

INSPIRATION FOR A HOLISTIC LIFESTYLE

# Hooked on Holistics

- \* Gems \* Crystals
- \* 925+ Items of Silver Jewellery
- \* Organic Herbs, Teas and Essential Oils
- \* Books \* Workshops
- \* ...and more!

**HUGE SALE!!!**  
**UNTIL FEB 28TH**

**700+**  
Varieties of Crystals!

*A store that caters to mind, body and soul*

**905-930-9799**

147 Hwy. 8, Unit 2 • Stoney Creek  
www.hookedonholistics.com

## 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

**WE CAN TRANSFORM YOUR SHOWER TODAY!**

**GSC GROUT SOLUTIONS CANADA**

**905.870.7111**  
info@groutsolutionscanada.ca • groutsolutionscanada.ca



## This Space Available!

(...but not for long!)

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

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 Sleep • Health Connection

# SleepNet

SleepNet provides high-quality equipment, products, and support services focused on the therapeutic management of clients diagnosed with sleep apnea.

- ✓ No obligation therapy trial
- ✓ Flexible payment schedule
- ✓ Ongoing support services
- ✓ Wide range of options

35 Main Street North, Unit 4, Waterdown  
**905-689-0909 | www.sleepnetcpap.com/**

## Spotlight on Pet Dental Care

- By age 3, most pets have some form of gum disease
- Provide your dog with dental toys
- Never use human toothpaste!

**289.895.8985**  
CALL TO BOOK YOUR PET'S DENTAL HEALTH EXAM

**FEBRUARY IS PET DENTAL HEALTH MONTH**

**PARKSIDE ANIMAL HOSPITAL**

pahwaterdown@gmail.com | parksideanimalhospital.ca | 115 Hamilton St. N

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!*

**FREE!**

# Coffee News®

"News to be enjoyed over Coffee"

Waterdown Flamborough Edition  
Advertising Information  
905-515-3056  
Vol. 13 No. 11 March 2, 2026

info@yourlocalcoffeeneews.com

## Everybody's Talking!

**Paper roots:** A Japanese publisher found a new way to recycle the news. They print it on sheets that grow into greenery. Instead of tossing old pages in the trash bin, readers can bury them in soil, and water the spot like a garden. Packed with seeds and built from reused pulp, the material gradually breaks down and supports new life in any planting container. The idea has been used in schools, shared through online videos, and picked up by people looking for simple, eco-friendly solutions that don't require much effort. What started as a creative print edition now serves as both a teaching tool and a small-scale environmental fix. It's a practical shift that shows how even print media can adapt to new priorities.

**Icy colours:** Not all icebergs in Antarctica are blue or white. Some carry streaks of green, black, brown, or even bands of mixed tones. These colours come from different materials and freezing conditions deep within glaciers or beneath floating ice shelves. Minerals, sediments, and pure ice without bubbles all can affect how light moves through the ice, changing what we see. In some cases, clear marine ice can look nearly black, while iron or layered debris can make it look green or dark brown. Some icebergs have striped or marbled patterns where layers of ice formed at different times and under different pressures. While the origins of these colours took time to understand, they now hint at hidden stories beneath the surface.

**Drone lifeline:** A relaxing afternoon turned perilous when a swimmer got caught in a powerful offshore current at a beach in Florida (U.S.). With emergency services still en route and no one nearby able to swim, a beachgoer quickly turned to the drone he'd brought for recreational use. Fastening a flotation ring to the device, he launched it toward the struggling teenager. The wind threw off the first drop, but a second attempt landed close enough for her to grab hold. The teen managed to hang on until help arrived and was later cleared by medics without injury. Though not built for rescue, online videos have shown drones repurposed in surprising ways. This time, that creativity may have saved a life.

**Hidden village:** Beneath a still reservoir in northern Portugal lie the remains of a once-bustling village, now revealed only when drought lowers the water. The community was uprooted to make way for a water dam project, leaving behind stone homes and narrow paths now submerged. When the ruins reappear, they attract visitors eager to trace the outlines of a forgotten settlement. Former residents honour their roots through annual gatherings and preserved family stories. A museum nearby holds fragments of the village's past, from tools to old photographs. Local tales speak of voices in the wind, hinting at the lives once lived there. The village may have vanished from the map, but not from memory.

## Quoteable Quotes

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." —Helen Keller

"We aim above the mark to hit the mark." —Ralph Waldo Emerson

## 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 atleast three weeks prior to the event date:

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

Dundas Valley Historical Society hosts a presentation by local historian Robin McKee- "Hamilton and the U.S. Civil War", Thursday March 12, 7 pm at Dundas Museum and Archives. Admission \$ 5 , free to Society members.

Rotary Trivia Night - Rotary Trivia Night Returns! Save the date. March 27, Royal Canadian Legion Br 551, 79 Hamilton St N, Waterdown,

Waterdown Village Forged in Music Pub Walk - March 5 @ 6:30 pm - 10:00 pm. An amazing night of music, storytelling & food sampling. 3 local artists: Blues with Alfie Smith, Country with Brad James, Roots/Cadiana with the Dunlop Brothers. 3 eateries: Symposium Restaurant Waterdown, Turtle Jack's Waterdown, Watermark Taphouse & Grille. Travel from restaurant to restaurant, experiencing different genres of music, learning about the artists' connections to the music and enjoying menu samples. \$25 +HST reserves your spot to see all artists & includes light snacks at each location. Guests are responsible for their own beverage purchases. Only a limited number of tickets are available. https://waterdownvillage.ca/event/forged-in-music-pub-walk/

- ## Trivia
1. This author wrote *The Little Mermaid* fairy tale.
  2. What is the largest island in the Mediterranean Sea?
  3. What colour are robin's eggs?
  4. This Egyptian hieroglyph is called the "key of life."
  5. What is the capital of Croatia?

(Flip bottom of page for answers)

Architectural/Structural Design/Plans/Consulting for Building Permits for Residential/Commercial/Industrial buildings, including second units

BCIN CERTIFIED

# UBDC INC.

ULTIMATE BUILDING DESIGN CONSULTANTS INC.

CALL OR EMAIL MARK  
**905.821.4816**

mark@ultimatebuildingdesign.com  
www.ultimatebuildingdesign.com

25+ Years in Waterdown

# SENSE OF HEARING

9-245 Dundas St. East, Waterdown — Free Parking Available!

- ✓ Ear Wax Removal
- ✓ No Cost Adult Hearing Test
- ✓ No Referral Required
- ✓ Service Excellence Guaranteed

**905.690.1633 • www.senseofhearing.ca**

WATERDOWN AUTO PARTS

# OPEN TO THE PUBLIC

**905-689-7366**  
www.napacanada.com

**WE DELIVER! 100 Coreslab Dr (West of Hwy 5 & 6)**

## Downsizing?

# FULLY RENOVATED RENTAL APARTMENTS AVAILABLE IN BRANTFORD

FROM \$1549

CAMELOT PROPERTY MANAGEMENT

**519-756-4831**

SENIORS WELCOME

## 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!

**BOOK A TOUR TODAY!**

OR JUST STOP BY AND SEE US!

**Bertram Place**  
RETIREMENT LIVING CENTRE  
21 Hatt Street, Dundas L9H 2E9  
**905.628.8622**  
bertramplace@cogeco.net | www.bertramplace.com

Your Local Community Pharmacy

# CARLISLE PHARMACY

905-689-6161 • 1493 Centre Rd., Carlisle

**SENIORS DISCOUNT EVERY DAY!**

Free Deliveries  
Compression & Diabetic Socks  
Free Compliance Packs

carlislepharmacy@gmail.com  
**905-689-6161 | www.carlislepharmacy.com**

## Electrical and HVAC Services

TRUSTED SERVICE SINCE 2010

**KIEDAN**  
HEATING • COOLING • ELECTRICAL kiedan.ca

**905.961.0427**

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

## STAY HEALTHY WITH PREVENTATIVE DENTISTRY

DENTISTRY FOR THE WHOLE FAMILY

# Waterdown Village Dentistry

292 Dundas St E, Waterdown

**905.689.3113**

waterdownvillagedentistry@gmail.com | waterdownvillagedentistry.ca

NOW WELCOMING NEW PATIENTS!  
• Direct billing available  
• Convenient before and after work appointments, evenings & weekends

# Your Weekly Horoscope

## ARIES

(March 20 - April 19)



Aries often focus on securing their immediate desires. Now may be a good time to consider what you value and what commitment you could make to achieve it. Lucky numbers: 17, 18, 24, 33, 38, 47.

## TAURUS

(April 20 - May 20)



A relationship may be an important midweek focus for you. What changes would improve your connection? Would you like more freedom in the relationship, or less? Lucky numbers: 10, 12, 14, 17, 25, 36.

## GEMINI

(May 21 - June 20)



Do your actions align with your highest values and your sense of who you are? Midweek may be a good time to manifest an opportunity to accomplish these goals. Lucky numbers: 7, 10, 11, 20, 29, 46.

## CANCER

(June 21 - July 22)



If you actively seek it, a new opportunity may emerge this week. Tap into your intuition to evaluate pros and cons, as well as how to successfully implement it. Lucky numbers: 2, 7, 23, 24, 31, 33.

## LEO

(July 23 - Aug. 22)



You may feel an impulsive desire at midweek to immediately get what you want. Resist the temptation for a few days. You might find that this urgent need will pass. Lucky numbers: 6, 7, 17, 20, 22, 38.

## VIRGO

(Aug. 23 - Sept. 22)



Early in the week, you may receive a sign from the universe to complete or otherwise end something. No need to rush this, but you should not ignore it either. Lucky numbers: 13, 14, 20, 32, 41, 46.

## LIBRA

(Sept. 23 - Oct. 22)



At midweek, you may be wanting to indulge in something pleasurable to help you recharge. Anything from a good meal to a day spa package could fit the bill. Lucky numbers: 1, 2, 11, 19, 33, 48.

## SCORPIO

(Oct. 23 - Nov. 21)



Your radar for picking up intuitive information from other people may be turned up to maximum volume at midweek. Avoiding large gatherings for a few days might help. Lucky numbers: 9, 10, 16, 25, 30, 36.

## SAGITTARIUS

(Nov. 22 - Dec. 21)



Early in the week, be patient about making progress on your goals. Take a couple of days to tap into your intuition and to incorporate what you learn into your plans. Lucky numbers: 3, 5, 13, 14, 24, 31.

## CAPRICORN

(Dec. 22 - Jan. 19)



Being grounded and ambitious, strongly contributes to Capricorn successes. These qualities may be muted early in the week, letting you see things in a different light. Lucky numbers: 18, 20, 23, 27, 42, 43.

## AQUARIUS

(Jan. 20 - Feb. 18)



An Aquarius often takes an intellectual, technological approach to accomplishing goals. At the week's end, softening this may help you better achieve your objective. Lucky numbers: 12, 17, 19, 30, 31, 45.

## PISCES

(Feb. 19 - March 20)



Pisces know what they want to see in the world, but sometimes can't communicate that vision. The difficulty is heightened now. Be aware when interacting with others. Lucky numbers: 5, 11, 14, 17, 26, 41.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 7.

## Did You Know...

**Ancient cement:** The Romans mixed volcanic ash into their concrete, creating building material that resisted cracking and crumbling. Their aqueducts and harbours remain today, a lasting example of how effective this ancient construction method truly was.

**Fish memory:** Goldfish are often thought to be forgetful, yet they can actually hold onto information longer than expected. They're able to learn routines and respond to familiar situations, showing that their memory stretches well beyond just a few moments.

**Crystal giants:** Deep beneath a mountain in Mexico, miners uncovered a cave filled with gypsum crystal beams over 10 meters (32.8 ft.) long. Formed slowly in mineral-rich water, these crystals remain one of the world's most extraordinary underground wonders.

**Mail tubes:** Long before email, New York City sped letters through pressurized tubes hidden beneath its streets. These canisters carried hundreds of messages at high speed, a futuristic system later replaced by faster vehicles on the roads above.

**Frozen frogs:** Some frogs in North America can freeze solid through the winter, with their hearts completely stopped. When spring warmth returns, they thaw back to life in perfect order, leaving scientists amazed at this natural survival trick.

## On the Lighter Side

How did you pass the exam for candy making school? Easy, I fudged it!

Barbed wire was first used for de fence.

I bought a cat, despite my allergies. It was a rash decision.

Patient: "Doctor, I seem to be getting smaller and smaller."

Doctor: "Well, you have to be a little patient."

Knock! Knock! Who's there? Mozart. Mozart who? Mozart is found in a museum.

## Answers

**Trivia answers:** 1. Hans Christian Andersen 2. Sicily 3. Blue 4. Ankh 5. Zagreb

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

(Over)

## Transforming Your Dreams Into Reality

- Custom Homes
- Major Renovations



**Lines**  
Construction Management Inc.

647.868.0775 | [www.linescm.com](http://www.linescm.com)

## 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

AND MANY MORE FEATURES!



Ooma AUTHORIZED PARTNER

**\$28\***

COMFORTER/DUVET WASH AND FOLD SPECIAL

\* Plus \$5 for feather/down

**WINTER COAT/JACKET SPECIAL!**

**10% OFF**

DRY CLEAN OR WASH & FOLD

**WINTER SPECIAL**

**Dream Laundry Services**

289.238.9393 240 Governors Rd., Dundas (Spring Creek Plaza)

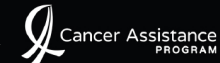
905.689.6006 24 Hamilton St. North, Waterdown (Village Plaza)

## HELP LOCAL CANCER CARE! & WIN BIG!

Cancer Assistance Program

## 50/50 LOTTERY!

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



Body Piercing Services  
**SpearMe.ca**  
You pick 'em; we stick 'em.

**20% OFF**

all in-stock merchandise!

- Pierced Jewellery
- Bracelets & Necklaces
- Metaphysical (crystals, etc.)
- Custom T-Shirts

3 King St E, Dundas L9H 1B7 / 855-SpearMe (855-775-2763)

GREAT ASSORTMENT OF FRESH **PIES!**

CHECK OUT THE DELICIOUS HARVEST FLAVOURS!

**LCBO outlet**

**ROCKTON BERRY FARM**

**COUNTRY MARKET**

Mo- Sat 9am-8pm, Sun/Holidays 9am-6pm  
905-627-9720 • 621 Hwy 8, Rockton

**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](http://circleoflifecbc.com)

**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@yourlocalcoffeenews.com](mailto:info@yourlocalcoffeenews.com)

## 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](mailto: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

## Trusted Legal Guidance

PROUDLY SERVING DUNDAS, HAMILTON & BURLINGTON

- ◆ Family Law
- ◆ Wills & Estates
- ◆ Real Estate

**PARTON LAW GROUP**

905-627-2119  
[www.partonlawgroup.ca](http://www.partonlawgroup.ca)  
46 King Street West, Unit 205



**Stay Updated!**

Hamilton Public Library

**Sign up for our eNewsletter.**  
[hpl.ca/e-News](http://hpl.ca/e-News)

FRIENDLY NEIGHBOURHOOD PLUMBERS

**Built on Trust & Backed by Experience**

PROUDLY SERVING THE COMMUNITY, ONE PIPE AT A TIME

Call for your free estimate:  
**289.260.5057**

[info@howe2plumbing.com](mailto:info@howe2plumbing.com) | [howe2plumbing.com](http://howe2plumbing.com)

Licensed and insured

## WATERDOWN GOLDSMITH

CRAFT YOUR OWN PIECES!

**Jewellery Workshops**

Beginner and Advanced Classes Available. Inquire for details.

9 Mill St. S., Waterdown • 905-689-5222  
[waterdowngoldsmith@cogeco.net](mailto:waterdowngoldsmith@cogeco.net)

Custom Jewellery Design ♦ Appraisals ♦ Repairs ♦ Watch Batteries

## St. Patrick's Day, the AmaWay

Join Expedia Cruises at our Heart of the River Event

March 17<sup>th</sup> 2026 - 6:30 pm  
West Avenue Cider House  
RSVP 289-895-7677

or [waterdown@expediacruz.com](mailto:waterdown@expediacruz.com)



Expedia Cruises  
Air, Land & Sea Vacations

**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.yourlocalcoffeenews.com](http://www.yourlocalcoffeenews.com)  
Email: [info@yourlocalcoffeenews.com](mailto:info@yourlocalcoffeenews.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.