

preserve protect prolong  
The eco-friendly solution for your roof!

**BRIGHT GREEN ROOF** bgrreddeer.com

SHINGLE PRESERVATION  
**FREE QUOTE: 403.340.9007**

SAVE \$\$\$\$\$\$

Add 15 years to the life of your roof! Restore original colour and appearance!



**BOOK NOW!**

**Bowling Birthday Packages Available!**

**403.782.6119**

**AMBASSADOR BOWLING CENTRE**  
5020 - 50 Street, Lacombe

JOIN THE FUN!



**Coffee News**

**CONTEST WINNER**

**LYNN CORNELIUS** is our July Rural Contest Winner!

Lynn 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.



BUY-LOW FOODS IS NOW

**save on foods**

587-621-1000  
Conveniently located in Blackfalds at #105-4500 Blackfalds Crossing Way

OPEN 8 am-9 pm 7 DAYS/WEEK



**Where's Newman?**

ENTER TO Win A \$50 GIFT CERTIFICATE!

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

Enter Here or visit the contest page at [coffeenewspaper.com](http://coffeenewspaper.com)

Actual size of the hidden graphic: 41



**Let's Build a Stronger Community Together.**

**United Way Central Alberta**

By ensuring access to basic needs, increasing access to suitable mental health services, and creating positive futures with new possibilities, we can create lasting change.

Last year, we invested over \$623,988 local dollars, funding a critical network of more than 23 programs and projects. These programs assisted over 12,171 individuals and families in our community.

100% of your donation stays in our region.

[caunitedway.ca/donate/](http://caunitedway.ca/donate/)



**JV ROOFING & Exteriors**

ROOFING ♦ SIDING ♦ FRAMING ♦ DRYWALL ♦ MORE

CALL US FOR YOUR FREE, NO OBLIGATION QUOTE:  
**587.378.7663 • [www.JVRoofingSiding.com](http://www.JVRoofingSiding.com)**

INSURANCE CLAIMS WELCOME!



**Firearms and Accessories AUCTION**

Online timed auction opens 5 p.m. Monday, **September 9, 2024**

Soft closes Sept. 16, 17 & 18, 7 p.m.

To bid, visit [www.crendavors.ca](http://www.crendavors.ca) and click on the link after auction opens

**403.340.0109**

Onsite Viewing September 13 & 16 (Fri & Mon) 10 am - 4 pm  
5215B - 54 Ave. (Flags & More store)

C & R Endeavors Ltd.




**FREE!**

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

Lacombe, Blackfalds Rimbey, and Bentley Edition

**403.346.4141**  
e-mail [coffeenewsguy@hotmail.com](mailto:coffeenewsguy@hotmail.com)  
online version at [coffeenewspaper.com](http://coffeenewspaper.com)

coffeenewspaper.com Vol. 30 No. 2:38 September 16, 2024



## Everybody's Talking

**Horn reform:** In Cambodia, if you install a musical horn in your vehicle, you will be in trouble. The prime minister has ordered police across the country to enforce an order that car owners replace musical horns with normal horns. The leader had seen videos on social media of "inappropriate activity" associated with the musical horns, such as people, especially children and youth, dancing on the roads and roadsides as passing vehicles play tunes, creating a serious safety hazard. He has mandated that any musical horn should be ripped out and replaced with the standard honking kind. While this new law may take away some music from the streets, it aims to significantly improve road safety.

**Camelids year:** The year 2024 has been designated as the Year of the Camelids, a diverse group of animals including camels, guanacos, and vicuñas, which are all part of the camel family, as well as llamas and alpacas. Recognizing their vital role in sustaining the livelihoods of millions of people across 90 countries in harsh environments, the United Nations has bestowed this honour upon them. These remarkable creatures provide essential resources such as food, milk, transportation, fibres, and fertilizer. Particularly notable is the camel's ability to thrive in arid regions with minimal water requirements, which makes them invaluable for transportation across deserts and drylands.

**Learn to drive:** A woman from Colorado (U.S.), who had been arrested in the past for car theft and spent time in jail, attempted to steal another vehicle shortly after her release. However, police weren't the ones who foiled her plan. The issue arose when she realized the vehicle she'd stolen was a pickup truck with a stick shift. Lacking the skill to operate a vehicle with a manual transmission, she abandoned it, leading to the truck rolling and hitting a fire hydrant. Subsequently, she was arrested again and faced new charges of motor vehicle theft, careless driving, driving without a licence, and failing to report a crash. The stolen truck was returned to its owner.

**Rare birth:** In the confines of Thomas Belt Zoo in Juigalpa, Nicaragua, a mother puma welcomed three adorable cubs into the world. Two of them boasted a striking golden hue adorned with dark brown spots, while the third stood out due to its pristine white fur. This rare white cub was born with albinism, a condition believed to be shared by only a handful of pumas worldwide. Dubbed Itzae, meaning "Gift from God" in the Mayan language, the cub has quickly become a star attraction since her introduction to the public. Visitors flock to catch a glimpse of this extraordinary feline, marveling at her uncommon beauty and significance in the animal kingdom.

## Quoteable Quotes

"Friendship is serious affection; the most sublime of all affections, because it is founded on principle, and cemented by time."  
~ Mary Wollstonecraft Shelley

"You're only given a little spark of madness. You mustn't lose it."  
~ Robin Williams

## What's Happening

Non profit organizations and charities – promote your upcoming event here free of charge! Complete our event submission page at [coffeenewspaper.com](http://coffeenewspaper.com).  
Please provide three to four weeks' notice.

Join the Recycling Round Up! On September 21, bring your old computers, broken electronics, TVs, paint and other household hazardous waste to the City of Lacombe's Infrastructure Services building (5444-56 Avenue) from 10 a.m. to 2 p.m. Learn more about recycling these materials at [www.albertarecycling.ca](http://www.albertarecycling.ca).

Mary C. Moore Public Library invites you to a special film presentation on Friday, September 27. The library will be showing the NFB documentary WAAPAKE, about residential school survivors, in Kinsmen Room at 7 p.m. No need to pre-register. Admission is \$5 at the door; cash only.

Lacombe Performing Arts Centre presents **mentalist, magician, trickster Jeff Newman** Friday, October 18. Doors open at 7 p.m., show starts at 7:30 p.m. Tickets \$35, students \$40 (must show student ID). Tickets available at [LacombePAC.com](http://LacombePAC.com) and at the Mary C. Moore Public Library.

## Trivia

1. A snow crystal has how many sides?
2. Zone Improvement Plan is more commonly known as the \_\_\_\_\_ code.
3. The pig in *Charlotte's Web* was named Babe, Wilbur, or Major?
4. Those with sitomania have an abnormal craving for what?
5. "Pong" was among the first of this type of game.

(Flip bottom of page for answers)

© Published with permission by Costain Corp.

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**

Reimagine your property's potential

**UR-space.net**



**This Space Is Available**

Book NOW to ensure a spot in upcoming issues

Call Matt now at **403.346.4141**



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

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

[reddeersylvanlearning.ca](http://reddeersylvanlearning.ca)

See website for specials.

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

**Sylvan Learning**  
403-311-6110



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

**OFFICE SUPPLIES**

Prairie **OP office plus**

403.347.2286  
[orders@prairieop.com](mailto:orders@prairieop.com)  
[www.prairieop.com](http://www.prairieop.com)

Visit our showroom!  
100 - 6660 Taylor Dr., Red Deer

100% CANADIAN OWNED AND OPERATED

FREE DELIVERY



INSULATED SHOPS • MACHINE SHEDS • ACREAGES • EQUESTRIAN

**GOODON INDUSTRIES LTD.**  
LEADERS IN POST FRAME

1-800-665-0470 • [GOODON.COM](http://GOODON.COM)

**LOCALLY Built.**  
ALBERTA'S POST FRAME COMPANY



Give Your Carpet the Royal Treatment!

**Royal Carpet Cleaning**

- Carpet & Upholstery Truck Mounted Unit
- Residential & Commercial
- Flood Restoration

24 Hr. Emergency Call  
**403.588.0856**

[RoyalCarpetCleaning.ca](http://RoyalCarpetCleaning.ca)

Serving Central Alberta for 38 Years



**2024 MEMBERSHIPS!**

Please inquire about our First Time Member Program... **BOGO**

**LACOMBE GOLF & COUNTRY CLUB**

Office 403.782.3956

[www.golflacombe.com](http://www.golflacombe.com)

18 holes | Driving Range | Pro Shop | Dining Room

NOW BOOKING for Weddings, Anniversaries, Christmas Parties, Corporate Events and more!



**GARAGE SALE**

#2, 4630-61 Street

September 19 10 a.m. - 7 p.m.  
September 20 10 a.m. - 5 p.m.  
September 21 10 a.m. - 3 p.m.

LOTS OF ITEMS FOR SALE

IN SUPPORT OF **Red Deer Christmas Bureau**

403.347.2210  
[reddeerchristmasbureau.com](http://reddeerchristmasbureau.com)



Home | Auto | Business | Farm

Local service you deserve.  
Simple solutions you need.

Ryan Cushner, CAIB  
Commercial Insurance Broker  
403-370-6357

BrokerLink  
Insurance

A book can take you anywhere!



Second Glance Books 2.0

Used Books & Book Exchange

#1, 4842-46 Street Lacombe  
403.782.2221  
secondglancebooks@telus.net

Behaviours in Dementia Toolkit

Practical & Evidence Informed

powered by:



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



www.BehavioursInDementia.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 AND MORE!

How Can You Help?



Red Deer Food Bank SOCIETY

DONATE NOW!

Visit https://www.canadahelps.org/en/dn/11841

Food Raising

Donating food to be distributed to those in need.

Fund Raising

Donating to RDFB directly supports the provision of food to those in your community.

Volunteering

We call it Friend Raising. More hands at work mean more support provided directly to your community.



Advocating growth and prosperity in Lacombe and district.

Lacombe and District Chamber of Commerce

Join us!

lacombechamber.ca



We Provide Support for individuals living with Brain Injuries, their families and caregivers



Scan me

Join our Weekly Support groups over at Microsoft teams if you need extra support



SOAPY'S CAR WASH

Touchless Now Open!

4876 - 46 St Lacombe

## Your Weekly Horoscope

ARIES

(March 20 - April 19)



This week you may be more focused than usual on your emotional reactions.

What adjustment in attitude might help you act in more alignment with your highest values? Lucky numbers: 7, 9, 14, 24, 47, 48.

TAURUS

(April 20 - May 20)



An unexpected opportunity may surface midweek that helps you achieve something close to your heart.

However, you might need to adjust your viewpoint in order to see it. Lucky numbers: 2, 16, 18, 23, 27, 35.

GEMINI

(May 21 - June 20)



Information overload can easily happen to Geminis, and you may find your self in this situation at midweek.

Take a deep breath, step back, then focus on your highest priority. Lucky numbers: 3, 9, 10, 11, 15, 26.

CANCER

(June 21 - July 22)



Since 2008, you may have had intense periods of transformation.

Pluto was in your opposite sign but this transit ends soon. What have you learned? What still needs completion? Lucky numbers: 11, 12, 23, 29, 43, 45.

LEO

(July 23 - Aug. 22)



Over the next 20 years, Pluto will reside in Aquarius. At times, there may be a stalemate between your needs and those of others.

Cultivating maturity could ease this dynamic. Lucky numbers: 4, 6, 9, 17, 34, 36.

VIRGO

(Aug. 23 - Sept. 22)



Like your opposite sign, Pisces, you may be at a turning point over the next year, with major beginnings and endings.

These changes may encourage you to be of service. Lucky numbers: 8, 10, 19, 24, 35, 43.

Lucky numbers this week: This week's odds favour Taurus winners, with the luckiest number being 23.

LIBRA

(Sept. 23 - Oct. 22)



What has worked well or poorly for you since your last birthday?

Now is a good time to set new goals. But you may wish to wait a bit before starting to implement them. Lucky numbers: 6, 14, 15, 17, 24, 34.

SCORPIO

(Oct. 23 - Nov. 21)



This month you may find yourself drawn into universal mysteries. Following where they lead may give you powerful insights.

Be careful of being pulled under too deeply. Lucky numbers: 1, 8, 26, 27, 35, 45.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Your mind may be racing in many directions at week's end, which could make decisions difficult.

You might want to wait a few days for this energy to pass. Lucky numbers: 10, 14, 16, 17, 29, 39.

CAPRICORN

(Dec. 22 - Jan. 19)



As Pluto makes its last pass through Capricorn, you may be asked to shed the vestiges of an old pattern.

Let what you love most be your compass in this transformation. Lucky numbers: 8, 12, 14, 18, 23, 30.

AQUARIUS

(Jan. 20 - Feb. 18)



Pluto will soon reenter Aquarius and reside in your sign for the next 20 years.

This heralds a period of transformation that could bring significant changes in your life. Lucky numbers: 7, 8, 9, 18, 30, 36.

PISCES

(Feb. 19 - March 20)



Like your opposite sign, Virgo, you may find yourself at a turning point over the next year, with major beginnings and endings.

Let your highest vision be your North Star. Lucky numbers: 5, 9, 12, 18, 23, 25.

## Did You Know...

**Java reborn:** In Berlin, Germany, bicycle couriers collect used coffee grounds from coffee shops and roasters, and deliver them to a social enterprise called Kaffeeform. The grounds are dried, preserved, and used to craft unique coffee cups.

**Round safety:** Have you ever pondered why manhole covers are round? It's because they require no rotation to fit properly. Additionally, circular covers are inherently the strongest shape.

**Extreme means:** If you are serious about dieting, you might be interested in U.S. Patent 4344424, issued in 1982. It is an anti-eating mouth cage! You can breathe and speak, but can't enjoy your favourite meal - an extreme form of self-control!

**Morning ritual:** Did you know that making your bed each morning may have mental health benefits? Scientists suggest that this simple act can enhance productivity, induce calmness, contribute to improved sleep quality, and reduce stress.

**Beloved beverage:** In Canada, a popular drink is called the Caesar, a blend of clam juice, tomato juice, vodka, and Worcestershire sauce. It originated in Calgary, Alberta, in 1969. About 400 million of these drinks are consumed each year.

## On the Lighter Side

Some mornings I wake up grouchy. Other mornings I leave him alone.

Diner: "Waiter, there's a footprint on my omelet."  
Waiter: "Well, when you ordered you told me to step on it."

Knock! Knock! Who's there? Dragon. Dragon who? These jokes dragon and on and on.

What goes up and down but doesn't move? A staircase.

What did the email say to the document? All good things come to a send.

## Answers

5. Video game  
Trivia answers: 1. Six 2. ZIP 3. Wilbur 4. Food

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

MP Minuteman Press  
WE DESIGN, PRINT & PROMOTE... YOU!

P: 403-348-0302  
F: 403-348-0332  
E: print@mmpress.ca  
W: mmpress.ca

- printing
- promotional items
- mailing services

RON'S PAINTING

403.392.4195  
Ron\_4801@HotMail.com

Transforming Spaces, One Brush Stroke At A Time

Commercial and Residential Service Available

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

Add some ADVENTURE

to your next visit to Sylvan Lake!

We offer 3-hour or custom sail cruises for up to 6 people

Sail Sylvan CHARTERS

For information and bookings, visit [sailsylvan.ca](http://sailsylvan.ca)

Trophy Loft

CUSTOM EMBROIDERY

featuring your company or team logo and lettering!

- APPAREL
- TOWELS
- HATS & MORE!

403.347.5030 | trophyloft.com

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

Unlock Your Leadership Potential!

- ◆ Empower Leaders
- ◆ Transform Cultures
- ◆ Elevate Personal Growth

Alana Peters BSU, PCC  
Leadership Coaching and Facilitation

Visit [AlanaPeters.com](http://AlanaPeters.com), click Events

Follow the link to Eventbrite or contact me for direct registration and billing: [discover@alanapeters.com](mailto:discover@alanapeters.com).

Sign up for dare to lead in person November 6-8

Start your journey towards skills to support your courageous leadership journey.

Seats are limited - reserve yours today!



NOW HIRING: PHYSIO

Discover New Paths To Wellness

LEGACY REHABILITATION

PHYSIOTHERAPY | OCCUPATIONAL THERAPY | SPEECH-LANGUAGE PATHOLOGY

Example of Services Offered: Driving/Cognitive Assessments Stroke/Neuro Therapy • Kids' Bike Camp July 8-11

BOOK NOW!

Lacombe, AB

admin@legacyrehab.ca | legacyrehab.ca

