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Volume 3:37 July 13, 2026

Everybody's Talking!

Nest retreat: In the forested outskirts of Harads, Sweden, visitors can stay inside a suspended structure called Biosphere, wrapped in hundreds of small birdhouses. The rounded suite is reached by an elevated walkway and offers windows on every side so guests can watch the surrounding wildlife. Its designers worked with bird specialists to turn the structure into habitat as well as lodging, adding shelters sized for many regional species. Inside, the room uses dark tones and wide sightlines to bring the colors and movement of the trees into the space. A rooftop platform provides a full-circle view of the woods and the nearby river. The project blends conservation ideas with design, inviting travelers to sleep among the creatures it helps support.

Golden books: Long before online videos shaped what kids read and watched, *Little Golden Books* changed how families brought stories into their homes. Instead of relying on expensive hardcovers or whatever was available at the library, parents could pick up these colorful titles at grocery counters and newsstands. The small format made them easy for children to handle, and the bright covers stood out from other books of the time. As the series grew, it added familiar characters and simple stories that appealed to many households. Publishers began to notice the demand for affordable books made for everyday use. The format continues to adapt, helping new generations discover reading in an approachable way.

Ocean retreat: Off the southern coast of Norway, diners descend into an underwater dining room set partly below the sea, where a wide viewing pane looks onto drifting kelp and passing fish. The restaurant was engineered to withstand strong currents and harsh coastal weather, while its rough concrete exterior encourages marine life to attach and form a growing reef. Researchers use the structure to study underwater conditions with sensors placed around the building. In the kitchen, chefs rely on nearby waters for ingredients, often choosing species that are usually ignored. It's a reminder that a restaurant can operate responsibly while staying closely tied to its environment.

Honey shield: Conservation teams are testing whether active beehives can help protect marula trees from foraging elephants in a private reserve in South Africa. Their idea draws on earlier research showing that elephants tend to avoid buzzing swarms near sensitive areas on their faces. Some trees are fitted with hives, others with wire, and the rest are left unprotected so researchers can track differences over time. The hives also produce small batches of natural honey that local supporters have eagerly welcomed. Beeswax products have followed, adding another way to use the project's work. By pairing tree protection with beekeeping, the team hopes to support both wildlife and nearby communities.

Quoteable Quotes

"None but ourselves can free our minds." —Bob Marley

"No matter how far a person can go, the horizon is still way beyond you." —Zora Neal Hurston

What's Happening

The City of Kamloops and BCLC are proud to present another great season of Music in the Park from July 1– August 31, 2026. The summer concert season brings a variety of blues, rock, classics, country, tribute bands, and more that will appeal to the whole family. Free performances take place at the Riverside Park Rotary Bandshell each evening, 7:00-8:30 pm, weather and air quality permitting.

The Kamloops Social Club is hosting a dance with Jerry De Souza on Sunday July 19th. His music is a mix of pop, light rock and a bit of light country from 60's and 70's. Location is St. Paul's Cathedral at 360 Nicola July 19 from 7-10 pm. Admission \$15 at the door prizes and fifty-fifty draw as well.

CFBX, the campus/community radio station located at Thompson Rivers University, will host three 10-day Summer Radio Camp for high school students, from July 6-17, July 27- August 7, and August 17-28, 2026. Students will learn the art of radio, from interviewing and scripting a radio show, to editing, sound production and journalistic standards. Instruction will be guided by veterans of radio production, hosting, journalism, writing and teaching, using professional gear and real-world techniques. For more information about Sound Waves, contact CFBX at 250-377-3988 or email to stationmanager@thex.ca. Check out our Sound Waves 2026 video promo https://www.youtube.com/watch?v=puU_7PLhs2o

This year the Legion celebrates 100 years of service. We are offering free membership for the year. Come by the Legion at 425 Lansdowne St (Thurs-Sun) or go on-line at Legion.ca. Thursday is Open Mic - come have a dinner (5:30) and listen to some great local music (6:30). Meat draws Saturday and Sunday (2:30-4:30)

Trivia

- Kofi Annan was the seventh General Secretary of the United Nations—T /F?
- Which river runs through Paris?
- Is the Greek god of blacksmithing Hephaestus, Mercury, or Poseidon?
- A Juniper tree is deciduous—T/F?
- In 1975, was the first *Saturday Night Live* guest host Bill Murray, George Carlin, or Prince?

(Flip bottom of page for answers)
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Elks Lodge #44 donating \$2,000.00 to the Kamloops Ambassador Society. Pictured from left to right are Wayne Saboe, Don Bourdon, Bobby Yearly, and representing Kamloops Ambassador Society are Jenn Harbaruk, Lizzie Harbaruk, Peycon Woods, and Shae Sparks, President Warren Nielsen and Vaino Pennanen.

Your Weekly Horoscopes

ARIES
(March 20 – April 19)

 An evolutionary aspect has been building for several weeks and is hitting a peak point now. If you haven't yet decided on a course for your life, now is the time! Lucky numbers: 5, 6, 9, 21, 28, 36.

TAURUS
(April 20 – May 20)

 Two planetary heavy hitters, Uranus and Neptune, are aligned in this moment to catalyze human evolution. Taurus is not fond of change, but it may be required of you now. Lucky numbers: 6, 9, 12, 15, 16, 18.

GEMINI
(May 21 – June 20)

 A motto for Gemini might be "so many things to do, so little time." Now, however, the Universe may be nudging you in a particular direction, so pay attention. Lucky numbers: 7, 17, 18, 27, 32, 47.

CANCER
(June 21 – July 22)

 The new moon in your sign can be a powerful time for setting new intentions. Before proceeding, be sure that you truly know what your underlying motivation is. Lucky numbers: 5, 8, 20, 28, 43, 45.

LEO
(July 23 – Aug. 22)

 Your leadership abilities could be a natural draw to others early in the week. Be sure that you are leading them in a direction that might be a win for everyone. Lucky numbers: 9, 15, 17, 18, 26, 48.

VIRGO
(Aug. 23 – Sept. 22)

 At midweek, you may be tempted to be overly demanding of yourself or others. This could pass in a few days, but be aware of it while it is in effect. Lucky numbers: 18, 21, 28, 37, 38, 41.

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

Did You Know...

Divine fungi: Ancient Egyptians believed mushrooms were gifts from the gods, born from lightning striking the earth. Considered food of immortality, they were reserved for pharaohs; ordinary people were forbidden to touch the sacred delicacies.

Mysterious muse: For centuries, the true face behind Leonardo da Vinci's "Mona Lisa" has kept scholars guessing. Most now suspect she was a Florentine woman named Lisa Gherardini, whose steady gaze became one of history's most studied portraits.

Hidden ties: Coastal redwoods can grow to incredible heights even though their roots reach only about six to 12 feet (2 to 4 m) deep. They stay upright by linking roots with neighboring trees, creating a vast network that anchors the entire forest.

Cover debut: When *Rolling Stone* launched, John Lennon appeared on its very first cover, marking the start of a long parade of music legends to do so. From Bob Dylan to Madonna, many artists have made their mark on the magazine's front page.

Naming continents: Italian explorer Amerigo Vespucci realized the lands across the Atlantic were not part of Asia but a separate continent. When mapmakers later documented his findings, they used his first name, giving "America" its place on the map.

On the Lighter Side

Why did the orange only go halfway up the hill? It ran out of juice.

A helper at a shoeshine parlor is called a bootician.

Do I have a time machine? Of course, I do! We go way back!

Dad: "I was told you skipped school to watch football today!"
Son: "I didn't and I have the movie ticket to prove it!"

Knock! Knock! *Who's there?* Freddie. *Freddie who?* Freddie or not, here I come!

Answers

Trivia answers: 1. True 2. Seine 3. Hephæstus 4. False, a conifer 5. George Carlin

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LIBRA
(Sept. 23 – Oct. 22)

 As the weekend approaches, develop a plan for relaxation. Self care is important and is something Libras often overlook in their focus on the needs of others. Lucky numbers: 1, 18, 21, 29, 43, 44.

SCORPIO
(Oct. 23 – Nov. 21)

 Are you experiencing frustration in your life path? If so, consider how adjusting your view might bring changes in your actions that could improve the situation. Lucky numbers: 11, 12, 21, 23, 26, 37.

SAGITTARIUS
(Nov. 22 – Dec. 21)

 Do you believe in something but lack the courage to follow through on it? You may continue in a stalemate until you do. Then an opportunity could suddenly open up. Lucky numbers: 2, 13, 16, 25, 33, 44.

CAPRICORN
(Dec. 22 – Jan. 19)

 Is there a stalemate between what you want versus what others want? Approach the situation again in a few days. You may find you aren't as far apart as you thought. Lucky numbers: 4, 8, 9, 37, 43, 44.

AQUARIUS
(Jan. 20 – Feb. 18)

 Have you felt the evolutionary aspect that has been building recently? Being attuned to it could be confirmation that you have a role to play in humanity's shift. Lucky numbers: 10, 12, 14, 39, 43, 48.

PISCES
(Feb. 19 – March 20)

 A grounded, midweek energy could help balance your more esoteric Pisces qualities. For the few days this is in effect, focus on accomplishing something important. Lucky numbers: 15, 16, 26, 37, 44, 47.

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