

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



www.KamloopsGiftBaskets.org
778 - 220 - 8634

Exposure, Exposure, Exposure!

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

Coffee News[®]
604-704-5865



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

THIS SPACE FOR RENT

604-704-5865

travel best bets

Your Kamloops Representatives
shelley.ford@travelbestbets.com
debbie.ulinder@travelbestbets.com

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

GET THE PARTY STARTED

Mobile Entertainment Kamloops
DJ Services Trivia Karaoke

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

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

Find us on socials/ Facebook & Instagram

New Issue Every Week!

FREE! **Coffee News**[®]

"News To Be Enjoyed Over Coffee"

Kamloops Nicola Edition
604-704-5865



kamloopsshuswapcoffeeneews.com
Coffeebestnews@gmail.com

Volume 3:20 March 16, 2026

Everybody's Talking!

Restaurant rankings: The famous Michelin Guide, now a global authority on fine dining, began as something far removed from food. In rural France, the Michelin brothers were looking for ways to get more people driving, which would eventually boost demand for their tires. They launched a small book filled with practical tips for travelers, such as where to refuel, make repairs, or stop for a meal. Over time, its listings of restaurants gained influence, and the company started sending anonymous inspectors to evaluate quality. The star system was created, ranking restaurants from "worth a stop" to "worth a journey." Today, earning a Michelin star can transform a restaurant's future overnight.

Barrier innovation: Roads everywhere face the challenge of keeping drivers safe, and one solution gaining attention is the rolling barrier guardrail. Unlike fixed rails that can cause severe impacts, this design uses rotating cylinders that absorb impact and guide vehicles forward rather than letting them rebound into traffic or leave the roadway. The cylinders are made from durable materials, strong enough to handle weather while remaining effective for long periods. Though installation may cost more at first, reduced crash damage and lower medical costs make them worthwhile in the long run. Adaptable to highways, bridges, and sharp curves, these guardrails show how practical design can help reduce risks on busy roads.

Failure archive: In Edinburgh, Scotland, an unusual library is devoted not to great successes but to the many blunders of finance. The "Library of Mistakes" was launched by local financiers and academics who strongly believed that studying past failures could help prevent future ones. Inside, shelves are filled with detailed accounts of collapsed banks, scams, and infamous frauds. Visitors also find reminders of episodes like tulip mania, Ponzi schemes, and reckless investments that once brought institutions to their knees. The setting is modest but ambitious, and the library aims to become a leading archive of notable business missteps worldwide. The collection shows how even disasters ultimately can become knowledge.

Octopus town: In Jervis Bay, Australia, scientists found a gathering of gloomy octopuses living close together instead of alone. The octopuses created dens on the seafloor and interacted in ways that seemed more social than expected. Researchers observed both conflict and cooperation, suggesting the animals adjusted to living side by side. The area, nicknamed "Octantis," formed naturally rather than around human-made objects, which surprised scientists. Some think the limited number of good hiding spots may explain the crowded conditions. While the reasons remain uncertain, the discovery shows these creatures are capable of more complex group living than once believed.

Quoteable Quotes

"I learned a long time ago the wisest thing I can do is be on my own side." —*Maya Angelou*

"You can't blame gravity for falling in love." —*Albert Einstein*

What's Happening

This year the Legion celebrates 100 years of service. We are offering free membership for the year. Come by the Legion at 425 Lansdowne St (Thurs-Sun) or go on-line at Legion.ca
Thursday is Open Mic - come have a dinner (5:30) and listen to some great local music (6:30).
Meat draws Saturday and Sunday (2:30-4:30)

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.

Karaoke every Saturday night 8 pm-close at The Office Pub & Grill 2020 Falcon Rd

Trivia

- Who is the donkey who lives in the Hundred Acre Wood?
- It takes 40 gallons of ____ to make 1 gallon of maple syrup.
- A *pas de deux* is a pastry, song, or dance for two?
- Jim ____ was the lead singer of the band The Doors.
- A hardy hole is found on a shoe—T/F?

(Flip bottom of page for answers)

POWERS 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

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
Your Service Experts!
948 Tranquille Road, Kamloops, BC
gordskamloops.ca Phone: 250-376-5353

LEMON DROP CANDY SHOP
Kamloops Sweetest Spot!


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

253 Tranquille Road, Kamloops

PERSONAL & CORPORATE TAX BOOKKEEPING

KEVIN WELLS C.P.A.
CHARTERED PROFESSIONAL ACCOUNTANT

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



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.

The 2nd WEDNESDAY of every month 1:00 - 2:30pm

To register, contact:
admin@kamloopshospice.com
250-372-1336

KAMLOOPS HOSPICE
Cooper Community Center
72 Whiteshield Crescent S.
Kamloops, BC



Graham Young, Red Seal Journeyman Plumber
Serving Kamloops and surrounding areas

PLUMBING, HEATING & COOLING REPAIRS, MAINTENANCE & RENOVATIONS

- Pipe Repair • Drain Cleaning • Fixture Installation
- Leak Detection • Water Heater Repair • Sewer Line Inspection
- Backflow Prevention • Bathroom Renovation • Kitchen Plumbing
- Gas Line Installation • Septic Tank Service • Hydronic Heating

BEARDED PLUMBER CANADA CONTACT US (250) 851-1840
beardedplumbercanada.com



It's a dirty job, but somebody has to do it. Let it be Groess!

- Sewer & drain maintenance
- Emergency Repairs
- Camera Scoping

A GROESS UNDERGROUND
THE DRAIN CLEANING SPECIALISTS
Think Sewers... Think Groess

Call Dan: 250-377-5364



ZACH HANGHOFER - 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 sellers fee structure.

SELL IN UNDER 28 DAYS
Sell your home in under 28 days, or I reduce my commission.
*conditions apply, call today for more details



THIS SPACE FOR RENT


604-704-5865

Understand Your Bible

Mar 3 - What Is the Soul, and What Happens When We Die?
Mar 17 - Will the World Really End in Fire?
Mar 31 - Who was Mary—and why does She Matter?
Apr 14 - What Does the Bible say About Heaven and Hell?
Apr 28 - Can you Believe in Science and Still Trust the Bible?

Tuesdays 7:00pm
Sign up now!

contact@ReadYourBible.ca
www.ReadYourBible.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

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!

It's a dirty job, but somebody has to do it.

Let it be Groess!

- Sewer & drain maintenance
- Emergency Repairs
- Camera Scoping

SEWER HERO



A GROESS
 UNDERGROUND
 THE DRAIN CLEANING SPECIALISTS
 Think Sewers... Think Groess

Call Dan: 250-377-5364

FOOT CARE

delivered to your home, care facility or hospital

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

LIZAFEDCHKO LPN, FCN

LIZA'S FOOT CARE

250-319-5006 | Lizafedechko@hotmail.com

THE Lemonade STAND

Your One-Stop Smoke & Adult Shop!

Songs, vapes, cigars, hemp & Adult Novelty XXX!
Visit our BC locations for the best selection.

The Lemonade Stand
 Port Coquitlam, Kamloops, 100 Mile, Merritt, Salmon Arm
 877-420-1116
www.lemonadestand420.com
 Facebook: @lemonadestand420

"Your Vape, Bong & Adult Store"

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

We pick up scrap metal too!



Your Weekly Horoscopes

ARIES
(March 20 - April 19)

Your birthday month is a good time to review your accomplishments and establish new goals. This year may be the time to make plans to satisfy a spiritual longing. Lucky numbers: 8, 10, 18, 21, 39, 42.

TAURUS
(April 20 - May 20)

At week's end, you may feel very comfortable in your own skin. Can you use this confidence to expand beyond your normal boundaries and seize a new opportunity? Lucky numbers: 1, 26, 27, 35, 40, 45.

GEMINI
(May 21 - June 20)

For the past few weeks, you may have found that your usual quick and agile thinking process has been slowed and confused. That dynamic might begin to shift this week. Lucky numbers: 7, 10, 18, 29, 35, 39.

CANCER
(June 21 - July 22)

This week you may find yourself in a situation where you have big dreams but can't seem to implement them. Perhaps the cause is conflict about what you truly want? Lucky numbers: 4, 7, 15, 19, 29, 31.

LEO
(July 23 - Aug. 22)

This month may offer a boost of energy to support your natural optimism. Do you have an endeavor that could use this power, in order to achieve success? Lucky numbers: 5, 11, 26, 32, 45, 47.

VIRGO
(Aug. 23 - Sept. 22)

You may run into a midweek obstacle to your efforts. Rather than trying to break through the block, consider waiting a few days for the situation to change. Lucky numbers: 11, 12, 19, 31, 34, 44.

LIBRA
(Sept. 23 - Oct. 22)

It has been about six months since your birthday. Did you set new goals then? What progress have you made, and do your plans now need any adjustments? Lucky numbers: 15, 23, 38, 40, 44, 47.

SCORPIO
(Oct. 23 - Nov. 21)

At the end of the week, you may find that your natural intuitive abilities are stymied. This could pass soon, so try to take a deep breath and wait a few days. Lucky numbers: 6, 7, 10, 28, 35, 47.

SAGITTARIUS
(Nov. 22 - Dec. 21)

For the past few weeks, you may have experienced issues with communication, your car, or electronic devices. Things could start to return to normal this week. Lucky numbers: 10, 16, 20, 35, 39, 41.

CAPRICORN
(Dec. 22 - Jan. 19)

Usually Capricorns carefully consider the execution of their plans. For the next month, you may be impatient to be impulsive. How can you reconcile this conflict? Lucky numbers: 2, 3, 18, 34, 41, 45.

AQUARIUS
(Jan. 20 - Feb. 18)

Aquarius individuals often seem to have a dispassionate demeanor. For a few weeks, you may be drawn to dramatic action. Be conscious of how to proceed. Lucky numbers: 12, 18, 19, 26, 31, 34.

PISCES
(Feb. 19 - March 20)

Early this week may be a good time to set new intentions toward your goals. However, you might want to wait a bit for things to settle before starting your efforts. Lucky numbers: 3, 4, 6, 15, 27, 40.

Lucky numbers this week: This week's odds favor Taurus winners with the luckiest number being 27.

Did You Know...

Pricey purple: For centuries, purple almost never appeared on national flags, not because rulers disliked it, but because it was far too costly. Purple dye came from Mediterranean sea snails, making the color so rare it was typically reserved only for royalty.

Whale songs: Humpback whales create long, flowing songs that travel through the ocean and spread from one group to another. These tunes shift over time, showing how whales share and reshape their music much like a cultural tradition.

Heel ban: In Greece, sharp high heels are not welcome at ancient landmarks like the Acropolis or Parthenon. Officials banned them to prevent tiny cracks and scratches on fragile stone, while also reminding visitors that these historic sites need protection.

Moon bricks: Scientists are exploring how the moon's dusty surface could become building material for future bases. By testing volcanic powder on Earth, they've shown it might be possible to shape lunar dust into bricks strong enough for shelters in space.

Hiccup odds: Everyone knows the sudden jolt of a hiccup, but men are more likely than women to experience them, and they generally last longer in men. While short bursts usually fade, stubborn cases sometimes need extra care to settle down.

On the Lighter Side

Knock! Knock! Who's there? Felix. Felix who? Felix my ice cream again, he's in trouble.

What did the tornado say to the sports driver? "Want to go for a spin?"

You can eat a sandwich any time of day. It's always a square meal.

What would life be like if there were no hypothetical questions?

Mama fish: "Don't bite that hook!"

Baby fish: "Why not?"

Mama fish: "You're too young to face the reel world."

Answers

Trivia answers: 1. Elyore 2. Sap 3. Dance 4. Morrison
 5. False, on an anvil

For available franchise opportunities - visit www.coffeenewsfranchise.com

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



ASHCROFT INTERIOR BLINDS

Your local provider & installer of
exclusive lifetime guaranteed
HunterDouglas
window treatments

Serving Thompson-Nicola
and beyond

No charge travel, measure
or quote

250.457.7195
ashcroftinteriorblinds@gmail.com
www.ashcroftinteriorblinds.com



Shauna Bolton
250.457.7195
www.ashcroftinteriorblinds.com

Place Your Ad Here Exclusively

**Lock Out Your
Competition!**

**Call:
604-704-5865**



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

Thrift Shop


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

Value For Your Family's Money

DONATIONS Accepted

GOOD QUALITY

Great Way to Start Your Day!



kamloops insurance

When you want something covered.

Open Everyday

250.374.7466 | www.kamloopsinsurance.ca

#220-450 Lansdowne Street (Next to London Drugs)

Exposure, Exposure, Exposure!

When they need your
services they will
THINK of you!

Coffee News®

604-704-5865

