

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 1082165 NSCB 0082999 0083445

**Need Some Sound Advice?**  
WE SERVICE MOST MAKES AND MODELS, AND WE COME TO YOU!

ASK ABOUT OUR FIRST TIME CUSTOMER DISCOUNT

**MOUNTAIN VIEW**  
PIANO TUNING AND REPAIR

- Tuning
- Minor Repairs
- Cleaning
- Regulation

Call or text 403.894.9507 | lennoxrob@hotmail.com

**ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE**

THE VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Start your journey today...

**403-609-8716**  
124 River Avenue, Cochrane (above Bike Brothers)  
kayla@positivehealing.ca  
www.positivehealing.ca

Energy and Aura Therapies  
Reiki  
Aqualead (Water-based Energy Healing)  
Crystal Therapy

POSITIVE HEALING  
ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS

**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

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 | doehomesforsale.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

**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**

**FREE!** New Issue Every Week!

**Coffee News**<sup>®</sup>  
"News To Be Enjoyed Over Coffee"

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

www.bvcoffeeneews.ca  
amy@bvcoffeeneews.ca

Vol. 2024 No. 29 July 15, 2024

**Everybody's Talking**

**Monkey trouble:** For generations, tourists have delighted in interacting with the monkeys that inhabit the grounds of the temple in the city of Lopburi, Thailand. But now, frustrated authorities in the city have decided to relocate these mischievous monkeys to elsewhere. Approximately 2,500 of the macaque monkeys will be transferred to large enclosures away from humans. This decision follows an incident in which monkeys knocked a motorcyclist off his bike and kicked a woman in the back because they were after her food. Authorities say they don't want any humans, or monkeys for that matter, to be hurt, which is why they have decided to move the playful primates away from the temple.

**Lots of marshmallows:** If you're a kid who loves marshmallows, southeastern Michigan (U.S.), is the place to be. Every spring, several towns do a "Great Marshmallow Drop." Kids gather in a park and soon a helicopter appears, whirling overhead. What follows is an amazing sight: thousands of marshmallows dropping from the helicopter, followed by a frenzied scramble for the kids to collect them. However, these marshmallows aren't for eating; instead, kids trade them in for a prize bag that includes a colouring book, a one-day water park pass, and candy. According to officials, the marshmallow drops are simply a way to celebrate spring.

**Historical gaming:** In a twist of classroom creativity, a middle school teacher is gaining online fame for his innovative teaching method, which is incorporating video games into lessons. When the class topic shifted to Greece, the teacher, known as Mr. Mahathey, introduced his students to the "Assassin's Creed Odyssey" game. He used the game to illustrate the Battle of Thermopylae, and an online video of his lesson went viral. By using the game's map, Mr. Mahathey vividly explained the strategic positioning of the Greeks against the Persians. Comments flooded in, applauding the teacher for his innovative approach and recognizing the game's historical accuracy.

**Celestial goodbye:** Elizabeth Garcia had loved to travel and, after her passing, her family arranged one final trip. Her sister Jean fulfilled her wish for a unique farewell: sending the ashes of Elizabeth and her beloved cat into space. Elizabeth had long dreamed of space travel but never got the chance. With the help of Aura Flights, a company that specializes in space memorials, their ashes were launched into the cosmos. Riding a stratospheric balloon, the vehicle reached over 100,000 feet (30,480 m) above Earth's surface. Since this unique event took place in January 2023, interest in space memorials has increased, reflecting a growing desire for celestial farewells.

**Quoteable Quotes**

"And joys and tears alike are sent to give the soul fit nourishment."  
—Sarah Flower Adams

"It is only the cultivation of individuality which produces, or can produce, well-developed human beings."  
—John Stuart Mill

**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. Physicians' treatise of ethics is called the \_\_\_\_ Oath.
2. Fructose is a type of sugar—T/F?
3. "She sells seashells by the seashore" is an example of a \_\_\_\_.
4. This fruit has a variety called the Winter Banana.
5. The Saffir-Simpson scale measures earthquakes, hurricanes, or heart attacks?

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

Unsure of the next step?  
**SCARED**

**CALL ACCESS MENTAL HEALTH TO DISCUSS YOUR OPTIONS.**  
We can help.

**403.943.1500**  
**1.844.943.1500**<sup>TF</sup>

ADDITION AND MENTAL HEALTH Information & Referral - Calgary Zone  
Alberta Health Services Access Mental Health

**TOP \$\$\$ PAID FOR SCRAP CARS**

**DJ'S TOWING AND SCRAP CAR REMOVAL**

CALL FOR A QUOTE:  
**403.922.2412**

Helping Adoptable Dogs and Cats Find Loving Homes  
**CAN YOU HELP?**

**pause4change**  
rescue foundation  
www.pause4change.com

DONATE VOLUNTEER FOSTER

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, AGP/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)

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

Insured for commercial and residential work  
Covered by WCB

**INTEGRITY TREE**

Our Service Is Rooted in Excellence  
CALL NOW: **403.918.1317**  
Integritreeservices@gmail.com | Integritreeservices.ca

THE BEST IN Vein Treatment SERVICES

Tired of ugly veins? We offer sclerotherapy to remove unsightly spider, reticular and varicose veins. And best of all - no downtime!

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

**SILVERFERN**  
AESTHETICS AND VEIN MEDISPA  
2028-17 AVENUE, DIDSBURY  
SILVERFERNMEDISPA.COM

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

FRIENDLY PROFESSIONAL STAFF

**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

**BEST PRICES! FULLY STOCKED WALK IN HUMIDOR!**

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

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

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

**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!

**36+ Delicious Flavours!**

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

We also have:  
 Bubble Tea  
 Milkshakes • Smoothys  
 Hot & Iced Coffee  
 ...with Plenty of Flavours!

**TROPICOOOL ICE CREAM**

403.227.2222  
 Visit us today at Unit #104, 4911-50 Street | Innisfail

**yes tv**

**FREE LIVE STREAMING COMING THIS FALL**  
 visit [yestv.com](http://yestv.com) for details

**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

**Perry Stang**  
 Certified Triorologist • Practical Herbalist

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

**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO

**Call 780-220-6397**

**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](mailto:amy@bvcoffeeneews.ca) or enter online at [www.bvcoffeeneews.ca](http://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**

**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>

# Your Weekly Horoscope

**ARIES**  
 (March 20 - April 19)

Early this week, you may find yourself finally willing to openly speak about the effects of an old emotional wound. Who do you trust to help you talk through the process? Lucky numbers: 4, 15, 20, 25, 35, 46.

**TAURUS**  
 (April 20 - May 20)

Taurus-born are often cautious about making significant life changes. But this week the planetary energies may present you opportunities to break out of your comfort zone. Lucky numbers: 7, 10, 18, 24, 28, 45.

**GEMINI**  
 (May 21 - June 20)

At week's end, you may find yourself in the mood for a fun, spontaneous weekend. Enjoy, but also be aware of any tendency to overindulge in sweets, alcohol, and the like. Lucky numbers: 2, 11, 19, 35, 41, 47.

**CANCER**  
 (June 21 - July 22)

Your birthday month is coming to a close. How are you feeling so far in your new solar year? What should you keep and what should you let go of? Lucky numbers: 5, 11, 16, 18, 30, 46.

**LEO**  
 (July 23 - Aug. 22)

You may find that your mind and emotions are out of sync at week's end. Can you find a balance of the two? Otherwise, take a deep breath and wait a few days. Lucky numbers: 15, 16, 23, 26, 29, 35.

**VIRGO**  
 (Aug. 23 - Sept. 22)

Virgos can hold themselves and others to very high standards. But perfectionism usually is not achievable. This may be a good time to integrate more empathy. Lucky numbers: 11, 22, 33, 37, 39, 41.

**LIBRA**  
 (Sept. 23 - Oct. 22)

Do you and your partner struggle to define your relationship roles? Might this be a good time to discuss the conflict? Otherwise, breathe and take a step back for a few days. Lucky numbers: 8, 13, 18, 19, 27, 48.

**SCORPIO**  
 (Oct. 23 - Nov. 21)

Is progress halted now on your endeavours? It may be helpful to be open to insights about opportunities for change that could overcome the obstacles. Lucky numbers: 1, 14, 18, 21, 26, 40.

**SAGITTARIUS**  
 (Nov. 22 - Dec. 21)

You may be experiencing wanderlust now. Before you lock in a travel itinerary, do you simply need a vacation or is something more substantial motivating you? Lucky numbers: 3, 4, 8, 9, 11, 21.

**CAPRICORN**  
 (Dec. 22 - Jan. 19)

You may feel conflicted now. Your focus may be on completing work projects while those around you want to break out and have fun. Is there a way to do both? Lucky numbers: 6, 8, 25, 33, 34, 40.

**AQUARIUS**  
 (Jan. 20 - Feb. 18)

You may receive many ideas at week's end about creating positive change for yourself or others. Taking some time to sort through them before acting may be helpful. Lucky numbers: 12, 13, 17, 21, 28, 31.

**PISCES**  
 (Feb. 19 - March 20)

Your natural intuitive and creative talents may be heightened this week. Try to channel this into spiritual or artistic endeavors, rather than pushing through on mundane tasks. Lucky numbers: 9, 11, 17, 42, 43, 44.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 7.

## Did You Know...

**Sleeping giant:** Albert Einstein is one of the world's most famous scientists. Perhaps one secret to his brain power is that he usually slept 10 hours a night. That's nearly one and a half times as much as the average person.

**Noted brother:** Most people recognize actor Tom Hanks, famous for *Forrest Gump*, among other great movies. Hanks' older brother is a noted biology professor at University of Illinois at Urbana-Champaign.

**Unique proposal:** Famous inventor Thomas Edison claims to have taught his future wife, Mina Miller, Morse code so they could talk to each other in secret. She said he even proposed to her using Morse code.

**More than words:** Studies indicate that body language constitutes 93% of a person's first impression of someone. The language of facial expressions, handshakes, eye contact, gestures, and personal space can say more than words.

**Red lipstick:** This concept wouldn't fly today, but during World War II, women were encouraged to wear red lipstick to boost morale, especially of soldiers. With the slogan "Beauty is their Duty," red lipstick was a patriotic symbol.

## On the Lighter Side

Where does Thursday come before Wednesday? In the dictionary.

I call my car flattery. It gets me nowhere.

Rita: "You're always wishing for something you don't have."  
 Nita: "Well, what else is there to wish for?"

If you buy a bigger bed, you actually get less bedroom.

Knock! Knock! *Who's there?* Zoom. *Zoom who?* Zoom did you expect?

**Answers**  
 Trivia answers: 1. Hippocratic 2. True 3. Tongue twister 4. Apple 5. Hurricanes

For available franchise opportunities - visit [coffeeneewscanada.com](http://coffeeneewscanada.com)  
 © Published with Permission by Mad Mama Marketing

**Locally Owned. Genuinely Canadian.**

**SUNDRE Home hardware building centre**

Josh Hengen  
 Nicole Weatherbee  
 Dealer-Owners

403.638.3508 | Hwy 584 W, Sundre | [info@sundrehhbc.com](mailto:info@sundrehhbc.com)

**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

**WE ARE Hiring!**

**WEST-CAN Seal Coating Inc.**

Scan to apply or email us at [hr@west-cansealcoating.com](mailto:hr@west-cansealcoating.com)

Full Time, Seasonal  
 May - September/Early October

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

**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](http://yamnuskawolfdogsanctuary.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**

**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](mailto:wheels3884@gmail.com)

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

**BUILDINGS EXHIBITS NATURE TRAIL PICNIC AREA**

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

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

**DistressCentre.com/988**