

ALL YOUR DRYWALL NEEDS

Board • Tape
Renovations • Additions
Water Damage

Drywall Repairs of Any Kind
Call Dale for a FREE estimate

250-804-6868

The signs are clear...

Coffee News® means business!
604-704-5865

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

THE LEMONADE STAND

Papers, Pipes & Adult Novelties

Adult xxx products in stock now!
Always fresh, always fun.

The Lemonade Stand - Across BC
877-420-1116 | www.lemonadestand420.com
Follow us on Facebook!

"Your Vape, Bong & Adult Store"

Money doesn't grow on trees

so why spend a fortune on advertising?

Advertise in Coffee News®
604-704-5865

GO BOX STORAGE

Looking to sell your house fast?
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

New Issue Every Week!

FREE! Coffee News®

"News To Be Enjoyed Over Coffee"

Salmon Arm Shuswap Edition
604-704-5865

kamloopsshuswapcoffeeneews.com
Coffeeneewstns@gmail.com

Volume 2:50 March 2, 2026

Everybody's Talking!

Paper roots: A Japanese publisher found a new way to recycle the news. They print it on sheets that grow into greenery. Instead of tossing old pages in the trash bin, readers can bury them in soil, and water the spot like a garden. Packed with seeds and built from reused pulp, the material gradually breaks down and supports new life in any planting container. The idea has been used in schools, shared through online videos, and picked up by people looking for simple, eco-friendly solutions that don't require much effort. What started as a creative print edition now serves as both a teaching tool and a small-scale environmental fix. It's a practical shift that shows how even print media can adapt to new priorities.

Icy colors: Not all icebergs in Antarctica are blue or white. Some carry streaks of green, black, brown, or even bands of mixed tones. These colors come from different materials and freezing conditions deep within glaciers or beneath floating ice shelves. Minerals, sediments, and pure ice without bubbles all can affect how light moves through the ice, changing what we see. In some cases, clear marine ice can look nearly black, while iron or layered debris can make it look green or dark brown. Some icebergs have striped or marbled patterns where layers of ice formed at different times and under different pressures. While the origins of these colors took time to understand, they now hint at hidden stories beneath the surface.

Drone lifeline: A relaxing afternoon turned perilous when a swimmer got caught in a powerful offshore current at a beach in Florida (U.S.). With emergency services still en route and no one nearby able to swim, a beachgoer quickly turned to the drone he'd brought for recreational use. Fastening a flotation ring to the device, he launched it toward the struggling teenager. The wind threw off the first drop, but a second attempt landed close enough for her to grab hold. The teen managed to hang on until help arrived and was later cleared by medics without injury. Though not built for rescue, online videos have shown drones repurposed in surprising ways. This time, that creativity may have saved a life.

Hidden village: Beneath a still reservoir in northern Portugal lie the remains of a once-bustling village, now revealed only when drought lowers the water. The community was uprooted to make way for a water dam project, leaving behind stone homes and narrow paths now submerged. When the ruins reappear, they attract visitors eager to trace the outlines of a forgotten settlement. Former residents honor their roots through annual gatherings and preserved family stories. A museum nearby holds fragments of the village's past, from tools to old photographs. Local tales speak of voices in the wind, hinting at the lives once lived there. The village may have vanished from the map, but not from memory.

Quoteable Quotes

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." —Helen Keller

"We aim above the mark to hit the mark."
—Ralph Waldo Emerson

What's Happening

Toastmasters meet weekly, 7PM Okanagan College, #131, 2552 10 Ave NE. Build confidence, meet friends, improve communication. Come to learn, stay for the fun.

Gardeners' Day – hosted by Shuswap Garden Club Dig in for a full day of inspiration at Gardeners' Day, Saturday, March 7, 2026, from 9 a.m. to 4 p.m. at the 5th Ave Activity Centre — an event for gardeners of every experience level. Enjoy four presentations, including two inspiring keynote presentations. Tickets include a Subway lunch, refreshments, and goodies. Draw at day's end — must be present to win. Seating is limited, with door tickets available if space permits. Find all the details on Facebook at the Shuswap Garden Club.

Humanity's Purpose and the Significance of Prayer (from a Baha'i perspective). Everyone Welcome. Saturday March 14 at 1 PM in the Boardroom (across from office) in Piccadilly Mall. For more info call 250-804-8657.

Do you have an event you wish to advertise free?
Send the info to Coffeeneewstns@gmail.com

Trivia

1. This author wrote *The Little Mermaid* fairy tale.
2. What is the largest island in the Mediterranean Sea?
3. What color are robin's eggs?
4. This Egyptian hieroglyph is called the "key of life."
5. What is the capital of Croatia?

(Flip bottom of page for answers)

© Published with Permission by Tracy Taylor
(Over)

SHUSWAP ARTISAN MARKET

GIFTS & FINE ART

HAND CRAFTED BY ARTISANS IN THE SHUSWAP

acrylic paintings, cards, ceramics, children's toys, driftwood paintings, eco prints, fabric textiles, fibre art, garden decor, glass, home decor, jewellery, knitted items, lace clothing, photography, pottery, purses, quilts, sculptures, hemp soap, scented soy candles, watercolour paintings, wood burnings, wood turning, woven textiles & much much more!

1204 NOTCH HILL RD. SORRENTO, BC.

www.shuswapartisans.ca
Follow us: @shuswapartisans

HOME APPLIANCE REPAIRS & SERVICES

We service Kamloops and surrounding areas including Shuswap, Merritt, Lillooet, 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

Shuswap Hearing CLINIC

100% Locally Owned & Operated
Dimos Papadimitropoulos, RHP

Trusted & Local
Reputation and expertise you can depend on.

Best Prices
Save thousands by supporting local.

Unmatched Service
Small town care - big capabilities.

ShuswapHearing.ca 250-838-4008

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!

Mobile Entertainment Kamloops DJ SERVICES

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

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

KAMLOOPS GIFT BASKETS

www.KamloopsGiftBaskets.org
778 - 220 - 8634

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

Trusted & Local
Reputation and expertise you can depend on.

Best Prices
Save thousands by supporting local.

Unmatched Service
Small town care - big capabilities.

Shuswap Hearing CLINIC
100% Locally Owned & Operated
Dimos Papadimitropoulos, RHP

ShuswapHearing.ca 250-838-4008

It's Local...

SUPPORT YOUR LOCAL RETAILERS

Exposure, Exposure, Exposure!

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

Coffee News®
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
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

Able to do mobile appointments if needed

J.R. WATKINS
Since 1868 TRADE MARK

Now Available at:
Eye Candy Endless Emporium
717 Shuswap Ave.
Chase, BC

Goodness Blind Bay Health Foods
2417 Golf Course Dr.
Blind Bay

Order online at:
www.respectedhomeproducts.com/5043827

604.314.5559

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 **PHIL SCARFO** 604 603-9004
We pick up scrap metal too!

ALL YOUR DRYWALL NEEDS

Board • Tape
Renovations • Additions
Water Damage

Drywall Repairs of Any Kind
Call Dale for a FREE estimate

250-804-6868

Your Weekly Horoscopes

ARIES
(March 20 - April 19)

Aries often focus on securing their immediate desires. Now may be a good time to consider what you value and what commitment you could make to achieve it. Lucky numbers: 17, 18, 24, 33, 38, 47.

TAURUS
(April 20 - May 20)

A relationship may be an important midweek focus for you. What changes would improve your connection? Would you like more freedom in the relationship, or less? Lucky numbers: 10, 12, 14, 17, 25, 36.

GEMINI
(May 21 - June 20)

Do your actions align with your highest values and your sense of who you are? Midweek may be a good time to manifest an opportunity to accomplish these goals. Lucky numbers: 7, 10, 11, 20, 29, 46.

CANCER
(June 21 - July 22)

If you actively seek it, a new opportunity may emerge this week. Tap into your intuition to evaluate pros and cons, as well as how to successfully implement it. Lucky numbers: 2, 7, 23, 24, 31, 33.

LEO
(July 23 - Aug. 22)

You may feel an impulsive desire at midweek to immediately get what you want. Resist the temptation for a few days. You might find that this urgent need will pass. Lucky numbers: 6, 7, 17, 20, 22, 38.

VIRGO
(Aug. 23 - Sept. 22)

Early in the week, you may receive a sign from the universe to complete or otherwise end something. No need to rush this, but you should not ignore it either. Lucky numbers: 13, 14, 20, 32, 41, 46.

LIBRA
(Sept. 23 - Oct. 22)

At midweek, you may be wanting to indulge in something pleasurable to help you recharge. Anything from a good meal to a day spa package could fit the bill. Lucky numbers: 1, 2, 11, 19, 33, 48.

SCORPIO
(Oct. 23 - Nov. 21)

Your radar for picking up intuitive information from other people may be turned up to maximum volume at midweek. Avoiding large gatherings for a few days might help. Lucky numbers: 9, 10, 16, 25, 30, 36.

SAGITTARIUS
(Nov. 22 - Dec. 21)

Early in the week, be patient about making progress on your goals. Take a couple of days to tap into your intuition and to incorporate what you learn into your plans. Lucky numbers: 3, 5, 13, 14, 24, 31.

CAPRICORN
(Dec. 22 - Jan. 19)

Being grounded and ambitious, strongly contributes to Capricorn successes. These qualities may be muted early in the week, letting you see things in a different light. Lucky numbers: 18, 20, 23, 27, 42, 43.

AQUARIUS
(Jan. 20 - Feb. 18)

An Aquarius often takes an intellectual, technological approach to accomplishing goals. At the week's end, softening this may help you better achieve your objective. Lucky numbers: 12, 17, 19, 30, 31, 45.

PISCES
(Feb. 19 - March 20)

Pisces know what they want to see in the world, but sometimes can't communicate that vision. The difficulty is heightened now. Be aware when interacting with others. Lucky numbers: 5, 11, 14, 17, 26, 41.

Lucky numbers this week: This week's odds favor Cancer winners with the luckiest number being 7.

Did You Know...

Ancient cement: The Romans mixed volcanic ash into their concrete, creating building material that resisted cracking and crumbling. Their aqueducts and harbors remain today, a lasting example of how effective this ancient construction method truly was.

Fish memory: Goldfish are often thought to be forgetful, yet they can actually hold onto information longer than expected. They're able to learn routines and respond to familiar situations, showing that their memory stretches well beyond just a few moments.

Crystal giants: Deep beneath a mountain in Mexico, miners uncovered a cave filled with gypsum crystal beams over 10 meters (32.8 ft.) long. Formed slowly in mineral-rich water, these crystals remain one of the world's most extraordinary underground wonders.

Mail tubes: Long before email, New York City sped letters through pressurized tubes hidden beneath its streets. These canisters carried hundreds of messages at high speed, a futuristic system later replaced by faster vehicles on the roads above.

Frozen frogs: Some frogs in North America can freeze solid through the winter, with their hearts completely stopped. When spring warmth returns, they thaw back to life in perfect order, leaving scientists amazed at this natural survival trick.

On the Lighter Side

How did you pass the exam for candy making school?
Easy, I fudged it!

Barbed wire was first used for de fence.

I bought a cat, despite my allergies. It was a rash decision.

Patient: "Doctor, I seem to be getting smaller and smaller."
Doctor: "Well, you have to be a little patient."

Knock! Knock! Who's there? Mozart. Mozart who? Mozart is found in a museum.

Answers

3. Blue 4. Ankh 5. Zagreb
Trivia answers: 1. Hans Christian Andersen 2. Sicily

For available franchise opportunities - visit www.coffeenewsfranchise.com

THE LEMONADE STAND

Papers, Pipes & Adult Novelties

Adult XXX products in stock now!
Always fresh, always fun.

The Lemonade Stand - Across BC
877-420-1116 | www.lemonadestand420.com
Follow us on Facebook!

"Your Vape, Bong & Adult Store"

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

WATKINS
Since 1868 TRADE MARK

HOME BUSINESS OPPORTUNITY

Black Pepper Poivre Noir
NET WT. 12.0 OZ. (340 g)

CALL MICHAEL 604-314-5559 OR VISIT
WWW.RESPECTEDHOMEBUSINESS.COM/5043827
FOR INFORMATION

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

KAMLOOPS GIFT BASKETS

www.KamloopsGiftBaskets.org
778 - 220 - 8634

HOME APPLIANCE REPAIRS & SERVICES

We service Kamloops and surrounding areas including Shuswap, Merritt, Lillooet, 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

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