

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

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

ALBERTA HEARING CENTER

Mark Gauden B.Sc., BC-HIS

Please call for an appointment
403.668.7776

Chestermere's ONLY locally owned and operated hearing clinic!

Oasis Medical Centre
#201, 175 Chestermere Station Way

Easthills Family Medical
#531, 409 East Hills Blvd SE, Calgary

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

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 \$1,000/month* | 2 bdrm from \$1,150/month* | 3 bdrm from \$1,380/month*

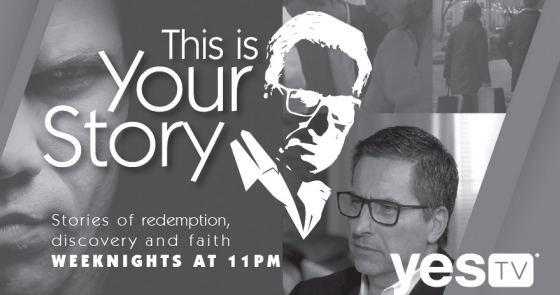


Call 403.279.8681 or visit www.caprent.com

*Price subject to availability and change

This is Your Story

Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM



yesTV

Are you a business owner/office manager? Have 3-20 employees in your office? Paying too much for your current phone system?

We can save you up to 50% off your current phone rates!

How? We offer:

- VOIP Solutions at a fraction of the traditional carrier cost
- Long distance rates that outcompete the competition

ETTA TELECOM

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

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

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 February 15 - June 6, 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.

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

East Memorial
Calgary Edition
587-392-8086



www.coffee-news.ca Est. 1988

World's Largest Restaurant Publication!



FREE SCRAP CAR REMOVAL

MENTION THIS AD AND RECEIVE UP TO \$300 FOR YOUR SCRAP VEHICLE

DJ'S TOWING

CALL 403-922-2412

Vol. 11 No. 13 March 29, 2021

Everybody's Talking

See you soon: When prison inmates make an escape, they usually hope not to return. This was not the case for two incarcerated men in an Italian prison. Cousins Davad Zukanovic and Lil Ahmetovic managed break out of jail in the middle of the night. They left a note explaining that they had urgent family business to attend to, adding a dubious promise that they'd be back in 15 days. Regardless of the convicts' stated intentions, police took the escape seriously and are doing their best to track the men down. If they get caught, authorities will add five years to their sentences.

Snow art: British Artist Simon Beck uses a unique medium for his work: snow. He creates geometric patterns on large stretches of the untouched white stuff by walking on it in a systematic way. His snowshoe footprints make the design, which he plans beforehand on paper. Many of his works were made in the Alps, but he has traveled to other snowy places to make a piece. The images take many hours to create and can cover an area the size of a football field. A high vantage point is the best way to see his snowflakes, checkerboards, and other intricate shapes.

Team spirit: One traditional sport that came from the Zhuang people of Gunaxi province in southeastern China requires immense teamwork. It's called board shoe racing. In this sport, three team members place the toes of their shoes in leather straps attached to two planks that each are one metre (3.2 ft.) long. To race, they must run in perfect unison to avoid falling over. While board shoe racing requires athleticism, an important requirement of the team is working together and cooperating with each other. The sport likely dates back to the Ming Dynasty, when it was used to help train soldiers.

Lighting the way: Tobermory, Ontario (Canada), is situated near dangerous waters. Located at the merger of Lake Huron and Georgian Bay, the waters sometimes are treacherous, and the weather can be bad. To guide ships into the harbour, the Big Tub Lighthouse was built in 1885 for \$675 CDN. Today, the original structure no longer exists, and in its place is a six-sided wooden lighthouse that stands 14 metres (43 ft.) high. Its existence is necessary, especially considering that two old shipwrecks can be seen in the offshore waters. Today, scuba divers enjoy exploring them.

Quoteable Quotes

"Who understands much, forgives much." —Madame de Staël
"The strongest principle of growth lies in the human choice." —George Eliot

What's Happening

Nov 30-April 1-Knights of Columbus Lottery. It's another DREAM VACATION! The Airdrie Knights Lottery is back and with only 120 tickets you chance to WIN is Great. Get all the info and your ticket at airdriedreamvacation.ca.

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

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. Which bird is often seen as a sign of peace?
2. Arbor Day is a special day for planting poppies, roses, or trees?
3. How many bones are in the human pelvis?
4. Gymnast Simone Biles won four Olympic gold medals in which city?
5. What type of novels is Bram Stoker known for writing?

(Flip bottom of page for answers)

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



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

Give Hope. Give Today.
TheSeed.ca/donate



THE MUSTARD SEED

THIS SPACE FOR RENT

403-355-6316

Specializing in simple, affordable hair!

- 27 Years Experience
- No Ammonia
- Chemical Services
- Artificial Fragrance Free

Hairsentials

2634-37 Street SE, Calgary
403-875-8790
hairsentials.business.site

SENIORS PRICING

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!




SkipTheBongShop

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



Recipe of the month

Cheesy Broccoli Soup in a Bread Bowl



Ingredients:
 1/4 cup butter, cubed
 1/2 cup chopped onion
 2 garlic cloves, minced
 4 cups fresh broccoli florets (about 8 ounces)
 1 large carrot, finely chopped
 3 cups chicken stock
 2 cups half-and-half cream
 2 bay leaves
 1/2 teaspoon salt
 1/4 teaspoon ground nutmeg
 1/4 teaspoon pepper
 1/4 cup cornstarch
 1/4 cup water or additional chicken stock
 2-1/2 cups shredded cheddar cheese (about 8 ounces each), optional
 Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper

Prep Time: 15 mins. **Cook time:** 30 mins. **Yield:** 6 servings

- In a 6-qt. stockpot, heat butter over medium heat; sauté onion and garlic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
- Mix cornstarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
- If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in.-thick shells (save removed bread for another use). Fill with soup just before serving.
- If desired, serve soup with toppings.

Source: www.fasteeffhome.com

SOUTH ST. BURGER



100% Canadian Angus Beef and Fresh Cut Fries

5 Calgary locations!

www.southstburger.com

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

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 403.607.7693 or visit www.donovancoates.com to schedule a 30 minute complimentary consultation.

Donovan Coates
FINANCIAL CONSULTING

TAKE CONTROL OF YOUR FINANCIAL WORLD

Learn more about the Infinite Banking concept: [QR Code]

RIVERVIEW VILLAGE

Right Home. Right Time. Right Place.

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

2933 26 Ave SE Calgary **bethany**
CREATING CARING COMMUNITIES

Call for details
403.272.8615/403.441.0673

HELP STOP THE SPREAD!

- Wear a mask
- Keep your distance – six feet!
- Wash your hands
- Take your copy of Coffee News home with you

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

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkeling

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

AFFORDABLE-EFFECTIVE-EXCLUSIVE-CALL NOW!

Your Weekly Horoscope

ARIES (March 21 - April 20)



Something said in haste may not have been understood. Try not to second guess yourself. Make sure everyone is on the same page. Stick close to those you trust most. Lucky numbers: 2, 4, 22, 23, 34, 39.

TAURUS (April 21 - May 21)



Emotional conversations may make you look weak if you express your feelings through tears. Show your strength by more effectively using your words. Lucky numbers: 1, 5, 10, 15, 20, 25.

GEMINI (May 22 - June 21)



It may be time to put some things on hold and put your energy into plans for your future. Strong family ties could inspire you to get past problems and to strongly prevail. Lucky numbers: 3, 18, 19, 25, 28, 49.

CANCER (June 22 - July 22)



You may feel as if you are in a slump. More forward thinking about what you expect from the future could open new doors of opportunity. Pursue your dreams. Lucky numbers: 2, 12, 18, 19, 25, 27.

LEO (July 23 - Aug. 23)



You may look forward to enjoying a happier home base. No one likes disappointment, so try to keep your promises as best you can. Family members may follow your lead. Lucky numbers: 9, 15, 18, 29, 35, 37.

VIRGO (Aug. 24 - Sept. 23)



When planning for future endeavours, you might need downtime from your busy schedule. Remember important dates, but don't let them deter you. Lucky numbers: 10, 21, 23, 30, 33, 40.

LIBRA (Sept. 24 - Oct. 23)



Variety is the spice of life and you may love the new cuisines and traditions you find. New contacts may provide you with opportunities to travel or explore new areas. Lucky numbers: 17, 25, 32, 35, 40, 45.

SCORPIO (Oct. 24 - Nov. 22)



Your plate may be full. Travel arrangements could be in the picture, or you might find interesting information on the background of your family members. Lucky numbers: 14, 15, 22, 35, 42, 44.

SAGITTARIUS (Nov. 23 - Dec. 21)



Your intuitive ideas may become a good source of revenue for you. Start making concrete plans with your new ideas, especially within your inner circle of friends. Lucky numbers: 6, 15, 22, 25, 27, 39.

CAPRICORN (Dec. 22 - Jan. 20)



You may feel sharp, clear, decisive, and articulate. If you hate being idle, you might be ready for challenging, intellectual activities and attacking difficult problems. Lucky numbers: 2, 8, 22, 28, 32, 48.

AQUARIUS (Jan. 21 - Feb. 19)



You may make an excellent first impression now. This could be a very favourable time for doing something to enhance your appearance, such as a new haircut or new clothing. Lucky numbers: 7, 12, 14, 26, 41, 42.

PISCES (Feb. 20 - March 20)



Understanding history may really put things into a better perspective. Your initial impressions might change if you try to understand the motives and desires of others. Lucky numbers: 5, 17, 29, 36, 44, 46.

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

Did You Know...

Sea in an ocean: The Sargasso Sea in the Atlantic Ocean does not have a coast because its boundaries are defined by four ocean currents. Floating seaweed called sargassum covers it.

Good bugs: Ladybugs are welcome additions to farmers' fields and gardeners' backyards. That's because they love to eat pests, such as aphids, that cause damage to crops and flowers.

Shorter journey: The Panama Canal lets ocean traffic move between the Atlantic and Pacific Oceans without having to go around the southern tip of South America, saving almost 13,000 kilometres (8,000 mi.) of travel.

American artist: Georgia O'Keeffe (1887-1986) was an American modernist artist. She is known for such works as "Sky Above Clouds IV" and "City Night." She spent quite a bit of her time in the state of New Mexico, where she fell in love with the landscape.

Ten stripes: The Charentais melon comes from Cavaillon in the southern part of France. That town has an annual festival celebrating the sweet, citrusy cantaloupe that, when ripe, has exactly 10 green stripes on its husk.

On the Lighter Side

What three things can you give away, but still keep? A smile, your word, and your heart.

Every dog may have his day, but it's the puppies that have weak ends.

Why do banks leave both doors open and then chain the pens to the counters?

Mom: "Why didn't you come when I called you, didn't you hear me?"
Tommy: "Not the first two times."

If you hold out for a gift tied up with a bow, you might miss the present right in front of you.

Answers

Trivia answers: 1. Bolo tie 2. Ah! 3. Italy 4. Noble 5. Baby eels

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

COLD SHOT

A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

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

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.

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


Skip the Bong Shop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15



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

happy Easter



from your friends at **Coffee News**

Become a Trained Bartending Professional!

BARTENDING CLASSES

DAYTIME, EVENING OR WEEKEND

METROPOLITAN
SCHOOL OF BARTENDING

MetropolitanSchoolofBartending.com

61-Calgary-East Memorial