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**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 light weight, 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**

Non profit organizations and charities – promote your upcoming event here free of charge! Complete our event submission page at [coffeeneewspaper.com](http://coffeeneewspaper.com). Please provide three to four weeks' notice.

Sylvan Lake Municipal Library presents **Living With Schizophrenia** Thursday, March 12 from 6 to 7 p.m. A free community education program from the Schizophrenia Society of Alberta. Meet real people living with schizophrenia. Attend in person or virtually. Registration required. Visit library website for complete details.

Mark your calendar for **The Meltdown** taking place March 21 in Centennial Park from 1 to 4 p.m. A celebration of Spring and Holi! Activities include colour throwing, Bhangra dance performances, henna artists and face painting, DJ Dance Party and photo booth and more. For complete details, visit <https://visitsylvanlake.ca/event/meltdown/>.

**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)

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**Recipe of the month**

**Bangers and Mash**

2 large potatoes, peeled, quartered  
 1/4 cup whole milk  
 1/4 cup butter  
 Salt and pepper, to taste

**Sausages and Gravy:**  
 6 Irish sausages (or other pork sausage)  
 1 tablespoon butter  
 1 medium onion, thinly sliced  
 2 tablespoons all-purpose flour  
 2 cups beef or ham stock  
 Salt and pepper, to taste

Prep Time: 20 min Cook Time: 45 min Yield: 6 servings

1 Bring a large pot of water to a boil. Add potatoes; cook 20-25 minutes or until tender. Drain; let sit 5 minutes. Break potatoes up with a masher. Add butter, milk, salt and pepper; mash until potatoes are creamy and fluffy.

2 Preheat oven to 350°. Heat a large skillet over medium-high heat. Add sausages; cook 2-3 minutes per side or until lightly browned. Remove to a 15x10x1-in. baking sheet. Bake 15-18 minutes or until cooked through.

3 In the skillet with the sausage drippings, add onions and butter. Cook over medium heat until tender, 5-6 minutes. Stir in salt and pepper. Stir in flour; slowly whisk in stock. Bring to a simmer; let reduce and thicken 3-4 minutes, stirring frequently.

4 Dollop mashed potatoes on plates; top with sausages and gravy.

A classic favourite perfect for your St. Patrick's Day meal - or any day!

Source: <https://www.tasteofhome.com>

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**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

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

**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.

**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.

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

**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**

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

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