

APARTMENTS FOR RENT
Cedar Ridge

It's easy to imagine Calgary city life at Cedar Ridge Apartments! These spacious living spaces nestled in nature along the Bow River allow you to get lost in mountain and river views. Enjoy all of downtown Calgary's offerings or take pause in one of the neighbourhood's many green spaces.
 1 bdrm from \$1,025/month* | 2 bdrm from \$1,095/month* | 3 bdrm from \$1,345/month*

Call 403.279.8681 or visit www.caprent.com
*Price subject to availability and change

Did you know Gold Canyon Candles went out of business in March 2020? Sunset Scents is a new candle company that was formed by two former Gold Canyon executives who have over 20 years in the candle industry.

PSC
 Prairie Scented Candles
Sunset Scents
 A Ray of Fragrance

We are recreating your Gold Canyon favourites like Fall Leaves (aka Autumn Walk), Hot Apple Cider (aka Mulled Cider), Christmas Wreath (aka Holiday Wreath), Ginger Lime and many more!

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

SkipTheBongShop

OPEN 7 DAYS A WEEK 10a - 10p
 Calgary & Area 2HR DELIVERY
 We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15

Elevate Your Online Presence!

WEBSITE DESIGN/HOSTING
 SEO SERVICES
 SOCIAL MEDIA STREAMLINING

MONOLITH SOLUTIONS
www.monolithsolutions.ca

Call 403.356.4021 and ask about our COVID SUBSIDY PROGRAM!

Pregnant? Facing Difficult Decisions?

We can help.
 Call 780.421.1177 or text 587.596.5380

Confidential Pregnancy Counselling
 Support and Connection to Resources
 Adoption Information and Advice

Small Miracles Adoption
www.smallmiraclesadoption.com

The Brenda Stafford Cambridge Foundation Manor

Opening June 2020

Introducing Cambridge Manor The Brenda Stafford Foundation's newest seniors wellness community in University District, NW Calgary's newest urban neighbourhood.

- Assisted Living, Enhanced Care and Memory Care
- Respite Care short terms stays available

403.536.8675 | cambridgemanor.ca

Every \$3.51 You Give = **1 MEAL FOR A HOMELESS NEIGHBOUR**

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

FREE! *New Issue Every Week!*
Coffee News[®]
 "News To Be Enjoyed Over Coffee"
West Edition
587-392-8086

www.coffee-news.ca Est. 1988

Vol. 11 No. 2 January 11, 2021

Everybody's Talking

Underwater art: A young Bahamian girl sits beneath the sea off the coast of New Providence, an island in the Bahamas. Actually, the girl is a statue, made of sustainable materials designed to encourage the growth of coral. Named "Ocean Atlas," this statue was made by Jason deCaires Taylor, an artist and photographer. "Ocean Atlas" was installed in 2014 under the water near the city of Nassau. It is 5.5 metres (18 ft.) tall and weighs over 60 tonnes. It is possible to go snorkeling in the area to see this interesting art installment up close.

Tiny tree: Fairy Lake near the town of Port Renfrew on Vancouver Island, Canada, draws people to its shores so they can view a little fir tree. This small conifer is special because it is growing out of a log that is submerged in the lake. The tree is thought to be between 30 and 40 years old, and no one is quite sure how it survives on the log, which is the source of its nutrients. The tree is the subject of many photographs, and no two are alike. In times of high water, it may be almost submerged, while on still summer mornings, it sits peacefully in the mist.

Twice lucky: His last name has not been released, but "Joe B." is one lucky fellow. From Pueblo, Colorado (U.S.), Joe bought two lottery tickets on the same day at different stores located a few blocks apart. He purchased one in the morning and one in the afternoon. Both tickets turned out to be \$1 million winners! Joe used the same numbers (his lucky ones) each time. It took him a month to claim his prizes, and when he did, it was via a drive-thru window set up during the COVID-19 pandemic.

Animal hospital: The Nairobi National Park in Kenya has a special centre for injured animals. Called the Nairobi Animal Orphanage, this centre takes in and treats animals and birds of many different species. On any one day, there may be lions, hyenas, cheetahs, parrots, ostriches, and more. While the animals are ill or injured, they are nursed back to health by the orphanage's staff. The centre's goal is for the animals to be rehabilitated and returned to their natural habitats. Often, park rangers are the ones who find and bring in animals and birds that need medical treatment. The public can visit the orphanage for educational tours.

Quoteable Quotes

"Whatever is—is best." —Ella Wheeler Wilcox
 "It will never rain roses: when we want To have more roses we must plant more trees."—George Eliot

What's Happening

Jan 4 to Feb 20-Skate the Boulevard Grab your skates and join us for outdoor skating on The Boulevard at Deerfoot City's new synthetic skating rink! Drop-ins are welcome, but as the rink has limited capacity, booking a time slot is a good idea! <https://deerfootcity.simplybook.mev2book>

Feb 1 to 28-Hypothermic Half Marathon 10K Virtual event - participate from any location you choose! Run in support of Justsocks.ca - a volunteer operated charity providing new socks to those in need across Canada. www.hypothermichalf.com

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

Hidden Coffee News Guy ADVENTURE

Find the Coffee News Guy hidden in one of the ads, then enter to win!
\$400* Prize Package
*Coffee News Bucks
 Over 150 participating sponsors!
 4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

To enter, visit www.coffee-news.ca
 Submit your birth date and we'll send you a birthday card with valuable offers on your special day!
NEW FEATURE!
 ...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

1. A xylophone is a member of what class of musical instruments?
2. Where is Tasmania?
3. Lou Ferrigno is best known for his portrayal of what TV character?
4. In the periodic table of elements, what is the symbol for platinum—P, Pl, or Pt?
5. What is a snaffle?

(Flip bottom of page for answers)

© Published with Permission by Calgary Coffee News

(Over)

Wear a mask. Stay Safe!

Become a Trained Bartending Professional!
BARTENDING CLASSES

DAYTIME, EVENING OR WEEKEND

METROPOLITAN SCHOOL OF BARTENDING
MetropolitanSchoolofBartending.com

THIS SPACE FOR RENT
587-392-8086

HELP STOP THE SPREAD!

1. Wear a mask
2. Keep your distance – six feet!
3. Wash your hands
4. Take your copy of Coffee News® home with you

Stay safe!
 A message from your friends at **Coffee News®**

Can't get to your Coffee News® each week?
 Check out our PDF editions online!
 New editions are posted every Monday

Sign up here to receive email notifications of new editions.
 Now you never have to miss your weekly dose of good news!

www.coffee-news.ca/editions

BINGO BARN
 The Place To Play Everyday!
 2 Mornings - Sat & Sun • 7 Afternoons • 7 Evenings • 2 Late Nights - Fri & Sat

Bingo Info Line: 403-235-2118
 #10, 1107 33rd St. N.E. • www.BingoBarn.ca

Happy **Rubber Ducky Day** January 13

from your friends at **Coffee News®**

MARLBOROUGH DENTURE CLINIC
SENIORS RATES APPLY

AFFORDABLE DENTURES
 Please Call Us!
403-272-2500
 Mention this ad when you call us.

#250 - 433 Marlborough Way NE.
 2nd floor Marlborough Mall
 Near entrance #5 - East side of mall

We Keep Good Company
 Improving the quality of life for seniors and those with disabilities through accompaniment and companionship, including transportation services

Driving Miss Daisy Seniors' Services
 Accompanying you to a fuller life

1.877.613.2479
www.drivingmissdaisy.ca




FREE
SCRAP CAR REMOVAL

DJ'S TOWING

MENTION THIS AD AND
RECEIVE UP TO \$300
FOR YOUR SCRAP VEHICLE
CALL 403-922-2412

HELPING HOMEOWNERS START OR FINISH THEIR HOME PROJECTS

CALGARY
HANDYMAN SERVICES



DRYWALL	INSTALLATION
PAINTING	BATHROOM RENOS
PLUMBING	FLOORING
ELECTRICAL	...AND MORE!

CALL/TEXT TODAY:
403.852.7505
calgaryhandymanservices@telus.net

SOUTH ST. BURGER



100% Canadian Angus Beef and Fresh Cut Fries
5 Calgary locations!

www.southstburger.com

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"

DHILLON LAW OFFICE
Kirin Dhillon, Barrister & Solicitor



- Family Law
- Criminal Law
- Real Estate
- Immigration Law
- Wills and Estates
- Civil Litigation

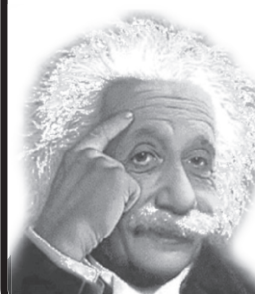
403.815.9944
104-200 Country Hills Landing NW • kirin@dhillonlawoffice.com

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

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!

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)




This may be a busy and active time in your personal life. Appointments to keep and a hectic schedule might leave you little time for close, personal contact with your loved ones. Lucky Numbers: 1, 5, 7, 9, 11, 13.

TAURUS
(April 21 - May 21)



Take a break from your rigid schedule. This may be a favourable time to take a short vacation or pleasure trip, especially to visit people whose company you really enjoy. Lucky Numbers: 9, 11, 34, 41, 42, 48.

GEMINI
(May 22 - June 21)




Think big – the basics of your life may be shifted. You might be more willing to take risks and speculate. This could spur you to discover ways to improve your career. Lucky Numbers: 10, 19, 22, 32, 38, 41.

CANCER
(June 22 - July 22)



Your relationships may be very harmonious and positive. Humour those who need to tell you how to live your life. Shower loved ones with affection and pampering. Lucky Numbers: 11, 30, 37, 39, 42, 44.

LEO
(July 23 - Aug. 23)



You might discover that the ethics you hold can radically change through some new experiences. You may find new and exciting ways to begin a high-tech adventure. Lucky Numbers: 17, 28, 33, 42, 45, 47


VIRGO
(Aug. 24 - Sept. 23)



Try to focus on maintaining a healthy lifestyle. You might need to concentrate on complex concepts that can be very demanding, both mentally and physically. Lucky Numbers: 2, 15, 19, 29, 35, 48.


Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 3.

LIBRA
(Sept. 24 - Oct. 23)




You may have a clear goal in mind and intend to succeed. You might need to use your sense of creativity to help you to appreciate and recognize each person's unique part. Lucky Numbers: 5, 7, 13, 17, 23, 34.

SCORPIO
(Oct. 24 - Nov. 22)



Disputes can cause great sorrow. Uncertainties could distract you from straightening out your personal issues. Ask direct questions and insist on pertinent answers. Lucky Numbers: 6, 8, 10, 12, 14, 16.

SAGITTARIUS
(Nov. 23 - Dec. 21)




You may feel optimistic, hopeful, and eager to interact with others. You might see connections and possibilities that you previously could have overlooked. Lucky Numbers: 3, 12, 40, 42, 44, 47.

CAPRICORN
(Dec. 22 - Jan. 20)




You may be able to discover new methods to accomplish your own personal tasks. If you deal with words, ideas, or communication, your efforts might be very productive. Lucky Numbers: 27, 28, 32, 35, 45, 48.

AQUARIUS
(Jan. 21 - Feb. 19)



Your search for a creative outlet may be realized. Express yourself about the things that are important to you. In doing this, you might become clearer about your own ideals. Lucky Numbers: 2, 6, 34, 43, 44, 49.

PISCES
(Feb. 20 - March 20)



This may be the time to prove your commitment to your loved ones. Put your emotional needs into perspective. Put aside work ambitions and focus on personal issues. Lucky Numbers: 4, 16, 20, 28, 32, 41.

Did You Know...

Snack time: Everybody loves popcorn, especially at the movies! Popcorn is a specific type of corn with a hard outside and an inside that consists of dense starch. When heated, the starch pops and turns the kernel into the familiar snack.

Mountain ranges: The country of Colombia, in the northwest corner of South America, is home to the Colombian Andes. There are three branches: Cordillera Central, Cordillera Oriental, and Cordillera Occidental.

Famous works: Composer Wolfgang Amadeus Mozart (1756-1791) was a famous Austrian composer whose works are still admired today. He wrote operas, including *The Marriage of Figaro*, as well as symphonies, such as the *Jupiter Symphony*.

Fast running bird: Ostriches are found in the wild in Africa and are also raised around the world as a farm animal. Although they can't fly, they can run faster than any other running bird.

Cotton swabs: A Polish American named Leo Gerstenzang is credited with inventing the Q-tip in the early 1920s after watching his wife use a cotton-covered toothpick as a makeshift version. That spurred him to come up with something better.

On the Lighter Side

My friend and I often laugh about how competitive we are. But I laugh more.

What has feathers but no wings? A pillow.

Man on one river bank: "I need you to help me get to the other side!"

Man on the other river bank: "You are on the other side!"

Don't you hate it when someone answers their own questions? I do.

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

Answers

Trivia answers: 1. Percussion 2. SE Australia 3. The Hulk 4. Pt 5. A bit for a horse

For available franchise opportunities – visit coffeenewscanada.com
© Published with Permission by Calgary Coffee News

Have You Had A Stroke?

For support and education:

- Stroke Recovery Association of Calgary (SRAC)
- Calgary Aphasia Centre (CAC)
- Young Survivors Group (YSS)



Phone 403.827.7520

www.sracalgary.com • www.calgaryaphasia.com
ysscalgary@gmail.com • Calgary.Aphasia.Centre@gmail.com

FRASIER WEEKNIGHTS 6:00(EST) / 6:30(MT)
yesTV



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**



Love **Coffee News**?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
Please put "Readers" in the subject line.

Please include:
1 Your name 2 Your phone number and 3 Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Reader of the Month
Thomas Acheson • Calgary, AB

Coffee News Fun Reading. Serious Advertising.

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

TOWNSEND UPHOLSTERY

COMMERCIAL and RESIDENTIAL

✓ Automotive ✓ Boats
✓ Sunbrella Fabrics
✓ Indoor and Outdoor Furniture

EMAIL US A PHOTO OF YOUR PROJECT FOR A FREE QUOTE!

403.686.3186
3540-41 Street SW
2towns2@telus.net • www.townsendupholstery.net



One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE – It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere – even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714



SkipTheBongShop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15

