

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL



CALL FOR A QUOTE:
403.922.2412

THE BEST IN Botox/Filler SERVICES

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: **403-980-2662**

SILVERFERN AESTHETICS AND VEIN MEDSPA
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE
SILVERFERNMEDSPA.COM

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

FRIENDLY PROFESSIONAL STAFF

Support Coffee News!

The paper you have grown to love can't do it without readers like you...

Visit our advertisers

Browse our website

Like us on Facebook

Coffee News
"News to Enjoy Over Coffee"

THIS SPACE FOR RENT

Call **780-220-6397**

OR SCAN HERE FOR MORE INFO



FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Airdrie Edition
780-220-6397



www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Vol. 2024 No. 32 August 5, 2024

Everybody's Talking

Tokyo's honesty: If you misplace your cash in Tokyo, Japan, there's hope. In 2022, a staggering \$29.6 million (USD) in cash was voluntarily handed over to the police, setting a new record. Japanese law requires people to give back money they find, but there's a reward for the finder, up to 20 percent of the amount if someone claims it. After three months, if nobody claims it, the finder gets it all. Despite Tokyo's hustle and bustle, people turned in an average of \$81,000 every day in 2022. During cherry blossom season, Tokyo police caution about an increased risk of losing belongings, as more people stroll around admiring the beauty of the famous blossoms.

Musical revival: Beethoven's unfinished 10th Symphony remained a mystery long after his passing, and has been sparking curiosity for centuries. In 2019, a diverse team embarked on a mission to honour the famous composer's legacy through using artificial intelligence (AI). The AI decoded Beethoven's musical patterns over his entire career, analyzing every note the composer wrote. Meanwhile, researchers delved into the sketches for this symphony that Beethoven left behind, in order to decipher his intentions behind the piece. The AI seamlessly integrated its compositions with Beethoven's motifs, culminating in a full orchestral piece. The Beethoven Orchestra premiered the completed symphony in Bonn, Germany.

Sealed secrets: In the past, people protected their letters with complex folding methods, a technique called "letterlocking." Now scientists have cracked the code of one such letter without opening it. These letters were sealed with wax and carefully folded to stop anyone from opening them without permission, which would make any tampering quite obvious. The Brienne Collection, which houses thousands of undelivered letters from the year 1706 and earlier, posed an intriguing historical enigma, with hundreds of the letters "locked." The project involved using X-ray scanning and computer algorithms to decode the folding patterns, which could unveil centuries-old messages without damage.

Desert discoveries: In the expansive deserts of southern Peru, ancient drawings have emerged, etched into the earth long ago. Among these remarkable artworks that depict creatures like hummingbirds and monkeys, a colossal cat has been discovered. Designated as a UNESCO World Heritage Site in 1994, the Nazca Lines cover a vast area of about 450 square kilometres (174 sq. mi.). Recent archaeological work has revealed the well-defined lines of the feline figure, dating back to 200-100 B.C.E. and measuring 37 metres (121 ft.) in length. The discovery of these and other new figures sheds light on the ancient cultures that predated the Nazca civilization.

Quoteable Quotes

"Being defeated is often a temporary condition. Giving up is what makes it permanent." —Marilyn vos Savant

"The achievement of one goal should be the starting point of another." —Alexander Graham Bell

What's Happening

Sundays. Bragg Creek Farmers Market. Running every Sunday from Jun 16 to Sep 22 from 10am to 3pm. Still room for vendors and food trucks. Email info@braggcreekca.com for all the info.

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.

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. This rod rotates the wheel of a car.
2. In the movie Citizen Kane, "Rosebud" is a friend, sled, or flower?
3. Rosie the ____ symbolized women's war efforts during WWII.
4. All lakes are freshwater—T/F?
5. The Mausoleum at Halicarnassus is one of the ____ Wonders of the Ancient World.

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

(Over)

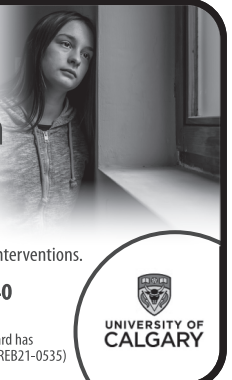
SEEKING PARTICIPANTS FOR YOUTH MENTAL HEALTH STUDIES At-Risk for Mental Illness Research Program

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

For more information, call **403-210-8740** or email naps@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)



UNIVERSITY OF CALGARY

I take care of the paperwork... So you can take care of your business!

PHOENIX RISING Bookkeeping
KATHLEEN WILLIAMS, Owner

- Day to Day
- Monthly Reconciliations
- Year End Prep
- Cleanup

905.379.7717

KATHLEEN WILLIAMS, Owner

@phoenixrisingbk

905.379.7717 | www.PhoenixRisingBK.ca

IMPROVE YOUR LEADERSHIP AND COMMUNICATION SKILLS



Are you looking to:

- Get a new job or promotion?
- Be a more effective leader?
- Feel more comfortable when presenting your ideas?

Inspired Toastmasters can help. Contact us today!

www.inspired.toastmastersclubs.org
vpm-597384@toastmastersclubs.org
vppr-597384@toastmastersclubs.org

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



Edward Jones

At Edward Jones, we do money differently.

How we turn your vision into a reality is unique to you. We're here to back you up with big ideas, practical plans, and side-by-side guidance at every step.

Carianne Martin
Financial Advisor

409 1 Ave Nw
Unit 5
Airdrie, AB T4B 3E2
587-651-6598

www.edwardjones.ca/ca-en/financial-advisor/carianne-martin

MKT-14771-C-AD7 AIC39AD

ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE

THE VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Start your journey today...

POSITIVE HEALING
ALTERNATIVE THERAPY | CRYSTALS | YOGA

We offer:

- Massage and Bodywork Therapies
- Deep Tissue Massage
- Reflexology
- Fire Cupping



403-609-8716

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca
www.positivehealing.ca

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

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

Recipe of the month

Peach Glazed Ribs

3 to 4 pounds pork baby back ribs, cut into serving-size pieces
1 can (15-1/4 ounces) peach halves, drained
1/3 cup soy sauce
1/4 cup canola oil

1/4 cup honey
2 tablespoons brown sugar
1 teaspoon sesame seeds, toasted
1 garlic clove, peeled
1/4 teaspoon ground ginger

Prep Time: 15 min Grill: 1.25 hrs Yield: 6 servings

- 1 Prepare grill for indirect heat, using a drip pan. Place ribs over drip pan. Grill, covered, over indirect medium heat for 60 minutes, turning occasionally.
- 2 Meanwhile, in a blender, combine the remaining ingredients; cover and process until smooth. Baste ribs.
- 3 Grill until meat is tender and juices run clear, 15-20 minutes longer, basting occasionally with remaining sauce.

A delicious, fruity alternative to the usual barbecue sauce for ribs

Source: <https://www.tasteofhome.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!

*Terms and Conditions apply.



GENERAC

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: www.coldshotca.com
Passenger Website: www.coldshot.ca

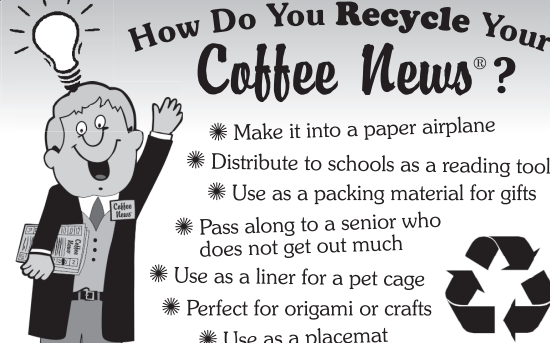
TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



How Do You Recycle Your Coffee News®?

- Make it into a paper airplane
- Distribute to schools as a reading tool
- Use as a packing material for gifts
- Pass along to a senior who does not get out much
- Use as a liner for a pet cage
- Perfect for origami or crafts
- Use as a placemat



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

Suicide & Crisis Helpline

Call or text: 9-8-8

DistressCentre.com/988



We get you on the road again

- Complete Suite of RV Repair Services
- Bearing Repack
- Solar • Hail Damage
- Insurance Claims

YOUR LOCAL RV REPAIR SHOP

Bay 1 - 29 East Lake Way NE, Airdrie

SWIFTRV repairs
403.919.4911

Visit swiftrvrepairs.com for full list of services!



Struggling To Take Care of Your Feet?

Whether you suffer from ingrown nails, athlete's foot, corns, skin and nail fungus infections, or other common foot ailments... help is just a call away with Certified Podologist, Marion.

Toes On The Go Footcare

Call today for more information: 403-620-7851
marion@toesonthego.care • toesonthego.care



Unsure of the next step?

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

403.943.1500
1.844.943.1500 TF

ADDITION AND MENTAL HEALTH
Information & Referral - Calgary Zone

Alberta Health Services Access Mental Health



Just hatching a new business?

CHECK OUT **Coffee News®** ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising


It's a crackin' good deal!



Your Weekly Horoscope


ARIES
(March 20 - April 19)

Your heart and head may be out of sync at mid-week about a situation in your life. Look for a solution that could help you achieve a balance between the two. Lucky numbers: 15, 18, 20, 21, 40, 42.




TAURUS
(April 20 - May 20)

Are you at a stalemate in something you are trying to achieve? Doing a deep dive into your psyche might help you receive an insight that breaks through the obstacle. Lucky numbers: 2, 6, 8, 17, 25, 33.




GEMINI
(May 21 - June 20)

Is there something you really want to change in your life now? The energy at the middle of the week may give you a kick start to that process of transformation. Lucky numbers: 10, 11, 12, 19, 26, 33.




CANCER
(June 21 - July 22)

You may have an opportunity over the next few weeks to reexamine how you respond to new situations. How might you change any old behaviour patterns holding you back? Lucky numbers: 3, 4, 8, 13, 18, 41.




LEO
(July 23 - Aug. 22)

Leos can tend to focus on the big picture. For the next few weeks, though, you may want to concentrate on the details. Doing so could reveal a new opportunity. Lucky numbers: 6, 9, 16, 18, 31, 42.



VIRGO
(Aug. 23 - Sept. 22)


For the next few weeks, be careful of miscommunications with others, especially in close relationships. Finding a way to speak from your heart may be helpful. Lucky numbers: 5, 11, 29, 31, 41, 42.



Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 27.

LIBRA
(Sept. 23 - Oct. 22)

Are your needs being met, both within yourself and in your relationships? During the middle of the week, you may have a few days to evaluate where things stand. Lucky numbers: 7, 17, 20, 22, 27, 41.



SCORPIO
(Oct. 23 - Nov. 21)

This weekend may be a time for meditation and contemplation that could trigger an important shift. Could you carve out time to take advantage of the opportunity? Lucky numbers: 1, 5, 12, 22, 30, 37.



SAGITTARIUS
(Nov. 22 - Dec. 21)

You may find yourself reevaluating your beliefs over the next several weeks. If you feel conflicted about what you thought to be true, a change may be in order. Lucky numbers: 15, 24, 37, 40, 41, 43.




CAPRICORN
(Dec. 22 - Jan. 19)

A conversation with others may reveal a new opportunity. However, be sure to discuss the particulars in detail to be sure you are truly on the same page. Lucky numbers: 11, 19, 20, 27, 32, 48.




AQUARIUS
(Jan. 20 - Feb. 18)

Pluto, planet of transformation, is entering a long transit through Aquarius. To prepare, now may be a good time to examine any adjustments in values you need to make. Lucky numbers: 4, 20, 32, 33, 34, 41.



PISCES
(Feb. 19 - March 20)

Is there something you need to release in order to be more joyful and enthusiastic? The end of the week may be a good time to make such an adjustment. Lucky numbers: 8, 13, 19, 21, 36, 47.



Did You Know...

Lots of cleaning: Cleaning staff, and lots of them, are definitely needed at Buckingham Palace. The regal residence in the heart of London, England, has 775 rooms, including 52 royal and guest bedrooms and 188 staff bedrooms.

Underground shopping: The world's largest underground shopping complex is PATH in Toronto, Ontario (Canada). This complex is almost 30 kilometres (19 mi.) long, covering 371,600 sq. metres (4 million sq.ft.).

Dance moves: In the 1920s and 1930s in Harlem, New York (U.S.), "Hoofers" was an old pool hall converted to a tap dancing club, where primarily African American folks perfected their jazz and tap dance moves.

Walled city: Québec City, the capital of the Canadian province of Québec, is the only North American walled city north of Mexico. The 17th-century walls are a reminder of early colonial wars. It's now a UNESCO World Heritage site.

First glass windows: The ancient Roman glassmakers were the first to develop the skill of making window panes out of glass. The thicknesses were uneven, and only a limited amount of light got through, but they did the job.

On the Lighter Side

A ventriloquist walked into a bar. The man next to him said, "Ouch!"

Knock! Knock! Who's there? Olive me. Olive me who? Olive me, why not take all of me?

A Dalmatian eating dinner: "That hit the spots!"

How did the glass know things would be OK? The light at the end of the funnel.

Customer: "Waiter, there is a hair in my turtle soup."
Waiter: "So the Turtle and the Hare finally got together."

Answers

Trivia answers: 1. Axle 2. Sled 3. Riveter 4. False 5. Seven

For available franchise opportunities - visit coffeenewscanada.com

© Published with Permission by Mad Mama Marketing

Congratulations

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

Jennifer Whitman
found "Beans" at **Pizza 73** in Airdrie

Coffee News®

Enter today for your chance to win!

www.bvcoffeenews.ca




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

YAMNUSKA WOLFDOG SANCTUARY

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.



No Job Too Big or Too Small!

BIGGAR COUNTERTOPS

Commercial and Residential
Flat-lay Laminate Countertops
Postform Laminate Countertops

DEREK BIGGAR
403-669-9396

derek@biggardevelopments.ca
www.biggarcountertops.ca



If You Can Dream It, We Can Build It

- Fences • Decks
- All Carpentry Needs
- Renovations

Integrity Master Builder

Dave Whitely | Master Builder and General Contractor

403.994.9904 | integritymasterbuilder.com
davewhitely1@gmail.com | [@integritymasterbuilder](https://www.facebook.com/integritymasterbuilder)



Heavenly House Sitting & PET CARE

Pet taxi service! (groomer, Vet, etc.)

Kitty care when you're not there!

BOOK NOW FOR SUMMER VACATIONS!

- Drop-in services for dogs, cats and other independent animals: let-outs, food/water, litter box • Sitter available to stay in your home
- Security checks on your home while you're away • Pet food delivery

403.369.2510 | 403.980.6882 | info@heavenlyhousesitting.com




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)



inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

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

30-DAY RISK-FREE TRIAL

100-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.
PM230469 EN, EX, USA | By Only © 2024 Inogen, Inc.
4519 Wind Drive, Suite 200, Coletta, CA 91313
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.



Enjoy Reading Coffee News®?

Tell our advertisers! They make the paper possible.

Discover the **Coffee News®** Advantage!

