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Please put "Readers" in the subject line.

Please include:
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Readers of the Month
Aja Welsh & Friend from St. Albert

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Recipe of the month

Citrus-Herb Pork Roast

1 boneless pork sirloin roast (3 to 4 pounds)	1 tablespoon white grapefruit juice
1 teaspoon dried oregano	1 tablespoon steak sauce
1/2 teaspoon ground ginger	1 tablespoon reduced-sodium soy sauce
1/2 teaspoon pepper	1 teaspoon grated orange zest
2 medium onions, cut into thin wedges	1/2 teaspoon salt
1 cup plus 3 tablespoons orange juice, divided	3 tablespoons cornstarch
1 tablespoon sugar	Hot cooked egg noodles
	Minced fresh oregano, optional

Prep Time: 25 min. Cook: 4 hours Yield: 8 servings

- Cut roast in half. In a small bowl, combine the oregano, ginger and pepper; rub over pork. In a large nonstick skillet coated with cooking spray, brown roast on all sides. Transfer to a 4-qt. slow cooker; add onions.
- In a small bowl, combine 1 cup orange juice, sugar, grapefruit juice, steak sauce and soy sauce; pour over top. Cover and cook on low for 4-5 hours or until meat is tender. Remove meat and onions to a serving platter; keep warm.
- Skim fat from cooking juices; transfer to a small saucepan. Add orange zest and salt. Bring to a boil. Combine cornstarch and the remaining orange juice until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with pork and noodles; if desired, sprinkle with fresh oregano.

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

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Everybody's Talking

Dog lover: J. Baines never thought he'd become known as "The Man That Rescues Dogs" when he moved to Thailand from his home in Sweden nearly two decades ago. A talented chef, he went to this Asian country to open a restaurant, and in doing so noticed the large number of stray dogs who would come looking for scraps. At first, he fed one or two, then a few, and the next thing he knew, 100 dogs depended on him for food. In 2017, The Man That Rescues Dogs shelter was founded. A team of 25 shelter staff, along with volunteers, now care for hundreds of homeless canines. Funding comes entirely from donations.

Scary sight: On a certain downtown street in the Venezuelan capital of Caracas, anyone who looks up will see a scary sight. Hundreds of dolls' heads peer down at passersby from the third-floor balcony of a house. This curious sight, which has become known as the "Balcony of the Dolls," is the creation of Etanís González, a visual artist and collector who owns the house. He and his family are dedicated to turning the building into a museum, and they consider the doll heads to be an art installation. González spent three years working on this piece, painstakingly placing each of the heads into position.

Song name: A village called Kongthong, in the state of Meghalaya in northeastern India, has a wonderful tradition. Each villager not only has a name, but also has a song that is their name. The practice is called jingrwai iawbei. At birth, mothers give their newborns a unique melody, which becomes their identity. If the person is far away, their whole tune, which is between 10 and 20 seconds long, is sung to call them. If they are close by, a shorter version, sort of like a nickname, is sung. Recently, outside interest in this tradition has brought more tourists, and the hiking trail to the village has been replaced with a road.

Standing in line: Most people sometimes must stand in line to get what they want, at the grocery store, the theatre, the bus stop, and everywhere in between. But what if you could afford to pay someone else to do it instead? A British man named Freddie Beckitt will be that stand-in. He lives in London, where there is no shortage of queues or wealthy folk who don't want to stand in them. Beckitt charges 20 Euros an hour for his services, which he does on a part-time basis to supplement his income as a writer. Getting tickets for shows is a big reason people hire him, and he will do the job in all kinds of weather.

Quoteable Quotes

"Don't quit because you are not good enough; keep going because you are not good enough yet."
—*Richelle E. Goodrich*

"Real courage...is when you know you're licked before you begin, but you begin anyway and see it through no matter what."
—*Harper Lee*

What's Happening

Mar 9-13 - Ladies Open Bonspiel Come to this event hosted by Athabasca Curling Club, registration includes 3 events, appetizers Friday night and banquet Saturday night. For more info visit athabascacurling.ca

Feb 11 - Community Fun Night Rock it out dance night at the Allan Jean Millar Centre from 5:30-8:30pm. Come check out free fieldhouse activities and the inflatable obstacle course. Children under 8 must be accompanied by an adult

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

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Trivia

- German epic poem fragment "Lay of Hildebrand" was written when?
- The Gateway Arch is located in which U.S. state?
- Jellyfish and corals belong to what phylum?
- What year was the Odyssey Video Game released in the U.S.?
- Disney opened Euro Disney in 1985, 1992, or 2000?

(Flip bottom of page for answers)

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Your Weekly Horoscope


ARIES
(March 21 - April 20)

The balance of power in relationships may be a focus right now, especially for Aries women. Are your partnerships emotionally healthy, or are they out of balance in favour of one partner? Lucky numbers: 8, 10, 19, 24, 34, 41.




TAURUS
(April 21 - May 21)

Over the past four months, you may have had unusual experiences. What have they taught you? If you need to make some changes, you might want to wait a few weeks. Lucky numbers: 5, 9, 11, 19, 32, 37.




GEMINI
(May 22 - June 21)

Are you feeling stressed by weird, changing issues about communications and equipment that hinder your ambitions? These could begin to change this week, but may take a while to shake out. Lucky numbers: 6, 7, 18, 27, 31, 32.




CANCER
(June 22 - July 22)

You may feel eager to start a new endeavour now. Be aware of anything that is holding you back. Are you focused outside of yourself, when the obstacle is within? Lucky numbers: 2, 8, 30, 33, 44, 47.




LEO
(July 23 - Aug. 23)

How well have your plans from six months ago worked out? If you need to make a change to them now, consider one that is in alignment with your values. Lucky numbers: 4, 6, 9, 12, 26, 44.




VIRGO
(Aug. 24 - Sept. 23)

Work is an important focus for Virgos. Right now, though, it may be causing an issue in a relationship. Consider what adjustment you might need to make to balance the two. Lucky numbers: 7, 8, 10, 26, 31, 46.



LIBRA
(Sept. 24 - Oct. 23)

If you are in a romantic relationship, are your needs being met? This is particularly important for Libra women. Work with your partner toward an honest discussion that doesn't become an argument. Lucky numbers: 13, 17, 23, 34, 39, 40.




SCORPIO
(Oct. 24 - Nov. 22)

At the beginning of the week, your intuitive ability to receive insights about the emotional issues of others may be particularly strong. Be sure to use discretion in sharing what you see. Lucky numbers: 1, 4, 7, 27, 36, 39.



SAGITTARIUS
(Nov. 23 - Dec. 21)

Your natural enthusiasm and optimism may be heightened during the middle of the week. Use the energy to accomplish something positive, but be careful not to overreach regarding risks. Lucky numbers: 15, 23, 37, 39, 41, 46.




CAPRICORN
(Dec. 22 - Jan. 20)

This may be a good time to make plans for the next six months. However, you may also experience some temporary confusion now, so consider waiting until next week to finalize them. Lucky numbers: 3, 17, 18, 22, 31, 43.




AQUARIUS
(Jan. 21 - Feb. 19)

This month the Sun will return to its position at your birth. It's a good time to plan out the year. Be sure your goals are in alignment with your values. Lucky numbers: 11, 17, 18, 24, 28, 33.



PISCES
(Feb. 20 - March 20)

At mid-week, you may begin to find a good opportunity to connect more fully with others. This might be on a work or a romantic basis. Keep your eyes open for it. Lucky numbers: 9, 18, 24, 25, 35, 38.



Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 23.

Did You Know...

Weather protection: The first umbrellas may have been sun protection in ancient Egypt, over 3,500 years ago. Now made from waterproof material, umbrellas keep users dry during rain. Ones that protect from the sun's rays are called "parasols."

Shoe rationing: During World War II, Americans could not amass a closetful of shoes. That's because footwear was rationed so that supplies of rubber and leather would be available for the needs of the military.

Tea time: Bubble tea was created in Taiwan in the 1980s. Originally, it was made by pouring brewed black tea, milk, and sugar over ice and tapioca balls. Now, there is more choice with different teas and flavourings.

Similar names: American talk show personality Johnny Carson, who hosted *The Tonight Show* from 1962 to 1992, was married four times. His first three wives had similar names: Joan (known as Jody), Joanne, and Joanna. His fourth wife was named Alexis.

Good spot: Happyland is the actual name of a rural municipality in the Canadian province of Saskatchewan. Local yore says it was named by an early settler who was so glad to live there that he called it a "happy land."

On the Lighter Side

What happened to the mad scientist's plan? It fizzled out. Rapunzel and her hair had an understanding: they never wanted to be a part.

Knock! Knock! *Who's there?* Nana. *Nana who?* Nana of your business!

Here's to the guy who invented zero. Thanks for nothing!

Bill: "I just climbed to the top of the world's biggest mountain."

Will: "Wow, Everest?"

Bill: "Sure, about every 100 feet or so."

Answers

Trivia answers: 1. 800 CE 2. Missouri 3. Chidaria 4. 1972 5. 1992

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