


Strawberry Frozen Yogurt



Ingredients

- 1 lb - 1 pound fresh strawberries
- half - lemon, juiced
- 2 - (7 ounce) containers Greek yogurt
- 3/4 cup - white sugar

RECIPE PREPARATION

1. Blend strawberries and lemon juice together in a blender until smooth; refrigerate until cold, about 1 hour.
2. Stir yogurt and sugar into strawberry mixture until well blended and smooth; pour mixture into ice cream machine's container.
3. Freeze according to manufacturer's directions for a soft-serve consistency.

allrecipes.com

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North Central Calgary Edition
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National *Love* is Kind Day



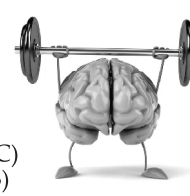
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Everybody's Talking

Dress dilemma: A groom's absentminded mistake led to disaster when he accidentally left his fiancée's \$2,000 (USD) wedding dress on the car roof and then drove away, leaving the dress to fly off the vehicle. Lindel Cain, the bride from Adelaide, Australia, shared the mishap on social media. The couple was retrieving items from a storage unit when the incident occurred. Despite frantic efforts to find the dress, it remained missing. The couple offered a cash reward for its return. But even with such a setback, the bride maintained a sense of humour, seeing the mishap as a future wedding speech anecdote.

Tomato trouble: A Nigerian woman stands on the brink of a potentially lengthy prison sentence for her online critique of a can of tomato puree, of all things. Chioma Okoli shared her discontent online about the excessively sweet taste of the product she purchased. Unexpectedly, her post snowballed, amassing thousands of comments. Despite warnings from someone linked to the food product company, she persisted in complaining online. Consequently, she faced arrest in accordance with Nigeria's cybercrime laws. The company is suing her for significant damages, citing negative impact on their business. In response, Okoli is fighting back, suing both the police and the company.

Exquisite treat: The chocolate made by the To'ak company stands out in the world of fancy sweets, made from rare Nacional cacao found in small parts of Ecuador. Priced at up to \$490 for a mere 50-gram bar, it's not just candy, it's an experience. To'ak sets itself apart by carefully selecting the finest cacao, once believed extinct. This chocolate undergoes a special aging process in wooden barrels, similar to aging fine spirits, giving it exceptional depth. Spices like Cambodian Kampot pepper further enrich its flavour. Although above most people's price point, To'ak's distinct taste makes it a sought-after delicacy for those seeking something extraordinary.

Digital host: Spain's adaptation of the Survivor TV show will feature a unique twist: a segment hosted by Alba Renai, an AI-powered digital influencer. Despite her non-existent physical form, Alba was meticulously created based on feedback from a focus group of 350 young people, ensuring she embodied traits that were likely to resonate with a wide audience. Be a Lion, the team behind Alba, emphasizes the extensive human collaboration in her development. Claiming that no human jobs were lost in the project, they employ 32 people, including AI experts. The emergence of virtual influencers like Alba are sparking discussions on AI's role in entertainment and employment.

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Quoteable Quotes

"Our grand business is not to see what lies dimly at a distance, but to do what lies clearly at hand." —Thomas Carlyle

"Character is much easier kept than recovered." —Thomas Paine

What's Happening

Kidney March 3 Days 100 KM Kananaskis to Calgary Sept 6-8 2024 Walk the farthest you have ever walked and raise the most you have ever raised in the fight against kidney disease and for organ donation. Join us for Kidney March www.kidney.ca

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Trivia

1. A large body of ice that moves over land is called a ____.
2. An earthquake is measured by its depth, magnitude, or location?
3. T/F—The constellation Orion's second brightest star is called Betelgeuse?
4. TACOCAT is an example of a palindrome, imponderable, or paradigm?
5. What is a campanile?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES
(March 20 – April 19)

You may experience
burn out at midweek.
Remember that Aries are
undergoing a long-term
transformation process
that will be in effect for
three more years. Lucky numbers: 7,
12, 19, 31, 32, 47.

TAURUS
(April 20 – May 20)

This weekend may be a
good time for you to
retreat for a couple of
days. Relaxation and
comfort food might be
exactly what you need
right now to recharge. Lucky numbers:
6, 14, 36, 37, 43, 44.

GEMINI
(May 21 – June 20)

Your energy level may be
substantially increased
this week. To what part
of your life should you
apply this boost? Don't
forget self-care as you zip
through this process. Lucky numbers:
8, 9, 25, 30, 38, 42.

CANCER
(June 21 – July 22)

Cancers' deep-felt
emotions aren't always easy
to translate to others.
But the next two weeks
may present an oppor-
tunity to communicate
more precisely when speaking. Lucky
numbers: 12, 19, 24, 31, 33, 43.

LEO
(July 23 – Aug. 22)

The ruling planet of Leo
is the Sun, and it is shin-
ing down on you during
your birthday month.
This is a good time to
set your intentions for
the next year. Lucky numbers: 4, 17,
19, 22, 26, 40.

VIRGO
(Aug. 23 – Sept. 22)

Try to use this week to
nail down details on your
projects, including com-
municating with others.
After that, things may be
a bit chaotic for a couple
of weeks. Lucky numbers: 13, 30, 36,
37, 40, 42.

LIBRA
(Sept. 23 – Oct. 22)

Are you simmering below
the surface about an
issue? Try to find a pos-
itive way to address it, or
the situation could impul-
sively erupt into the open
at midweek. Lucky numbers: 14, 18,
20, 23, 31, 45.

SCORPIO
(Oct. 23 – Nov. 21)

Your intuitive connec-
tion to those around you
may be subdued for a
few days at week's end.
Rather than being dis-
turbed by this dynamic,
can you welcome it as a respite? Lucky
numbers: 1, 14, 16, 18, 19, 23.

SAGITTARIUS
(Nov. 22 – Dec. 21)

Sagittarians often have
a broad, philosophical
worldview. This may not
go over well with others
for the next two weeks.
You might want to retreat
until the dynamic passes. Lucky
numbers: 2, 5, 11, 12, 18, 35.

CAPRICORN
(Dec. 22 – Jan. 19)

In the next couple of
weeks, you may have an
opportunity for your
hard work and discipline
to be rewarded. Just be
sure you read the fine
print of agreements. Lucky numbers:
9, 12, 15, 17, 42, 43.

AQUARIUS
(Jan. 20 – Feb. 18)

You may be in a stale-
mate on how to proceed
with your life. Making a
list of pros and cons
might help give clarity on
adjusting your view of
the situation. Lucky numbers: 5, 11,
23, 25, 26, 42.

PISCES
(Feb. 19 – March 20)

Pisces sometimes are
overwhelmed by their
emotions and those of
others. Now may be a
good time to make an
adjustment that grounds
you in a more joyful attitude. Lucky
numbers: 3, 16, 24, 25, 38, 43.

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

Did You Know...

No relatives: American author Mark Twain was born Samuel Langhorne Clemens in 1835. He married Olivia Langdon, and they had four children. However, the author has no direct descendants living today.

Taking in flavour: Wood ear mushrooms are well known to Chinese cooks. These mushrooms grow on trees and bushes and look a bit like ears. They don't have much flavour, but absorb flavours of the sauces in which they are cooked.

Famous cars: Hollywood has had many famous cars grace its screens, including a Volkswagen Beetle "Herbie" in *Love Bug*, a 1966 Ford Thunderbird convertible in *Thelma & Louise*, and a 1977 Pontiac Firebird Trans Am in *Smokey and the Bandit*.

Canadian citizen: Canada has a population of about 39 million, and that includes Santa Claus. In 2010, the Canadian government affirmed Santa Claus as a Canadian citizen during a special citizenship ceremony in Calgary, Alberta.

Isolated world: The Sentinelese, who inhabit a tiny island in the Bay of Bengal, have lived isolated lives for over 60,000 years. They resist any attempts by authorities or anthropologists to study their culture.

On the Lighter Side

My mom gave some old rope a time-out. It was knotty.
First monster: "Are the monsters in your town ugly?"
Second monster: "Last year we held a beauty contest and no one won."

That poor piece of paper pinned to the wall! It was under a tack.

Knock! Knock! Who's there? Deduct. Deduct who? Deduct said, "Quack! Quack!"

What do you call a knight who just lost a fencing match? A sword loser.

Answers
1. Glacier 2. Magnitude 3. True
4. Palindrome 5. Free-standing bell tower

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