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Recipe of the month

Fish Tacos With Guacamole

2 cups angel hair coleslaw mix
1-1/2 teaspoons canola oil
1-1/2 teaspoons lime juice

GUACAMOLE:
1 medium ripe avocado, peeled and quartered
2 tablespoons fat-free sour cream
1 tablespoon finely chopped onion
1 tablespoon minced fresh cilantro
1/8 teaspoon salt
dash pepper

TACOS:
1 pound tilapia fillets, cut into 1-inch pieces
1/4 teaspoon salt
1/8 teaspoon pepper
2 teaspoons canola oil
8 corn tortillas (6 inches), warmed


Optional toppings: Hot pepper sauce, chopped tomatoes, green onions and jalapeno pepper

Prep: 25 min. + marinating Cook: 10 min. Yield: 4 servings

1 In a small bowl, toss coleslaw mix with oil and lime juice; refrigerate until serving. In another bowl, mash avocado with a fork; stir in sour cream, onion, cilantro, salt and pepper.

2 Sprinkle tilapia with salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add tilapia; cook until fish just begins to flake easily with a fork, 3-4 minutes on each side. Serve in tortillas with coleslaw, guacamole and desired toppings.

Source: <https://www.tasteofhome.com>



Vol. 19 No. 23 June 6, 2022

Everybody's Talking

Locked-up thief: Jitendra Kumar-Sas, a clerk in a cell phone store in Philadelphia, Pennsylvania (U.S.), was going about his daily business when a customer entered, approached him aggressively, and ordered him to hand over all the money in the till. Kumar-Sas kept his cool, explained that there was no cash in the till, and said he would get some from another employee. The robber agreed to wait, which was a mistake, because the smart clerk left the store and locked the man inside. Police were called and managed to get the thief to surrender, but they credited Kimar-Sas for his calm reaction to the situation.

Southern train: Anyone who plans to visit the southern tip of South America will want to include the city of Ushuaia, Argentina. Located on the Isla Grande de Tierra del Fuego, it is known as the southernmost city in the world. The beautiful spot is backed by mountains and fronted by water. Local industries include sheep farming, fishing, lumber, and tourism. One attraction is the Southern Fuegian Railway, a steam train that tourists can take to travel along the Pico Valley. In the 19th century, the railway transported wood from the surrounding forests to be used for heating and cooking.

Potato namesake: A Copenhagen, Denmark, neighbourhood is named after what once lay under the ground: potatoes. Called Kartoffelrækkerne, which means "Potato Row," this area was named for the crop grown on the land in the 1800s. Living conditions in the city were poor at the time, so a decision was made in the 1870s to build three-story, connected homes on the land to house factory workers, one family on each floor. By the 1970s, these homes were slated to be torn down, but residents opposed this. Instead, each home was renovated into a single-family dwelling. Today, the homes on Potato Row command high prices.

Elderly climber: People who are retired and in their 70s, and who have always dreamed of climbing a mountain, could take some inspiration from Arthur Muir. The Northbrook, Illinois (U.S.), man summited Mount Everest. He is the oldest American ever to do so. Although aware of mountain climbing since he was a teenager, he never learned more about it or actually tried it when he was younger. But after he retired at the age of 68, he started to train. He attempted to climb the world's tallest peak in 2019, but an ankle injury stopped him. Therefore, it was a sweet success when, on his second attempt, he made it to the top with a team of mountaineers.

Quoteable Quotes

"Some have too much, yet still do crave; I little have, and seek no more."
—Sir Edward Dyer

"Freedom of expression is the matrix, the indispensable condition, of nearly every other form of freedom."
—Benjamin Cardozo

What's Happening

July 1 - Canada Day Parade Canada Day is coming! Local businesses and organizations are welcomed to apply for the 2022 Canada Day Parade. www.cityofgp.com for more info.

June 11-The Kidney Walk The Kidney 2 5 km Walks are the largest community fundraising event in Canada dedicated to raising awareness and funds for innovative research, and vital programs and services that support people living with kidney disease. Register @ <https://kidneywalk.ca>

June 18-Lemonade Day Northern Alberta Support Lemonade Day, Support Your Local Young Entrepreneurs. Lemonade Day is June 18, 2022 and Lemonade Day kids in your town are trying their hand at running their own business - a Lemonade Stand. Registration is Open

lemonadeday.org/northern-alberta NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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Trivia

1. What is a merswine?
2. This U.S. state is known as the Sunflower State.
3. The acronym "yuppie" stands for what?
4. The first modern skyscraper in the U.S. was built in what city in 1885?
5. What mountain range is also the name of a breed of dog?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may be affected now by someone or something from your past. Any traces of an old wound might need to be healed in order to resolve any current issues in your relationship. Lucky numbers: 5, 24, 27, 35, 41, 47.

TAURUS
(April 21 - May 21)

Those born under Taurus often are talented in practical arts, such as crafting, woodworking, and the like. Right now, you may find a sudden or unusual opportunity to manifest such a skill. Lucky numbers: 13, 17, 20, 29, 40, 45.

GEMINI
(May 22 - June 21)

Are you having trouble getting past a difficult emotional issue? There may be an opportunity now to more easily address it. Finding a new viewpoint on the matter may be productive. Lucky numbers: 11, 13, 22, 31, 32, 48.

CANCER
(June 22 - July 22)

Have you struggled to understand how you can be of service to others and to the world in general? Perhaps an adjustment in your definition of service would be helpful in this regard. Lucky numbers: 7, 19, 32, 40, 41, 42.

LEO
(July 23 - Aug. 23)

You may have a lot of energy and confidence right now. Perhaps use it to develop your goals, and maybe look for opportunities to fulfill them. You might consider a creative endeavour. Lucky numbers: 1, 6, 19, 20, 30, 38.

VIRGO
(Aug. 24 - Sept. 23)

Perhaps you are feeling frustrated in your romantic relationship. It may be time to talk through the issue, if you can do so calmly. If not, consider waiting a few days. Lucky numbers: 2, 8, 17, 18, 31, 43.

LIBRA
(Sept. 24 - Oct. 23)

You may find yourself pulled in many different directions right now. If you are disciplined and work hard, you might be able to cut through the clutter and accomplish quite a bit. Lucky numbers: 3, 7, 11, 27, 33, 40.

SCORPIO
(Oct. 24 - Nov. 22)

Scorpios often are sensitive to the feelings of others, and sometimes have trouble separating their emotions from those around them. At week's end, try to focus on discerning the difference between the two. Lucky numbers: 6, 17, 23, 28, 29, 31.

SAGITTARIUS
(Nov. 23 - Dec. 21)

As the week begins, you may feel a conflict between your mind and your emotions. You might want to wait a few days to see if the situation starts to ease. Lucky numbers: 4, 7, 14, 24, 32, 46.

CAPRICORN
(Dec. 22 - Jan. 20)

This may be a good time to communicate your ideas in a way that will attract others to your side. They might provide insight into, or help you with, an obstacle. Lucky numbers: 9, 12, 16, 33, 34, 39.

AQUARIUS
(Jan. 21 - Feb. 19)

You may be feeling that there is a different and higher purpose to your life. Keep your eyes and ears open for information that might point you in the right direction. Lucky numbers: 11, 19, 22, 25, 26, 31.

PISCES
(Feb. 20 - March 20)

You may be feeling discouraged right now about the state of the world. Finding your inner warrior may help you to dispel the negativity and initiate positive change. Lucky numbers: 8, 10, 28, 30, 35, 36.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 33.

Did You Know...

Young artist: One of the world's most famous artists started developing his painting and sculpting skills early. Trained by his father, Pablo Picasso sketched from a very young age, and entered art school in Barcelona around age 14.

Space house: Tucked into the woods near Signal Mountain, Tennessee (U.S.), the Space House is shaped like a flying saucer and is supported by six concrete beams. Curtis King built it in 1972 for his son, who was interested in all things extraterrestrial.

Long beach: Those traveling to New Zealand can visit Ninety Mile Beach, which is actually only 55 miles (88 km) long. The beach is also a highway suitable only for four-wheel-drive vehicles.

Pandas are property: China owns all but two of the pandas in the world (Mexico owns those two) and loans them to zoos, sanctuaries, and breeding centres in other countries. In 2004, the World Wildlife Fund reported a total of 1,600 pandas; only 50 could be found outside China.

Floating fruit: Ever wonder why apples can float? It's because about a quarter of their volume is air. That means they're less dense than water, which makes them able to float.

On the Lighter Side

A musician's favourite cereal is Flute Loops.
Ned: "Did you hear the story about the man who lives on onions alone?"
Fred: "No. But anyone who lives on onions ought to live alone."

Why do elephants have trunks? Because they don't have glove compartments.

Knock! Knock! Who's there? Dragon. Dragon who? Dragon armchair over here and let's talk.

What did the corn give his fiancée when he proposed? An ear ring.

Answers

Trivia answers: 1. A dolphin or porpoise. 2. Kansas. 3. Young urban professional. 4. Chicago. 5. Pyrenees.

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