

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
1/8 teaspoon minced fresh cilantro
1/8 teaspoon salt
dash pepper

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

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>

Get More Traffic, Leads & Sales



• Website Development
• Google Ads
• Facebook Advertising
• Social Media Management
• SEO & Content Marketing
• Reporting & Analytics

Frontline 780.760.6922
web consulting frontlinereading.ca

THIS SPACE FOR RENT

780-220-6397

Family Owned Local Alberta Business Since 1986

SCAN THIS CODE TO ENTER

WIN A \$500

www.directworkwear.com Gift Certificate

Always low prices & great deals... save money.

Chapel of Memories Funeral Home and On-site Crematorium

"Part of the Peace Country Since 1947"
Fairview to Peace River to High Prairie

"Your family care provider offering assistance with Personalized Funerals, Memorials, Cremations, Cremation Jewelry & Monuments"

Phone: 1.888.849.5800

FREE Orthodontic/ Invisalign Consult
FREE Implant/ Implant Denture Consult

PEACE VALLEY DENTAL
Dr. Michael Ho, DMD

We are confident in the quality of our work and provide limited warranty for fillings (two years) and crown bridges (no charge for the first three years and 50% for up to five years from placement).

9811-100 Avenue Peace River, Alberta
www.peacevalleydental.com
780.624.3355 • info@peacevalleydental.com

Helping you rediscover **fun** in the kitchen!

Gifts and Gadgets

Your one stop kitchen and gift shop.
780.962.5220

CHECK OUT OUR EXTENSIVE ONLINE CATALOG!
Visit www.giftsandgadgets.ab.ca or visit us in person at 111 First Avenue, Spruce Grove

FREE! New Issue Every Week!

Coffee News

"News To Be Enjoyed Over Coffee"

Peace River Edition
877-553-6397

www.coffee-news.ca

Vol. 19 No. 25 June 20, 2022

Everybody's Talking

Low bridge: There is a "hungry" bridge in Durham, North Carolina (U.S.), that tends to take the top off high trucks. In fact, it has been dubbed, "The Can Opener." The reason is that, until recently, the bridge's clearance was only 11'8" (3.56 metres). Although many highway signs indicate this, dozens of truckers seem to miss them and end up with the top sheared off their vehicles. This happened so often that Jürgen Henn, whose office window overlooks the bridge, started posting videos, making it famous. Finally, authorities did something about the problem, raising the bridge so the clearance is now 8" (0.2 metres) higher.

Heart-shaped: On the Japanese island of Hokkaido, a body of water called Lake Toyoni is a freshwater lake that is shaped exactly like a heart. Easily seen from above, the heart is surrounded by lush forest that is green in the summer or orange and red in the fall. The lake became suddenly popular after it was used in a commercial a few years ago. Once people knew it was heart-shaped, they wanted to see it. Now, there are helicopter tours for the curious, and photographers bring their drones to the lake to try to capture the perfect aerial angle. Lake Toyoni was once known as Kamuito, which means "A Marsh Where a God Lives."

Lonely bird: Every morning for the last 20 years, zookeepers in Rio de Janeiro have watched a beautiful wild macaw named Juliet stop by to play grooming games with the macaws that live behind the zoo's fences. Thought to be the last wild macaw in this Brazilian city, the bird obviously misses the companionship of others of her kind, and comes to the zoo to get her dose of companionship. Juliet's plight is not lost on the experts. An initiative called Refauna is hoping to raise some macaw chicks and train them to live in the wild. If that works, perhaps Juliet will one day find her Romeo away from the zoo.

Love letters: Gregory and Sarah Coombs, a couple from Huntsville, Ontario (Canada), were surprised when a contractor found dozens of 75-year-old love letters in their attic. The letter writer was William T. Copping who, in 1944, was overseas during World War II. The recipient of the letters was his new wife Marion. In one letter, William wishes her a happy 16-month anniversary. In another, he reminisces about their happy times together. William and Marion were reunited after the war, had three children, and lived into their 90s. The Coombs hope to find William and Marion's descendants so they can return the letters to the family.

Quoteable Quotes

"Do you wish people to think well of you? Don't speak well of yourself."
—Blaise Pascal

"Humility is a virtue all preach, none practice; and yet everybody is content to hear."
—John Selden

What's Happening

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

July 16 to 17- Cold Lake Air Show a not-to-be-missed event of the summer, kicking off with the Full Throttle Festival on Friday, July 15th, which will showcase family activities, live entertainment, beer gardens, and a fly past. CFB Cold Lake. www.coldlakeairshow.com for more info

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

Hidden Coffee News Guy ADVENTURE

Find the Coffee News Guy hidden in one of the ads, then enter to win!

\$400* Prize Package

Over 150 participating sponsors!
4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

NEW FEATURE!
...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

1. Facebook was founded in 1999, 2004, or 2009?
2. Chicago's Wrigley Field is named after whom?
3. Writer Barbara Cartland is famous for what type of novel?
4. What is a gillygaupus?
5. How many squares are in a tic-tac-toe grid?

(Flip bottom of page for answers)
© Published with Permission by Capital Marketing Ltd
(Over)

Online Counselling Alberta-wide

Complimentary 15-Minute Session

INNATE FREEDOM COUNSELLING

www.innatefreedomcounselling.com | 825.250.8415

Are you a business owner/office manager? Have 3-20 employees in your office? Paying too much for your current phone system?

We can save you up to 50% off your current phone rates!

How? We offer:
✓ VOIP Solutions at a fraction of the traditional carrier cost
✓ Long distance rates that outcompete the competition

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$3,000 YEARLY TAX CREDIT** and **\$30,000 LUMP SUM REFUND**

For Expert Help:
1.844.453.5372

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: www.coldshotca.com
Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

Everyone has the right to live free of violence and abuse

Our shelter offers women a safe and secure environment where they can access counselling, housing and other supports

PEACE RIVER REGIONAL WOMEN'S SHELTER

WHEN HOME IS NOT SAFE - WE HAVE A SHELTER FOR YOU

1-877-624-3466
www.prws.com

If you liked Gold Canyon Candles, you are gonna love **Sunset Scents!**

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!

They are the next Finest candles you will EVER find!

PSC Prairie Scented Candles
Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

LARGEST SELECTION of brother Machines and Accessories

brother at your side

BO2450

CENTRAL SEWING MACHINES

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

Come in for a test drive!
Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm

THIS LOCATION IS MOVING

SOUTH 780.469.1147
8649-63 Ave., Edmonton

WEST 780.486.0047
18514-104 Ave., Edmonton

www.centralesewing.com

Love Coffee News? Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
Please put "Readers" in the subject line.

Please include:
1 Your name 2 Your phone number and 3 Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!

We always read your news. We love the Did You Know and the Trivia Great paper!

Readers of the Month
Ian & Emma from Edmonton, AB

Coffee News Fun Reading. Serious Advertising.

The World's #1 Restaurant Publication!

Natural, Attractive and Comfortable Dentures
 WE ARE A FULL SERVICE DENTURE CLINIC
 Implant Supported Dentures | Lower Suction Dentures
 Standard & Precision Complete & Partial Dentures
 Surgical Immediate Dentures | Permanent Relines
 Denture Repairs | Denture Polishing | Soft Denture Linings
 Night Guards & Splints
 Natural Tooth Whitening Kits

Your comfort and smile are our top priority!

9803-98 Ave. Peace River
SEMCD
 CERTIFIED CLINICIAN

CALL US TO DISCOVER HOW DENTURES CAN AFFECT YOUR CONFIDENCE & HEALTH!

Dentureimplantcottage.ca | 780.624.4573






Making peace of mind a reality

Nahachick Adult Guardianship and Trusteeship Services

Confidential and discreet document preparation. Available services include:

Applications for Appointment of Guardian and Trustee | Review of Guardianship and Trusteeship Order | Urgent Guardianship and Trusteeship Orders

Flexible appointments.
 For non-Edmonton residents, appointments can be held via telephone or video calls. Edmonton and area clients have the option to meet face-to-face, home visits, telephone or video calls.

A complete list of our services is available at <https://nahachick.ca>

780.660.0649 | nahachick.agt.services@gmail.com



AUTOMOTIVE LIGHT TRUCK REPAIR

- Out of Province Inspections - \$230
- Rate: \$115/hour
- We service most vehicles, beginning at \$29.95*

* For labour only.
 Services include up to 5L 5W/30 or 5W/20 conventional oil, oil filter and a 34 point inspection.

TRINITY REPAIR LTD.
 780.338.3848
 5029 - 51 Street, Berwyn, AB • www.trinityrepair.ca



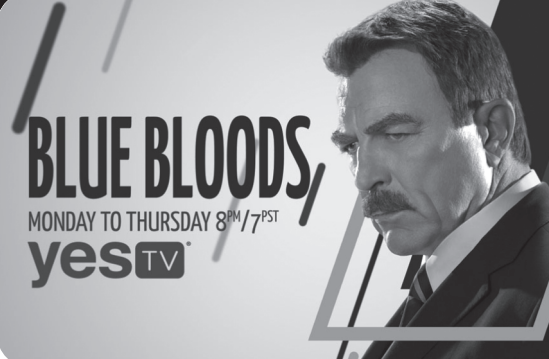
inogen

FREEDOM. TO BE YOU.

1-888-998-6714



BLUE BLOODS
 MONDAY TO THURSDAY 8PM/7PST
yesTV



CARSWANTED.CA

ALL MAKES AND MODELS ANY CONDITION

WE PICK UP YOUR VEHICLE ANYWHERE IN ALBERTA!

INSTANT CASH FOR ANY VEHICLE

587-805-1500



SHOP ONLINE!
www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

The Dive Outfitters
 Learn to SCUBA DIVE at our Edmonton location - call for details
 11781-156 St., Edmonton 780.483.0044

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA



Need ONE More Reason to Join?

- You need child support enforced
- Your landlord raises rent in violation of your verbal agreement
- You adopt a child
- A friend owes you money and files for bankruptcy
- You need help with credit card liability resolution
- Your car is vandalized in a parking lot

Call **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449



Your Weekly Horoscope

ARIES

(March 21 - April 20)



You may be seeking to expand your opportunities, at this time, to show off to others who you truly are. Scanning your environment for information might help you find good ideas. Lucky numbers: 15, 19, 30, 33, 37, 43.

TAURUS

(April 21 - May 21)



For a few days this week, your feelings and thoughts may be fully aligned. If so, this might be the time to start new activities that you previously may have hesitated to begin. Lucky numbers: 9, 13, 15, 17, 29, 45.

GEMINI

(May 22 - June 21)



For the next several weeks, your romantic interactions may be influenced by your mind more than by your heart. Try to be conscious of this dynamic, and perhaps adjust your interactions accordingly. Lucky numbers: 5, 14, 20, 29, 39, 46.

CANCER

(June 22 - July 22)



The Sun is returning to your birth sign. Cancers often are reserved, but this may be a good time to step out of your shell and engage more fully with others. Lucky numbers: 1, 2, 21, 32, 34, 40.

LEO

(July 23 - Aug. 23)



On a team, Leos are often the people who generate many ideas. Right now, however, some unexpected events might require you to work extra hard to try to ensure everyone's success. Lucky numbers: 6, 17, 19, 26, 27, 47.

VIRGO

(Aug. 24 - Sept. 23)



Has the time come to try to find a good way for you to serve others? Looking to the past may provide clues. You might discover a way to balance a karmic debt. Lucky numbers: 4, 11, 13, 21, 35, 42.

LIBRA

(Sept. 24 - Oct. 23)



Right now you may have more complications thrown at you than you feel you can handle. Try to take a deep breath and keep going. Things might improve in a couple of weeks. Lucky numbers: 3, 5, 7, 17, 28, 40.

SCORPIO

(Oct. 24 - Nov. 22)



In the middle of the week, your mind and emotions may be conflicted about what you should do. Waiting a few days before you act might be the best course. Lucky numbers: 12, 17, 19, 21, 22, 33.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Your confidence level may receive a boost at this time. Looking for opportunities to expand your horizons might be prudent, along with taking advantage of increased optimism to achieve your goals. Lucky numbers: 14, 19, 28, 30, 42, 44.

CAPRICORN

(Dec. 22 - Jan. 20)



What values are you passionate about and would like to see manifested in the world? Now may be a good time to incorporate those into your everyday life and activities. Lucky numbers: 2, 3, 9, 10, 18, 48.

AQUARIUS

(Jan. 21 - Feb. 19)



Picking up information from out in the ether can be a natural Aquarian trait. At the end of the week, consider watching for a tidbit of data that may signal a new opportunity. Lucky numbers: 7, 11, 16, 17, 26, 29.

PISCES

(Feb. 20 - March 20)



This week may start on an energetic note, which might lighten your mood after a stressful period. You could uncover a hidden opportunity to reset your emotional state and begin anew. Lucky numbers: 8, 11, 18, 26, 37, 41.

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

Did You Know...

No McDonald's: Travelers can visit a McDonald's restaurant on every continent in the world, except one. Antarctica is the only place where this franchise is not available, in part because there is no market for commercial restaurants there.

Hard to believe: The gauzy, spun-sugar confection known as cotton candy was invented by a dentist. William James Morrison of Nashville, Tennessee (U.S.), is credited with inventing the first cotton candy machine with co-creator John C. Wharton, a local candymaker.

Interesting resume: Sylvester Stallone is best known as an actor, particularly for his Rocky movies. But before his success in show business, he had a variety of odd jobs, including cleaning lion cages at Central Park Zoo in New York City.

Blond Elvis: Most people know Elvis as the handsome, dark-haired singer who made ladies swoon back in his day. But Elvis actually had blond hair as a kid, and although it gradually grew darker as he got older, he started to dye it black as a young adult.

Fruit flies in space: The first animal in space was the fruit fly, launched into space in 1947 by a rocket with a separating capsule that parachuted to earth to bring them back alive. They were chosen for the trip because, genetically, they have a lot in common with humans.

On the Lighter Side

Girl: "Have you ever seen a cat fish?"
 Boy: "No, but I have seen a hunting dog."

Why did the ham go see a doctor? To see if it could be cured.
 I just read a book about anti-gravity. I couldn't put it down.

Why didn't the opera singer get the job on the cruise ship? Because she was afraid of the high Cs.

Knock! Knock! Who's there? Necklace. Necklace who? Necklace people don't get sore throats.

Answers

Trivia answers: 1. 2004 2. Cubs owner William Wrigley, Jr. 3. Romance 4. A silly or awkward person 5. Nine

For available franchise opportunities - visit coffeenewscanada.com
 © Published with Permission by Capital Marketing Ltd

Real Estate Appraisals You Can Bank On!
 COMMERCIAL • INDUSTRIAL • RESIDENTIAL

AGM VALUATIONS GROUP LTD.
 780-624-0020
 10032 - 99 Street, Peace River, AB

servicing the Peace River area, including Fort. St. John & Dawson Creek, B.C.



Faster Internet. Unlimited data.

1-866-218-8782 Xplornet.com/fast




Stumbling Blocks Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today!
 780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.COM



PEACE RIVER VISION CLINIC

Family Eye Care
 780-624-4265
www.dr.mikehopperoptometry.com

Eye Exams
 Designer Frame Lenses
 Contact Lenses
 Glaucoma Eye Evaluations
 Diabetes Eye Evaluations
 Safety Glasses

New Patients and Walk-ins Welcome!

Open Mon to Fri, 8:45 a.m.-5:00 p.m.

PROMPT APPOINTMENTS AVAILABLE
 DIRECT BILLING



Pregnant? Facing Difficult Decisions?

We can help.
 Call 780.421.1177 or text 587.596.5380

A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

www.smallmiraclesadoption.com



Edward Jones

Don't just think about retirement. Plan for it.

Chris M Kadyk
 Financial Advisor
 780-532-2336
chris.kadyk@edwardjones.com
edwardjones.ca/chris-kadyk

Follow me on  



HAPPY CANADA DAY!

from your friends at **Coffee News**



If It Needs Glass, We Can Provide It!

Professional, top quality workmanship | Interior and exterior services | Residential and commercial applications

Mobile service and installation specialists with over 25 years of experience!

ALL PRO Glass Ltd.

Windows	Doors
Skylights	Wet Rooms
Glass Railings	Shower Doors

780.978.0088 www.allproglass.ca

