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Everybody's Talking

Fox sanctuary: In the U.S. state of Florida, a group of rescued foxes is living out their days in peace thanks to Pawsitive Beginnings, a nonprofit that steps in when animals can't return to the wild. These foxes, bred for the fur trade, are too far removed from their wild roots to survive on their own. Their coloring, instincts, and legal status all prevent reintroduction. Instead, they've found a home where safety and care come first, alongside an unexpected role in therapy. Through animal-assisted sessions, the foxes' stories are shared with people recovering from trauma. With expansion plans underway, the team hopes to perform upgrades and expand to more communities. For these foxes, it's not just a second chance, but a whole new purpose.

Virus blocker: Scientists have tested a chewing gum that may help slow the spread of influenza and other viruses. Made with a bean-based powder that naturally traps virus particles, the gum was designed to work in the mouth, where transmission often begins. Researchers have seen strong results, with small amounts of the formula greatly reducing virus levels in controlled settings. Unlike sprays or pills, this gum releases an antiviral protein while being chewed, making it simple and practical to use. It also appears stable enough for long-term storage. Human trials are the next step in testing its real world potential. For something so ordinary, this gum could quietly shift how we prevent everyday illness.

Unlikely heroes: As a town facing an aging population and shrinking schools, Kawara, Japan, has introduced a homemade trading card game that is sparking new energy. Its stars are the unlikely of figures: middle-aged men from the community. To play, the children collect and battle with cards that feature local uncles and town workers, each of whom is scored on real-life skills like cooking, driving, or repair. The cards have drawn visitors from abroad and stirred friendly rivalries among the adults themselves. Designed to bridge generations, the innovative game runs at schools, shops, and community centres. It's a playful way to help bridge the town's generation gap.

Melody highway: In Heves County, Hungary, a stretch of roadway now plays music under your wheels. Drivers traveling between Hatvan and Lorinci can hear a melody from a Hungarian rock song if they maintain a steady speed. The musical effect comes from grooves cut into the pavement, transforming a routine drive into a brief concert. Local leaders see it as both a unique attraction and a nod to years of investment in the area's transportation links. Previous musical road segments exist elsewhere in the country, each playing a different regional tune. This newest installation, though brief, adds flair to a once-overlooked route. It's the kind of roadside surprise you don't see—or hear—every day.

Quoteable Quotes

"If your compassion does not include yourself it is not complete."
—Jack Kornfield

"You must not be afraid of playing wrong notes. Just forget it, play it wrong! But play!"
—Vladimir Horowitz

What's Happening

Every Tuesday from 12pm-4pm: Senior Social Corner will be held at the Palm Coast Community Center. Looking to get out the house Join other Seniors looking to make new friends or catch up with old ones. Great opportunity to sit, visit and play games with other Seniors. For more info, call 386-986-2323.

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Trivia

1. The Rock of Gibraltar is at the tip of the Balkan, Italian, or Iberian peninsula?
2. Charlotte Brontë wrote the novel Emma—T/F?
3. What is the capital of Serbia?
4. The Tin Man wanted this from the Wizard of Oz.
5. Azalea, Hera, or Pangea was the supercontinent containing all others before they separated?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 20 – April 19)

As the week starts, you might be tempted to be impulsive or argumentative. For a few days, carefully consider your words before speaking. You may be grateful later. Lucky numbers: 7, 14, 18, 26, 32, 44.

TAURUS
(April 20 – May 20)

This week may be a good time to review the last five or more years of your life. Consider what no longer serves you and perhaps could be brought to completion. Lucky numbers: 3, 4, 27, 29, 32, 33.

GEMINI
(May 21 – June 20)

Are you in a stalemate between your desire for freedom and a need to maintain the status quo? Consider postponing any action and what adjustment may be needed. Lucky numbers: 2, 10, 17, 18, 27, 39.

CANCER
(June 21 – July 22)

This weekend may be a good time to retreat into your shell and focus on self care. You probably would be better able to help others if you help yourself first. Lucky numbers: 14, 20, 27, 28, 42, 44.

LEO
(July 23 – Aug. 22)

You may have a high level of energy and ambition this week to advance something you are passionate about. Be sure to triple check the details before proceeding. Lucky numbers: 9, 15, 18, 33, 40, 48.

VIRGO
(Aug. 23 – Sept. 22)

Virgos generally don't let their egos get in the way. That may not be true now. Should you back off or do you have a valid complaint that needs addressing? Lucky numbers: 7, 9, 20, 28, 31, 33.

LIBRA
(Sept. 23 – Oct. 22)

At the beginning of the week, your normal tact and diplomacy could abandon you. Consider if you really need to have a frank conversation with that person now. Lucky numbers: 10, 17, 29, 36, 47, 48.

SCORPIO
(Oct. 23 – Nov. 21)

For the next few weeks, relationships may experience an intense period of examination. Do the work to maintain the ones important to you and release those that aren't. Lucky numbers: 4, 12, 16, 28, 33, 44.

SAGITTARIUS
(Nov. 22 – Dec. 21)

Be careful in choosing your words this week so you don't put your foot in your mouth. Take a deep breath and ask, "Do I really need to say this now?" Lucky numbers: 1, 2, 8, 27, 35, 40.

CAPRICORN
(Dec. 22 – Jan. 19)

Your heart and head may be in opposition at the end of the week. Consider how you can reconcile the stalemate, or wait a few days for this to pass. Lucky numbers: 6, 11, 22, 23, 30, 31.

AQUARIUS
(Jan. 20 – Feb. 18)

Midweek, you may be very eager to make changes in your life. However, if you run into conflict with others, especially your partner, take a step back and regroup. Lucky numbers: 8, 13, 14, 36, 38, 39.

PISCES
(Feb. 19 – March 20)

Are you continuing an endeavour from last week that you are racing to finish? Are your efforts in line with your values? If not, what adjustment needs to be made? Lucky numbers: 5, 10, 17, 21, 41, 42.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 27.

Did You Know...

Season markers: Solstices bring the longest and shortest days of the entire year, while equinoxes almost evenly split day and night. These turning points come from Earth's tilt as it orbits the Sun, and they help keep the seasons in motion.

Clock roots: Before modern watches, people tracked time with shadows, sand, and dripping water. Water clocks and hourglasses made it possible to measure time indoors and at sea. These simple tools helped shape today's timekeeping.

Sky silence: Planes aren't allowed to fly above the Taj Mahal. India declared the area a no-fly zone to protect the monument and its surroundings. As a result, both commercial and private aircraft are prohibited from passing directly above the iconic site.

Bonus bun: To stay out of trouble, bakers in medieval England added an extra item to orders. If someone asked for 12 loaves, they'd often get 13. "The Baker's Dozen" helped the baker avoid harsh penalties if one loaf turned out too light.

Heat keeper: Your body works like a smart thermostat. When you get too hot or cold, your brain kicks in to balance things out by sweating, shivering, or adjusting your blood flow. It's all part of keeping your inner climate steady.

On the Lighter Side

Knock! Knock! Who's there? Mushroom. Mushroom who? There's mushroom for improvement on that last joke.

Which part of school is the farmer's favourite? Field trips.

The judge couldn't be disturbed at dinner because His Honour was at steak.

I didn't think I would like fencing until I decided to take a stab at it.

Patient: "Doctor, I keep thinking I am a bell."
Doctor: "Take these tablets and if they don't work, give me a ring."

Answers

Trivia answers: 1. Iberian 2. False, Jane Austen 3. Belgrade 4. A heart 5. Pangea

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