

**Naughty or Nice? We've Got You.**

Fun adult gifts & novelties for every occasion!  
Come see what's new in-store this week.

The Lemonade Stand - Across BC  
877-420-1116 | www.Lemonadestand420.com  
Follow us on Facebook!

**"Your Vape, Bong & Adult Store"**

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

**A GROSS UNDERGROUND**  
The Dirty Cleaning Specialists  
Think Sewers... Think Gross!

- Sewer and drain maintenance.
- Emergency repair
- Camera scoping

Call Dan 250-377-5364

**Fresh Meat...**  
cut the way you want

**SEDO'S OLD FASHIONED BUTCHER & DELI**

#3 - 1050 10<sup>th</sup> Ave SW  
Salmon Arm  
250-832-7343

We make local food excellent

**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

**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!

**GET THE PARTY STARTED**

**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

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 2:51 March 9, 2026

**Everybody's Talking!**

**Glow shift:** Scientists and designers are exploring natural light from glowing organisms as a gentle, power-free way to brighten cities. Bioluminescence, found in ocean creatures and insects, gives off a soft blue or green light through a built-in chemical process. Some urban projects have already started experimenting with bacteria that give off light in carefully maintained setups. This approach could cut energy use and reduce light pollution by working without wires or electricity. The soft glow doesn't overpower surroundings, making it more in tune with natural darkness. Although current designs need more development to match everyday lighting demands, they're already hinting at a gentler path forward.

**Miniature mastery:** A sculptor in Tuzla, Bosnia and Herzegovina, transforms everyday pencils into impossibly small works of art. Rather than drawing with them, he uses the inner graphite as the material itself, carefully slicing, scraping, and refining it into intricate shapes. The ideas come from a mix of client suggestions, famous imagery, and the artist's own reflections. Because the core is brittle and narrow, each piece demands patience and precision. Earlier explorations with paper and clay helped shape his passion for tiny creations. Now, each pencil becomes a test of focus, endurance, and problem-solving. The results often defy what most people expect from such a basic object.

**Forest warning:** In zones known for volcanic risk, trees may offer hints of what's to come. Scientists have noticed that when magma begins shifting beneath the surface, surrounding vegetation often appears unusually healthy. This burst in growth, likely linked to underground gas release, clearly shows in satellite images. A growing team of researchers is now comparing this tree activity with known eruptions, using a mix of orbital tools and ground data to refine prediction models. Unlike traditional sensors, trees respond naturally to environmental change. Some believe this living feedback loop could be key to faster alerts. The forest, it turns out, might notice trouble before we do.

**Window wood:** A team in Stockholm, Sweden, has transformed ordinary wood into a light-passing material that could change how we build. The process involves carefully stripping away a key part of the wood, then filling the gaps with a clear compound that blends in. The result isn't just strong and lightweight, it's also see-through and surprisingly durable. Ideal for solar panel casings and windows or wall panels that welcome sunlight, the material keeps the natural benefits of wood with a futuristic twist. Unlike traditional glass or plastic, this option comes from a renewable source and offers insulation, too. Researchers are now working on making it even clearer and easier to produce on a much bigger scale.

**Quoteable Quotes**

"Knowing is not enough; we must apply. Willing is not enough; we must do." —Johann Wolfgang Von Goethe

"Turn your wounds into wisdom." —Oprah Winfrey

**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.

**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.

**Men's Shed Salmon Arm** is all about men helping men in the community. Please join us for dinner and lively discussion every Monday, 6PM, at Wing's Kitchen Restaurant, 21 Shuswap St N. Salmon Arm. For more information you may also contact Club Secretary, Richard Anderson at salmonarmshed@gmail.com

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

**Trivia**

- Are the Taurus Mountains in Greece, Italy, or Turkey?
- The \_\_\_ Cat is an Alice in Wonderland character.
- This famed news anchor was called "the most trusted man in America."
- A yellow tail is a bird, fish, or insect?
- The capital of Madagascar is Antananarivo, Bangui, or Gaborone?

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

**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

**POUNDEROS PINES YEAR ROUND RV SITES**

250-577-3468 pondersapinesrv@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

Pondersapinesrvpark.ca 250-577-3468

**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, RHPH

**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

**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](http://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  
**604 603-9004**

PHIL SCARFO

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

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

**KAMLOOPS GIFT BASKETS**

[www.KamloopsGiftBaskets.org](http://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  
948 Tranquille Road, Kamloops, BC  
[gordskamloops.ca](http://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  
948 Tranquille Road, Kamloops, BC  
[gordskamloops.ca](http://gordskamloops.ca) Phone: 250-376-5353

# Your Weekly Horoscopes

## ARIES (March 20 - April 19)

Toward the week's end, you may feel a bit disoriented, as the residue of an old wound surfaces. Focusing on what you value could help stabilize your emotions. Lucky numbers: 9, 11, 13, 26, 36, 39.

## TAURUS (April 20 - May 20)

Your focus now may be shifting to nurturing others who need your help. This can be a good growth opportunity for you. Just remember to nurture yourself as well. Lucky numbers: 3, 8, 17, 19, 32, 33.

## GEMINI (May 21 - June 20)

In decisions, Geminis tend to focus on data over feelings. But early this week, the astrological energy encourages you to bring your heart more into your process. Lucky numbers: 10, 13, 18, 19, 20, 38.

## CANCER (June 21 - July 22)

Have you felt that your efforts have been frustrated the last few months? The situation may begin to turn around. Be patient as new opportunities could open up soon. Lucky numbers: 1, 4, 10, 13, 33, 36.

## LEO (July 23 - Aug. 22)

Leo enthusiasm sometimes encourages you to "shoot from the hip" in decision making. At week's end, a stalemate may require you to look clearly at the facts of a situation. Lucky numbers: 4, 6, 14, 37, 38, 46.

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

Over the next few months, you may be asked to jump to the next level of service. Any opposition you are encountering could be encouraging you toward needed changes. Lucky numbers: 2, 9, 14, 23, 25, 31.

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

Right now you may need to look at how well you nurture yourself vs. others. Perhaps you could make an adjustment to achieve a better balance between both? Lucky numbers: 8, 14, 19, 20, 22, 23.

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

For Scorpios, emotional connection may be the cost of communicating hard truths. The next few months may encourage you to develop a more nurturing approach. Lucky numbers: 6, 17, 22, 27, 32, 35.

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

The optimism of Sagittarius is heightened early in the week. How would you like to use this energy to aid in your goals for the few days while this will be in effect? Lucky numbers: 5, 8, 19, 33, 41, 44.

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

Your grounded nature and ambition may be highlighted for a few days midweek. This energy may offer an extra push for you to achieve success in your goals. Lucky numbers: 13, 14, 16, 24, 33, 35.

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

You may be eager to make progress on your plans at midweek. This is admirable, but look before you leap to avoid problems that might only need to be corrected later. Lucky numbers: 14, 25, 28, 36, 37, 47.

## PISCES (Feb. 19 - March 20)

"Many hands make light work" could be a good motto for you this week. Others might want to be of service, but could need your guidance to show them the way. Lucky numbers: 7, 9, 14, 34, 40, 43.

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

## Did You Know...

**Feline feelers:** A cat's whiskers act as sensitive detectors, picking up even small air movements. This helps them sense objects in the dark, giving them awareness of their surroundings without relying only on sight.

**Rock risks:** Some stones, like sandstone, shale, limestone, and river rocks, can trap moisture and explode in the heat, making them unsafe for fire pits. That's why many builders choose sturdier options such as lava rocks or fire bricks.

**Coin passage:** In ancient burials, a coin was placed with the dead as payment for the ferryman believed to guide souls across the underworld's river. Romans extended the practice to ships, hiding coins beneath masts to ensure safe passage, luck, or remembrance.

**Guess when?** Due dates sound precise, but most babies aren't born on them. Only about 4% of babies arrive exactly when expected. Doctors use general guidelines to estimate birth timing, but for the most part, it's still an educated guess.

**Mirror origins:** Before modern glass, ancient Egyptians would polish copper and bronze into shining discs with carved handles. These early mirrors, some thousands of years old, still reflect today, showing that personal mirrors have hardly changed through time.

## On the Lighter Side

Sunbathing is a fry in the ointment.

A horse walked into a bar. The bartender said, "Hey." The horse said, "Please!"

Teacher: "What would you do if you were chased by a man-eating tiger?"

Student: "Nothing, I am a girl."

Knock! Knock! Who's there? Diego. Diego who? Diego before the B.

What can you not see even if it is right in front of you? The future!

## Answers

**Trivia answers:** 1. Turkey 2. Cheshire 3. Walter Cronkite 4. Fish 5. Antananarivo

For available franchise opportunities - visit [www.coffeenewsfranchise.com](http://www.coffeenewsfranchise.com)

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

**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](http://ShuswapHearing.ca) 250-838-4008

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

**A GROSS UNDERGROUND**  
Think Sewer... Think Gross

- Sewer and drain maintenance.
- Emergency repair
- Camera scoping

Call Dan 250-377-5364

**Fresh Meat...**  
cut the way you want

**SEDO'S OLD FASHIONED BUTCHER & DELI**

#3 - 1050 10<sup>th</sup> Ave SW  
Salmon Arm  
250-832-7343

We make local food excellent

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

- Full upper/lower dentures
- Partial dentures
- Relines/rebases
- Professional denture cleaning
- Teeth whitening
- Immediate dentures
- Implant retained dentures
- Repairs
- Mouth guards

**INNOVATION DENTURE CENTER**  
Denturist: Trista Ford RD, DD  
741 Sahali Terrace, Suite #100, Kamloops, BC V2C 6X7  
[info@denturecenter.ca](http://info@denturecenter.ca) | [denturecenter.ca](http://denturecenter.ca) | 778.362.2211

**Maughty or Nice? We've Got You.**

Fun adult gifts & novelties for every occasion!  
Come see what's new in-store this week.

The Lemonade Stand - Across BC  
877-420-1116 | [www.lemonadestand20.com](http://www.lemonadestand20.com)  
Follow us on Facebook!

"Your Vape, Bong & Adult Store"

**YEAR ROUND RV SITES**  
250-577-3468 [ponderosapinesrv@hotmail.ca](mailto: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](http://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](http://WWW.RESPECTEDHOMEBUSINESS.COM/5043827)  
FOR INFORMATION