



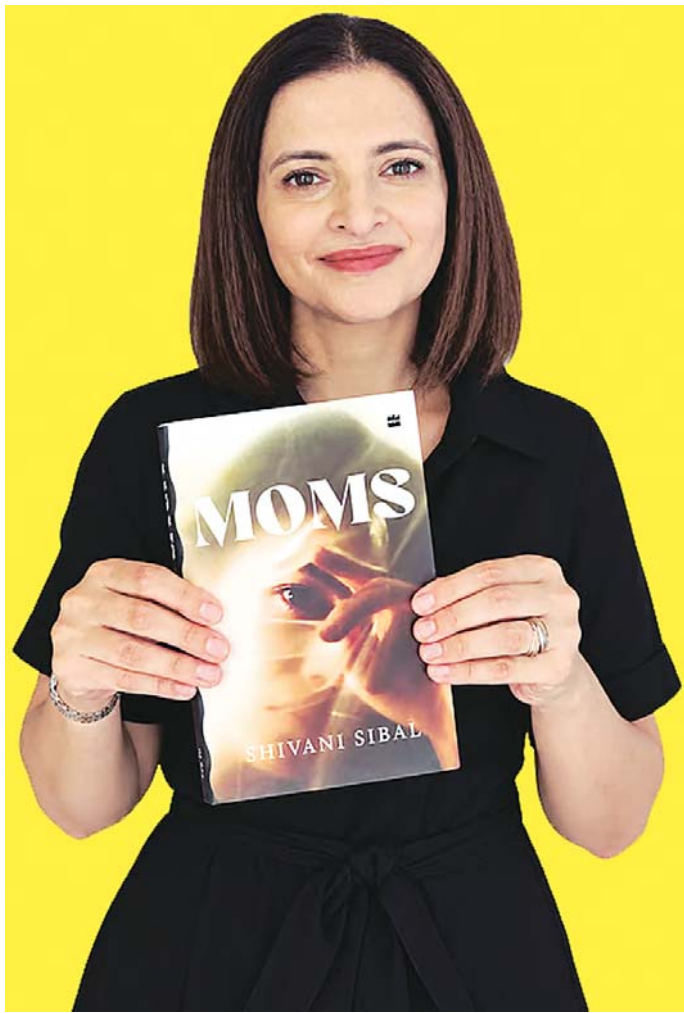
It is Nuts Day!

ational Nut Day is celebrated annually on October 22nd to honor the healthy, nutrient-dense powerhouses in our pantries. Established in 2015 by the UK-based Liberation Foods Company, the day promotes healthy snacking habits, raises public awareness about sustainable Fairtrade sourcing, and supports small-scale farmers worldwide. From almonds and walnuts to culinary favorites like peanuts, these satisfying treats provide vital plant protein, fiber, essential minerals, and heart-healthy unsaturated fats that help lower cholesterol. People celebrate by incorporating a handful of nuts into daily meals or sharing creative recipes online using the hashtag #NationalNutDay.

#BOOK REVIEW

MOMS

It is about the distance between what life looks like on the outside and what it feels like on the inside, our lives have been so overtly performative and admired on such flimsy illusions of perfection



'Moms is a searing and deeply unsettling novel that peels back the polished veneer of privilege, power, and respectability with remarkable insight and emotional force. Courageous, provocative and profoundly moving.'

Banu Mushtaq,
International Booker
Prize-winning author of
Heart Lamp.

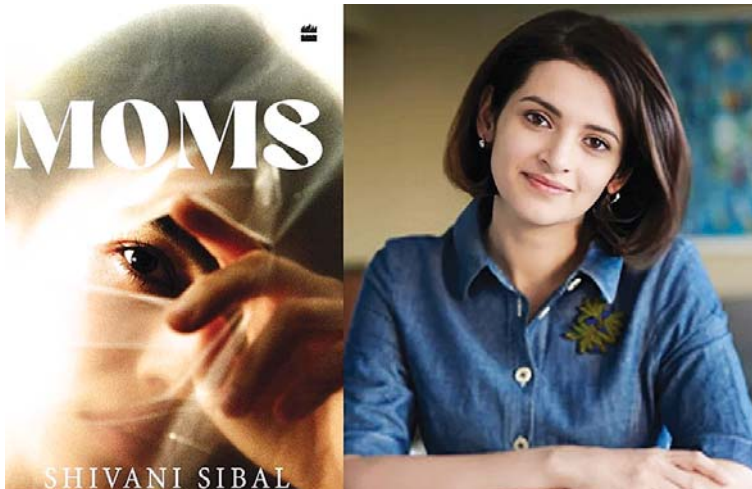
et, before dawn, she is already on edge, coaxing her hair into place, weighing herself with dread, rehearsing the smile that keeps

awkward questions at bay.

When a confrontation at her daughter's elite school turns Radhika from admired committee-head to whispered cautionary tale, fissures spread through her meticulously managed world: fragile alliances, an uneasy bond with her yoga teacher-friend, and the carefully curated social media posts that mask an unbearable loneliness. As gala weekends and themed dinners hurtle towards a spectacular destination party in Rajasthan, Radhika is forced to pay the true price of her perfection.

Emotionally compelling and sharply observed, Moms is a novel about motherhood, marriage and the distance between what life looks like on the outside and what it feels like on the inside.

The author, Shivani Sibal says, 'If I had to tell someone what my novel was about in a single line, I would say it is about the distance between what life looks like on the outside and what it feels like on the inside. Never before in human history have our lives been so overtly performative and admired on such flimsy illusions of perfection. Moms explores modern motherhood, marriage, social expectation, and the price of that perfec-



#Kshema Jatuhkarna

Once upon a time, there was a man named Buja. He saw a mysterious white gibbon during his hunting trip at a ridge of a hill or tinting and shot it with a dart. Although his dart did hit the gibbon, the animal remained very active and pretty much alive. Buja shot it again and again until eventually he used up all his darts, but the gibbon was somehow unaffected.

Unsatisfied, Buja went home to make more darts before going back into the jungle for the gibbon. He made many attempts to kill the gibbon and made more darts every time they ran out. On the seventh day, the gibbon finally fell. Satisfied, Buja went to retrieve the gibbon. But when he touched the animal, he suddenly felt unwell, fell to the ground and fainted.

While he was unconscious, he dreamt of the gibbon speaking to him, asking for mercy and to be released. In that dream, the gibbon told Buja that someone would come to pick him up. In return, it gave Buja a piece of stone that would help him become successful. He made Buja promise that all his generations would not harm any gibbon anymore. Buja took the stone, woke up from his dream and walked



away, and the white gibbon seemed to have disappeared. This is how the ridge that Buja went hunting is named as Tinting Empeliau.

Empeliau means Gibbon. Tinting means the ridge of a hill, the highest line on the top of a hill. It is a beautiful legend of the far East, as stories and legends of the area are; beautiful, the narrative stopping just where the emotion should be said, and confirmed. Leaving it to the listener of the story to put in place his personal end to the story. But the story of the



The legend of the white gibbon of Tinting Empeliau

#WILD



Silver Gibbon was left at no one's door at all to complete, or find an end. About 2,000 adult gibbons are thought to live in the wild.

In such times, the birth of an extremely rare silvery gibbon at a Manx zoo is "very significant" for the species, the park manager had said.

The new arrival is the third to be born at the Curraghs Wildlife Park following the births of Aalin in July 2020 and Ffinlo in August 2017. The animals are classified as endangered by the International Union for Conservation of Nature. Park manager Kathleen Graham said that it was "great to see the family expand." It means the number of silvery gibbons at the Ballaugh park has now risen to five since the pairing of Slamet and Nakula arrived at the sanctuary in 2016. The latest arrival has been born as part of a breeding programme by the European Association of Zoos and Aquaria (EAZA), which protects populations of endangered species. Ms. Graham

said that the birth was "very significant" because there were "just 52 silvery gibbons in the care of nine European zoos."

"We know how vital EAZA programmes are for conservation efforts and we are very proud to play our part," she said. Indigenous to the Indonesian island of Java, there are thought to be fewer than 2,000 adult silvery gibbons left in the wild.

The baby primate is the first of its kind to be born at the park since 2020. Environment Minister Clare Barber said that it had been an "honour to be chosen to give a home" to Nakula and Slamet from Australia and Kent seven years ago. "Great credit should go to the Curraghs' team for providing the environment and care that has allowed this important family to grow," she added. It was not known then whether the new arrival was male or female. Moving into the moment, while we were all adding glitter to our homemade cards and forgetting

to peel the price tag off the gas station flowers last Valentine's Day, it turns out that something far more exciting was happening over at Port Lympne Reserve in the UK: the birth of a baby Javan gibbon. The delightfully big-eyed and fluffy new arrival is the offspring of male gibbon Gapak and now five-time mom Belle, who, according to an Instagram post by the reserve, has been "confidently showing baby off." And quite right too, baby Lima, as the young male has been named (very appropriate for a smol bean), is downright adorable.

But besides giving us something to coo over, Lima's birth also marks a significant conservation win for Javan gibbons. Also known as silvery gibbons in the wild, these primates are found only on the Indonesian island of Java (hence their other name). Here, they've historically lived in richly diverse lowland and mountainous rainforests, swinging between branches up to 10 meters

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(33 feet) apart with impressive ease. However, the forest in which the species once thrived has become increasingly fragmented due to deforestation for the purposes of logging and agriculture. On top of that, Javan gibbons are also threatened by hunting and the illegal pet trade.

As a consequence, the species is in decline, with less than 2,000 individuals estimated to remain in the wild. One study has even suggested that three of the four largest remaining populations of Javan gib-



bons have a high probability of going extinct within the next 100 years if current threats continue. Port Lympne Reserve is part of an effort to ensure that day never arrives, running an ex-situ breeding program for the species. So far, the program has resulted in nine births, Lima being the latest.

"We're incredibly proud to welcome Lima to Port Lympne Reserve. As a critically important species within the EAZA (European Association of Zoos and Aquaria) programme, Javan gibbons are central to our conservation mission, and Lima represents a significant and exciting step forward for our breeding efforts," said Simon Jeffery, Animal Director at Port Lympne Reserve, in a statement sent to IFLScience.

Another part of that conservation mission could see Lima one day ending up in the rainforests of Java: the eventual goal of the program is to restore the species to its former glory within the gibbons' native habitat, beginning with the carefully planned reintroduction of captive-bred individuals into protected areas. Two of Lima's siblings, along with one other Javan gibbon born at the reserve, have already left for their homeland.

We're keeping our fingers crossed that Lima gets to join them!

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#CAPTAIN CHARLES MCVAY

A kid's school project turned into a national story

The sharks were circling and feeding. It is considered the worst shark attack in human history

In 1945, the USS Indianapolis secretly delivered the parts for the atomic bomb that would hit Hiroshima. Days later, mission done, a Japanese submarine put two torpedoes into her. She sank in 12 minutes.

Nearly 900 men made it off the ship alive and into the open ocean. Then, it got worse.

No one knew they were missing. Three separate Navy stations picked up the distress signals and every one of them ignored it. One officer thought it was a Japanese trap. Another had ordered not to be disturbed.

So, the men floated. For almost five days. No food, no fresh water, burning by day and freezing at night. Some drank seawater and went insane. And the whole time, the sharks were circling and feeding. It is considered the worst shark attack in human history.

When rescue finally came by accident, only 316 of the nearly 1,200 crew were still alive.

The Navy needed someone to blame for the disaster. They chose Captain Charles McVay, one of the men who survived it. He became the only U.S. captain in the entire war to be court-martialed for losing his ship to the enemy.

At his trial, the Navy did something almost unheard of. They brought in the Japanese



commander who sank the ship to testify against him. Instead, the enemy captain told the court that zigzagging

would have made no difference and that McVay did nothing wrong.

They convicted him anyway. For years afterward, McVay got hate mail from the families of the dead. Some sent letters every Christmas telling him he murdered their sons. In 1968, he walked onto his front lawn and shot himself, holding a toy sailor he had kept since he was a boy.

Case closed. For fifty years. Then, in 1996, an 11-year-old named Hunter Scott watched Jaws with his dad and got hooked on the 30 second speech about the Indianapolis. He made it his sixth grade history project.

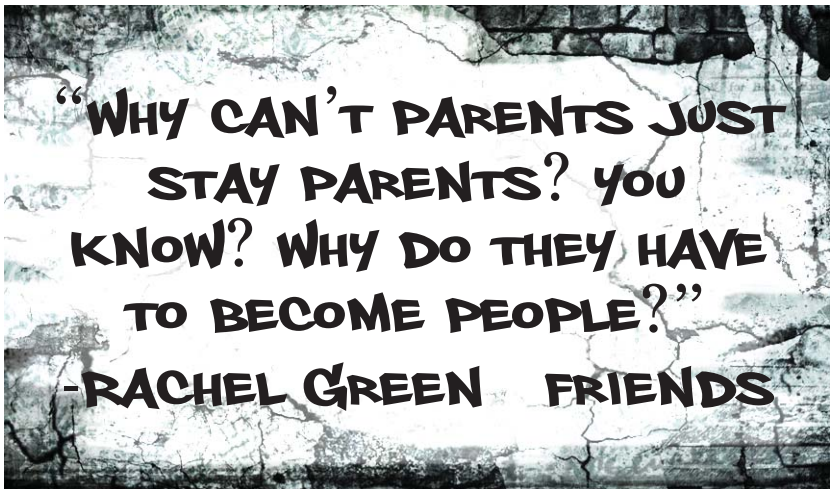
He tracked down and interviewed nearly 150 survivors. He dug through more than 800 documents. And buried in there, he found what the Navy had left out, including that they knew enemy subs were operating right on the ship's route and never warned McVay.

A kid's school project turned into a national story. It reached Congress. In 2000, lawmakers passed a resolution clearing McVay's name and President Clinton signed it. The Navy officially cleared his record in 2001.

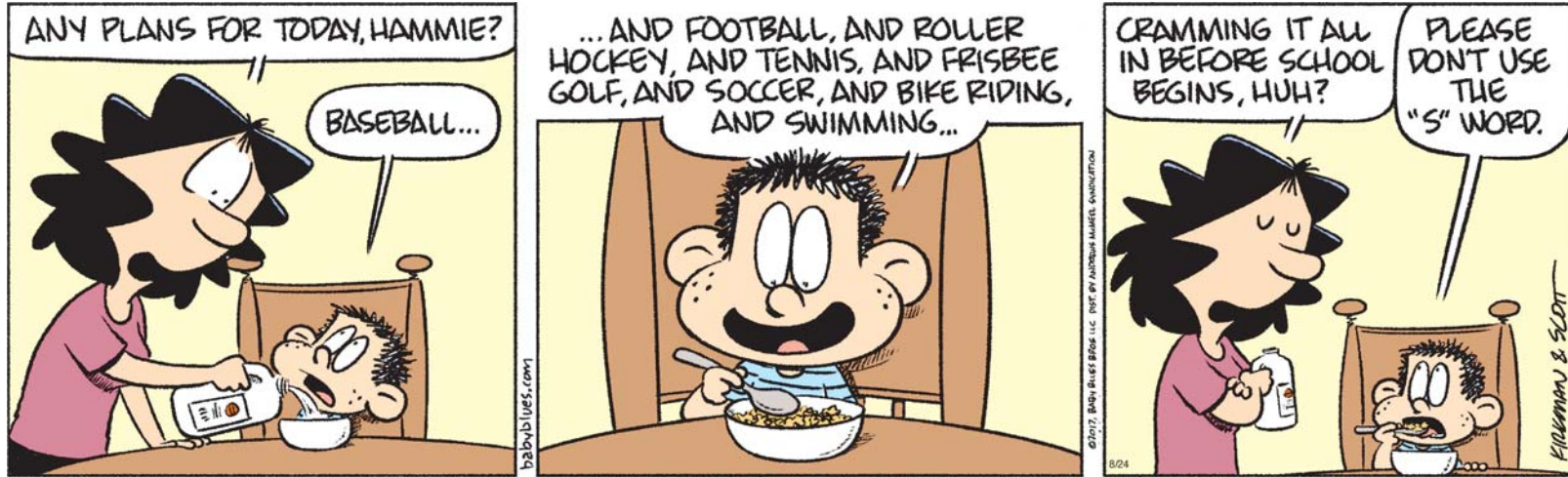
The captain the Navy spent decades blaming was finally exonerated by a sixth grader. Hunter Scott grew up and became a naval flight officer.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman