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Recipe of the month

Citrus-Herb Pork Roast

1 boneless pork sirloin roast (3 to 4 pounds)
1 teaspoon dried oregano
1/2 teaspoon ground ginger
1/2 teaspoon pepper
2 medium onions, cut into thin wedges
1 cup plus 3 tablespoons orange juice, divided
1 tablespoon sugar

1 tablespoon white grapefruit juice
1 tablespoon steak sauce
1/2 teaspoon reduced-sodium soy sauce
1 teaspoon grated orange zest
1/2 teaspoon salt
3 tablespoons cornstarch
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

Reforestation in Turkey: Hikmet Kaya of Turkey may have retired two decades ago, but his years-long work in forest management lives on. Kaya was responsible for planning the reforestation effort that would turn an area of bleak hills near the town of Sinop into a flourishing forest. Starting in 1978, the former forest management chief toiled with his team and local villagers to plant 30 million saplings on 25 hectares (62 acres). Recently, Kaya returned to the area. As he stood in today's green, forested environment, he held a large photo of the once-barren and brown land. His work is important in this country, where loss of forests has been a concern.

Change of canvas: Painting delicate portraits and images of birds on porcelain is how a tattoo artist from Bucheon, South Korea, got her start. Today, Abii uses her abundant skill and artistic talent to create similar images on skin. Instead of using brushes and paint to decorate porcelain, she now uses a needle and ink, with skin as her canvas. Her creations are exquisite, sophisticated, and realistic; they contain lots of colour and intricacy, whether the design is a luminescent hummingbird in flight, a pair of cardinals resting on a leafy branch, or a mother and child. The artist admires the work of Claude Monet and Vincent van Gogh, and incorporates their styles in her creations.

Doggie DNA: Dog walkers everywhere know that when a canine companion does its business on public land, the polite thing to do is scoop it up and dispose of it. However, a woman in Spain learned that the hard way. Hailing from Paterna, in the country's Valencia region, the woman had been on vacation in Benalmadena, over 600 kilometres (373 miles) from her home. When she didn't clean up after her Bull Terrier, authorities were able to track the pet using DNA, and she was fined. The doggie DNA database is primarily available to help owners find their lost pets, but in this case, the pet owner discovered it can have another use!

Love it or hate it: In the capital city of Bratislava, Slovakia, one unusual structure to visit is an upside-down pyramid. Designed by architects Stefan Svetko, Stefan Durkovic, and Barnabas Kissling, it is the Slovak Radio Building and is known as the Pyramid. People tend to either love or hate the eye-catching, inverted pyramid, which was completed in 1983 after a decade and a half of construction. Standing 80 metres (262 feet) high, it houses broadcasting studios and a concert hall. Another claim to fame is that within its walls is one of the largest organs in Central Europe, an instrument that has 6,300 pipes.

Quoteable Quotes

"To give anything less than your best is to sacrifice the gift."
—Steve Prefontaine

"The most sincere compliment we can pay is attention."
—Walter Anderson

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

- Where is LEGO Group's corporate headquarters—Canada, Denmark, or Belgium?
- When was the BBC (British Broadcasting Corporation) founded?
- What is Finland's highest peak?
- What invasive, amphibious species was introduced to Australia in the 1930s?
- Django Reinhardt is best known for playing this instrument.

(Flip bottom of page for answers)

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Your Weekly Horoscope


ARIES
(March 21 – April 20)

 Aries is one of the action-oriented signs. However, this week you may want to take advantage of an opportunity to slow down and contemplate any issues in your life. Lucky numbers: 10, 27, 28, 32, 35, 38.


TAURUS
(April 21 – May 21)

 The middle of the week may bring an opportunity for you to do steady, patient work. If you run into an obstacle, try not to be stubborn. Instead, look for a unique solution. Lucky numbers: 7, 12, 19, 25, 29, 44.


GEMINI
(May 22 – June 21)

 Are you in a tug of war with someone about something that is important to both of you? The week could start with an opportunity to find a win-win outcome. Lucky numbers: 6, 16, 18, 21, 24, 45.


CANCER
(June 22 – July 22)

 For the next few weeks, you may be focused on fun and pleasure. That is important for a balanced life, but be sure not to completely neglect your work, relationships, or responsibilities. Lucky numbers: 18, 21, 26, 30, 44, 47.


LEO
(July 23 – Aug. 23)

 Leos are naturally sociable individuals and that trait may be heightened now. This energy might provide an opportunity for you to achieve a goal that is in line with your values. Lucky numbers: 1, 6, 7, 9, 16, 20.


VIRGO
(Aug. 24 – Sept. 23)

 At the start of the week, you may be feeling "out of sorts" for no apparent reason. If you are patient and wait a few days, the situation might improve. Lucky numbers: 2, 15, 18, 28, 35, 42.


LIBRA
(Sept. 24 – Oct. 23)

 Libras are normally peacemakers, but this week you may be feeling combative about a cause or something else you passionately value. Where could you productively focus your efforts? Lucky numbers: 4, 6, 18, 37, 38, 48.


SCORPIO
(Oct. 24 – Nov. 22)

 Your mind and emotions may not be in sync, and this could spill over into your public interactions. To avoid being argumentative, be aware of how you are communicating with others. Lucky numbers: 13, 14, 18, 23, 35, 41.


SAGITTARIUS
(Nov. 23 – Dec. 21)

 Like Aquarius, Sagittarius has an interest in the evolution of humanity. This desire may be heightened now, but you might have to reach for, or perhaps create, an opportunity. Lucky numbers: 3, 8, 10, 17, 20, 22.


CAPRICORN
(Dec. 22 – Jan. 20)

 Capricorns are often talented in achieving goals such as career and monetary success. For the next few weeks, an adjustment in your attitude could lead you to higher aspirations. Lucky numbers: 11, 12, 14, 20, 23, 25.

AQUARIUS
(Jan. 21 – Feb. 19)

 An Aquarian can easily get lost in theories of how things should be. This week, though, you may be able to unearth an opportunity to achieve something that is more concrete. Lucky numbers: 5, 6, 19, 28, 29, 39.

PISCES
(Feb. 20 – March 20)

 Pisces energy is amplified at the beginning of the week. This may be a good time for retreat and contemplation, to regroup and develop a new plan going forward. Lucky numbers: 14, 17, 21, 23, 33, 43.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 7.

Did You Know...

- Blue House:** Mexico City is home to La Casa Azul, where renowned artist Frida Kahlo grew up. Today, the blue-painted structure is a museum that showcases the artist's work and life.
- Active dreams:** Everyone dreams, but some people have "rapid eye movement sleep behaviour disorder." They may perform actions in their dreams by talking, laughing, yelling, kicking, or even getting out of bed.
- Moon nut:** Peanuts are not nuts, but legumes, which means they are seeds enclosed in a pod. Interestingly, a peanut found its way to the moon and back in 1971 when U.S. astronaut Alan Shepard took one aboard Apollo 14.
- Cuddly pet:** A Shih Tzu makes a great pet because these dogs are affectionate and outgoing. The little canines love to jump up on laps. Even though the name means "lion dog," the friendly, playful creatures are alert but not aggressive.
- American plant:** Native to Europe, Lamb's quarters (*Chenopodium album*) grows throughout North America, even near busy city streets. It can reach 6.5 feet (2 m) tall and its leaves can be used like spinach.

On the Lighter Side

Knock! Knock! *Who's there?* July. *July who?* July awake at night?

I just produced a theatrical performance on puns. It was a play on words.

Flo: "Why are you taking those math questions to the gym?"
Jo: "I have to reduce some fractions."

What kind of shampoo does Medusa use? Snakes Heads and Shoulders.

These reverse-angle cameras in cars are great. I got one and I never look back.

Answers

Trivia answers: 1. Denmark 2. 1922 3. Haiti 4. (Haiti) Haiti 5. Guitar

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