



Nocher Realty
Residential Commercial Land Condo Rentals



Derek Strzepa
Licensed in Massachusetts
Cell: **413-344-0510**




UPTOWN JUNK
DISPOSAL SERVICES

- Furniture
- Appliances
- Electronics
- Construction Debris
- Boilers & Oil Tanks
- House/Apartment Clean-outs
- Shed, Deck, & Hot Tub Demo
- Green Waste

413-441-8717
UptownJunkLLC@gmail.com
www.facebook.com/uptownjunk413

Luke Deambrogio Owner

NORTHERN OAK
♦ TREE REMOVAL ♦



413-822-4502 STUMP GRINDING

- 24/7 ANSWERING SERVICE
- FREE ESTIMATES
- FULLY INSURED

NORTHERNOAKSERVICES.COM



Savino Empire Monuments, Inc.
Steve Brewer Director

(413) 442-4149
100 Wahconah St. Pittsfield, MA 01201
SavinoEmpireMonuments@gmail.com




234 Fourth St • Holiday Baskets
• Balloon Filling
• Party Supplies

© jxpartypaloozallc

TIMELESS TREASURES
CALL US NOW FOR
ESTATE SALES & CLEAN OUTS!

- Sports Cards
- Collectables
- Memorabilia
- Mid Modern Century Furniture

35 Years Sales Experience

CALL TODAY FOR FREE EVALUATION
NEED CASH? CALL TODAY
413-441-0292

WE BUY THAT!

Berkshire Smile Studio



- Same Day Crowns and Bridges
- Dentures
- Partial
- Implants
- Zoom Whitening
- Restorations


Dr. Shakil Syed
195 South Street
Pittsfield, MA 01201
413-499-3440



UPLIFT BARBER STUDIO

Carlton Rose Owner/Barber
413-418-8753
upliftbarberstudio.booksy.com
130 South Street Pittsfield
Hours Tues-Fri 10-6 Sat 10-3

FREE!



Coffee News[®]
"News To Be Enjoyed Over Coffee"
Central Berkshires Edition
413 212 9126

Est. 1988

https://www.coffeenewsberkshirecounty.com/ Volume 4:5 March 10, 2025

Everybody's Talking!

Dynamic façade: The Al Bahar Towers in Abu Dhabi, U.A.E., feature a responsive shading system inspired by Islamic *mashrabiya* screens. Controlled by computers, hexagonal panels adjust to the sun's position, reducing heat and glare while improving energy efficiency. The screens, positioned outside the buildings, allow for naturally tinted glass that enhances lighting and views while lowering air conditioning needs. Combining cultural heritage with advanced engineering, this design earned the towers an innovation award for sustainability. The façade shows how smart architecture blends tradition and technology to create beauty and function, even in harsh desert environments.

Sharing sheds: Men's Sheds are transforming the humble shed into hubs of community, connection, and creativity. These shared spaces, supported by the United Kingdom Men's Sheds Association, aim to combat loneliness by bringing men together to work on meaningful projects, share skills, and foster friendships. This year's "Shed of the Year" finalists showcase diverse initiatives, from crafting public transportation solutions to repurposing old buildings into workshops. These efforts not only benefit the men involved but also strengthen local communities. With every project, the movement proves that shared purpose and teamwork can turn simple spaces into powerful tools for change.

Pricey rice: Kinmemai Premium, crafted by Japan's Toyo Rice Corporation, is the world's most expensive rice, priced at ¥11,304 (JPY) per kilogram. Holding a Guinness World Record, this rice features hand-selected grains from top varieties, carefully flavor-aged for six months, creating a rich taste and a jewel-like appearance. Known for its superior nutritional profile, this rice contains six times the immune-boosting lipopolysaccharides of regular rice, along with more fiber and vitamins. Its unique polishing process removes only the waxy layer, making it rinse-free and easy to prepare. Kinmemai Premium proves that something as simple as rice can be a delicacy.

Moss makeover: A Dutch startup company is using everyday moss to transform what is often dull-looking concrete into eco-friendly expanses of green with unique visual appeal. The company uses a "bioreceptive" concrete that encourages moss to thrive without damaging the walls or support beams of buildings, bridges, and other structures. Moss not only absorbs CO2 and purifies air and water, it also provides habitat for wildlife, shields surfaces from weather damage, requires minimal upkeep, and even discourages graffiti. Now refining its innovation by using recycled materials, the company is collaborating to "green-up" unique projects like wind turbine bases. Moss is the star of this simple solution that blends beauty and sustainability.

Quoteable Quotes

"If you're not making mistakes, then you're not making decisions."
—Catherine Cook

"The need for fellowship is as deep as the need for food."
—Joshua Liebman

DURABLE MEDICAL EQUIPMENT
Sales • Service • Rentals
Stair Climbers, Scooters, Lift Chairs
Wheel, Transport & Power Chairs
Rollators & Walkers

INDEPENDENT MOBILITY

453 North Street Pittsfield, MA 01201
jtorra@imscooters.com
Ph: 413.499.4846



LIFTS FOR LIFE

Trivia

1. Does a diamond carat measure weight, cut, or shine?
 2. Aslan is an elephant in the *Chronicles of Narnia*—T/F?
 3. Prague is the capital of what country?
 4. This music form is a mix of samba and jazz.
 5. Which part of the human body has the thinnest skin?
- (Flip bottom of page for answers)

Our Dad NOSE Roofing




413-655-ROOF • JSMEGALROOFING.COM

Our Boarding Facility is the Cats Meow!

Call or text 413.442.3472 for

- Pet Grooming
- Animal Boarding
- Doggie Daycare

at 120 Hubbard Ave Pittsfield

Voted Best of Berkshires for 3 straight years



YOU'LL PAWSITIVELY LOVE OUR PET CARE
VOTED BEST IN PITTSFIELD 7 YEARS

Place Your Ad Here Exclusively



Lock Out Your Competition!

Call Nick Ricciarini:
413 212 9126

Authentic Mexican Cuisine



Panchos MEXICAN RESTAURANT

Open Monday-Saturday for Lunch & Dinner
156 NORTH STREET, PITTSFIELD, MA • 413.499.2266
Mon-Sat 11am-9pm - Closed Sunday



NOW OPEN!

VIALE FLORIST
Flowers For All Occasions
WE DELIVER



Valentines Day, February 14th, Friday
(Looking for drivers for 2/13 & 2/14 need to provide your own appropriate vehicle for delivering flowers, apply in store)

99 Wahconah Street Pittsfield, Ma. 01201
413-442-6956 | 1-800-418-4253
www.vialeflorist.com

HOT DEALS!



LOW Financing*
Pick Your Bike Out Now!

HONDA SUZUKI
*Credit Qualified
Official Cycle Inspection Station

GREAT DEALS On the Lenox/Pittsfield line Rte 7 & 20
NORTH'S SERVICES INC.
www.northsservice.com
Hours: Tue-Fri 9-6, Sat 9-4, Closed Sun & Mon
413-499.3266 • 413.499.7602
1-866-499.3266

Affordable & Approachable Accounting!



Scan the QR code to get your first month of bookkeeping FREE!

The Breezy Bookkeeper



Stephanie Hill-Manuel - Your Bookkeeping & Tax BFF - taking the mystery & fear out of finances!

Call us now at 413-300-1369
www.thebreezybookkeeper.com

A CARING CRAFTSMAN
 Anything Residential
 Where Quality & Integrity Are Everything
 NO JOB TOO SMALL **Call 413-822-8188** FREE ESTIMATES

Mike's MAYTAG
 Home Appliance Center, Inc.
 Berkshire County's only Factory-authorized Maytag Home Appliance Center
 Whirlpool KitchenAid AMANA
 Susan Spelman Sales Mike Spelman President
 14 Gordon Street - Pittsfield, MA
 413-443-4692

BOTTOMLESS BRICKS SCAN ME!
 New & Preowned LEGO® sets
 Minifigures®, Parts & Pieces
 Birthday Parties & Events
 163 South St. Pittsfield • www.BottomlessBricks.com

WE Buy Gold, Silver & Coins
 Turn your unwanted items into cash!
 Graduate Gemologist, GIA on premises
 PGGC ANGC
PITTSFIELD PRECIOUS METALS
 WWW.PITTSFIELDMETALS.COM
 93 FIRST STREET IN PITTSFIELD, MA.
 DOWNTOWN PITTSFIELD
 413-443-3613

JOIN OUR SCHOOL BUS DRIVING TEAM
Dufour is Hiring School Bus Drivers
 No Experience Necessary
 CDL Training Provided
 Be on the same schedule as your school-aged children
 Contact David Sookey
 413 652-2031 | dsookey@dufourtours.com

Enter to Win
 \$25 Prize, A 30 min Massage at Chyrel's Massage Therapy
 Identify the ad where the Coffee News® Guy is hidden for your chance to win!
 Actual Size →
 Enter Today at:
 www.coffeenewsberkshirecounty.com
 Tell Us Where You Found The Guy!

New Moon Gifts Est. 2012
 The Berkshires premier store for crystals, jewelry and more...
 Located in the
 413-329-8162 Allendale Underground, 5 Cheshire Road, Pittsfield, MA

TRANSPORT THE PEOPLE Inc.
 You Pick the Destination!
 • All Airports
 • Special Celebrations
 • Concerts
 • Sporting Events
 • A Night on the town
 • Excursions
 Specializing in Corporate Transportation, Wedding Shuttles, Special Celebrations and School Events
 Operating 24 hours a day, 365 days a year
 800.639.9605 | 413.443.7111
 Our Mission is to get you there in style, comfort and safety

Your Weekly Horoscopes

ARIES
 (March 20 - April 19)
 Did you acknowledge last week that you may need to deal with an old issue in your relationship? How are things going now? What might you need to do next? Lucky numbers: 11, 18, 19, 20, 22, 42.

TAURUS
 (April 20 - May 20)
 The Taurus-born usually value stability. Midweek you may get an opportunity to shake things up. You might at least consider it, rather than automatically rejecting it. Lucky numbers: 1, 18, 23, 27, 30, 42.

GEMINI
 (May 21 - June 20)
 For the next few weeks, you may feel that you are taking one step forward and two steps backward. Wait it out. The situation might return to normal soon. Lucky numbers: 8, 18, 22, 32, 43, 46.

CANCER
 (June 21 - July 22)
 Your ability to communicate with others may run into obstacles for the next few weeks. Be aware of this and minimize interactions, where you can, until this passes. Lucky numbers: 6, 8, 10, 21, 38, 42.

LEO
 (July 23 - Aug. 22)
 At the beginning of the week, your Leo energy may naturally attract others to you. So, if you need assistance, ask for it. But remember to be fair in your request. Lucky numbers: 9, 13, 17, 25, 29, 47.

VIRGO
 (Aug. 23 - Sept. 22)
 This may be a good week to bring projects to completion and gain the results. Conversely, if there are ideas that are no longer viable, they should be pruned out. Lucky numbers: 5, 6, 8, 14, 20, 21.

LIBRA
 (Sept. 23 - Oct. 22)
 Your tact and diplomacy may be highlighted at midweek. If others ask you to help bring a matter to a conclusion, you might want to seriously consider doing so. Lucky numbers: 12, 14, 29, 31, 38, 42.

SCORPIO
 (Oct. 23 - Nov. 21)
 What do you need to let go of? The energy this week encourages you to release what no longer serves you. Remember the phrase, "When one door closes, another opens." Lucky numbers: 4, 6, 14, 17, 23, 27.

SAGITTARIUS
 (Nov. 22 - Dec. 21)
 For the next few weeks, be careful in what you say, in order to avoid accidentally putting your foot in your mouth. Showing restraint now could benefit you later. Lucky numbers: 14, 17, 20, 24, 31, 40.

CAPRICORN
 (Dec. 22 - Jan. 19)
 Midweek may be a good time to contemplate what is working in your life and what is not. What might you need to begin and what do you think you need to end? Lucky numbers: 3, 5, 16, 22, 44, 45.

AQUARIUS
 (Jan. 20 - Feb. 18)
 Aquarians often focus on humanitarian causes, but have trouble connecting with individuals. This week may offer a chance to show a more heart-centered approach. Lucky numbers: 7, 13, 36, 41, 44, 46.

PISCES
 (Feb. 19 - March 20)
 Completing a task may require a lot of hard work from you at midweek. While this may be frustrating now, the eventual outcome could be well worth the effort. Lucky numbers: 2, 6, 7, 10, 32, 35.

Lucky numbers this week: This week's odds favor Leo winners with the luckiest number being 9.

Did You Know...

Star steps: The famous celebrity footprints at Grauman's Chinese Theatre in Hollywood, California (U.S.), began by accident in 1927, when actress Norma Talmadge stepped into wet cement. Since then, this tradition has truly left its mark.

Knight's honor: Maryland (U.S.) stands out with jousting as its official state sport. This medieval activity, complete with lances and charging horses, reflects the state's unique historical pride and love for traditional competition.

Surprise comeback: After removal, tonsils can partially grow back if a bit of tissue remains behind. This leftover tissue has the potential to regenerate, although not necessarily to their original size.

Single-handed: Early mechanical clocks used just one hand to tell time. For centuries, tower clocks showed only the hour or quarter-hour, as daily life moved at a slower pace, and this simple design avoided confusion from extra hands.

Futon roll: Japanese police have a unique approach to handling aggression. Instead of force, officers often wrap unruly individuals in large futons, rolling them up like a burrito to safely transport them to the station for a cooldown.

On the Lighter Side

Bartender to a brain: "I'm not serving you, you're already out of your head."

Census taker: "How many people work in your factory?"
 Factory owner: "I'd say one out of 10."

Knock! Knock! Who's there? Farmer. Farmer who? I hope I get a dog farmer birthday.

How does a family of turnips travel across the country?
 In Rutabagos.

On the steps of the New York Public Library, a woman was reading between the lions.

Answers

Trivia answers: 1. Weight 2. False, a lion 3. Czech Republic 4. Bossa nova 5. Eyelid

For available franchise opportunities - visit www.coffeenewsfranchise.com

Coop Bank
 PITTSFIELD COOPERATIVE
 413-447-7304 | pittsfieldcoop.com
 Member FDIC Member DIF Equal Housing Lender SUM

HUGE SELECTION! **GREAT PRICES!**
 KAPHA CANNABIS
 DON'T JUST BE ALIVE, BE WELL!
 439 Pittsfield Road, Lenox 413-464-7286 kaphacannabis.com

DALTON HD PIZZA 1088 South St, Dalton, MA
 413-842-5310
 413-842-5311
 Order Online!
 www.daltonhdpizza.com
 LAST ORDER IS TAKEN 15 MINS. BEFORE CLOSING
 We Deliver; All Day, Everyday
 Dalton-Pittsfield \$1.50 - Hinsdale \$3
 Delivery charge subject to change for distance.
OPEN 7 DAYS - ALL DAY
 Mon-Thur 11am-9pm - Fri-Sat 11am-10pm - Sun 12am - 9pm
 Pizza by slices!

WILLIAMS W&K KINGSLEY AUTO REPAIR
 763 East Street · Pittsfield, Massachusetts 01201
 (413) 442-1620 (413) 499-4147

BLUE HOUSE THERAPY
 Andrew Frager, LMHC
Couples Counseling
 Because your relationship is worth it!
 413-600-8066
 www.bluehousetherapy.com | Great Barrington

24 HOUR TOWING
JUNK CARS WANTED WE BUY SCRAP METAL
 ROAD SERVICE • Container Service
 • Jump starts
 • Change tires
 Tel. 443-1635
SAYER'S AUTO WRECKING
 Potter Mountain Road • Pittsfield 01201
 • Serving Berkshire County •

Custom Printing & Embroidery
 • Berkshires Apparel
 • Personalized Tees
 • Hoodies & More!
Peace Train Tees
 2 South St. Suite 150, Pittsfield MA
 413.499.1890

Ioka Valley Farm Maple Sugar Season!
 Calf-A Serving Our Delicious Pancakes, Waffles, & French Toast With Our Pure Maple Syrup!
 Open Weekends
 Feb. 8th - April 6th, 8am - 3:00pm.
 President's Day Monday, Feb. 17th & Friday, Feb. 21st, 8am - 12:00pm. (closed Tues, Weds, Thurs)
 Celebrate March is Massachusetts Maple Month!
 Come learn the maple sugaring process and support your local sugarmaker!
 Bring this flyer to receive \$1.00 off "Uncle Don's Favorite Meal"
 Weekend Sugarhouse Tours & Maple Sugaring Activities in Sugar House!
 3475 Rt. 43, Hancock, MA (413) 738-5915 IokaValleyFarm.com