THIS SPACE **FOR RENT** 403-355-6316



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. rom \$1.025/month* | 2 bdrm from \$1.095/month* | 3 bdrm from \$1.345/n

Call 403.279.8681 or visit www.caprent.com

HIP/KNEE REPLACEMENT?

TROUBLE WALKING or DRESSING? The Disability Tax Credit allows for \$3,000 YEARLY TAX CREDIT and \$30,000 LUMP SUM REFUND For Expert Help:



Call for your appointment: 403-764-3104

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



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





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 onnects isolated Deaf & Hard of Hearing eniors with trained and screened volunteers for friendly conversation and learning opportunities

TO LEARN MORE: 403-284-6208

Canadä





World's Largest Restaurant Publication!





"News To Be Enjoyed Over Coffee"

North Central Calgary 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 me.'

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?

© Published with Permission by Calgary Coffee News

(Flip bottom of page for answers) (Over)





Corporate Tax Returns - T2

- Bookkeeping (monthly/guarterly/annually)
- Incorporation Services & Filing
 Financial Statement Preparation

 Payroll, T4 Summary and other Regulatory Filings

• Employee Benefits • GST Filings PHONE OR TEXT FOR AN APPT. MON-SUN, 10 a.m.-7 p.

587.287.1287 EFILE SERVICES PROVIDED AT NO CHARGE FOR PERSONAL & CORPORATE RETURNS



Give Hope. Give Today. TheSeed.ca/donate



MENTION THIS AD AND

FOR YOUR SCRAP VEHICLE CALL 403-922-2412

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

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



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











distance six feet!

Wash vour hands

Coffee News

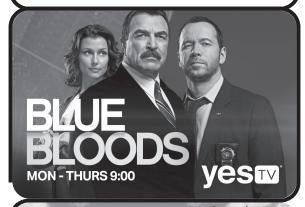
Stay safe! A message from your friends at Coffee News®

Become a Trained Bartending Professional! BARTENDING CLASSES



f





Faulty Alarm or Security **Emergency?**

security not helping? | doorbell? | security?

about a

you'd like to know what's new in home

CALL OUR EXPERTS TODAY!

DYNOVAC PLUS SECURITY

403-262-1980 | dynovacplus@shaw.ca

SHOP ONLINE! www.scubagearcanada.ca • Snorkelling Gear • Reef-Safe Sunscreen each Water Shoes • Dry Bags & Wallets • UV Shirts 780.483.0044 SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

Have You Had A Stroke?

For support and education:

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

Phone 403.827.7520

www.sracalgary.com • www.calgaryaphasia.com sscalgary@gmail.com • Calgary.Aphasia

DHILLON LAW OFFICE



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



Coffee News* Fun Reading. Serious Advertising. AFFORDABLE-EFFECTIVE-EXCLUSIVE-CALL NOW!

Your Weekly Horoscope

(March 21 - April 20)



Express yourself in writing rather than speaking. Something important may click. Reading your own thoughts could enable vou 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 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, 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.

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

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



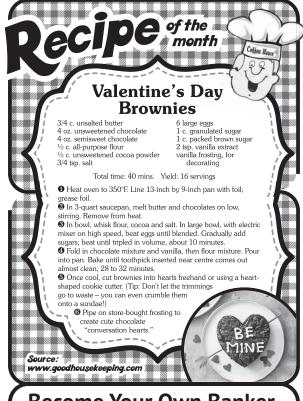
Introducing Cambridge Manor The Brenda Strafford Foundation's newest seniors wellness community in University District, NW Calgary's newest urban neighbourhood.

Assisted Living, Enhanced Care and Memory Care Respite Care short terms stays available

403.536.8675 | cambridgemanor.ca









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

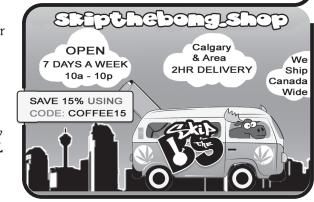
Visit Donovon Coates on f 🕜 YouTube Call 403.607.7963 or visit www.donovoncoates.com to schedule a

30 minute complimentary consultation. Donovon Coates

FINANCIAL CONSULTING



TAKE CONTROL OF YOUR FINANCIAL WORLD



58-Calgary-North Central