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Volume 3:48 September 28, 2026



Everybody's Talking!

Fishing prescription: In England, some health workers can now point patients toward a fishing session as part of care for anxiety or low mood. The option comes through Tackling Minds, a program started by Dave Lyons after fishing helped steady his own life. Instead of a clinic visit, people join small groups by the water with volunteer coaches who bring gear and show the basics. The focus is simple: get outside, slow down, and have something to do with your hands. The group works with the National Health Service under social prescribing, alongside other supports. It recently received the King's Award for Voluntary Service, a national honor. Organizers say they want more communities to have the same kind of access.

Language revival: In a remote part of northwest Australia, a small Aboriginal community is using a phone game to bring its traditional language back into daily life. Instead of classroom lessons, young players explore a digital landscape based on local landscapes while hearing words spoken by elders. Language is folded into simple tasks, letting learning happen through play. Community leaders chose this format knowing screens already hold kids' attention. Repeated interactions help rebuild familiarity with sounds and meanings that were fading. By tying words to places and everyday actions, the game keeps learning grounded. Organizers see it as an entry point for broader cultural learning using modern tools.

Hidden whales: Near Baja California, Mexico, scientists spotted two living ginkgo-toothed beaked whales, a species that had never been confirmed alive before. Researchers had recorded a strange underwater sound in the area for years but didn't know which animal made it. This sighting finally linked that sound to these whales, giving scientists a new way to track them. The team couldn't get a clear photo, so they used a very small skin sample to confirm the species. Beaked whales are hard to study because they surface briefly and avoid boats. Until now, most information came from whales found washed up on beaches after dying at sea. The discovery shows they regularly live off the coast of Mexico, not just far-off oceans.

Silent scores: In Germany, two short organ works believed to be early pieces by Johann Sebastian Bach have finally been performed after about 320 years in storage. The music surfaced in an archive as handwritten pages without names or dates, leaving their origin uncertain for years. Close study of the writing style later linked them to Bach's early training period. Once experts felt confident, the pieces were prepared for performance at a church closely tied to Bach's working life. Hearing them added fresh detail to a composer thought to be fully documented. The moment showed that archives can still hold surprises. For listeners, it offered new sounds from a familiar name.

Quoteable Quotes

"If you tell the truth, you don't have to remember anything."
— Mark Twain

"Almost everything will work again if you unplug it for a few minutes... including you."
— Anne Lamott

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.

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)

Kamloops Social Club dance October 18 features the popular band The Serious Dogs Door prizes 50-50 draw come out and dance to your favorite tunes 7 pm October 18 at St. Pauls Cathedral 360 Nicola tickets \$15 at the door.

Kamloops Travel Club is meeting at the Den at TRU on Oct.1 at 5pm. Connect with like-minded people who enjoy travelling! Get to know other travelers, share travel stories, ideas, and tips. Please email info@interactive-adventures.com or call James at 250-879-0873 for more information.

Upcoming events happening at the Paramount Theatre (503 Victoria Street, Kamloops) Oct 5th @ 8:00 pm Return on Goodwill LIVE – The Official Book Launch Tour with Sam Demma. Bestselling Author & Educator *Sam is the youngest Certified Speaking Professional (CSP) in history*

Trivia

- Which singer is known as "The Boss"?
- What is the smallest state in the United States by area?
- The human nose can detect more than one trillion different scents—T/F?
- The *Titanic* began its maiden voyage from this English port in 1912.
- This video-sharing website was acquired by Google in 2006.

(Flip bottom of page for answers)
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Your Weekly Horoscopes

ARIES (March 20 – April 19)



You may be feeling pulled in different directions now. Instead of immediately acting, consider what is churning below the surface for you. An old wound may emerge to be addressed. Lucky numbers: 6, 8, 27, 30, 31, 38.

TAURUS (April 20 – May 20)



At the beginning of the week, your energy level will likely be very high. How do you want to direct it for the few days this potential is in effect? Lucky numbers: 12, 30, 38, 41, 43, 48.

GEMINI (May 21 – June 20)



You may find things are shifting in sudden and unexpected ways this week. Finding solid ground again may require that you adjust your viewpoint to match this new dynamic. Lucky numbers: 10, 11, 16, 26, 38, 41.

CANCER (June 21 – July 22)



At week's end, you may feel like hiding in your shell, imitating the crab image that symbolizes your sign. Quiet retreat and self-care are never a bad choice. Lucky numbers: 1, 6, 24, 28, 36, 44.

LEO (July 23 – Aug. 22)



Leos usually prefer charm to confrontation. At week's end, however, you may be spoiling for a fight. Take a deep breath and consider whether the issue is really worth it. Lucky numbers: 3, 11, 17, 23, 31, 42.

VIRGO (Aug. 23 – Sept. 22)



Virgos are admired for their analytical skill and attention to detail. Perhaps you have been fully satisfied with this before but the next few weeks may leave you craving more. Lucky numbers: 2, 9, 21, 31, 34, 41.

LIBRA (Sept. 23 – Oct. 22)



At week's end, look for a subtle opportunity to deepen your romantic relationship. It may feel a bit uncomfortable at first but may be worth it if you can stay flexible. Lucky numbers: 9, 16, 17, 20, 31, 39.

SCORPIO (Oct. 23 – Nov. 21)



There may be a lot of intensity in your romantic relationship this week. If you sense it could be close to a breaking point, focus on finding a gentler balance point. Lucky numbers: 4, 5, 6, 24, 26, 40.

SAGITTARIUS (Nov. 22 – Dec. 21)



You may experience the classic head versus heart dilemma at mid-week. If you can't find a way to break the stalemate, wait until this dynamic fades in a few days. Lucky numbers: 5, 6, 21, 31, 41, 45.

CAPRICORN (Dec. 22 – Jan. 19)



You may find your ambition flagging at week's end. While you may resist, taking care of what you need is important. You don't have to always be the strong one. Lucky numbers: 18, 23, 25, 33, 41, 48.

AQUARIUS (Jan. 20 – Feb. 18)



You may feel an urgency now to initiate and communicate about a project on behalf of the larger community. Be sure you are confident about the details or wait to act. Lucky numbers: 8, 14, 17, 18, 41, 47.

PISCES (Feb. 19 – March 20)



Pisces can have a dreamy, other world quality that makes it difficult to manifest goals. What have you let slip away in the past and what you would do differently? Lucky numbers: 11, 13, 19, 23, 36, 47.

Lucky numbers this week: This week's odds favor Taurus winners with the luckiest number being 30.

Did You Know...

Ticket to ride: The first roller coaster in America was built in 1884 at Coney Island. Tickets cost just five cents for a ride that reached a thrilling six miles per hour.

Extra large, please: The world's largest pizza was baked in Rome in 2012. Measuring over 13,500 square feet, it was gluten-free and named "Ottavia" in honor of the first Roman emperor.

Return to sender: The first postage stamp was the Penny Black, issued in Britain in 1840. It featured Queen Victoria and revolutionized how mail was sent worldwide.

Side of fries: The "French" in French fries doesn't refer to France. The term comes from the word "to French," meaning to slice thinly, though Belgium often claims the dish's invention.

Coin operated: The first vending machine is believed to date back to ancient Greece. It dispensed holy water when a coin was dropped inside, designed by engineer Hero of Alexandria in the first century.

On the Lighter Side

What kind of shoes do ninjas wear? Sneakers.

I used to be a banker until I lost interest.

Knock! Knock! *Who's there?* Leslie. *Leslie who?* Leslie town and take the train.

A nickel and a penny jumped off a moving train together. But not the quarter. It had more cents.

Harry: What would you get if you crossed a baseball player with a Boy Scout?
Larry: I don't know, but I bet he could pitch a tent!

Answers

Trivia answers: 1. Bruce Springsteen 2. Rhode Island 3. True 4. Southampton 5. YouTube

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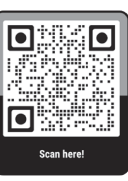
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