


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

Fun houses: Parents who want to impress their kids with a playhouse that will tickle their imaginations need only call a company in Lethbridge, Alberta (Canada). The brainchild of Tyson Leavitt, Charmed Playhouses produces custom-made structures that can cost anywhere from a few thousand dollars to several hundred thousand. One might resemble a castle, while another might look like a cabin in the woods. They even make "Harry Potter" and "Star Wars" structures. But whatever form they take, the attention to detail is amazing, from windows to furnishings to interior design details. The Charmed Playhouse team builds the structure, takes it apart to move it to the buyer's location, then puts it back together.

Pet problem: When Wyverne Flatt got his beloved potbellied pig Ellie in 2018 when she was quite small, as an emotional support animal, he was living in the U.S. state of South Carolina. But when he moved to the town of Canajoharie, New York, he ran into trouble. Officials in that area consider Ellie a farm animal, and keeping her in the town is illegal. But Flatt refused to give up his 110-pound (50-kilogram) ovine companion, whom he claims is affectionate, smart, and clean. The pet owner, who also has two dogs and a cat, is willing to go to court in an attempt to keep Ellie as part of his household.

False alarm: A concerned driver spotted something that caused her great worry. She thought she saw a swan caught on a fence in the flooded River Stour, in County Dorset, England. The animal lover called the Royal Society for the Prevention of Cruelty to Animals (RSPCA), which immediately sent help. As Officer Graham Hammond prepared to summon a rescue team, he found a closer vantage point to check out the swan's predicament. Luckily, he was able to cancel the team before they started on their way because he discovered that the trapped feathered friend was actually a white plastic lawn chair. In its topsy-turvy position in the water, it did indeed resemble a swan.

Balcony living: People have been known to live in vans or motor homes or lean-to huts, but how about paying rent to live in a tent on the balcony of someone's apartment? That is what a woman is advertising in Zurich, Switzerland. Places to live in this city are scarce and expensive, so the apartment dweller decided to try subsidizing her rent while providing "living space" for someone in need. The lucky candidate will receive a two-person, waterproof tent, with bedding, and will have access to the kitchen, bathroom, and living room of the apartment. Her advertised rate for the opportunity is 500 Swiss francs per month. The unusual idea apparently is legal in the city.

Quoteable Quotes

"Every exit is an entry somewhere else." —Tom Stoppard
"If you keep going with a definite purpose, you will find the way and reach the destination." —Debasish Mridha

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

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Trivia

1. What is a group of islands called?
2. Who was Gerardus Mercator?
3. What colour tongues do Chow Chows and Shar-Peis have?
4. What is the acronym for the colours of the rainbow?
5. Who was the first U.S. president to hold a live TV press conference?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES

(March 21 - April 20)



Aries are often very focused on self achievements that provide a sense of success. Right now, though, it may be time to expand your sense of self through humanitarian endeavours. Lucky numbers: 9, 17, 19, 21, 46, 48.

TAURUS

(April 21 - May 21)



This week you may receive sudden or unusual insights. This information is a gift. Use your steady, practical nature to evaluate how you could use it positively, and then act. Lucky numbers: 4, 11, 14, 16, 32, 37.

GEMINI

(May 22 - June 21)



While Gemini thought processes are rapid and insightful, execution of plans can be spotty. If you are presented with an opportunity that resonates with your nature, resist the urge to procrastinate. Lucky numbers: 3, 8, 10, 13, 14, 17.

CANCER

(June 22 - July 22)



Protecting yourself and those you love is an important focus for the Cancer-born. Are you feeling confident about your life situation now? If not, what can you do to improve it? Lucky numbers: 6, 9, 11, 12, 21, 39.

LEO

(July 23 - Aug. 23)



Leo is known as the Pied Piper of the zodiac for your ability to draw people to you. How can you make sure your interactions with others are a win-win for everyone? Lucky numbers: 8, 10, 16, 19, 38, 40.

VIRGO

(Aug. 24 - Sept. 23)



The work Virgo chooses to do is often a form of service to others. Do you need to make an adjustment in the type of service or how you provide it? Lucky numbers: 1, 7, 20, 22, 42, 43.

LIBRA

(Sept. 24 - Oct. 23)



Right now a focus may be on your relationship to your mother or your children. Remember that how well you were nurtured influences how well you are able to do so yourself. Lucky numbers: 12, 19, 27, 29, 41, 47.

SCORPIO

(Oct. 24 - Nov. 22)



Scorpios sometimes have difficulty reaching out and connecting with others. However, the Universe may be asking you to do exactly that right now. How can you feel safe in doing so? Lucky numbers: 5, 6, 20, 30, 35, 45.

SAGITTARIUS

(Nov. 23 - Dec. 21)



A personal philosophy or belief system is important to many Sagittarians. Now may be a good time for you to explore and then act on those beliefs to help humanity. Lucky numbers: 2, 4, 6, 7, 23, 44.

CAPRICORN

(Dec. 22 - Jan. 20)



Capricorns usually focus on practical accomplishments. Now, however, you may have the opportunity to unearth a different type of success that is in alignment with your heart, perhaps in the arts. Lucky numbers: 15, 16, 30, 31, 42, 46.

AQUARIUS

(Jan 21 - Feb. 19)



The planetary energies right now are strongly Aquarian. How might you be able to use this energy to shine a spotlight on yourself, so that others can see who you truly are? Lucky numbers: 11, 12, 25, 40, 42, 45.

PISCES

(Feb. 20 - March 20)



You are entering a period of several months where you may want to be sure that you see any romantic partner clearly. Dig deep to understand the truth of a relationship. Lucky numbers: 13, 17, 18, 27, 37, 42.

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

Did You Know...

Friendly goat: Originating in the Cameroon Valley of West Africa, pygmy goats have been found to make good pets. They are cute and playful, and also very friendly and social. They need a big yard with a high fence, and grass or hay to eat.

Smelly basement: One way to reduce the musty smell that sometimes plagues basements is to use a dehumidifier. These appliances remove mildew-inducing moisture from the air, which contributes to the musty odor.

Very big berry: Eggplants are considered berries because they come from a single flower. However, with all the grilling, frying, baking, and roasting that occurs in the kitchen, they are often thought of as a vegetable.

Busy volcano: Mauna Loa in Hawaii (U.S.) is the largest volcano in the world. It is 13,681 feet (4,170 m) above sea level. Although its last eruption was in 1984, it has erupted 33 times since 1843, an average of every five years.

Moldable toy: Silly Putty was created in the 1940s, and is still available today. Made from boric acid and silicone oil, its invention was an accident. When it didn't work as a synthetic rubber substitute, it was marketed as a toy.

On the Lighter Side

Did you hear about the skeleton comedian? He tried tibia little humerus.

Knock! Knock! Who's there? Zombies. Zombies who? Zombies make honey, others don't.

When I saw the pile of free pants on the street, I really picked up the slack.

Student: "The moon was full the other day, but now it's only a crescent."

Teacher: "Don't worry. It's just a phase."

What kinds of haircuts do sponges get? Bobs.

Answers

Trivia answers: 1. Archipelago 2. Cartographer 3. Blue-black 4. ROYGBIV 5. John F. Kennedy

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