



**BEARDED
PLUMBER
CANADA**

Graham Young, Red Seal Journeyman Plumber

**PLUMBING, HEATING & COOLING
REPAIRS, MAINTENANCE & RENOVATIONS**

Serving Kamloops and surrounding areas
graham@beardedplumbercanada.com
 250-851-1840

**PATTI'S PARTY
PHOTOBOOTHS** Merritt • Logan Lake
Kamloops



PERFECT CLICKS

778-865-0533 www.pattispartyphotoboos.com
pattispartyphotoboos@gmail.com

**CASH TODAY FOR YOUR
SCRAP VEHICLES**

**FILTHY PHIL
& HIS DUMMER BROS.**

Local and Long Distance
Auto Hauling serving Kamloops
Area and Lower Mainland
Hot Shot service available

Call **604 603-9004**

PHIL SCARFO **We pick up scrap metal too!**

travel best bets

Your Kamloops Representatives

shelley.ford@travelbestbets.com
debbie.ulinder@travelbestbets.com

**LEMON DROP
CANDY SHOP**

Kamloops Sweetest Spot!

Mon-Thurs: 12-10PM
Fri-Sun: 10AM-10PM

253 Tranquille Road, Kamloops

Give them a Gift Box.
Use coupon code **COFFEE** for \$5 off!



**KAMLOOPS
GIFT BASKETS**

www.KamloopsGiftBaskets.org
 778 - 220 - 8634

GO BOX STORAGE

Storage on your schedule!
Moving & Storage Made Easier in Kamloops

Need extra space? GoBox Storage delivers secure storage containers to your door—store on-site or with us, on your schedule.

Heated \$109/mo - Unheated \$79/mo - Your Home \$79/mo

Contact Us Today! 250.374.4646
goboxstorage.ca

**Invest in a
Better Sleep!**

**WE HAVE THE PERFECT
MATTRESS FOR YOU**

- GORD'S -
APPLIANCE • MATTRESS CENTRE
Your Service Experts!

948 Tranquille Road, Kamloops, BC
gordskamloops.ca Phone: 250-376-5353

New Issue Every Week!

FREE! **Coffee News**®

"News To Be Enjoyed
Over Coffee"

**Kamloops
Thompson Edition**
 604-704-5865



kamloopsshuswapcoffeeneews.com
 Coffeenewstns@gmail.com Volume 3:17 February 23, 2026

Everybody's Talking!

Chocolate cloud: People in Olten, Switzerland, looked up one morning to find cocoa dust drifting through the sky like light brown snow. A problem with factory ventilation sent the chocolate particles outside, where a gust of wind carried them across part of the town. A car was lightly dusted, and the factory offered to pay for cleaning. The company said the powder wasn't harmful, and production continued soon after. Locals described the scene as strange but harmless, with the air briefly carrying a hint of sweetness. While the event was unexpected, it caused no real trouble and left a few people amused. Sometimes even a factory glitch can sprinkle a little delight into the day.

Chairs open: In parks and town squares across Canada, a retired social worker has set out two chairs, offering a seat and an ear to anyone who needs to talk. His sign promises a listening ear, no strings attached, and no judgment. People pass by, some hesitant, some curious, but many eventually sit and share whatever's on their minds, from heartbreak to personal growth to moments of joy. He brings his own life experience to the table, but keeps the focus on the other person. There's no clock running, no pressure to explain, and no need to hold back. He travels wherever he's invited, sustained by donations and the kindness of others. For him, giving time is simply another way to serve with care.

Tree technique: In the steep terrain near Kyoto, Japan, a clever tree-growing method called *daisugi* lets multiple trunks grow straight up from a single base. This centuries-old practice was developed when timber was scarce, and it helped solve the need for strong, straight wood without clearing forests. Instead of cutting down trees, locals used careful trimming techniques, shaping growth to come from the same root. The result looks like a leafy hand reaching upward, with tall, narrow shoots that can be harvested every couple of decades. The main tree can keep producing wood for generations. The technique stands out as one of the rare ways trees can keep giving without being cut down.

Mountain passage: Plans are underway to carve a ship route through solid rock in coastal Norway to avoid dangerous, open-sea crossings. Instead of battling rough winds and high swells near a remote peninsula, vessels will be able to travel straight through the mountain itself. The plan includes reinforced entry points and clear safety rules to reduce the risk of ship collisions inside the tunnel. Sealed barriers will help keep water out during the deep underground excavation work. Once completed, the passage will handle a steady mix of commercial and passenger ships. Conditions in this area have challenged sailors for generations. The project is designed to improve safety and simplify everyday navigation for vessels.

Quoteable Quotes

"Today is the only day. Yesterday is gone." —John Wooden
 "Healing takes courage, and we all have courage, even if we have to dig a little to find it." —Tori Amos

What's Happening

- The Sweet Adelines, Desert Sounds A Cappella + Chorus** meets every Tuesday at 6:30pm at the South West Community Church, 700 Hugh Allan Drive, lower entrance.
- Drop-in Badminton** at the OLPH Gym - 635 Tranquille Rd. every Tuesday at 7:00 pm with a \$5.00 drop-in fee. Call Robert at 250-579-0193 for more information.
- The Kamloops Social Club** is hosting a dance featuring Kelly Bellanger (from the Roy Orbison Band and BTO) on March 15, 2026 at 7:00 pm at St. Paul's Cathedral at 360 Nicola Street. Admission is \$15.00 at the door. A great evening of dancing with popular and country tunes, all invited to join in the fun.
- CFBX, the campus/community radio station** is holding an Open House the afternoon of Saturday, March 7th There will be three sessions, at 1:30 PM, 2 PM and 2:30 PM. Each session will involve a station tour, a brief presentation about the station, and refreshments. Everyone is welcome to this open house. The station is located at House 8 on the TRU Campus, directly behind the Campus Activity Centre. For more information, contact CFBX at 250-377-3988 or email to radio@thex.ca.
- The TRU Sustainability Department** will be hosting the Repair Café team at the TRU Makerspace (main library building) on March 12th. If you can carry your item in (sorry no computers or cell phones), the Repair Café team will help troubleshoot and hopefully repair your item. This event is free to the public and runs from 10:00 AM to 3:00 PM.
- Some Band will be performing at The Blue Grotto** on Feb. 27 & 28. \$10 cover, age 21+, doors open 8 pm, show starts 9:30 pm. Not just any band, they're Some Band!

Trivia

1. What is the capital of Bulgaria?
2. Who directed the film *Young Frankenstein*?
3. Which Beatle was first to cross Abbey Road on the album cover?
4. This is the oldest known kind of tree in the world.
5. This German highway is famous for its sections without a speed limit.

(Flip bottom of page for answers)
 © Published with Permission by Tracy Taylor
 (Over)

BC HOUSING Shelter Aid for Elderly Renters

Rent Support for Low-Income Seniors with SAFER

The SAFER program helps B.C. seniors with monthly rent payments to make rent more affordable.

Learn more at bchousing.org/SAFER

ZACH HANGHOFFER - REALTOR® **\$500 CASH REFER A FRIEND**

(250) 377-5602
Call or Text me today!

FREE CONSULTATION
Learn the entire process of buying and selling a home.

FREE HOUSE PURCHASE
My cost is covered under the seller's fee structure.

SELL IN UNDER 28 DAYS
Sell your home in under 28 days, or I reduce my commission.



KAMLOOPS HOSPICE

Caregivers Support Group

Join our free monthly support group for caregivers in our community. This safe, supportive space is here to help those caring for loved ones with chronic or life-limiting illnesses, offering connection, shared experiences, and comfort.

Every 2nd **WEDNESDAY** of the month | 1:00pm - 2:30pm

To Register For The Group Contact:
admin@kamloopshospice.com
 250.372.1336

Cooper Community Center
 72 Whiteshield Crescent S,
 Kamloops, BC V2E 2S9



Exposure, Exposure, Exposure!

When they need your services they will **THINK** of you!

Coffee News®
 604-704-5865



POUNDEROS PINES **YEAR ROUND RV SITES**

250-577-3468 ponderosapinesrv@hotmail.ca

New Long Term RV Sites Now Available

- Rural Setting, Walking/Hiking Trails
- 10 Minutes from Chase, 25 Minutes from Kamloops
- New Municipal Grade Water, Sewer and 50 AMP Power
- Boat/Trailer Storage Available

Ponderosapinesrvpark.ca 250-577-3468

JA ENTERPRISES

For all your Rubbish Removal and

Furniture Moving Needs

Call Richard
778-257-4943

FRANCA MURACA
 NOTARY PUBLIC

- Will and Estate Planning
- Incapacity Planning
- Real Estate Transactions
- Notarizing Documents

T: 778-696-4LAW E: info@muracanotary.ca
 301-619 Victoria Street
muracanotary.ca



FOOT CARE
 delivered to your home, care facility or hospital

- Foot Assessments
- Nail Cleaning
- Trimming, Filing, Reduction
- Treatment of Corns and Cllouses
- Diabetic Footcare
- Client Education

LIZA FEDECHKO LPN, FCN
LIZA'S FOOT CARE
 250-319-5006 | Lizafedechko@hotmail.com



A Whole New Way to Look at Glasses!

2 FOR 1!

Buy one complete pair of prescription eyewear, and get a second designer pair for free!

Can be shared with friends and family

Terms and conditions apply.

Great selection of luxury eyewear, and designer eyewear

On-site optometrist! Call us to arrange an eye exam

Your one stop shop for your eyecare needs



OPTIKS INTERNATIONAL PARTNER OF **solis optics**

250-851-8992 | www.optiksinternational.ca
331 Victoria Street, Kamloops, BC V2C 2A3

© solis optics | https://www.facebook.com/profile.php?id=100094752545090

"The Human Brain"

Before Reading Coffee News After Reading Coffee News



Coffee News...

Serving 100% of your minimum weekly requirement for **SMILES!**

Give them a Gift Box.

Use coupon code **COFFEE** for \$5 off!



www.KamloopsGiftBaskets.org
778-220-8634

Value For Your Family's Money

Thrift Shop
Kamloops United Church
421 St. Paul Street
Kamloops, BC V2C 2J7
(250) 372-3020
facebook.com/kucThriftShop

Open Monday - Thursday 10am - 5pm
Fridays Saturdays 10am - 3pm

Donations Accepted

GOOD QUALITY

HOME APPLIANCE REPAIRS & SERVICES

We service Kamloops and surrounding areas including Shuswap, Merritt, Lilloett, Lytton, Logan Lake, Cache Creek, Barriere, Clearwater and Sunpeaks.

GORD'S APPLIANCE • MATTRESS CENTRE
948 Tranquille Road, Kamloops, BC
gordskamloops.ca Phone: 250-376-5353

Place Your Ad Here Exclusively

Lock Out Your Competition!

Call: 604-704-5865

JA ENTERPRISES

For all your FURNITURE MOVING NEEDS

Rubbish Removal

Call Richard

778-257-4943

Your Weekly Horoscopes

ARIES
(March 20 - April 19)



Subtle feelings of emotional stress may arise in the mid- to late week. Some flexibility might help you process any information emerging from your unconscious. Lucky numbers: 1, 2, 10, 12, 14, 29.

TAURUS
(April 20 - May 20)



You may be ambitious to step into a new arena that better reflects your authentic self. At week's end, be aware of feeling conflicted because this change might be scary. Lucky numbers: 3, 12, 21, 34, 36, 38.

GEMINI
(May 21 - June 20)



Things may be a bit chaotic this week. You might be busy and subject to information overload. Catalog the data you receive, but wait to make important decisions. Lucky numbers: 6, 9, 11, 15, 25, 45.

CANCER
(June 21 - July 22)



At midweek, you may want to retreat into your shell. Even if you can't fully disconnect now, consciously find some moments of quiet space for yourself. Lucky numbers: 16, 17, 19, 29, 40, 45.

LEO
(July 23 - Aug. 22)



In time for the weekend, you may want to break loose and have some fun. Enjoy, but remember "all things in moderation," so you don't have regrets come Monday. Lucky numbers: 4, 6, 8, 11, 40, 41.

VIRGO
(Aug. 23 - Sept. 22)



For the next few weeks, your normal skill set may be disrupted. If your work requires detail and precision, be careful to continually double check everything. Lucky numbers: 13, 16, 28, 34, 41, 44.

Lucky numbers this week: This week's odds favor Leo winners with the luckiest number being 11.

Did You Know...

Wind riders: A dandelion seed drifts with surprising ease, using tiny filaments that let air slip through and create a gentle vortex. Though delicate and full of empty space, this clever design carries the seed far across fields and beyond.

Immortal trick: A certain jellyfish that is no bigger than a fingernail, the *Turritopsis dohrnii*, has an unusual ability. It can reset its life when stressed. Instead of reaching a natural end, it shifts back into an earlier stage, a cycle that lets it begin again and again.

Salt vaults: Deep underground in Kansas (U.S.), a salt mine holds government files, hospital records, and Hollywood films. Its stable climate and secure depth keep treasures intact, turning the mine into an unlikely archive.

Sticky secret: Long before modern glue, people heated birch bark to make a black tar that secured tools to wooden shafts. Strong and versatile, this Stone Age invention worked so well it was used for thousands of years.

Wing ears: Some butterflies have tiny ears tucked near their wings, and can actually hear people talking. In a certain group, puffy veins on their wings may even help funnel sound into those hidden ears.

On the Lighter Side

Knock! Knock! Who's there? Sing. Sing who? Whoooo!

What do you put in a barrel to make it lighter? A hole.

The seafood salad was shrimply awful.

I came home today to find my piano sitting on the porch. It forgot its keys.

Mom: "Rabbits live in warrens, foxes in dens, birds in nests. What is your room?"
Son: "A mess?"

Answers

Trivia answers: 1. Sofia 2. Mel Brooks 3. John Lennon 4. Britstecome pine 5. Autobahn

For available franchise opportunities - visit www.coffeenewsfranchise.com

LIBRA
(Sept. 23 - Oct. 22)



Libra's skill of tactful, diplomatic communication can help defuse problems between conflicting parties. But for the next few weeks, such situations may get bogged down. Lucky numbers: 7, 9, 31, 38, 39, 40.

SCORPIO
(Oct. 23 - Nov. 21)



A Scorpio theme is communicating intuitive insights to others. For the next few weeks, this may be stressful. Perhaps postpone difficult conversations, if you can. Lucky numbers: 14, 30, 32, 42, 43, 44.

SAGITTARIUS
(Nov. 22 - Dec. 21)



You may receive conflicting information this week, pulling you in different directions. Resolving it might require finding a balance between your head and your heart. Lucky numbers: 9, 14, 15, 20, 23, 37.

CAPRICORN
(Dec. 22 - Jan. 19)



Nurturing is not a word most would use to describe Capricorns. But at midweek, you may find an opportunity to nurture a project, another person, or even yourself. Lucky numbers: 8, 14, 19, 26, 39, 43.

AQUARIUS
(Jan. 20 - Feb. 18)



Aiding humanity's evolution is the long-term Aquarius challenge, which can seem like a Sisyphean task. At week's end, your leadership may attract partners to help. Lucky numbers: 2, 3, 17, 18, 23, 30.

PISCES
(Feb. 19 - March 20)



Carefully consider information you may receive over the next few weeks. Details may be fuzzy or even deceptive. Be cautious in using it to make any decisions. Lucky numbers: 5, 7, 16, 26, 38, 46.

KAMLOOPS SENIORS VILLAGE

Independent Living - Assisted Living - Long Term Care
Start Planning Early & Book Your Tour Today!
Everyone has a story. Come hear ours and share yours!
T: 250-574-0037 / 1220 Hugh Allan Drive, Kamloops BC
www.retirementconcepts.com / Follow Our Fun on Facebook!

Mobile Entertainment Kamloops DJ SERVICES

mobileentertainmentkamloops@hotmail.com
Don Taylor: 604-704-5865

State of the Art Digital Denture Clinic Includes:
•3D modeling •3D printing •Intraoral scanning •Milling

-Offering services for all your denture needs:
•Full upper/lower dentures • Immediate dentures
•Partial dentures • Implant retained dentures
•Relines/rebases •Repairs
•Professional denture cleaning
•Teeth whitening •Mouth guards

INNOVATION DENTURE CENTER
Able to do mobile appointments if needed
Denturist: Trista Ford RD, DD
741 Sahali Terrace, Suite #100, Kamloops, BC V2C 6X7
(Kamloops Surgical Centre building)
info@denturecenter.ca | denturecenter.ca | 778.362.2211

THE Lemonade STAND

Vapes, Flavours & Adult Fun!
Discover top e-cigs and a wide selection of Adult Novelty xxx products.

The Lemonade Stand
Port Coquitlam, Kamloops, 100 Mile, Merritt, Salmon Arm
877-420-1116
www.lemonadestand420.com
Facebook: @lemonadestand420
"Your Vape, Bong & Adult Store"

PERSONAL & CORPORATE TAX
BOOKKEEPING

KEVIN WELLS C.P.A.
CHARTERED PROFESSIONAL ACCOUNTANT

Ph: (250) 376-4712
Cell: (778) 257-3351
kwells01@shaw.ca

kamloops insurance

When you want something covered.

Open Everyday
250.374.7466 | www.kamloopsinsurance.ca
#220-450 Lansdowne Street (Next to London Drugs)

Understand Your Bible

Feb 3 - Who is Lucifer and Satan?
Feb 17 - Who are the 144,000?
Mar 3 - What Is the Soul, and What Happens When We Die?
Mar 17 - Will the World Really End in Fire?

Tuesdays 7:00pm
Sign up now!

contact@ReadYourBible.ca
www.ReadYourBible.ca

ELEMENTAL HEALING AND MASSAGE

Jessica Burns
Owner/Massage Therapist

302 - 248 Victoria St, Kamloops BC
250-551-9965
elementalkamloops@gmail.com
elementalkamloops.ca
Seniors and Students 10% OFF

* Myofascial * deep tissue * relaxation

Find us on social's Facebook & Instagram