



Refreshing Watermelon Pops!

Upcoming Events

South Surrey Festival & Safety Fair

Celebrate the multicultural community we live in!

Take part in this free family event, presented in partnership with the Surrey RCMP.

- Artisans / Live Entertainment / Dancers
- Multicultural Food Fair
- Kids Bike Safety and Rodeo

Location: Bakerview Park - 1845 154th Street

Time: 11:00 AM - 3:00 PM

Fusion Festival

The ultimate celebration of Canadian culture, Surrey's Fusion Festival brings together more than 40 distinct cultural and community groups. Our live entertainment, food pavilions and interactive cultural activities will keep you busy throughout the weekend.

Location: Holland Park

Time: 11:00 AM - 8:00 PM

Amazing Farm Scavenger Hunt

Bring a picnic to the Historic Stewart Farm and put your family's knowledge to the test as you work as a team to identify Surrey's heritage in its birds, trees, plants, buildings and farm activities

Location: Historic Stewart Farm, 13723 Crescent Road

Time: Noon - 3:00 PM

Discovery Saturday: Ukrainian Spirit

Learn about Ukrainian culture and the history of Ukrainian immigrants in Surrey. Listen to live Ukrainian music and get creative with Ukrainian crafts.

Location: Surrey Museum, 17710 - 56A Avenue

Time: 1:00 PM - 4:00 PM

Ingredients:

- 1 cup granulated white sugar, divided
- 1 package (3-ounce) lime flavor gelatin
- 2 cups boiling water, divided
- Ice cubes
- 1 cup cold water, divided
- 1 package (3-ounce) strawberry flavor gelatin
- 3 Tablespoons miniature semi-sweet chocolate chips
- 4 ounces (½ package) cream cheese, softened
- 1½ cups thawed non-dairy whipped topping
- 16 paper cups (3-ounce each size)
- 16 wooden popsicle sticks

Directions:

Mix 1/3 cup granulated white sugar and lime gelatin mix in medium bowl. Add 1 cup boiling water; stir 2 minutes until completely dissolved. Add enough ice to ½ cup cold water to measure ¾ cup. Add to lime gelatin; stir until ice is completely melted. Refrigerate 25 minutes.

Meanwhile, repeat step 1 using strawberry gelatin mix and omitting the refrigeration step. Pour into each of sixteen 3-ounce paper cups. Freeze 20 minutes. Stir ½ teaspoon miniature chocolate chips into gelatin in each cup.

Beat cream cheese and remaining sugar with mixer in medium bowl until well blended. Stir in non-dairy whipped topping and spread over gelatin in cups.

Pour lime gelatin over cream cheese mixture. Insert wooden pop stick into gelatin in center of each cup. Freeze 3 hours or until firm. Remove pops from cups just before serving.

Yield: 16 watermelon pops



All young people experience learning losses when they do not engage in educational activities during the summer!



MOLLY MDMA ECSTASY



Molly is another name for MDMA. MDMA is manmade—similar to the stimulant methamphetamine. It's commonly used at dance clubs and concerts, and can make people feel like they have more energy and less fear. But the myths about MDMA being pure and safe are definitely not true.

Let us introduce you to the *real Molly*.

- ◆ **Molly Is Often Mixed Up:** MDMA is a synthetic drug, meaning that it's made of chemicals. It comes in colorful pills, tablets, or capsules that sometimes have cartoon-like images on them. Sometimes each pill, or batch of pills, can have different combinations of substances in the mix and cause unknown consequences.
- ◆ **Molly Makes You Hyper:** People who use MDMA might feel very alert, or "hyper." But MDMA can also cause muscle cramping, nausea, blurred vision, increased heart rate and blood pressure—and in rare cases, hyperthermia and even death.
- ◆ **Molly Can Depress You:** Potential side effects of MDMA include feelings of sadness, anxiety, depression, and memory difficulties. These can last for several days to a week (or longer in people who use it regularly).
- ◆ **Molly Is Dangerous!** MDMA can be extremely dangerous in high doses—increasing the risk of seizures and compromising the heart's ability to maintain its normal rhythms. A study in animals showed that exposure to high doses of MDMA for 4 days produced brain damage that could still be seen 6 to 7 years later.

Ecstasy and MDMA Use Is Rising

Despite these harmful consequences, NIDA's Monitoring the Future study shows that past-year Ecstasy use is up significantly among college students and young adults age 19–28. Another report shows that emergency room visits related to Ecstasy increased nearly 123% from 2004 to 2009; two-thirds of these visits involved 18–29 year olds. This is troubling news, since we're still

Marijuana: Facts about Cannabis

Marijuana is a combination of shredded leaves, stems and flower buds of the Cannabis sativa plant. Also called "pot," "weed," "grass," "ganja," and other slang terms, marijuana is the most commonly used illegal drug, according to the National Institute on Drug Abuse. Using marijuana comes with several health risks, as well as potential legal consequences.

Effects of Marijuana

Marijuana is usually smoked, but it can also be eaten, mixed with food or brewed as a tea. Marijuana can induce euphoria and hallucinations, relieve pain and ease nausea. It can reduce anxiety, but it can also create anxiety. Marijuana increases a person's heart rate shortly after use, which is a risk for certain heart conditions. The drug can interfere with memory and learning for days, or even weeks, after the initial high. The effects of marijuana on an individual may depend on the strength of the marijuana and how they used the drug. The Cannabis plant contains more than 400 chemicals, including tetrahydrocannabinol, better known as THC, which has psychoactive — or mind-altering — properties. The flowering parts of Cannabis also produce a resin, called hashish, which has the highest concentration of psychoactive compounds.



Effects on Life

Research clearly demonstrates that marijuana has the potential to cause problems in daily life or make a person's existing problems worse. In fact, heavy marijuana users generally report lower life satisfaction, poorer mental and physical health, relationship problems, and less academic and career success compared to their peers who came from similar backgrounds. For example, marijuana use is associated with a higher likelihood of dropping out of school. Several studies also associate workers' marijuana smoking with increased absences, tardiness, accidents, workers' compensation claims, and job turnover.



Marijuana and Driving

Because it seriously impairs judgment and motor coordination, marijuana also contributes to accidents while driving. A recent analysis of data from several studies found that marijuana use more than doubles a driver's risk of being in an accident. Further, the combination of marijuana and alcohol is worse than either substance alone.





France, is a republic, with a written constitution and home to more than 60 million people. The history of France is complicated, with frontiers that continually changed, invasions and wars with the neighbours and migrations of populations to and from various countries. The country changed in shape and size through the centuries and even the capital changed locations.

France has 6000 species of plant life (200 specific to France) and they make 365 different sorts of cheese - one for every day of the year!

France saw more than 76 million overseas visitors in 2003, making it the top tourist destination in the world! Tourists stayed in 19,912 hotels, and visited France's 3,900; 12 million visitors come every year to the Louvre, Musée d'Orsay and Versailles alone!

LA TOUR EIFFEL

Located on the Champ de Mars in Paris, France, the Eiffel Tower is one of the most well known structures in the world.

- The Eiffel Tower was originally built as the entrance arch for the World's Fair in 1889.
- It is named after Gustave Eiffel, whose company was in charge of the project.
- The Eiffel Tower is 320 metres (1050 feet) in height and was the tallest man made structure in the world for 41 years before being surpassed by the Chrysler Building in New York.
- The Eiffel Tower is made of iron and weighs around 10000 tonnes.
- Around 50 tonnes of paint are added to the Eiffel Tower every 7 years to protect it from rust.
- Millions of people climb the Eiffel Tower every year and it has had over 250 million visitors since its opening.
- Visitors can climb up stairs to the first two levels or take a lift which also has access to the third and highest level.
- Being so popular, the Eiffel Tower design has been recreated around the world, including the half scale replica at the Paris Las Vegas Hotel in Nevada, USA and the full scale Tokyo Tower.



5 Tips for Summer Safety

- **Stock up on sunscreen and bug spray** - Unfortunately, along with the warm summer months comes sunburns and those pesky little bloodsuckers!
- **Water Safety** – Did you know it take only a few unattended moments and a couple of tablespoons of water for a child to drown? Sadly, drowning happens all too often in BC and in most cases it could've been prevented!
- **Stay Hydrated** – Our bodies are made up of 70% water and if you are planning on being out in the hot sun you need to make sure you drink plenty of water. Make sure you drink at least 8 or more glasses of water and keep a few sports drinks around as they replenish electrolytes and contain carbohydrates that can prevent sugar levels from dropping.
- **Weather Updates** – Check the weather before you head out for the day, if there's a forecast of afternoon thunderstorms you might want to make your plans for earlier in the day and then maybe do a movie or indoor activity in the afternoon. Download a weather app to your smart phone to keep track of impending weather while you're out and about.
- **Medications** – Make sure you have a plan to take your medication whenever it is needed!



Foods rich in antioxidants can protect against skin cancer: olive oil, fruits (berries especially), vegetables and nuts.

Source: American Academy of Dermatology.

