

Experience Discreet Power

...Without Drawing Attention To Your Hearing Aid!

Signia Silk Charge & Go
Smallest Rechargeable on the Market

\$3000 OFF
PREMIUM AID

- ✓ Tinnitus Therapy & Testing
- ✓ Financing for Hearing Aids

EYES + EARS
OPTICAL + HEARING CO.

403.871.2020 | www.eyesandearsclinic.ca
eyesandearsrocky@outlook.com | Railway Plaza, Rocky Mtn. House

Sylvan Lake 403.887.5073 Ponoka 403.790.2020 Lacombe 403.786.2020

Creating Smiles

WITH AN INNOVATIVE APPROACH

- Complete and Partial Dentures
- Implant Supported Dentures
- Same Day Repairs and Relines
- Direct Billing Available



FREE CONSULTATION

SUNDRE Mikki Johnston-Phillips DD
DENTURE & IMPLANT CENTRE

403.638.2880 Bay 4, 306 Main Ave.
sundredenturecentre@outlook.com



Coffee News

A great way to start your day!



Discover the Coffee News Advantage!

YOUR NEIGHBORHOOD FORD STORE

403-845-3673

Let's Get Social!

www.rainbowford.ca

March is



Red Cross Month

Computer Issues?

CALL US!

- ✓ Computer Refurbishing
- ✓ Service, Sales & Repair
- ✓ Virus Free Operating System

POWERS ENTERPRISES NETWORKS

Visit us at
5114 - 50 St.
Eckville

403.746.0226 | www.powersenterprises.com

MIKEYS WELDING
And Construction Limited
• PROUDLY SERVING CENTRAL ALBERTA •

STEEL SALES

CUSTOM FABRICATION

CNC PLASMA CUTTING

ALUMINUM WELDING

MOBILE RIG

CUSTOM ART WORK

24 Hrs.: 403.350.7456 | www.mikeyswelding.pro

FREE! Coffee News



"News To Be Enjoyed Over Coffee!"

Rocky Mountain House/Nordegg/Caroline/Eckville/Leslieville Edition
403.304.4767

countrycoffeeneews@shaw.ca

Vol. #19 Edition 10
March 2, 2026

For advertising information, contact Veronica today.

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 colours: Not all icebergs in Antarctica are blue or white. Some carry streaks of green, black, brown, or even bands of mixed tones. These colours 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 colours 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 honour 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

~ Ralph Waldo Emerson

What's Happening

Want an event, major attraction or sport publicized? E-mail countrycoffeeneews@shaw.ca or phone 403-304-4767 to have it printed here at NO CHARGE!

➤ **Mountain Rose Women's Shelter** provides a safe, confidential environment for women experiencing or who have experienced any abuse situation. 24 hr. crisis line 1.877.845.4141. To donate, call our office at 403.845.5339.

➤ **Rocky Farmers' Market:** Every Saturday, 10 a.m. - 1 p.m. at the Royal Canadian Legion, Rocky.



Enter to win \$40 gift certificate awarded each month!

Identify the ad where the Coffee News Guy is hidden for your chance to win! Enter your name, address, and phone number, along with where you read Coffee News to...

Actual size of the hidden graphic:

Country Coffee News
37 Forest Dr.
Sylvan Lake, AB
T4S 1H4 or e-mail
countrycoffeeneews@shaw.ca

February's contest winner was Margie Robinson, who will receive a \$40 gift card from Sobeys's after spotting the hidden Coffee News Guy while reading the publication at The Box Car Grill. Congratulations!

Trivia

1. This author wrote *The Little Mermaid* fairy tale.
2. What is the largest island in the Mediterranean Sea?
3. What colour 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 of Country Coffee News

(Over)

- Pruning & Tree Trimming
- Hazard Tree Removal
- Tree Climbing
- Lot Clearing
- Stump Grinding

✓ Insured for commercial and residential work
✓ Covered by WCB

INTEGRITY TREE

Our Service Is Rooted in Excellence

CALL NOW: 403.918.1317

Integritreeservices@gmail.com | Integritreeservices.ca

BRING THE FAMILY!
MEN'S | LADIES' | CHILDREN

Sylvan Lake **BARBER SHOP**

5008 - 50 (Main) St., Sylvan Lake

Sherry Thomas, Owner
403-887-4112

Mon-Fri, 9 am-5 pm | Sat, 9 am-4 pm | Walk-in Only

SENIORS' DISCOUNTS

✓ New & Used Tires
✓ RV, ATV Tires & More
✓ Batteries

M-F 8 am - 5 pm

GT CIVIC TIRE

Ken Cinnamon civic234@telus.net
403-847-1072 / 4909-44 St. Rocky

yes!tv

LIVE STREAM FOR FREE

visit yes.tv.com for details

BLOW AWAY THE COMPETITION!

Coffee News offers EXCLUSIVE advertising!

Only ONE advertiser per business category can advertise in each edition, so...

Once you're in... your competitors are OUT!

Something for everyone!

Cotton Candy, Popcorn, Ice Cream
Mini Donuts & Snacks • Slushies
Fishing Tackle
Local Wood Crafts
Firewood

Rolf's GROCERIES

5337-59 Ave., Rocky | 11 am - 10 pm Daily | 403.845.4577

Firearms and Accessories AUCTION

Online timed auction opens 5 p.m. Monday, March 9, 2026

Soft closes March 16, 17, & 18 at 7 p.m.

Onsite Viewing
March 13 & 16 (Fri & Mon) 10 am - 4 pm
5215B - 54 Ave. (Flags & More store)

To bid, visit www.crendevavors.ca and click on the link after auction opens
403.340.0109 | info@crendeavors.ca

C & R Endeavors Ltd.

BEST PRICE - GUARANTEED!

BARGAIN BUDS CANNABIS

5027 - 45 St. Rocky Mountain House

www.bargainbudscannabis.com

OPEN DAILY 10 a.m. to 9 p.m.

Your Weekly Horoscope

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 favour 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 harbours 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

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

© Published with permission by Country Coffee News
For available franchise opportunities, visit www.coffeenewsCanada.com

(Over)

Beck's ANTIQUES & COLLECTIBLES

ROCKY MOUNTAIN HOUSE
ANTIQUE & COLLECTIBLES

Buy & Sell Gold & Silver
Estate Sales
Antiques & Collectibles

780.267.5056
4923-50 Street
MAIN STREET ROCKY

Follow us:

Beck Auctions Rocky Mountain House

JK Customs

Hand Tooled Steel & Leather Work
Kimperfections Crafts

403-896-5527 | jkcustoms.ca

No Time for Laundry?
We've got you covered!

Residential Wash & Fold Bags
Coveralls ✓ Pick Up & Delivery
Repairs & Alterations

MacCleaners
DRY CLEANING & LAUNDRY SERVICE
5109-49 Street, Rocky
Rhonda Nadeau 403.845.3900
Mon-Thurs, 9 a.m.-5 p.m.
Fri 9 a.m. - 4 p.m. | Closed Holidays

HIGH ELECTRIC BILLS?

PROUDLY SERVING CENTRAL ALBERTA
eco solar

Find out how much you can save today!
www.ecosolar.ca | 1.855.748.6321

Coffee News® reminds you to **SHOP LOCALLY!**

You'll be glad you did! Nurturing locally owned businesses means supporting businesses that employ local workers, serve local customers, and give back to the local community.

Shopping locally helps us all

Quick Lane
TIRE & AUTO CENTRE

Now Carrying **Omnicraft** Quality Parts For All Makes & Models!

2-Year Unlimited Mileage Warranty!

Trust Omnicraft For All Mechanical Parts!
- Brake Pads - Rotors
- Filters - Starters
- Alternators - & More!

Rocky Quick Lane Tire & Auto Centre
403-845-3673

ELEVATE YOUR BUSINESS WITH TRANSFORMATIONAL IT

HY-TEK COMPUTERS
IT SPECIALISTS SINCE 1996

COMPUTER SALES & REPAIRS
MANAGED IT SERVICES
SOFTWARE DEVELOPMENT
VIDEO SECURITY
WEB DESIGN & HOSTING
CUSTOM CABLING

4920-51 Ave., Rocky | sales@hytekcomputers.com | www.sparksignal.net
© 403.845.4677 | www.hytekcomputers.com

Skyline designs

TINT ETCH SIGNS GRAPHICS PAINT PROTECTION

845-7254 | HWY 11, ROCKY

GIFT CERTIFICATES!

Donna's DENTAL HYGIENE CLINIC

Accepting New Patients

Assessments
X-Rays
Oral Cancer Screening

Scaling
Polishing
Fluoride Varnish

Silver Diamine Fluoride
Dental Sealants
Non-surgical Periodontal Therapy

FLEXIBLE APPOINTMENTS AVAILABLE
Early mornings, evenings and weekends

Insurance Accepted
We follow the current Dental Fee Guide

403.845.4901 | 4528 D - 47 Ave., RMH

WE DO ALL TYPES OF TAX RETURNS

Individuals
Business
Farms
Truckers
Estates

File with the Tax Experts This Season

5 Bighorn Mall
Rocky Mountain House
T4T 1A3

Mon-Fri, 9 a.m. - 6 p.m.
Saturday, 9 a.m. - 5 p.m.

403.845.2611 | hrblock.ca

This Space Is Available

Book NOW to ensure a spot in upcoming issues

Call Veronica now at **403.304.4767**

Providing Water Management and Equipment Rental Services

Serving the Province of Alberta

TORRENT
FLUID SOLUTIONS INC.

4816 - 57 Ave.
Eckville
www.torrentfluidsolutions.ca

24 Hrs.: 403-396-5346

You asked. We listened! **MAGE NETWORKS**

Mage Networks is your local provider of reliable, ultra-fast internet. Experience the speed you deserve - Sign up today!

No-Lock In Contracts. Friendly Local Support

Quick Installation, Customized For You.

Powered by Network. United by Values. Rooted in Community.

1-855-624-3477
<https://mage-networks.com/>

We'll Turn You On!

TOWNSEND ELECTRICAL LTD.

Residential
Commercial
New Builds
Renovations

403-302-3721
www.townsend-electrical.com

Planning your 2026 advertising budget?

Consider **Coffee News®!**

HIGH VISIBILITY - WEEKLY EXPOSURE

Call 403.304.4767 today for more details!

For All Your Exterior and Interior Needs

Stucco Stone
Painting
...and more

C & T CONSTRUCTION

Call today: 403-506-1555
candtconstruction44@gmail.com

We support local farmers! Ask about our FARMER'S SPECIAL