



WE offer INSTALLATION and SERVICE Call for your appointment: 403-764-3104

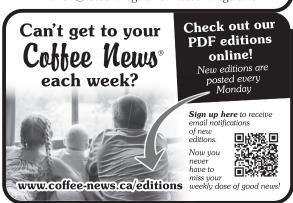
www.hogghomeservices.ca www.ecotechcalgary.com Local Alberta companies helping Albertans

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: 403-620-7851marion@toesonthego.care • toesonthego.care







Become Your Own Banker

You work hard for your money. Isn't it time your money started working harder for you? Visit Donovon Coates on 🚹 🔘 YouTube Call 403.607.7963 or visit www.donovoncoates.com to schedule a 30 minute complimentary consultation.

Donovon Coates

FINANCIAL CONSULTING

TAKE CONTROL OF YOUR FINANCIAL WORLD



Call 403.356.4021 and ask about our COVID SUBSIDY PROGRAM!

FREE! New Issue Every Week!

"News To Be Enjoyed Over Coffee"

West Edition 587-392-8086

www.coffee-news.ca

Vol. 11 No. 8 February 22, 2021

Everybody's Talking

Unusual success: A young teen from a poor family in Lucban, a town in Quezon Province, Philippines, had an unusual opportunity for success on the modeling scene. Rita "Badjao Girl" Goviola's large family received very little income from her father's job, so she had to beg for alms on the street. One day, photographer Topher Quinto Burgos took photos of her and posted them online. That was the beginning of Goviola's rise to success. Her natural beauty was noticed by several celebrities, who took her under their wing. Eventually, Goviola started modeling and acting, and she was able to afford to build a new home for her family.

Roadside bonfire: Toilet paper was in high demand and short supply during the COVID-19 pandemic. So when a transport truck carrying a large load of the stuff crashed on a highway in the state of Texas (U.S.), it would have been understandable if bystanders had helped themselves to a few of the rolls. Unfortunately, the toilet paper - reported to be the type used in businesses - caught fire. Instead of cleaning up the spilled load, onlookers ended up watching a bonfire of the important commodity. Thankfully, no one was hurt in the incident.

Food art: The Japanese art called kyaraben involves arranging food into interesting and fun designs. One creative kyaraben-maker, known as Etoni Mama, lives in Tokyo and has three children. She became famous on social media for her version of the art. While any kind of food can be used in kyaraben, Etoni's choice is fried eggs. She makes cartoon characters with runny egg yolks as the head and body, and then she adds harder, cooked pieces of yolk to serve as arms, legs, and feet. She dresses up characters with other food items, snipped and shaped to make clothing. Her children love it!

Fixing fences: Art Gladu has fixed a few fences during his time living in a house at a busy intersection in Winnipeg, Manitoba (Canada). The reason? Vehicles somehow miss the corner and end up in his front yard. It happened in the mid-2000s when a truck backed onto the property before driving off. In 2015, another car careened into the yard, hitting his pine tree. More recently, in the wee hours, Gladu woke to a loud noise, only to find that yet another vehicle had punched through his chain link fence before coming a stop on his tree. He's hoping the city will have a guardrail installed.

Quoteable Quotes

"Let your life lightly dance on the edges of Time like dew on the tip -Rabindranath Tagore

"The fruit that can fall without shaking, Indeed is too mellow for —Lady Mary Wortley Montagu

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



Trivia

- 1. In which part of the human body will you find the anvil, hammer, and
- 2. What is the second highest mountain in the seven continents?
- 3. What famous canal can be found in Egypt?
- 4. Cats the Musical is based on a collection of poems by which poet?
- 5. What is the currency of India?

(Flip bottom of page for answers) © Published with Permission by Calgary Coffee News (Over)

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.

www.toesonthego.care

Prairie Scented (andle vourites like Fall Leaves (aka Autumn Walk), Hot Apple Cider (aka Mulled Cider), Christmas Wreath (aka Holiday Wreath), Ginger Lime and many more!

prairies cented candles@gmail.com www.prairiescentedcandles.com

f

Ship

Canada

Become a Trained **Bartending** Professional!

BARTENDING CLASSES

METROPOLITAN SCHOOL OF BARTENDING

MetropolitanSchoolofBartending.com

Calgary **OPEN** 7 DAYS A WEEK **2HR DELIVERY** 10a - 10p

Wide SAVE 15% USING CODE: COFFEE15

> THIS SPACE **FOR RENT**

403-355-6316

Have You Had A Stroke?

For support and education:

- Stroke Recovery Association of Calgary (SRÁC)
- Calgary Áphasia Centre (CAC) Young Survivors Group (YSS)

Phone 403.827.7520

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









Take your

Coffee News

Stay safe!

A message from your friends at **Coffee News**®





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

Canadä





Call 403.279.8681 or visit www.caprent.com



TICKETS: 587-557-7719 | PARCEL: 587-557-7718 **SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005**

Passenger Website: www.coldshot.ca



Introducing Cambridge Manor
The Brenda Strafford Foundation's newest seniors wellness com
University District, NW Calgary's newest urban neighbourhood.

- Assisted Living, Enhanced Care and Memory Care

403.536.8675 | cambridgemanor.ca



night, and can **go virtually anywhere** — **even on most airlines.** Inogen accepts Medicare and many private insurances!

Call Inogen Today To Request Your FREE Info Kit

1-888-998-6714

ınogen

A+

Your Weekly Horoscope

(March 21 - April 20)



Express yourself in writing rather than speaking. Something important may click. Reading your own thoughts could enable you to understand

yourself better. Lucky numbers: 26, 29, 33, 36, 40, 43.

TAURUS (April 21 - May 21)



You may want to open your mind to new areas of communication. It might be time to convert your style by using some new technologies to get

your message across. Lucky numbers: 11, 18, 22, 35, 47, 49.

GEMINI (May 22 - June 21)



Your plans may include assistance from those close to you. Insights into your dreams and the dreams of others could be a good guideline for

your potential endeavours. Lucky numbers: 25, 33, 35, 38, 41, 49.

CANCER (June 22 - July 22)



You may have to make some extra time to check out health issues, within your busy schedule. Rest and relaxation might be just what the doctor

orders right now. Lucky numbers: 4, 16, 25, 27, 34, 40.

(July 23 - Aug. 23)



Many influences may inspire you to reach past the immediate and find new ways to express yourself. Planning travel might influence some-

thing spiritual in you. Lucky numbers: 1, 12, 23, 44, 46, 49.

VIRGO

(Aug. 24 - Sept. 23)



You may need to feel that you are in control of certain aspects of your life. Strive hard to take the reins and make decisions. Your confidence

should flourish as a result. Lucky numbers: 13, 25, 27, 32, 37, 44.

(Sept. 24 - Oct. 23)



Creative new projects may be in your immediate future. Choose your teammates carefully, as someone may try to take the credit for your hard

work and ideas. Lucky numbers: 15, 24, 29, 32, 37, 41.

SCORPIO (Oct. 24 - Nov. 22)



Now may be a time to laugh hard and play even harder, which might be very infectious. Recent events could show that you need to keep that

child alive in yourself. Lucky numbers: 2, 19, 22, 29, 33, 42

SAGITTARIUS (Nov. 23 - Dec. 21)



Your tight-knit circle of friends and family may hold your word in high honour. You should be able to recognize the power that you really pos-

sess within yourself. Lucky numbers: 7, 11, 24, 28, 35, 38.

CAPRICORN (Dec. 22 - Jan. 20)



Your strong spiritual feelings may help you positively reflect on your life. If others seem negative, you might encourage them to count all

their blessings, too. Lucky numbers: 4, 7, 18, 19, 24, 37.

AQUARIUS (Jan. 21 - Feb. 19)



You may feel that you need to fight for what you believe in. Your message should be very clear, decisive, and convincing. Try not stir up more

controversy than necessary. Lucky numbers: 5, 12, 16, 23, 41, 45

PISCES (Feb. 20 - March 20)



Your honest heart and sense of humour may attract new friends. Play hard and work hard to help learn valuable lessons about yourself. Keep

your spirit real. Lucky numbers: 13, 27, 35, 41, 42, 44.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 4.

Did You Know...

Seed of Australia: Wattleseed is an Australian plant that has been used in food for 40,000 years. Pods contain small, proteinrich seeds that can be ground into powder. Used in desserts and drinks, it tastes similar to coffee, chocolate, and hazelnut.

Cheesy potatoes: In France, a favourite potato dish is called "aligot." It is made by mashing potatoes and adding quite a bit of mild cheese, along with garlic, butter, and cream. The result is a fondue-like comfort food.

Jelly's time: Jelly's Last Jam is a Broadway musical that first appeared in 1992. The music was written by Creole jazz composer Ferdinand Joseph LaMothe, known as "Jelly Roll Morton" (1890-1941). The musical tells his story of being an early jazz musician.

Plant place: The Berlin Botanical Garden started in 1679 as an expansion of the royal kitchen and flower garden. Today, it is one of the largest botanical gardens in the world and has about 20,000 species of plants.

Green treat: People in South Australia like to eat frogs – as long as they are made out of sugar! Called "frog cakes," these regional treats look like frogs, but are made of sponge cake, jam, and buttercream, topped with green fondant icing.

Un the Lighter Side

Dan called the tinnitus hotline, but it just kept ringing....

Why is a moon rock tastier than an Earth rock? It's a little meteor.

Remember that you're positively unique. Just like everyone

Middle age: When you pick your cereal for the fibre, not for the tov.

Reporter: "How many people work for the government?" Researcher: "About half."

Answers

4. T. S. Eliot 5. Indian Kupee Trivia answers: 1. Middle ear 2. Aconcagua 3. Suez Canal

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

Faulty Alarm or Security Emergency?

current security about a

you'd like to know what's company video new in home not helping? | doorbell? | security?

CALL OUR EXPERTS TODAY!

DYNOVAC PLUS SECURITY 403-262-1980 | dynovacplus@shaw.ca

Pregnant? Facing Difficult Decisions? We can help.

text 587.596.5380

Call **780.421.1177** or

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



www.smallmiraclesadoption.com

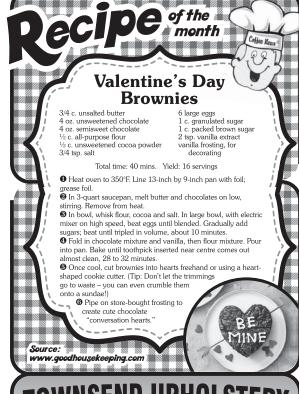
Love Coffee News ?

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

contests@coffee-news.ca

Send your selfie to Please include:

• Your name @ Your phone number and @ 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.





Indoor and Outdoor Furniture

403.686.3186 3540-41 Street SW

2towns2@telus.net • www.townsendupholstery.net



#10, 1107 33rd St. N.E. • www.BingoBarn.ca

57-Calgary-West