

**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!**

**New Patients Welcome**

2757 King Street E, Hamilton

**Garth Foot Care**

905.573.4817 garthfootcare.com

**FREE!**

**Coffee News**<sup>®</sup>

"News to be enjoyed over Coffee"

Stoney Creek, Winona,  
Upper Centennial

Advertising Information  
905-515-3056

Vol.13 No.14 March 9, 2026  
info@yourlocalcoffeeneews.com

**Downsizing?**

Welcome to your new home in Stoney Creek

**\$300/month DISCOUNT FOR SENIORS 65+!**

Meadowbrook Apartments

**UP-DATED UNITS**

To View and Apply Today  
Call 905-561-1397

• On-site Mgmt • CCTV Surveillance • Modern Appliances

Order your **Free Book!**

Help change a generation

gfa.ca/cn/book

1-888-946-2742

**gfa WORLD**

**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

KARIN SCHUETT  
OWNER / CLASS 1 LICENSED FUNERAL DIRECTOR

For an experience of care like no other, contact us:  
905.628.8558 circleoflifecbc.com

**This Space Available!**

(...but not for long!)

Call Derek now at  
**905-515-3056**

**\$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**

**Home Stairlift.com**

Proudly Canadian Owned & Operated

**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 (PEST)

2026 Consumer Choice Award Pest Control Hamilton

OntarioPestPrevention.com  
ontariopestprevention@hotmail.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 lightweight, 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.

**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

**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:

Coffee News has a new contest! "Get Caught" with a bumper sticker on your car. Request one through email or text to 905-515-3056, put it on your car and send us a picture. One lucky winner each one will receive a \$50 prize monthly. Email info@yourlocalcoffeeneews.com for more info

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

Movies for Adults at Stoney Creek Library - Naked Gun (2025) PG 13, Tuesday, March 10, 1:00pm - 3:00pm, Stoney Creek Branch, Stoney Creek - Saltfleet Room, A great selection of free movies from new releases to award-winning classics. Newly released blockbusters, award-winning films and critically acclaimed features from HPL's collection. AGE GROUP: | Adults (18+)

Stoney Creek Legion - Friday Night Mixed Darts: Doors open at 7pm with games running 8pm-10:30 or 11pm. Cost is \$5 per person. Pairs or triples are drawn and at end of night winning teams are rewarded from the pot with prizes for both men's and women's high scores

**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 Your Local Coffee News Inc.

(Over)

**Electrical and HVAC Services**

TRUSTED SERVICE SINCE 2010

**READY FOR WINTER?** CALL US TODAY!

905.961.0427

**KIEDAN**

HEATING • COOLING • ELECTRICAL kiedan.ca

**SAVE ON YOUR PHONE BILL!**

Phone Service for Businesses with 1-50+ employees!

Rated #1 VoIP service for last 10 years

- 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**

Ooma AUTHORIZED PARTNER

**HELP LOCAL CANCER CARE! & WIN BIG!**

Cancer Assistance Program

**50/50 LOTTERY!**

Purchase Tickets at [cancerassist.ca/online-lottery](http://cancerassist.ca/online-lottery)

Cancer Assistance PROGRAM

**SIX NATIONS BINGO**

30th Anniversary

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

**McINTOSH, PIONEER, HARMON KARDON WANTED**

**60s/70s Stereo Equipment Working or Not Working!!!**

Estate Clearouts, Downsizing

Reel to Reel Tapes / Vinyl LPs

Please call 905-515-3056

BRAUN, KENWOOD, FISHER, AR, B&W

**WANTED VINTAGE STEREO EQUIPMENT**  
**TOP \$\$\$** ...WORKING OR NOT WORKING!  
**Now accepting VINYL RECORDS STEREO'S • REEL TAPES**  
**CALL 905.515.3056**

**Stay Updated!**  
 Hamilton Public Library  
**Sign up for our eNewsletter.**  
[hpl.ca/e-News](http://hpl.ca/e-News)

**Apple Crisp with Oat Topping**

**Ingredients**  
 6 - apples - peeled, cored, and sliced  
 2 **tbsp.** - white sugar  
 1/2 **tsp.** - ground cinnamon  
 1 **cup** - brown sugar  
 3/4 **cup** - old-fashioned oats  
 3/4 **cup** - all-purpose flour  
 1 **tsp.** - ground cinnamon  
 1/2 **cup** - cold butter

**RECIPE PREPARATION**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Toss apples with white sugar and 1/2 teaspoon cinnamon in a medium bowl to coat; pour into a 9-inch square baking dish.
3. Mix brown sugar, oats, flour, and 1 teaspoon cinnamon in a separate bowl. Use a pastry cutter or 2 forks to mash cold butter into the oats mixture until the mixture resembles coarse crumbs; spread over the apples to the edges of the baking dish. Pat the topping gently until even.
4. Bake in preheated oven until golden brown and sides are bubbling, about 40 minutes.

allrecipes.com

**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](http://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](mailto:info@groutsolutionscanada.ca) • [groutsolutionscanada.ca](http://groutsolutionscanada.ca)

**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](http://www.yourlocalcoffeeneews.com)  
 Email: [Contest@yourlocalcoffeeneews.com](mailto: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)**  
 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.

**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.

**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.

**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.

**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.

**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.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 33.

**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.

**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.

**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.

**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.

**AQUARIUS (Jan. 20 - Feb. 18)**  
 You may be eager to make progress on your plans at midweek. This is admirable, but look before you leap to avoid problems that might only be corrected later. Lucky numbers: 14, 25, 28, 36, 37, 47.

**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.

## 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

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

© Published with Permission by Your LocalCoffee News Inc.  
 For available franchise opportunities - visit [www.coffeeneewscanada.com](http://www.coffeeneewscanada.com)

**WHAT IS MY HOME REALLY WORTH? FREE HOME EVALUATION**

**Carlo Silvestri** BROKER  
 RE/MAX CENTRE  
 REALTOR  
 2022 REALTOR READERS' CHOICE 2024  
 DIAMOND WINNER

**DIRECT: 905-541-3510** [carlo@remaxcentre.ca](mailto:carlo@remaxcentre.ca)  
 SERVING STONEY CREEK, BINBROOK AND SURROUNDING AREAS

**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](http://cancerassist.ca) | 555 Concession St., Hamilton

**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

**AVACHI TOUCH HEALTH & WELLNESS**  
**905.664.2008** • [www.avachitouch.com](http://www.avachitouch.com)  
 8 King St. E, Stoney Creek

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](mailto:stoneycreek@senseofhearing.ca)

People and Solutions For Life

**WHEELCHAIRS SCOOTERS RECLINER LIFT CHAIRS**

**905.549.4800**

**Essential** MOBILITY PRODUCTS  
 Customer First Experience  
 40 Centennial Pkwy N, Hamilton | [essentialmobility.ca](http://essentialmobility.ca)

**Just for Fun**

**Canadian Provinces and Capital Cities**

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