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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

Smart birds: A cleaning company based in Sweden is testing a way to get rid of a certain kind of garbage that tends to be strewn on the street by litterers: cigarette butts. Called "Corvid Cleaning," the company has devised a way to use wild crows as street maids. Crows are smart birds, and company founder Christian Gunther-Hanssen is tapping into their intelligence by rewarding them for their work. After several steps of training, he and his team hope the birds will eventually learn to drop the butts in a garbage can in exchange for food dispensed from a machine. Testing of the idea will take place in Sodertalje, not far from Stockholm.

Well water: A vast artesian well on the arid continent of Australia stretches about 1.7 million square kilometres (670,000 sq. mi.). Called the Great Artesian Basin, this source of groundwater lies under parts of several states in the east part of the country. One of the largest underground freshwater resources in the world, the Basin's water can be accessed by drilling a well. The water also creeps up through natural cracks in the rock, emerging as springs, creeks, and rivers. This happens more toward the southern part of the Basin because the water lies closer to the surface. Conservation of the Great Artesian Basin is a priority in the country.

Soccer sleuths: Soccer is a sport loved all around the world, with India being no exception. But humans aren't the only creatures that enjoy kicking around a ball. In the village of Sukhigaon, Odisha, in the Nabarangpur forest area, a group of children was playing soccer when one of them accidentally kicked the ball into a forested area adjacent to the field. To the surprise of both players and spectators, a mother bear and her young cub emerged from the woods, found the ball and started playing with it. Now, instead of cheering on their team, everyone cheered for the bears and filmed their antics. Eventually, the bear family returned to the forest.

Fortunate win: Gabriel Fierro, of Cornelius, North Carolina (U.S.), likes to take his wife out for lunch on Saturdays. Their usual haunt is an Asian restaurant in nearby Charlotte, where they order their favourite dishes, and end the meal with a fortune cookie. After one recent lunch, Fierro decided to use the numbers from his fortune cookie to play the Mega Millions lottery. The fortune cookie numbers turned out to be, indeed, quite fortunate. They were winners! Fierro's prize, before tax, was \$4 million (USD). The big winner and his wife plan to use some of the money to build a new home and then invest the rest. They'll probably buy themselves a few more meals at their favourite restaurant, too.

Quoteable Quotes

"You do not find the happy life. You make it." —Camilla Eyring Kimball

"Morale is when your hands and feet keep on working when your head says it can't be done." —Benjamin Morrell

What's Happening

Until Feb 28 - Free Skating Come down to the ICE District Plaza at 10360 102 St to take part in outdoor skating from 10am-10pm daily. Rink availability depends on weather and schedule of other events. Visit icedistrict.comskating for more details.

Volunteer drivers urgently needed to drive cancer patients The Canadian Cancer Society is urgently needing volunteer drivers in Edmonton and area to take people to the Cross Cancer for their treatment. Mileage reimbursement provided. Please inquire at volunteer@cancer.ca or call us at 1-888-939-3333.

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Trivia

1. What year was George Orwell's Animal Farm first published?
2. This is the highest peak in South America.
3. The only North American marsupial is _____.
4. Do adult humans commonly have 29, 32, or 36 teeth?
5. Approximately how deep is the ocean's epipelagic zone?

(Flip bottom of page for answers)

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BEFORE AFTER

Congratulations to November's **Coffee News Guy** contest winners!

Your prizes are in the mail!

**Peter Samel
Jeanne Gulinsky
Colin Walther
Julia Tweedle**

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Your Weekly Horoscope

ARIES
(March 21 – April 20)

Keep your eyes open this week for an opportunity that can manifest a successful endeavour. It may be subtle, so pay close attention to be sure you don't miss it. Lucky numbers: 7, 19, 29, 33, 36, 47.

TAURUS
(April 21 – May 21)

Many factors are in flux in your environment right now. If you can stay centered in the chaos, you may be able to identify which factor could provide a new opportunity. Lucky numbers: 2, 6, 9, 20, 25, 27.

GEMINI
(May 22 – June 21)

You may be feeling argumentative and out of sorts at the beginning of the week. Wait a few days and things might improve. In the meantime, don't engage negatively with others. Lucky numbers: 3, 10, 13, 18, 30, 35.

CANCER
(June 22 – July 22)

You may have recently felt emotionally overwhelmed by others' pain. The energies are shifting in a positive direction. You still can't help everyone, but the burden might be lighter for you. Lucky numbers: 11, 16, 21, 28, 43, 44.

LEO
(July 23 – Aug. 23)

Your heart and mind may be out of sync right now. Consider how you can bridge the gap between the two, but try waiting a few days before you act. Lucky numbers: 10, 12, 21, 23, 39, 41.

VIRGO
(Aug. 24 – Sept. 23)

Did you set up a plan about six months ago on your birthday? If so, how are you progressing with it? Where do you need to make changes to stay on track? Lucky numbers: 25, 34, 41, 46, 47, 48.

LIBRA
(Sept. 24 – Oct. 23)

For the next couple of weeks, you may be able to easily communicate your ideas to people. This might be a good time to ask others for what you want. Lucky numbers: 8, 13, 14, 17, 23, 31.

SCORPIO
(Oct. 24 – Nov. 22)

You may have a lot of energy to accomplish something right now. Just consider where you should make an adjustment, in order to garner the support of others whose help you need. Lucky numbers: 5, 8, 11, 17, 25, 32.

SAGITTARIUS
(Nov. 23 – Dec. 21)

For a few days at the beginning of the week, you may feel particularly enthusiastic and optimistic. How do you want to take advantage of this to achieve something positive? Lucky numbers: 1, 15, 17, 22, 25, 34.

CAPRICORN
(Dec. 22 – Jan. 20)

You may feel the need to forge an intense psychological connection to your romantic partner. However, first make sure they are receptive to this level of interaction in the relationship. Lucky numbers: 9, 20, 21, 22, 32, 46.

AQUARIUS
(Jan. 21 – Feb. 19)

Are you caught between your work and romantic commitments? Look for opportunities that might allow you to accommodate both, while neither is neglected. This may take some creative thinking! Lucky numbers: 6, 19, 33, 40, 41, 43.

PISCES
(Feb. 20 – March 20)

The Sun is returning to the position where it was when you were born. This gives you the opportunity to plan your new year. Include values that you are passionate about. Lucky numbers: 4, 10, 22, 23, 36, 37.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 37.

Did You Know...

Sour to sweet: A berry that grows in West Africa makes sour foods taste sweet. Known commonly as "miracle fruit" or "miracle berry" (*Synsepalum dulcificum*), it contains a special protein that works by activating the sweet receptors on the tongue.

Favourite veggie: Known as the *Le Roi Soleil* (The Sun King), France's Louis XIV (1638-1715) had a fondness for green peas, which were considered a gourmet treat. They were imported to his court from Italy, wrapped in roses to keep them fresh.

Special coin: Queen Isabella of Spain appeared on the American quarter in 1893. She was the first real woman to appear on a U.S. coin. The occasion was the World's Columbian Exhibition in Chicago, Illinois.

Just visiting: The late American musician Elvis Presley was world famous, but never performed in England. He stopped in the U.K. during his time serving in the U.S. Army, but not as a performer.

Sweet side dish: The long and slender green zucchini is commonly used in many different dishes. Golden zucchini is shaped just like the green variety and is just as appealing. It can be a little bit sweeter than the green one.

On the Lighter Side

Pat: "The last time I sang my voice fell on a thousand ears."
Pam: "Were you singing in a cornfield?"

What do you call a silly pickle? A daffy dill.

My grandfather keeps his gingerbread recipe secret. He shares on a knead-to-know basis.

Knock! Knock! Who's there? Fangs. Fangs who? Fangs for opening the door!

When construction workers party, they raise the roof.

Answers

Trivia answers: 1. 1945 2. Cerro Aconcagua, Argentina 3. Common (Virginia) opossum 4. 32 5. 650 feet

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