

How Can You Help?



Red Deer Food Bank SOCIETY

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.

DONATE NOW!
Visit <https://www.canadahelps.org/en/dn/11841>



FREE!

Coffee News®

"News To Be Enjoyed Over Coffee!"

Lacombe, Blackfalds Rimbey, and Bentley Edition

403.346.4141

e-mail: coffeeneewsguy@hotmail.com
online version at coffeeneewspaper.com

Vol. 30 No. 2:41 October 7, 2024

Trophy Loft

Get **GREAT DEALS** Now!

Promotional Products take 4-6 weeks for production.

PROMO GIFTS for DECEMBER
...please order by October 25!

Your logo on chocolates, coolers, mugs, blankets and more

403.347.5030 | trophyloft.com

Advocating growth and prosperity in Lacombe and district.




Lacombe and District Chamber of Commerce

Join us!

lacombechamber.ca

CABIS
EST. 1994
TOGETHER WE CAN

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



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



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



For information and bookings, visit sailsylvan.ca

Everybody's Talking

Sausage stop: While inserting money to get chocolate bars or chips from a vending machine might be familiar, if you happen to be in Germany, you also can get bratwurst and bockwurst sausages. These unusual vending machines have been around for a few years and are both popular and convenient, especially late at night when someone is craving a sausage. People who work late also appreciate the machines if grocery stores are closed by the time they have a chance to get food. Some of the machines even offer eggs, milk, produce, butter, and prepared sides like potato salad. The products are vacuum-sealed, and the machines are temperature-controlled to ensure safety.

Bee delay: You often hear of weather halting outdoor sports events, but this time it was buzzing bees that stopped the play. During a quarterfinal tennis match at the BNP Paribas Open in Indian Wells, California (U.S.), play was interrupted for nearly two hours. The players had to pause their game while a worker used a vacuum to remove bees that had swarmed onto the overhead camera. The unexpected delay provided an unusual spectacle for the audience, who watched as the court was carefully cleared of the insects. The players, who had been swatting away the bees, were fortunate that no one was stung.

Tourist trouble: Residents of Fujikawaguchiko (Japan), a town about 62 miles (100 km) west of Tokyo, were fed up with tourists who littered, trespassed, parked illegally, and broke other traffic rules. Tourists, eager to capture a perfect view of Mount Fuji, would flock to the town with their cameras, causing disruption. In response, the town installed a large, 66-foot (20-m) by 8-foot (2.5-m) mesh barrier to block the view of the snow-capped mountain. An official stated it was regrettable that it had come to this, adding that over-tourism is the biggest problem facing the iconic mountain. The measure aims to restore peace and order for the local community.

Ring recovered: A woman in Wales lost her engagement ring in 1970, while feeding hay to cattle on her family farm. She now has it back, thanks to a detectorist, which is someone who explores the ground with a metal detector. Marilyn Birch, a senior resident of Pontardawe in Neath-Port Talbot, described recovering the ring as an emotional reunion. All those years ago, she had retraced her steps in hopes of finding the ring, but to no avail. Recently, detectorist Keith Phillips obtained permission to search the land for treasures and found the ring buried about 8 inches (20 cm) deep in a field, a discovery that left its owner speechless.

Quoteable Quotes

"Reality itself is gorgeous. It is the plenum; the fullness of total joy."
~ Alan Watts

"The whole future lies in uncertainty: live immediately."
~ Seneca

What's Happening

Non profit organizations and charities – promote your upcoming event here free of charge! Complete our event submission page at coffeeneewspaper.com.
Please provide three to four weeks' notice.

➡ **Trash to Treasure Week in Lacombe!** From October 4 through October 13, place unwanted but reusable items at the front of your property by the curb. Mark your items with the word "FREE" using masking tape or stickers. Taking treasures: Take only the items marked "FREE"; Respect others' property... please don't drive or park on lawns; Do not discard items on another resident's lawn. Need more information? Please call 403.782.1261. Community Clean-Up to follow, October 15 through October 24. For more details, visit www.lacombe.ca/trashtotreasure.

➡ 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 and at the Mary C. Moore Public Library (5214-50 Avenue, Lacombe).

Trivia

1. The 1982 film *Conan the _____* starred Arnold Schwarzenegger and James Earl Jones.
2. Sleeping Beauty fell asleep when she pricked her finger on a rose thorn – T/F?
3. A pinochle deck has 26, 48, or 52 cards?
4. What is the capital of Portugal?
5. The "V" in the acronym ROYGBIV stands for what?

(Flip bottom of page for answers)
© Published with permission by Costain Corp.

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!

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

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

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

Seats are limited - reserve yours today!

Alana Peters BEU, FCC
Leadership Coaching and Facilitation

Visit AlanaPeters.com, click Events

Follow the link to Eventbrite or contact me for direct registration and billing: discover@alanapeters.com

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

Lacombe, AB
admin@legacyrehab.ca | legacyrehab.ca

BOOK NOW!
QR code

preserve protect prolong

The eco-friendly solution for your roof!

SAVE \$\$\$\$\$

BRIGHT GREEN ROOF

SHINGLE PRESERVATION

FREE QUOTE: 403.340.9007

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

MICHELLE ARNOLD is our August Rural Contest Winner!

Gasoline Alley

Michelle will receive 2 large pizzas valued at over \$50 from our contest sponsor

403.348.5220
122 Leva Ave., Red Deer County

Boston Pizza

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



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

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.

Actual size of the hidden graphic: 

Enter Here or visit the contest page at coffeene newspaper.com



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/



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

FLAGS ★ FLAGS

Provincial
International
Military • Novelty
Flag Poles

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

C & R ENDEAVORS LTD.



Embrace Wellness, Embrace Life

Mobile Services

D Scott Sheedy
RMT,
Reiki Master Practitioner

SHEEDS Alternative Healing

[f](https://www.facebook.com/sheids) [i](https://www.instagram.com/sheids) [in](https://www.linkedin.com/company/sheids) 587.876.1154
sheidsalternativehealing@hotmail.com

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
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.

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

OFFICE SUPPLIES

Prairie **OP 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



Your Weekly Horoscope


ARIES

(March 20 – April 19)

 Lots of energy swirls around you this week. You may be tempted to take an aggressive stand. But you might want to consider where forgiveness could serve you better. Lucky numbers: 10, 18, 25, 34, 42, 48.


TAURUS

(April 20 – May 20)

 Did you pay attention to the hard truth that may have been revealed to you last week? This information could follow you, so you might want to address it now. Lucky numbers: 12, 14, 19, 34, 40, 42.


GEMINI

(May 21 – June 20)

 You may be presented with many ideas and opportunities this week. Take time to sort through and evaluate them against your values and goals. But maybe wait to take action. Lucky numbers: 13, 14, 17, 27, 33, 45.


CANCER

(June 21 – July 22)

 Cancers can be introverted by nature. But this week you may have a desire to expand your social circle and participate more fully. What might be the best way to manifest it? Lucky numbers: 9, 20, 25, 30, 40, 48.


LEO

(July 23 – Aug. 22)

 Your thoughts and feelings might be out of sync for a few days at week's end. Can you reconcile this stalemate? If not, then waiting for this dynamic to pass may be best. Lucky numbers: 2, 4, 16, 17, 25, 39.

VIRGO


(Aug. 23 – Sept. 22)

 Virgos often focus on precise facts and details. But sometimes, consider trying an intuitive leap of faith. The next few weeks may provide an opportunity to test this premise. Lucky numbers: 11, 25, 26, 28, 33, 40.

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


LIBRA

(Sept. 23 – Oct. 22)

 Libras gravitate to beauty and may avoid the darker parts of their unconscious. At week's end, an opportunity may arise to unearth information that can help your development. Lucky numbers: 4, 7, 10, 13, 18, 40.


SCORPIO

(Oct. 23 – Nov. 21)

 For the next few weeks, you may feel an urgency to blurt out whatever insights you have, no matter how dark, to others. Thinking before speaking could be important. Lucky numbers: 8, 11, 19, 36, 43, 46.


SAGITTARIUS

(Nov. 22 – Dec. 21)

 You may feel the need to bust out of restrictions at the beginning of the week. Consider taking a time-out to analyze what changes you might truly need in your life. Lucky numbers: 1, 10, 14, 24, 32, 44.


CAPRICORN

(Dec. 22 – Jan. 19)

 This may be a week of two steps forward and one step back. Though frustrating, you may want to consider postponing important discussions or decisions for a couple of weeks. Lucky numbers: 6, 8, 15, 32, 37, 41.


AQUARIUS

(Jan. 20 – Feb. 18)

 Are you digging in your heels now because you have a strong feeling about something? Finding some detachment about the matter could help point the way to a solution. Lucky numbers: 7, 19, 32, 38, 41, 42.

PISCES

(Feb. 19 – March 20)

 Are you experiencing an issue in a relationship now? Are there ways you could adjust your communication style to more clearly express your thoughts to the other party? Lucky numbers: 5, 15, 28, 38, 43, 48.

Did You Know...

Space growth: Scientists have discovered that astronauts can grow taller in space. In fact, living in microgravity can increase their height by up to 3%. A man who is 6 feet tall (1.8 m) could gain 2 inches (5 cm) in height!

Avocado truth: You might not think of avocados as fruit, like apples or oranges. But biologically, that's exactly what they are because they contain seeds. Their unsaturated fats are a healthy benefit of eating them.

Frightening frog: The tiny 1-inch (2.5 cm) poison dart frog has enough poison to kill 20,000 mice. It safely stores toxins in its skin to fend off predators. The species have brightly coloured bodies and are native to Central and South America.

Fierce predator: The giant Allosaurus dinosaur, with its 8-inch (20.3-cm) claws and 70 teeth, could hunt prey easily by running at 21 miles (33 km) per hour. All those teeth meant it was built to eat meat.

Sound sensitivity: If you can't stand certain sounds that don't bother other people, you may have a condition called misophonia. It's when a person is emotionally affected by common sounds like eating or even breathing.

On the Lighter Side

Knock! Knock! Who's there? Ogre. Ogre who? I'm ogre here, come find me!

Why was the broom confused? It didn't know which witch was which.

Swimmers do pool-ups to get strong.

Our poodle is like one of the family, but which one?

Barber: "Your hair is getting thin."

Customer: "Who wants fat hair?"

Answers

5. Violet
Tivia answers: 1. Barbarian 2. False 3. 48 4. Lisbon

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

INSULATED SHOPS • MACHINE SHEDS • ACREAGES • EQUESTRIAN

GOODON INDUSTRIES LTD.
LEADERS IN POST FRAME

1-800-665-0470 • 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

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

18 holes | Driving Range | Pro Shop | Dining Room

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

Blossom Your Business

with **Coffee News**

Discover the **Coffee News** Advantage!



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:
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




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! *Lacombe