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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
½ 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	½ 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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Aja Welsh & Friend from St. Albert

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## Everybody's Talking

**Blue cows:** Black, brown, and white cows may not attract much amount of attention, but what about a blue cow? Latvia is home to such a beast. These cows can be light or dark ultramarine in colour from a pigment that affects their fur. At birth, their coats are closer to beige, then later become blue. This cattle breed produces less milk than average, and was near extinction a few decades ago. However, a play called The Blue One, by Latvian Gunars Priede, drew attention to the plight of the blue cow in the 1970s. After organized attempts to save the breed, today these resilient animals can be found in the fields of Latvia.

**Standing guard:** Three cats in Victoria, British Columbia (Canada), decided to take control of an unopened blender box, with the blender still inside. Max, George, and Lando took turns sitting upon and guarding the box, while owners Jessica and Nikii began posting their pets' antics on social media, garnering many amused responses. Obviously, the owners only needed to shoo the cats away, unpack the blender, and start making smoothies. But the standoff provided so much laughter that they let the cats have their way for a while. They even contacted the mixer's manufacturer with the amusing story. The company sent three empty boxes so the owners could have their blender and the cats could keep playing with the containers.

**Pineapple or not?** Does pineapple belong on pizza? That is what Angelo Mercuri, chef, co-owner, and co-founder of Bacaro Pizzeria in Montreal, Quebec (Canada), wanted to find out. Including the tropical fruit on pizza is a contentious issue for many, so Mercuri devised a survey that drew 5,000 responses. Of all the respondents to the heavily publicized survey, 53 percent voted against pineapple on the Italian favourite, so for now, he took it off the menu of the chain of pizza restaurants. Bacaro's "Hawaii Five-0" pizza also had included bacon, ricotta, jalapeno peppers, and tomato sauce. Now the fruit has been banned from the chain for the foreseeable future.

**Open trunk:** Some petty thieves work by breaking into cars, rifling around in the console and the glove compartment, and stealing change or other valuables that the hapless owner may have left inside. If the car is locked, a thief might smash a window to get inside. This is happening more than usual in San Francisco, California (U.S.), so some vehicle owners have taken the situation into their own hands: they leave their cars unlocked with the trunks open, and they ensure there's nothing worth stealing in the car. A line of driverless cars parked on the street with trunks open looks odd, and police advise against the practice.

## Quoteable Quotes

"My father always used to say, 'Don't raise your voice. Improve your argument.'"  
—Archbishop Desmond Tutu

"Don't give up on your daydream! That little voice inside is telling you how to live your life with intent and purpose."  
—Dawn Gluskin

## 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](http://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

- The largest island of the Philippines is \_\_\_\_\_.
- This Egyptian frog goddess represents fertility.
- What refrigerant destroys the ozone layer?
- The French horn is a woodwind instrument—T/F?
- The word "cappuccino" originally referred to what brown item?

(Flip bottom of page for answers)

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# Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)

Have you reached a place in life where service to others is a consideration for you now? In this process, try to find an opportunity to align your service with your values. Lucky numbers: 3, 7, 12, 40, 42, 47.

**TAURUS**  
(April 21 - May 21)

Do you want to break free and pursue something new? Perhaps you should take a small step in the new direction, to make sure it is the right one for you. Lucky numbers: 21, 25, 33, 35, 41, 48.

**GEMINI**  
(May 22 - June 21)

Resist any temptation to get into a fight with someone you perceive as an obstacle to your plans. What might be a better way to meet this challenge that will avoid conflict? Lucky numbers: 6, 17, 25, 35, 37, 43.

**CANCER**  
(June 22 - July 22)

You may find yourself busy and stressed now. Expressing yourself is important but try not to get into unnecessary ego conflicts with others. How are you contributing to the issue? Lucky numbers: 13, 14, 33, 34, 43, 45.

**LEO**  
(July 23 - Aug. 23)

How do you define the pot of gold at the end of the rainbow? In pursuing it, just be sure your path is in alignment with what your heart wants. Lucky numbers: 1, 3, 6, 10, 21, 39.

**VIRGO**  
(Aug. 24 - Sept. 23)

Virgos are usually happiest when they feel grounded and things are running smoothly. The energy at the beginning of the week is supportive, so you may wish to proceed forward now. Lucky numbers: 10, 11, 13, 16, 24, 46.

**LIBRA**  
(Sept. 24 - Oct. 23)

Seek out the beauty that is all around you in the world. Perhaps take a museum trip? Use this energy to reinforce the natural grace, kindness, and empathy within yourself. Lucky numbers: 2, 15, 17, 33, 36, 41.

**SCORPIO**  
(Oct. 24 - Nov. 22)

Are you feeling a bit paranoid about the thoughts and actions of those around you? Take a deep breath, wait a few days, and the feeling will most likely pass. Lucky numbers: 14, 20, 21, 28, 33, 35.

**SAGITTARIUS**  
(Nov. 23 - Dec. 21)

You may find yourself thinking now about what legacy you want to leave behind. Whatever you decide, be sure to incorporate your personal philosophy and belief system into your plans. Lucky numbers: 5, 14, 16, 19, 32, 36.

**CAPRICORN**  
(Dec. 22 - Jan. 20)

You may have been undergoing a long period of personal transformation, which often might have been confusing. At midweek, you could receive some insights about the process. Look for them. Lucky numbers: 4, 15, 33, 39, 42, 44.

**AQUARIUS**  
(Jan. 21 - Feb. 19)

You may find that you need to make an adjustment now to your work style. Keep your Aquarius antenna alert for new information that could help you in this process. Lucky numbers: 7, 24, 29, 30, 36, 42.

**PISCES**  
(Feb. 20 - March 20)

You may be feeling that you are on information overload right now, and you would be correct. It may be best to wait a few days to assimilate it before acting. Lucky numbers: 12, 14, 18, 21, 33, 40.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 11.

## Did You Know...

**Scottish saying:** Most people have had the embarrassing experience of forgetting someone's name when making introductions. Scottish people ease these awkward situations by saying, "Pardon my tartle!"

**Maple leaf:** The Canadian Flag has a red maple leaf in the middle, which is flanked by two vertical red rectangles. Designed by Canadian George Stanley, it became official in 1965.

**Poetry time:** To write an acrostic poem, just pick a word or name. Then use each letter of the word or name as the first letter of each line of the poem. The word can be any length and the poem does not have to rhyme.

**Bad bread move:** Don't put a loaf of bread upside down on a table when dining in Italy. An Italian belief is that bread is a symbol of life, and therefore placing it upside down will bring bad luck.

**Pesky stump:** Tree stumps take years to rot on their own. To accelerate the process, drill holes in the stump and sprinkle Epsom salt on it. Keep the stump covered to protect from rain, and apply more salt every few weeks.

## On the Lighter Side

Why did the student throw away his lunch? It was full of junk food.

Tom: "I used to have a terrible fear of hurdles."  
Tim: "What did you do?"  
Tom: "I got over it."

I know a woman who used to be a train driver, but she got sidetracked.

Remember: Models of dragons are not to scale.

Knock! Knock! Who's there? Bertha. Bertha who? Happy Bertha-day to you!

## Answers

Trivia answers: 1. Luzon 2. Heget 3. Freon 4. False 5. Capuchin monks' clothing

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