

**Experience our Difference**

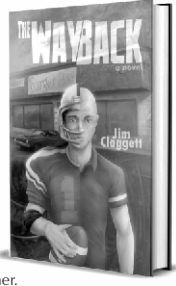


**RED DEER MOTORS**

6720 Johnstone Drive / Red Deer  
403.347.7777 / [www.reddeermotors.com](http://www.reddeermotors.com)

**“Great read.**  
*It's a Stephen King plot with good editing.*” – Jerry S.

Check out **THE WAYBACK**  
a new novel by Jim Claggett



With over 40 years in media and a passion for storytelling, Jim Claggett – veteran journalist and sports coach – brings a fresh twist to the time travel genre in this immensely entertaining page turner.

Order your copy today at [www.jimclaggett.ca](http://www.jimclaggett.ca)



**This Space Is Available**

Book NOW to ensure a spot in upcoming issues  
Call Matt now at **403.346.4141**

**BOOK NOW!**

**Bowling Birthday Packages Available!**

**403.782.6119**

AMBASSADOR BOWLING CENTRE  
5020 - 50 Street, Lacombe




JOIN THE FUN!

**NEED TO DETOX?**  
DRUG TEST SUPPLIES

**HEMP LOTION**  
two 18 oz. bottles \$40

NUMEROUS CANNABIS ACCESSORIES

**HEMPNSTUF**  
403-342-HEMP (4367)  
5211 GAETZ AVENUE, RED DEER. OPEN 10 AM-11 PM EVERY DAY



**un plugged**  
Parents United for a Smartphone-Free Childhood.



One easy choice at your fingertips that could be the best thing for your child's mental health.

Learn more about this parent-led grassroots movement in Canada by clicking here



[unpluggedcanada.com](http://unpluggedcanada.com)

**BIBLE PROPHECY FREE CHARTS**

**JESUS IS COMING SOON!**

Don't be left behind

Bobby D, Prophecy Teacher - 30 Yrs.

END TIME EVENTS: What you need to know  
QUESTIONS ANSWERED: Understanding Bible Prophecy

Rapture • Judgment Seat of Christ • Tribulation - 7 Years  
AntiChrist Revealed • Peace Treaty - Israel  
Great White Throne Judgment  
Second Coming of Christ • Millennium Reign (1000 Years)  
New Heaven and New Earth • Rewards - Eternal

Email your Bible prophecy questions to [rcjcoilfield@gmail.com](mailto:rcjcoilfield@gmail.com)

**MNP**

**We're not just accountants. We're your neighbours.**



Call us today!  
Rimby: 403.843.4666  
Lacombe: 403.782.7790

[MNP.ca](http://MNP.ca)


**FREE!**

**Coffee News**<sup>®</sup>  
“News To Be Enjoyed Over Coffee!”

Lacombe, Blackfalds Rimby, and Bentley Edition

403.346.4141

e-mail: [coffeeneewsguy@hotmail.com](mailto:coffeeneewsguy@hotmail.com)  
online version at [coffeeneewspaper.com](http://coffeeneewspaper.com)



Vol. 32 No. 2:12 March 23, 2026

**Everybody's Talking**

**Stair climb:** In the Bernese Oberland region of Switzerland, a staggering staircase runs directly beside the Niesenbahn mountain railway, climbing all the way from the valley to the peak of Mount Niesen. Built for railway maintenance, this service stairway is the world's longest, with more than 11,000 steps rising about 1,670 meters (5,479 ft.). Its zigzag path closely hugs the tracks, creating a dramatic and memorable ascent up the steep mountain slope. The staircase is closed most of the time, except during an annual race that challenges determined participants to reach the summit on foot. For everyone else, the railway offers the same breathtaking panoramic views without the grueling climb.

**Pavement clock:** In New York City, an unusual clock has been keeping time beneath people's feet for generations, near the corner of Maiden Lane and Broadway in Lower Manhattan. The first version was installed outside the Barthman jewellery store in the 1890s, designed to stand out in a city still adjusting to electric light. Unlike typical street clocks, this one was set into the sidewalk itself, carefully protected by glass and illuminated at night. Later, the jump-hour design was replaced with a more traditional round face, which remains visible today. When photographer Ida Wyman captured it in the 1940s, her image turned a clever marketing idea into a lasting icon of New York's streetscape.

**Bird ingenuity:** Flocks of sulfur-crested cockatoos in Sydney, Australia, have been observed mastering an unlikely skill: working outdoor drinking fountains for their own refreshment. Using their claws, they perch on the spring-loaded handle and push with their weight until a steady water flow begins. The task takes effort, balance, and coordination, and many tries end without success, but persistence often wins them a drink. Remarkably, groups of birds sometimes gather nearby, appearing to line up politely as each one waits for a chance. Researchers think the appeal could be the cleaner taste compared with streams, the reduced risk of predators, or simply the enjoyment of figuring out a challenge.

**Plastic breakthrough:** Scientists in Japan have engineered a new plastic that disappears when exposed to seawater, turning into compounds that can be safely absorbed by surrounding marine life. Built from a salt-linked polymer, the material is strong enough for packaging yet is unstable in salty environments, where it dissolves much faster than conventional plastics. Unlike the bottles and containers people use every day, this version avoids releasing toxins, microplastics, or harmful gases. It can also naturally break down in soil within weeks, thanks to natural sodium content. Interest from manufacturers already is steadily growing, as the invention offers a clear path toward reducing global plastic pollution.

**Quoteable Quotes**

“Art is the most intense mode of individualism that the world has known.”  
~ Oscar Wilde

“Reality is created by the mind, we can change our reality by changing our mind.”  
~ Plato

“Joy comes, grief goes, we know not how.”  
~ James Russell Lowell

**What's Happening**

Non profit organizations and charities – promote your upcoming event here free of charge! Complete our event submission page at [coffeeneewspaper.com](http://coffeeneewspaper.com).  
Please provide three to four weeks' notice.

- St. Stephen Parish Hall hosts a **Fish Fry Dinner** Friday, March 27 at 5 p.m. Battered cod, fries, coleslaw, tea and coffee. Cash bar also available. Admission is by donation. Please note that due to high volumes served, takeout has a minimum \$10 charge. For more information, call Ron at 403.782.5576.
- Blindman River Hall will host a **Ham Bingo** Saturday, March 28. Doors open 12 noon, regular games 1 p.m. 10 ham prizes. Door prizes, raffle, 50/50. Cash only concession. Minors accompanied by an adult may play bingo. For more information, please call 403.843.6257.

**Trivia**

- Gutties is Scottish slang for shoes, eyes, or candles?
- What unique feature of a bird's skeletal system allows it to fly?
- What is the capital of Algeria?
- Who wrote the play *The Cherry Orchard*?
- A perennial plant blooms and dies in one growing season – T/F?

(Flip bottom of page for answers)

© Published with permission by Costain Corp.

**STOP THE COMMUTE. START THE CAREER.**

Hiring Journey person HET's  
Red Deer Frac Shop. Clean, local shop.  
Top-tier benefits. 8/6 schedule.

**COLLICUTT Energy**

403.309.9250 | [hr@collicutt.com](mailto:hr@collicutt.com) | [collicutt.com](http://collicutt.com)



**INVENTORY BLOWOUT**

**T-SHIRT SALE \$5.00\* ea**  
Plus size 2XL + up \$12.00\* ea  
Gildan • Fruit of the Loom  
Various Colours • In-store stock only

\*Silkscreen is available for additional costs

**Trophy Loft** 403.347.5030  
[trophyloft.com](http://trophyloft.com)



**COLD SHOT**  
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

**PASSENGER & PARCEL SERVICES**

SHIP BY BUS

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: [www.coldshotca.com](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



**JV ROOFING & Exteriors**

INSURANCE CLAIMS WELCOME!

ROOFING • SIDING • FRAMING • DRYWALL • MORE

CALL US FOR YOUR FREE, NO OBLIGATION QUOTE:  
**587.378.7663 • [www.JVRoofingSiding.com](http://www.JVRoofingSiding.com)**



**TIMELESS THRIFTERS LIMITED**


Vintage charm  
Eclectic style  
Artistic flair

Hours:  
Wednesday 12-5:30  
Thursday 12-5:30  
Friday 12-5:30  
Saturday 11-3  
Sunday 11-3

5002 Broadway Avenue  
Blackfalds  
(the Small green house attached to the Pharmacy)

403.872.9336 | [Timelessthifterslimited.com](http://Timelessthifterslimited.com)

SCAN for a selection of our current inventory



**RUST WON'T PAY YOU, BUT WE WILL.**

Buried in steel? See what your metal is worth at a **SECURE metals recycling** location near you.

\*Bring this ad in with you to get an additional 5 cents per pound for your non-ferrous and \$15.00/tonne for your steel, on top of the scale price!

**SECURE** 403-346-4185

[SECURE.CA/metals-recycling](http://SECURE.CA/metals-recycling)



**INTEGRITY CRAFTSMANSHIP TRUST**

**ARTISTRY IN GOLD**  
DESIGN STUDIO LTD

403.343.6544 | [artistryingold.ca](http://artistryingold.ca)



**What's Your Home Worth in Today's Market?**

INFORMATION CHANGES SITUATIONS

Get the latest market info sent directly to your phone

HOME VALUES. MARKET TRENDS. EXPERT ADVICE.

James Torrens  
Real Broker | Realtor<sup>®</sup>  
**403.877.1868**

Scan here for a FREE buyer or seller consultation



© Copyright 2026. No material, text or advertising may be reproduced without the express written consent of the Publisher.

Our team of Journeyman Red Seal certified mechanics provide

**24/7 full-service maintenance and repair** for commercial trucks, trailers, and all heavy-duty equipment

**BIG ROADS TRUCK REPAIR**

Diagnostics  
Driveline Repair  
CVIP Inspections • Fleet Maintenance  
Rapid-Response Field Repairs

403-350-5555 | www.bigroads.net

**This Space Is Available**

Book NOW to ensure a spot in upcoming issues

Call Matt now at **403.346.4141**

**TAX SPECIALISTS**

Personal Return .....\$95.00  
Sole Business Owner .....\$350.00

\* Personal, Small Business and Real Estate

**Book-it Bookkeeping Inc.**

Book with us: **Book-it.ca**

**Get More Customers with Strategic Marketing**

Clear strategy. Strong branding. Real growth.

**Ivory & Ink**

- Branding & Graphic Design
- Websites & Digital Marketing
- Strategic Marketing

MANUFACTURED LOCALLY • RED DEER, AB

**Wallah Memorials**

- Bronze
- Granite
- Natural Stone
- Cremation Urns
- Vases

403.343.1672  
1.800.909.9927

memorials@wallahsigns.com • www.wallahsigns.com

**How Do You Recycle Your Coffee News®?**

- Make it into a paper airplane
- Distribute to schools as a reading tool
- Use as a packing material for gifts
- Pass along to a senior who does not get out much
- Use as a liner for a pet cage
- Perfect for origami or crafts
- Use as a placemat

**BLACK DOG DRILLING INC.**

- Water Wells and Geothermal for Acreages, Farms and Recreational Properties
- Tie-Ins and Abandonments
- Shock Chlorination, Testing and Water Sample Service
- Pump and Pressure - Service and Installs

1-888.396.6389 | www.blackdogdrilling.com

**Where's Newman?**

ENTER TO Win A \$50 GIFT CERTIFICATE!

Identify the ad where "Newman" the Coffee News Guy is hidden for your chance to win.

Actual size of the hidden graphic:

Enter Here or visit the contest page at [coffeenewspaper.com](http://coffeenewspaper.com)

# Your Weekly Horoscope

## ARIES

(March 20 – April 19)



At midweek, you may feel hemmed in by responsibilities. If this stirs up an old wound, remember to love yourself. That could change your view of the situation. Lucky numbers: 6, 9, 38, 46, 47, 48.

## TAURUS

(April 20 – May 20)



Are you in conflict with others about how to proceed? Working to lower the emotional temperature can help the situation and give you a new skill to employ. Lucky numbers: 7, 18, 19, 21, 26, 41.

## GEMINI

(May 21 – June 20)



You may find yourself on "information overload" at the beginning of the week. Try waiting a few days, then sort through the data to look for new options. Lucky numbers: 5, 15, 16, 22, 28, 37.

## CANCER

(June 21 – July 22)



You may want to retreat midweek to process your emotions. Even if you can't fully withdraw from the world, carving out moments of self care is important. Lucky numbers: 11, 13, 22, 33, 44, 48.

## LEO

(July 23 – Aug. 22)



Your natural enthusiasm may get an energy boost at week's end. How can you positively channel it to achieve something? Resist the temptation to just have a good time. Lucky numbers: 14, 15, 18, 19, 27, 35.

## VIRGO

(Aug. 23 – Sept. 22)



Are you comfortable with your relationships? If not, what adjustment in your view might improve the situation? The benefit of doing so should outweigh the effort. Lucky numbers: 3, 11, 17, 21, 26, 36.

## LIBRA

(Sept. 23 – Oct. 22)



You may be having opposition in your relationships. Instead of arguing, try having honest conversations so each person can take responsibility for needed changes. Lucky numbers: 8, 24, 26, 30, 31, 33.

## SCORPIO

(Oct. 23 – Nov. 21)



Your intuitive perception about others may create relationship difficulties. For a few months, the energy might encourage you to understand and mitigate this dynamic. Lucky numbers: 10, 16, 35, 37, 39, 41.

## SAGITTARIUS

(Nov. 22 – Dec. 21)



Your head and your heart may be at a stalemate early this week. If you can, try to find a compromise. Otherwise, perhaps wait a few days for this energy to pass. Lucky numbers: 2, 5, 7, 26, 34, 37.

## CAPRICORN

(Dec. 22 – Jan. 19)



Capricorns usually focus on ambition to build success. But midweek, the need to nurture your self or others may interfere with these efforts. Don't resist the impulse. Lucky numbers: 9, 16, 17, 23, 43, 44.

## AQUARIUS

(Jan. 20 – Feb. 18)



As an Aquarius, you may be at the forefront of the evolution that Pluto represents in your sign. However, your relationships with others could be the key to change. Lucky numbers: 1, 4, 27, 28, 33, 36.

## PISCES

(Feb. 19 – March 20)



Pisces has a desire that we all just get along. For the next few months, how might you be able to advance this goal in a realistic way that could create lasting change? Lucky numbers: 4, 12, 24, 27, 47, 48.

Lucky numbers this week: This week's odds favour Leo winners, with the luckiest number being 35.

## Did You Know...

**Lava glow:** The lava lamp's creator, Edward Craven Walker, once noticed a quirky homemade egg timer that used heated liquids rising and falling in a container. Fascinated by the effect, he turned the idea into the famous lamp of drifting, glowing wax.

**Sun boxes:** In the 1700s, experimenter Horace de Saussure nested layers of glass around a dark base to capture daylight. Hours later, the sealed chamber grew hot enough to bake food, marking one of the earliest attempts at cooking with sunlight.

**Wooden wheels:** The first bicycles were little more than wooden frames with two wheels, known as "dandy horses." Riders pushed them along with their feet, gliding on smooth streets until cities began banning them for colliding with pedestrians.

**Skipped leap:** Most leap years add a day every four years, but not always. To keep the calendar from drifting, we skip the extra day every 100 years unless the year is divisible by 400. That rare exception helps keep our timing a little more in sync with the sun.

**Door spin:** Revolving doors weren't just about saving energy or keeping out drafts. They also were designed to sidestep awkward etiquette about who enters first. Later, their clever design proved useful in helping buildings stay quieter and more energy efficient.

## On the Lighter Side

What do you call a man down in a hole? Doug.  
How do you make a tuna melt? Pay it a nice compliment!  
I'd tell you my autumn joke, but you probably wouldn't fall for it.  
Passenger: "It's my first time in a plane. Will you bring the plane down safely?"  
Pilot: "I've never left one up there yet."  
Knock! Knock! Who's there? Carmen. Carmen who? Carmen get it.

## Answers

Trivia answers: 1. Shoes 2. Hollow bones 3. Algiers 4. Anton Chekhov 5. False, annual

## Discover the lifestyle changes necessary to regain, and maintain, a well balanced Mind, Body and Soul



- Biofeedback
- Reiki
- Nutritional Support
- Detox Coaching

Leah Wilson  
403-588-7392  
leah@pure-energetic.ca  
[pure-energetic.ca](http://pure-energetic.ca)

**BEST TV MEDIA SERVICE AT AN AFFORDABLE PRICE**

**Roy Tee Vee**

- ★ OVER 12,000 CHANNELS
- ★ OVER 44,000 MOVIES
- ★ OVER 5,000 SERIES
- ★ NFL NHL MLB NBA PPV
- ★ 1000s OF 24/7 CHANNELS
- ★ 24 HOUR TRIALS

**587-378-6500**

RoyTeeVee@gmail.com | www.royteevee.net

**Coffee News®**

**CONTEST WINNER**

Layne will receive a \$50 gift certificate from our contest sponsor

403.348.5220  
122 Leva Ave., Red Deer County

**LAYNE BOTT** is our January Rural Contest Winner!

Gasoline Alley  
**Boston Pizza**

**Stay young Be Active**

Instant Fit. Bluetooth® connectivity. Charge on-the-go. High-definition sound.

It's everything you're looking for in a hearing aid, that doesn't look like a hearing aid.

- Did you know all seniors and low income adults qualify for \$900-\$2400 towards hearing aids?
- Rechargeable hearing aids
- Financing for hearing aids

**EYES + EARS**  
OPTICAL + HEARING CO.

403.786.2020 • 3-5832 Hwy 2A, Lacombe | 403.887.5073 • #425, 3715-47 Ave., Sylvan Lake

**FLAGS ★ FLAGS**

Provincial  
International  
Military • Novelty  
Flag Poles

5215-54 Avenue, Red Deer  
403.340.0109 • cyrher@gmail.com

**C & R ENDEAVORS LTD.**

**Recipe of the month**

**Bangers and Mash**

2 large potatoes, peeled, quartered  
1/4 cup whole milk  
1/4 cup butter  
Salt and pepper, to taste

Sausages and Gravy:  
6 Irish sausages (or other pork sausage)  
1 tablespoon butter  
1 medium onion, thinly sliced  
2 tablespoons all-purpose flour  
2 cups beef or ham stock  
Salt and pepper, to taste

Prep Time: 20 min Cook Time: 45 min Yield: 6 servings

- Bring a large pot of water to a boil. Add potatoes; cook 20-25 minutes or until tender. Drain; let sit 5 minutes. Break potatoes up with a masher. Add butter, milk, salt and pepper; mash until potatoes are creamy and fluffy.
- Preheat oven to 350°. Heat a large skillet over medium-high heat. Add sausages; cook 2-3 minutes per side or until lightly browned. Remove to a 15x10x1-in. baking sheet. Bake 15-18 minutes or until cooked through.
- In the skillet with the sausage drippings, add onions and butter. Cook over medium heat until tender, 5-6 minutes. Stir in salt and pepper. Stir in flour; slowly whisk in stock. Bring to a simmer; let reduce and thicken 3-4 minutes, stirring frequently.
- Dollop mashed potatoes on plates; top with sausages and gravy.

A classic favourite perfect for your St. Patrick's Day meal - or any day!

Source: <https://www.tasteofhome.com>

WHAT IF YOUR lifestyle

COULD STAY AS VIBRANT AS YOU ARE?

**Wellings®**  
OF RED DEER  
VIBRANT 55+ LIVING

VISIT US TO DISCOVER MORE

455 Timberlands Dr., Red Deer • 587-377-7478