

# 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 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

- 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>

# Coffee News

is proudly delivered by



**McMan**  
Coffee News Part of your community.

# WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST  
yesTV

# RETIREMENT LIVING CHRISTENSON

Optional Meals • Personalized Services • On-site Care

## Join Our Safe & Social Community



VILLAGE AT Westmount



Scan QR Code

Ask about our rental promotion

Full Kitchens • Social & Recreation • U/G Parking

13317-115th Ave, Edmonton

780-452-2030  
CDLhomes.com



# Congratulations

to April's Coffee News Guy contest winners!

Your prizes are in the mail!

Charles Bradbrooke  
Theresa McKenzie  
Sandi Hilgardner  
Ron Diakur

Enter today for your chance to win at [www.coffee-news.ca](http://www.coffee-news.ca)

Coffee News is proud to support Make-A-Wish® Canada



Transform lives, one wish at a time.

**Make-A-Wish**

Visit [makeawish.ca](http://makeawish.ca)

**FREE!** New Issue Every Week!

# Coffee News

"News To Be Enjoyed Over Coffee"

Central Edmonton Edition

780-220-6397

www.coffee-news.ca

Vol. 19 No. 26 June 27, 2022

## Everybody's Talking

**Muddy lady:** An octogenarian from Sikeston, Missouri (U.S.), doesn't mind getting a bit muddy. In fact, Mildred Wilson has no problem getting really muddy, and she proved it by participating in the Tough Mudder race, not once, but twice. Encouraged by her son, Wilson first checked with her doctor to make sure she was healthy enough to get through the race, which includes wading through muddy pits and crawling under and over obstacles. Then she trained at her local gym to be sure she was fit enough to compete. Wilson completed her first Tough Mudder in 2019, then did it again in 2021, to the admiration of her family and the other competitors.

**Passion for running:** Wang Lang of Liaoning, China, didn't realize how much she would love running when she took it up at age 50. Twenty years later, the sport clearly is a passion for the now 70-something-year-old grandmother. She has run over 100 marathons during that time. She started running simply to keep fit, but soon found herself preparing for these long races. To stay in shape, she trains by running 20 kilometres (12 miles), six days per week. She has run even longer races, including the 168-kilometre (104 mile) Liaoning marathon. Wang Lang has become known as "Super Granny."

**Crop land:** A large amount of land in India is considered desert and therefore not available for cultivation. One man, however, found a way to change that. Anand Dhawaj Negi, an ex-government worker and son of a farmer, was able to convert a few acres of desert land in Himachal Pradesh by working patiently to test farming practices and types of crops. Over a 20-year period, Negi (who passed away in early 2021) figured out how to best work the land so it would grow kidney beans, potatoes, green peas, and more. Part of his reason for taking on this project was to inspire others to successfully cultivate their own crops using his scientific practices.

**Underground space:** A few years ago, when Andres Canto was a young teen, he had a fight with his parents. The youngster from Alicante, Spain, was mad that his mom wouldn't let him go into town wearing a sweatsuit. So, he let his anger out in what turned out to be a productive way: he started digging a hole in his backyard with a pickaxe. Canto enjoyed digging, and a few years later, with the help of a friend he brought to the project, he ended up with a cave. Careful builders, he and his friend figured out how to support the roof. The cave now has many features, including several rooms, stairs, an oven, and a stereo. While Canto doesn't live there full time, he does like to hang out in his cave, and has found a way to bring in electricity and heating.

## Quoteable Quotes

"Criticism is easy, art is difficult." —Philippe Néricault  
"If you keep a thing seven years, you are sure to find a use for it." —Sir Walter Scott

## What's Happening

**July 15 to 17-Edmonton Carnaval** a Latin festival that serves as a platform for local artists and artisan, creates spaces of culture and entertainment for the whole family. [www.edmontoncarnaval.com](http://www.edmontoncarnaval.com). 9210 118 Avenue.

**Sept 22-Second Wind Wellness Conference** September 22-Second Wind welcomes all seniors to our ninth health and wellness conference at the Chateau Louis Conference Ctr. Enjoy speakers, door prizes, exhibits, a luncheon and wine down. Early Bird ends July 31. <https://secondwindconference.ca>.

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://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**  
\*Coffee News Bucks  
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](http://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

- Which U.S. president was formerly a Hollywood actor?
- Who wrote the songs for the 1930s Broadway musical "Anything Goes"?
- The 1980 Winter Olympics were held in what upstate New York (U.S.) village?
- What is the highest peak on the African continent?
- Eli Whitney invented what?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd  
(Over)

## INTERESTED IN CRYPTO

...BUT DON'T KNOW WHERE TO START?

- Trusted cryptocurrency experts in Edmonton
- Education and support for our customers
- Easy buying and selling
- Secure storage setup



# CASH2CRYPTO

1.888.909.2833 | [info@cash2crypto.ca](mailto:info@cash2crypto.ca)

## THIS SPACE FOR RENT

780-220-6397

## WE CLEAN YOUR HOME LIKE IT'S OUR OWN!

- Weekly/Biweekly/Monthly Personalized Cleans
- Move In/Outs
- Residential and Small Business

ASK ABOUT OUR SENIORS' RATES!

# NOBODY CLEANS LIKE MOM

780.700.6686 • [www.nobodycleanslikemom.com](http://www.nobodycleanslikemom.com)

## You Deserve the Best from Your Local Real Estate Company



# ARC Realty

780-473-4000

Mariola Walter [marwalter360@hotmail.com](mailto:marwalter360@hotmail.com)  
Put my two decades of experience to work for you!

## 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**  
a RAY of Fragrance

[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

- Business Immigration
- Skilled Trades Immigration
- Student Immigration
- Spousal Sponsorship
- Parents Sponsorship



# MEWI

Immigration Services Inc. REGULATED CANADIAN IMMIGRATION CONSULTANTS

EMPLOYERS - NOT ABLE TO FIND EMPLOYEES? WE CAN HELP!

Phone/Whats app +1 647-702-9635 / +1 780-710-9635  
[info@mewiimmigration.ca](mailto:info@mewiimmigration.ca) | [www.mewiimmigration.ca](http://www.mewiimmigration.ca)

## COLD SHOT

A DIVISION OF BALWARIA EMPIRE PVT. LTD.

# PASSENGER & PARCEL SERVICES

SHIP BY BUS

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: [www.coldshotca.com](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

Every \$3.51 You Give =

# 1 MEAL FOR A HOMELESS NEIGHBOUR

Give Hope. Give Today.  
[TheSeed.ca/donate](http://TheSeed.ca/donate)



THE MUSTARD SEED

The World's #1 Restaurant Publication!

## Need ONE More Reason to Join?

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

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

**LegalShield** 1-877-579-9449

Thank You to these distribution partners for supporting the "good news" message of Coffee News!

Zone 13  
Updated 07.16.21

We appreciate you!

|                         |                               |                            |
|-------------------------|-------------------------------|----------------------------|
| A & W x 2               | Edo                           | Nhatrang                   |
| Basha Donair & Shawarma | Fantasia Noodle House Express | Vietnamese Restaurant      |
| Blaze Pizza             | Fat Burger                    | Original Joe's             |
| Booster Juice           | Freshii                       | Pho Hoan Pasteur           |
| Brits Fish and Chips    | Grande Café & Bistro          | Pizza Hut                  |
| Burger Baron            | Haong Long                    | Primitone Donair           |
| Café Tiramisu           | Harvey's                      | Quiznos                    |
| Chateau Nova-The Pantry | KFC                           | Remedy Café                |
| Chopped Leaf            | Kyoto Japanese Cuisine        | Ricky's                    |
| Day & Night Pizza       | Little Ceasars                | Royal Pizza                |
| Destination Doughnuts   | Loblaw's City Market          | Second Cup                 |
| Domino's Pizza          | Market                        | Streets                    |
| Donair Way              | Marcos Famous                 | Subway                     |
|                         | McDonalds                     | Tim Hortons x 3            |
|                         |                               | Toast Culture              |
|                         |                               | Tokyo Express              |
|                         |                               | Uncle Albert's             |
|                         |                               | Urban Diner                |
|                         |                               | Vancia Donair and Shawarma |
|                         |                               | Wendy's                    |
|                         |                               | Wing Snob                  |
|                         |                               | Woodshed Burgers           |
|                         |                               | World's Finest Donair      |

Would you like to offer your valued customers the opportunity to read and enjoy Coffee News?

► For more information on becoming a distribution partner, call us at 780.220.6397 or scan the QR code at right.



# Your Weekly Horoscope

## ARIES

(March 21 - April 20)



A person you have recently met may present you with an opportunity. You might want to wait a bit to be sure it is a good match for both of you. Lucky numbers: 5, 14, 18, 22, 37, 42.

## TAURUS

(April 21 - May 21)



Your mind may be very clear and quick this week, with a good ability to communicate well with others. In those interactions, it might help to stay alert for unexpected opportunities. Lucky numbers: 7, 13, 18, 24, 39, 41.

## GEMINI

(May 22 - June 21)



This week you may have an opportunity to focus on nurturing your relationships. How well do you and your partner support each other? Perhaps it is time to initiate a discussion. Lucky numbers: 4, 12, 20, 23, 26, 32.

## CANCER

(June 22 - July 22)



Now may be a good time to take stock of what you have accomplished over the last six months. What course correction might you need to put into effect for the future? Lucky numbers: 11, 14, 18, 29, 41, 43.

## LEO

(July 23 - Aug. 23)



Your mind and feelings may be in sync at the end of the week. It might be a good time to think through any issue that may have been generating conflict. Lucky numbers: 10, 11, 19, 25, 41, 47.

## VIRGO

(Aug. 24 - Sept. 23)



You may be frustrated by how busy and confusing things might be right now. To avoid conflict with others, perhaps look for the deeper meaning of the situation in which you find yourself. Lucky numbers: 1, 3, 17, 22, 30, 35.

## LIBRA

(Sept. 24 - Oct. 23)



Are you experiencing opposition to your endeavours from others? Consider digging deep to find energy to keep going, while looking at where you might need to change your plan to be successful. Lucky numbers: 8, 13, 16, 21, 22, 45.

## SCORPIO

(Oct. 24 - Nov. 22)



You may be experiencing greater optimism and empathy toward others. How can you use this potential to create a positive effect for you and those close to you? Lucky numbers: 3, 4, 17, 27, 30, 38.

## SAGITTARIUS

(Nov. 23 - Dec. 21)



Right now you may find yourself having conversations with many people. Perhaps you should listen to and consider what they say, even though you may find some of their ideas annoying. Lucky numbers: 12, 14, 17, 23, 40, 46.

## CAPRICORN

(Dec. 22 - Jan. 20)



Are you finding yourself feeling obsessive about a problem? You may be tempted to argue about it with others. Perhaps adjusting your view of the situation would be helpful. Lucky numbers: 15, 21, 32, 36, 37, 44.

## AQUARIUS

(Jan. 21 - Feb. 19)



For the next few weeks, you may feel highly ambitious to take action toward achieving your goals. Hard work and a patient attitude could allow you to make steady progress. Lucky numbers: 14, 17, 23, 24, 25, 48.

## PISCES

(Feb. 20 - March 20)



You may be entering a period of months in which you might find yourself examining past issues. If so, this period could offer you an opportunity to see the situation differently. Lucky numbers: 2, 14, 23, 26, 27, 36.

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

## Did You Know...

**Hurricane names:** In North America, tropical storms and hurricanes have only been given names since 1953. The U.S. National Oceanic and Atmospheric Administration chose short, familiar female names to identify the storms. By the late 1970s, male names were added.

**Smallest country:** A country that draws the rich and famous, Monaco is also known for another reason: at just 0.77 square miles (2 sq. km), it's the second smallest country in the world. Vatican City in Rome is the smallest country, at 0.27 square miles (0.7 sq. km).

**Happy purr:** While pet felines often purr, their cat family relative the tiger can't do the same. Instead, tigers blow air through their nostrils and produce a hearty snort sound called a chuff.

**Light sleeper:** A dolphin is a light sleeper; only half of its brain is asleep at a time. This is called unihemispheric sleep and is believed to be necessary to remind the dolphin to come to the surface to breathe. It also serves as protection against predators.

**Strange name:** The food called Bombay Duck is not actually duck—it's fish that is often dried and salted. It may have gotten its name from the mail train, called the Bombay Daak (or Dak), that transported the odiferous fish from the ocean to India's interior cities.

## On the Lighter Side

Knock! Knock! *Who's there?* Alma. *Alma who?* Alma cookies are gone, bring me some more!

Did you hear about the two boa constrictors who got married? They had a crush on each other.

What do you call a Roman emperor when he catches a cold? Julius Sneezer.

I was going to buy some thin sandals when I went on my trip. But then I flip-flopped.

Matt: "Why are you bringing a ruler to bed?"

Pat: "I want to see how long I sleep."

## Answers

**Trivia answers:** 1. Ronald Reagan 2. Cole Porter 3. Lake Placid 4. Mount Kilimanjaro, Tanzania 5. Cotton gin

For available franchise opportunities – visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

## 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](mailto: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.

## Like us on Facebook

...to keep updated on WEEKLY contests in which you can enter to win tickets to sports events, entertainment events, Coffee News Bucks and more!



<https://www.facebook.com/CoffeeNewsWeekly>

## Compost Sale

Organic Soil™

40 lb bag for \$10  
Three for \$25 or Five for \$40

## HELP YOUR GARDEN THRIVE!

Every Friday and Saturday  
9 am - 5 pm

- Duggan Community League 3728-106 St.
- Space Off Whyte - 80 Ave. 10047-80 Ave.
- St. Albert Community League 17 Perron St.
- 201 Festival Way Sherwood Park
- Callingwood Square 6741-177 St.

Visit one of our locations or go to [cleanitgreen.net](http://cleanitgreen.net) to order bagged or bulk compost

## 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**

FREE ASSESSMENT CALL TODAY!

BBB A+

MATHESON Affordable Seniors Living

"Suite Deals!" (Studio Suites) STARTING FROM **\$490** PER MONTH

Free Meals & Free Laundry For a Month!

Call **780.454.5505** to book your tour!

**11445 - 135 St. NW**

\*Utilities, Smoking floor surcharge and Reno not included in rate.

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

STOP STREAMING! IT'S FUNNIER LIVE AT THE COMIC STRIP BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT [thecomicstrip.ca](http://thecomicstrip.ca)

Rick Bronson's THE COMIC STRIP DRINK · DINE · LAUGH

53

13-Central Edmonton

No time to be handy...?

WE CAN HELP! CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE HANDYMAN SERVICES

780.940.2127 | [www.HOHS.ca](http://www.HOHS.ca)

Give Us Your List. We'll Do The Rest.