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Kamloops Nicola Edition
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Everybody's Talking!

Natural rhythm: British artist Andy Goldsworthy has spent much of his career creating sculptures from the landscape, shaping materials like stone, leaves, and wood into temporary forms. Each piece reflects his focus on change, erosion, and the passage of time. Working outdoors, he builds and photographs his creations before nature alters or destroys them, making the process part of the artwork itself. Over the years, his projects have ranged from leaf patterns to large installations made from fallen trees. His work explores the connection between people and nature, illustrating that beauty can exist in movement, weather, and decay. His art studies how nature changes and how people respond.

Plant signals: Researchers have recently discovered that plants release faint, high-frequency sounds when under strain, such as during drought. Using specialized equipment, the team found the noises resemble soft crackles similar to popcorn popping, though far above the range of human hearing. In studies with tomato plants, moths appeared to avoid laying eggs on vines producing these distress sounds, suggesting they can detect when plants are struggling. The finding marks the first known example of animals reacting to sound made by plants. Scientists plan to record and compare these noises among species to see how widespread the behavior is, revealing a hidden form of communication between plants and animals.

Fossil reunion: Two halves of a prehistoric reptile fossil, stored for decades in different museums, were recently found to fit perfectly together. A graduate researcher recognized that one slab contained a skeleton while the other showed its mirror image in stone. Once joined, the specimen revealed a previously unknown reptile from the Jurassic era, now called *Sphenodraco scandentis*. Its long limbs and grasping claws point to a life spent climbing and gliding through forest canopies. The discovery tells scholars that even long-studied collections can still offer new information about ancient species. Much remains to be learned from fossils, even those already in museums.

River revival: Parisians are once again swimming in the Seine after a massive cleanup restored the river's health. Once too polluted for use, the waterway has been transformed through years of environmental work, including improved sewage treatment and new underground reservoirs to keep runoff from spilling in. Designated swimming zones, complete with safety staff and on-site facilities, now welcome visitors. Ecologists have noted the return of mussels and fish species once thought to be nearly gone, signs that the river's ecosystem is rebounding. The effort has inspired other cities to improve their own waterways because focused public investment can make urban rivers clean and usable again.

Quoteable Quotes

"Healing yourself is connected with healing others."
—Yoko Ono
"He who loves, flies, runs, and rejoices; he is free and nothing holds him back."
—Henri Matisse

What's Happening

Kamloops Tattoo Show June 12-14th 2026 at McArthur Sports Arena. With 178 tattoo artists registered, the show brings together artists and visitors from across the country and this year we're proud to support two local youth initiatives. We'll be hosting a 50/50 fundraiser supporting Foundry BC, an organization that provides youth aged 12-24 with access to mental health care, substance use support, peer support, and wellness resources in one accessible space. We are also organizing a live art auction, where tattoo artists and local creatives will donate artwork, with proceeds going toward the Sun Peaks Skate Park Foundation to help support youth skate infrastructure and community recreation. In addition to the fundraisers, the show will feature over seven live performances throughout the weekend, including sword swallowing, aerial performers, live music, Tkemlups te Secwepemc youth in regalia and more.

CFBX Record Fair Returns. CFBX, the campus/community radio station is happy to announce our annual Record Fair, happening Saturday, June 6th at the St. Andrew's Presbyterian Church, 1136 6th Avenue in downtown Kamloops. Admission to the fair is just \$2. Doors open at 10 AM and the fair will run to 4 PM.

Repair Café scheduled for Saturday May 30th from 10:00 AM - 3:00 PM at the Hal Rogers Center in Upper Sahali (2025 Summit Drive). The event is free and the Repair Café team of fixers will help you troubleshoot and repair, if possible, your beloved items. Our fixers will tackle virtually any item that you can carry in from bikes to costume jewelry and everything in between with the only exceptions being cell phones or computers. For more information, check out our webpage <https://transitionkamloops.net/repair-cafe/>

June Night Jazz June 12th | 7-11 PM | St. Paul's Cathedral, 360 Nicola St. Kamloops A night of swing dancing to live music by our local big band Beyond Brass. No experience necessary. Tickets \$30 @ the door.

FREE event: Community Miyoyáawin (Wellness) Connections. Date and time: June 24, 2026 | Kamloops | 2-7 PM Thompson River University | Mountain Room Location: 805 TRU Way, Kamloops, BC V2C 0C8. We are pleased to welcome Métis community members of all ages, including families, children, youth, adults, and Elders and Veterans to this inclusive and intergenerational event. This event has been thoughtfully designed to create a welcoming space where community can come together, connect, celebrate Métis culture, and access information and resources related to health and wellness programs and services available throughout the Interior region. Drop in at any time to enjoy refreshments, vendors, entertainment, door prizes, beading, medicine bag making, Elders spaces + more! For any questions, please contact: health@mnbc.ca

Trivia

1. Is phosphorous sulfide, calcium, or sodium the compound that ignites matches?
2. Modern Iraq is located in what once was Mesopotamia—T/F?
3. To rescue Eurydice, where did Orpheus follow her?
4. Lamb, beef, and tzatziki combine in pita to make a ____.
5. This July 14th holiday commemorates what sparked the French Revolution.

(Flip bottom of page for answers)

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(Over)

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Your Weekly Horoscopes

ARIES (March 20 - April 19)

Do you have a conflict in your relationships vs. work commitments? Starting a conversation with those involved might ease the situation. Don't let old wounds interfere. Lucky numbers: 4, 7, 11, 25, 35, 47.

TAURUS (April 20 - May 20)

"Slow and steady wins the race" could be a Taurus motto. But at midweek, making a quick move may offer an opportunity that encourages you to be flexible. Lucky numbers: 8, 14, 33, 35, 42, 47.

GEMINI (May 21 - June 20)

For the next few months, you may seek a mentor or be one. In either case, the focus could be on adding a nurturing quality to your communication style with others. Lucky numbers: 9, 11, 13, 15, 27, 34.

CANCER (June 21 - July 22)

Risk taking may not come easily to Cancers. This week you might be encouraged to seize a new opportunity. Try not to automatically reject it. Lucky numbers: 6, 11, 19, 26, 29, 31.

LEO (July 23 - Aug. 22)

Courage and heart are two great Leo strengths. At the end of the week, these qualities may be heightened. How do you want to use this energy before it dissipates? Lucky numbers: 5, 8, 13, 18, 36, 41.

VIRGO (Aug. 23 - Sept. 22)

At week's end, you may experience a conflict about how to proceed. Think about choosing an option that could open up your view of the world in a new way. Lucky numbers: 17, 18, 21, 33, 39, 48.

LIBRA (Sept. 23 - Oct. 22)

Your natural tact and diplomacy may be heightened early in the week. How might you use this skill at home or work to resolve an issue that has been ongoing? Lucky numbers: 10, 11, 22, 31, 37, 46.

SCORPIO (Oct. 23 - Nov. 21)

Your intuition may be operating at full speed at midweek. Be very conscious of how much you share with others. They might not be ready to hear your insights. Lucky numbers: 2, 9, 10, 19, 33, 35.

SAGITTARIUS (Nov. 22 - Dec. 21)

Something may come to a close at the end of the week. You might just need to have faith that the universe is moving you in the right direction. Lucky numbers: 3, 11, 18, 36, 39, 46.

CAPRICORN (Dec. 22 - Jan. 19)

You may find that you need to be very flexible at week's end. Events could encourage you to make a change in your viewpoint that expands your comfort zone. Lucky numbers: 8, 10, 15, 23, 27, 37.

AQUARIUS (Jan. 20 - Feb. 18)

At midweek you may find yourself in a power struggle. This conflict could encourage you to examine who you are and what your role in the world should be now. Lucky numbers: 1, 16, 24, 39, 40, 41.

PISCES (Feb. 19 - March 20)

You may feel an internal conflict at week's end about how to proceed. Consider if bringing an endeavor to completion right now would help resolve the matter. Lucky numbers: 7, 10, 20, 24, 44, 48.

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

Did You Know...

Icy instincts: In Antarctica, Weddell seals plunge deep under thick ice and still manage to pop back up through the same hole they left behind. Scientists think their secret may be sensing Earth's magnetic field, acting like an invisible underwater compass.

Cookie twist: Despite being a fixture at Chinese restaurants in the U.S., fortune cookies didn't begin there. Their roots trace back to Japan, where an earlier version appeared before the sweeter style gained popularity in America.

Hoard habit: The word "hamster" comes from a German term meaning "to hoard," which is fitting for creatures famous for stuffing food into their cheeks. The name likely stuck because of their habit of storing snacks for later.

Virtual vintage: Skeuomorphism is when digital tools look like real-world objects, such as a notepad that looks like paper or a bin for deleted files. It helps make technology feel familiar, even if the paper and pens are only pretend.

Sour surprise: Lemons actually contain more sugar than strawberries, yet their sharp acidity hides the sweetness. The citric acid in lemons overwhelms the taste buds, showing that a fruit's flavor can be far more complex than its sugar level suggests.

On the Lighter Side

If you live in an igloo, there's snow place like home.

A fish walks into a restaurant. The waiter says, "Shouldn't you be in school?"

County Agent: "Your corn crop is a fit as a fiddle."
Farmer: "Thanks. That's music to my ears."

Knock! Knock! Who's there? Broccoli. Broccoli who? Broccoli has no last name, silly.

Who was the coldest Roman emperor? Julius Freezer.

Answers

Trivia answers: 1. Phosphorous sulfide 2. True 3. Hades, or the Underworld 4. Gyro 5. Bastille Day

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