

**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

**We offer:**

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

**403-609-8716**

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca  
www.positivehealing.ca

**Served in restaurants and coffee shops from coast to coast...**

**Coffee News** is North America's choice for positive news from around the world!

*Coffee News* is the world's number one restaurant publication, with distribution around the globe.

**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)

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

**yes tv**

**FREE LIVE STREAMING COMING THIS FALL**

visit [yestv.com](http://yestv.com) for details

**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: **403-980-2662**

**SILVERFERN AESTHETICS AND VEIN MEDISPA**

LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE  
[SILVERFERNMEDISPA.COM](http://SILVERFERNMEDISPA.COM)

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

FRIENDLY PROFESSIONAL STAFF

**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](http://integritymasterbuilder.com)**  
davewhitely1@gmail.com | @integritymasterbuilder

**Congratulations**

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

**Shekirra Rose**  
found "Beans" at Jam's in Airdrie

**Coffee News**

Enter today for your chance to win!

[www.bvcoffeeneews.ca](http://www.bvcoffeeneews.ca)

**FREE!** *New Issue Every Week!*

**Coffee News**®

"News To Be Enjoyed Over Coffee"

**Airdrie Edition**  
**780-220-6397**

[www.bvcoffeeneews.ca](http://www.bvcoffeeneews.ca)  
amy@bvcoffeeneews.ca

Vol. 2024 No. 41 October 7, 2024

**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**

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

**Trivia**

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

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

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](http://www.edwardjones.ca/ca-en/financial-advisor/carianne-martin)

**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO



**Call 780-220-6397**

**TEST YOUR MEMORY**

After reading *Coffee News*® put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.

**Your Score:**

- Less than 6 - Keep trying
- 7-10 - Getting better
- 11-15 - Excellent
- 16 or more - Genius!

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

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

CALL FOR A QUOTE:  
**403.922.2412**

**I take care of the paperwork...**

So you can take care of your business!

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

**PHOENIX RISING Bookkeeping** 905.379.7717

KATHLEEN WILLIAMS, Owner @phoenixrisingbk

905.379.7717 | [www.PhoenixRisingBK.ca](http://www.PhoenixRisingBK.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

**Recipe of the month**

**Harvest Salad with Cherry Vinaigrette**

3 medium fresh beets (about 1 pound)  
1 package (5 ounces) spring mix salad greens  
2 medium apples, thinly sliced  
1 medium carrot, shredded  
1/2 cup grape tomatoes, halved  
1/2 cup yellow grape tomatoes or pear tomatoes, halved  
1/2 cup chickpeas, rinsed and drained  
1/2 cup coarsely chopped walnuts, toasted

4 thick-sliced bacon strips, cooked and crumbled

**Cherry Vinaigrette:**  
1/2 cup tart cherry preserves  
3 tablespoons olive oil  
2 tablespoons red wine vinegar  
2 teaspoons Dijon mustard  
1 garlic clove, minced  
1/4 teaspoon salt  
1/8 teaspoon pepper

Prep Time: 10 min Bake: 50 min. + cooling Yield: 10 servings

- Preheat oven to 400°. Scrub beets and trim tops to 1 in. Wrap in foil; place on a baking sheet. Bake 50-60 minutes or until tender. Remove foil; cool completely. Peel beets and cut into 1/2-in. pieces.
- In a large bowl, combine salad greens, apples, carrot, tomatoes, chickpeas, walnuts, bacon and cooled beets. In small bowl, whisk vinaigrette ingredients until blended. Serve with salad.

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

**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!*

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 [napls@ucalgary.ca](mailto:napls@ucalgary.ca)

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



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**

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



**pause4change**  
rescue foundation  
[www.pause4change.com](http://www.pause4change.com)

**DONATE VOLUNTEER FOSTER**

Unsure of the next step?



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

**403.943.1500**  
**1.844.943.1500 TF**

ADDICTION AND MENTAL HEALTH Information & Referral - Calgary Zone



**ENTER TO WIN!**

Find the hidden Coffee News guy... 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)

**THIS MONTH'S CONTEST SPONSOR**  
**Bow Valley Coffee News**

**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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

**Winterize Special**  
\$129<sup>99</sup> BOOK NOW!

- 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](http://swiftrvrepairs.com) for full list of services!

**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.

**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.

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

**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**

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

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

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

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

**DistressCentre.com/988**

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

403.946.5802

**COUNTRY GARDEN CRYSTALS**

Located west of Crossfield - see website for directions: [www.countrygardencrystals.ca](http://www.countrygardencrystals.ca)  
Open Thursday thru Monday, 10 a.m. - 5 p.m. (Closed Tuesday and Wednesday)

**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](mailto:marion@toesonthego.care) • [toesonthego.care](http://toesonthego.care)

**No Job Too Big or Too Small!**



Commercial and Residential

Flat-lay Laminate Countertops

Postform Laminate Countertops

DEREK BIGGAR

403-669-9396

[derek@biggardevelopments.ca](mailto:derek@biggardevelopments.ca)  
[www.biggarcountertops.ca](http://www.biggarcountertops.ca)

**Coffee News** is so popular...  
EVEN OUR competitors read it!

**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](http://www.inspired.toastmastersclubs.org)  
[vpm-597384@toastmastersclubs.org](mailto:vpm-597384@toastmastersclubs.org)  
[vppr-597384@toastmastersclubs.org](mailto:vppr-597384@toastmastersclubs.org)

**Heavenly House Sitting & PET CARE**



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

**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](mailto:info@heavenlyhousesitting.com)

**inogen**  
INOGEN® PORTABLE OXYGEN CONCENTRATORS

30-DAY RISK-FREE TRIAL

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



30-day risk-free trial: Return within 30 days of purchase for a full refund of purchase price.  
PMS20469 EN, EX, USA | Rx Only © 2024 Inogen, Inc.  
8109 Wood Drive, Suite 200, Coletta, CA 93111  
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.