

Need to talk?
988 is here for you. 24/7

Suicide & Crisis Helpline
 Call or text: 9-8-8

DistressCentre.com/988

THE BEST IN SERVICES
Botox/Filler

Reclaim your youthful looks! Botox and Fillers are an incredible way to combat wrinkles and reduce worry lines in the forehead, between the eyebrows, and smile and laugh lines.

Call now: **403-335-8829**

SILVERFERN AESTHETICS AND VEIN MEDSPA
 2028-17 AVENUE, DIDSBURY
 SILVERFERNMEDSPA.COM

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

• Pruning & Tree Trimming
 • Hazard Tree Removal
 • Tree Climbing
 • Lot Clearing
 • Stump Grinding

✓ Insured for commercial and residential work
 ✓ Covered by WCB

INTEGRITREE SERVICES

Our Service Is Rooted in Excellence

CALL NOW: **403.918.1317**

Integritreeservices@gmail.com | Integritreeservices.ca

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:
1-844-453-5372

85% SUCCESS RATE!

BEST PRICES! FULLY STOCKED WALK IN HUMIDOR!

La Havana TOBACCONIST
 M-F, 9-9 | SAT, 10-9
 SUN, 11-5

HUGE VARIETY OF DISPOSABLE VAPES

- Premium Cuban and non-Cuban Cigars
- Pipe Tobacco • Vaporizers
- E-Liquid - Huge Selection
- Hookah • Chew
- Cutters, Lighters, Pipes, Zippo Lighters, Lampe Berger Oils ...and more

587-484-9005
 4911-50 St., Innisfail (across from the Legion)

36+ Delicious Flavours!

Blueberry Cheesecake
 Moon Mist • Shark Attack
 Birthday Cake • Orange Float
 Cotton Candy • Bubble Gum
 Cookies & Cream

and many more...

Bubble Tea
 Milkshakes • Smoothies
 Hot & Iced Coffee
 ...with Plenty of Flavours!

TROPICOOOL ICE CREAM

403.227.2222

Visit us today at Unit #104, 4911-50 Street | Innisfail

Unsure of the next step?

CALL ACCESS MENTAL HEALTH TO DISCUSS YOUR OPTIONS.

We can help.

403.943.1500
1.844.943.1500 TF

ADDITIONAL AND MENTAL HEALTH Information & Referral - Calgary Zone

Alberta Health Services Access Mental Health

FREE! *New Issue Every Week!*

Coffee News®
"News To Be Enjoyed Over Coffee"

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

www.bvcoffeeneews.ca
 amy@bvcoffeeneews.ca

Vol. 2024 No. 28 July 8, 2024

Everybody's Talking

Skyward rent: The steep rental market in Vancouver, British Columbia, Canada, pushed Tim Chen to a creative solution in his living arrangements. Instead of shelling out hefty rent in the city, this arts student from Calgary opted for a unique commute: flying to his classes. After an increase in his rent, Chen found the cost of flights surprisingly more affordable. Juggling just two weekly classes while living with his parents, he manages to save over half the cost of a Vancouver apartment. As housing prices rise, unconventional solutions like Chen's highlight how far people will go to make ends meet in one of Canada's priciest cities.

Cargo canine: In a surprising twist in Houston, Texas (U.S.), Coast Guard inspectors found unexpected cargo among towering shipping containers. Amidst the maze, they heard a barking and a scratching sound, unstacked and opened the container, and discovered a dog who had endured eight days without sustenance in a cramped, dark crate. Despite her ordeal, "Connie the Container Dog," as they nicknamed her, greeted her rescuers with a weary smile and wagging tail. The team took her to Forever Changed Animal Rescue, a shelter in nearby Pasadena, Texas, where her story touched the hearts of staff and visitors. Connie is under their care until a permanent home can be found.

Martian immersion: Who has fancied a taste of life on Mars? NASA is offering just that with their immersive CHAPEA program, which stands for Crew Health and Performance Exploration Analog. Volunteers will spend a year in a simulated Martian habitat, which aids the U.S. space agency's preparation for future manned missions to the Red Planet. Participants will face simulated spacewalks, resource limitations, and equipment malfunctions, replicating potential challenges of life on Mars. Applicants must be U.S. citizens with backgrounds in science, technology, engineering, or math. NASA is offering compensation for this unique opportunity to anyone seeking an out-of-this-world adventure, while simultaneously helping to advance human exploration of Mars.

Stellar support: In a social media video, a teenage girl shared how her little brother got picked on at school for wearing space-themed shirts. The video caught the attention of Vanessa Hernandez, whose father is an astronaut. She responded with a video message from her dad to the boy, encouraging him to embrace his love for space, despite the teasing. In the video, Astronaut Jose Hernandez shared his own journey to space, recounting how he faced rejection from NASA multiple times before achieving his dream. Hernandez's message concluded with a touching note to the young boy, urging him to proudly wear his space-themed clothes and aspire to join NASA one day.

Quoteable Quotes

"Strange to see how a good dinner and feasting reconciles everybody."
 —Samuel Pepys

"You can't knock on opportunity's door and not be ready."
 —Bruno Mars

What's Happening

July 19 and 20. Bow Valley Boot Stomp. Don't miss Bow Valley Boot Stomp, Cochrane's new country music festival, July 19th and 20th, 2024. Details for this and all 2024 events available at quirksocial.ca.

Tuesdays in Sundre. Kids Learning at the Sundre Museum, Every Tuesday at 130 3pm. Please call the Sundre and District Museum at 403.638.3233 for further information.

Sundre Museum. Historic Pioneer Village is now OPEN! Please call the Sundre and District Museum at 403.638.3233 for further information.

May 17 - Sep 20. Sundre Farmers Market. Running all season long, head out to to the Sundre Curling Rink from 430 - 7 pm every Friday. Support Local.

Sundre District Museum. Pie Auctions happening July 20th, August 10th, September 21st. Get in on the action.

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

Trivia

1. Before Memorial Day was a U.S. federal holiday, it was called what?
2. Which of these rivers runs through Berlin, Germany—Rhone, Rhine, or Spree?
3. She was the very first American Idol winner.
4. The Hawkeye State is the nickname for the U.S. state of Iowa, Indiana, or Kansas?
5. These cells in the eye's retina are used to see colour.

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

(Over)

Do you have extra land that you want to develop?

We are looking for JVP partners who own land and want to develop.

Let's chat:
587.350.7433

UR-space.net

Reimagine your property's potential

Anxiety & Stress Doesn't need BIG Pharma

ACHIEVE
 Mental Clarity And Emotional Calmness
 With Our Personalized Alternative And Holistic Services
 Call or Drop In Today

Derry Stang
 Certified Fridologist • Practical Herbalist

STANG'S HEALTH CENTRE
 Stangs Health Centre
 #2, 5001-49 Ave, Olds (west of Firehall)
 403-556-6090

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

1-888.396.6389 | www.blackdogdrilling.com

ENTER TO WIN!

Find the hidden Coffee News guy...
 Hint: He's about this big in one of the ads

Then send your name and full address via email to amy@bvcoffeeneews.ca or enter online at www.bvcoffeeneews.ca

Tell us the ad in which you found the CN guy hidden, the edition name and date and the location where you picked up Coffee News for a chance to win a great prize!

THIS MONTH'S CONTEST SPONSOR

Bow Valley Coffee News

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

Locally Owned. Genuinely Canadian.

SUNDRE Home hardware building centre

Josh Hengen
 Nicole Weatherbee
 Dealer-Owners

sundrehhbc

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

Be prepared before the next power outage.

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

Receive a free 5-year warranty with qualifying purchase* - valued at \$715.

Call 1-844-944-1991 to schedule your free quote!

GENERAC

inogen

CLAIM YOUR **14-DAY RISK-FREE TRIAL!**

PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

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

*14-day risk-free trial: Return within 30 days of purchase for a full refund of purchase price.
 PMS20469 EN, EX, USA | Ex Only © 2023 Inogen, Inc.
 303 Comstar Drive, Coletta, CA 94317
 Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

Congratulations

to our latest contest winner for finding "Beans, the Coffee News Guy."

Frances Ward found "Beans" at **Back to Basics** in Sundre

Coffee News

Enter today for your chance to win!

www.bvcoffeeneews.ca

ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE

THE VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Start your journey today...

Positive Healing

ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS

Free Evaluation

Find out how much equity you have!

Experience the difference in Real Estate services. Small town values, BIG city results! Your NEW in town GO TO Real Estate Professional

Jesse Argueta
REAL ESTATE PROFESSIONAL, REAL BROKER
jesseargueta@gmail.com
403.470.1003 | dochomesforsale.com

YAMNUSKA WOLFDOG SANCTUARY

Located at 263156 Range Rd 53, on the 1A Hwy

A non-profit organization that oversees the rescue and safe sanctuary for wolfdogs that have been neglected, abandoned, or otherwise displaced.

Through its educational programs, the Sanctuary discusses the challenges of wolfdog ownership and promotes responsible ownership by outlining what a suitable home should look like. The Sanctuary also touches on the importance of preserving wolves in the wild!

For further details about our mission, please call 587-890-WOLF (9653) or visit yamnuskawolfdogsanctuary.com

You can also find details there about our **Intro Tours** and **Interactive Tours**, including pertinent age restrictions.

Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF

SAFE STEP WALK-IN TUB

1-844-995-4468

With purchase of a new Safe Step Walk-In-Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082162 NSCB 0082999 0083445

A cozy little cabin filled with a variety of treasures!

- Crystals & Gems • Gemstone Jewellery
- Sterling Silver Chains
- Himalayan Salt Lamps • SongPods
- Tibetan & Crystal Singing Bowls
- Gemstone Lamps
- Books, Decks & CDs

Angel Card Readings with Charlene Money, ACP/AAEP. Call for details!

403.946.5802

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)

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**

Your Weekly Horoscope

ARIES
(March 20 - April 19)

For the next two weeks, you may find you have more determination to tackle an old issue. What adjustment in your viewpoint or behaviour could help address the issue? Lucky numbers: 4, 10, 23, 30, 34, 45.

TAURUS
(April 20 - May 20)

This week what you want may cross paths with what is possible. How might you bridge the gap and find an option that works? Identify those who can help. Lucky numbers: 1, 4, 6, 10, 23, 42.

GEMINI
(May 21 - June 20)

An opportunity may be in play to present your plans this week in a way that garners the support of others. Just be careful not to oversell your ideas. Lucky numbers: 7, 10, 27, 29, 33, 34.

CANCER
(June 21 - July 22)

Cancer folks sometimes mirror their sign of the crab and its protective shell. The energy of the next few weeks may provide an opportunity for you to be more openhearted. Lucky numbers: 5, 8, 9, 21, 31, 33.

LEO
(July 23 - Aug. 22)

Is now the moment to step into a leadership role? Having an open heart when interacting with others puts to good use your naturally joyful and enthusiastic skill set. Lucky numbers: 9, 11, 13, 14, 30, 37.

VIRGO
(Aug. 23 - Sept. 22)

Are you overthinking a decision you need to make now? If so, focus on the option that is in alignment with your values and with being of service to others. Lucky numbers: 8, 17, 19, 23, 27, 28.

LIBRA
(Sept. 23 - Oct. 22)

Your ability to be tactful and diplomatic may be highlighted for a few days at midweek. Does a situation let you use these talents to help achieve balance and justice? Lucky numbers: 10, 12, 16, 18, 30, 45.

SCORPIO
(Oct. 23 - Nov. 21)

Your emotions may be heightened at week's end. Finding a solution to a difficult situation may emerge, if you can understand the motivation that drives your feelings about it. Lucky numbers: 7, 13, 18, 21, 22, 32.

SAGITTARIUS
(Nov. 22 - Dec. 21)

For the next few weeks, your natural optimism may get a boost of joyful and heartfelt energy. What do you want to accomplish while this dynamic is in effect? Lucky numbers: 3, 9, 12, 21, 25, 31.

CAPRICORN
(Dec. 22 - Jan. 19)

Capricorns often have a serious demeanour, focused on building structure and accomplishment. For the next few weeks, you may have an opportunity to radiate more joy. Lucky numbers: 11, 15, 16, 26, 30, 39.

AQUARIUS
(Jan. 20 - Feb. 18)

At week's end, you may find yourself in an emotional stalemate with a loved one. Step back and take a deep breath. Is there a way to reconcile the opposing views? Lucky numbers: 6, 14, 17, 20, 27, 33.

PISCES
(Feb. 19 - March 20)

You may be in a day-dreaming mood this week, particularly about romance. Taking a time-out might be helpful. Just be careful of acting while wearing rose-coloured glasses. Lucky numbers: 2, 16, 24, 25, 42, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 30.

Did You Know...

Prolific author: Many children are familiar with the numerous books by Dr. Seuss, including *Green Eggs and Ham*, *The Cat in the Hat*, and *Horton Hears a Who*. The American author's real name was Theodor Seuss Geisel. He died in 1991.

Beloved auto: Car lovers often still clamour to own a Ford Mustang. First made by Ford Motor Company in 1964, one million of the coveted vehicles were produced by 1966 in the Dearborn, Michigan (U.S.), plant.

Indoor game: Hockey rinks abound today. But the game used to be played only on outdoor rinks. The first indoor hockey game took place on March 3, 1875, at the Victoria Skating Rink in Montréal, Québec, Canada.

Bottled up: The popular soft drink Coca-Cola was invented in 1866. However, at that time, it was served as a fountain drink. Coke first appeared in bottles in 1894, and those bottles were different from the ones used today.

Winning record: The RIAA (Recording Industry Association of America) has handed out lots of Gold Records over the years, but the first was to American easy-listening artist Perry Como. The song that won the honour in 1958 was "Catch A Falling Star."

On the Lighter Side

Knock! Knock! Who's there? Fido. Fido who? Fido knew you were coming, I'd have baked a cake.

What is the best advice you can give a worm? Sleep late.

"Boy," said one shelf to another, "you sure look board."

Flip: "What do termites do to relax?"
Flop: "They take a coffee table break."

I've never seen a fossil so opposed to working. Talk about lazy bones!

Answers
Clarkson 4. Iowa 5. Cones
Trivia answers: 1. Decoration Day 2. Spree 3. Kelly

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

Need Some Sound Advice?

WE SERVICE MOST MAKES AND MODELS. AND WE COME TO YOU!

ASK ABOUT OUR FIRST TIME CUSTOMER DISCOUNT

PROUDLY SERVING CENTRAL ALBERTA

MOUNTAIN VIEW
PIANO TUNING AND REPAIR

- Tuning
- Minor Repairs
- Cleaning
- Regulation

Call or text 403.894.9507 | lennoxrob@hotmail.com

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

WE ARE Hiring!

WEST-CAN Seal Coating Inc.

Scan to apply or email us at hr@west-cansealcoating.com

Loader Operator with Gravel Pit Experience

Full Time, Seasonal
May - September/Early October

We are always looking for good people to join us on the road!

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

Recipe of the month

Mini BLTs

28 cherry tomatoes
7 bacon strips, cooked and crumbled
1/2 cup mayonnaise
1/3 cup chopped green onions

3 tablespoons grated Parmesan cheese
2 tablespoons finely chopped celery
2 tablespoons minced fresh parsley

Prep Time: 30 min + chilling Yield: 28 appetizers

- 1 Cut a thin slice from the bottoms of tomatoes to allow them to rest flat. Cut a thin slice off the top of each tomato. Scoop out and discard pulp; invert tomatoes onto paper towels to drain.
- 2 In a small bowl, combine the bacon, mayonnaise, onions, cheese, celery and parsley. Spoon into tomatoes. Cover and refrigerate at least two hours.

The perfect addition to any summer appetizer tray!

Source: <https://www.tasteofhome.com>

JV ROOFING & Exteriors

- 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

STROLL BACK IN TIME...

CAROLINE WHEELS OF TIME MUSEUM AND HISTORICAL VILLAGE

Open May long weekend to September long weekend on Friday, Saturday and Sunday from 12 to 5 p.m.

Group tours available by appointment, email wheels3884@gmail.com

<http://www.carolinemuseum.ca/>

- BUILDINGS
- EXHIBITS
- NATURE TRAIL
- PICNIC AREA