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Everybody's Talking!

Stair climb: In the Bernese Oberland region of Switzerland, a staggering staircase runs directly beside the Niesenbahn mountain railway, climbing all the way from the valley to the peak of Mount Niesen. Built for railway maintenance, this service stairway is the world's longest, with more than 11,000 steps rising about 1,670 meters (5,479 ft.). Its zigzag path closely hugs the tracks, creating a dramatic and memorable ascent up the steep mountain slope. The staircase is closed most of the time, except during an annual race that challenges determined participants to reach the summit on foot. For everyone else, the railway offers the same breathtaking panoramic views without the grueling climb.

Pavement clock: In New York City, an unusual clock has been keeping time beneath people's feet for generations, near the corner of Maiden Lane and Broadway in Lower Manhattan. The first version was installed outside the Barthman jewelry store in the 1890s, designed to stand out in a city still adjusting to electric light. Unlike typical street clocks, this one was set into the sidewalk itself, carefully protected by glass and illuminated at night. Later, the jump-hour design was replaced with a more traditional round face, which remains visible today. When photographer Ida Wyman captured it in the 1940s, her image turned a clever marketing idea into a lasting icon of New York's streetscape.

Bird ingenuity: Flocks of sulfur-crested cockatoos in Sydney, Australia, have been observed mastering an unlikely skill: working outdoor drinking fountains for their own refreshment. Using their claws, they perch on the spring-loaded handle and push with their weight until a steady water flow begins. The task takes effort, balance, and coordination, and many tries end without success, but persistence often wins them a drink. Remarkably, groups of birds sometimes gather nearby, appearing to line up politely as each one waits for a chance. Researchers think the appeal could be the cleaner taste compared with streams, the reduced risk of predators, or simply the enjoyment of figuring out a challenge.

Plastic breakthrough: Scientists in Japan have engineered a new plastic that disappears when exposed to seawater, turning into compounds that can be safely absorbed by surrounding marine life. Built from a salt-linked polymer, the material is strong enough for packaging yet is unstable in salty environments, where it dissolves much faster than conventional plastics. Unlike the bottles and containers people use every day, this version avoids releasing toxins, microplastics, or harmful gases. It can also naturally break down in soil within weeks, thanks to natural sodium content. Interest from manufacturers already is steadily growing, as the invention offers a clear path toward reducing global plastic pollution.

Quoteable Quotes

"Art is the most intense mode of individualism that the world has known." —Oscar Wilde

"Joy comes, grief goes, we know not how." —James Russell Lowell

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 at least three weeks prior to the event date:

Sit to Be Fit - Wednesday, March 25, 12:30pm - 1:30pm, Kenilworth Branch Library -Program Room. Exercise your way to better health and fitness. Increase your strength, balance, flexibility and endurance in this seated movement program. Registration required, call 905-768-4488, or email sherri.miller@alzda.ca. AGE GROUP: Older Adults (55+)

Trivia Night - Head Of The Lake Historical Society - Friday March 27, 7:30 pm to 9:00 pm. Doors open at 7:00 pm, Coach House, Dundurn Castle. Accessible. All are welcome. Admission: Society members \$5. Non-members \$10. Food and non-alcoholic drinks are free

Knights of Columbus Perogie & Sausage Dinner - Holy Resurrection Ukrainian Catholic Church, 821 Upper Wentworth St., next to Limeridge Mall. Take Out Only on Thursday, March 26, from 3 to 6 pm. Preorder at 905-385-9462 \$15.00 per order.

Ready, Set, Smile! is all about Creating Meaningful Social Routines at Home with Toddlers. Participants will learn the importance of shared smiling, how social routines can increase interaction and promote communication and, get ideas and strategies to try out. Opportunities to ask questions and receive resources will be provided. This 60 minute, single session virtual workshop will run on the zoom platform. Tuesday evening, March 24, 7:00 - 8:00

Trivia

1. *Gutties* is Scottish slang for shoes, eyes, or candles?
2. What unique feature of a bird's skeletal system allows it to fly?
3. What is the capital of Algeria?
4. Who wrote the play *The Cherry Orchard*?
5. A perennial plant blooms and dies in one growing season—T/F?

(Flip bottom of page for answers)

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Broccoli Cornbread w/Cheese

Ingredients

- 1 cup - cottage cheese
- 3/4 cup - butter, melted
- 4 - eggs
- 2 pkgs. - cornbread muffin mix (8.5 oz)
- 10 oz. - frozen chopped broccoli, thawed
- 1 - large onion, chopped
- 1 1/2 cups - shredded Cheddar cheese, divided

RECIPE PREPARATION

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.
- Beat cottage cheese, butter, and eggs in a large bowl. Stir cornbread mixes into butter mixture until just moistened. Fold in broccoli, onion, and 1 cup Cheddar cheese. Pour batter into prepared baking-dish and sprinkle with remaining 1/2 cup Cheddar cheese.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 35 to 40 minutes. Cool in the baking dish for 10 minutes before slicing and serving warm.

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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.

Your Weekly Horoscope

ARIES
(March 20 - April 19)

At midweek, you may feel hemmed in by responsibilities. If this stirs up an old wound, remember to love yourself. That could change your view of the situation. Lucky numbers: 6, 9, 38, 46, 47, 48.

TAURUS
(April 20 - May 20)

Are you in conflict with others about how to proceed? Working to lower the emotional temperature can help the situation and give you a new skill to employ. Lucky numbers: 7, 18, 19, 21, 26, 41.

GEMINI
(May 21 - June 20)

You may find yourself on "information overload" at the beginning of the week. Try waiting a few days, then sort through the data to look for new options. Lucky numbers: 5, 15, 16, 22, 28, 37.

CANCER
(June 21 - July 22)

You may want to retreat midweek to process your emotions. Even if you can't fully withdraw from the world, carving out moments of self care is important. Lucky numbers: 11, 13, 22, 33, 44, 48.

LEO
(July 23 - Aug. 22)

Your natural enthusiasm may get an energy boost at week's end. How can you positively channel it to achieve something? Resist the temptation to just have a good time. Lucky numbers: 14, 15, 18, 19, 27, 35.

VIRGO
(Aug. 23 - Sept. 22)

Are you comfortable with your relationships? If not, what adjustment in your view might improve the situation? The benefit of doing so should outweigh the effort. Lucky numbers: 3, 11, 17, 21, 26, 36.

LIBRA
(Sept. 23 - Oct. 22)

You may be having opposition in your relationships. Instead of arguing, try having honest conversations so each person can take responsibility for needed changes. Lucky numbers: 8, 24, 26, 30, 31, 33.

SCORPIO
(Oct. 23 - Nov. 21)

Your intuitive perception about others may create relationship difficulties. For a few months, the energy might encourage you to understand and mitigate this dynamic. Lucky numbers: 10, 16, 35, 37, 39, 41.

SAGITTARIUS
(Nov. 22 - Dec. 21)

Your head and your heart may be at a stalemate early this week. If you can, try to find a compromise. Otherwise, perhaps wait a few days for this energy to pass. Lucky numbers: 2, 5, 7, 26, 34, 37.

CAPRICORN
(Dec. 22 - Jan. 19)

Capricorns usually focus on ambition to build success. But midweek, the need to nurture yourself or others may interfere with these efforts. Don't resist the impulse. Lucky numbers: 9, 16, 17, 23, 43, 44.

AQUARIUS
(Jan. 20 - Feb. 18)

As an Aquarius, you may be at the forefront of the evolution that Pluto represents in your sign. However, your relationships with others could be the key to change. Lucky numbers: 1, 4, 27, 28, 33, 36.

PISCES
(Feb. 19 - March 20)

Pisces has a desire that we all just get along. For the next few months, how might you be able to advance this goal in a realistic way that could create lasting change? Lucky numbers: 4, 12, 24, 27, 47, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 35.

Did You Know...

Lava glow: The lava lamp's creator, Edward Craven Walker, once noticed a quirky homemade egg timer that used heated liquids rising and falling in a container. Fascinated by the effect, he turned the idea into the famous lamp of drifting, glowing wax.

Sun boxes: In the 1700s, experimenter Horace de Saussure nested layers of glass around a dark base to capture daylight. Hours later, the sealed chamber grew hot enough to bake food, marking one of the earliest attempts at cooking with sunlight.

Wooden wheels: The first bicycles were little more than wooden frames with two wheels, known as "dandy horses." Riders pushed them along with their feet, gliding on smooth streets until cities began banning them for colliding with pedestrians.

Skipped leap: Most leap years add a day every four years, but not always. To keep the calendar from drifting, we skip the extra day every 100 years unless the year is divisible by 400. That rare exception helps keep our timing a little more in sync with the sun.

Door spin: Revolving doors weren't just about saving energy or keeping out drafts. They also were designed to sidestep awkward etiquette about who enters first. Later, their clever design proved useful in helping buildings stay quieter and more energy efficient.

On the Lighter Side

What do you call a man down in a hole? Doug.
How do you make a tuna melt? Pay it a nice compliment!
I'd tell you my autumn joke, but you probably wouldn't fall for it.
Passenger: "It's my first time in a plane. Will you bring the plane down safely?"
Pilot: "I've never left one up there yet."

Knock! Knock! Who's there? Carmen. Carmen who? Carmen get it.

Answers
4. Anton Chekhov 5. False, annual
Trivia answers: 1. Shoes 2. Hollow bones 3. Algiers

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