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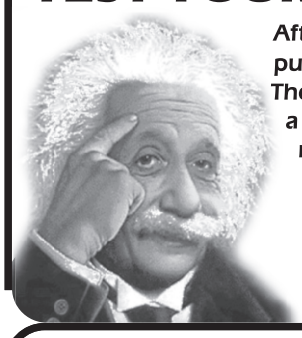
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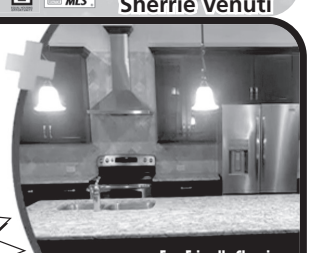
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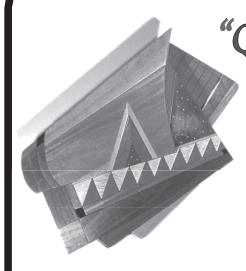
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Everybody's Talking

Lost heirlooms: At a small hospital in Iowa (U.S.), a routine visit turned stressful when a woman realized a pair of family rings had been thrown out by mistake. She'd wrapped them in a napkin before an imaging appointment, then forgot about them until it was too late. Once staff heard what happened, the problem became a shared mission across departments working together. Waste crews set aside bags from the compactor while an imaging technician brought in a portable X-ray unit. One by one, the bags were scanned until the rings finally appeared on screen. The search took time and patience, but no one rushed it. For the woman, the effort mattered as much as the recovery itself that day.

Lionfish lunch: In parts of the Mediterranean, an invasive fish has been harming local sea life, and people are responding in a straightforward way. Lionfish have spread quickly through these waters and face few natural predators, allowing their numbers to grow. Instead of relying only on divers to remove them, fishers are now catching them for food. Cooks in places like Cyprus have learned how to remove the spines safely and prepare the meat at home or in restaurants. Once cleaned, the fish is simple to cook and fairly priced. Putting lionfish on menus gives fishers a reason to catch more of them. Over time, regular fishing could help protect native species while supporting local work.

Feather light: Birds-of-paradise are already known for bright colours and showy feathers, but researchers found another feature hiding in plain sight. When museum specimens were placed under ultraviolet light, many parts of their feathers gave off a faint yellow-green glow. This wasn't limited to one species, as the effect appeared across most of the tropical birds that were tested. The discovery happened while scientists were studying light effects in other animals and decided to test bird collections nearby. Birds can see more colours than humans, so this glow may be visible to them during courtship displays. Species that stick with one partner showed less glowing than others. The finding suggests these birds may be using signals people can't see.

Open range: In Montana (U.S.), conservation workers have been pulling out long stretches of old barbed wire to let the prairie move again. The effort focuses on land where fences once broke up grasslands and limited how animals traveled across them. By removing unused wire, large wildlife can follow natural paths without getting tangled or blocked. The project connects neighbouring landscapes that had been split by past ranching and property lines. Where fences are still required, they're replaced with designs that animals and birds can pass more safely. This slow, hands-on work is part of restoring how the plains once functioned. Over time, the land begins to behave less like managed parcels and more like one shared space again.

Quoteable Quotes

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." — *Desmond Tutu*

"You don't have to be fearless. Doing it afraid is just as brave." — *Morgan Harper Nichols*

What's Happening

Friday, November 29th at 9am: Greens for Good Golf Tournament will be held at The Yards Gold Course 254 Alta Mar Drive, Ponte Verde. Benefits First Coast Ability and Wellness Center. Pricing and Sponsorship Available. Contact: firstcoastabilities.com.

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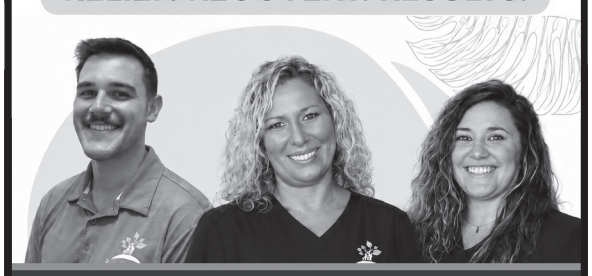
Trivia

1. Which country gave the Statue of Liberty to the United States?
2. A standard piano has 78, 88, or 98 keys?
3. Who played Captain Jack Sparrow in the Pirates of the Caribbean movies?
4. What gas makes up most of Earth's atmosphere?
5. What is the largest species of shark?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 20 – April 19)



How can your emotional healing help others? It may be a good time for you to explore the ways in which you can be of service to others going forward. Lucky numbers: 10, 21, 31, 38, 40, 5.

TAURUS
(April 20 – May 20)



The quote "when one door closes, another door opens" may apply to you early in the week. Be flexible and begin searching for new opportunities for success in the future. Lucky numbers: 4, 7, 13, 23, 31, 14.

GEMINI
(May 21 – June 20)



Now may be a good time to finish something, even if it doesn't produce the desired outcome. A new unexpected or unusual opportunity may surface. Don't reject it without consideration. Lucky numbers: 1, 32, 37, 38, 40, 6.

CANCER
(June 21 – July 22)



You may be caught up in your feelings as the weekend approaches. Retreating from the world for a few days can help you emerge in a healthier emotional state next week. Lucky numbers: 14, 19, 21, 40, 41, 3.

LEO
(July 23 – Aug. 22)



Your charm and optimism are heightened at the end of the week. Enjoy your social interactions with others but be sure that you treat them fairly in the process. Lucky numbers: 6, 10, 26, 27, 32, 1.

VIRGO
(Aug. 23 – Sept. 22)



Your attention to detail and analytical skills get a boost at mid-week. Let your desire to be of service point you in the direction of how to apply these abilities. Lucky numbers: 2, 10, 19, 22, 39, 4.

LIBRA
(Sept. 23 – Oct. 22)



Because of your gentle nature, people sometimes underestimate your intelligence. Early in the week, you can show off this quality and negotiate a conclusion to an endeavour close to your heart. Lucky numbers: 4, 13, 25, 28, 33, 3.

SCORPIO
(Oct. 23 – Nov. 21)



Your communication style is often coloured by your gut level intuition. Reaching for an approach that emphasizes greater rational thinking may strengthen your ability to achieve your goals now. Lucky numbers: 3, 7, 11, 15, 19, 6.

SAGITTARIUS
(Nov. 22 – Dec. 21)



Your head and heart may not be in sync early in the week. Completing your goal may require forging a better balance between the two. What will this require of you? Lucky numbers: 3, 9, 16, 22, 37, 2.

CAPRICORN
(Dec. 22 – Jan. 19)



At mid-week, you may be in a stalemate with others regarding a mutual goal. Take a step back and focus on their needs, in order to find a compromise solution. Lucky numbers: 1, 6, 17, 21, 33, 5.

AQUARIUS
(Jan. 20 – Feb. 18)



You may experience a significant insight this week regarding your hopes and dreams for humanity's evolution. Use it to look for an opportunity to make immediate progress in this regard. Lucky numbers: 2, 22, 24, 37, 39, 3.

PISCES
(Feb. 19 – March 20)



Pisces often focus on the big picture and don't think much about the details. This week the Universe may place obstacles in your way, to require you to do so. Lucky numbers: 9, 16, 21, 37, 41, 2.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 14.

Did You Know...

Name oddity: Only two countries officially start with the word "the." The Bahamas and The Gambia include it in their formal names, which is derived from how each place was originally described by its landscape.

Eye spectrum: Two people can share blue, brown, or green eyes, yet the colours are never an exact match. Tiny differences in shade make each iris unique. This variation even appears in identical twins.

Core shift: When it's cold, your body pulls blood away from your hands, feet, ears, and nose to protect vital organs. This helps keep your core warm, but it's why fingers and toes feel cold first during chilly outdoor weather.

Film faces: Early black-and-white movies could not record certain colours properly, so red tones looked dark on screen. To avoid dull faces, actors often wore blue, green, or yellow makeup, making film sets look strange in person.

Name echo: *Diacope* is a speaking pattern where a word is repeated with a brief pause between. The famous line "Bond, James Bond," from the James Bond films, uses this echo, which helps make an ordinary name stick in people's minds.

On the Lighter Side

Knock! Knock! *Who's there?* Toothy. *Toothy who?* Toothy is the day after Monday.

Why was the Incredible Hulk such a great gardener? He had a green thumb!

I got fired from my job flipping burgers. I didn't turn up enough.

Show me some skunks in the Marine Corps and I'll show you a phew good men.

Mick: Did anyone laugh when you fell on the ice?
Rick: No, but the ice made some awful cracks.

Answers

Trivia answers: 1. France 2. 88 3. Johnny Depp 4. Nitrogen 5. Whale shark

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