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Everybody's Talking!

Gliding wheels: Engineer James Bruton built a one-of-a-kind bicycle that moves in every direction, thanks to oversized plastic balls acting as wheels. Unlike traditional tires, these spheres allow for smooth drifting and full 360-degree rotation. The bike stays balanced using two powered wheels, with a third acting as a stabilizer for control. A belt-and-pulley system connects high-powered motors, and 3D-printed components keep the frame lightweight and adjustable. Handlebars control the steering, with twist grips for precision. Despite early challenges like wheel spin and static buildup, adjustments improved stability and handling. The result is a futuristic ride that reimagines what a bike can do.

Root connections: In Meghalaya, India, bridges aren't built, they're grown. For generations, Khasi communities have guided the roots of rubber trees (*Ficus elastica*) across rivers, creating structures that strengthen with time. Some of these living root bridges, called *jingkieng jri*, are hundreds of years old, outlasting traditional wooden structures. A response to the area's extreme rainfall, the skill was passed down through oral tradition, blending practical knowledge with deep cultural beliefs. Hally War, who learned from his grandfather as a child, has spent decades shaping one such bridge. The slow, steady process teaches patience, resilience, and respect for nature. These bridges are more than crossings: they're symbols of human ingenuity.

Trail triumph: Deep in Mexico's rugged terrain, María Lorena Ramírez claimed victory in a grueling, 50 km (31 mi.) ultramarathon with nothing but sheer endurance and a pair of sandals crafted from recycled tires. Raised in the Sierra Tarahumara, where running is a way of life, she trained not in high-tech gear but by herding livestock across vast distances. Without energy gels or specialized shoes, she conquered the race, relying only on her strength and determination. Her win captured global attention, highlighting the natural abilities of the Rarámuri people, known as the "light-footed ones." In a sport dominated by modern equipment, Ramírez proved that resilience outruns technology.

Steamy ride: In Finland, where saunas are a way of life, one stands out from the rest: a sauna cabin that glides through the sky. Suspended on a ski lift in Ylläs, this heated gondola offers guests a breathtaking view of snow-covered forests while they relax in the warmth. The experience begins at the top of the mountain, where visitors first enjoy a traditional sauna and outdoor jacuzzi before stepping into the soaring sauna. With temperatures reaching 80°C (176°F), the contrast between the steaming cabin and the frozen landscape outside is striking. It's an unforgettable fusion of Finnish tradition, innovation, and the magic of the northern wilderness.

Quoteable Quotes

"The humblest tasks get beautified if loving hands do them."
—Louisa May Alcott

"Happiness is a quality of the soul ... not a function of one's material circumstances."
—Aristotle

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Trivia

- In 1781, William Herschel discovered Mercury, Saturn, or Uranus?
- The currency of Guatemala is named after this bird.
- Do identical twins have identical fingerprints?
- In which volcano did Vulcan, the god of fire, work his forge?
- Who was Pinocchio's father?

(Flip bottom of page for answers)

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(Over)







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Your Weekly Horoscopes

ARIES


(March 20 – April 19)



Early this week, you may encounter someone struggling with an issue that you have experienced and worked to heal. Be generous; share your journey with them. Lucky numbers: 14, 17, 22, 26, 39, 45.

TAURUS


(April 20 – May 20)



If you find you are tired and stressed at week's end, try to take a time out. What might your body be saying, and what steps could you choose to take to be healthier? Lucky numbers: 15, 17, 21, 28, 43, 44.

GEMINI


(May 21 – June 20)



This weekend you may feel anxious about the approaching work week. Consider the cause of this anxiety and how you can make a positive change in the situation. Lucky numbers: 6, 13, 27, 39, 40, 43.

CANCER

(June 21 – July 22)



Your birthday month starts a new year for you. The energy at week's end is particularly optimistic. It may give you a boost of ambition heading into this period. Lucky numbers: 2, 5, 7, 20, 41, 42.

LEO


(July 23 – Aug. 22)



This week is part of a year-long process in which you can develop a softer approach with others. A new opportunity may emerge mid-week, so keep your eyes open. Lucky numbers: 3, 13, 26, 32, 39, 46.

VIRGO


(Aug. 23 – Sept. 22)



Your ability to work hard, be practical, and pay attention to detail may get an energy boost in the coming weeks. What might you accomplish with this added ambition? Lucky numbers: 9, 23, 26, 40, 41, 43.

LIBRA


(Sept. 23 – Oct. 22)



Your normal tact and diplomacy may give way to aggressive impulsiveness at midweek. Whether this is a good thing depends on the power balance in your relationships. Lucky numbers: 16, 23, 24, 25, 30, 39.

SCORPIO


(Oct. 23 – Nov. 21)



You may encounter a significant obstacle at midweek. Instead of digging in your heels, consider how being patient might aid you in the process, now and in the future. Lucky numbers: 8, 23, 35, 39, 42, 48.

SAGITTARIUS


(Nov. 22 – Dec. 21)



By the end of the week, you may feel that you have too many options in front of you. To sort them out, you might want to wait a few days before making any decisions. Lucky numbers: 4, 5, 7, 35, 41, 47.

CAPRICORN


(Dec. 22 – Jan. 19)



It has been six months since your birthday month. Did you set new goals then? If so, where have you made progress and where might you need to make changes now? Lucky numbers: 7, 10, 11, 20, 27, 36.

AQUARIUS


(Jan. 20 – Feb. 18)



Many Aquarians are interested in humanity's development, but have trouble connecting with individuals. The month may offer an opportunity to adjust this dynamic. Lucky numbers: 5, 6, 11, 17, 31, 47.

PISCES

(Feb. 19 – March 20)



Be aware of emotions emerging from deep in your unconscious early in the week. Seek ways to detoxify thoughts and feelings that negatively impact your well-being. Lucky numbers: 1, 8, 18, 21, 39, 47.

Lucky numbers this week: This week's odds favor Virgo winners with the luckiest number being 9.

Did You Know...

Heroic escape: In the 2001 World Trade Center attack, Michael Hingson's guide dog, Roselle, led the blind man down 78 floors through smoke and panic. Navigating falling debris and chaos, she safely guided him away before the towers collapsed.

Thumbs twist: In ancient Rome, a thumbs-up didn't mean approval, it meant death. Crowds used it to signal that a defeated gladiator should be executed, while a tucked-in thumb meant mercy. Today, the same gesture sends a completely different message.

Pound power: The British pound is the oldest currency still in use, dating back over 1,200 years. Originally a unit of weight and made of silver, it has evolved into modern banknotes. Today, it remains one of the most traded currencies in the world.

Feline talk: Unlike kittens, adult cats typically meow only at people, not at each other. This habit sticks because humans respond to it. Whether demanding food, attention, or just saying hello, cats have mastered the art of getting what they want.

Enduring alliance: The Anglo-Portuguese Alliance, formed in the 14th century between England and Portugal, is the longest-standing treaty between two nations. The partnership has evolved over the centuries through trade, diplomacy, and mutual interests.

On the Lighter Side

What did the cake mix say to the blender? Stop trying to mix us up!

Epitaph for a math teacher: "I have problems!"

I asked the waiter how long my spaghetti would be. He said, "I don't know, we don't measure it."

Mary: "Why are you bringing a jump rope to school?"
 Terry: "I am going to ask the principal if I can skip a grade."

Knock! Knock! *Who's there?* Recycle. *Recycle who?* Recycle around town on our bikes.

Answers

Trivia answers: 1. Uranus 2. Quetzal 3. No 4. Mt. Etna 5. Geppetto

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