

SEEKING PARTICIPANTS FOR YOUTH MENTAL HEALTH STUDIES

### At-Risk for Mental Illness Research Program

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

For more information, call 403-210-8740 or email [napls@ucalgary.ca](mailto:napls@ucalgary.ca)

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)



## EAT WHAT YOU LIKE IN COMFORT




Across from the Carstairs CO-OP **403-337-2880**

*A cozy little cabin filled with a variety of treasures!*

- Crystals & Gems • Gemstone Jewellery
- Sterling Silver Chains
- Himalayan Salt Lamps • SongPods
- Tibetan & Crystal Singing Bowls
- Gemstone Lamps
- Books, Decks & CDs

Angel Card Readings with Charlene Money, AGP/AAEP. Call for details!

Check our website calendar for upcoming workshops and events!

**403.946.5802**

### COUNTRY GARDEN CRYSTALS

Located west of Crossfield — see website for directions: [www.countrygardencrystals.ca](http://www.countrygardencrystals.ca)  
Open Thursday thru Monday, 10 a.m. - 5 p.m. (Closed Tuesday and Wednesday)



- No Wait Time
- Re-Siding
- New Roof
- Quality Workmanship
- Re-Roof
- Free Quotes
- New Siding
- Insurance Claims Welcome

**587-378-ROOF (7663)**  
[www.jvroofingsiding.com](http://www.jvroofingsiding.com)

## TOP \$\$\$ PAID FOR SCRAP CARS



### DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**

We get you on the road again

- Complete Suite of RV Repair Services
- Bearing Repack
- Solar • Hail Damage
- Insurance Claims

YOUR LOCAL RV REPAIR SHOP

Bay 1 - 29 East Lake Way NE, Airdrie



**403.919.4911**

Visit [swiftvrepairs.com](http://swiftvrepairs.com) for full list of services!



### 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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**



### SAFE STEP WALK-IN TUB

**1-844-995-4468**

With purchase of a new Safe Step Walk-In-Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

**FREE!** *New Issue Every Week!*

# Coffee News®

"News To Be Enjoyed Over Coffee"

**Carstairs, Crossfield, Didsbury Edition**

**780-220-6397**



[www.bvcoffeenews.ca](http://www.bvcoffeenews.ca)  
[amy@bvcoffeenews.ca](mailto:amy@bvcoffeenews.ca)

Vol. 2024 No. 34 August 19, 2024

## Everybody's Talking

**Digital David:** A team from an Italian university has unveiled a remarkable 17-foot replica of Michelangelo's famous sculpture of "David." The replica was created using cutting-edge, 3D-printing technology, and is being hailed as the most accurate rendition yet. Unlike the Renaissance sculptor's three-year labour, this team achieved their feat in a matter of a few months. The process involved thousands of digital scans and innovative construction methods. Weighing in at 1,200 pounds (544 kg), the reproduction boasts a weight 10 times lighter than the marble original. Dubbed a "digital twin," this tech marvel hints at a new era of cultural preservation.

**Culinary clues:** In Italy, a team of researchers continues to uncover the mysteries of the city Pompeii, providing glimpses into the daily lives of its ancient inhabitants. Among the areas recently revealed is a remarkably well-preserved street eatery, which offers insights into the bustling culinary scene of the city. Pompeii gained fame for being blanketed in debris following an eruption from a neighbouring volcano in 79 C.E. Archaeologists have unearthed various structures, including theatres, hospitals, and approximately 80 "fast-food" joints known as thermopolia. The excavation of this particular thermopolium revealed food offerings and artistic depictions of what would have been served before the city was frozen in time.

**Navigating change:** In a pioneering voyage, a cargo ship embarked from Singapore to Brazil, and introduced a revolutionary sail design in the process. Dubbed the "WindWing," this innovation aims to diminish fuel dependency and minimize pollution in maritime transportation. Inspired by ancient sailing methods, the WindWing capitalizes on wind power, and promises significant environmental benefits. Initial trials of the 123-foot (37-metre) long sail showcased some promising results: the Pyxis Ocean ship reached speeds of up to 6 miles per hour (9.7 km per hour) using WindWings alone. This new transport tech may well be poised for widespread adoption in the coming years.

**Stellar haul:** In 2016, NASA launched its OSIRIS-REx spacecraft to embark on a two-year voyage to reach Benu, an asteroid over 200 million miles (322 million km) away. The spacecraft meticulously orbited Benu before delicately scooping up dust and pebbles. NASA says the trip by the OSIRIS-REx is the first U.S. mission to collect a sample from an asteroid. Now, a capsule carrying the unprecedented samples from the distant body has come back to Earth. After enduring the scorching temperatures of re-entry, the capsule landed in the desert in the U.S. state of Utah. NASA quickly transported OSIRIS-REx to the Johnson Space Center. Scientists anticipate unlocking valuable insights into the early years of our solar system.

## Quoteable Quotes

"If you're offered a seat on a rocket ship, don't ask what seat! Just get on."  
—Sheryl Sandberg

"Our own self-realization is the greatest service we can render the world."  
—Ramana Maharshi

## What's Happening

**Sundays. Bragg Creek Farmers Market.** Running every Sunday from Jun 16 to Sep 22 from 10am to 3pm. Still room for vendors and food trucks. Email [info@braggcreekca.com](mailto:info@braggcreekca.com) for all the info.

**Sundre Museum.** Historic Pioneer Village is now OPEN! Please call the Sundre and District Museum at 403.638.3233 for further information.

**May 17 - Sep 20. Sundre Farmers Market.** Running all season long, head out to the Sundre Curling Rink from 430 - 7 pm every Friday. Support Local.

**Kidney March 3 Days 100 KM Kananaskis to Calgary Sept 6-8 2024** Walk the farthest you have ever walked and raise the most you have ever raised in the fight against kidney disease and for organ donation. Join us for Kidney March [www.kidney.ca](http://www.kidney.ca)

**Free! Summer Square Dancing Outdoors - Intro Hour 7pm.** Every Wed. June to August, Strathmore Kinsmen Park Pavilion. Step-by-step instruction, no experience needed. Variety of music. All ages, couples singles teens families. Bring own lawn chair water bottle. [www.strathmoresquaredance.com](http://www.strathmoresquaredance.com). 403-620-5131.

GET IN WHAT'S HAPPENING - Submit your event to [www.bvcoffeenews.ca](http://www.bvcoffeenews.ca) and be seen here by thousands of readers each week. Please give 6 weeks notice

## Trivia

1. Magnesium sulfate is the chemical name of this salt.
2. What is the medical term for the shoulder blade?
3. This historical event is the setting of The Scarlet Pimpernel.
4. Synovial fluid lubricates gears, joints, or marbles?
5. Margaret Mead worked in what field of science?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing (Over)

**STROLL BACK IN TIME...**

### CAROLINE WHEELS OF TIME MUSEUM AND HISTORICAL VILLAGE

Open May long weekend to September long weekend on Friday, Saturday and Sunday from 12 to 5 p.m.

Group tours available by appointment, email [wheels3884@gmail.com](mailto:wheels3884@gmail.com)

<http://www.carolinemuseum.ca/>

- BUILDINGS
- EXHIBITS
- NATURE TRAIL
- PICNIC AREA



Helping Adoptable Dogs and Cats Find Loving Homes

**CAN YOU HELP?**




rescue foundation  
[www.pause4change.com](http://www.pause4change.com)

DONATE VOLUNTEER FOSTER

**ENTER TO WIN!**



- Find the hidden Coffee News guy...  
Hint: He's about this big in one of the ads
- Then send your name and full address via email to [amy@bvcoffeenews.ca](mailto:amy@bvcoffeenews.ca) or enter online at [www.bvcoffeenews.ca](http://www.bvcoffeenews.ca)

Tell us the ad in which you found the CN guy hidden, the edition name and date and the location where you picked up Coffee News for a chance to win a great prize!

**THIS MONTH'S CONTEST SPONSOR**

**Sparkle And Shine**  
CAR & DOG WASH

## How Do You Recycle Your Coffee News®?

- Make it into a paper airplane
- Distribute to schools as a reading tool
- Use as a packing material for gifts
- Pass along to a senior who does not get out much
- Use as a liner for a pet cage
- Perfect for origami or crafts
- Use as a placemat

**ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE**

THE VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Start your journey today...

we offer:

- Mind-Body Connection Therapies
- Healing Breathing Work
- Sound Therapy
- Quantum Healing
- Yoga

**403-609-8716**

124 River Avenue, Cochrane (above Bike Brothers)

[kayla@positivehealing.ca](mailto:kayla@positivehealing.ca) | [www.positivehealing.ca](http://www.positivehealing.ca)

POSITIVE HEALING

ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS

yes tv

**FREE LIVE STREAMING COMING THIS FALL**

visit [yestv.com](http://yestv.com) for details



inogen

**INOGEN® PORTABLE OXYGEN CONCENTRATORS**

Call us toll-free at **1-833-301-1878**

30-DAY RISK-FREE TRIAL



30-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.  
PM230469 EN, EX, USA | Rx Only © 2024 Inogen, Inc.  
850 Wood Drive, Suite 200, Coakley, CA 93111  
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

THE BEST IN  
**Botox/Filler**  
SERVICES

Reclaim your youthful looks! Botox and Fillers are an incredible way to combat wrinkles and reduce worry lines in the forehead, between the eyebrows, and smile and laugh lines.

Call now: 403-335-8829

**SILVERFERN**  
AESTHETICS AND VEIN MEDISPA  
2028-17 AVENUE, DIDSBURY  
SILVERFERNMEDISPA.COM

FRIENDLY, PROFESSIONAL STAFF

"Everyone will notice... but no one will know."

VISIT US AGAIN FOR THE  
**First TIME!**

*Sorelle Amore*  
Spa & Wellness Centre

FREE STEAM BATH WITH ALL SERVICES

- Dermaplane
- Microneedling
- LED Therapy

PROUD WINNER, SPA CATEGORY  
CANADIAN CHOICE AWARDS

Call 403-335-9854

2028-17 Avenue, Didsbury  
sorelleamore2022@gmail.com  
sorelleamorespa.ca

2024 CANADIAN CHOICE AWARD

**Congratulations**

to our latest contest winner for finding "Beans, the Coffee News Guy."

**Sarah Sheppard**  
found "Beans" at  
Enjoy Garden Restaurant  
in Crossfield

**Coffee News**

Enter today for your chance to win!  
www.bvcoffeenews.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

**CWC**  
Carstairs Waste Control

722 - 9 Avenue, North • Carstairs  
**403.337.2870**  
carstairswastecontrol@yahoo.com  
www.carstairswaste.com

**Waste Bin Rentals**  
HOUSEHOLD AND CONSTRUCTION BINS  
4 cubic yard to 30 cubic yard waste bins available!

**Taking Care of Your Family Needs**

Seniors Receive 10% Off Every Day!

**VALUE DRUG MART**

Free Prescription Delivery - Giftware Household Products - Homecare Supplies

Keeping it in the Community

403.335.3307  
1710 - 20 Street, Didsbury • www.valuedrugmart.com

PROUD SPONSOR OF THE CN CONTEST

**Turtle Wax PRO**

**Sparkle And Shine**  
CAR & DOG WASH

VOTED BEST CAR WASH!

- AUTOMATIC TOUCHLESS WASH
- 6 LARGE VEHICLE SELF-SERVE BAYS
- DOG WASH

901A Hwy 2A, Carstairs | 403-586-8519

# Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)

Your energy level may be a real boost at midweek. This dynamic can be highly productive, but be careful of taking impulsive actions without thinking things through first. Lucky numbers: 8, 12, 19, 20, 22, 31.

**TAURUS**  
(April 20 - May 20)

Rebelliousness is not a trait normally associated with Taurus. However, this week you may have an opportunity to be a rebel with a cause. So, what's your cause? Lucky numbers: 7, 10, 12, 35, 41, 42.

**GEMINI**  
(May 21 - June 20)

Both your internal and external environments may be volatile this week. Instead of engaging in an argument, look to what you value to identify a solution to any conflicts. Lucky numbers: 6, 12, 16, 18, 24, 47.

**CANCER**  
(June 21 - July 22)

A theme for Cancer-born is nurturing others, particularly family and friends. This week, you may be asked to make an adjustment to expand this into the wider world. Lucky numbers: 10, 12, 17, 23, 27, 30.

**LEO**  
(July 23 - Aug. 22)

This is the end of both Leo season and your birthday month. What activities did you initiate over the last month and which might be ready to be harvested now? Lucky numbers: 2, 10, 16, 30, 36, 45.

**VIRGO**  
(Aug. 23 - Sept. 22)

Birthday months are good times to set intentions. A focus for your new solar year might be communicating your values to others for mutually beneficial opportunities. Lucky numbers: 13, 16, 23, 24, 33, 37.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 33.

**LIBRA**  
(Sept. 23 - Oct. 22)

At the middle of the week, you may be focused on yourself, rather than the needs of others. Doing so in a positive way could avoid a stalemate with those close to you. Lucky numbers: 5, 7, 19, 23, 29, 33.

**SCORPIO**  
(Oct. 23 - Nov. 21)

Your intuitive antenna may go offline at week's end. This can be a moment of respite from the thoughts of others, to connect with yourself on a deeper level. Lucky numbers: 4, 5, 17, 19, 34, 37.

**SAGITTARIUS**  
(Nov. 22 - Dec. 21)

You may feel restless or dissatisfied with your life. Would learning something new help break through this emotional obstacle? Perhaps explore options for growth. Lucky numbers: 17, 24, 37, 41, 42, 45.

**CAPRICORN**  
(Dec. 22 - Jan. 19)

Capricorn strengths include using ambition and discipline to build a solid foundation of success. The start of the week may bring an opportunity to help others in this regard. Lucky numbers: 1, 6, 8, 10, 17, 37.

**AQUARIUS**  
(Jan. 20 - Feb 18)

A full moon is in your sign at the beginning of the week. This phase may be important for completing activities, like trimming any items that aren't working for you. Lucky numbers: 3, 4, 8, 11, 26, 44.

**PISCES**  
(Feb. 19 - March 20)

This week you may be caught between simultaneous desires to expand and contract your current projects. Let your values help you decide the right activities for success. Lucky numbers: 15, 17, 23, 35, 36, 47.

## Did You Know...

**Smart suitcase:** The Ovis is a smart suitcase that follows its owner, without running into things in its path. Equipped with movement-tracking algorithms and facial recognition technology, it also has a built in GPS in case it gets lost.

**Spoon technique:** A wooden spoon across the top of a boiling pot of pasta prevents the water from boiling over. The spoon destabilizes the bubbles when they come into contact with its water-repelling surface.

**Opinion anxiety:** Being afraid of what other people think when their opinions differ from your own is a social phobia called allodoxophobia. The irrational, overwhelming feeling can affect people of all ages, but is relatively uncommon.

**Spicy name:** The Spice Girls weren't always known that way. The five-member, all-girl British band was originally called Touch. However, after writing the song "Sugar and Spice," they decided to spice up their name.

**National animal:** Scotland's national animal, the unicorn, isn't actually an animal. Linked to Celtic mythology, unicorns symbolize purity, innocence, and power, and were first used in the 12th century on the Scottish royal coat of arms.

## On the Lighter Side

What wears a coat all winter and pants all summer? A dog.  
How is the king doing in school? He likes his subjects.  
Customer: "When's the best time to trim a beard?"  
Barber: "Daylight shaving time."

Trees hate taking tests. The questions always stump them.  
Knock! Knock! Who's there? Water. Water who? Water the chances of winning the lottery?

## Answers

**Trivia answers:** 1. Epsom 2. Scapula 3. French Revolution 4. Joints 5. Anthropology

For available franchise opportunities - visit coffeenewscanada.com  
© Published with Permission by Mad Mama Marketing

**YAMNUSKA WOLFDOG SANCTUARY**  
Located at 263156 Range Rd 53, on the 1A Hwy

A non-profit organization that oversees the rescue and safe sanctuary for wolfdogs that have been neglected, abandoned, or otherwise displaced.

Through its educational programs, the Sanctuary discusses the challenges of wolfdog ownership and promotes responsible ownership by outlining what a suitable home should look like. The Sanctuary also touches on the importance of preserving wolves in the wild!

For further details about our mission, please call 587-890-WOLF (9653) or visit [yamnuskawolfdogsanctuary.com](http://yamnuskawolfdogsanctuary.com)

You can also find details there about our **Intro Tours** and **Interactive Tours**, including pertinent age restrictions.

**Need to talk?**  
988 is here for you. 24/7

Suicide & Crisis Helpline  
Call or text: 9-8-8

[DistressCentre.com/988](http://DistressCentre.com/988)

**WE ARE Hiring!**

**Loader Operator with Gravel Pit Experience**

Full Time, Seasonal  
May - September/ Early October

Scan to apply or email us at [hr@west-cansealcoating.com](mailto:hr@west-cansealcoating.com)

We are always looking for good people to join us on the road!

**Be prepared before the next power outage.**

**It's not just a generator. It's a power move.**

Receive a free 5-year warranty with qualifying purchase\* - valued at \$715.

Call 1-844-944-1991 to schedule your free quote!

**GENERAC**

Unsure of the next step?

**CALL ACCESS MENTAL HEALTH TO DISCUSS YOUR OPTIONS.**

We can help.

**403.943.1500**  
**1.844.943.1500 TF**

ADDITION AND MENTAL HEALTH Information & Referral - Calgary Zone

Alberta Health Services Access Mental Health

**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO

**Call 780-220-6397**

**Recipe of the month**

**Peach Glazed Rib**

3 to 4 pounds pork baby back ribs, cut into serving-size pieces  
1 can (15-1/4 ounces) peach halves, drained  
1/3 cup soy sauce  
1/4 cup canola oil

1/4 cup honey  
2 tablespoons brown sugar  
1 teaspoon sesame seeds, toasted  
1 garlic clove, peeled  
1/4 teaspoon ground ginger

Prep Time: 15 min Grill: 1.25 hrs Yield: 6 servings

- Prepare grill for indirect heat, using a drip pan. Place ribs over drip pan. Grill, covered, over indirect medium heat for 60 minutes, turning occasionally.
- Meanwhile, in a blender, combine the remaining ingredients; cover and process until smooth. Baste ribs.
- Grill until meat is tender and juices run clear, 15-20 minutes longer, basting occasionally with remaining sauce.

A delicious, fruity alternative to the usual barbecue sauce for ribs

Source: <https://www.tasteofhome.com>