

THIS SPACE FOR RENT
403-355-6316

FREE SCRAP CAR REMOVAL

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

We Keep Good Company
 Improving the quality of life for seniors and those with disabilities through accompaniment and companionship, including transportation services
1.877.613.2479
 www.drivingmissdaisy.ca

ALBERTA HEARING CENTER
 Mark Ganden B.Sc., BC-HIS
 Please call for an appointment
403.668.7776
 Oasis Medical Centre Chestermere #201, 175 Chestermere 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"

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 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.

BLUE BLOODS
 MON - THURS 9:00
 yesTV

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

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
 Funded by the Government of Canada's New Horizons for Seniors Program

FREE! New Issue Every Week!
Coffee News®
 "News To Be Enjoyed Over Coffee"
 Sunridge Edition
587-392-8086
 www.coffee-news.ca
 Est. 1988

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 Tophor 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 to 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 of a leaf."
 —Rabindranath Tagore
 "The fruit that can fall without shaking, Indeed is too mellow for me."
 —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.simplifybook.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
 *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. In which part of the human body will you find the anvil, hammer, and stirrup bones?
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)

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

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?
CALL OUR EXPERTS TODAY!
DYNOVAC PLUS SECURITY
 403-262-1980 | dynovacplus@shaw.ca

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
 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

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**®

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

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

skipthebong Shop
 OPEN 7 DAYS A WEEK 10a - 10p
 Calgary & Area 2HR DELIVERY
 We Ship Canada Wide
 SAVE 15% USING CODE: COFFEE15

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

Wear a mask. Stay Safe!

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

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!

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

Reclaim Your Freedom And Independence NOW!

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

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkelling
11781-156 St., Edmonton 780.483.0044

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

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

Become a Trained Bartending Professional!

BARTENDING CLASSES

DAYTIME, EVENING OR WEEKEND

METROPOLITAN
SCHOOL OF BARTENDING
MetropolitanSchoolofBartending.com

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

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

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

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

Visit us on Facebook-CoffeeNewsWeekly

Your Weekly Horoscope

ARIES
(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.

LEO
(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 something 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.

LIBRA
(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 possess 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, protein-rich 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.

On 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 else.

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

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

Answers

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

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

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

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

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.

February 27

International POLAR BEAR Day

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

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

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

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

Skip the BONG Shop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15