

**This Space
FOR RENT
403-431-0027**



**FREE
SCRAP CAR REMOVAL**

**DJ'S
TOWING**

**MENTION THIS AD AND
RECEIVE UP TO \$200
FOR YOUR SCRAP VEHICLE
CALL 403-922-2412**

**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

Not all Superheroes wear capes.

Coffee News
Cheering you on every step of the way!

THANK YOU ESSENTIAL WORKERS!

**Donate a Car
to the
Charity of
Your Choice**

**DONATE A CAR
CANADA** 1-877-250-4904
www.donatecar.ca

DO THE MATH!
If you advertise in a monthly publication, your ad is seen 12 times a year.
If you advertise in a bimonthly publication, your ad is seen 6 times a year.
If you advertise in **Coffee News**, your ad is seen **52 times a year!**
It takes the average person 8 - 10 times to see a message and retain it.
So, where would you want YOUR ad to be?

Coffee News® = Repetition

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 MEDSPA**
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE
SILVERFERNMEDSPA.COM

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

FRIENDLY PROFESSIONAL STAFF

**James Abercrombie
Mobile Welding
and Repair**

Serving the Calgary - Red Deer corridor and surrounding areas

587-334-7668
jamesabercrombie@lve.ca

QUALIFIED WELDER

FREE! New Issue Every Week!
Coffee News®
"News To Be Enjoyed Over Coffee"
**Airdrie Edition
888-242-9002**

www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Everybody's Talking

Spider-Man hero: An Indonesian man discovered that a Spider-Man costume can attract a lot of positive attention. Rudi Hartono, of Parepare, South Sulawesi, was concerned about all the litter in the streets, and he took it upon himself to go on clean-up missions. However, no one else followed his example until he dressed as Spider-Man. He had purchased the costume to amuse his nephew, but decided to wear it while picking up garbage. People took notice and started joining him in his endeavour. Since then, he has become a bit of a superhero in his community.

Ball catcher: Many dogs like to play catch, but one Labrador retriever, named Finley, can't get enough of it. Finley lives in Canandaigua, New York (U.S.), with his human family, the Molloyes. He has fine-tuned his catching skills to the point that he can fit six tennis balls in his mouth without help from his human playmates. When he was two years old, he could pick up four balls; eventually he graduated to five, and then to six. Finley looks a bit odd with all those balls in his mouth, but his family is convinced he is proud of his unusual talent.

Birds of a feather: An artist from Bogotá, Colombia, wanted to learn about nature, so she started by observing and studying various species of birds. This led Diana Beltran Herrera to the art of making beautiful and precise life-size sculptures of birds from basic materials, such as paper and wire. She creates a form for the bird and then cuts and glues paper feathers to the form. She paints each creation so that it looks real. Her work includes pelicans, roosters, parrots, sparrows, and many more. Over time, Herrera has managed to create sculptures representing over 100 bird species.

Key conundrum: It's not unusual for people to lose their car keys. They might leave them in a restaurant or accidentally drop them on the ground. But not many people lose their keys the way Jovino Huerta lost his. Huerta is a political candidate in Huánuco, Peru. While campaigning, he decided to hand out key chains with the phrase, "Vamos Peru!" Unfortunately, in the excitement of meeting people and shaking their hands, Huerta gave his own keys to someone by mistake. He explained his plight on social media, hoping that they would be returned. No word on that yet.

Quoteable Quotes

"A faithful friend is a strong defence; And he that hath found him hath found a treasure."
—Louisa May Alcott
"Beware lest you lose the substance by grasping at the shadow."
—Aesop

What's Happening

Veterans Association Food Bank - Remembrance Food Drive
We will be starting our largest food drive of the year at the end of October and running through to the end of November. Donations can be dropped off at our offices in Calgary and Edmonton. Call us for details 403-FOR367-VETS8387

Christmas Farmers Market. Get out to the Sundre Community Centre on these two weekends to get your Christmas gifts early! Two weekends, Nov 7 and 8 and Dec 5 and 6 from 11AM to 4PM.

Bergen's Farmers Market-Nov 28. Bergen's special Thanksgiving Farmers Market will run from 10AM - 1PM at Bergen Hall on Nov 28th.

HERITAGE TREASURES XMAS MARKET Xmas in the Country at the Big Red Barn in Cremona; Finalize your shopping with 60 talented vendors' treasures.

Dec 12 from 10 to 5 and Dec 13 from 9 to 4
Donations to Mountain View Xmas for Seniors
Free Admission GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeeneews.ca and be seen here by thousands of readers each week.

Please take me home!

Coffee News® wants all of our readers to stay safe, so please take this copy with you.

Trivia

1. What type of acid is in a lemon?
2. Which whales are called "canaries of the sea"?
3. The art of tie-dyeing became a fashion statement in the 1930s, 1950s, or 1960s?
4. What are Op-Eds that appear primarily in publications?
5. In what major city will you find The Louvre?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing
(Over)

**SNOWBIRD LOVES TO TRAVEL
Seeking Female
Companion**

I love to travel to rodeos, the mountains and the U.S.A. in my luxury motor home. I am fit, active and outgoing.
New to the area, I am seeking the friendship of a petite female in her 60s with similar interests.
If this sounds like you - let's chat!
Call Richard at 403.598.8260

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"

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

SHIP BY BUS
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

BLUE BLOODS
MON - THURS 9:00
yesTV

Prevention is the best CURE...

- Wash hands frequently
- Maintain social distancing
- Cough into your elbow
- Seek medical attention early
- Limit travel; stay home if sick
- Avoid touching eyes, nose and mouth

Help stop the spread of Covid-19
www.int/emergencies/diseases/novel-coronavirus-2019

World Health Organization
Coffee News

FOR ALL YOUR ELECTRICAL NEEDS!
RESIDENTIAL-COMMERCIAL-INDUSTRIAL SERVICE & CONSTRUCTION

WORKING IN AIRDRIE & AREA FOR OVER 25 YRS!

IMPACT ELECTRIC (1993) LTD.
403-948-3004
#12, 25 East Lake Circle, Airdrie
impactelectric@rocketmail.com

Assist In Our Recovery!

SHOP LOCAL
USE LOCAL CONTRACTORS

...and tell them you saw them in **Coffee News®!**

Highly Visible

The paper's colour was chosen especially for its soothing and relaxing effect and makes readers reach out for **Coffee News®**... week after week!

In addition, your ad is rotated every week to a new position in the paper... This gives a fresh look to your ad and garners more attention with repeated viewings! And, if you wish to change your ad, it's FREE! (Limit one change per month.)

A cozy little cabin filled with a variety of treasures!

COUNTRY GARDEN CRYSTALS

- Crystals & Gems
- Gemstone Jewellery
- Sterling Silver Chains
- Himalayan Salt Lamps
- SongPods
- Tibetan & Crystal Singing Bowls
- Gemstone Lamps
- Books, Decks & CDs

Open Thursday thru Monday, 10 a.m. - 5 p.m. (Closed Tuesday and Wednesday)

2025-01-01 403.946.5802

We are doing our best to remain a safe and healing space. Please call ahead to arrange a time to visit the cabin! Check our website calendar for up and coming workshops and events. We are located west of Crossfield - see website for directions: www.countrygardencrystals.ca.

Angel Card Readings available with Charlene Money, AGP/AAEP
Please call the shop for more details!

Recipe of the month

S'mores Bars

3 tbsp. butter, plus more for pan
1 package mini marshmallows

7 c. Golden Grahams cereal
3 Hershey's milk chocolate bars, broken into pieces

Prep: 10 m Total Time: 45 m Yield: 20

- Grease a 9"x-13" pan with butter. In a large pot over medium-low heat, melt 3 tablespoons butter. Add all but 1 cup of mini marshmallows and stir until melted and smooth.
- Turn the heat off and quickly stir in Golden Grahams until evenly coated. Press into pan and top with chocolate pieces and remaining cup mini marshmallows.
- Heat broiler, and cook until marshmallows are toasted, about 2 minutes. Let set at least 30 minutes, then slice and serve.

Source: www.delish.com

FOR ALL YOUR ELECTRICAL NEEDS!

RESIDENTIAL-COMMERCIAL-INDUSTRIAL SERVICE & CONSTRUCTION

WORKING IN AIRDRIE & AREA FOR OVER 25 YRS!



IMPACT ELECTRIC (1993) LTD.
403-948-3004 #12, 25 East Lake Circle, Airdrie
impaclectric@rocketmail.com

Please recycle your copy of



Coffee News®

Pass it on to a friend... or return it to the rack for someone else to enjoy!

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for

\$3,000 YEARLY TAX CREDIT
and **\$30,000 LUMP SUM REFUND**

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

For Expert Help:
1.844.453.5372

BBB A+ Rating

Best Buds Outlet

Premium Canadian Cannabis

#100, 124-1 Ave. NE
403-980-1080

4A, 1861 Meadowbrook Dr. SE
403-980-1046

@Best_Buds_Outlet
bestbudsoutlet.ca

BOTH AIRDRIE LOCATIONS NOW OPEN DAILY, 10 am-10 pm

From Port Alberni, B.C. to St. John's, Newfoundland

Served in

1579+ restaurants and coffee shops

Read by over 1.25 million Canadians per week



Coffee News® is Canada's choice for positive news from around the world!

Your Weekly Horoscope

ARIES (March 21 - April 20)

You may be powerfully and emotionally attracted to someone you encounter in a social setting. Your current relationships could intensify. Expect some fireworks! Lucky Numbers: 23, 26, 33, 36, 43, 46.

TAURUS (April 21 - May 21)

You may be happiest and in the best humour when doing something very creative. You might require help and cooperation from others in order to meet your current goals. Lucky Numbers: 4, 16, 21, 27, 32, 39.

GEMINI (May 22 - June 21)

Major changes might be successfully begun now. Getting what you really want and moving toward achieving your goals may be very important to you. Lucky Numbers: 7, 13, 24, 33, 43, 44.

CANCER (June 22 - July 22)

You may have an incredible amount of energy and have enthusiasm to spare. You might launch a new enterprise using your creative visualization for innovative projects. Lucky Numbers: 3, 18, 24, 30, 36, 42.

LEO (July 23 - Aug. 23)

Physical thrills and excitement may strongly appeal to you. You might want to do something totally out of the ordinary. This could yield mostly positive surprises. Lucky Numbers: 11, 15, 19, 31, 35, 39.

VIRGO (Aug. 24 - Sept. 23)

You may need to have a heart-to-heart talk with a friend or advisor on matters of personal relationships. You could gain a better appreciation and rapport as a result. Lucky Numbers: 6, 8, 20, 24, 43, 46.

LIBRA (Sept. 24 - Oct. 23)

Being realistic in your close relationships is essential. Certain people may not really be worth the effort. Face the truth and make the changes that are required. Lucky Numbers: 22, 29, 31, 38, 40, 47.

SCORPIO (Oct. 24 - Nov. 22)

Try not to overextend yourself as you attempt to advance your personal causes. Don't allow negative comments from others to take away your enthusiasm. Lucky Numbers: 5, 8, 9, 19, 21, 27.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may be very serious and not very likely to compromise. This intensity might help you push through obstacles and deepen your understanding of others. Lucky Numbers: 1, 22, 28, 30, 42, 46.

CAPRICORN (Dec. 22 - Jan. 20)

Your mind may function much better for learning than for teaching. Share your enthusiasm, but avoid lecturing others, especially about emotional subjects. Lucky Numbers: 12, 15, 18, 21, 22, 25.

AQUARIUS (Jan. 21 - Feb. 19)

Your patience and ability to work hard could be prominent. Your concentration may be excellent, and you might be able to focus on accomplishing your ultimate goals. Lucky Numbers: 10, 11, 17, 19, 36, 42.

PISCES (Feb. 20 - March 20)

Others should not lightly dismiss you. You may likely work with great intensity. Stay on course and you might be able to work your way through any obstacles thrown your way. Lucky Numbers: 2, 4, 12, 24, 42, 44.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 6.

Did You Know...

Preventing sunburn: The rhinoceros is the second largest land animal, next to the elephant. Living in Africa and Asia, these beasts can get sunburn on their thick skin. That's why they like rolling in the mud.

Cuts and scrapes: People often call adhesive bandages "Band-Aids." That term is actually a brand name for the first adhesive wound covering, which was invented in 1920 by Earle Dickson of Johnson and Johnson Company.

The Force displayed: Steve Sansweet is known for his collection of Star Wars memorabilia. He has amassed thousands of items, which are on display at the Rancho Obi-Wan museum in Petaluma, California (U.S.).

Animal cross: A beefalo is a cross between a cow and a buffalo (also known as bison). Specifically, a beefalo is 37.5% bison. The meat of this animal is touted to have less cholesterol and fat than conventional beef.

Strong winds: A cyclone is a strong, spiraling storm that can be destructive. Winds rotate around a midpoint of low pressure. North of the Equator, they spiral counterclockwise, and they spiral clockwise if south of the Equator.

On the Lighter Side

Guest: "When I made this reservation, I specifically requested a room facing the ocean."
Desk clerk: "Well, you didn't specify which ocean."

There are only three kinds of humans: those that count, and those that can't.

Blessed are they who can laugh at themselves for they shall never cease to be amused.

Consultant: someone who gets \$100 an hour to tell you the same thing your assistant told you last week.

I have a baby car. It goes everywhere with a rattle.

Answers

Trivia answers: 1. Citric 2. Beluga whales 3. 1960s 4. Opinion pieces 5. Paris, France

For available franchise opportunities - visit coffeenewscanada.com
© Published with Permission by Mad Mama Marketing

Flat Rate Residential and Commercial CLEANING



RRIS LTD CLEANING
CALL/TEXT 403.852.6308
RRISLTD@gmail.com

- ✓ Wash and Fold Laundry Service for Residential and Commercial Customers
- ✓ Locally Owned and Operated
- ✓ Licensed, Bonded and Insured

Recipe of the month

Cream Cheese Penguins

18 jumbo black olives, pitted
1 (8 oz.) package cream cheese, softened

18 small black olives
1 carrot

Prep: 30 mins. Total: 35 mins Yield: 18 penguins

- Cut a slit from top to bottom, lengthwise, into the side of each jumbo olive. Carefully insert about 1 teaspoon of cream cheese into each olive. Slice the carrot into eighteen 1/4 inch thick rounds; cut a small notch out of each carrot slice to form feet. Save the cut out piece and press into centre of small olive to form the beak. If necessary cut a small slit into each olive before inserting the beak.
- Set a big olive, large hole side down, onto a carrot slice. Then, set a small olive onto the large olive, adjusting so that the beak, cream cheese chest and notch in the carrot slice line up. Secure with a toothpick.
- Add scarves and hats by using fresh red pepper strips, or canned pimentos cut into different shapes.

Source: www.allrecipes.com

CONFUSED

worried angry
NOT SURE WHERE TO FIND HELP?
WE CAN POINT YOU IN THE RIGHT DIRECTION

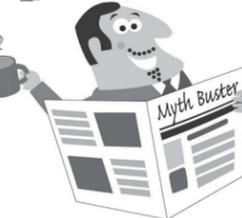
SCARED ALONE UNCERTAIN
SAD worried hurt

403.943.1500
1.844.943.1500 (toll free)

ADDITION AND MENTAL HEALTH Information & Referral Calgary Zone

Alberta Health Services Access Mental Health

MYTH BUSTER... "PRINT IS DEAD"



FACT: 90% of adults in USA & Canada read magazines and newspapers.

Don't underestimate the Power of Print.
CMF Trends Report, 2019; ChoosePrint.org Study; MarketingSherpa & MEC Labs Institute

Coffee News

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 MEDISPA
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE
SILVERFERNMEDISPA.COM

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

FRIENDLY, PROFESSIONAL STAFF

Feeling a little stressed?

Relax with...



Coffee News®

Flat Rate Residential and Commercial CLEANING



RRIS LTD CLEANING
CALL/TEXT 403.852.6308
RRISLTD@gmail.com

- ✓ Wash and Fold Laundry Service for Residential and Commercial Customers
- ✓ Locally Owned and Operated
- ✓ Licensed, Bonded and Insured