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

Est. 1988

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## Everybody's Talking!

**Stellar journeys:** Every year, young astronomy enthusiasts gather for the International Astronomical Youth Camp, a traveling event uniting participants worldwide since 1969. Participants embrace an unusual schedule, starting their day with a noontime breakfast and continuing through afternoons of arts, sports, and teamwork. As night falls, stargazing takes center stage, with veterans guiding newcomers in using telescopes and observing the cosmos. The camp has visited over 15 countries, offering hands-on astronomy experiences alongside cultural exchange. Many campers leave with skills and friendships that last far beyond their time under the stars.

**Timeless innovation:** The ingenious miter lock, often attributed to Leonardo da Vinci in the 15th century, revolutionized waterway engineering and remains a foundational element in canal systems like the Panama Canal. Da Vinci's concept used V-shaped gates that naturally sealed under water pressure, with valves to manage levels and reopen the gates efficiently. Modern advancements like motors and hydraulics have enhanced the design, but its fundamental principles remain unchanged. This invention allows massive ships to navigate waterways that Leonardo da Vinci could never have imagined, proving that great ideas endure far beyond their time, sometimes even reshaping the world centuries later.

**Desert greenery:** In Mongolia, China, Yi Jiefang transformed barren desert into thriving forests, fulfilling a promise to her late son. After he tragically passed away, Yi channeled her grief into a mission inspired by his love of nature. Selling their homes and using compensation funds, in 2003 Yi and her husband launched Green Life, a nonprofit that planted thousands of trees in the vast Alxa Desert. Once lifeless sand, the area now houses rows of flourishing greenery, a testament to their dedication. Yi found solace in helping grieving families join her tree-planting efforts, turning personal loss into symbols of renewal. Her belief was simple: while money doesn't follow anyone beyond life, trees remain a lasting gift to the Earth.

**Noodle fusion:** In Hanoi, Vietnam, a restaurant is stirring curiosity with its peculiar culinary experiment: bubble tea beef noodles. This dish merges fresh milk, black tea, thick noodles, tapioca pearls, and tender beef slices in a vegetable broth, aiming to reinvent a beloved tea trend. The unusual combination has sparked heated debates online, with critics labeling its taste as puzzling. Some say it resembles milk tea but without its signature sweetness, while others argue the tapioca pearls clash with the overall texture. Despite the mixed reviews, clever marketing has made it a social media sensation. For the adventurous eater, it's a dish you try not for the taste but for the tale you'll tell afterward.

## Quoteable Quotes

"Information is just bits of data. Knowledge is putting them together. Wisdom is transcending them." —*Ram Dass*

"Your mind can be either your prison or your palace. What you make it is yours to decide." —*Bernard Kelvin Clive*

## 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.

**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 [dcilley@sunrisecounty.org](mailto:dcilley@sunrisecounty.org). Help set the priorities for the partnership by taking a survey which may be found on the webpage noted above.

**Oculus Quest2 @ the Peabody Memorial Library**

Stop by the Peabody Library in Jonesport to experience virtual reality games, concerts, roller coaster rides, world tours, and more! It's all FUN, FITNESS, AND MORE.

**Maine Country Music Hall of Fame presents an "UNPLUGGED" Show April 13th**

Sunday, April 13th, 1pm at the Irving Tanning Community Center, 62 Elm St., Hartland, ME, Tickets \$15. FMI: 207-613-5411. Performers include: Ken and Jane Brooks, Joe and Nellie Kennedy, Brian Gelina, Phil and Ellen LaClaire, and more!

## Trivia

- Who painted the impressionist masterpiece "Water Lilies"?
- This was the last letter to be added to the English alphabet.
- Did MTV first air in 1979, 1981, or 1983?
- Which founding father established the First Bank of the U.S.?
- In legal jargon *pro se* means by/for \_\_\_\_.

(Flip bottom of page for answers)

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# Your Weekly Horoscopes

### ARIES


(March 20 – April 19)



For the last seven years, Aries has faced their old emotional wounds. This pattern may continue for another 18 months. What healing do you want to complete by then? Lucky numbers: 2, 3, 4, 13, 19, 34.

### TAURUS


(April 20 – May 20)



You may have been experiencing a pattern of sudden or unexpected events. Going with the flow may help during these transitions. Things could begin to settle for you next year. Lucky numbers: 3, 15, 27, 32, 36, 41.

### GEMINI


(May 21 – June 20)



If you recently have felt that your efforts were stalled, you soon may find things back on track again. Intuitive insights might abound and be more easily shared. Lucky numbers: 10, 13, 15, 26, 27, 28.

### CANCER


(June 21 – July 22)



Things might have been a bit rocky for you the last couple of months, especially regarding who or what you love in your life. The situation may begin to ease now. Lucky numbers: 1, 7, 21, 29, 46, 47.

### LEO


(July 23 – Aug. 22)



Your warm and exuberant nature may be heightened this week and therefore help you attract others. This might be to your benefit, as long as you act without drama. Lucky numbers: 7, 8, 10, 27, 36, 46.

### VIRGO


(Aug. 23 – Sept. 22)



Midweek may be a good time to focus on a project that requires great attention to detail to reach completion. Your natural talent in this regard could be expanded then. Lucky numbers: 5, 9, 12, 31, 43, 47.

### LIBRA


(Sept. 23 – Oct. 22)



Is there some issue that has been lingering on your plate for a while? Consider whether investing the time to complete it would be prudent, or if you should let it go. Lucky numbers: 12, 17, 19, 27, 38, 43.

### SCORPIO


(Oct. 23 – Nov. 21)



For the past few weeks, your intuitive abilities may have felt disrupted. This dynamic could be ending now, but it might take a bit before things are fully normal. Lucky numbers: 14, 18, 20, 36, 37, 44.

### SAGITTARIUS


(Nov. 22 – Dec. 21)



In recent weeks, you may have had significant issues in communicating with others and getting things done. This pattern might change, and things could get easier soon. Lucky numbers: 10, 14, 22, 27, 43, 46.

### CAPRICORN


(Dec. 22 – Jan. 19)



Recently you may have questioned if you really love what you are doing. What have you learned? What changes do you need to make as this dynamic fades? Lucky numbers: 4, 7, 13, 17, 34, 40.

### AQUARIUS


(Jan. 20 – Feb. 18)



Is someone putting up obstacles against an endeavor you think is necessary? Be careful in assuming what others need. Solicit feedback on what they want. Lucky numbers: 11, 29, 32, 34, 36, 45.

### PISCES

(Feb. 19 – March 20)



For the last few months, you might have felt stymied, perhaps regarding your relationship. The obstacles could start to ease, but gearing up might take a while. Lucky numbers: 13, 18, 25, 32, 44, 45.

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

## Did You Know...

**Friendly boost:** Good friends do more than lift your mood. They can improve your health, too. Strong friendships can lower stress, raise self-worth, and even reduce risks of high blood pressure and depression, potentially adding years to one's life.

**Pringle pride:** The iconic Pringles snack can design was patented in 1970. The Cincinnati man behind the famous design, Fredric Baur, was so proud of it that he requested part of his ashes be buried in one, which they were after his passing in 2008.

**Musical milk:** Studies show that dairy cows produce more milk when listening to calming classical music. By reducing stress during milking, a gentle soundtrack boosts both cow welfare and milk production, an easy harmony for happier herds.

**Proper play:** At Wimbledon, the famous tennis tournament, swearing is strictly off-limits for players. To keep matches respectful, line judges learn curse words in various languages, ensuring no one slips past the rules.

**Gut feeling:** The gut is sometimes called the "second brain" for good reason. This complex network of neurons does more than digest food. It's linked to emotions and mental wellness, subtly shaping how we feel each day.

## On the Lighter Side

My electrician worries about current events.

Did you hear about the skunk who went to church? He had his own pew.

Don: "I have a high paying job."  
Ron: "Are you a CEO?"  
Don: "No, I wash windows on a skyscraper."

Knock! Knock! Who's there? Bach. Bach who? Bach to work!

What do you call a grizzly bear with no teeth? A gummy bear.

### Answers

Hamilton 5. Oneself  
Trivia answers: 1. Monet 2. J 3. 1981 4. Alexander  
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## Recipe of the Week

### Chop -n- Cheer Salad

64 oz food processor	3 oz feta or cubed cheddar cheese
4 oz each radicchio and red bell pepper	1/2 cup walnuts or almonds
6 oz Bibb or other lettuce	14 grape tomatoes
4 oz of fresh parsley leaves	One 14 oz can drained gabanzo beans
6 oz watercress	

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.

Washington County