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Hamilton East Edition
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info@yourlocalcoffeeneews.com

Everybody's Talking!

Hero honoured: A Reading, England, construction worker trapped by flames was saved when crane operator Glen Edwards swung his basket close enough for the man to escape. The dangerous lift, carried out through thick smoke and high winds, quickly made Edwards a local hero admired by many. Not long after, news emerged that he also was battling terminal cancer, which added even greater weight to his act of courage that day. A charity later stepped in to help, arranging practical upgrades for his home along with thoughtful extras, including new items and a fishing trip. His daring rescue, along with the support he later received, left a moving impression on the community.

Shark skin: Delta Air Lines is tuning to the natural world in search of new ways to cut fuel use. Partnering with Australian firm MicroTau, the airline is experimenting with a special coating that imitates the unique texture of shark skin. The material is covered with tiny grooves, or riblets, that guide air smoothly across the plane's surface and lower drag. Tests will focus on widebody jets, with the technology applied to major sections including the wings and tail. Delta's Sustainable Skies Lab is also exploring other aerodynamic add-ons, such as fish-like fins, alongside newer aircraft designs. The project clearly shows how nature's patterns often provide the best ideas for innovation.

Tub retreat: In Gatlinburg, Tennessee (U.S.), a tucked-away spot called Creekside Hideaway offers a getaway with a twist. Spread across a peaceful property, guests can stay in tiny cabins, cast a line in the pond, or wander beside the creeks. But the highlight is floating in a wood-fired hot tub that's on a boat. These circular tubs drift across the lake using electric motors, combining the ease of a spa with the calm of open water. With firewood stacked and temperatures customizable, it's as cozy as it is creative. Surrounded by forest and fresh air, guests can soak in silence or share the experience with friends. It's a mix of comfort, novelty, and nature, making this mountain escape feel both whimsical and well-earned.

Sacred springs: When a woman in the hills of Uttarakhand, India, bent toward a small stone shrine nestled between orchard trees, she returned with a jug of clear water. This structure, known as a *naula*, is one of many ancient water temples built over natural springs across the Himalayan slopes. Once neglected, these sites are being revived by local communities that face unreliable piped water and worsening droughts. Restoration efforts involve mapping underground catchment zones, planting native trees, and digging contour trenches to improve groundwater recharge. For many, it's become a practical way to secure water and preserve what has quietly sustained them for generations.

Quoteable Quotes

"It's fine to celebrate success but it is more important to heed the lessons of failure." —Bill Gates
"Everything has beauty, but not everyone sees it." —Confucius

What's Happening

To submit something to the free community Whats Happening section, email us at info@yourlocalcoffeeneews.com a paragraph summary of your event at least three weeks prior to the event date:

Branch 58 Royal Canadian Legion (East Hamilton) Pipe Band invites new members to join the band. No experience is necessary and all instruction is free. We would especially like to welcome younger teenagers. For more information, phone 905-664-4086 or email doug@tulloch-bagpipes.com

TRIVIA NIGHT - HEAD OF THE LAKE HISTORICAL SOCIETY - Friday March 27, 7:30 pm to 9:00 pm. Doors open at 7:00 pm Coach House, Dundurn Castle. Accessible. All are welcome. Admission: Society members \$5. Non-members \$10. Food and non-alcoholic drinks are free.

Circle of Security Parenting Group – In this popular 8-session in-person workshop for moms, dads and, caregivers of children up to 6 years of age, participants watch video clips, learn strategies to enhance the parent/caregiver-child relationship and improve child behaviour, and discuss these issues. This workshop is in-person at Ron Joyce Children's Health Centre, 325 Wellington Street North, Hamilton. Limited on-site childcare is available. 8 weekly sessions, 6:00 – 8:00 p.m. on Thursday evenings beginning on April 9 through to May 28, 2026. McMaster Children's Hospital – Ron Joyce Children's Health Centre Phone: 905-521-2100 ext 77406

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Trivia

1. Indonesia has about 17,000 of these.
2. Tadpoles are carnivores—T/F?
3. Who directed the movie *Close Encounters of the Third Kind*?
4. Where did cheddar cheese originate?
5. Who wrote the short story *The Cask of Amontillado*?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES

(March 20 - April 19)



This week may offer a hidden opportunity to help you achieve something you are passionate about. Unearthing it might require you to enter a new period of growth. Lucky numbers: 2, 7, 14, 21, 27, 46.

TAURUS

(April 20 - May 20)



The next few weeks may provide a chance to achieve a goal that advances your highest values. Don't let stubbornness about what you think is realistic hold you back. Lucky numbers: 8, 33, 38, 44, 46, 48.

GEMINI

(May 21 - June 20)



Early this week, your sharp mind may see a subtle, new opportunity for success. But you might have to navigate a challenge between your rational mind and your intuition. Lucky numbers: 15, 16, 19, 20, 34, 42.

CANCER

(June 21 - July 22)



You have been in an extended growth period, but it should end in about three months. What endeavour do you want to manifest now, and whose help do you need? Lucky numbers: 10, 13, 15, 22, 41, 48.

LEO

(July 23 - Aug. 22)



For the next few weeks, you may find the energy slows down. If making progress becomes too difficult, this may be a good time to take a break, assuming you can. Lucky numbers: 6, 7, 18, 27, 35, 40.

VIRGO

(Aug. 23 - Sept. 22)



Your natural attention to detail may be heightened early this week. Which difficult project could benefit from the extra energy boost that might be in effect for a few days? Lucky numbers: 12, 19, 20, 26, 27, 30.

LIBRA

(Sept. 23 - Oct. 22)



Your skills of tact and diplomacy may be in high gear at midweek. Can you now use this heightened ability to bring a thorny situation to a successful conclusion? Lucky numbers: 11, 27, 32, 35, 37, 41.

SCORPIO

(Oct. 23 - Nov. 21)



Your intuition may be very intense at week's end. Let yourself step back from information overload. Carve out time and space to centre back into yourself. Lucky numbers: 13, 15, 20, 27, 34, 42.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Now may be time to slow down and consider what you most value. Then you can make any needed adjustments to bring your efforts into alignment with them. Lucky numbers: 2, 4, 8, 15, 28, 36.

CAPRICORN

(Dec. 22 - Jan. 19)



For the next few weeks, a compatible dynamic may strengthen your ability to accomplish your goal. Be sure it is something you are truly passionate about achieving. Lucky numbers: 5, 6, 8, 27, 28, 36.

AQUARIUS

(Jan. 20 - Feb. 18)



Pluto strongly encourages evolutionary transformation for humanity, and for Aquarius in particular. It may be time to slow down and ponder what this means for you. Lucky numbers: 1, 6, 9, 25, 28, 34.

PISCES

(Feb. 19 - March 20)



You may find that your mind and emotions are in a stalemate at the beginning of the week. Try to take a deep breath and wait a few days for this to pass. Lucky numbers: 14, 15, 18, 27, 42, 44.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 27.

Did You Know...

Gift games: In China, giving and receiving presents is a ritual as much as an exchange. A gift is often refused several times before it's accepted, and even then, both sides downplay its importance to show modesty and respect.

Ant spa: Some birds deliberately let ants crawl over them or burrow into their feathers. This "anting" behaviour may help keep parasites away, while also soothing irritation and maintaining the health of their plumage.

Straight stretch: In Saudi Arabia, Highway 10 runs for 256 kilometres (159 mi.) without any curves, holding the record as the world's longest straight road. Surrounded by desert, it offers a rare drive of uninterrupted horizon and steady sameness.

Flame find: In 1826, John Walker stumbled onto the first friction match when a treated stick brushed against stone and unexpectedly sparked. What began as a curiosity soon reshaped the everyday act of lighting fires.

Click keys: Before modern alternatives, pianists sometimes practiced on silent keyboards that produced only soft clicks instead of music. These devices helped players strengthen their fingers and develop their touch without disturbing those nearby.

On the Lighter Side

How come you can catch a cold but you can't catch a warm?

Does the name Pavlov ring a bell?

Son: "This loaf is nice and warm."

Mother: "It should be. The cat has been lying on it all day."

Knock! Knock! Who's there? Bacon. Bacon who? I'm bacon a cake for your birthday

Why did the vegetables like the corn? He was always willing to lend an ear.

Answers

Trivia answers: 1. Islands 2. False 3. Steven Spielberg 4. Cheddar, England 5. Edgar Allen Poe

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Hamilton

Chicago Deep-Dish Pizza Muffins

Ingredients

- 2 tsp. - olive oil
- 1 - 16oz. package cold, prepared pizza dough
- 4 oz. - provolone cheese, diced
- 3/4 cup - cooked, crumbled Italian sausage
- 1/2 cup - cooked, diced sweet peppers
- 4 oz. - mozzarella cheese, grated
- 1/2 cup - prepared pizza sauce
- 3/4 cup - Reggiano cheese

RECIPE PREPARATION

Preheat the oven to 400 degrees F (200C). Generously grease a 12-cup standard muffin pan with 2 tsp. oil. Roll dough on a lightly floured surface to a thickness of 1/8 inch. Pick it up from the edges to make sure it's not stuck to the surface, then cut out twelve 4-inch circles. Reroll the dough to cut all 12 circles if necessary. Place each circle into a prepared muffin cup, making sure it's centered. Press and push dough up the sides of the cups, getting close to, but not all the way up to the top. When all circles have been placed in the muffin pan, go around one more time to push and press on each one.

Put 1/2 cup provolone cheese into each cup, followed by 1/2 cup cooked sausage and 2 tsp. cooked peppers. Lightly press on the fillings to compress, then top with 1 rounded tsp. mozzarella cheese and 2 tsp. pizza sauce, pushing the sauce down gently into the fillings; it's okay that the fillings will be slightly higher than the pan. Sprinkle Parmigiano-Reggiano cheese generously over top. Bake in the upper center of the preheated oven until the tops are beautifully browned, 30 to 35 minutes. Remove from the oven and cool in the pan for 10 to 15 minutes. Go around the edge of each muffin with a knife, then use a fork or small spatula to remove from the pan. Let cool on a rack for a few minutes, then garnish with parsley and serve.

allrecipes.com

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Winner will be drawn from all correct answers that are received during the month. Winner will be notified & their name published in following month's edition.

SIX NATIONS

BINGO 30

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Congratulations!

February's Coffee News \$50.00 Contest Winner is **Zina Glynn** who reads **Coffee News**