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**SPECIAL FEATURE**

# Local couple discovers the sleep secret of celebrities, top executives, athletes, rock stars and elite performers around the world...

DON'T SUFFER ANY LONGER ON THE WRONG BED! HASTENS IS NOW HERE IN CALGARY.

by Allis Lesage

(Calgary, AB) A little over 2 years ago, local shop owners Riva & Andrew Mackie set out on a quest: **To find the world's ultimate bed.** Having been in the natural mattress, furniture and home design business for a number of years, they were looking for the perfect thing to revolutionize the experience they were providing for Calgarians.

*'We're pretty much in the business of finding the best. People around here don't really like to settle for something just OK,'* says Riva Mackie, founder of Goldgrass Home.

Throughout their travels, one name kept popping up: **Hastens.**

*'There are lots of good mattress makers out there,'* says Mackie, *'but the more we looked into it, it seemed that, almost without fail, everyone that's anyone sleeps on a Hastens. And a surprising number of them basically refuse to sleep on any other mattress. When they travel, or go on tour, they stay in hotels with Hastens beds, they have the local store set one up for them in their room, or they figure out a way to bring their own.'*

### Not Your Ordinary Mattress

Having visited the exclusive Hastens 'Sleep Spa' at Goldgrass Home in Inglewood, I can say with confidence that there is nothing else that feels like a Hastens. You notice the comfort, quality and craftsmanship immediately when you lie down. I can only imagine how it feels to wake up after a night in one of these remarkable beds.

This Swedish luxury bed-maker has been at it since 1852. Today they remain a family owned business, now in their 5th generation. And they have never compromised their quality, their process, or their commitment to using the world's most perfect natural materials.

They know a thing or two about getting you a good night's sleep.



The Mackie family and the signature Hastens 'Blue Check'

### Why are people around the world spending tens of thousands of dollars to get a bed they love?

*'I can go on and on about how many hundreds of man-hours go into making each bed,'* continues Mackie. *'I can talk all about the incredible 25 year warranty. I can talk about why the layers of coiled horse-hair keep you from overheating, sweating, and freezing. I can go into detail about how their systems are tailored to give you perfect support and alignment. But I don't need to. Everyone that lies on a Hastens bed can feel the difference right away.'*

### Are You Getting the Proper Sleep you Need?

How many days, weeks, years has it been that you've found yourself lying awake at night, uncomfortable, hot, sweaty, tossing & turning, in pain? Lying there wishing that you could find a way to just get some sleep?

Ask yourself: How do you feel when you wake up? Do you still feel tired, sore, sluggish?

How much longer are you going to put up with it? Are you still going to be suffering in your regular bed next year? 5 years from now? It's time for a change.

If you care about your sleep, your health, your performance, it's time to start sleeping like a star. **My advice: get down to Goldgrass Home and try a Hastens!**

Visit Hastens at **GOLDGRASS HOME**  
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# IN & AROUND CALGARY SCHOOLS

## Mount Royal School

Mount Royal School is a happening place, with many activities going on for students! This month our leadership students, met with Markus Pukonen, an award winning film maker, who is on a five year journey to travel the globe without using a motorized vehicle. The staff and students were impressed with how he trained for this adventure by undertaking a failed 100 day attempt to row across the Atlantic Ocean with three other men. Our Remembrance Day Assembly was very thoughtful and thought provoking for students as Father Greene recounted his experiences as a photographer in World War II. He challenged students to make a difference in the world and to not settle for the easy option. The students in our Sports and Recreation option have spent time learning how to inline skate, which has proved very popular. The outdoor education students spent some time in the pool learning how to survive in water, fully clothed. The grade 9 students have been busy with high school tours to both Western Canada High School and Central Memorial High school as they get ready to make the transition to grade 10.

As we look ahead to a very busy December staff and students are preparing for our Annual Winter Concert on Wednesday December 16<sup>th</sup> at 7pm. Students in our Outdoor Education program will be going to Calgary Olympic Park on December 8<sup>th</sup> to for many of the students try snowboarding for the first time.

*David Fettes, Assistant Principal, Mount Royal Junior High*



## The Banks of the Elbow River:

 An Artist's View

About 25 years ago, Calgary artist William Duma, weakened by a bad bout of pneumonia, found himself searching for river scenes to paint closer to home. The natural stretches of our inner-city, lower Elbow River were just the inspiration he needed to aid his recovery. Bill, the son of a coal miner, grew up in the Crowsnest Pass and his lifelong love of fishing meant that Alberta river scenes were part of his psyche.

“One of the areas that have inspired my interest for painting has been the banks of the Elbow River. This has been an on-going project for the past 25 years. The stretch of river from below the Glenmore Dam to where it empties into the Bow River is an inner-city oasis, where one can find relief from the congestion and noise of the city. Unfortunately, the flood of 2013, together with the snow storm of 2014, has done major damage to the banks as well as the trees and shrubs that line the river. This body of work has become even more poignant as much of the landscape has dramatically changed. Hopefully, with our help and nature’s self-healing capacity this peaceful area will be available for future generations to enjoy.”

Duma’s stunning paintings depict the river, its banks, the crisp snow, and dappled foliage in ways that are so familiar to anyone who walks the river pathway system. He is particularly adept at capturing the nuances of light and colour in his fall and winter scenes. Bill’s com-

positions are notably devoid of the human element, thus conveying that sense of calm, quiet beauty that the river offers. With the trees stripped of their foliage, his charming winter scenes express a purity of form not possible in the other seasons.

“Having a love of nature and her many moods, I would like to convey this feeling in my painting in hope that others might find the same enjoyment: but also be stimulated into looking deeper within, where intimate moments with nature cause an inner awareness and we sense the integral relationship of nature, the universe, and humanity.”

William Duma, RCA, was born in Calgary in 1936 and graduated from the Alberta College of Art in 1962. His landscape paintings are widely exhibited and found in collections throughout North America and Europe. Trout Unlimited Canada honoured him as Artist of the Year. Works from his fall 2015 show: “Banks of the Elbow River” are available Wallace Galleries (500 - 5th Ave SW) and may be viewed on-line at [www.wallace-galleries.com](http://www.wallace-galleries.com).

*Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus).*

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# Editorial Content DEADLINE

# 1<sup>st</sup>

of each month for the next month's issue

# ARE YOU IMPLEMENTING STRATEGIES TO MINIMIZE TAX?

## Ask an Expert



Sheri MacMillan,  
Senior Trust & Estate Practitioner,  
CEO of MacMillan Estate Planning Corp.  
and Host of The Strongroom on QR77

**Q** I am quite concerned that these large tax hikes in Alberta are coinciding with a federal increase, resulting in almost a 10% increase! How is this going to affect the residents of Alberta?

**A** These changes will likely have an impact on every taxpayer in one way or another, however, the largest impact is likely to be felt by earning income in the top tax bracket. These taxpayers will should seek the advice of a tax professional to explore opportunities to minimize tax and maximize the potential for their estates to support them in retirement.

In addition, individuals already in or approaching retirement will need to ensure their retirement plans accommodate the change in tax legislation to maximize the funds they have available for living expenses and to fund other retirement goals and bequests.

While business owners will also face similar concerns with a properly formulated tax strategy there may be opportunities to save taxes both personally and corporately.

While many Albertans are off to a great start by utilizing the basic tax strategies offered by the Federal government, including RRSPs and TFSAs, there are more advanced opportunities for saving additional taxes that can be explored.

A tax professional should be consulted to either review your current strategy or advise on formulating a new one.

MacMillan Estate Planning Corp. will be hosting a complimentary  
**Wine & Cheese Seminar**  
on Thursday, February 4<sup>th</sup> at 7:00 PM

TO REGISTER, PLEASE VISIT [MACMILLANESTATE.COM](http://MACMILLANESTATE.COM)  
OR CALL 403 266 6464



## CULINARY FILE: Breakfast / Supper

### Chicken & Gnocchi Dumplings

January is all about comfort food and ease of preparation. After the holidays, you can take break but you don't have to sacrifice the taste.

Get all the flavors of chicken and dumplings without having to make the dumplings when you use gnocchi in their place.

**Makes:** 4 servings      **Serving Size:** 2 cups  
**Active Time:** 40 minutes      **Total Time:** 40 minutes

#### INGREDIENTS

- 1 16-ounce package shelf-stable gnocchi
- 1 cup thawed frozen peas
- 1 pound boneless, skinless chicken thighs, trimmed, cut into 1-inch pieces
- 1/3 cup all-purpose flour
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon salt
- 1/2 teaspoon ground pepper, divided
- 2 cups diced carrots
- 1 cup sliced celery
- 1 medium onion, diced
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 3/4 cups low-sodium chicken broth

#### DIRECTIONS

Bring a large saucepan of water to a boil. Add gnocchi and cook, stirring frequently, for 2 minutes. Stir in peas and cook until the gnocchi are tender, 1 to 2 minutes more. Drain.

Meanwhile, toss chicken with flour in a bowl until coated. Heat 1 tablespoon oil in a large skillet over medium-high heat. Transfer the chicken to the pan (reserving the flour remaining in the bowl) and sprinkle with 1/4 teaspoon each salt and pepper. Cook, stirring occasionally, until lightly browned, about 5 minutes. Transfer the chicken to a plate.

Add the remaining 1 tablespoon oil to the pan. Add carrots, celery, onion, thyme and the remaining 1/4 teaspoon pepper; cook, stirring occasionally, until the vegetables are crisp-tender, 5 to 7 minutes. Sprinkle the reserved flour over the vegetables; stir to coat. Stir in broth and the chicken. Cook, stirring occasionally, until the stew is thickened, about 3 minutes. Add the gnocchi and peas and cook, gently stirring, until the gnocchi are hot, about 2 minutes.



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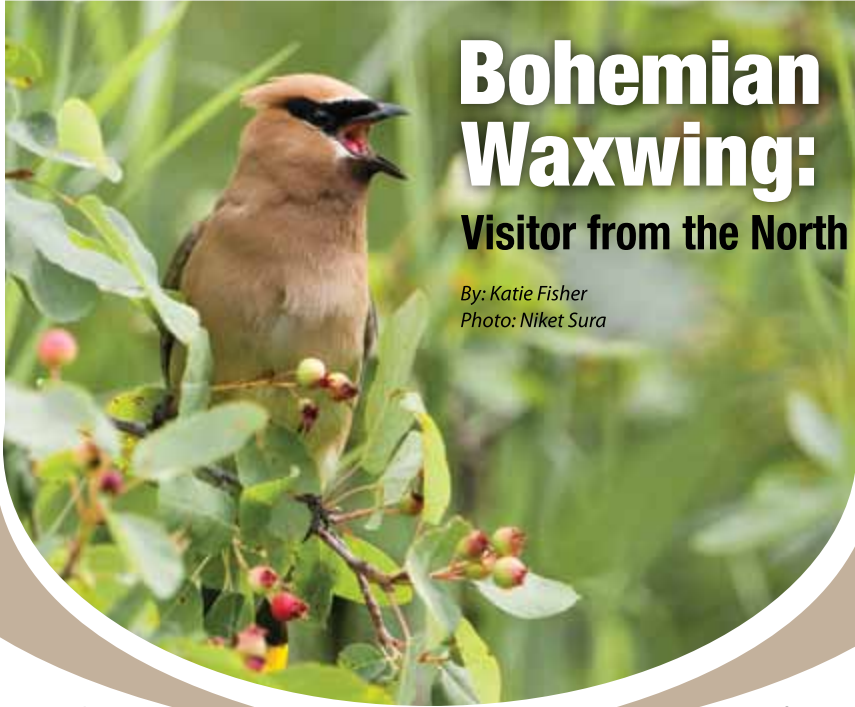
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# Bohemian Waxwing: Visitor from the North

By: Katie Fisher  
Photo: Niket Sura

As the snow sets in and sunlight runs at a minimum, we prepare ourselves for what might feel like the longest months of the year. Many of the pretty songbirds have flown south for warmer climates, however, our friend, the Bohemian Waxwing, will at times, fly south to us from the north to escape some of the harshest conditions.

The Bohemian Waxwing is a medium-sized songbird who is brownish gray in colour, equipped with a black mask, a yellow tip to tail and a crest on top of his head. He earns his name from the nomadic movements of the winter flocks; much like the inhabitants of Bohemia who live unconventional lifestyles or like the lives of gypsies. He does not hold breeding territories like other songbirds, simply for the reason the fruits he enjoys to snack on are abundant, but only available for short periods of time. Unlike songbirds, the Bohemian Waxwing has no true song as he doesn't require it to defend a territory.

He spends much of his time in the forest, foraging for fruit and insects. The Bohemian Waxwing is elegant in flight, catching insects in mid-air or hovering to snatch

fruit. He must be careful when choosing his fruit, as the Bohemian is susceptible to alcohol intoxication, and even death, from eating fermented fruit. He chooses to build his nest with his monogamous partner, on branches, closest to the trunk of the tree; constructed with twigs, grasses and camouflaged with mosses and lichens. From time to time, he will visit city parks and gardens in hopes of finding fruit.

Both parents are responsible for feeding their young, who will leave the nest anywhere from 14 to 18 days old. Like most songbirds, they feed insects to their young at first, but switch to feeding them berries within a few days. Most Bohemian family units stay together through the fall until they prepare for migration. Flocks are the most common form of migration and will, at times, be mixed in with Cedar Waxwing flocks, creating quite a sight to be seen.

If you come across an injured Bohemian Waxwing, or any other wild animal in distress please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488 for tips, instructions and advice.

Calgary



**On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.**

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

*Assessment Search* – getting started

**First-time users will need to complete a two-step registration process:**

1. Create a City of Calgary personal myID account. Visit [calgary.ca/myID](http://calgary.ca/myID) to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at [calgary.ca/assessment](http://calgary.ca/assessment):

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053




## Banish the Winter Blues.

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<b>KENSINGTON WINE MARKET</b>			
<b>2016 WINTER TASTING SCHEDULE</b>			
Tastings start at 7:00pm unless otherwise indicated			
<b>Tight Wad Oenophile</b>	<b>Thr Jan 14</b>	Christmas is over and the bills are arriving. Join this "penny pinching" tasting for wine lovers. We'll taste 6 guaranteed delicious, wallet friendly, wines. Discover what the "experts" won't admit to taking home.	\$30
<b>MS Calgary Whisky Festival</b>	<b>Thr Jan 14</b>	Heading into its 5th year the 2016 MS Calgary Whisky Festival is slated to be the biggest and best yet with a variety of ticket packages and over 200 whiskies. Tickets range from \$99 - \$150 and are available through: <a href="http://www.calgarywhiskyfestival.com">www.calgarywhiskyfestival.com</a> . Art Commons, 205 8 Ave SE.	
<b>Classic Single Malts</b>	<b>Fri Jan 15</b>	This is our "classic" introduction to the world of single malt Scotch whisky. You'll discover a little history, how it's made and sample six distinct styles.	\$35
<b>Gin Glorious Gin</b>	<b>Tue Jan 19</b>	Is gin your secret weakness? Don't worry you aren't alone! Gin is going through a "Ginnaissance" on an international scale. Join us for a taste test of the best.	\$40
<b>Silky, Sultry Stouts</b>	<b>Thr Jan 21</b>	Warm your belly and your heart with the ales best suited for winter weather. We'll explore the many variances of this hearty style: dry, sweet, light, thick, and even Russian!	\$30
<b>Great Grains</b>	<b>Fri Jan 22</b>	We'll sample a wide range of grain whiskies, some of them very old to see what all the fuss is about in this fast growing category.	\$60
<b>Scots Wha Hae, Robbie Burns Supper</b>	<b>Mon Jan 25</b>	Caledonians Unite! Our annual celebration of Burns, friendship, and whisky is returning to Fort Calgary complete with bagpipes, poetry and Highland dance. Our special guest this year is Louisa Young of the Isle of Arran Distillery and she'll be helping us mark the launch of two new KWM casks. Fort Calgary, 750 9th Avenue SE.	\$100
<b>Port in Any Storm</b>	<b>Tue Jan 26</b>	When the weather outside is stormy, what better way to chase away the chill than with a glass of port. You'll learn about Port's many styles and perhaps discover a favorite safe haven.	\$45
<b>Italy's "Super" Reds</b>	<b>Thr Jan 28</b>	Start training your taste buds and join us on a country wide hunt for the best of the reds. Barolo, Amarone, Brunello, and Super Tuscans to name just a few. Cheese and charcuterie from Peasant Cheese.	\$60
<b>Glendronach Batch 12 Dinner</b>	<b>Thr Jan 28 7PM</b>	Glendronach has quickly become KWM's top selling whisky. Celebrate the release of the Batch 12 vintages with a whisky dinner at Buchanan's Chop House (738 3 Ave SW) featuring 3x1995s, 3x1994s, 1990 and 1972.	\$185
<b>Cheese Please</b>	<b>Fri Jan 29</b>	Join us for "An Evening in Paris" where we'll celebrate this great city and the bounty from the surrounding countryside. Stand up format.	\$40
<b>Sherry &amp; Whisky</b>	<b>Tue Feb 2</b>	This tasting will explore the curious connection between one of Spain's cultural treasures and the highly sought after whiskies matured in their used barrels! Fino, Oloroso and PX will all be explored with equivalent whiskies.	\$50
<b>Beers of the New West Partnership</b>	<b>Thr Feb 4</b>	With the latest budget changes, and how they are affecting non local beers, it's about time to focus on some of the amazing beers from Alberta, and our two neighbors!	\$30
<b>American Whiskey</b>	<b>Tue Feb 9</b>	There is more to American whiskey than just Bourbon. Join us as we take you on a journey featuring Tennessee straight wheat, malt, rye and other styles.	\$40
<b>More Than Malbec</b>	<b>Thr Feb 11</b>	Think Argentina is just about Malbec? Think again! This tasting will explore the "other" delicious and often over looked grape varieties.	\$40
<b>American Wine Festival</b>	<b>Thr Feb 12</b>	It's a Route 66 wine extravaganza of the best of the US. Coast to coast, we'll pop the cork on every major region with a few surprises. Sign up now as tickets are limited.	\$45
<b>Classic Cocktails: Gin</b>	<b>Tue Feb 16</b>	Join us for a deconstruction of gin based cocktails. We'll teach you the basics of the spirit and how to make some flashy gin based drinks to impress your friends.	\$35
<b>Closed Distilleries of Scotland</b>	<b>Thr Feb 18</b>	The whiskies are getting older, rarer and more expensive with every passing year. We're not saying this is the last hurrah... just that as time runs out supplies dwindle and prices goes up.	\$175
<b>En Francais! Edition Bordeaux</b>	<b>Tue Feb 23</b>	Join our resident francophone, Christine Parent, for a standup tasting of the best of Bordeaux. Joignez-vous à notre francophone en résidence, Christine Parent, pour une dégustation de vin conviviale, en français! Région à l'honneur: Bordeaux. This tasting will be conducted in French.	\$40
<b>Rare Malts</b>	<b>Thr Feb 25</b>	Only the rarest whiskies, those 20+ years of age, those from closed distilleries and/or the exceptionally rare qualify for this tasting.	\$80
<b>Cheese Please</b>	<b>Fri Feb 26</b>	It's a Spanish wine and "Peasant Cheese" pairing challenge. We're looking for the perfect marriage. Will it be Manchego and Rioja? Albarino and Garrotxa? You decide! Stand up format.	\$40

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HOME GARDENING WITH BARBARA

# DO YOU READ WHAT I READ?

Barbara Shorrock

All the information you could ever want to access is on the internet now, but I still believe there is nothing so satisfying as a beautiful book with glossy photos, whether it be a cookbook, a travel book or a book about gardens. The research for today's article has been done in my own house where the serious bookshelves are laden with the collection of many years of gifts and purchases. Winter is upon us (as I write this we are experiencing a major snow and wind event with wind-chills at a dangerous level; in Saskatchewan we used to call these blizzards) and it is the best season to browse and dream of what might be possible in a few months when spring arrives. So pour yourself a cup of tea, add a plate of cookies, and browse with me through some of my favourites:

**Front Yard Gardens** – Liz Primeau. Large or small, bold or subtle, formal or cluttered – it is all good. Liz covers the whole spectrum of that space between your front door and the street.

**Favourite Plants** – Liz Primeau, editor. From Canadian Gardening Magazine, this features the best plants to choose for your Canadian Garden. Not meant to replace your "Encyclopedia of All Things Plants" it helps the gardener to make wise choices when adding to old beds and creating new ones.

**The Flower Gardener's Bible** – Lewis and Nancy Hill. Much more than a series of beautiful pictures and descriptions, this book tells you how to and why to and where to, assuming the reader doesn't have a lot of knowledge to begin with.

**A Year In the Garden** – Steven Bradley. Season by season, he takes us through projects that are manageable by most handy gardeners. This isn't a Canadian book, so you get a glimpse of what works in the

US and Britain, but the illustrations and photos are excellent.

**The Calgary Gardener Vol 1 and 2** – The Calgary Horticultural Society. I can't tell you how many of these I have given to gardeners new to Calgary. Our climate and soil can be a bit of a mystery to immigrants, particularly those who have migrated from British Columbia and Ontario, never mind other countries. No glossy pictures in these guys, just page after page of down-to-earth useful information on how to deal with winter Chinooks, alkaline soil, lovely summers that are interrupted by blasts of winter now and then, and what to plant and where.

**The Northern Gardener: Perennials that Survive and Thrive** - Barbara Rayment. Zone 3 choices for our part of the country, all organized and alphabetized. Well written and easy to navigate.

**No Work Garden** - Bob Flowerdew. I must confess I bought this solely for the title, and also the author's name, but it really does have lots of advice to lighten the work load. I would have named it "The Less Work Garden", but his title sells more books, I am sure.

**No Guff Vegetable Gardening** – Donna Balzer and Steven Biggs. They call themselves Garden Coaches, and this unusually arranged soft-cover volume is full of cheerful graphics by a couple of artists from Gabriola Island's Feedlot Studios (love that name). Of course, there is much useful info among the charming photos and amusing drawings. A fun read.

*One of the benefits of attending the Queensland Garden Club monthly meetings is access to the freebie's donated by members who are culling their collections of books, magazines, house plants, succulents, pots, baskets, etc. etc. 1st Wed. each month at the Queensland Community Centre.*



# Keep Your Paws Warm!

Well we are about to enter the heart of winter when we see temperatures of minus 20 degrees and lower outside and I don't want to walk my dog, although he is always ready and willing. Most dogs are amazingly well equipped to deal with the cold weather, but not every breed or individual can deal with this kind of cold without precautions.

When dogs first walk on the cold snow you often see them limp or hold a paw up as they run around. Then given some time they seem to become more comfortable. A dog's pads are equipped with a very effective heat exchange system. Once the paw's blood vessels adjust to the cold, and as long as the pad is dry and healthy, the average dog can tolerate most very cold surfaces. Smaller dogs tend to be less tolerant than large breeds. There are exceptions. Dogs with long guard hairs and thick downy undercoats like shepherds and huskies do fine, but dogs with short fine fur like Dobermans have little tolerance for cold. Fortunately stores now stock doggie coats from your basic knitted sweater to fine sartorial splendour depending on the taste of the human companion.

Some people believe a mat of hair over the dog's foot pads will protect them. Not true. Matted fur and excessive hair tends to stay wet, collect ice balls, and hold chemicals such as de-icing agents and salt against the skin. A dog's paws will adjust to the cold more effectively if the hair is kept reasonably short and clean. After walks rinse and dry your pet's feet if you suspect he has walked through chemicals.

Some dogs just can't tolerate cold paws no matter what you do. Consider booties for these individuals. Booties and mukluks come in all shapes and sizes for dogs. It is important that the boot breath and not compromise the blood flow to the paw. Most animals readily tolerate comfortable well-fitted boots. Online pet stores and local pet stores carry an array of boots for dogs. If you have a large active pet that will need heavy-duty boots you may want to consider custom-made footwear.

Along with their fur keep your pet's nails clipped. In our winters nails may split as your pet goes in and out from the cold and damp and nails may benefit from supplements such as omega fatty acids or fish oils.

My old Labrador would push through the roughest ground cover on the scent of a bird, but in the city he had very sensitive feet and could not tolerate rock salt on his paws at all. Nor would he tolerate boots. I used a paw wax on his feet. Applied to the pad these waxes seal the paw and protect the skin from ice and chemicals. They also protect the pads from cracking with dryness as the dogs go in and out. As long as your dog tolerates his feet touched the paw waxes are very easy to use. Vaseline is a cheap alternative but lasts only a short time outside and can pick up unwanted dirt adhering to the paw.

New products are always coming on the market. Check with your veterinarian and don't forget to protect the rest of your pet from the cold by keeping them well groomed. A clean well-groomed coat insulates from both cold in winter and heat in summer better. Finally remember, like us, as dogs become elderly or arthritic they may require more protection from the elements than they did in their prime. Be as conscious of a senior pet potentially slipping on the ice as you would be of an elderly relative.

Jennifer L. Scott, D.V.M.





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AT A GLANCE...**

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- **February 1 to 29 - YYC Hot Chocolate Fest:** Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. [www.yychotchocolate.com](http://www.yychotchocolate.com)
- **February 3 – Calgary Flames vs Carolina Hurricanes** at the Saddledome 7:30 pm. [www.calgaryflames.com](http://www.calgaryflames.com)
- **February 5 to 20 - Lord of the Flies:** Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting, dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. [www.storybooktheatre.org](http://www.storybooktheatre.org)
- **February 12 – Calgary Hitmen & Red Deer Rebels** face off at 7:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **February 12 to 14 - Block Heater: A Winter Music Extravaganza:** There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. [www.calgaryfolkfest.com](http://www.calgaryfolkfest.com)
- **February 12 to April 17 - Suite Surrender:** Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to classic farce. [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
- **February 21 to 22 - Spinosaurus: Lost Giant of the Cretaceous:** Meet Spinosaurus, the largest predatory dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science, before being brought back to light with the help of a remarkable young paleontologist. [www.artsccommons.ca](http://www.artsccommons.ca)
- **February 26 - Calgary Hitmen vs Royals** at the Saddledome 7:00 pm. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **February 27 – Calgary Flames & Ottawa Senators** face off at 8:00 pm at the Saddledome. [www.calgaryflames.com](http://www.calgaryflames.com)
- **February 28 - Night With the Stars:** This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy. [www.theatrecalgary.com](http://www.theatrecalgary.com)

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Millennium Mortgage Group has a team of 10 mortgage agents with decades of industry experience. We handle from the first time buyer to the seasoned investor and however we are truly known for our creative financing abilities and our love for construction and builder financing.

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Calgary is in an interesting Real Estate and economic market. In the past month, mortgage interest rates have been aggressively rising. In fact, rates have increased on both the variable and fixed terms by nearly a quarter percent. Consider locking your rates in or try and extend your current mortgage term for added se-

curity. It's also a buyers' market out there, so anyone looking for a new residence or a revenue property, it's a great time to buy and to lock-in your rates too. Contact one of our mortgage agents to calculate your potential cost saving options.

We truly value of partnerships with each client, Real Estate Agent and Home Builder that we work with on a daily basis. MMG's culture is to really engage the idea of a life-long relationship. If you have any finance or non-finance related inquiries please reach out to us! We are always open to hear new and exciting ideas that MMG can be a part of in the community or with a new customer.

Call or email us anytime and please follow our blog on Facebook or online at [www.MillenniumMortgageGroup.com](http://www.MillenniumMortgageGroup.com).

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# Bad Breath

## The Causes of Stinky Odors

If the thought of puckering-up for a smooch has you turning your cheek, it's time to tackle bad breath embarrassment. Everyone suffers from breath issues from time-to-time; especially after a head-cold or extra helping of that super garlicky meal. But ongoing odors signal the need to look at possible causes behind daily stinky breath.

### Does Everyone Deal With Bad Breath?

There are times in everyone's life when breath odors may be a concern. Illness can cause the ph. balance of the mouth to change, drying out tissues and unbalancing the amount of healthy versus unhealthy bacteria. Some medications can also lead to issues with breath odors – resulting in people having to deal with unusual odors over the long-term. But if illness and medications don't feature in your life – what's the reason for your bad breath? The number one reason for whiffy breath is poor oral hygiene. A lack of dental hygiene leads to an environment that is over-run with bacteria that causes inflammation and releases sulfurous odors. Daily brushing and flossing is a patient's best defense in preventing bad breath – but for some individual's this daily ritual just isn't enough to address breath issues, as the

underlying cause(s) of dental decay, periodontal disease and oral infection require dental treatment.

### Decay and Disease Causes Bad Breath

**Dental decay, oral infections, and gum disease** all contribute to breath odor – and when these dental conditions go untreated the associated mouth odors only become worse. Decaying teeth, infections and gum disease not only emit odors but they can also cause an individual to have a permanent bad taste in their mouth. Seeing the dentist for treatment is the only way to fully treat bad breath that results from disease, as using mouthwash and breath mints merely masks the odors and enables the condition to deteriorate. **Gum and Periodontal Disease causes a patient to have bad breath due to the formation of deep pockets around the teeth that collect food debris, plaque and calculus.** The combination of rotting food particles and oral bacteria is the perfect recipe for irritated tissues and stinky breath. Maintaining regular dental cleanings is essential to preventing and treating gum related bad breath.

**Don't let bad breath make you turn away from life!**



## Interesting ARCHITECTURE

In San Juan, Puerto Rico, architect José R. Marchand and interior designer Jorge Rosselló restored and updated historic **La Concha hotel**. Colorful bridges connect the shell-shaped restaurant, originally designed by Osvaldo Toro, to the hotel.

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### Snow and Ice Control

We know how to do winter in Calgary, and when it comes to clearing the snow and ice from our roads and pathways, we're getting better all the time. Throughout the winter months and especially after a big dump of snow, Calgary Roads has crews available around the clock to sand, salt and plow. Here's how it works:

### Before the Snow Falls

Even before it snows, City crews are busy anti-icing roadways to reduce the accumulation of ice and snow on the roads. A Road Salt Management Plan is followed to improve environmental protection without compromising road safety. The City also uses snow fences as part of the annual winter road maintenance program. Over 140 strategically placed snow fences reduce the build-up of drifting snow and ice on roads, and help to keep winter roads safe by improving visibility for motorists.

### During and After the Snow Falls

The City sands, salts, and plows roads and select sidewalks based on a priority system, and all work is to be completed within seven days from the point a snowfall ends. Within 24 hours of the end of a snowfall, major roadways (Priority 1) with traffic volumes over 20,000 vehicles per day are completely plowed, sanded and salted. A Snow Route Parking Ban may also be declared during this time – visit [www.calgary.ca](http://www.calgary.ca) to find out. Within 48 hours, all Priority 2 roadways are completed; this includes bus routes, problem areas and roads that carry over 5,000 vehicles per day. Work then continues on Priority 3 and 4 roadways, focusing on designated hills and slower speed zones, and eventually moving on to sidewalks and pathways.

### What You Can Do

The City of Calgary has a very sophisticated Snow and Ice Control program, and it does great work every year, but residents need to pitch in as well.

- When you drive in the winter, don't fool around: get winter tires.
- When you cycle in the winter, perform regular maintenance on your bike.
- When you walk in the winter, wear shoes with good grip.
- Homeowners are responsible for removing snow and ice from parking spaces, driveways and sidewalks.
- Be patient, and let the City follow the Seven Day Snow Event Plan. If something isn't right, however, report it to 3-1-1.
- Drive, cycle and walk safely. Give yourself extra time, don't rush, and be courteous to others.

For real-time updates throughout winter and further information, visit [www.calgary.ca/snow](http://www.calgary.ca/snow). If you have any questions, please contact me by email ([ward08@calgary.ca](mailto:ward08@calgary.ca)), phone (403-268-2430) or on my website ([www.calgary.ca/ward8](http://www.calgary.ca/ward8)).



## MLA CALGARY-ELBOW GREG CLARK

Leader - Alberta Party  
(403) 252-0346  
[calgary.elbow@assembly.ab.ca](mailto:calgary.elbow@assembly.ab.ca)  
Twitter: @GregClark4AB

Beginnings are a moment of opportunity. What's important is that first step, and that it is in the right direction. I am looking forward to going back into the Legislature to continue working on your behalf to continue to make Alberta a better place.

In that spirit, the Mental Health Review completed in December offers the opportunity for a fresh start to helping our neighbours and their families suffering with mental illness. Over the months of September and October last year there were more than 2,800 submissions to the public online questionnaire. There were also approximately 400 stakeholders in attendance at dozens of group meetings and presentations throughout the province, including input from First Nation, Métis and Aboriginal people and communities.

The Mental Health Review focus includes increasing access to addiction and mental health services including school-based programs for children and youth, community-based services, and preventative services. Amongst other objectives, the Review also looks at improving the system for managing the complex dealings between referring physicians and specialists or clinics offering specialized healthcare services. I am encouraged by the report and I want to offer my thanks to co-chairs Dr. David Swann, Danielle Larrivee, and Tyler White for their contribution.

In the meantime, many people are suffering. The holidays are often the most stressful time of year for many people. With all the layoffs in our energy sector, last year

was particularly challenging for many of Calgary's families. Mental health is an important issue for me. I was formerly Vice Chair of the Calgary Distress Centre so I am familiar with their incredible services available for Calgarians. The Distress Centre offers confidential, non-judgmental 24-hour crisis support. When you make a call to Distress Centre, you will always get an answer, an open mind and a caring ear. They can also refer people to a specialized Mobile Response Team, an outreach team of nurses, social workers and psychologists available to the general public to assist during times of crisis or distress. The team works in close contact with the Distress Centre, city hospitals, Calgary Police Service and current supports including counselors, doctors and psychiatrists to provide services to individuals and families living in the Calgary Health Region.

Anyone can call the Distress Centre at any time at 403-266-HELP (4357).

Another new service for Calgarians is 211, a joint initiative of Distress Centre Calgary, the United Way Calgary, and the City of Calgary. It is available to all callers in Calgary and surrounding communities including Chestermere, Cochrane, and High River.

211 is a number everyone needs to know. It's like the yellow pages: if you need information on, or help with financial issues, employment skills, parenting or child care, coping with disabilities, mental health issues, crisis support, schools, social services, support for seniors, food banks and more, 211 can connect you to the help you need.

Find more information on 211 here: [www.ab.211.ca](http://www.ab.211.ca), or simply dial 211 from any Calgary-area phone.

Let me know if I can be of help to you too. You can always contact my office, and my door is always open.

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Art of the world



## School of Athens, c. 1510

By: Raphael Raffaello Sanzio, or Raphael, was born on April 6, 1483 in the town of Urbino, Italy. He was a painter and architect during the High Renaissance period.

School of Athens refers to a famous fresco painted by Raphael in the Apostolic Palace in Vatican City. Depicts Raphael's interpretation of philosophy as a branch of knowledge. Showing a gathering of Greek philosophers engaged in various activities, the fresco is considered a prime example of High Renaissance art and considered Raphael's masterpiece.



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