

**THIS SPACE
FOR RENT**
587-392-8086

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

Hip or Knee Replacement?

The disability tax credit allows for a
\$2,500 Yearly Tax Credit and
up to **\$30,000 Lump Sum Refund**

Copd, arthritis, and many other disabling
conditions that cause **Restrictions in
Walking or Dressing** may qualify.

APPLY
ANY TIME
OF THE
YEAR



For Expert Help:
1.844.453.5372

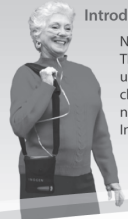
EST 2017
SWEET TREE
CANNABIS CO.

LIFE CAN BE
THIS SWEET.

www.sweettreecannabis.com
1204C - 16th St SE, High River

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!

inogen

© 2020 Inogen, Inc.
All rights reserved. MKT-P0108

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

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

Give Hope. Give Today.
TheSeed.ca/donate



**We Care Because
You Care**

- FOREIGN AND DOMESTIC
- PAINT AND BODY WORK
- INSURANCE DRP APPROVED
- CALL US FOR AN ESTIMATE!

DRIVERS COLLISION
2014 Inc.
YOUR LOCAL
HOMETOWN BODY SHOP
STRATHMORE
403.934.9900

HIGHWOOD DENTAL

DR. DARCY W. BENNETT

403.652.2274
www.highwooddental.com

NEW PATIENTS
WELCOME!

Wear a mask. Stay Safe!

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed
Over Coffee"

High River
Edition

587-392-8086



www.coffee-news.ca

Est. 1988

Vol. 11 No. 3 January 18, 2021

Everybody's Talking

Plant lover: Joe Bagley lives in his own personalized jungle. His home is a one-bedroom coach house in Loughborough, Leicestershire, England, and it is filled to the rafters with all kinds of potted plants, from cacti to ivy and from tropicals to succulents. All told, he estimates that 1,400 plants live in his abode. His love of plants started when, as a boy of 13, his grandmother gave him a spider plant cutting. Since then, collecting and caring for plants has become his passion. Even his work involves plants: he works in a garden centre.

Close proximity: Those who live near busy highways may not be thrilled with traffic noise, but that's nothing compared to a situation in Cairo, Egypt. Designed to carry fast-moving vehicles, Teraet Al-Zomor Bridge is under construction just 50 centimetres (20 in.) from four high-rise apartment buildings. Apparently, the bridge is an important addition to the infrastructure, and the construction has a permit. The apartment dwellers will have to relocate, as the buildings will be torn down. For now, though, the view from some of the suites is definitely blocked, but hopefully the compensation to the renters will be worth it!

Big loaves: The country of Vietnam holds many tourist attractions, but one unlikely item has people talking - giant loaves of bread. Baker Pham Thi Bac of An Giang province in the Mekong Delta, started making the big loaves in 2018, just for fun. At about one metre (3 ft.) long and weighing approximately three kilograms (6.5 lbs.), the loaves taste great and are glazed with butter and seeds. Local people heard about the bread first and started asking for it. Then tourists joined in, wanting to take home a loaf or two as souvenirs - if they could figure out a way to carry them!

House for raffle: Katherine Jablonowska and Ryan Mclean wanted to do something different, so they took on a unique project. They bought a 19th-century cottage on the Llyn Peninsula in North Wales and renovated it. But their goal was not to live there. Instead, they plan to raffle it off for £5 per ticket, with the lucky winner becoming the new owner. Originally a working barn, the home is now a beautiful, peaceful abode, with all the "bells and whistles" of modern life. When selling tickets, the pair is requesting a £1 donation, which they will match and donate to The Children's Society.

Quoteable Quotes

"Dance to the tune that is played." —Spanish proverb
"A little alarm now and then keeps life from stagnation."
—Fanny Burney

What's Happening

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

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>

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!

...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. What does the term "ipso facto" mean?
2. Mexican American performer Carlos Santana is known for playing what instrument?
3. What does a bibliophile collect or have a love for?
4. Author Agatha Christie is best known for writing what type of novels?
5. A brouhaha is a German joke or a ruckus?

(Flip bottom of page for answers)

© Published with Permission by Calgary Coffee News

(Over)

AFFORDABLE-EFFECTIVE-EXCLUSIVE-CALL NOW!

**Christmas Blind
BLOW-OUT**
For every Barato Honeycomb
Blind you buy, get 1 of equal
or lesser value FREE!

Who ya gonna call?
Sunbusters

Top/Down
Bottom/Up

Room Darkening
Available - Sleep
Well

Factory Pricing!
**Huge
Deals!**

403.690.3024
sun-busters.com

MOBILE DETAILING
CRAZE
CARING ABOUT YOUR
MOBILE INVESTMENTS

403-519-6199
www.CrazeMobileDetail.com
CrazeMobileDetail@gmail.com

Proudly serving the Foothills
communities including:

- Aldersyde
- Black Diamond
- Calgary
- High River
- Longview
- Okotoks
- Turner Valley

f i y

January 23

Happy
PIE
Day

from your friends at
Coffee News

JEOPARDY!
WEEKNIGHTS 7:30
yesTV

**SAVE
BIG**

...on all tire makes and models.
Brands you know and trust!

**TIRE
BLOWOUT
SALE**

High River's
**COUNTRY
CHRYSLER**

403-652-4949
1103, 14 STREET SE • HIGH RIVER

PLUS:
Windshields
starting
at \$199.95

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**

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"

The Brenda
Strafford
Foundation
Manor

Opening
**June
2020**

Introducing **Cambridge Manor**
The Brenda Strafford 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 term stays available

403.536.8675 | cambridgemanor.ca

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



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

Winter's On The Way...

Time to take care of your furnace and hot water tanks!

- Furnace Repair • Duct Cleaning
- Air Conditioning • Hot Water Tanks
- Air Filtration • Humidifiers

We offer **INSTALLATION and SERVICE**

Call for your appointment: **403-764-3104**

www.hogghomeservices.ca www.ecotechcalgary.com

Local Alberta companies helping Albertans



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
yssc Calgary@gmail.com • Calgary.Aphasia.Centre@gmail.com



Become a Trained Bartending Professional!

BARTENDING CLASSES



DAYTIME, EVENING OR WEEKEND

METROPOLITAN
SCHOOL OF BARTENDING

MetropolitanSchoolofBartending.com

Bacon Wrapped Stuffed Mushrooms

- | | |
|---|-----------------------------------|
| ½ cup chopped green onions | 20 fresh mushrooms, stems removed |
| 2 (8 ounce) packages cream cheese, softened | 1 pound sliced bacon, cut in half |

Level: Easy Total: 30 mins Yield: 20 appetizers
Prep: 10 mins Cook: 20 mins

- Preheat the oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix together the green onions and cream cheese. Stuff mushroom caps with the cheese mixture. Wrap each mushroom with a half-slice of bacon, and secure with toothpicks. Place on a baking sheet.
- Bake for 20 minutes in the preheated oven, until the bacon is cooked.

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)



Upcoming social and family gatherings may mean your schedule is full of fun activities. Your creative mind may be busy making plans.

Use this time to recharge yourself. Lucky Numbers: 2, 14, 21, 34, 40, 45.

TAURUS
(April 21 - May 21)



Feelings of tenderness and love, especially for family members, may be very strong right now. You might feel very high spirits in hosting a party at home. Cheers! Lucky Numbers: 12, 17, 31, 37, 40, 42.

GEMINI
(May 22 - June 21)



Take full advantage of any possible avenue of communication available to spread your message. This may be an excellent time for you to do some research or studying. Lucky Numbers: 8, 9, 16, 22, 37, 41.

CANCER
(June 22 - July 22)



You may need to ask pertinent questions about your status. If you don't hold back, you might be in the driver's seat. Plan a getaway and take full advantage of some time off. Lucky Numbers: 18, 20, 22, 23, 31, 40.

LEO
(July 23 - Aug. 23)



Many may try to lead, but you might have the secret to success. You usually love a happy ending, and this story could prove to be a real winner. Enjoy the success. Lucky Numbers: 10, 12, 20, 28, 34, 38.

VIRGO
(Aug. 24 - Sept. 23)



Don't be overly eager to launch your work goals until you have established a healthy family foundation. You may need to balance your career and your personal affairs. Lucky Numbers: 17, 19, 27, 29, 37, 39.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 10.

Did You Know...

It's snowing! Accurately measuring the amount of rainfall is easier than measuring the amount of snowfall. One reason is that snow can stick to the side of the gauge, blocking falling snow from getting into the measuring container.

No arch: In people with flatfeet, the whole soles of their feet don't have arches. In some people, this condition causes problems, such as foot pain, but others don't have any symptoms.

Zucchini facts: People think of zucchini as a vegetable, but it is actually a fruit. Zucchini have beta-carotene and alpha-carotene, and the skin may be eaten along with the flesh because it is rich in antioxidants.

Funny lady: Maya Rudolph is an alumna of the famous American skit comedy show, *Saturday Night Live*. She performed on the show from 2000 to 2007 and became known for her impersonations.

Old tree: A living natural wonder of the world grows in the Abarkuh in Yazd Province, Iran. This Mediterranean cypress tree, known as Sarv-e Abarkuh, is thought to be between 4,000 and 5,000 years old.

On the Lighter Side

How are a green apple and a red apple alike? They're both red, except for the green one.

Why are movie stars so cool? They have a lot of fans.

She: "I have a doctor's appointment today, but I really don't want to go."

He: "Just call in sick then."

How do you get down from an elephant? You don't. You get down from a goose.

What disappears the second you start talking about it? Silence.

Answers

Trivia answers: 1. By the fact itself 2. Guitar 3. Books 4. Mystery 5. A ruckus

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

Unit 3, 401-33 Street NE
singlecup.ca
Mon-Sat 9-5

500+

K-Cups • PODS • Davinci Syrups

FREE SHIPPING \$60+

Call or text and collect
403-837-4379



FIND Hope WITH US

PASS IT FORWARD

CancXcancerhelp.com

Use Order Code 6902

BREAKTHROUGH IN CANCER NUTRITIONAL SUPPORT

Caring for your dogs as if they were our own!

✓ On leash and off leash walks in appropriate areas

✓ Private in-home training

✓ Group classes

✓ Special programs for private training

Visit us on Facebook to find out what we're all about!



daisysdoggiewalksandtraining@gmail.com **403.970.9800**

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.

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!

E CAUGHT YOUR EYE?

PRICE MATCH GUARANTEE! TALK TO US FIRST!

Diamond Valley Vision Care
IN BLACK DIAMOND

Comprehensive Eye Care:
• Health
• Emergencies
• Optics
• Rehabilitation
Covered under AB Health

CALL NOW: **403-933-5552**

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!

"A Royal Flush Always Beats A Full House!"

HIGH RIVER SEPTIC TANK CLEANING
We offer: SEPTIC TANK CLEANING • VAC TRUCK • & BACK-HOE SERVICES **403.651.3958**

PROUDLY SERVING HIGH RIVER, OKOTOKS & SURROUNDING AREA

68-High River