything you desire over the next few weeks. Perhaps take a step back and prioritize what is most

important now. Lucky numbers: 10, 18, 24, 32, 33, 42.

CANCER (June 21 - July 22)



By default, Cancers often place heart over head in decision making. But early this week, you may have an opportunity to play with balancing that dynamic. Lucky numbers: 5, 10, 27,

28, 43, 44.

LEO (July 23 - Aug. 22)



You may have a continued opportunity to reach beyond yourself and expand your role in the world. Be sure your efforts in this regard

align with your values. Lucky numbers: 2, 4, 11, 26, 27, 32.

VIRGO

(Aug. 23 - Sept. 22)



(Sept. 23 - Oct. 22)



Over the next few weeks, you may feel in a stalemate about how to proceed in some area of your life. Be sure to look to your values in order to

find a solution. Lucky numbers: 4, 6, 13, 14, 26, 29,

SCORPIO

(Oct. 23 - Nov. 21)



Do your current endeavours reflect your heart? If not, consider making an adjustment to find the courage to bring your life in alignment with who

you are now. Lucky numbers: 15, 24, 28, 32, 37, 40.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Things may go fairly smoothly for you over the next few weeks. However, there might be an opportunity, if you seek out its potential, to reach

the next level. Lucky numbers: 4, 6, 13, 14, 26, 29.

CAPRICORN





Early in the week, your ability to dig in and push past obstacles to achieve success may be heightened. Don't neglect your connection to others in the process. Lucky numbers: 15, 24,

28, 32, 37, 40. **AQUARIUS** (Jan. 20 - Feb. 18)



What are you passionate about achieving in the world? This week may offer an opportunity to start a process toward bringing transformational

change for you and others. Lucky numbers: 13, 30, 33, 39, 44, 45.

PISCES (Feb. 19 - March 20)



Are you clear about how you want to proceed next? Now may be a good time to communicate with others to find an opportunity to achieve a

common goal. Lucky numbers: 6, 13, 17, 35, 44, 47.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 17.

Did You Know...

To the grave: In ancient Egypt, the dead took their recipes to the grave with them, literally. Researchers have found hieroglyphs on the walls of tombs that depict recipes for food, believed to have been used as references for the afterlife.

The john: Societies use many names for the word toilet, but one of the most popular is "the john." That's because Sir John Harrington designed the first flushing toilet in 1596. He was one of Queen Elizabeth I's godchildren.

Started early: American Selena Gomes, born in 1992, has become one of the biggest stars of her generation. She got her acting start at a young age, appearing on the children's television show Barney and Friends from 2002 to 2004.

Big headache: World War II Italian dictator Benito Mussolini wouldn't eat mashed potatoes. That's because he claimed they caused him to have migraine headaches.

Donut lovers: Canadians really like their donuts, those round, yummy, sweet, spongy cakes with a hole in the middle. In fact, Canada boasts more donut shops per capita than any other country in the world.

On the Lighter Side

I tried archery, but didn't like it. There were too many drawbacks.

Mutt: "I wish I were in your shoes."

Nutt: "Why would you want to be in my shoes?"

Mutt: "Mine have holes!"

Why did the hedgehog say, "Ouch"? He put on his coat inside

Knock! Knock! Who's there? Nose. Nose who? Nose any knock-knock jokes?

You can have my chimney for free. It's on the house!

Auswers

4. IBM 5. Frankenstein's monster Trivia answers: 1. 16 2. The number 13 3. Capulet

For available franchise opportunities - visit coffeenewscanada.com © Published with Permission by Mad Mama Marketing

LIFESTYLE Call us toll-free at 1-833-301-1878

ınøgen

PORTABLE OXYGEN

FOR YOUR ON-THE-GO

This Space **FOR RENT** 780-220-6397

14-DAY

WHEN YOU GET PAID We Get Paid



from a trusted team of experienced lawyers. You pay nothing up front. Not all injury

1-800-661-4902 WhiplashInformationCentre.com



Free Initial Consultation



ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

Brakes • Shocks • Drive Train Repairs Tune ups • Oil Changes • Boosts Battery Replacement • Unlocks • Tire Change Fuel Delivery ...and so much more

services you can trust, CAM'S '√ AUTOMOTIVE ፟፟፟፟፟

587-444-5802

For **mobile auto repair**

and roadside assistance

✓ Reasonably priced



Servicing Olds/ Innisfail and Sundre



Mountain View Food Bank Society

Olds Provincial Building 5025-15 Street, Olds

Open Tuesdays 9 a.m. - 1 p.m.

Emergency Number: 403.556.1693







