

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

inogen

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

BLUE BLOODS

MON - THURS 9:00

yesTV

HAPPY Groundhog DAY

February 2

from your friends at **Coffee News**

THIS SPACE FOR RENT

587-392-8086

BEST RATES

Your partner in **SUCCESS**

Bookkeeping
Accounting Services
Taxes | CRA Inquiries

M

M&N Accounting Services

403-618-9984

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

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

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

North Calgary Edition

587-392-8086

www.coffee-news.ca

Est. 1988

Vol. 11 No. 4 January 25, 2021

Everybody's Talking

Unusual art: Artist Reijo Kela of Finland must have been a bit bored when he decided to make some friends – literally. He came up with an art installation consisting of over 1,000 "people" made of wooden frames and dressed in colourful clothing. All the figures, which have heads of peat and hair of straw, face the same direction. Called "The Silent People," the installation is situated in a field near a highway, in the Finnish municipality of Suomussalmi. Drivers who are accustomed to the sight may not look twice, but those who don't know about it experience quite a shock when they first view the army of scarecrows.

Unshorn sheep: A sheep named Prickles has become a celebrity in Tasmania (Australia). The ovine got separated from Alice Gray's family farm in 2013 during intense bush fires. A lamb at the time, the family worried that she wouldn't survive in the wilderness. However, they were buoyed by a few sightings of her over the years, and finally, they managed to catch her, put her in a truck, and get her back to the farm. Prickles had not had her wool shorn for so long that she looked like a big ball of fluff. The family sponsored a contest for people to guess how much the wool weighed, and they donated the proceeds to a COVID-19 relief fund.

Pancake perfection: The small city of Ames, Iowa (U.S.), is home to The Grove Café. This little restaurant, which was founded back in 1948, serves such good food that it has been voted one of the 20 best breakfast restaurants in the country. Pancakes are the menu item that gets diners' attention. They are enormous and barely fit on a plate. At an inch thick and with perfect fluffiness, these pancakes can be ordered as a short stack of two, for diners who are really hungry. Toppings include butter, blueberry and raspberry jam, and whipped cream.

Picturesque burglary: If you are going to rob someone, try not to take a picture of yourself on the victim's phone. That's what Ashley Keast did after breaking into a home with the intent of stealing. Keast, of Rotherham, South Yorks (England), stole a SIM card and put it into a different phone before posting a selfie. He didn't realize that the photo was seen by the victim's co-workers, who called the cops. It didn't take long to find the thief, who was caught with the victim's £4,000 Rolex watch. Keast ended up in jail for his bad deed.

Quoteable Quotes

"Anticipation was the soul of enjoyment —Elizabeth Gaskell

"There is nothing either good or bad, but thinking makes it so." —William Shakespeare

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. Glaucoma is a medical condition that affects the ears or the eyes?
2. A taradiddle is a petty falsehood or a type of riddle?
3. What actress played the role of Elaine in the Seinfeld sitcoms?
4. George de Mestral invented Velcro, a combination of what?
5. What is a worthless medicinal product often called?

(Flip bottom of page for answers)

© Published with Permission by Calgary Coffee News (Over)

DHILLON LAW OFFICE

Kirin Dhillon, Barrister & Solicitor

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

403.815.9944

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

Fresh Cut Fries and World Famous Poutines

newyorkfries

FIND US IN YOUR FAVOURITE FOOD COURT!

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 our 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

Skip the Bong Shop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15

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

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

Winter Blind SPECIALS!

For every Barato Honeycomb Blind you buy, get 1 of equal or lesser value FREE!

Who ya gonna call?

Top/Down Bottom/Up

Factory Pricing! **Huge Deals!**

Room Darkening Available – Sleep Well

Sunbusters

403.690.3024
sun-busters.com

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:

- Your name
- Your phone number
- 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.

Visit us on Facebook-CoffeeNewsWeekly

Because No One Wants to See Your Crack

WINDSHIELDS | TIRES | MUCH MORE

High River's COUNTRY CHRYSLER
403-652-4949
1103, 14 STREET SE • HIGH RIVER

SAVE 20%
ON A NEW WINDSHIELD WHEN YOU BRING IN THIS AD!

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**



FREE SCRAP CAR REMOVAL

DJ'S TOWING

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

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

Give Hope. Give Today.
TheSeed.ca/donate



Become a Trained **Bartending Professional!**

BARTENDING CLASSES



DAYTIME, EVENING OR WEEKEND



METROPOLITAN SCHOOL OF BARTENDING

MetropolitanSchoolOfBartending.com

The **Brenda Strafford** Cambridge 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

Recipe of the month

Valentine's Day Brownies

- | | |
|---------------------------------|----------------------------------|
| 3/4 c. unsalted butter | 6 large eggs |
| 4 oz. unsweetened chocolate | 1 c. granulated sugar |
| 4 oz. semisweet chocolate | 1 c. packed brown sugar |
| 1/2 c. all-purpose flour | 2 tsp. vanilla extract |
| 1/2 c. unsweetened cocoa powder | vanilla frosting, for decorating |
| 3/4 tsp. salt | |

Total time: 40 mins. Yield: 16 servings

- Heat oven to 350°F. Line 13-inch by 9-inch pan with foil; grease foil.
- In 3-quart saucepan, melt butter and chocolates on low, stirring. Remove from heat.
- In bowl, whisk flour, cocoa and salt. In large bowl, with electric mixer on high speed, beat eggs until blended. Gradually add sugars; beat until tripled in volume, about 10 minutes.
- Fold in chocolate mixture and vanilla, then flour mixture. Pour into pan. Bake until toothpick inserted near centre comes out almost clean, 28 to 32 minutes.
- Once cool, cut brownies into hearts freehand or using a heart-shaped cookie cutter. (Tip: Don't let the trimmings go to waste – you can even crumble them onto a sundae!)
- Pipe on store-bought frosting to create cute chocolate "conversation hearts."

Source: www.goodhousekeeping.com



www.toesonthego.ca

Your Weekly Horoscope

ARIES
(March 21 - April 20)



Your energy level may be high. Your ability to concentrate in your field of expertise might bring you much success. The world of imagination could seem very attractive to you. Lucky Numbers: 6, 24, 36, 40, 43, 47.

TAURUS
(April 21 - May 21)



This may be a busy time for you, with many family celebrations to attend. You might enjoy being with friends and family, sharing pleasures and fun together. Enjoy! Lucky Numbers: 1, 16, 31, 46, 47, 49.

GEMINI
(May 22 - June 21)



If you are a writer, this may be a magical time for inspiration of a very high order. Your natural sense of spiritual purpose and direction might be greatly enhanced. Lucky Numbers: 17, 20, 23, 26, 29, 32.

CANCER
(June 22 - July 22)



Your imagination and intuition may be heightened, which could benefit any creative or artistic endeavour. Your thoughts might tend to be very dreamy or fantastic. Lucky Numbers: 2, 10, 15, 36, 43, 45.

LEO
(July 23 - Aug. 23)



Be aware of your own energy level and be sure to save some energy for the near future. Time may mend wounds, but your emotional scars may need more healing. Lucky Numbers: 4, 5, 13, 26, 38, 44.

VIRGO
(Aug. 24 - Sept. 23)



You may choose to begin some sort of self-improvement effort. Once your life is put into a better perspective, you might feel more confident that your goals are attainable. Lucky Numbers: 7, 13, 17, 23, 37, 43.

LIBRA
(Sept. 24 - Oct. 23)



You may be more conscious of the price you might need to pay to realize your ultimate dreams. Don't allow it to discourage you from turning your ideas into reality. You can do it. Lucky Numbers: 4, 14, 16, 29, 32, 45.

SCORPIO
(Oct. 24 - Nov. 22)



You may attend an artistic event that exposes you to new styles that differ from your own. These new contacts may provide you with some exciting ideas. Lucky Numbers: 5, 8, 19, 25, 37, 40.

SAGITTARIUS
(Nov. 23 - Dec. 21)



Now may be a good time to have someone special to share good times. You might need to try to create a more equal sharing of love and nurturing in your relationship. Lucky Numbers: 16, 25, 26, 35, 36, 45.

CAPRICORN
(Dec. 22 - Jan. 20)



Communications may come from unexpected places. You might crave more stimulation. Your strong sense of adventure could greatly influence your imagination. Lucky Numbers: 13, 16, 22, 25, 37, 48.

AQUARIUS
(Jan. 21 - Feb. 19)



This may be a productive time to learn more about love and about what your true values may be. Remain calm and look more objectively at your relationships. Lucky Numbers: 11, 17, 30, 34, 46, 49.

PISCES
(Feb. 20 - March 20)



A conflict of interest may arise due to a lack of respect others might be showing you. Your leadership qualities might help them appreciate your professional approach. Lucky Numbers: 10, 11, 19, 30, 31, 39.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 2.

Did You Know...

Rare bird: The blue-throated macaw is a brightly coloured bird that lives in northern Bolivia. It grows to be 60 to 91 centimetres (two to three feet) from head to tail, and some live to be 50 years old. They are on the endangered list.

Buggy place: The city of Montréal, Québec (Canada), has a very unusual museum called the Insectarium of Montréal. This museum displays thousands of insect specimens for those who are fascinated by such creatures.

Savoury breakfast: A favourite breakfast sold by street vendors in China is jianbing. This made-to-order, crêpe-like food is filled with green onion, cilantro, and vegetables, and topped with hoisin sauce and spices.

I love you: In Paris, an art installation called *Mur des Je T'Aime* ("I Love You: The Wall") was built from lava tiles by Frédéric Baron and Claire Kito. On the tiles, the artists have written "I Love You" in 311 ways, using about 250 languages.

Born singer: Sia is a pop singer from Adelaide, Australia. After limited early success in Australia, she moved to England, where she pursued a solo career. One of her early albums, *Healing is Difficult*, was released in 2001. She now lives in the United States.

On the Lighter Side

Falling in love is awfully simple. Falling out of love is simply awful.

What stays in the corner all the time but travels around the world? A stamp.

Why didn't the dinosaur cross the road? Because there weren't even any roads during the Jurassic Period!

What do lawyers wear to court? Lawsuits.

Dentist: "You need a crown."

Patient: "Finally, someone who understands me."

Answers

Trivia answers: 1. Eyes 2. Petty falsehood 3. Julia Louis-Dreyfus 4. Velvet and crochet 5. Snake oil

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

Is your business having trouble with computers?



Computer Repair



Website Hosting



Website Design



Digital Marketing

We can help combine your digital assets into one easy to manage solution.
Save Money - Get Found - Improve Website - Boost Efficiency - Eliminate Problems



MONOLITH SOLUTIONS
www.monolithsolutions.ca

Call Us Today
1-800-637-5090

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

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**



For Expert Help:

1.844.453.5372

Skip the Bong Shop

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

SAVE 15% USING CODE: COFFEE15

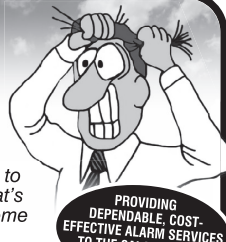


Faulty Alarm or Security Emergency?

Is your current security company not helping?

Are you thinking about a video doorbell?

Maybe you'd like to know what's new in home security?



PROVIDING DEPENDABLE, COST-EFFECTIVE ALARM SERVICES TO THE CALGARY AREA SINCE 1983

CALL OUR EXPERTS TODAY!

DYNOVAC PLUS SECURITY

403-262-1980 | dynovacplus@shaw.ca

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

SHOP ONLINE!

www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts



Learn to SCUBA DIVE at our Edmonton location – call for details

Scuba Diving & Snorkeling

11781-156 St., Edmonton

780.483.0044



SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

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.ca • toesonthego.ca

52-Calgary-North