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Volume 3:25 April 20, 2026

**Everybody's Talking!**

**Book retreat:** Travelers in Japan can stay at Book and Bed Tokyo, a hostel made for those who love getting lost in a good story. Guests sleep in compact pods built directly into bookshelves, surrounded by rows of novels and soft, warm light. Each pod includes basic comforts like bedding, a lamp, and a power outlet, creating a quiet space to peacefully unwind. The atmosphere is calm and hushed, much like a library, where guests naturally lower their voices. A shared lounge offers couches and cozy corners for reading or chatting with others. Away from Tokyo's constant rush, this small haven invites visitors to slow down, open a book, and enjoy the simple pleasure of reading before bed.

**Canine connection:** In Denton, Texas (U.S.), mail carrier Ian Burke built an unexpected friendship with a lively dog called Floyd while working his delivery route. The friendly German Shepherd-Border Collie mix would rush to meet him each day, eager for attention and affection. Floyd's owner, a Vietnam veteran who used a wheelchair, relied on him for help and companionship. After Burke was assigned a new route, their visits ended. Some time later, he learned Floyd's owner had passed away and that the dog had been taken to a nearby shelter. Burke went straight there to adopt him, ensuring his old four-legged friend of a safe new home, and proving that dogs and mailmen can make the best of friends.

**Beach artistry:** Minister and sand sculptor Mark Lewis turns simple beach outings into works of art. Using only sand and basic tools, he builds remarkably realistic creations in Weymouth, England, from giant shoes to well-known film and cartoon figures. The hobby started years ago with his children and grew into a passion that draws crowds and inspires others to try it themselves. After learning professional sculpting methods, Lewis began shaping taller, more complex pieces that stand out along the shore until the tide washes them away. Each project is temporary by design, a fleeting display meant to bring joy to anyone who stumbles upon it. For him, the real reward is watching people pause, laugh, and take in the moment.

**Renewed hands:** After receiving a rare double hand transplant that changed his life, Luka Kriszanac is rebuilding his independence in Zurich, Switzerland. As a child, a severe infection left him without hands, but years later, surgeons at a hospital in Philadelphia, Pennsylvania (U.S.), made it possible for him to regain them. The operation involved carefully matching a donor with similar skin tone, bone structure, and blood type, followed by months of healing and therapy. Now, Kriszanac can hold everyday items, feel warmth and texture, and perform tasks once unimaginable. His recovery continues, but he views the result as nothing short of a miracle, and has a lasting bond with those who made it happen.

**Quoteable Quotes**

"I can accept failure, everyone fails at something. But I can't accept not trying." —Michael Jordan  
 "Well done is better than well said." —Benjamin Franklin

**What's Happening**

**CFBX, the campus/community radio station at Thompson Rivers University,** will start its spring volunteer drive on Friday, April 10th and it will run to Friday, April 24th. CFBX is an entirely volunteer run and programmed radio station and is always looking for energetic and creative volunteers to help out on air and off air. Volunteers do not need to be TRU students to get involved. CFBX programs a wide variety of music and spoken word programming with a non-commercial focus. Music programming includes folk, roots, country, classical, jazz, funk, blues, punk, metal, hip-hop and electronic. Spoken word programming ranges from social and political issues to sports and entertainment. In addition, CFBX is especially in need of classical music hosts and anyone interested in programming in a language other than English. CFBX is an excellent place to build up job skills in audio editing, interviewing, writing, organization skills and computer use. There are numerous ways to get involved at the station on air and off. Anyone interested in getting involved with CFBX can call the station at (250) 377-3988, email to radio@trx.ca or drop by the station at House 8, behind the Campus Activity Centre on the TRU campus.

**Hip Hop/Alternative music show** April 24 at Bridgeview Theatre. Doors open 6 pm, show starts 7 pm. Early show all ages. Featuring local talent. Tickets \$30. Text or call 604-329-7169 for tickets.

**Kamloops Fiddlers Dance** 2-May-26. Location: 100 Lorne Street - Heritage House 7:30 PM to 10:00 PM Cost: \$6.00 for members and \$10.00 for non-members. Bring the whole Family. Have your tickets at the Door by registering at <http://bcfiddlers.com/branches/kamloops/> or pay Cash at the door Or Contact us at [kamloopsoldtimefiddlers@gmail.com](mailto:kamloopsoldtimefiddlers@gmail.com) or call 250-376-2330

**Transition Kamloops and Kamloops Seniors for Climate Action** will host an interactive evening on April 29 to discuss climate change. The evening will explore what's happening with the climate in Kamloops, how to talk about it and why it matters. Guest speakers Dr. Darryl Carlyle-Moses, TRU Professor & Crystal Huscroft, TRU Teaching Professor and Department Chair, Department of Environment, Culture & Society will give a presentation, which will be followed by breakout sessions with audience members. The event runs from 7 p.m. to 9 p.m. at the Kamloops United Church, 421 St. Paul St. Everyone is welcome to participate in this evening of learning, conversations and action. This evening is one of several events being organized in Kamloops during Earth Month by Transition Kamloops and others: April 25th - Wild Wor(l)d; Poetry Afternoon & launch of Nature-Friendly Yards project May 2nd - 50th Annual Rally for Peace, Social Justice and the Environment

**Trivia**

1. What is the only plant the Monarch caterpillar eats?
2. What is the actual color of the sun?
3. The Shetland Islands are part of Ireland—T/F?
4. On a musical staff, what notation indicates G pitch?
5. Meg, Jo, Beth, and Amy are introduced in this Louisa May Alcott book.

(Flip bottom of page for answers)  
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# Your Weekly Horoscopes

**ARIES (March 20 - April 19)**  
 At midweek, watch for a subtle opportunity for you to develop a more effective leadership style. Taking advantage of it might require some growth on your part. Lucky numbers: 2, 9, 16, 20, 27, 42.

**TAURUS (April 20 - May 20)**  
 Uranus is in the process of leaving Taurus after an eight-year stay. Has what you value changed during this period? If so, how do you want to proceed now? Lucky numbers: 6, 13, 14, 40, 41, 47.

**GEMINI (May 21 - June 20)**  
 Uranus returns to Gemini for the next seven years. This could herald many changes. Your motto now may well become that you have to "expect the unexpected." Lucky numbers: 7, 12, 14, 17, 31, 38.

**CANCER (June 21 - July 22)**  
 Be careful in communicating with others this week, or risk being misunderstood. Resist impulses to inflate yourself or your arguments. It could hurt your good reputation. Lucky numbers: 10, 16, 17, 18, 20, 26.

**LEO (July 23 - Aug. 22)**  
 The energy at week's end adds to natural Leo enthusiasm. How do you want to use it to advance your goals now? Be careful about making promises you can't keep. Lucky numbers: 5, 11, 13, 17, 31, 44.

**VIRGO (Aug. 23 - Sept. 22)**  
 If you recently felt unclear or unsettled, the shift at week's end may come as a relief. Your attention to detail and your grounded nature might be back in place. Lucky numbers: 3, 15, 24, 29, 33, 43.

Lucky numbers this week: This week's odds favor Leo winners with the luckiest number being 17.

**LIBRA (Sept. 23 - Oct. 22)**  
 For the next few months, Athena may be a good archetype for Libra women. You might learn to be a strong leader while not losing the best of your Libra qualities. Lucky numbers: 1, 14, 17, 30, 31, 40.

**SCORPIO (Oct. 23 - Nov. 21)**  
 The intense, intuitive nature of many Scorpios might present challenges. For the next few weeks, you may access an energy to help you make a positive adjustment. Lucky numbers: 7, 8, 16, 33, 40, 41.

**SAGITTARIUS (Nov. 22 - Dec. 21)**  
 For a few weeks, you may run into obstacles to your goals. Consider if your values have shifted over time, and whether your efforts are in alignment with them. Lucky numbers: 4, 7, 8, 14, 28, 42.

**CAPRICORN (Dec. 22 - Jan. 19)**  
 Your heart and head may oppose each other mid-week. Capricorns sometimes aren't comfortable nurturing themselves or others, but that may resolve the stalemate. Lucky numbers: 15, 16, 25, 39, 43, 47.

**AQUARIUS (Jan. 20 - Feb. 18)**  
 You may feel discouraged this week about things getting better, either in your life or in the wider world. Take a breath and try to be patient for the next week. Lucky numbers: 9, 14, 16, 21, 40, 47.

**PISCES (Feb. 19 - March 20)**  
 You may have an opportunity this week to nail down the details of a vision that right now is only in your head. Try not to resist the work that might be required. Lucky numbers: 8, 15, 27, 28, 36, 44.

## Did You Know...

**Space sweep:** The familiar handheld vacuum owes its design to technology built for astronauts. A compact, battery-powered drill created for moon missions later inspired cordless cleaners, turning space-age problem-solving into a household convenience.

**Soft starters:** Newborns don't begin with the solid kneecaps adults have. Instead, theirs are made of flexible cartilage that bends more easily. Over time, this material slowly transforms, giving children the stronger bone structure needed for walking and running.

**Decay dilemma:** Tooth decay is one of the world's most widespread diseases, affecting nearly everyone at some stage. It begins when bacteria turns sugars into acid, slowly wearing teeth down, but good brushing and diet choices can greatly reduce the risk.

**Sky sparks:** Around the world, lightning flashes about a hundred times every second. Each strike carries immense energy, reminding us that the planet's skies are constantly alive with bursts of natural electricity.

**Beat twist:** The Beatles' name may have started as a playful nod to Buddy Holly's band, the Crickets. First called "The Beetles," the spelling later shifted to include "beat," creating the famous title that stuck forever.

## On the Lighter Side

Knock! Knock! Who's there? Althea. Althea who. Althea later, dude.

Why would Snow White make a good judge? Because she is the fairest of them all.

How well did the cat do in school? Purrfect, he was the teacher's pet.

Did you hear about the old joke about cake? It's pretty stale.

Policeman: "Excuse me, this is a one-way street."

Motorist: "That's OK, I'm only going one way."

## Answers

**Trivia answers:** 1. Milkweed 2. White 3. False, Scotland 4. Treble or G clef 5. Little Women

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