

FREE! **Coffee News**[®]
 "News to be enjoyed over Coffee"
 Stoney Creek, Winona,
 Upper Centennial
 Advertising Information
 905-515-3056
 Vol.13 No.15 March 16, 2026
 info@yourlocalcoffeeneews.com

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

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

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!

Everybody's Talking!

Restaurant rankings: The famous Michelin Guide, now a global authority on fine dining, began as something far removed from food. In rural France, the Michelin brothers were looking for ways to get more people driving, which would eventually boost demand for their tires. They launched a small book filled with practical tips for travellers, such as where to refuel, make repairs, or stop for a meal. Over time, its listings of restaurants gained influence, and the company started sending anonymous inspectors to evaluate quality. The star system was created, ranking restaurants from "worth a stop" to "worth a journey." Today, earning a Michelin star can transform a restaurant's future overnight.

Barrier innovation: Roads everywhere face the challenge of keeping drivers safe, and one solution gaining attention is the rolling barrier guardrail. Unlike fixed rails that can cause severe impacts, this design uses rotating cylinders that absorb impact and guide vehicles forward rather than letting them rebound into traffic or leave the roadway. The cylinders are made from durable materials, strong enough to handle weather while remaining effective for long periods. Though installation may cost more at first, reduced crash damage and lower medical costs make them worthwhile in the long run. Adaptable to highways, bridges, and sharp curves, these guardrails show how practical design can help reduce risks on busy roads.

Failure archive: In Edinburgh, Scotland, an unusual library is devoted not to great successes but to the many blunders of finance. The "Library of Mistakes" was launched by local financiers and academics who strongly believed that studying past failures could help prevent future ones. Inside, shelves are filled with detailed accounts of collapsed banks, scams, and infamous frauds. Visitors also find reminders of episodes like tulip mania, Ponzi schemes, and reckless investments that once brought institutions to their knees. The setting is modest but ambitious, and the library aims to become a leading archive of notable business missteps worldwide. The collection shows how even disasters ultimately can become knowledge.

Octopus town: In Jervis Bay, Australia, scientists found a gathering of gloomy octopuses living close together instead of alone. The octopuses created dens on the seafloor and interacted in ways that seemed more social than expected. Researchers observed both conflict and cooperation, suggesting the animals adjusted to living side by side. The area, nicknamed "Octlantis," formed naturally rather than around human-made objects, which surprised scientists. Some think the limited number of good hiding spots may explain the crowded conditions. While the reasons remain uncertain, the discovery shows these creatures are capable of more complex group living than once believed.

Quoteable Quotes

"I learned a long time ago the wisest thing I can do is be on my own side." —*Maya Angelou*
 "You can't blame gravity for falling in love." —*Albert Einstein*

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:

Ready, Set, Smile! is all about Creating Meaningful Social Routines at Home with Toddlers. Participants will learn the importance of shared smiling, how social routines can increase interaction and promote communication and, get ideas and strategies to try out. Opportunities to ask questions and receive resources will be provided. This 60 minute, single session virtual workshop will run on the zoom platform. Tuesday evening, March 24, 7:00 – 8:00 p.m.

Fashion showcase - March 27th from 6:00 PM – 9:00 PM at The Zoetic Theatre. Featuring the Merchants of Concession Street BIA Hairdressers/Stylists + Showcase Models. Makeup Artists + Showcase Models Tattoo Artists + Showcase Models Skin Care Specialists Fashion Designers / Clothing Brands Fashion Eyewear Brands This show aims to spotlight bold style, creativity, and community during one of the city's most exciting cultural weeks. It's a great opportunity for exposure, collaboration, and connection within the fashion and arts scene.

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".

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

Trivia

1. Who is the donkey who lives in the Hundred Acre Wood?
2. It takes 40 gallons of ____ to make 1 gallon of maple syrup.
3. A *pas de deux* is a pastry, song, or dance for two?
4. Jim ____ was the lead singer of the band The Doors.
5. A hardy hole is found on a shoe—T/F?

(Flip bottom of page for answers)

© Published with Permission by Your Local Coffee News Inc.

(Over)

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

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

Does Your Shower Have You TERRIFIED?
 Is mold or mildew lurking in the corners of your shower?
WE CAN HELP!
GSC GROUT SOLUTIONS CANADA
 Call us for a complete shower cleaning/restoration and re-caulking
WE CAN TRANSFORM YOUR SHOWER TODAY!
905.870.7111
info@groutsolutionscanada.ca • groutsolutionscanada.ca

Downsizing? **\$300/month DISCOUNT FOR SENIORS 65+!**
 Welcome to your new home in Stoney Creek
 Meadowbrook Apartments
 To View and Apply Today Call 905-561-1397
 • On-site Mgmt • CCTV Surveillance • Modern Appliances

People and Solutions For Life
WHEELCHAIRS SCOOTERS RECLINER LIFT CHAIRS
 905.549.4800
Essential Customer First Experience
 MOBILITY PRODUCTS
 40 Centennial Pkwy N, Hamilton | essentialmobility.ca

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

WHAT IS MY HOME REALLY WORTH? FREE HOME EVALUATION
Carlo Silvestri BROKER
RE/MAX CENTRE
 REALTOR
 REALTOR READER'S CHOICE 2024 DIAMOND WINNER
 DIRECT: **905-541-3510** carlo@remaxcentre.ca
 SERVING STONEY CREEK, BINBROOK AND SURROUNDING AREAS

\$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

Electrical and HVAC Services
KIEDAN
 HEATING • COOLING • ELECTRICAL kiedan.ca
 905.961.0427

25+ Years in Stoney Creek area
SENSE OF HEARING
 #102-68 Centennial Parkway South, Stoney Creek
 Ear Wax Removal No Cost Adult Hearing Test No Referral Required Service Excellence Guaranteed
905-662-3130 • stoneycreek@senseofhearing.ca

10 YEARS IN THE COMMUNITY HELPING FAMILIES
 WE ARE HERE FOR YOU, STEP BY STEP
Circle of Life
 CREMATION AND BURIAL CENTRE INC.
 100 King Street E. Dundas, Ontario
 Simple Cremation, No Hidden Fees
 Scan for detailed pricing
 For an experience of care like no other, contact us:
905.628.8558 circleoflifecbc.com

TURN GIFTS INTO PRIZES FOR GOOD

Donate new or unused gift or gift cards to Cancer Assistance Program to support our fundraising events and cancer services.



cancerassist.ca | 555 Concession St., Hamilton

Enjoy the Benefits of Optimized Foot Health!

Nail Care • Callus • Corns
Infection • Sports Injuries • Diabetes
Heel Pain • Orthotics • Compression
Poor Circulation • Ingrown Toenails
Warts • Shockwave Therapy

YES, WE MAKE HOME VISITS!

2757 King Street E, Hamilton

Garth Foot Care

905.573.4817 garthfootcare.com

Sew Much Fun!

Fabric Sales • Classes
Longarm Quilting Services
Machine Rentals

U~Quilt~It

Quilt Shop and Longarm Quilting
905-957-2000
1157 Rymal Rd. E.

Long Arm Rentals – Make Your Own!

ONE HOUR of REFLEXOLOGY

\$70 With this ad. Plus HST.
Offer expires March 31/26

905.664.2008 • www.avachitouch.com
8 King St. E, Stoney Creek

Home Stairlift.com

Proudly Canadian Owned & Operated



SCAN FOR WEBSITE

We Rent Stairlifts!

- ✓ Buy New or Used
- ✓ Buy Back Program
- ✓ Government Funding
- ✓ Tax Credits

416.424.6607

From Gnat to Rat...

What's BUGGING You?

✓ Hamilton to Fort Erie ✓ Great Prices

ONTARIO PEST PREVENTION

365-309-7378

2026 Consumer Choice Award Pest Control Hamilton

OntarioPestPrevention.com
ontariopestprevention@hotmail.com

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.

Every Month \$50 Prize!

Enter our contest online, by email or mail.
Online entry: www.yourlocalcoffeeneews.com
Email: Contest@yourlocalcoffeeneews.com
Mail to: Coffee News®
762 Upper James St, Box 147
Hamilton, ON L9C 3A2

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.

Your Weekly Horoscope

ARIES
(March 20 - April 19)

Your birthday month is a good time to review your accomplishments and establish new goals. This year may be the time to make plans to satisfy a spiritual longing. Lucky numbers: 8, 10, 18, 21, 39, 42.

TAURUS
(April 20 - May 20)

At week's end, you may feel very comfortable in your own skin. Can you use this confidence to expand beyond your normal boundaries and seize a new opportunity? Lucky numbers: 1, 26, 27, 35, 40, 45.

GEMINI
(May 21 - June 20)

For the past few weeks, you may have found that your usual quick and agile thinking process has been slowed and confused. That dynamic might begin to shift this week. Lucky numbers: 7, 10, 18, 29, 35, 39.

CANCER
(June 21 - July 22)

This week you may find yourself in a situation where you have big dreams but can't seem to implement them. Perhaps the cause is conflict about what you truly want? Lucky numbers: 4, 7, 15, 19, 29, 31.

LEO
(July 23 - Aug. 22)

This month may offer a boost of energy to support your natural optimism. Do you have an endeavor that could use this power, in order to achieve success? Lucky numbers: 5, 11, 26, 32, 45, 47.

VIRGO
(Aug. 23 - Sept. 22)

You may run into a midweek obstacle to your efforts. Rather than trying to break through the block, consider waiting a few days for the situation to change. Lucky numbers: 11, 12, 19, 31, 34, 44.

LIBRA
(Sept. 23 - Oct. 22)

It has been about six months since your birthday. Did you set new goals then? What progress have you made, and do your plans now need any adjustments? Lucky numbers: 15, 23, 38, 40, 44, 47.

SCORPIO
(Oct. 23 - Nov. 21)

At the end of the week, you may find that your natural intuitive abilities are stymied. This could pass soon, so try to take a deep breath and wait a few days. Lucky numbers: 6, 7, 10, 28, 35, 47.

SAGITTARIUS
(Nov. 22 - Dec. 21)

For the past few weeks, you may have experienced issues with communication, your car, or electronic devices. Things could start to return to normal this week. Lucky numbers: 10, 16, 20, 35, 39, 41.

CAPRICORN
(Dec. 22 - Jan. 19)

Usually Capricorns carefully consider the execution of their plans. For the next month, you may be impatient to be impulsive. How can you reconcile this conflict? Lucky numbers: 2, 3, 18, 34, 41, 45.

AQUARIUS
(Jan. 20 - Feb. 18)

Aquarius individuals often seem to have a dispassionate demeanor. For a few weeks, you may be drawn to dramatic action. Be conscious of how to proceed. Lucky numbers: 12, 18, 19, 26, 31, 34.

PISCES
(Feb. 19 - March 20)

Early this week may be a good time to set new intentions toward your goals. However, you might want to wait a bit for things to settle before starting your efforts. Lucky numbers: 3, 4, 6, 15, 27, 40.

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

Did You Know...

Pricey purple: For centuries, purple almost never appeared on national flags, not because rulers disliked it, but because it was far too costly. Purple dye came from Mediterranean sea snails, making the color so rare it was typically reserved only for royalty.

Whale songs: Humpback whales create long, flowing songs that travel through the ocean and spread from one group to another. These tunes shift over time, showing how whales share and reshape their music much like a cultural tradition.

Heel ban: In Greece, sharp high heels are not welcome at ancient landmarks like the Acropolis or Parthenon. Officials banned them to prevent tiny cracks and scratches on fragile stone, while also reminding visitors that these historic sites need protection.

Moon bricks: Scientists are exploring how the moon's dusty surface could become building material for future bases. By testing volcanic powder on Earth, they've shown it might be possible to shape lunar dust into bricks strong enough for shelters in space.

Hiccup odds: Everyone knows the sudden jolt of a hiccup, but men are more likely than women to experience them, and they generally last longer in men. While short bursts usually fade, stubborn cases sometimes need extra care to settle down.

On the Lighter Side

Knock! Knock! Who's there? Felix. Felix who? Felix my ice cream again, he's in trouble.

What did the tornado say to the sports driver? "Want to go for a spin?"

You can eat a sandwich any time of day. It's always a square meal.

What would life be like if there were no hypothetical questions?

Mama fish: "Don't bite that hook!"

Baby fish: "Why not?"

Mama fish: "You're too young to face the reel world."

Answers

Trivia answers: 1. Eeyore 2. Sap 3. Dance 4. Morrison 5. False, on an anvil

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

(Over)

HELP LOCAL CANCER CARE! & WIN BIG!

Cancer Assistance Program

50/50 LOTTERY!

Purchase Tickets at cancerassist.ca/online-lottery

WANTED VINTAGE STEREO EQUIPMENT

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

Now accepting VINYL RECORDS STEREOS • REEL TAPES

CALL 905.515.3056

MARCH BREAK 2026

Explore • Create • Discover

hpl.ca/march-break March 14 - 21 at HPL

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!

HELP US LEARN WHAT AFFECTS BODY WEIGHT

McMaster University
Hamilton Health Sciences

You'll be asked to change your diet and attend 2 in-person visits, 4 phone visits and 2 testing sessions over 3 months

\$390 COMPENSATION WILL BE PROVIDED TO PARTICIPANTS WHO ATTEND 2 TESTING SESSIONS

CONTACT: nmteam@mcmaster.ca
905-521-2100 ext 22205

This study has been reviewed by the Hamilton Integrated Research Ethics Board
Project #16738
Version 1.0 - January 24, 2025

Spring Word Search

Just for Fun

N L M O R D Y S M B M O O L B
N I A R M E L E S E E A W O G
U O Y E L O S E A S O N M S S
L M L I O D N E K L A Y R P H
H C T A H I N G Q L D B R K U
U T P E H O O D I O O I F C L
Y T I S R E T R M D N T R E U
V W N A O E P J T G N E D X V
E U G R N A D M B R A Y A T E
S L M E U B G R T A S O U P A
R E F G L C E B T S I R G A S
B A L Y B A E N O S R E H R T
Y A O I K D O O H R E H O H E
U Y W E M S H O W E R S E D R
C H E F A M C L Y O G D R E S
X L R O V Z R C O J B R I N O
F I S E A R A K S L E I O E L
B L O S S O M C B J W B M O B