



MARCH BREAK 2026
Hamilton Public Library

Explore • Create • Discover
hpl.ca/march-break **March 14 - 21 at HPL**

FREE! **Coffee News**®
"News to be enjoyed over Coffee"
Westdale/West Hamilton Edition
Advertising Information
905-515-3056
March 23, 2026 Vol 13 No 16
info@yourlocalcoffeeneews.com



VILLAGE HAIR DESIGN



FOLLOW US ON Instagram
@village.hair.design

351 Wilson St. E Village Centre
905.648.0733 Ancaster, ON L9G 2C1

Retail Store Fixtures
Cabinets, Cases, Shelves,
Display units
Must be gone by March 21
147 Hwy 8, unit #2
HOHfixtures@gmail.com
for more info

Does Your Shower Have You TERRIFIED?
Is mold or mildew lurking in the corners of your shower?
Call us for a complete shower cleaning/restoration and re-caulking
905.870.7111
info@groutsolutionscanada.ca • groutsolutionscanada.ca



WE CAN TRANSFORM YOUR SHOWER TODAY!
GSC GROUT SOLUTIONS CANADA

This Space Available!
(...but not for long!)
Call Derek now at 905-515-3056



Your Pet's Health is Important To Us!
DUNDAS ANIMAL HOSPITAL
115 King Street W, Dundas
905.628.6821 dundasanimalhospital.ca
LOCALLY AND INDEPENDENTLY OWNED AND OPERATED



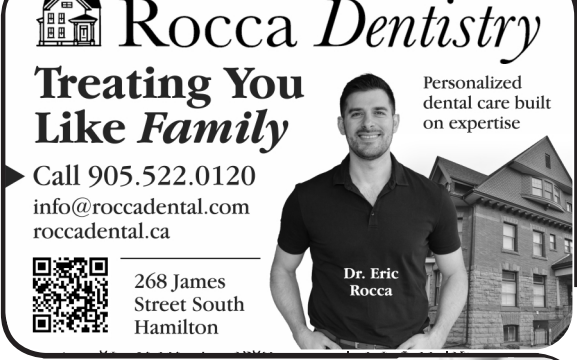
- Dentals
- Vaccines
- Surgery
- Health Exams
- House Calls

NEW PATIENTS ACCEPTED

Southampton Beachfront Cottage Rental
Tired of Snow? Why not unwind on the beach!
RENT A COTTAGE
Great family retreat, 4 bedroom waterfront property front and rear deck, FULL amenities
2 minute walk to the village of Southampton
Contact: michaelhughes38@gmail.com
905-648-8117



Rocca Dentistry
Treating You Like Family
Personalized dental care built on expertise
Call 905.522.0120
info@roccadental.com
roccadental.ca
268 James Street South Hamilton
Dr. Eric Rocca



Diabetic and Senior Foot Care
THE Nail Boutique & MEDICAL FOOT CARE
HAMILTON FOOT CARE SPECIALIST
905.575.6539 | 674 Fennell Avenue East



HEALTHY FEET LEAD TO A HEALTHIER YOU!

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 jewelry 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
"Joy comes, grief goes, we know not how."
—James Russell Lowell

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:

Rodmasters Fall Swap Meet & Car Show - Ancaster Fairgrounds, Sunday March 29, 8am-3pm General Admission Only \$10.00, Free Spectator Parking Outside Venders \$25.00 a spot. Gates Open 6am. Inside Venders \$20 per table must reserve, Vince @ 905 730 4918, http://www.rodmasters.com/

Tutor available to improve your English. 30 years experience as a certified teacher, to help with speaking, reading, and writing for yourself or your company. \$20.00 and hour. Experienced elementary, secondary and adult ESL teacher. Contact beverley.galley5@gmail.com

The Probus Club of Ancaster will meet on Wednesday, March 25, 10 am, at Marshall Memorial Church. Paul Oliver's topic will be "Let's talk birds"

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

Knights of Columbus Perogie & Sausage Dinner - Holy Resurrection Ukrainian Catholic Church, 821 Upper Wentworth St., next to Limeridge Mall. Take Out Only on Thursday, March 26, from 3 to 6 pm. Preorder at 905-385-9462 \$15.00 per order.

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 Your Local Coffee News Inc.

ANCASTER LIONS CLUB ANNUAL CRAFT SHOW
Ancaster Fairgrounds
630 Trinity Road, Ancaster
April 3rd & 4th
10 AM - 4 PM
100+ Local Artisans & Crafters
Pancakes & Sausages All Day
Free Parking!
\$5 Admission
CASH ONLY
Visit www.ancasterlions.com for more info!



SIX NATIONS BINGO 30
This year is full of surprises—follow us online or visit us in hall to see what's happening!
Let's Keep Winning Together!



SAVE ON YOUR PHONE BILL!
Phone Service for Businesses with 1-50+ employees!
FREE Virtual Receptionist
FREE Virtual Fax Number
FREE Calling to Canada, U.S. & Mexico
FREE Video Conference Number
FREE 24/7 Tech Support
FREE Toll-Free Number (500 inbound minutes included)
Plans Starting from \$24.95/month (plus tax) Month-to-Month Billing, No Contract Necessary
VMSINTERNATIONAL.CA • 647.762.3469
Rated #1 VoIP service for last 10 years
Ooma AUTHORIZED PARTNER



HELP LOCAL CANCER CARE! & WIN BIG!
Cancer Assistance Program
50/50 LOTTERY!
Purchase Tickets at cancerassist.ca/online-lottery
Cancer Assistance PROGRAM

Coffee News has a new CONTEST!
Get Caught with a bumper sticker on your car and you could win the monthly \$50 prize!
Request a bumper sticker via email, text or send mail with your mailing address and we will send you the bumper sticker. Put it on your car. Take a picture and submit it via text or email. You will be entered.
I ♥ Coffee News
One prize awarded monthly if a car is caught!
Text your request to 905-515-3056 or email info@yourlocalcoffeeneews.com

McINTOSH, PIONEER, HARMON KARDON
WANTED
60s/70s Stereo Equipment
Working or Not Working!!!
Estate Sales, Clear Outs, Purging
Reel to Reel Tapes / Vinyl LPs
Please call 905-515-3056
BRAUN, KENWOOD, FISHER, AR, B&W

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 yourself 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

© Published with Permission by Your LocalCoffee News Inc. For available franchise opportunities - visit www.coffeenewscanada.com

(Over)

SANDY SHAW
MPP HAMILTON
WEST-ANCASTER
-DUNDAS

905-628-2755 | SShaw-CO@ndp.on.ca

Broccoli Cornbread w/Cheese

Ingredients

- 1 cup - cottage cheese
- 3/4 cup - butter, melted
- 4 - eggs
- 2 pkgs. - cornbread muffin mix (8.5 oz)
- 10 oz. - frozen chopped broccoli, thawed
- 1 - large onion, chopped
- 1 1/2 cups - shredded Cheddar cheese, divided

RECIPE PREPARATION

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.
- Beat cottage cheese, butter, and eggs in a large bowl. Stir cornbread mixes into butter mixture until just moistened. Fold in broccoli, onion, and 1 cup Cheddar cheese. Pour batter into prepared baking dish and sprinkle with remaining 1/2 cup Cheddar cheese.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 35 to 40 minutes. Cool in the baking dish for 10 minutes before slicing and serving warm.

allrecipes.com

WANTED VINTAGE STEREO EQUIPMENT

TOP \$\$\$...WORKING OR NOT WORKING!

Now accepting VINYL RECORDS STEREOS • REEL TAPES

CALL 905.515.3056

Order your **Free Book!** Help change a generation

REVOLUTION IN WORLD MISSIONS

gfa.ca/cn/book | 1-888-946-2742

TURN UNUSED GIFT CARDS INTO SUPPORT FOR CANCER CARE.

Turn it into something meaningful. Donate unused gift cards to Cancer Assistance Program and help support our cancer care and our community events.

Cancer Assistance PROGRAM

cancerassist.ca | 555 Concession St., Hamilton

NOW BOOKING home and office cleans in Hamilton and Burlington!

RELIABLE • TRUSTWORTHY • EXCEPTIONAL REFERENCES

\$25 OFF YOUR FIRST CLEAN*

905.921.8761

MISS PRIM & PROPER CLEANING SERVICE

*NEW CLIENTS ONLY
missprimandproper23@gmail.com | [@theresamissprimandproper](https://www.instagram.com/theresamissprimandproper)

Enter to Win

Great Prizes in Cash & Gift Cards

Find the mini "Coffee News" Guy hidden weekly in one of our advertiser's ads. Then send us your name, address and phone number, along with the name of the advertiser's ad where he was hiding.

Enter our contest online, by email or mail. Online entry: www.yourlocalcoffeeneews.com Email: info@yourlocalcoffeeneews.com Mail to: Coffee News®

762 Upper James St, Box 147 Hamilton, ON L9C 3A2

Every Month **\$50 Prize!**

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.

Electrical and HVAC Services

TRUSTED SERVICE SINCE 2010

KIEDAN
HEATING • COOLING • ELECTRICAL kiedan.ca

905.961.0427

READY FOR WINTER? CALL US TODAY!

\$10 OFF ON YOUR TAXES

Bring this coupon to our office and get your discount!

12-1001 Rymal Rd. E - ON L8W 3B7

905 318 4488

WHAT IS MY HOME REALLY WORTH? FREE HOME EVALUATION

Carlo Silvestri BROKER

RE/MAX CENTRE

2024 REALTOR READERS' CHOICE DIAMOND WINNER

905-541-3510 carlo@remaxcentre.ca

SERVING ANCASTER, DUNDAS AND HAMILTON

Live in the Heart of a Senior-Friendly Town

Our residents can stay active and involved: shops, restaurants, medical clinics, pharmacies and a public library are all within walking distance from our front door!

BERTRAM PLACE RETIREMENT LIVING CENTRE

21 Hatt Street, Dundas L9H 2E9 bertramplace@cogeco.net | www.bertramplace.com

905.628.8622

BOOK A TOUR TODAY! OR JUST STOP BY AND SEE US!

Dodsworth & Brown Funeral Home
Ancaster Chapel
by Arbor Memorial

New Location Opened Sept 2025!

Ancaster's trusted place for families.

Proudly welcoming you to our new location at **90 Garner Road East.**

Call 905-648-3852 to book your tour.

Arbor Memorial Inc.

34% OF PEOPLE RELYING ON HAMILTON'S FOOD BANKS ARE CHILDREN.

SCAN TO DONATE

\$1-\$5 WORTH OF FOOD.

HAMILTON Food Share
[@HAMILTONFOODSHARE HAMILTONFOODSHARE.ORG](https://www.hamiltonfoodshare.org)

Congratulations!

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