

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

FREE!
Coffee News®
 "News To Be Enjoyed Over Coffee!"
 Sylvan Lake, Gasoline Alley, Springbrook and Penhold Edition
 403.346.4141
 e-mail: coffeenews@hotmail.com
 online version at coffeenewspaper.com
 coffeenewspaper.com
 Vol. 32 No. 3:14 April 6, 2026

Get More Customers with Strategic Marketing
 Clear strategy. Strong branding. Real growth.

Ivory & Ink

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

FLAGS ★ FLAGS
 Provincial International Military • Novelty Flag Poles

5215-54 Avenue, Red Deer
 403.340.0109 • cyrher@gmail.com
C & R ENDEAVORS LTD.

This Space Is Available

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

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

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

Recipe of the month
Pina Colada Zucchini Bread

4 cups all-purpose flour
 3 cups sugar
 2 teaspoons baking powder
 1-1/2 teaspoons salt
 1 teaspoon baking soda
 4 large eggs, room temperature
 1-1/2 cups canola oil

1 teaspoon each coconut, rum and vanilla extracts
 3 cups shredded zucchini
 1 cup canned crushed pineapple, drained
 1/2 cup chopped walnuts or chopped pecans

Prep Time: 25 min Cook Time: 45 min Yield: 3 loaves

- Preheat oven to 350°. Line 3 greased 8x4-in. loaf pans with parchment; grease paper.
- In a large bowl, combine flour, sugar, baking powder, salt and baking soda. In another bowl, whisk eggs, oil and extracts. Stir into dry ingredients just until moistened. Fold in zucchini, pineapple and walnuts.
- Transfer to prepared pans. Bake until a toothpick inserted in centre comes out clean, 45-55 minutes. Cool for 10 minutes before removing from pans to wire racks. Gently remove paper.

The perfect way to celebrate National Zucchini Bread Day on April 25 – or any time you want a delicious loaf!

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

WE'RE HIRING

We're looking for skilled trades and labourers for multiple projects, including the Red Deer Regional Hospital Centre Redevelopment.

Apply Online Today!

CLARK BUILDERS
 CLARKBUILDERS.COM

Everybody's Talking

Chilly challenge: Each year, a record-breaking snow maze brings winter magic to visitors in St. Adolphe, Manitoba (Canada). Built on the site of a corn maze, this frosty labyrinth attracts thousands eager to weave through its towering, castle-like walls. The maze, certified as the world's largest, is crafted from compacted snow using specialized equipment and determination. Even on the coldest days, its thick walls offer shelter from the wind, making the experience surprisingly cozy. Beyond the maze, visitors can enjoy sleigh rides, a snow hill, and a giant igloo serving hot drinks. This annual tradition shows that a little snow and a lot of imagination can turn a chilly day into a winter wonderland.

Glowing bay: The waters of Mosquito Bay, on the island of Vieques, Puerto Rico, glow with an otherworldly light once darkness falls. The shimmering effect comes from countless microscopic organisms that emit a radiant blue-green hue when disturbed. Recognized globally for its intensity, the bay is often described as one of the planet's brightest examples of bioluminescence. Kayakers drift across the still surface, each movement sending soft waves of light rippling outward. Because the phenomenon is fragile, local guides limit activity to protect its delicate balance. The glowing bay continues to draw visitors from around the world eager to witness this rare natural spectacle firsthand.

Language wiring: The language a person learns early in life seems to shape how their brain connects and processes information. In a study comparing native speakers of German and Arabic, scientists found distinct differences in white matter, the brain's wiring that links regions for understanding and producing speech. German speakers showed stronger connections on one side, while Arabic speakers had more cross-hemisphere communication. Researchers believe these patterns reflect each language's grammar and sound structure. The results suggest that growing up with a language leaves lasting physical traces in the brain, revealing how closely language and thought are connected.

Labour legacy: In Winsted, Connecticut (U.S.), a massive indoor mural stands as a tribute to a variety of trades and professions. Measuring about 120 feet (37 m) long and five stories high, it ranks among the largest indoor artworks ever created. Artist Ellen Griesedieck conceived the project after watching an aircraft engine being fitted into place, inspiring her to capture the pride and scale of human work. Combining painting and sculpture, it portrays real people in everyday roles, from firefighters and farmers to steelworkers and teachers. Supported by craftspeople and donors who contributed materials, the mural continues to grow, echoing the same collaboration it depicts.

Quoteable Quotes

"Life is like an onion. You peel it off one layer at a time, and sometimes you weep."
 ~ Carl Sandburg

"One eye sees, the other feels."
 ~ Paul Klee

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.

• **The Big Squeeze** (formerly Lemonade Day) is back on June 13! Summer is the perfect season in Sylvan Lake for young kids to taste the sweet success that comes with launching their own small business, a lemonade stand! Through fun hands-on experiences, kids learn to create a business plan, budget, set goals, serve customers, and make hard-earned cash! Register by April 13; The Big Squeeze is June 13. Learn more and register at sylvanlake.ca/thebigsqueeze.

• Sylvan Lake Municipal Library hosts its **Mystery Book Club** Monday, April 13 from 6:30 to 8 p.m. Join us at the library for the Mystery Book Club and discuss the book of the month with fellow mystery enthusiasts. New members welcome! Refreshments provided. For April's meeting, we will be discussing *The Heron's Cry* by Ann Cleves. Place a request or pick up a copy at the library – we bring in extras! Visit library website for full details.

Trivia

- What is the largest bird of Australia?
- Hercules was punished with 5, 12, or 15 labours to complete?
- Bell, Book and _____* is a 1958 movie starring Jimmy Stewart and Kim Novak.
- A thesaurus is a book of homonyms – T/F?
- Is the Equator a line of latitude or longitude?

(Flip bottom of page for answers)

© Published with permission by Costain Corp.

CENTRAL ALBERTA VINTAGE AUTO CLUB
 55th ANNUAL RED DEER SWAP MEET 2026
 Westerner Park, Red Deer
 Friday, May 1 | 1 - 8 p.m.
 Saturday, May 2 | 8 a.m. - 4 p.m.

600+ Stalls • Free Parking
 Admission \$10 (under 12 years attend free)

Parts • Plates • Gas Pumps • Literature • Memorabilia

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

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

BIBLE PROPHECY FREE CHARTS
 Bobby D, Prophecy Teacher - 30 Yrs.

LEARN WHAT THE THEOLOGIAN SAY

Don't be left behind

END TIME EVENTS | QUESTIONS ANSWERED
 What you need to know | 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

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

INTEGRITY CRAFTSMANSHIP TRUST

ARTISTRY IN GOLD
 DESIGN STUDIO LTD

403.343.6544 | artistryingold.ca

Delivering innovative aerial imaging and drone services designed to elevate your perspective.

Combining precision, safety, and cutting-edge technology, we help businesses capture smarter data and stunning visuals from above.

RISE DRONE SOLUTIONS
 780.340.0330
risedronesolutions26@gmail.com

Elevate Your Wedding Memories!

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

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

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



This Space Is Available

Book NOW to ensure a spot in upcoming issues

Call Matt now at **403.346.4141**

BEST TV MEDIA SERVICE AT AN AFFORDABLE PRICE



- ★ 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

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!

Let's Build a Stronger Community Together.



United Way Central Alberta

By ensuring access to basic needs, increasing access to suitable mental health services, and creating positive futures with new possibilities, we can create lasting change.

Last year, we invested over \$623,988 local dollars, funding a critical network of more than 23 programs and projects. These programs assisted over 12,171 individuals and families in our community.

100% of your donation stays in our region.

caunitedway.ca/donate/

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

Experience our Difference



RED DEER MOTORS

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

Your Weekly Horoscope

ARIES
(March 20 – April 19)



For the next few weeks, you may feel on edge. Be aware of times you are angry or impulsive. An adjustment in your view could be enough to help heal an old wound. Lucky numbers: 11, 18, 24, 28, 33, 47.

TAURUS
(April 20 – May 20)



Taurus normally gravitates to what you can validate as real. Early this week, you may intuitively experience something unusual. Resist temptation to automatically reject it. Lucky numbers: 2, 5, 11, 33, 34, 37.

GEMINI
(May 21 – June 20)



Early in the week, you may receive conflicting information pushing you in different directions. Pick the option that most aligns with your philosophy and beliefs. Lucky numbers: 23, 27, 32, 41, 44, 46.

CANCER
(June 21 – July 22)



Your nature is to nurture those you care about. However, this can tip into smothering. Someone close to you may need to be encouraged to stand on their own two feet. Lucky numbers: 5, 9, 11, 17, 26, 29.

LEO
(July 23 – Aug. 22)



You may run into a stalemate at week's end. To break through it, consider how to use your skills right now to provide a greater contribution to the larger community. Lucky numbers: 6, 12, 18, 29, 34, 48.

VIRGO
(Aug. 23 – Sept. 22)



Virgos are known for their attention to detail and hardworking nature. But this week, you may have an opportunity to integrate the idea of working smarter, not harder. Lucky numbers: 9, 10, 21, 30, 33, 45.

LIBRA
(Sept. 23 – Oct. 22)



Libras tend to keep a lid on frustrations, often past a healthy point. For a few weeks, consciously address the issue to try to avoid encountering significant opposition. Lucky numbers: 8, 16, 20, 25, 30, 40.

SCORPIO
(Oct. 23 – Nov. 21)



Scorpios dig in their heels when they feel strongly about something. For the next few weeks, a change in your approach might prevent a conflict with others about it. Lucky numbers: 9, 17, 27, 29, 36, 42.

SAGITTARIUS
(Nov. 22 – Dec. 21)



Early in the week, taking some time out to reflect on your philosophy and beliefs might be advantageous. Do your efforts in the world align with what you think? Lucky numbers: 1, 8, 16, 19, 43, 45.

CAPRICORN
(Dec. 22 – Jan. 19)



Midweek, others may see your serious demeanor and ability to get things done. How might you work together to accomplish something important to both of you? Lucky numbers: 7, 12, 26, 28, 34, 45?

AQUARIUS
(Jan. 20 – Feb. 18)



The end-of-the-week energy may support your efforts to recruit others to your endeavours about humanity's evolution. Try not to let the opportunity pass you by. Lucky numbers: 10, 27, 28, 32, 39, 47.

PISCES
(Feb. 19 – March 20)



Pisces have dreams, but may have difficulty manifesting them. In the coming weeks, seek opportunities that allow you to grow into achieving concrete results. Lucky numbers: 4, 8, 16, 20, 27, 45.

Lucky numbers this week: This week's odds favour Gemini winners, with the luckiest number being 23.

Did You Know...

Pan pride: In Trinidad and Tobago, inventive musicians shaped old oil barrels into the steelpan. What began as an improvised instrument soon became the Caribbean's signature sound, carrying island culture from local gatherings to international stages.

Watching eyes: Some works of art give the uncanny feeling that the eyes are following you as you move. By using simple tricks with lines and shadows, artists can make flat images feel alive, adding mystery and depth to their creations.

False start: The saying about beginning on the "wrong foot" reflects old preferences for the right side. In long-held tradition, the right was tied to good fortune, while the left side often carried hints of error or general bad luck.

Winter pause: Bears retreat to dens during colder months, but don't spend the whole time in deep sleep. They stir, shift around often, and rely on fat reserves for energy until spring finally brings food and easier conditions again.

Ocean hitchhikers: Dolphin lice are small crustaceans, not insects, and they spend their days holding tight to swift, slippery hosts. They tuck into creases of skin with claw-like legs, surviving the ride while waiting for a rare chance to reproduce.

On the Lighter Side

They invented a computer as smart as a human; it blames its mistakes on other computers.

Dad: "Son, why haven't you washed your hair?"
Son: "The shampoo bottle said, For Dry Hair. Mine was already wet."

Knock! Knock! *Who's there?* Statue. *Statue who?* It's me. Statue? What starts with T, ends with T, and is full of T? A teapot.

Old carpenters don't retire, they just lumber around!

Answers

Trivia answers: 1. Emu 2. 12 3. Candle 4. False
synonyms 5. Latitude



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

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

• 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

YOUR NEIGHBOURHOOD ONE STOP

LASERWASH 360

\$2 OFF ON ALL WASH PACKAGES WITH 25L FILL

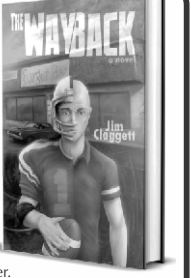
SCOTTY'S PENHOLD

FREE SLUSH OR FOUNTAIN POP WITH 25L FILL

403.573.0922 | 2A HAWKRIDGE BLVD., PENHOLD | f @

"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

Coffee News®

CONTEST WINNER

LAYNE BOTT is our January Rural Contest Winner!

Gasoline Alley



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

403.348.5220
122 Leva Ave., Red Deer County

Helping you create lasting change through professional hypnotherapy



HEALING HYPNOSIS

Call Charmaine Maguire, Certified Hypnotherapist today at **587-306-6504**

PROUDLY SERVING SYLVAN LAKE AND SURROUNDING AREAS

STOP THE COMMUTE. START THE CAREER.

Hiring Journeyperson 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