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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, pitted 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

- 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.
- 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. 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.orgnorthern-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

Aug 3 to 7 - Vegreville Country Fair With tons to see and do make sure you don't miss the Vegreville Country Fair this summer. www.vegag.ca for more info. Vegreville Fair Grounds

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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)
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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

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