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Everybody's Talking!

Lake rumble: In upstate New York (U.S.), Seneca Lake has long startled people with sudden booms that roll across the water like distant thunder, inspiring old tales about spirits and old battles. Researchers studying the lake's deep floor gathered samples and mapped the terrain to figure out what was happening underground. They learned that pockets of methane slowly build beneath the sediment until pressure forces the gas upward in a sharp release. When the bubble reaches open air, it bursts with enough force to echo like a cannon blast. The lake's size helps carry the sound across nearby hills. The explanation shows how geology can create mysteries that last for generations.

Heavy habit: A neuroscience group in the U.S. designed a phone case meant to curb constant scrolling by making the device far too heavy to use comfortably during normal daily routines. Weighing about six pounds (2.7 kg), a metal shell locks around a phone with screws, turning it into a solid block that's awkward to lift and impossible to slip into a pocket. Testers said the extra weight pushed them to put their phones down more often, which encouraged the team to refine the idea and keep improving it. The case still lets people call and text, but only if they're willing to hold the added load. Makers say the physical strain helps break familiar routines. Some people now view it as a straightforward way to reclaim their attention.

Cactus craft: In Mexico, two designers have turned the prickly pear cactus into a flexible material meant to replace animal leather. The process uses the plant's large segments, which grow easily in dry regions without added water, making the source simple to maintain. After processing, the material feels smooth and sturdy enough for bags, shoes, and similar goods without relying on plastics. Its texture stays close to traditional leather, offering creators a surface that works much like the original. Because it avoids harsh chemicals, the cactus-based option has attracted brands searching for greener materials. The creators also hope it will be used for furniture and car interiors, expanding its possibilities.

Bubble canvas: Artist Bradley Hart creates detailed images using sheets of bubble wrap instead of a flat canvas, treating each air pocket like a tiny pixel. He injects acrylic paint into the bubbles, working carefully so colors blend and shift when viewed from a distance. Up close, the surface looks repetitive and mechanical, but stepping back reveals portraits and scenes that feel almost familiar. The process takes patience and focus, with thousands of small choices shaping each finished work. Hart is drawn to how color resolves in the eye rather than on the surface itself. His subjects range from figures like Albert Einstein and Michael Jackson to reworked versions of classic paintings.

Quoteable Quotes

"You are allowed to be both a masterpiece and a work in progress at the same time." — *Sophia Bush*

"Be yourself; everyone else is already taken." — *Oscar Wilde*

What's Happening

Toastmasters meet weekly, 7PM Okanagan College, #131, 2552 10 Ave NE. Build confidence, meet friends, improve communication. Come to learn, stay for the fun.

Men's Shed Salmon Arm is all about men helping men in the community. Please join us for dinner and lively discussion every Monday, 6PM, at Wing's Kitchen Restaurant, 21 Shuswap St N. Salmon Arm. For more information you may also contact Club Secretary, Richard Anderson at salmonarmshed@gmail.com

Sept. 12 at 1 PM in the boardroom at Piccadilly Mall (across for office). Symbiotic Relationships "The Art of Living Together". A presentation by wildlife artist Georgia Leslie. Carolyn Mackay will be providing a beautiful atmosphere with her harp for this event. For more info call 250-804-8657

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Trivia

- Which singer released the album 1989?
- The Great Barrier Reef is located off the coast of which country?
- Octopuses have three hearts—T/F?
- The first iPhone was introduced in what year?
- In the game *Minecraft*, players primarily build structures using these.

(Flip bottom of page for answers)

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"A man who stops advertising to save money is like a man who stops a clock to save time."

- Henry Ford

Your Weekly Horoscopes

ARIES (March 20 - April 19)



Acting impulsively this week may result in you hitting roadblocks. Take a step back and review the situation. Then execute a plan that will create a solid foundation for you. Lucky numbers: 7, 11, 28, 29, 41, 46.

TAURUS (April 20 - May 20)



Taurus is known for being both patient and stubborn. Early this week you may be asked to choose which emotion you want to act from, to tackle a frustrating situation. Lucky numbers: 12, 18, 27, 36, 38, 46.

GEMINI (May 21 - June 20)



At mid-week, you may find your mind racing with possibilities. It may be difficult to choose between them. Wait a few days. In retrospect, the correct one should emerge. Lucky numbers: 16, 21, 29, 35, 44, 47.

CANCER (June 21 - July 22)



Your emotions may be close to the surface at week's end. You may have an opportunity to speak with more detachment than you would normally experience in such moments. Lucky numbers: 4, 20, 22, 32, 38, 43.

LEO (July 23 - Aug. 22)



There may be many opportunities in front of you at the moment. Look to choose the one that is in the highest interests of all concerned, not just your own. Lucky numbers: 6, 13, 26, 33, 38, 44.

VIRGO (Aug. 23 - Sept. 22)



This week you will be halfway through your birthday month. Have you broken out of your comfort zone yet and tried something new? If not, what are you waiting for? Lucky numbers: 1, 10, 16, 19, 20, 35.

LIBRA (Sept. 23 - Oct. 22)



Libras may tend to give into the other person when conflict arises, just to keep the peace. This week, though, you may feel it is important to stand your ground. Lucky numbers: 9, 12, 14, 29, 34, 37.

SCORPIO (Oct. 23 - Nov. 21)



The more resistance you run into now, the more you may be tempted to dig in your heels. Can you find a solution that breaks the stalemate for all involved? Lucky numbers: 10, 15, 17, 36, 41, 45.

SAGITTARIUS (Nov. 22 - Dec. 21)



Your head and heart may be pulling in opposite directions at mid-week. If a resolution is not clear, take a deep breath and wait a few days before acting. Lucky numbers: 2, 4, 5, 9, 10, 38.

CAPRICORN (Dec. 22 - Jan. 19)



Your Capricorn ambition may run up against the needs of someone important to you. Take a deep breath and step back. What compromise would show them how much you care? Lucky numbers: 5, 6, 7, 28, 33, 44.

AQUARIUS (Jan. 20 - Feb. 18)



Jupiter in Leo will be dancing with your Aquarius Sun for the next year. This may be a significant opportunity for personal growth. Just be aware of excess or over-reach. Lucky numbers: 3, 9, 19, 29, 31, 43.

PISCES (Feb. 19 - March 20)



It has been six months since Saturn and Neptune left Pisces. Has this period given you relief or do you feel bereft of their energy? It is important you know which. Lucky numbers: 9, 12, 17, 24, 40, 41.

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

Did You Know...

Painted skies: High above Iceland, nacreous clouds can glow with soft, shimmering colors that change as the light moves. Made of tiny ice crystals in the cold stratosphere, they often form smooth, rolling patterns that give the sky an unusual and striking look.

Tire titan: Lego, the well-known toy company, produces more tires than any major tire maker, turning out hundreds of millions each year for its toy vehicles. These small rubber wheels earn Lego the title of the world's biggest tire manufacturer.

Forest smile: In Oregon (U.S.), a reforestation project once arranged two types of trees into the shape of a giant smiley face. Each fall, their changing colors reveal the cheerful design to anyone traveling through the area.

Color squirrel: India's Malabar giant squirrel is known for its striking mix of colors and unusually long body. Living high in the forest canopy, it stores a wide range of foods and uses its bold coat to blend into shifting light among the branches.

Ancient tunes: Early humans carved basic flutes from bird and mammoth bones more than 35,000 years ago. These simple instruments show that people were making organized sound long ago with whatever materials they had.

On the Lighter Side

What's the most popular game show in the ocean? Whale of Fortune!

The magician was driving down the street, and then poof, he turned into a driveway.

Knock! Knock! Who's there? Nana. Nana who? Nana your business.

Did you hear about the kid who ran from New York to California? He needed to west.

Teacher: Where are elephants found?

Student: They are so big, I didn't think they could get lost!

Answers

Trivia answers: 1. Taylor Swift 2. Australia 3. True 4. 2007 5. Blocks

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Recipe of the Week
Ginger Spiced Pancakes

1 1/3 cups milk	1 teaspoon vanilla extract
1 egg	1 teaspoon ground cinnamon
1 tablespoon applesauce	2 cups baking mix
2 teaspoons ground ginger	cooking spray

Beat milk, egg, applesauce, ground ginger, vanilla extract, and cinnamon together in a bowl. Whisk baking mix into the milk mixture until just combined into a loose batter. Prepare a skillet with cooking spray and place over medium heat. Ladle about 1/4 cup batter into the prepared skillet; cook until bubbles begin to form on the top, 3 to 5 minutes. Turn the pancake and continue cooking until the other side of the pancake is golden brown, 3 to 5 minutes more. Transfer pancake to a plate and cover with a lid to keep warm. Repeat until batter is completely used.

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