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Recipe of the month

Strawberry-Rhubarb Pops

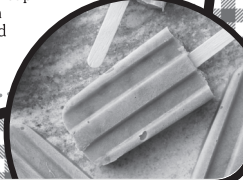
3 cups chopped fresh or frozen rhubarb (½ inch)
1/4 cup sugar
3 tablespoons water
1 cup strawberry yogurt
½ cup unsweetened applesauce

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

1 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.)
2 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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Reader of the Month
Drina P. (age 8) from Edmonton, AB

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Everybody's Talking

Home for bees: Bees are important to the environment because they are pollinators. In China, where the native bee population is in danger, a special bee sanctuary exists. It's in the Shennongjia Nature Reserve in the central part of the country, where a steep cliff accommodates about 700 wooden boxes that the bees use as their hives. Beekeepers tending to the boxes must also use them as steps to reach the hives further up. To access the topmost hives, the keepers use ropes. The steep cliff is an ideal spot because it is inaccessible to bears. The area has diverse flora, as well, so the bees have many places to forage for pollen.

Tear-down project: Folks in the town of Blumberg, Germany, had better be sure to pay their contractor, at least if the contractor is someone known as Matija P. While building an apartment block, this fellow had run into problems getting the developer to pay for his work. Instead of taking the issue to court, Matija P. hopped onto a huge excavator and started dismantling the very facade he'd just finished building! In the process, he damaged about 30 apartments that tenants were about to occupy. The contractor stopped his act of destruction when the excavator broke down. Later, he turned himself in to police. He is likely to be fined and will possibly end up in jail.

Not a doctor: A teacher at Shude University of Science and Technology in Taiwan is not just a good teacher, he's good at drawing, too. Zhong Quanbin uses chalk and a ruler to produce amazingly detailed blackboard drawings of parts of the body: eyes, skeletons, muscles, and more. Although not a doctor, nor even interested in becoming one, Zhong Quanbin's skill in art brought him so much attention that he was hired at the university to teach medical students how to draw anatomically correct body parts from different angles. The name of the course he teaches is "Anatomy Illustrations and Drawing Skills."

Exam fraud: Those who want to graduate from high school need to write their own exams. A young couple in Diourbel, Senegal, learned this the hard way. Khadim Mboup dressed up as a woman and attempted to write high school graduation exams on behalf of his girlfriend, Gangué Dioum. Mboup wore a dress, wig, scarf, and earrings, and he put on makeup, too. Unfortunately for the couple, an exam supervisor became suspicious and called the police. Mboup had no choice but to confess to his actions, explaining that he did it to help Dioum, who isn't fluent in English. The couple may now be barred from taking the exam for five years.

Quoteable Quotes

"Life is the game that must be played." —Edwin Arlington Robinson
"Justice is a machine that, when someone has once given it the starting push, rolls on of itself." —John Galsworthy

What's Happening

July 16 to 17- Cold Lake Air Show a not-to-be-missed event of the summer, kicking off with the Full Throttle Festival on Friday, July 15th, which will showcase family activities, live entertainment, beer gardens, and a fly past. CFB Cold Lake. www.coldlakeairshow.com for more info

Aug 11 to 14 - Extreme Mudfest Extreme Mudfest is a 4-day mud and music festival located in Cold Lake Alberta, Canada. In addition to nightly performers, we bring you a beer fest, Slow-pitch soft ball tournament, Extreme MudRun, and of course lots of Mud! 825 459-7645

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4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

Trivia

1. Which U.S. National Park was designated first—Yellowstone, Glacier, or Acadia?
2. On the periodic table, this element has the symbol Au.
3. For what city's team did Hank Aaron first play Major League Baseball?
4. Sherlock Holmes lived at this address
5. Who designed the glass pyramid outside of the Louvre Museum in Paris?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES (March 21 - April 20)

This may be a period in which luck and optimism could heighten your ability to break through obstacles. Try not to let self-doubt about past events get in the way. Lucky numbers: 4, 15, 28, 32, 40, 47.

TAURUS (April 21 - May 21)

Are you feeling rebellious and looking to break free of restrictions that may keep you from achieving your purpose? The middle of the week could bring a calm moment to reevaluate the situation. Lucky numbers: 5, 9, 21, 27, 31, 35.

GEMINI (May 22 - June 21)

At the end of the week, your mind may be particularly quick and sharp. You might receive many insights, so try to be conscious of using them in a positive manner. Lucky numbers: 8, 11, 18, 33, 38, 44.

CANCER (June 22 - July 22)

Your natural empathy may be heightened. If you use it to nurture yourself and others, be careful about sharing too much with those who could take advantage of your giving nature. Lucky numbers: 9, 14, 15, 17, 32, 36.

LEO (July 23 - Aug. 23)

This month, the Sun is returning to the position of your birth. This may provide an opportunity to initiate a new phase. Try to look for opportunities to exercise your leadership abilities. Lucky numbers: 1, 9, 10, 27, 29, 30.

VIRGO (Aug. 24 - Sept. 23)

Are you feeling opposition to your goals in life? If so, you may want to consider setting aside your personal priorities and reaching for a higher level of service to others. Lucky numbers: 13, 14, 22, 23, 45, 46.

LIBRA (Sept. 24 - Oct. 23)

For the next few weeks, you may be feeling a loss of confidence. Being kind to yourself could help you to successfully navigate this period while waiting for the situation to improve. Lucky numbers: 17, 21, 28, 30, 39, 43.

SCORPIO (Oct. 24 - Nov. 22)

Scorpios often have the hard task of seeing hidden truths about people. The energy this week may help you initiate a positive response with others, if you choose to pursue it. Lucky numbers: 3, 5, 6, 8, 10, 18.

SAGITTARIUS (Nov. 23 - Dec. 21)

Right now you may feel that your big Sagittarius heart is out of sync with your thoughts. If you wait a few days, the lack of equilibrium within you may pass. Lucky numbers: 7, 13, 14, 23, 39, 41.

CAPRICORN (Dec. 22 - Jan. 20)

You might be continuing through a period of long-term transformation. You may want to gently release what you no longer need, in order to encourage a new sense of self. Lucky numbers: 2, 12, 24, 27, 28, 39.

AQUARIUS (Jan. 21 - Feb. 19)

Many Aquarians find comfort in maintaining an emotionally detached view. Right now you may feel that this tendency is being tested, and you may no longer be certain about who you are. Lucky numbers: 6, 13, 15, 18, 26, 38.

PISCES (Feb. 20 - March 20)

You may find yourself idealizing your partner or looking for an ideal one. You might benefit from the idea that each partner supports the other's purpose, rather than being their purpose. Lucky numbers: 12, 13, 17, 19, 22, 35.

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

Did You Know...

Common critter: Squirrels seem to be everywhere. Scientists have identified close to 290 species of the critters, and they can be found filling their tummies on just about every continent. They can eat their own body weight during a week.

Higher court: The U.S. Supreme Court may be the highest court in the land, but literally one floor above it is a basketball court. This 1940s workout area has backboards and baskets, which were installed later. It's a high court indeed!

Rockin' eaters: Termites eat wood, and they choose which pieces to eat based on vibrations they detect. One study found that rock music causes vibrations that attract termites to pieces of wood that are easier to eat.

Wig-wearer: Sean Connery shot to fame as the movie character James Bond. The handsome actor wore a wig on screen because in real life he had begun losing his hair at age 21. His hairline continued to recede into his 30s and resulted in early baldness for the actor.

Raining fish: It doesn't rain "cats and dogs," but in May or June of each year, it does rain fish in Yoro, Honduras. Scientists believe the fish are possibly carried into town by heavy rainstorms, flash floods, or water tornadoes.

On the Lighter Side

Jean: "I've been skiing since I was 5 years old."
Ron: "You must be really tired!"

What do you call an elephant in a phone booth? Stuck.

Knock! Knock! Who's there? Freddy. Freddy who? Freddy or not, here I come.

I had to quit my job at the shoe recycling factory. It was sole destroying.

There once was a banker who could no longer ride a bicycle. He lost his balance.

Answers

Trivia answers: 1. Yellowstone 2. Gold 3. Milwaukee 4. 221B Baker St., London 5. I.M. Pei

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