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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

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.

TACOS:
 1 pound tilapia filets, 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

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

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Everybody's Talking

Shoe stealer: A Japanese man has been arrested twice for stealing a peculiar kind of treasure: women's shoes. Tsunehito Isobe of the city of Murakami likes to hoard women's shoes, whether they are nurses' footwear, sandals, or high heels. His recent arrest came after the cops found almost 140 pairs of shoes in his home. An office building's surveillance camera caught him in the act, leading to his arrest. The last time he'd gotten caught was seven years earlier, when he was found with over 200 pairs of shoes that he had stolen, mostly from health institutions. However, the culprit didn't steal every pair; sometimes he bought them from used clothing stores.

Exhilarating climb: A huge, smooth, towering rock is part of the landscape near the towns of Guatapé and El Peñol in the region of Antioquia in Colombia. Situated about 70 kilometres (44 miles) east of the city of Medellín, it is called El Peñón de Guatapé or La Piedra del Peñol. (Peñón means "rock.") All around this landform are rolling hills, plains, forests, and lakes. It juts up from the land in a spectacular fashion, rising 200 metres (656 feet) high. It is possible to climb to the top on a wooden staircase constructed in a natural fissure that runs straight up the side of the rock. The climb may be a tad scary, but the views from the top are breathtaking.

Bird friend: People who live in Gommenec'h, in northwestern France, don't bat an eye when they see Xavier Bouget riding his bicycle with a pigeon resting happily on his shoulder. That's because the pigeon, named Blanchon, is Bouget's friend. The unlikely relationship started in 2019 when Bouget rescued Blanchon (then just a chick) after she fell out of her nest. The retired man used a syringe to feed the chick, and as she grew, she stayed with her rescuer, even though she is free to fly away if she wishes. Bouget believes that Blanchon trusts him, and that is why she stays around, keeping him company as he gardens, cycles, or works in his backyard workshop.

Endless books: The architects of a bookstore in Sichuan province in southwestern China must have tapped into a love of books when designing the interior space. Called Dujiangyan Zhongshuge, this store holds more than 80,000 books, but at first glance, visitors would think the collection was endless. That is because strategically placed mirrors, a black tile floor, a spiral staircase, and high archways all work together to give the illusion that the stacks of books never end. Those wandering the hallowed halls of the place know, of course, that mirrors are creating the effect. But even so, identifying the spot where the real books end and their reflections begin can be a challenge.

Quoteable Quotes

"Hope is a waking dream." —Aristotle
 "The monuments of wit survive the monuments of power." —Francis Bacon

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>

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

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Trivia

1. Singer Perry Como was awarded the first-ever RIAA Gold Record album in 1958—T/F?
2. In the U.S., Flag Day is celebrated in May, June, or July?
3. The Overlook Hotel is the setting of what book?
4. The nickname of William Perry, Chicago Bears defensive lineman, was ___?
5. Which time traveler first appeared on BBC TV on November 23, 1963?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES (March 21 - April 20)



Aries are often inwardly focused, but it may be time for you to consider how to direct your considerable energies and talents in service to others.

A new opportunity might emerge. Lucky numbers: 4, 9, 10, 35, 42, 44.

TAURUS (April 21 - May 21)



You may be frustrated or angry right now about an inability to achieve your goals. Instead of getting caught up in these emotions, try reorienting your actions toward achieving success. Lucky numbers: 2, 3, 11, 17, 32, 48.

GEMINI (May 22 - June 21)



You may be entering a period of being busy with many texts, emails, and other communications. Your mind might be quick and clear; consider using this time to present your ideas to others. Lucky numbers: 1, 2, 6, 36, 37, 42.

CANCER (June 22 - July 22)



The emotions of Cancers often run deep, and expressing them may sometimes be difficult. Right now, though, you might feel confident enough to approach others in positive ways, in this regard. Lucky numbers: 9, 16, 19, 27, 28, 32.

LEO (July 23 - Aug. 23)



At the beginning of the week, your natural leadership abilities may be heightened. Might you be able to work with others to achieve an endeavour that could truly benefit all of you? Lucky numbers: 8, 9, 13, 29, 34, 44.

VIRGO (Aug. 24 - Sept. 23)



At the end of the week, you may find that your mind and your emotions are in conflict. If so, try waiting a few days before you act on your feelings. Lucky numbers: 7, 12, 13, 23, 35, 45.

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

Did You Know...

Spacewoman: On June 18, 1983, Sally Ride became the first American woman and, at 32, the youngest American to fly in space. She applied to the U.S. National Aeronautics and Space Administration (NASA) in 1977, and received training before her flights in 1983 and 1984.

Going hungry: Those with mageirocophobia have a fear of cooking. People with this condition may fear one or more of the elements of cooking, or they may fear the possible outcomes of their attempts at the task.

Powerful bite: A human's teeth are strong enough to exert 200 pounds (90 kg) of pressure. Also, the enamel is so strong that teeth can last hundreds of years after a person dies.

Reindeer beards: Men aren't the only ones who grow beards. Reindeer, native to Arctic and subarctic regions, grow beards in the winter to help protect their muzzles from a buildup of frost when they graze in the snow.

Who are they? According to the International Playing Card Society and other researchers, the kings in a deck of cards are thought to be David, King of Israel (spades), Alexander the Great (clubs), Charlemagne, King of France (hearts), and Caesar Augustus (diamonds).

On the Lighter Side

Knock! Knock! *Who's there?* Morris. *Morris who?* Morris in the pot, so help yourself.

How did the captain know when his ship was going down? He had a sinking feeling.

Patient: "Doctor, I keep dreaming my eyes change colours."
Doctor: "It's just a pigment of your imagination."

Becoming a cosmetologist is simple. Just take a makeup test.

What did Barbie do when she directed the hens in a play? Barbie cued the chickens.

Answers

Trivia answers: 1. True 2. June 14 3. The Shining by Stephen King 4. The Refrigerator 5. Dr. Who

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