

Recipe of the month

Strawberry-Rhubarb Pops

3 cups chopped fresh or frozen rhubarb (½ inch)
1/4 cup sugar
3 tablespoons water
1 cup strawberry yogurt
½ cup unsweetened applesauce

1/4 cup finely chopped fresh strawberries
2 drops red food colouring, optional
8 freezer pop molds or 8 paper cups (3 ounces each and wooden pop sticks)

Prep: 10 min. + freezing Cook: 15 min. + cooling
Yield: 8 pops

- Place rhubarb, sugar and water in a large saucepan; bring to a boil. Reduce heat; simmer, uncovered, until thick and blended, 10-15 minutes. Remove 3/4 cup mixture to a bowl; cool completely. (Save remaining rhubarb for another use.)
- Add yogurt, applesauce and strawberries to bowl; stir until blended. If desired, tint with food colouring. Fill each mold or cup with about 1/4 cup rhubarb mixture. Top molds with holders; top cups with foil and insert sticks through foil. Freeze until firm.

Source: <https://www.tasteofhome.com>

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Everybody's Talking

Grilled gold: If a grilled cheese sandwich needs to be ordered two days in advance, chances are good that it's not a normal grilled cheese sandwich. A restaurant in New York City (U.S.) called Serendipity 3 sells its "Quintessential Grilled Cheese Sandwich" for a whopping \$214 (USD). The reason for the high price is the amazing ingredients in what otherwise would be standard fare at a lunch joint. The restaurant uses bread that has champagne and edible gold flakes baked into it. The cheese is a rare Italian type called cacioavallo podolico, which is savory and complex. The dipping sauce served with the sandwich is South African Lobster Tomato Bisque. Mmmm!

Art alternative: A business in Japan lets people rent paintings for as long or short a period as desired. Called Casie, the service has become popular, especially for people who cannot afford to buy expensive works of art. Instead, they can pay by the month to have a painting in their home or office, and they can change it when they get tired of it, or if they want to seasonally alter their décor. The founder of the company, Sho Fujimoto, got the idea from seeing his artist father struggle to make a living selling his art. He figured that by offering paintings for rent, both the renter and the artist would benefit. Casie delivers the paintings to the renter's doorstep.

Not just a babysitter: Parents who want to hire a nanny to look after their children might want to consider a graduate of Norland College in Bath, England. One word of warning: these nannies cost a lot of money—somewhere in the vicinity of £78,000 or more per year—because of the special training they receive. Norland College began in the late 1800s, at a time when there was little to no official training for childcare providers. The high-quality education continues today; graduates are capable of teaching manners, various languages, and athletic pursuits, and they do all this with loving affection, in a fair, firm way. Norland nannies often find jobs with wealthy, well-known families.

Clear and blue: Anyone who wants to visit a lake with clear water should consider New Zealand's Blue Lake. Located in the Nelson Lakes National Park conservation area on the country's South Island, Blue Lake is said to have the clearest water of any freshwater lake in the world. The Maori name is Rotomairewhenua, meaning "Lake of Peaceful Lands." Its spring-fed water is naturally filtered through a dam formed by a landslide, so particles suspended in the water get filtered out as they pass through. Like other mountain lakes with clear water, this one has a beautiful blue hue, hence its English name.

Quoteable Quotes

"Every day we choose who we are by how we define ourselves." —Angelina Jolie

"To live happily with other people, ask of them only what they can give." —Tristan Bernard

What's Happening

Jul 22 to 24-Grove Rotary Ribfest Free to attend and fun for the whole family. BBQ ribs, food trucks, live music, family fair, car show, skateboard, scooter BMX competitions Central Park on King St. in Spruce Grove. Fri 3 PM - 10 PM, Sat Sun 10 AM - 10 PM. www.sgrifest.com

July 29 to 31-The award winning Blueberry Bluegrass Festival back. The biggest bluegrass festival in Canada July 29 - 31 in Stony Plain. Terrific music on an outdoor stage and two indoors stages. On-site camping, parkin' lot pickin', workshops, and plenty of jamming. Bring the whole family. blueberryblugrass.com

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Trivia

1. Where is the easternmost point of the famous U.S. Rt. 66?
2. What year did the first Barbie doll debut?
3. Who is the author of the novel Alaska?
4. What battle did Napoleon fight on Sunday, June 18, 1815?
5. A baby alpaca is called what?

(Flip bottom of page for answers)
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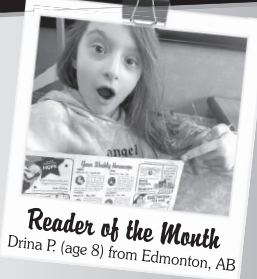
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Your Weekly Horoscope

ARIES

(March 21 - April 20)



You may be feeling even more ambitious than usual. Look for a hidden gem of an opportunity that, along with hard work and a little luck, may allow you to succeed. Lucky numbers: 12, 19, 34, 35, 37, 45.

TAURUS

(April 21 - May 21)



Those born under the sign of the bull value the stability of the known. Now, however, there may be a potential to develop the ability to be open to seeing new possibilities. Lucky numbers: 3, 4, 8, 41, 46, 48.

GEMINI

(May 22 - June 21)



Have your relationships recently been based more on intellect than on feeling? You may be entering a period where this dynamic could shift to a more intuitive and emotional bent. Lucky numbers: 10, 17, 23, 32, 44, 47.

CANCER

(June 22 - July 22)



During the middle of this week, you may receive practical information that could aid you in accomplishing your objectives. The potential also exists for you to improve communications with others. Lucky numbers: 9, 13, 16, 18, 21, 43.

LEO

(July 23 - Aug. 23)



Are you in a phase where hard work doesn't bring rewards? Perhaps a better course would be acting from what you feel, rather than from what you think you should want. Lucky numbers: 8, 15, 17, 31, 33, 46.

VIRGO

(Aug. 24 - Sept. 23)



Virgos sometimes pursue a fruitless search for a perfect job, partner, and so forth. You may be entering a period that heightens your long-term efforts to develop more empathy toward yourself and others. Lucky numbers: 13, 19, 21, 27, 34, 41.

LIBRA

(Sept. 24 - Oct. 23)



Libras value smooth relationships, sometimes to the detriment of achieving their own goals. But your ambitions may be highlighted right now. Try to carefully weigh the pros and cons of potential endeavours. Lucky numbers: 6, 18, 23, 29, 31, 36.

SCORPIO

(Oct. 24 - Nov. 22)



Scorpios often have an uncanny ability to see the underlying truth in people and circumstances. Right now you may want to weigh the risks of acting on any unexpected information you might receive. Lucky numbers: 1, 11, 20, 24, 44, 47.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Enthusiasm and optimism are hallmarks of Sagittarius. At the start of the week, these traits may be highlighted, perhaps giving you the opportunity to dissipate any obstacles in your current situation. Lucky numbers: 14, 15, 31, 32, 40, 43.

CAPRICORN

(Dec. 22 - Jan. 20)



The beginning of the week includes a potential to bring current projects to completion. However, you may need to adjust your viewpoint regarding new items on the horizon. Lucky numbers: 17, 23, 30, 33, 35, 42.

AQUARIUS

(Jan. 21 - Feb. 19)



An ability to quickly glean and process information in one's environment is a common Aquarius trait. The question now is this: toward what endeavour do you want to apply this knowledge? Lucky numbers: 4, 12, 22, 26, 31, 44.

PISCES

(Feb. 20 - March 20)



You may find that your Pisces empathy is enhanced right now. If this energy starts to become an emotional burden, how can you focus it instead on your spiritual development? Lucky numbers: 7, 10, 33, 39, 43, 48.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 15.

Did You Know...

Night vision: Vitamin A in carrots is good for eye health, but doesn't improve night vision. To get people to eat more carrots due to a surplus during World War II, the United Kingdom Ministry of Food claimed consuming carrots improved pilots' night vision.

Bridge city: Venice, Italy, is known by several names, including City of Canals, Floating City, and City of Bridges. At least 400 bridges crisscross its canals. The widest is the stone arch Rialto Bridge. With footpaths and a striking view, it measures 22.9 metres (75 ft.) wide.

Funny ears: Grasshoppers' ears aren't on their heads, but on their bellies. Auditory organs encased in membranes are located on either side of a grasshopper's abdomen, tucked under their wings, where they vibrate in response to sound waves.

Lots of letters: English speakers and writers need to know 26 letters in the alphabet, but people using the Cambodian language must learn many more. The Khmer alphabet has 74 letters, the most of any language in the world.

Hiking surprise: In 1991, German hikers exploring the Similaun Glacier in the Alps discovered the mummified body of an estimated 5,300-year-old man. The Iceman, dubbed "Ötzi" for the area of the Alps where he was found, was very well preserved.

On the Lighter Side

Knock! Knock! Who's there? Rhoda. Rhoda who? Rhoda horse all the way through town.

What kind of train do ballerinas ride? A tutu train.

A ship wrecked while carrying red paint. It marooned all the sailors.

Customer: "Waiter, what is this insect in my soup?"
 Waiter: "I wish you wouldn't ask me. I don't know one bug from another."

Why did the cucumber need a lawyer? It was in a pickle.

Answers

Trivia answers: 1. Waterloo 5. Chia 4. Waterloo 5. Chia

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