

Lifestyle

Cocktail of the week: Dark 'n' Stormy

by Myra Hester
Staff Photographer

For the moment, the day may be bright, but a patch of dark clouds looms in the distance. The air feels heavy with anticipation. An ominous silence falls all around us. Then the wind catches fire just before the storm breaks open the sky. The mood is overwhelmingly tense. The first rain drops come as a relief.

The shift in barometric pressure, coupled with the inevitable stress this time of the year brings, often has us reaching for some kind of reprieve. The dark 'n' stormy will lighten your mood. The dark 'n' stormy looks deceptively simple, but the bubbly drink has a uniquely effervescent quality about it. The combination of sugary dark rum with the signature snap of ginger ale makes this drink taste bittersweet.

There are a variety of ginger brews available in Asheville. If you want something extra spicy, try Blenheims ginger ale, which comes in medium or hot varieties. You could also use flavored ale, like raspberry, for an extra kick.

Ingredients:

- 1 ounce Dark Rum
- 8-ounce bottle of spicy ginger ale
- Lime wedge

Instructions:

Pour the rum and ginger ale into a tall glass, fill with ice and stir. Garnish with a wedge of lime. Unfurl your brow, relax and enjoy.

"It tastes like a yummy glass of ginger ale with a dash of hot sauce," said undeclared freshman Cassie Coleman. "I think this will be my new summer cocktail."



MYRA HESTER/STAFF PHOTOGRAPHER

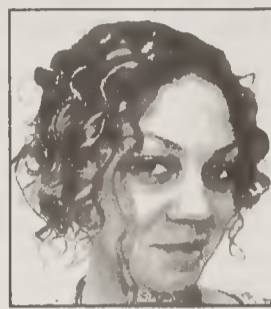
Cassie Coleman, freshman, relaxes with the dark 'n' stormy, to celebrate the end of the semester.

Alcohol should not be consumed by those under 21. Drink responsibly, and don't do it in the dorms!

ASTROLOGY

Supersized scopes for the road

by Sara House



I know most of you don't actually read this appetizer part of the column. I know you probably leave the Astrology a little hungry for more main course. So, in honor of my last column in *The Blue Banner*, I packed in a few extra astrological calories to beef you up for the road. I have thoroughly enjoyed being the Madame of the Stars for UNCA and wish you all the best in both the summer and life.

Aries (March 21- April 19)
Love is in the air for you, Aries. Summer promises to bring you into the cloudy, heady fog known as romance. Although you tend to fall in love easily, you may have been cruising along solo recently. Alas, no more. However, there may be a rough spot ahead toward the end of June. Just stay true and it will smooth itself and you will be smooth sailing again shortly. Watch your money this summer as you are prone to spending the hell out it without much forethought. Bad, Aries. Bad.

Taurus (April 20- May 20)
Beginning in August, you will embark on a journey that will produce fantastic results. Your hard work is, however, a prerequisite to this fine time. There is a strong light at the end of what has, at times, seemed like a dark tunnel. Be patient and focus on the vehicle that will get you there by taking care of your health with great attention to detail. You are going to need all your strength as you gear up for settling down and making home a very real place.

Gemini (May 21- June 21)
A couple of weeks ago, I suggested you focus on love as an unconditional and blessed concept. If you were a good Gemini and you worked on your mantra, you should be feeling the effects of that splendid transformation right about now. Something inside of you is growing and spreading around, and it isn't a disease. Wrap up in the beauty that continues to flood your summer days when seen through your new eyes.

Cancer (June 22- July 22)
If you think it, it will come. The power of your Cancer mind is a force to be reckoned with. Do not ignore the ways in which you shape your existence. This is especially relevant when you begin to feel that you are not going to succeed in some way. You believe it into being. Don't do that! Your recent times with friends and loved ones has helped you to cope with some personal frowns so far this year. Give back by thinking your happiness into being.

Leo (July 23- Aug. 23)
Listen, young Leo grasshopper, you must give yourself to some serious teaching. You are about to get schooled. I don't mean that in a hand-in-your-face kind of way. It's more like your mind, body, soul and such are about to go on an inner journey that promises to teach you some very valuable lessons about you and how you fit into the picture of the world. Sounds cool, huh?

Virgo (Aug. 24- Sept. 22)
You may be experiencing a feeling of unsettledness. There's nothing you Virgos hate more than uncertainty and confusion. However, if you can weather through it, you will experience a renewed sense of self worth that others are sure to pick up on and reward. This could mean a promotion or a financial pick-me-up.

Libra (Sept. 23- Oct. 22)
You've been going through a rough patch lately, but the good news is that it's almost over. After wearing your heart on your pretty sleeves, you will regain some of the self-confidence you thought had withered in the last few weeks. In the end, your love life and your self-starring role in the production of your life will get kudos.

Scorpio (Oct. 23- Nov. 21)
You are up for some personal renewal and life changes, but you better get cracking. You would do well to form a plan of attack that will come to a finish by the end of July. So, use your summer wisely and don't while away the days next to the pool with a great book on reincarnation. Get yourself reborn through outward practice and careful plotting.

Sagittarius (Nov. 22- Dec. 21)
As a natural thoroughbred of the zodiac, you are inclined to overachieve in a very big way. This summer, around the middle of June, you will be personally liberated in ways that others only dream of. Open up your creative arms and embrace the world around you and be prepared to not let go for a bit. You're on the brink of internal revolution. How's that for overachieving?

Capricorn (Dec. 22- Jan. 20)
Finally, your hard work is starting to pay off. All the seeds you have planted for personal success are starting to sprout and the outlook is very promising. June also suggests the possibility of new romance and love. As with all things, you will approach it with meditated care, and the results will be as long-lasting as you.

Aquarius (Jan. 21- Feb. 18)
To my fellow Aquarians, there is good news. This summer promises to be a fantastic festival of lights. Assuming you stay focused on the direction they are coming from, you will be illuminated with many possibilities, including a chance for far-off travel toward the last part of the year.

Pisces (Feb. 19- March 20)
During the next few months, you will have a bit of a roller coaster ride ahead of you in the relationship department. The good times will be brilliant, and the bad times will be low. However, don't let that dissuade you from a golden opportunity to learn more about the beautiful nature of love and romance.

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