

◆ Christmas ◆ New Year's
◆ Weddings ◆ Valentine's
◆ Grad ◆ ...and more!

Make Your Special Occasion
Unforgettable
with



ARROW LIMOUSINE
SEDAN AND PARTY BUS LTD.

Call 403-346-0034 to reserve

FREE! **Coffee News**®
"News To Be Enjoyed
Over Coffee!"

**Red Deer South
Edition**

403.346.4141
e-mail: coffeenews@reddeerjournal.com
online version at: coffeenewspaper.com

Vol. 32 No. 1:10 March 9, 2026

Youth Employment Connection Program

ARE YOU 18-30 YEARS OLD? STRUGGLING TO FIND WORK WITH NO EXPERIENCE?

Finally, there is a no-cost program to break the cycle in just 16 weeks!

Join the Youth Employment Connection Program!

- Full-time program
- One-on-One employability support and life skills assistance

BOOK A CONSULT TODAY
403-341-7811

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

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 light weight, 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.

Coffee News®

CONTEST WINNER

JACOBA TENHOVE is our January Online Contest Winner!

Jacoba will receive a \$50 gift card from our contest sponsor

STORE WOW RED DEER

587.272.0767
3751-50 Avenue, Red Deer

"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

Experience our Difference



RED DEER MOTORS

6720 Johnstone Drive / Red Deer
403.347.7777 | www.reddeermotors.com

This Space Is Available

Book NOW to ensure a spot in upcoming issues

Call Matt now at **403.346.4141**

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 collicutt.com

How Can You Help?

Red Deer Food Bank SOCIETY

Food Raising
Donating food to be distributed to those in need.

Fund Raising
Donating to RDFB directly supports the provision of food to those in your community.

Volunteering
We call it Friend Raising. More hands at work mean more support provided directly to your community.

DONATE NOW!
Visit <https://www.canadahelps.org/en/dn/11841>

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

- Biofeedback
- Reiki
- Nutritional Support
- Detox Coaching

PURE ENERGETIC SOLUTIONS

Leah Wilson
403-588-7392
leah@pure-energetic.ca
pure-energetic.ca

Blossom Your Business
with **Coffee News**

Discover the **Coffee News** Advantage!

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

ARTISTRY IN GOLD DESIGN STUDIO LTD.

403.343.6544 | artistryingold.ca

WE PAY CASH FOR SCRAP BATTERIES!

BATTERY BOSS

BRING IN YOUR OLD CAR, TRUCK OR POWER SPORT BATTERIES

#5, 7803-50 AVENUE, RED DEER
403.343.3399 | www.BatteryBoss.ca

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

Empowering the People We Serve through choice, dignity and rights

Parkland C.L.A.S.S. Community Living and Supports Society

Offering a continuum of services from infancy to end of life care to support individuals with disabilities

We're hiring - Join us and make a difference

403.347.3333 • www.parklandclass.org

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®
403.877.1868

Scan here for a FREE buyer or seller consultation

What's Happening

Non profit organizations and charities - promote your upcoming event here free of charge! Complete our event submission page at coffeenewspaper.com. Please provide three to four weeks' notice.

- Senior Centre Downtown House (5414-43 Street) will be hosting a **Euchre Tournament** Friday, March 13. Doors open 9 a.m., games start 10 a.m. Cost \$20 per person. For more information, please email scitizen@shaw.ca.
- The Canadian Vintage Motorcycle Group - Central Alberta invites you to join them for the **Annual Spring Motorcycle Swap Meet** taking place March 15 at Westerner Park from 10 a.m. to 3 p.m. Featuring new and used motorcycles, parts, accessories and more! For more information, call 403.598.0235.

Senior Drop-in Bowling!

Seniors (50+) are invited to stop by for fun every **Tuesday and Friday** at 10 a.m. \$10 fee includes two games of bowling, shoe rental, coffee/tea and snacks!

For more information, please call 403.309.6387

Heritage Lanes

Come out and join us!

Trivia

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

(Flip bottom of page for answers)

© Published with permission by Costain Corp.

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

DO YOU KNOW THE TRUE VALUE OF YOUR BUSINESS?

Great decisions begin with clarity. A Market Value Assessment (MVA) provides the insight you need to confidently plan your next move.

Benefits of a MVA:

- Identify key strengths
- Avoid expensive missteps
- Supports a strategy to protect your legacy

Know someone who would benefit from our services? Ask about our bonus reward program for successful referrals!

Mark Hansen
Founder and Lead M&A Advisor

ABB
MERGERS & ACQUISITIONS

CENTURY 21 ADVANTAGE BUSINESS BROKERS 403.352.5252
guymarkhansen@gmail.com | www.abbmergers.ca

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

ROOF RUNNER ROOFING

Prompt Service
Clean Sites
Superior Results

403.550.2674

roofrunnerroofing@hotmail.com

This Space Is Available

Book NOW to ensure a spot in upcoming issues

Call Matt now at **403.346.4141**

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

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

403.347.5030 trophyloft.com

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.

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

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

C & R Endeavors Ltd.

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: **www.coldshotca.com**
Passenger Website: **www.coldshot.ca**

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

Your Weekly Horoscope

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.

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.

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.

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.

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.

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.

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.

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.

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.

AQUARIUS (Jan. 20 – Feb. 18)
You may be eager to make progress on your plans at mid-week. 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.

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.

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

Transform Your Look & Boost Your Confidence!

Book your haircut today and enjoy a free \$50 gift! Scan QR code to book now ->

Sharper Image
HAIR DESIGN LTD.

403.341.3333 • #4, 88 Howarth St.
SharperImageHairDesign.ca

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>

EVERYONE WELCOME! FACILITY RENTAL AVAIL.

YOUR PLACE FOR SPECIAL EVENTS and ACTIVITIES

SENIORS' DOWNTOWN HOUSE

Call 403.346.4043 for information | 5414-43 Street, Red Deer

- Monday:** Carpet Bowling 9:30 a.m., "500" and Line Crib 1 p.m., Cribbage 7 p.m., Euchre 1 p.m.
- Tuesday:** Tony Connelly Singers 9:30 a.m., Bid Euchre 1 p.m.
- Wednesday:** Carpet Bowling 9:30 a.m., "500" and Canasta 1 p.m.
- Thursday:** Cribbage 1 p.m., Bid Euchre 1 p.m.
- 3rd Thursday:** Cribbage Tournament
- Friday:** Floor Curling 9:30 a.m., Whist 1 p.m.

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

Just hatching a new business?

CHECK OUT **Coffee News** ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising

It's a crackin' good deal!

BIBLE PROPHECY FREE CHARTS

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 Yrs
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

Get More Customers with Strategic Marketing

Clear strategy. Strong branding. Real growth.

Ivory & Ink

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