



Notable Quotable

"I am prepared to go anywhere, provided it be forward."

~ David Livingstone (born March 19, 1813)



Marching to a Healthy Beat

In astrology, those born between March 1–20 is Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others.

Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm and charm. They make good pioneers and

A March Through Egypt's Charms *(cont. from pg. 1)*

The festive atmosphere often spills into the streets, where vendors offer traditional treats like *kunafa*, a sweet, nutty pastry, and *qatayef*, a pancake stuffed with nuts that is fried and dunked in syrup. Hospitality shines, and visitors are warmly welcomed to experience the unique blend of reflection and celebration.

For travelers, Egypt in spring offers more than history and

A Tale of Two Names

Istanbul or Constantinople? Constantinople or Istanbul? The largest city in Turkey has struggled with its name for centuries. The Greek colonist Byzas founded the city as Byzantium in 700 BC. It was renamed Constantinople in 330 AD, when Roman emperor Constantine made it the capital of the Roman Empire.

The name persisted until 1453, when the city was overtaken by the Ottoman Turks and renamed

March Horoscopes and Birthdays

adventurers, undeterred when the going gets rough.

- Chief Joseph – March 3, 1840
- Knute Rockne – March 4, 1888
- Liza Minnelli – March 12, 1946
- Albert Einstein – March 14, 1879
- Jerry Lewis – March 16, 1926
- Moms Mabley – March 19, 1894
- Marcel Marceau – March 22, 1923
- Aretha Franklin – March 25, 1942
- Warren Beatty – March 30, 1937

spirituality. Strolling through Cairo's bustling markets or gliding down the Nile in a traditional felucca boat feels like stepping into an adventure novel. Whether marveling at pyramids or sipping mint tea in the shade, Egypt charms with its timeless appeal. The scent of blooming jasmine and the lively sounds of bustling streets remind you that Egypt's vibrant present is as captivating as its ancient past.

Istanbul. Yet most Turks, even in an official capacity, referred to the city as *Kostantiniyye*—which many still confused with Constantinople. It wasn't until March 28, 1930, that the Turkish Postal Service decreed it would no longer send mail to any place addressed as Constantinople. It has been Istanbul ever since.

As you celebrate "Learn What Your Name Means Day" on March 5, be thankful your name hasn't been banned by the post office.

Parkside Gazette

Paws on the Trail



Artists Month

Women's History Month

Save Your Vision Month

Women in Construction March 2–8

Dr. Seuss Day March 2

World Plumbing Day March 11

Quilting Day March 15

St. Patrick's Day March 17

Quirky Country Music Song Titles March 27

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A March Through Egypt's Charms

March in Egypt brings more than warm sun and ancient wonders—it offers a celestial showstopper. On March 19, during the spring equinox, the Great Sphinx of Giza steals the spotlight as the sun sets perfectly on its shoulder. This phenomenon occurs only twice a year, in March and September, showcasing the sphinx's extraordinary positioning.

The equinox itself is a time of balance, when Earth's hemispheres receive equal sunlight, making day and night the same length.

For the sphinx, likely modeled after Pharaoh Khafre, it's an ideal occasion to bask in the sun—a nod to its role as a guardian of Egypt's ancient secrets and astronomical knowledge.

March often coincides with Ramadan, a spiritual time for Muslims in Egypt and worldwide. While days are quiet as people fast, evenings are vibrant with shared meals, colorful lanterns, and a communal spirit.

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Barbie Beyond the Box

On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, received her inspiration for the doll after watching her daughter ignore baby dolls in favor of paper dolls of adult women. Barbie became the first adult doll for kids—and star of the first TV ad to target children.

While Barbie has faced criticism for promoting gender stereotypes

and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.

In 2023, Barbie's cultural impact reached new heights with the release of the *Barbie* movie, directed by Greta Gerwig. The film's vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie's status as both a toy and a cultural icon.