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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>

Everybody's Talking

Great big worm: Most people have seen a robin plucking an earthworm from the ground. Those worms are not usually very long. But there is a region in Australia where the earthworms are so big that a robin would have difficulty catching one for dinner. Called Giant Gippsland Earthworms, these squiggly creatures are now found only around south and west Gippsland, in the state of Victoria. They can grow to be as long as two meters (6.6 ft.) in length. They are elusive, living in underground burrows, only appearing on the surface during times of heavy rain. It is thought that these worms live to be 10 to even 20 years old.

Narrow city: Yanjin, in China's Yunnan Province, sits along both sides of the Nanxi River. What's spectacular about this city is its narrowness. On both sides of the Nanxi are rocky cliffs that drop to the water, with steep mountains behind, leaving very little land upon which to build. However, structures have been erected; many are numerous stories high. These buildings commonly have stilts at their bases to protect them from rising river waters. The city is only 30 meters (98 ft.) at its narrowest point, and about 300 meters (985 ft.) at the widest part. Only one main road goes along the river on either side; the city stretches alongside for many kilometers, but with few bridges.

Real-life hermit: A Serbian man named Panta Petrovic got tired of living a normal life in the city, where money was king and material possessions were important. So, over 15 years ago, he retreated from city life and started living as a hermit. For part of the year, he lives in a hidden cave, and for the other part, he stays in a tree house. Petrovic lives simply, sleeping on the ground and bathing in the river. He shares his life with many pets, including dogs, cats, and ducks, and he even has a wild boar named Mara whom he acquired as a piglet. He is well known in the area, and local folk occasionally come to visit, bringing food for the animals.

Spidermania: People who love tattoos have lots of options for designs: flowers, birds, celebrity faces, skulls, and crossbones. The choices are endless. But Jesse Garcia, a tattoo artist in Los Angeles, California (U.S.), specializes in inking black widow spiders onto his clients' skin. These tattoo spiders are extremely realistic, have a 3D element to them, and look like they are actually sitting on the person's arm, shoulder, or leg. On many of his designs, Garcia will add a web as well. It may not be for everyone, especially those who are afraid of spiders. But for those who want an attention-getting tattoo, Garcia's studio may be the place to consider.

Quoteable Quotes

"Step by step the ladder is ascended." —George Herbert
"Oh, it's nice to get up in the mornin',
But it's nicer to lie in bed." —Sir Harry Lauder

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. In military lingo, what does the acronym MASH stand for?
2. The hottest planet in our solar system is Venus, Jupiter, or Neptune?
3. May Day is celebrated on what day?
4. This is the longest golf club in a golf set.
5. The state flower of Wisconsin (U.S.) is the wood violet, daisy, or buttercup?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES

(March 21 - April 20)



You may be entering a period with a possible opportunity to heal a past wound. You might want to resolve this issue now, before striking out

into new territory. Lucky numbers: 2, 31, 36, 40, 41, 47.

TAURUS

(April 21 - May 21)



This week you may find that the pace of activity in your day-to-day routine significantly increases. If you dig in, you might find the energy to successfully

work through this period. Lucky numbers: 3, 8, 13, 22, 26, 28.

GEMINI

(May 22 - June 21)



Try looking for an opportunity to express yourself in a new way. This may allow you to show others your ability to create progress on an issue of great importance to you. Lucky numbers: 5, 10, 17, 40, 41, 46.

CANCER

(June 22 - July 22)



You may find that your emotions are heightened this week, and they could provide insights to you. You might want to wait until these feelings pass

before you take action. Lucky numbers: 9, 11, 15, 24, 41, 42.

LEO

(July 23 - Aug. 23)



This week holds the potential for you to enter a new phase of your life. Try to look for an opportunity to do so, but be careful not to overreach in risk taking. Lucky numbers: 6, 8, 9, 25, 30, 35.

VIRGO

(Aug. 24 - Sept. 23)



Are you encountering opposition from your partner? If you look to a past issue, you might find the source of the problem. This information could point the way to a solution. Lucky numbers: 8, 11, 15, 20, 36, 41.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 17.

Did You Know...

Nose print: Humans leave fingerprints on everything they touch, and because these are unique, fingerprints can be used to identify people. A dog's nose print is the same: its lines and patterns can be used to prove the canine's identity.

Tasty stamps: In 2013, Belgium issued a half million stamps with glue that smelled and tasted like chocolate. This was not a surprising move, since Belgium is known for producing some of the world's most delicious chocolate.

Soothing gel: The houseplant aloe vera can be used to heal scrapes and burns. A gel found inside the fleshy leaves of this succulent can be used as an ointment. Aloe vera plants are easy to care for.

Ticklish situation: Humans can have many types of phobias. One type is pteronophobia, which is the fear of feathers or of being tickled by feathers. Merely thinking of the possibility of such a thing can cause someone with the phobia to feel anxious.

Skinny house: A one-time hat shop is now billed as the skinniest house in London, England. Its 96 square metres (1,034 sq. ft.) have three bedrooms and one bathroom. The catch is that most of the five-story house is only 1.8 metres (6 ft.) wide.

On the Lighter Side

Why couldn't the Tin Man join in the card game? They were playing Hearts.

Knock! Knock! Who's there? Butter. Butter who? Butter late than never.

Why couldn't the sailors play cards? Because they were standing on the deck.

Veterinarian: "Has your dog ever had fleas?"
Child: "No, only puppies."

Being kissed by a vampire is a real pain in the neck.

Answers

Trivia answers: 1. Mobile Army Surgical Unit 2. Venus 3. May 1 4. Driver 5. Wood violet

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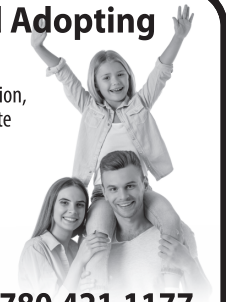
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