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Join our free monthly support group for caregivers in our community. This safe, supportive space is here to help those caring for loved ones with chronic or life-limiting illnesses, offering connection, shared experiences, and comfort.

**The 2nd WEDNESDAY of every month 1:00 - 2:30pm**

To register, contact:  
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Volume 3:18 March 2, 2026

**Everybody's Talking!**

**Paper roots:** A Japanese publisher found a new way to recycle the news. They print it on sheets that grow into greenery. Instead of tossing old pages in the trash bin, readers can bury them in soil, and water the spot like a garden. Packed with seeds and built from reused pulp, the material gradually breaks down and supports new life in any planting container. The idea has been used in schools, shared through online videos, and picked up by people looking for simple, eco-friendly solutions that don't require much effort. What started as a creative print edition now serves as both a teaching tool and a small-scale environmental fix. It's a practical shift that shows how even print media can adapt to new priorities.

**Icy colors:** Not all icebergs in Antarctica are blue or white. Some carry streaks of green, black, brown, or even bands of mixed tones. These colors come from different materials and freezing conditions deep within glaciers or beneath floating ice shelves. Minerals, sediments, and pure ice without bubbles all can affect how light moves through the ice, changing what we see. In some cases, clear marine ice can look nearly black, while iron or layered debris can make it look green or dark brown. Some icebergs have striped or marbled patterns where layers of ice formed at different times and under different pressures. While the origins of these colors took time to understand, they now hint at hidden stories beneath the surface.

**Drone lifeline:** A relaxing afternoon turned perilous when a swimmer got caught in a powerful offshore current at a beach in Florida (U.S.). With emergency services still en route and no one nearby able to swim, a beachgoer quickly turned to the drone he'd brought for recreational use. Fastening a flotation ring to the device, he launched it toward the struggling teenager. The wind threw off the first drop, but a second attempt landed close enough for her to grab hold. The teen managed to hang on until help arrived and was later cleared by medics without injury. Though not built for rescue, online videos have shown drones repurposed in surprising ways. This time, that creativity may have saved a life.

**Hidden village:** Beneath a still reservoir in northern Portugal lie the remains of a once-bustling village, now revealed only when drought lowers the water. The community was uprooted to make way for a water dam project, leaving behind stone homes and narrow paths now submerged. When the ruins reappear, they attract visitors eager to trace the outlines of a forgotten settlement. Former residents honor their roots through annual gatherings and preserved family stories. A museum nearby holds fragments of the village's past, from tools to old photographs. Local tales speak of voices in the wind, hinting at the lives once lived there. The village may have vanished from the map, but not from memory.

**Quoteable Quotes**

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." —Helen Keller

"We aim above the mark to hit the mark."  
—Ralph Waldo Emerson

**What's Happening**

**The Sweet Adelines, Desert Sounds A Cappella + Chorus** meets every Tuesday at 6:30pm at the South West Community Church, 700 Hugh Allan Drive, lower entrance.

**Drop-in Badminton** at the OLPH Gym - 635 Tranquille Rd. every Tuesday at 7:00 pm with a \$5.00 drop-in fee. Call Robert at 250-579-0193 for more information.

**The Kamloops Social Club** is hosting a dance featuring Kelly Bellanger (from the Roy Orbison Band and BTO) on March 15, 2026 at 7:00 pm at St. Paul's Cathedral at 360 Nicola Street. Admission is \$15.00 at the door. A great evening of dancing with popular and country tunes, all invited to join in the fun.

**CFBX, the campus/community radio station** is holding an Open House the afternoon of Saturday, March 7th There will be three sessions, at 1:30 PM, 2 PM and 2:30 PM. Each session will involve a station tour, a brief presentation about the station, and refreshments. Everyone is welcome to this open house. The station is located at House 8 on the TRU Campus, directly behind the Campus Activity Centre. For more information, contact CFBX at 250-377-3988 or email to radio@thex.ca.

**The TRU Sustainability Department** will be hosting the Repair Café team at the TRU Makerspace (main library building) on March 12th. If you can carry your item in (sorry no computers or cell phones), the Repair Café team will help troubleshoot and hopefully repair your item. This event is free to the public and runs from 10:00 AM to 3:00 PM.

**Trivia**

1. This author wrote *The Little Mermaid* fairy tale.
2. What is the largest island in the Mediterranean Sea?
3. What color are robin's eggs?
4. This Egyptian hieroglyph is called the "key of life."
5. What is the capital of Croatia?

(Flip bottom of page for answers)

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(Over)

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# Your Weekly Horoscopes

**ARIES**  
(March 20 - April 19)

Aries often focus on securing their immediate desires. Now may be a good time to consider what you value and what commitment you could make to achieve it. Lucky numbers: 17, 18, 24, 33, 38, 47.

**TAURUS**  
(April 20 - May 20)

A relationship may be an important midweek focus for you. What changes would improve your connection? Would you like more freedom in the relationship, or less? Lucky numbers: 10, 12, 14, 17, 25, 36.

**GEMINI**  
(May 21 - June 20)

Do your actions align with your highest values and your sense of who you are? Midweek may be a good time to manifest an opportunity to accomplish these goals. Lucky numbers: 7, 10, 11, 20, 29, 46.

**CANCER**  
(June 21 - July 22)

If you actively seek it, a new opportunity may emerge this week. Tap into your intuition to evaluate pros and cons, as well as how to successfully implement it. Lucky numbers: 2, 7, 23, 24, 31, 33.

**LEO**  
(July 23 - Aug. 22)

You may feel an impulsive desire at midweek to immediately get what you want. Resist the temptation for a few days. You might find that this urgent need will pass. Lucky numbers: 6, 7, 17, 20, 22, 38.

**VIRGO**  
(Aug. 23 - Sept. 22)

Early in the week, you may receive a sign from the universe to complete or otherwise end something. No need to rush this, but you should not ignore it either. Lucky numbers: 13, 14, 20, 32, 41, 46.

**LIBRA**  
(Sept. 23 - Oct. 22)

At midweek, you may be wanting to indulge in something pleasurable to help you recharge. Anything from a good meal to a day spa package could fit the bill. Lucky numbers: 1, 2, 11, 19, 33, 48.

**SCORPIO**  
(Oct. 23 - Nov. 21)

Your radar for picking up intuitive information from other people may be turned up to maximum volume at midweek. Avoiding large gatherings for a few days might help. Lucky numbers: 9, 10, 16, 25, 30, 36.

**SAGITTARIUS**  
(Nov. 22 - Dec. 21)

Early in the week, be patient about making progress on your goals. Take a couple of days to tap into your intuition and to incorporate what you learn into your plans. Lucky numbers: 3, 5, 13, 14, 24, 31.

**CAPRICORN**  
(Dec. 22 - Jan. 19)

Being grounded and ambitious, strongly contributes to Capricorn successes. These qualities may be muted early in the week, letting you see things in a different light. Lucky numbers: 18, 20, 23, 27, 42, 43.

**AQUARIUS**  
(Jan. 20 - Feb. 18)

An Aquarius often takes an intellectual, technological approach to accomplishing goals. At the week's end, softening this may help you better achieve your objective. Lucky numbers: 12, 17, 19, 30, 31, 45.

**PISCES**  
(Feb. 19 - March 20)

Pisces know what they want to see in the world, but sometimes can't communicate that vision. The difficulty is heightened now. Be aware when interacting with others. Lucky numbers: 5, 11, 14, 17, 26, 41.

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

## Did You Know...

**Ancient cement:** The Romans mixed volcanic ash into their concrete, creating building material that resisted cracking and crumbling. Their aqueducts and harbors remain today, a lasting example of how effective this ancient construction method truly was.

**Fish memory:** Goldfish are often thought to be forgetful, yet they can actually hold onto information longer than expected. They're able to learn routines and respond to familiar situations, showing that their memory stretches well beyond just a few moments.

**Crystal giants:** Deep beneath a mountain in Mexico, miners uncovered a cave filled with gypsum crystal beams over 10 meters (32.8 ft.) long. Formed slowly in mineral-rich water, these crystals remain one of the world's most extraordinary underground wonders.

**Mail tubes:** Long before email, New York City sped letters through pressurized tubes hidden beneath its streets. These canisters carried hundreds of messages at high speed, a futuristic system later replaced by faster vehicles on the roads above.

**Frozen frogs:** Some frogs in North America can freeze solid through the winter, with their hearts completely stopped. When spring warmth returns, they thaw back to life in perfect order, leaving scientists amazed at this natural survival trick.

## On the Lighter Side

How did you pass the exam for candy making school? Easy, I fudged it!

Barbed wire was first used for de fence.

I bought a cat, despite my allergies. It was a rash decision.

Patient: "Doctor, I seem to be getting smaller and smaller."

Doctor: "Well, you have to be a little patient."

Knock! Knock! *Who's there?* Mozart. *Mozart who?* Mozart is found in a museum.

## Answers

**Trivia answers:** 1. Hans Christian Andersen 2. Sicily 3. Blue 4. Ankh 5. Zagreb

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- Feb 3 - Who is Lucifer and Satan?
- Feb 17 - Who are the 144,000?
- Mar 3 - What Is the Soul, and What Happens When We Die?
- Mar 17 - Will the World Really End in Fire?

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