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A HOT FLASHES CURE?

VIEW ONLINE

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Friday, December 9, 2022

In **today's newsletter**, buckle up! Here are 22 of the most amazing discoveries of the year, a new way to stop hot flashes, new challenges for manatees in Florida ... and archaeological gleanings of the real Jesus. Plus, happy National 🦙 Day!



PHOTOGRAPH BY MURPHY ALLEN

This year, we discovered a tooth from a mysterious early human relative, spotted the smallest snail species, found Africa's oldest dinosaur fossil *(above)*, and realized that jumping spiders could dream. Scientists learned of a spectacular prehistoric rainforest, revealed certain stretches of the universe, and saw evidence of the existence, still, of a presumed extinct Roman-era miracle plant.

Wow.

"The revelations that come from our ceaseless exploration and experimentation are often unexpected and extraordinary," Nat Geo writes in its look at 22 of the year's most wondrous discoveries.

#### Read the full story here.

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PHOTOGRAPH BY S. OUNBOUNDISANE, FISHBIO

**Biggest freshwater fish:** This 661-pound stingray was caught accidentally in June —and returned to the water after it was weighed. **Read more.** 

# STORIES WE'RE FOLLOWING



PHOTOGRAPH BY STEVE WINTER, NAT GEO IMAGE COLLECTION

The industry that 'Tiger King' made famous will soon be illegal (pictured above, a tiger cub before tourists at Myrtle Beach Safari)

From the archives: Captive tigers in the U.S. outnumber those in the wild. It's a problem.

Scientists have discovered what causes hot flashes-and how to stop them

How did an ancient astronomer map stars better than anyone for hundreds of years?

Gentle manatees face new challenges in Florida

What happens if the flu and RSV fuse into a single virus? Now we know.

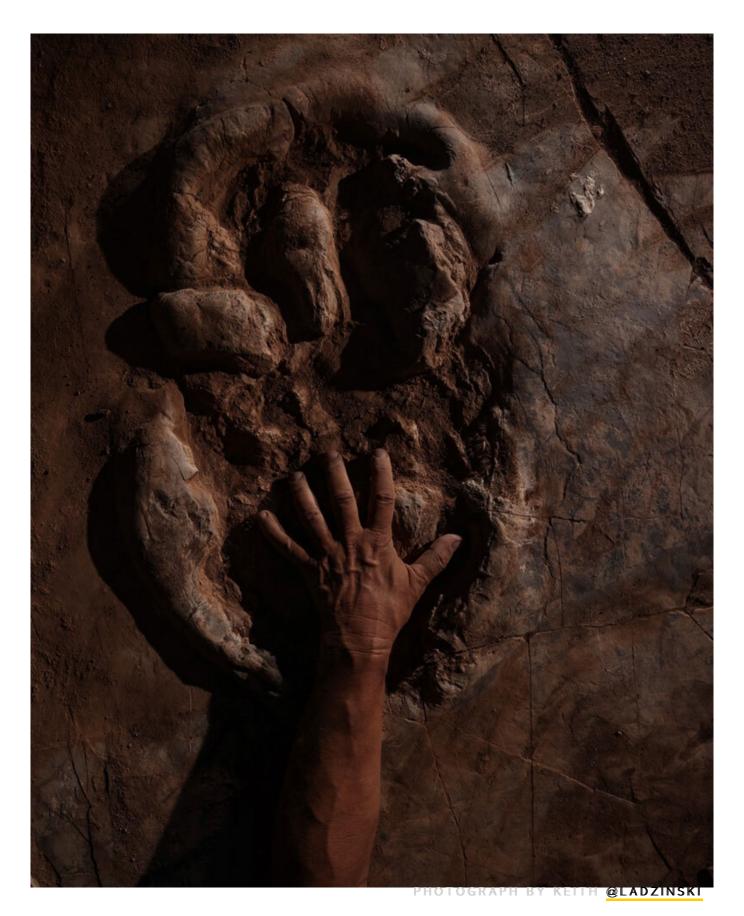
After decades of inaction, the FDA is finally poised to ease limits on gay and bisexual men giving blood

These healthy American diets may add 10 years to your life

What archaeologists have discovered about the real Jesus

Images: How women want to be seen

### PHOTO OF THE DAY



One LARGE step for sauropods: 185 million years ago, a long-necked, plant-

eating behemoth left its mark in the Sahara. In the image above from our Instagram, paleontologist and Nat Geo Explorer **Paul Sereno** lends his hand for scale. Using advanced technology like CT scans and a particle accelerator, scientists have learned more about dinosaurs in the last few decades than in the previous 250 years—from the color of their skin to their social lives, Nat Geo reports.

NEW DINO DISCOVERIES

## IN THE SPOTLIGHT



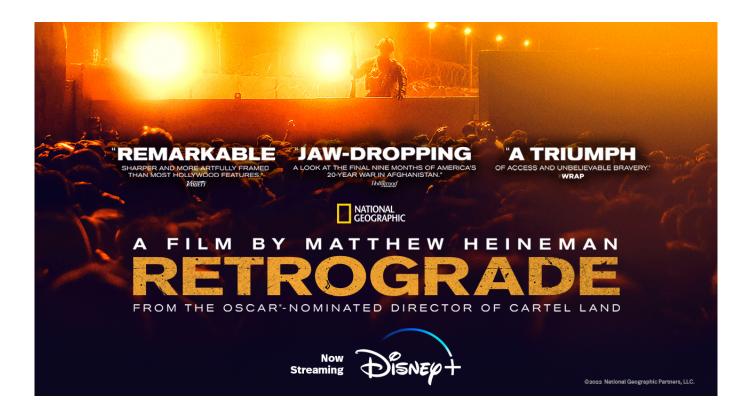
PHOTOGRAPH BY KIANA HAYERI

**New battlefields:** A year after the war ended in Afghanistan, three sons of **Hafiza Omari** (*above*) gathered in a northeastern village. They broke bread and drank tea, even though during the war they were enemies—one had joined the Taliban. Today, they're relieved the war is over but acknowledge new battles on the horizon: widespread hunger, human rights abuses, and limited access to education for girls,

#### Nat Geo reports.

**Related:** The final nine months of the war is captured in <u>*Retrograde*</u>, a documentary premiering today on Disney+

A WOMAN AND HER FAMILY



### LAST GLIMPSE



PHOTOGRAPH BY MARCUS WESTBERG

**The geography of bliss:** Nobody's happy if a vacation site is packed with tourists, even a remote Himalayan kingdom known for happiness. That's why Bhutan <u>built a</u> <u>stunning trail</u> through less-traveled beauty—dense forests (*above*), ancient fortresses, and terraced rice paddies. One word: Ah!



Today's soundtrack: Overcome by Happiness, by the Pernice Brothers

This newsletter has been curated and edited by David Beard, Sydney Combs, Mallory Benedict, and Jen Tse. Have a great weekend!



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