

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


FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Sunridge Edition

587-392-8086



www.coffee-news.ca Est. 1988

World's Largest Restaurant Publication!

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

THIS SPACE FOR RENT

403-355-6316

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



JEOPARDY!
WEEKNIGHTS 7:30
yesTV

Happy Family Day!



from your friends at **Coffee News®**

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

ALBERTA HEARING CENTER

Mark Ganden B.Sc., BC-HIS

Please call for an appointment
403.668.7776

Oasis Medical Centre Chestmere
#201, 175 Chestmere Station Way

East Hills Oasis Medical Centre
#531, 409 East Hills Blvd SE, Calgary

- Hearing Tests (ages 4 to adult)
- Hearing Aids
- Batteries
- Ear Plugs
- AADL, WCB, DVA & "Private"

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



Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

Vol. 11 No. 7 February 15, 2021

Everybody's Talking

Table for one: During the COVID-19 pandemic, social distancing has been the norm. That's why restaurants have closed in countries around the world. However, a Swedish couple decided to try their hand at offering a safe dining experience. Linda Karlsson and Rasmus Persson, from the rural village of Ransäter, opened Bord för en (which is Swedish for "table for one"). They set up a table in a field for one person to dine, and sent the food to the guest in a basket, via a rope from the kitchen to the table. They carefully sterilized the dishes and table before serving a diner with a vegetarian meal of three courses.

Cool cake: When Zahirah Macwilson and Aiman Hakim Redza got married, they wowed their guests by presenting a unique wedding cake. The Malaysian actors hired bakers to create a wedding cake that hung upside down from the ceiling to resemble a chandelier. The newlyweds stepped up onto a small stage to make the first cut. The cake was made by Lily & Lola Cakes in Kuala Lumpur. Owner Lily Osman got the idea to make such a cake a few years ago, but this was her first opportunity to actually do it. It took a week to make, and she needed help to install it from the ceiling of the wedding venue.

Fast food diet: Dieticians don't recommend the food choices of a Belgian man named Rudy Gybels. He realized that he had a love for fried potatoes when he was 13 years old. His mother allowed him to eat the fried food for dinner if he would agree to eat a healthy lunch. Over three decades later, Gybels is still eating fries for dinner, along with a Dutch hot dog called a fricadelle. The fast food lover is not overweight, and he feels healthy, but admits that he hasn't had a check-up for a while. He realizes that his diet isn't great, but he likes fries too much to give them up.

Moose rescue: Travis Burke and Greg Miller went fishing, a favourite activity among folks who live near the Canadian city of Sudbury, Ontario. On this outing, however, the pair did more than catch fish. They came across a very young baby moose that was shivering and alone. It was in the water and couldn't seem to get up onto the rocky shore. So Burke and Miller came to the rescue, guiding their boat to the baby and helping it onto land. Upon hearing the story, a wildlife expert believed the men did the right thing by leaving it there, saying that it was likely the mother would come back to find it.

Quoteable Quotes

"Forget the past and live in the present hour." —Sarah Knowles Bolton
"What delights us in the visible beauty is the invisible." —Marie von Ebner-Eschenbach

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

Mar 10-Literacy for Life Neighbours Helping Neighbours. An online workshop via ZOOM Learn simple ways you can help build English skills for your new neighbours through everyday conversations and interactions. Contact info@litforlife.ca or call 403-650-5090 for more info

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

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. What is an abacus?
2. The distinct flavour in Earl Grey tea is bergamot, cinnamon, or sage?
3. The largest part of the human brain is called the cerebrum or the cerebellum?
4. What plant is known for its stinging ability?
5. Who was the first woman to win the Nobel Prize, in 1903?

(Flip bottom of page for answers)

Published with Permission by Calgary Coffee News

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



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

Prepare for unexpected power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
888-688-0973

FREE 7-Year Extended Warranty*
An \$895 Value!

Offer valid December 15, 2020 - March 1, 2021



*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

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®**


SkipTheBongShop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15



RIVERVIEW VILLAGE

Right Home. Right Time. Right Place.

55+ Senior Affordable Housing Family Units • Meal Delivery Plan Available

2933 26 Ave SE Calgary **bethany**
Call for details CREATING CARING COMMUNITIES

403.272.8615/403.441.0673

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

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



24 HR CALL OUT

A+ rating

AFFORDABLE-EFFECTIVE-EXCLUSIVE-CALL NOW!

Wear a mask. Stay Safe!

(Over)

SkipTheBongShop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15

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

STEP AHEAD

REFER A SENIOR FOR THIS FREE PROGRAM TODAY

Do you know a Deaf or Hard of Hearing senior in your community needs help using technology to connect with friends, family or services?

Deaf & Hear Alberta's Step Ahead program connects isolated Deaf & Hard of Hearing seniors with trained and screened volunteers for friendly conversation and learning opportunities.

TO LEARN MORE: 403-284-6208 Deaf & Hear Alberta

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters

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

11781-156 St., Edmonton 780.483.0044

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

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

Become a Trained Bartending Professional!

BARTENDING CLASSES

DAYTIME EVENING OR WEEKEND

METROPOLITAN SCHOOL OF BARTENDING

MetropolitanSchoolofBartending.com

HELPING HOMEOWNERS START OR FINISH THEIR HOME PROJECTS

CALGARY HANDYMAN SERVICES

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

CALL/TEXT TODAY: 403.852.7505

calgaryhandymanservices@telus.net

Your Weekly Horoscope

ARIES (March 21 - April 20)

Inspiring dialogue may help you see someone's natural talents. Your experience and nurturing instincts may help you encourage them to find their own niche. Lucky Numbers: 16, 19, 26, 29, 36, 39.

TAURUS (April 21 - May 21)

Slowing down your pace, just to suit others, might not be best right now. Try not to be too abrupt, though. You probably know that you need to follow your own rhythm. Lucky Numbers: 8, 12, 17, 33, 37, 41.

GEMINI (May 22 - June 21)

You may have decided on big changes in your domestic life. Communication with family or friends might be strained. Try your best to clear up the points of confusion. Lucky Numbers: 4, 9, 24, 27, 43, 48.

CANCER (June 22 - July 22)

Your energy level and attitude could be very high. Use this newfound force to take on some kind of struggle or resistance. You may need to find a cause to engage in. Lucky Numbers: 13, 22, 31, 44, 46, 49.

LEO (July 23 - Aug. 23)

If you really focus on your objectives, you may really accomplish much. Plan a new future for yourself. Your positive attitude and physical energy levels might be very high. Lucky Numbers: 15, 16, 24, 25, 33, 34.

VIRGO (Aug. 24 - Sept. 23)

Don't let any wild, daring behaviour put you in risky situations. You may feel headstrong and rash. Your drive for independence in your own life might be strong. Lucky Numbers: 3, 10, 24, 27, 30, 40.

LIBRA (Sept. 24 - Oct. 23)

You may not feel as practical or resourceful as your usual self. Your ability to focus on the present may help your judgment about making important decisions. Lucky Numbers: 12, 30, 37, 42, 44, 49.

SCORPIO (Oct. 24 - Nov. 22)

Expect some opposition, but know that you have more people on your side. The continued team effort may put your ideas at the top of the heap. Enjoy the limelight. Lucky Numbers: 3, 6, 12, 18, 24, 36.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may have to do work that interferes with your personal affairs. Take pride that others recognize your talents. New ideas may arise in the conversation. Lucky Numbers: 3, 31, 33, 35, 37, 39.

CAPRICORN (Dec. 22 - Jan. 20)

The role of host or hostess may suit you very well. Verbal agreements, contracts, or other joint efforts might work out to your advantage right now. Lucky Numbers: 7, 24, 32, 41, 43, 47.

AQUARIUS (Jan. 21 - Feb. 19)

You may have a strong need to be loved and to love others. You could make big strides and perhaps important discoveries, especially if your work involves family research. Lucky Numbers: 5, 6, 14, 15, 26, 27.

PISCES (Feb. 20 - March 20)

Your strong relationships within your family may make this week a cooperative one. Show them how much they really mean to you. Count your blessings. Lucky Numbers: 8, 15, 19, 38, 45, 49.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 12.

Did You Know...

Bead work: The Museo de Arte Popular in Mexico City is home to El Vochol. This Volkswagen Beetle has been decorated with beadwork, the traditional handicraft of the country's Huichol people. Portrayed in the beadwork are many colourful symbols of Mexico.

Queen of the colony: Naked mole rats live in colonies with a dominant female rat (the queen) leading them. The worker rats dig burrows using their big front teeth. As their name indicates, these mammals are hairless.

Many steps: Tianmen Shan near Zhangjiajie, Hunan Province, China, is an opening in a mountain face that seems to be the door to heaven. Visitors can reach it in several ways, including a 999-step staircase or a tour bus on a winding road.

Magic station: London's King Cross Station has a Platform 9^{3/4}. It honours the wildly popular Harry Potter book series, in which students of Hogwarts School went to this weirdly numbered, magical platform to catch to their train.

Beautiful beast: The Bengal tiger, which lives in and around India, is the most common subspecies of tiger and is designated as India's national animal. These cats are carnivores and can live to be 8 to 10 years old.

On the Lighter Side

"Does your dog bite?"
 "Nope."
 "Oh, so how do you feed him?"

What can you hold without ever touching it? A conversation.
 The best thing about the good old days is that we were neither good nor old.

When do you stop at green and go full speed at red? When you're eating a watermelon!

The more you take from it, the greater it becomes. What is it? A hole.

Answers

Trivia answers: 1. Ancient counting tool 2. Bergamot 3. Cerebrum 4. Nettle 5. Marie Curie (Physics)

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

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

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

BBB ACCREDITED

Recipe of the month

Valentine's Day Brownies

3/4 c. unsalted butter
 4 oz. unsweetened chocolate
 4 oz. semisweet chocolate
 1/2 c. all-purpose flour
 1/2 c. unsweetened cocoa powder
 3/4 tsp. salt

6 large eggs
 1 c. granulated sugar
 1 c. packed brown sugar
 2 tsp. vanilla extract
 vanilla frosting, for decorating

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

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

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.

Become Your Own Banker

You work hard for your money. Isn't it time your money started working harder for you?

Visit Donovan Coates on Facebook, Instagram, YouTube

Call 403.607.7963 or visit www.donovancoates.com to schedule a 30 minute complimentary consultation.

Learn more about the Infinite Banking concept:

Donovan Coates FINANCIAL CONSULTING

TAKE CONTROL OF YOUR FINANCIAL WORLD