

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

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

Give them a Gift Box.

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



KamloopsGiftBaskets.ca
778-220-8634

travel best bets

Your Kamloops Representatives

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

FREE! Coffee News®



**"Bringing People, Families,
and Communities Together."**

**Kamloops Nicola
Edition**
604-704-5865

kamloopsshuswapcoffeeneews.com
Coffeeewstns@gmail.com

Volume 3:39 July 27, 2026

Everybody's Talking!

Heritage hold: In western Germany, Eltz Castle stands above a looping river and has remained under one family's care for roughly eight centuries. Different branches of the family once lived in linked sections, maintaining shared spaces through a cooperative arrangement that kept the property unified. That stability helped it avoid the conflicts that dismantled many older estates. Its mix of architectural styles reflects centuries of gradual changes shaped by the needs of its residents. Inside, furnished rooms still display artwork and heirlooms that survived shifting eras. The surrounding forest is protected as well, allowing visitors to see a landmark maintained through steady, long-term stewardship.

Alloy leap: Engineers exploring new metal mixes have created a 3D-printed aluminum blend that stays firm under high heat and remains much lighter than materials often used in aircraft parts. Their process relied on computer tools to narrow down promising combinations before shaping the final mixture layer by layer. The printed version formed tightly packed structures that held their strength during testing, surprising the team with how durable it became. Because of its heat tolerance, the new metal could help replace heavier pieces found in engines and other equipment. If adopted widely, its lighter weight could make future machines more efficient without altering how they look or work.

Land link: Along Turkey's northern Aegean coast, archaeologists have uncovered stone tools that suggest early humans once crossed a land route now hidden beneath the sea. The finds came from several spots near Ayvalık, showing people lived and traveled across terrain that later sank as waters rose. The region's shifting ground had long made evidence hard to detect, leaving major gaps in research. These tools, shaped in styles seen across Africa, Asia, and Europe, hint that this coastline may have offered another path into the continent. The research team that led the excavation believes future studies may uncover even more evidence. The results place Ayvalık on the map as a possible link in early human movement.

Glass mystery: A bargain purchase from a small thrift shop in the town of Moffat, Scotland, led an antiques hunter to a window-pane that may have once belonged to King Robert the Bruce in the 1300s. After cleaning away layers of grime, he uncovered a detailed figure surrounded by Latin text naming the Scottish ruler. Curious about its age, he contacted specialists who noted the medieval style of the paintwork and panel construction. Some historians suggested it might have been part of a castle linked to the king's campaigns across the region. The finder hopes the piece will be studied more closely, since its preserved condition suggests it may hold useful clues about where it truly came from.

Quoteable Quotes

"Truth is powerful and it prevails" —Sojourner Truth
"By forgetting the past and by throwing myself
into other interests, I forget to worry." —Jack Dempsey

What's Happening

The City of Kamloops and BCLC are proud to present another great season of Music in the Park from July 1– August 31, 2026. The summer concert season brings a variety of blues, rock, classics, country, tribute bands, and more that will appeal to the whole family. Free performances take place at the Riverside Park Rotary Bandshell each evening, 7:00–8:30 pm, weather and air quality permitting.

CFBX, the campus/community radio station located at Thompson Rivers University, will host three 10-day Summer Radio Camp for high school students, from July 6-17, July 27-August 7, and August 17-28, 2026. Students will learn the art of radio, from interviewing and scripting a radio show, to editing, sound production and journalistic standards. Instruction will be guided by veterans of radio production, hosting, journalism, writing and teaching, using professional gear and real-world techniques. For more information about Sound Waves, contact CFBX at 250-377-3988 or email to stationmanager@thex.ca. Check out our Sound Waves 2026 video promo https://www.youtube.com/watch?v=puU_7PLhs2o

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.

Trivia

1. Mozart began composing music when he was ____ years old.
2. In chess, the game is over when this piece is checkmated.
3. Potter Philip Griebel invented the bird bath, garden gnome, or travel mug?
4. The word "berserk" comes from Viking warriors called Berserkers—T/F?
5. Which vegetable's popularity increased because of the comic Popeye?

(Flip bottom of page for answers)

© Published with Permission by Tracy Taylor

(Over)

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
711 Sahali Terrace, Suite #100, Kamloops, BC V2C 6X7
(Kamloops Surgical Centre building)
info@denturecenter.ca | denturecenter.ca | 778.362.2211

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



Call Dan: 250-377-5364



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



Elks Lodge #44 donating \$2,236.00 to Sherry Wolansky to cover the cost of braces for her legs, which will enable her to walk without use of a cane. Pictured from left to right are Wayne Saboe, Sherry Wolansky, Vaino Pennanen, and President Warren Nielsen.

**Place Your Ad
Here Exclusively**

**Lock Out Your
Competition!**

**Call:
604-704-5865**



Fourth Avenue Dental
Downtown Family Dentistry

WELCOMING NEW PATIENTS

ACCEPTING CANADIAN DENTAL CARE PLAN (CDCP)

NEW PATIENT EXAM AND TWO X-RAYS, FOR \$89 ONLY

CALL: 250-372-1212



Fourth Avenue Dental

MON-THUR: 8:00 AM – 4:00 PM
200-125 FOURTH AVENUE, KAMLOOPS, BC V2C 3N3

OWED MONEY

ON A CONSTRUCTION
OR INSURANCE CLAIM?

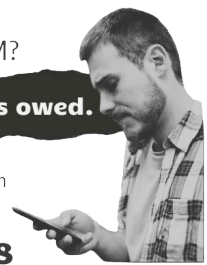
We help you recover what's owed.



- Collection Support
- Detailed Documentation
- Dispute Resolution
- Process Server

250.255.0498

contact@contractingbc.com | contractingbc.com



LIST WITH SCOTT



STONEHAUS
REALTY

Scott Arsenault



listwithscott.ca
250-438-0153

Maximum Exposure Marketing
Elevating Visibility, Maximizing Value



**INTERACTIVE
ADVENTURES**
INTERACTIVE-ADVENTURES.COM

See new places. Try new things. Meet new people.

- Rail Experiences
- Rocky Mountains
- Sunshine Coast
- International Trips
- Wells Gray Waterfalls
- Small Group Adventures



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

WIGS and TOPPERS

Hair Bliss
By Louanne

Many Colors and Styles
Human and Synthetic Hair

778-586-5375

By appointment only



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

April 1 - June 30

Free DuoLite upgrade on Duetto

Honeycomb Shades

Free LightLock upgrade on Duetto

Honeycomb shades

10% off Alta Roller Shades & Faux

Wood blinds

No charge travel, measure
or quote

250.457.7195

ashcroftinteriorblinds@gmail.com

www.ashcroftinteriorblinds.com



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

TRAINING DOGS THE WAY THEY UNDERSTAND

- Private Lessons
- Behavior assessments
- Confidence Building
- Mobile Nail Trimming

Roving
K-9
Kare

Call or Text

250-852-1788

Andrea Hall
Certified Canine Trainer

rovingk9kare@gmail.com



Coffee News wants to hear from you!



Please take our reader survey!

Enter to win \$100!



www.coffeenews.com/readersurvey

Congratulations

to our *June*
\$50 contest winner...
Arthur Smith!



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!



Your Weekly Horoscopes

ARIES

(March 20 – April 19)



The usual caution for Aries is to avoid being too impatient. However, the energy at the start of this week gives you a green light to pursue your highest goals. Lucky numbers: 1, 12, 17, 29, 38, 44.

TAURUS

(April 20 – May 20)



A Taurus often relies on their physical senses in decision making and taking action. But midweek, you may have an opportunity to integrate a more intuitive approach. Lucky numbers: 6, 12, 13, 25, 40, 47.

GEMINI

(May 21 – June 20)



You may be in a stalemate early in the week regarding an important relationship. A resolution might be possible, but you need to keep your ego out of the situation. Lucky numbers: 5, 6, 11, 23, 24, 27.

CANCER

(June 21 – July 22)



At midweek, your emotions may want to take the reins. This might be a good time to process your feelings, but consider waiting a few days for any important decisions. Lucky numbers: 2, 4, 7, 19, 22, 38.

LEO

(July 23 – Aug. 22)



Your natural enthusiasm may get a big, midweek boost. Take advantage of opportunities offered, but be cautious about overdoing the situation. It may come back to bite you. Lucky numbers: 7, 11, 13, 26, 32, 41.

VIRGO

(Aug. 23 – Sept. 22)



At midweek, your normal grounded nature and attention to detail may be disrupted. Things could return to normal in a few days. Use this time for a much needed break. Lucky numbers: 8, 19, 20, 25, 42, 46.

LIBRA

(Sept. 23 – Oct. 22)



Is there something you want to do but haven't been able to summon the courage to begin? The energy at week's end might give you the boost you need. Lucky numbers: 13, 30, 32, 41, 43, 44.

SCORPIO

(Oct. 23 – Nov. 21)



Scorpio intuition may offer insights into the shadow side of others, which can be difficult to process. Midweek energy could help you find compassion. Lucky numbers: 4, 8, 23, 30, 42, 47.

SAGITTARIUS

(Nov. 22 – Dec. 21)



You may get a significant boost of energy at week's end. This might help you accomplish more than usual, but only if you are clear about what you want and why. Lucky numbers: 11, 15, 17, 36, 41, 45.

CAPRICORN

(Dec. 22 – Jan. 19)



A new opportunity may present itself early in the week. But it might require flexibility on your part, especially to integrate the needs of others into your plans. Lucky numbers: 9, 16, 20, 23, 31, 44.

AQUARIUS

(Jan. 20 – Feb. 18)



Your goals may have a long-term horizon. However, the full moon in the middle of the week might provide the energy to complete one component of your plan. Lucky numbers: 15, 19, 21, 22, 25, 40.

PISCES

(Feb. 19 – March 20)



Maintaining your emotional balance may be difficult midweek. Consciously focus on positive choices and actions right now. This dynamic should ease in a few days. Lucky numbers: 3, 6, 16, 20, 25, 37.

Lucky numbers this week: This week's odds favor Aries winners with the luckiest number being 17.

Did You Know...

Giant penguin: Fossils found in Antarctica reveal a prehistoric penguin that stood nearly seven feet tall (2 m), taller than most people today. This "colossus penguin" likely weighed as much as a person and could dive for long stretches underwater.

Vision revolution: Early glasses began as small glass lenses used by the Romans to read fine text. Centuries later, Italian craftsmen joined two magnifiers with a hinge, creating the first spectacles and literally changing how people saw the world.

Tire titan: LEGO, the well-known toy company, produces more tires than any major tire maker, turning out hundreds of millions each year for its toy vehicles. These small rubber wheels earn LEGO the title of the world's largest tire manufacturer.

Soapy genes: Most people enjoy cilantro for its bright, fresh flavor, but a few experience something very different. A genetic variation makes some people sensitive to certain compounds in the leaves, giving the herb an unmistakable soapy flavor.

Forest smile: In Oregon (U.S.), a reforestation project once arranged two types of trees into the shape of a giant smiley face. Each fall, their changing colors reveal the cheerful design to anyone traveling through the area.

On the Lighter Side

In Sweden, 30% of car accidents involve a moose. I say don't let them drive.

Goblin: "Are you ready to go out?"

Witch: "One minute, I have to use some scare spray."

Knock! Knock! Who's there? Eileen. Eileen who? Eileen over to tie my shoes.

What do bees do with their honey? They cell it.

I hear the post office is a mail-dominated industry.

Answers

Trivia answers: 1. Five 2. King 3. Garden gnome 4. True 5. Spinach

For available franchise opportunities – visit www.coffeenewsfranchise.com

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

Donations Accepted

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

Need a DJ?



Mobile Entertainment Kamloops

Trivia • DJ Services • Karaoke

mobileentertainmentkamloops@hotmail.com

Don Taylor: 604-704-5865



kamloops insurance

When you want something covered.

Open Everyday



250.374.7466 | www.kamloopsinsurance.ca

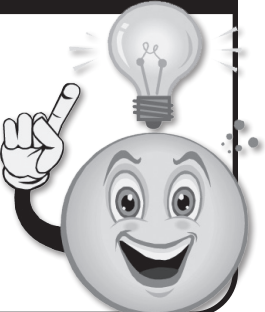
#220-450 Lansdowne Street (Next to London Drugs)

Exposure, Exposure, Exposure!

When they need your
services they will
THINK of you!

Coffee News®

604-704-5865



Enter to Win

Identify the ad where the **Coffee News®**
Guy is hidden for your chance to win!

Enter Contest at:

Coffeenewsfranchise@gmail.com

Enter your name, phone number, where the Coffee News
guy is hiding, the issue date and your city location

ACTUAL SIZE →

FOOTCARE

delivered to your home, care facility or hospital

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



L I Z A F E D E C H K O LPN, FCN

L I Z A ' S F O O T C A R E
250-319-5006 | Lizafedechko@hotmail.com



MANHANDLER BARBER SHOP

CLASSIC CUTS. MODERN STYLE.

MEN'S
HAIRCUT
\$30

SENIOR
HAIRCUT
\$24

EXPERIENCED
BARBERS
CLASSIC &
MODERN CUTS
FRIENDLY,
RELAXED
ATMOSPHERE

Look Sharp. Feel Confident.

373 VICTORIA STREET
DOWNTOWN KAMLOOPS

250-377-6877
WALK-INS WELCOME

BOOK ONLINE
MANHANDLERBARBERSHOP.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!