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Kamloops Nicola Edition

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Everybody's Talking!

Shared voices: Research into singing has found that using your voice with others tends to bring stronger health benefits than singing on your own. Studies suggest the mix of breathing, sound, and social connection helps the body settle and feel more balanced. Singing together also creates a sense of belonging that solo singing doesn't always provide. The slow breathing needed to hold notes supports relaxation in the body. When done in a group, those effects appear to deepen through shared timing and attention. People who sing together often report feeling closer afterward, even if they started as strangers. Overall, group singing acts like gentle exercise combined with basic human connection.

Backpack adoptions: In New York City (U.S.), a man found an unusual way to help shelter dogs stand out by carrying them through busy streets in a backpack marked with an adoption message. The idea grew after he saw how much joy his own dog sparked during everyday commutes. Now, he teams up with an animal rescue group, borrowing dogs and introducing them to city life while filming outings. The clips show each dog's personality in real settings, from sidewalks to transit rides. Viewers quickly connect with the dogs, often sharing the videos. The approach has led to steady adoption success and more attention for the shelter. For many dogs, a short trip through the city becomes the first step toward a permanent home.

Oryx return: In the Sahara Desert, the scimitar-horned oryx, an antelope once declared extinct in the wild, is now returning through long-term breeding and careful planning by conservation groups. Small groups released into protected desert areas are surviving, spreading out, and having calves, showing the species can live again without constant human help. The animals come from zoos, reserves, and private collections that were intentionally mixed to keep healthy genetic variety. That mix has helped the scimitar-horned oryx adjust to tough desert conditions. Conservation teams continue to watch the herds and plan future releases as needed. The recovery shows that coordinated work can bring a species back from almost being lost.

Air shaken: Researchers at a university lab have found a simpler way to collect drinking water from humid air by changing how trapped moisture is released. Instead of waiting for sunlight to slowly heat water out of absorbent materials, the team uses sound vibrations to shake it loose. The method relies on high-frequency sound waves that break the hold between water and the sponge-like surface, letting droplets fall out on their own. This turns a process that once took much of the day into a much faster step. The system does need electricity, but it could run on small solar panels. That makes it useful in dry regions where liquid water is scarce but moisture is still present in the air.

Quoteable Quotes

"Imagination is more important than knowledge."
— *Albert Einstein*

"The most courageous act is still to think for yourself. Aloud."
— *Coco Chanel*

What's Happening

Kamloops Social Club presents a live concert with The Serious Dogs performing on Sunday, October 25th, at 7 pm. St. Paul's Cathedral, 360 Nicola Street, Kamloops. Admission is $15 at the door, and there will also be door prizes and a 50/50 draw.

Halloween Swing Dance - Live music by Beyond brass. Friday, Oct 30th, 7-11 PM @ St. Paul's Cathedral, 360 Nicola street Kamloops. events@lindyintheloops.com 250-682-2063

CFBX, the campus/community radio station based on the Thompson Rivers University campus, is holding an Open House the afternoon of Saturday, October 24th There will be three sessions, at 1:30 PM, 2 PM and 2:30 PM. The station is located at House 8 on the TRU Campus, directly behind the Campus Activity Centre. For more information, contact CFBX at 250-377-3988 or email to radio@thex.ca.

Halloween Adventure at Riverside Park - Oct.31 Witches, warlocks, and zombies are taking over the South Thompson River! There will be organized trips at 12, 2, and 4pm for a Halloween adventure combining a river paddle, Halloween treats, and roller skating at Riverside Park. visit www.interactive-adventures.com for details.

Drop in Badminton at the OLPH Gym 635 Tranquille Rd. Drop in fee is $5.00 with a one-time $30.00 insurance fee, every Tuesday night from 7:00 pm to 8:30 pm. Call Robert at 250-579-0193 for more information.

Trivia

1. Which author created the detective Sherlock Holmes?
2. How many sides does a hexagon have?
3. What is the only U.S. state that begins with the letter "P"?
4. Which novel begins with the words "Call me Ishmael"?
5. Golf is widely believed to have been first played here.

(Flip bottom of page for answers)

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(Over)

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Your Weekly Horoscopes

ARIES
(March 20 – April 19)

Work this week to not let your ego get in the way, encouraging you to act impulsively. Instead, turn inward. What adjustment in your view would be advised now? Lucky numbers: 3, 5, 8, 19, 29, 41.

TAURUS
(April 20 – May 20)

Are there any projects that you can complete by the end of the week? If so, it may be worth putting in the extra effort required to do so. Lucky numbers: 4, 6, 8, 32, 39, 48.

GEMINI
(May 21 – June 20)

If you are experiencing an issue in your romantic relationship, the next few weeks may be a good time to address the matter. After that, the problem may become more difficult. Lucky numbers: 5, 11, 24, 29, 30, 35.

CANCER
(June 21 – July 22)

Is there something you have wanted to talk about with another person but have hesitated to do so? Now may be a good time to review your concerns with them. Lucky numbers: 1, 11, 13, 20, 27, 37.

LEO
(July 23 – Aug. 22)

Your usual Leo charm may abandon you for the next few weeks. Carefully consider what you are about to say, to avoid conflict with others that will cause ongoing problems. Lucky numbers: 7, 17, 18, 31, 41, 42.

VIRGO
(Aug. 23 – Sept. 22)

For the next few weeks, you may experience periods of fuzziness that disrupt your normally disciplined routine. Just go with the flow and this phase will pass more quickly. Lucky numbers: 17, 19, 22, 34, 35, 44.

LIBRA
(Sept. 23 – Oct. 22)

Your ruling planet, Venus, is in a 40 day dance of invisibility with the Sun. It may help you to navigate this period by learning about Inanna's journey to the underworld. Lucky numbers: 9, 13, 18, 37, 46, 48.

SCORPIO
(Oct. 23 – Nov. 21)

Your birthday month is a good time to set goals. You may have a lot of energy to do so. However, you may want to wait to discuss them with others. Lucky numbers: 10, 13, 24, 27, 30, 41.

SAGITTARIUS
(Nov. 22 – Dec. 21)

Is your life still in alignment with your values and beliefs? It may be a good time to review them but hold off making any changes for a few weeks. Lucky numbers: 8, 9, 24, 36, 40, 45.

CAPRICORN
(Dec. 22 – Jan. 19)

For the next few weeks, carefully evaluate the words of others. Some may be speaking a hard truth that you need to hear while others may be practicing deceit. Lucky numbers: 2, 9, 15, 18, 43, 45.

AQUARIUS
(Jan. 20 – Feb. 18)

You may find yourself discouraged about your humanitarian ideals and goals over the next few weeks. Take a step back and review the situation. Avoid any temptation to immediately act. Lucky numbers: 12, 18, 22, 23, 28, 31.

PISCES
(Feb. 19 – March 20)

Your deep Pisces empathy may be vibrating off the scale at mid-week. It is important that you find a way to set boundaries and retreat to a quiet space if needed. Lucky numbers: 6, 12, 17, 18, 20, 47.

Lucky numbers this week: This week's odds favor Taurus winners with the luckiest number being 32.

Did You Know...

Nostril shift: At any moment, most people breathe mainly through one nostril while the other rests. Hours later the flow shifts, a subtle rhythm controlled by the body that helps your nose warm and filter each breath.

Emergency access: In the United States, a mobile phone can still place a 911 call even if it has no active service. Networks allow these calls through so people can reach help in urgent situations, regardless of the device's status.

Scarlet stare: The mix of red hair and blue eyes is one of the least common natural pairings. Each feature relies on recessive genes, so both must line up in the same person for this unusual combination to show up at all.

Helping hand: Sea otters often hold hands while they sleep. The behavior, called "rafting," keeps them from drifting apart in the ocean and helps strengthen the bond between mothers and pups.

Caffeine shot: The world's first webcam was created to monitor a coffee pot. In 1991, Cambridge University researchers set it up so they wouldn't waste trips to an empty pot.

On the Lighter Side

How do you make a lemonade stand? Steal the lemonade chair.

Name a vegetable that's awesome but not too awesome. The radish!

Knock! Knock! *Who's there? Conch. Conch who?* Conch you come outside for a while?

If a parsley farmer is sued, can his wages be garnished?

Waiter: What is wrong with the soup?
Diner: I asked for barley soup, not barely soup!

Answers

Trivia answers: 1. Arthur Conan Doyle 2. Six 3. Pennsylvania 4. *Moby Dick* 5. Scotland (at St. Andrews)

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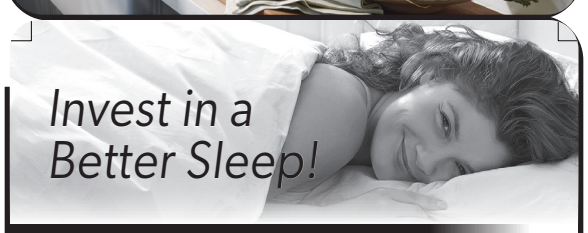

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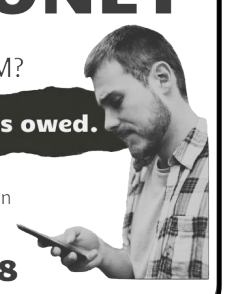
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