

Trophy Loft

FLEXFIT

Blank Hats \$18.95 EMBROIDERY ADDITIONAL
REGULAR \$22.95 + GST
BEST PRICE IN 5 YEARS!

403.347.5030 | trophyloft.com

FREE! Coffee News®
"News To Be Enjoyed Over Coffee!"

Sylvan Lake, Gasoline Alley, Springbrook and Penhold Edition
403.346.4141
e-mail: coffeenews@hotmail.com
online version at: coffeenewsonline.com/canada/centralalberta

www.centralalbertacoffeenews.com Vol. 30 No. 3:15 April 8, 2024

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 800-440-8298
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

Behaviours in Dementia Toolkit
Practical & Evidence Informed

powered by: **CCSMH**
Canadian Coalition for Seniors' Mental Health

Visit our free online library of 230+ resources about dementia-related changes in mood & behaviour today!

www.BehavioursInDementia.ca

This Space Is Available

Book NOW to ensure a spot in upcoming issues

Call Matt now at **403.346.4141**

ROCK SIGNS & Monumental
DIVISION OF CANADIAN ROCK SIGNS LTD. - SINCE 1988

Unique Granite Boulder Headstones & Entrance Signs

Carrying a complete line of all monumental products including Memorial Benches, Pet Monuments, Plaques and more!

403.782.4883
info@rocksigns.ca
www.rocksigns.ca

FREE VASE with purchase when you bring in this ad

PLANNING TO COMPLETION

SET INC.

We help with all aspects of construction projects on private and/or public land, ensuring smooth progress and client satisfaction

For a complete list of services we offer, visit www.site-eng.ca

Call or text Don: 403.597.1024
Site Engineering Technology Inc (SET Inc.)

velec E-Bikes have arrived!

AS LOW AS **\$1,999.99**

BATTERY BOSS .ca

#5, 7803-50 AVE., RED DEER
403.343.3399

3-YR ANTI-THEFT INSURANCE INCL.

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

Looking for a personalized and **EFFECTIVE ONLINE PRESENCE** for your business?

We tailor each website and online store to reflect your unique customer base and brand identity. Wide range of options for diverse industries and budgets.

COSTAIN CORP.
403.597.3372 | www.costaincorp.ca

WE ARE LOCAL

Everybody's Talking

Impolite parrots: Most of us are brought up being told to "mind our manners." Somehow, a flock of eight parrots at Lincolnshire Wildlife Park in eastern England did not get the message. Or, they got the message but refused to listen, and continued to flaunt their "fowl" speech. Park officials had attempted to curb the African grays' behaviour with reprimands like time outs. But to no avail. Now, instead of trying to keep the offending parrots away from the well-behaved ones, park employees have decided to try a new experiment: move the naughty parrots in with the 92 polite parrots in the hopes they will pick up better manners from their feathered peers. Time will tell.

Alpine office: Hold on to your office chairs! A Chinese advertising agency is being accused of taking "remote work" to a new level by literally relocating its entire operation from a city business district to a remote mountain area. Former employees are crying foul play, alleging that the relocation was a plot to make them voluntarily pack up their desks so the company could avoid layoffs and compensation. In what can only be described as an uphill battle, the agency's move made the daily commute a two-hour trek, each way, especially challenging for those without a personal car. Now, that's taking "remote" work to new heights!

Bite and run: Residents of the small town of Vastogirardi, in the Molise region of Italy, could not figure out why they often would go out to their cars only to discover their tires had been slashed. The residents of the peaceful little village were scratching their heads and beginning to fear there was evil intent behind the strange and consistent vandalism. Finally, cameras were set up and undercover patrols assigned to the case. They quickly discovered the culprit: a dog with a very sore set of teeth. Apparently the canine suffered from gingivitis and was biting into the tires to relieve the pain.

Bad example: Marathon runners are not likely to be chain smokers. The two habits simply don't go together. But for a 52-year-old Chinese marathon runner known as Uncle Chen, now dubbed Smoking Brother, lighting up before the race and even chain smoking during the race was common. He recently ran the Xiamen Marathon in Beijing and did it in three hours and 33 minutes. However, officials made the decision to issue him a two-year ban from their races, and voided his time and ranking from the event because smoking while on the track was considered to be a punishable behaviour due to its impact on the other 1,500 runners.

Quoteable Quotes

"Write your sad times in sand, write your good times in stone."
~ George Bernard Shaw

"Happiness is when what you think, what you say, and what you do are in harmony."
~ Mahatma Gandhi

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.

Whoohoo! Spring has sprung and so has the **Community Guide!** Register online starting April 9; register in person at the NexSource April 16. Read the guide at www.sylvanlake.ca/en/explore-sylvan/community-program-guide.aspx.

Sylvan Lake Municipal Library is hiring for up to three full-time Summer Coordinators! View the full job description, including start times and rate of pay, at <https://prl.ab.ca/sylvanlake/about-us/employment>.

Where's Newman?

Identify the ad where "Newman" the Coffee News Guy is hidden for your chance to win. Actual size of the hidden graphic.

ENTER TO Win A \$50 GIFT CERTIFICATE!

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

Trivia

1. In *A Christmas Carol*, who was Jacob Marley's business partner?
2. Which British TV show featured John Cleese as a hotel owner?
3. Joseph Glidden invented the first successful paper clip, remote control, or barbed wire?
4. Keflavik is the largest airport in what country?
5. What body of water washes upon the western shore of Australia?

(Flip bottom of page for answers)

© Published with permission by Costain Corp.

CENTRAL ALBERTA VINTAGE AUTO CLUB
53rd ANNUAL RED DEER SWAP MEET 2024

Westerner Park, Red Deer
Friday, May 3 | 1 - 8 p.m.
Saturday, May 4 | 8 a.m. - 4 p.m.

600 Stalls • Free Parking
Admission \$10 (under 12 years attend free)
Contact Don at 403.588.1565
email cavacreddeer@gmail.com

VENDOR STALLS AVAILABLE

Car Parts • License Plates • Gas Pumps • Literature

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

Rustic, handcrafted furniture. *Beautifully built.*

CABIN-ISH
Custom Wood Works

Furniture Swings & Rockers Birdhouses & Feeders AND MORE

Bay 2, 5201-49A Ave., Bentley
403.875.2382 | www.cabin-ish.com
Tues-Fri, 9 am - 5 pm | Sat, 10 am - 5 pm

All Makes & Models

FULL SERVICE
REPAIRS & ACCESSORIES

✓ TUNE-UPS
✓ EXHAUST
✓ TIRES
✓ DIESEL PERFORMANCE

A/T
TIRE & PERFORMANCE

Bay 9, 4 Erickson Cres., Sylvan Lake
403-887-8793 • www.attireperformance.com

ACREAGE FOR SALE

Well treed 2.92 acres with private ravine.
Newly renovated house and shop.
Under five minutes to Red Deer.

Visit realtor.ca | MLS #82104786

FLAGS ★ FLAGS

Provincial International Military • Novelty Flag Poles

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

C & R ENDEAVORS LTD.

© Copyright 2024. No material, text or advertising may be reproduced without the express written consent of the Publisher.

KNOWLEDGEABLE EXPERT CUSTOMER SERVICE TEAM!
One stop shopping for all your
OFFICE SUPPLIES

Prairie
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

FREE DELIVERY

OVERHEARD ABOUT
Coffee News...

“Great company, long standing history providing advertising to Red Deer and area.”
— Len Stevenson, Get in the Loop

For advertising info, call Matt today at **403.346.4141**

Coffee News
CONTEST WINNER

MICHELLE ARNOLD is our February Rural Contest Winner!

Michelle will receive 2 medium gourmet pizzas and 4 non-stop soft drinks (approx. \$70 value*) from our contest sponsor

Boston Pizza
403.887.2018
61 Beju Ind. Drive Sylvan Lake

*Not to be used in conjunction with other discounts or promotions.

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

Sylvan Learning
403-341-6110

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

See website for specials.

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

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

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/

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

Leverage the power of social media to
AMPLIFY YOUR BRAND ONLINE

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

COSTAIN CORP.
403.597.3372 | www.costaincorp.ca

LOCAL SUPPORT

Kids' Playground
OPENING SPRING 2024

Drop'n'Hop PLAY CAFE

Drop-in Childcare • Interactive Sensory Play Sand Table
2 Multisport Simulators • Indoor Playground Structure

dropnhop.ca | 2120, 29 Beju Ind. Dr., Sylvan

Experience our Difference

RED DEER MOTORS

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

Your Weekly Horoscope

ARIES

(March 20 – April 19)



Be careful, especially at midweek, of impulsively speaking or taking action without first thinking it through. If you can't stop yourself, be sure to have a plan B. Lucky numbers: 1, 2, 9, 32, 38, 40.

TAURUS

(April 20 – May 20)



This week may offer a sudden insight about potential opportunities. Carefully consider the pros and cons. If something feels right to you, perhaps proceed with it. Lucky numbers: 8, 15, 23, 30, 38, 48.

GEMINI

(May 21 – June 20)



At midweek, your mind may be running at breakneck speed. Take a deep breath and wait. Any important insight you receive should still be there in a few days. Lucky numbers: 7, 22, 31, 32, 35, 46.

CANCER

(June 21 – July 22)



Your emotions may be particularly volatile at week's end. Be careful about saying something that you can't retract. Perhaps postpone that conversation for a few days. Lucky numbers: 5, 6, 10, 25, 39, 45.

LEO

(July 23 – Aug. 22)



Your innate enthusiasm and joy may get an extra boost right now. How might this temporary energy help you accomplish something new for yourself and others? Lucky numbers: 6, 10, 12, 26, 35, 41.

VIRGO

(Aug. 23 – Sept. 22)



Are you feeling frustrated and in opposition to something or someone? If you can't find a win-win outcome, you may want to wait a few days to proceed. Lucky numbers: 4, 5, 7, 11, 26, 32.

Lucky numbers this week: This week's odds favour Leo winners, with the luckiest number being 35.

LIBRA

(Sept. 23 – Oct. 22)



Libras tend to prioritize good relations with others over their own desires. If this applies to you, midweek may offer an opportunity to negotiate what you need. Lucky numbers: 3, 5, 6, 10, 38, 43.

SCORPIO

(Oct. 23 – Nov. 21)



Are obstacles preventing you from getting on the same page with someone else about a problem? How might your viewpoint be adjusted to facilitate a solution? Lucky numbers: 2, 8, 12, 27, 28, 48.

SAGITTARIUS

(Nov. 22 – Dec. 21)



A solid set of beliefs is often important for Sagittarians. You might be challenged this week. Are your prior beliefs still valid or do you need to reconsider them? Lucky numbers: 16, 20, 23, 27, 33, 39.

CAPRICORN

(Dec. 22 – Jan. 19)



Your heart and mind may be out of sync at the end of the week. To create balance, you might want to lean into more emotional expression at this time. Lucky numbers: 10, 14, 31, 34, 42, 43.

AQUARIUS

(Jan. 20 – Feb. 18)



Humanitarianism can be an important life theme for Aquarians, though your approach may be detached. Now maybe you can add some fire to jump start your endeavours. Lucky numbers: 12, 13, 15, 16, 39, 43.

PISCES

(Feb. 19 – March 20)



In the last few weeks, have you been implementing opportunities that manifest your ideals into the world? What steps might you take before this energy passes? Lucky numbers: 9, 16, 18, 20, 28, 32.

Did You Know...

Toothache troubles: If you lived in Germany during the Middle Ages, you might have been one of the many people who believed that kissing a donkey would take away toothache pain. If the donkey kicked, that could be a different matter!

Scrumptious meal: Pork pies are a staple of British cuisine. The dense pastry is filled with minced pork belly or shoulder that is seasoned with nutmeg, salt, and pepper. Savoury jelly is added after cooking.

Sleeping patterns: Most people try to get eight hours of shut-eye every night. Famous painter Leonardo Da Vinci, like many other geniuses, favoured a 20-minute power nap every four hours. That's not much sleep!

Unique license plates: For many years in Nunavut, a territory in Canada's far north, drivers had unique license plates on their vehicles. Most plates are rectangular. But until 2012, Nunavut license plates were shaped like a polar bear.

Main course: Lots of people enjoy dining on chicken cordon bleu, that delicious combination of chicken, ham, and cheese that is breaded then fried or baked. The dish's origins are in Switzerland.

On the Lighter Side

A couple went to a party dressed as a barcode. They decided they were an item.

Knock! Knock! Who's there? Zany. Zany who? Does Zany body have carrots? I'm hungry.

What sort of shoes does Winnie-the-Pooh wear? None, he has bear feet.

What's yellow and swings through the jungle smelling of almonds? Tarzipan.

Answers

Trivia answers: 1. Ebenezer Scrooge 2. Fairy Towers 3. Barbed wire 4. Iceland 5. Indian Ocean

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

Work like a bear

BEARCO MACHINERY

Conveniently located in Bowden, see us for all your acreage, farm and construction machinery needs.

403.507.0191 | bearmachinery.ca

Individual Office Spaces For Rent

Various sizes to choose from. Includes Internet, reception greeting your clients. Ideal for consultants/professionals. Non-retail.

Access to a la carte amenities. 1 year lease. Shorter terms available as well as Virtual Office Space offered. Furnishings available on request. Also available for hourly, half-rated day or full day. -VIEWING BY APPOINTMENT ONLY-

Offices start at \$300

LEGACY BUSINESS CENTRE

For more info, please call 403.341.4702 Ext. #1106

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!

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

Bring your best. We'll give you ours.

Hiring Class 1 Logistics Drivers and Class 1 Driver/Operators in Fracturing, Cement, Coiled Tubing and Nitrogen.

Flexible schedules, immediate benefits, RRSP matching.

TRICAN tricanwellservice.com

FUELLED BY GROWTH - DRIVEN BY OPPORTUNITY

Advocating growth and prosperity in Lacombe and district.

Lacombe and District Chamber of Commerce

Join us!

lacombechamber.ca

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

Award-Winning Service You Can Trust

Royal Glass

◆ Windshields ◆ Mirrors
◆ Window Tinting ◆ Shower Doors
◆ Residential Windows
◆ Commercial Storefronts

MON-FRI 8 - 5

SMALL BUSINESS OF THE YEAR

403.887.0190 Bay #1, #2 Erickson Crescent