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**Washington County Edition**  
**207-659-2524**

WashingtonCountyCoffeeNews@gmail.com Vol. 3 No. 5 March 31, 2025

# Everybody's Talking!

**Simple science:** An elementary school student named Eniola Shokunbi at the Commodore MacDonough STEM Academy in Middletown, Connecticut (U.S.), led her classmates in creating an innovative air filter to combat airborne viruses. Using simple materials like a box fan, furnace filters, and duct tape, the team designed a device tested by the Environmental Protection Agency, which found it removed over 99% of airborne particles. This practical and affordable invention earned the young innovator recognition, awards, and support to further its development through a local university program. Her work highlights that accessible science can protect public health without fancy tools, just a curious mind, collaboration, and a bit of tape.

**Trackless train:** China has introduced a groundbreaking transport system. The world's first trackless train offers a fresh approach to sustainable urban mobility. This advanced train uses sensor technology to navigate dotted lines painted on roads, eliminating the need for traditional railway tracks. Running on electricity, it can travel significant distances on a short charge and accommodates hundreds of passengers in its carriages. Designed to resemble a tram, its sleek, twin-head system removes the need for U-turns. The train's rubber wheels, paired with a durable design, provide a lifespan comparable to traditional trains, enhancing its appeal for long-term urban use.

**Hidden city:** Hidden beneath the iconic rock formations of Cappadocia in central Turkey, lies Derinkuyu, a sprawling underground city built for survival. This ancient site, rediscovered by accident in 1963, contains a maze of tunnels, living spaces, and storage rooms that once sheltered thousands of people seeking refuge from invasions and persecution. Its chambers housed livestock, preserved food, and included places of worship, community areas, and secure hiding spaces. Stretching deep beneath the surface, it likely connected to other underground settlements, forming a vast hidden network. Designated a UNESCO World Heritage Site in 1985, Derinkuyu continues to reveal the ingenuity and resilience of those who once called it home.

**Turbine wall:** A striking new wind turbine wall, known as Airiva, is bringing clean energy into urban spaces. The design features sleek, vertical turbines arranged in captivating geometric patterns that mesmerize as they spin in the wind. These systems can line highways, bridges, or campuses, blending artistry with practicality while generating renewable energy. Built from mostly recycled materials, the turbines show promise in reducing energy costs while supporting long-term sustainability goals. Testing will determine their full potential, but the idea is gaining attention as a creative energy solution. It's a reminder that the future of power can also be a stunning work of art in motion.

# Quoteable Quotes

"Just be. Let your true nature emerge. Don't disturb your mind with seeking." —Sri Nisargadatta Maharaj

"Your heart often knows things before your mind does." —Polly Adler

# What's Happening

**April - Community Connections Resources Events**

Come out for a Community Connections Event on jobs, resources, and a bit of family fun! In Calais April 24th 10am-1pm at the Washington County Community College gym.

**Heathy Acadia - Washington County Food Council 2025 Quarterly Meetings**

As the WCFC moves into 2025, community members are encouraged to get involved. The WCFC will host quarterly meetings open to the public, providing a platform for diverse voices and expertise in the food system, from farmers and fisherfolk to healthcare workers and artisans. Contacts: Lucy Zwigard, Healthy Acadia, [lucy.zwigard@healthyacadia.org](mailto:lucy.zwigard@healthyacadia.org), (207) 255-3741; Kirsten Tenney, Full Plates Full Potential, [ktenney@fullplates.org](mailto:ktenney@fullplates.org). Dates for the WCFC's quarterly meetings in 2025, held on Tuesdays at 4:00 p.m. May 13 (Location TBD) | September 9 (Washington Academy School and Community Garden (to be confirmed)) | December 9 (Location TBD)

**Grow the DownEast Food System! Kickoff Event**

April 17th from 10am-2pm at the Woodlawn Barn in Ellsworth. The Downeast Food Systems Partnership is a new effort to bring a broad range of food system stakeholders together to discuss strategic food system priorities for our region and secure investments to implement these priorities. The partnership includes GrowSmart Maine, Healthy Acadia and the Sunrise County Economic Council.. For more information and to register, please visit [downeastfoodpartners.org](http://downeastfoodpartners.org) or contact Denise Cilley [dilley@sunrisecounty.org](mailto:dilley@sunrisecounty.org). Help set the priorities for the partnership by taking a survey which may be found on the webpage noted above.

# Trivia

- Glaciers are found on mountains near the equator—T/F?
- Who wrote the play *Othello*?
- What sculpted monument is featured in the film *North by Northwest*?
- What type of animal is a nightjar?
- A funambulist is a tightrope walker, shell collector, or dog trainer?

(Flip bottom of page for answers)

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# Your Weekly Horoscopes

### ARIES (March 20 – April 19)



Neptune begins to settle into Aries. Its effect may be spiritual and idealistic, or confused and deluded. Be conscious of how it affects your sense of self and ego. Lucky numbers: 10, 16, 26, 27, 33, 43.

### TAURUS (April 20 – May 20)




You may experience a sudden or unexpected shift this week. Resist a temptation to think the change will have a negative effect. How might you reframe your thoughts? Lucky numbers: 1, 2, 15, 16, 40, 48.

### GEMINI (May 21 – June 20)



Last week's pattern of receiving information on potential opportunities may continue. Evaluate them carefully and consider waiting before making your final choice. Lucky numbers: 4, 8, 13, 22, 24, 33.

### CANCER (June 21 – July 22)




As the weekend approaches, your emotions may be soft and pliable. If you can, gather those you love close to you. Regardless, take a moment to relax and recharge. Lucky numbers: 11, 12, 28, 29, 36, 40.

### LEO (July 23 – Aug. 22)




Neptune will be traveling through Aries for the next 14 years. As it progresses, you may find that your spiritual aspirations become a more important focus for your efforts. Lucky numbers: 1, 3, 5, 17, 26, 48.

### VIRGO (Aug. 23 – Sept. 22)




Is an old karmic pattern causing ongoing issues for you? Consider what steps you might need to take about it. The opportunities for change may come to a close soon. Lucky numbers: 16, 18, 20, 27, 36, 41.

### LIBRA (Sept. 23 – Oct. 22)




This week Neptune begins to settle into Aries. If you feel a stalemate in some area of your life, understand how Neptune is affecting it and how to address it positively. Lucky numbers: 7, 13, 16, 34, 39, 46.

### SCORPIO (Oct. 23 – Nov. 21)




Do you need to feel more grounded right now? You are in luck, as the energy at the beginning of the week might be able to help stabilize your intuitive insights. Lucky numbers: 12, 14, 18, 21, 29, 36.

### SAGITTARIUS (Nov. 22 – Dec. 21)




At midweek, you might find yourself overwhelmed by seeming to have too many options to choose from. Consider selecting the one that most aligns with your heart. Lucky numbers: 9, 15, 16, 24, 25, 31.

### CAPRICORN (Dec. 22 – Jan. 19)




You may find that your normal ambition level is flagging at week's end. While it could return soon, this might be an opportunity to find pleasure in doing nothing. Lucky numbers: 1, 9, 13, 14, 37, 44.

### AQUARIUS (Jan. 20 – Feb. 18)



Neptune moving through Aries may provide an energy boost to manifesting your humanitarian goals. Be careful of getting lost in the idea of an unattainable utopia. Lucky numbers: 6, 9, 22, 32, 42, 43.

### PISCES (Feb. 19 – March 20)



Is there some karmic lesson that you need to finally complete? A combination of your hard work, plus recruiting allies to aid you, could help you get to the finish line. Lucky numbers: 3, 12, 27, 39, 43, 48.

Lucky numbers this week: This week's odds favor Pisces winners with the luckiest number being 3.

## Did You Know...

**Laugh it off:** A study reveals that laughing can actually burn calories. Ten to 15 minutes of laughter could help burn up to 40 calories, adding up to a few lost pounds per year. It's no replacement for a workout, but every bit helps.

**Green blood:** Certain lizards in New Guinea have green blood due to the presence of a pigment called biliverdin. While this pigment is typically toxic to most animals, these lizards have adapted to it without harm.

**Cheese craze:** Canadians are the world's biggest mac and cheese lovers, eating about 50% more than Americans each year. Some say that's because the dish is affordable, quick, and easy, but who needs an excuse for cheesy pasta indulgence?

**Fading flavors:** If your favorite treats taste a bit duller lately, aging taste buds might be the reason. Over time, taste buds shrink, regenerate less, and gradually weaken, making sweet and salty flavors fade.

**Whale whispers:** Humpback whale calves "whisper" to their mothers. Research has shown that these young whales produce soft, quiet sounds, likely to communicate with their mothers without attracting predators, ensuring their safety in the vast ocean.

## On the Lighter Side

Which two words have the most letters in them? Post office.

When an ant saw an anteater, he bugged out.

Turtle to turtle: "Don't you love the sound of the rain on your roof?"

Ted: "I work the midnight shift as a short order cook."  
Ed: "That sounds like a fry-by-night occupation."

Knock! Knock! *Who's there?* Needle. *Needle who?* Needle little homework help?

### Answers

**Trivia answers:** 1. True 2. Shakespeare 3. Mt. Rushmore 4. Bird 5. Tighthead walker

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### Chop -n- Cheer Salad

64 oz food processor  
4 oz each radicchio and red bell pepper  
6 oz Bibb or other lettuce  
4 oz of fresh parsley leaves  
6 oz watercress

3 oz feta or cubed cheddar cheese  
1/2 cup walnuts or almonds  
14 grape tomatoes  
One 14 oz can drained garbanzo beans

Coarsely chop radicchio, pepper, and lettuce. Place all ingredients into the food processor and pulse to desired consistency. Transfer to bowl and toss with your favorite dressing.

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