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Fircrest/University Place  
Sales Mgr: Juanita (253) 853-4392  
Juanita@harbortimes.org

# Harbor Times

## Coffee Shop "Gig"gles

Only in America!

"Gig"gles

**Chunky Cheerleaders:** (AP) MIAMI — The Florida Marlins are looking for some footloose fat men. The National League team is creating an all-male, plus-size cheerleading squad to be dubbed the Manatees. Tryouts were scheduled for Sunday. The team hopes to recruit seven to 10 tubby men to dance, cheer and jiggle during Friday and Saturday home games this season. Men will be judged on how well they dance a choreographed routine. The Marlins already have a cheerleading squad, the considerably more svelte Mermaids. Men selected for the Manatees won't be paid. They'll get tickets to games they perform at, and the honor of dancing in front of crowds that have been smallest in major league baseball for the last two seasons. The Marlins aren't the only pro sports team capitalizing on Americans' expanding waistlines. The Chicago Bulls basketball team have the Matadors, a big-man dance troupe that's entertained fans at home games since 2003. (Big Bouncing Bubbas!) **Mayor given the boot:** (AP) The mayor of Arlington, Ore., who once posed on a fire truck in her underwear, has been stripped of her office. Citizens voted 142-139 Monday to recall Carmen Kontur-Gronquist. The pictures of her in black bra and panties were taken for a contest about fitness before her election, Kontur-Gronquist said, but a relative posted them on MySpace in hopes it would improve her social life. She said she saw no reason to take them off the popular Web site once she took office three years ago. Later, though, she closed access to them. Opponents said it wasn't fitting for the mayor to be so depicted. (But what caliber of mayor was she?)

**It's not about Land:** When in England at a fairly large conference, Colin Powell was asked by the Archbishop of Canterbury if our plans for Iraq were just an example of empire building by George Bush. He answered by saying, "Over the years the U.S.A. has sent many of its fine, young men and women into great peril to fight for freedom beyond our borders. The only amount of land we have ever asked for in return is enough to bury those that did not return."

**SuDoku Solution #56**

8	4	1	6	3	2	5	9	7
6	7	3	8	5	9	4	2	1
9	2	5	7	4	1	8	6	3
2	8	7	3	1	4	6	5	9
5	3	6	9	7	8	2	1	4
4	1	9	5	2	6	7	3	8
7	5	2	1	8	3	9	4	6
3	6	4	2	9	7	1	8	5
1	9	8	4	6	5	3	7	2

**Irish Woman goes on a Diet**  
Brenda is overweight so her doctor put her on a diet. "I want you to eat regularly for two days," he tells her. "Then skip a day and repeat the procedure for two weeks. The next time I see you, you'll have lost at least five pounds." When Brenda returns, she's lost nearly four stone. "Why that's amazing," the doctor says. "Did you follow my instructions?" Brenda nods. "I'll tell you though, I thought I was going to drop dead that third day." "From hunger you mean?" Asks the doctor. No," replies Brenda, "from skipping."

**Aging Irishman**  
An aging man lived alone in Ireland. His only son was in Long Kesh Prison, and he didn't know anyone who would spade up his potato garden. The old man wrote to his son about it, and received this reply, "For HEAVENS SAKE, don't dig up that garden, that's where I buried the GUNS!!" At 4 A.M. the next morning, a dozen British soldiers showed up and dug up the entire garden, but didn't find any guns. Confused, the man wrote to his son telling him what happened and asking him what to do next. His son's reply was: "Just plant your potatoes."



**Quips & Quotes**  
"The most valuable function performed by the federal government is entertainment." *Dave Barry*

"This project is so important, we can't let things that are more important interfere with it." *Advertising/Marketing manager, (United Parcel Service)*

"Teamwork is a lot of people doing what I say." *Marketing Exec. (Citrix Corporation)*

**Trivia Questions**

1. How many bones in the human hand?
2. What did they place beneath Queen Victoria's collar to train her to keep her head up?
3. What is the capital of New Jersey?
4. What is the longest river in Italy?
5. The "You Are Here" arrow on a map is called \_\_\_\_\_?



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**Testosterone:** Pollutants are effecting hormone levels in males. "The incidence of deformities of the penis (in newborns), the rise of testicular and prostate cancers, erection difficulties and the whole male reproductive system is being affected," says Stephan H. Buhner, author of *The Natural Testosterone Plan*. You would expect DDT to mess up hormones but softeners such as phthalates, a component of the fragrances in soap, shampoo, and plastic shower curtains and food wraps also affect hormone levels. Bisphenol A is another disrupter found in hard clear plastics, canned food linings. Buhner recommends avoiding hops and large amounts of alcohol, eat organic, keep your weight down, and avoid chemicals found in fertilizers and pesticides. Also recommended is eating greens, celery, garlic, corn, red meat once a week (bison preferably), pine nuts which contain testosterone, oysters for zinc, and a good vitamin/mineral supplement with magnesium, selenium, vitamin C, E, B6, niacin and choline.



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In recognition of Spay Day 2008  
Friday, March 14<sup>th</sup> 2008  
6:30 to 10:00PM  
Slavonian Hall in Old Town  
2306 North 30<sup>th</sup> Street, Tacoma  
The Peninsula Spay/Neuter Project promotes and provides funding for low-cost spay & neuter services for pet cats and dogs, and feral cats in an effort to stop the killing of companion animals due to overpopulation. PSNP is an all-volunteer IRS 501(c)(3) nonprofit organization. No staff members are paid for their services. Details at: [www.psnp.org](http://www.psnp.org). Email: [mail@psnp.org](mailto:mail@psnp.org).  
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**Coffee Addicts**  
What's the best cup of coffee you've ever had? Tell us about it. Email to [joann@harbortimes.org](mailto:joann@harbortimes.org) and we'll print your responses here.  
"The best cup of coffee I've ever had was a cup of cowboy coffee made by convicts on a fire line while fighting fires in California back in 1964. I still remember it, so it must have been good." BB, Gig Harbor

**Weekly Horoscope & Lucky Day**

**Aries** (Mar. 21—Apr. 20)  
Be aware of any deception on the part of those you deal with. Secret affairs will eventually backfire on you. Residential moves will be hectic and may be unsatisfactory. Family responsibilities are escalating.  
Lucky Day: Saturday

**Taurus** (Apr. 21—May. 21)  
Minor health problems will flare up if you don't take care of yourself. Your emotions may be hard to control if your mate is forcing you to undergo drastic alterations in your relationship. Seminars will provide you with knowledge and amusement. Helping children may be rewarding and challenging.  
Lucky Day: Tuesday

**Gemini** (May 22—June 21)  
You will be able to talk about emotional problems with your partner. Don't share your dilemma with those you work with. Secret intrigues could get you into trouble. You may not be able to help, but your support will be favorable.  
Lucky Day: Saturday

**Cancer** (Jun. 22—Jul. 23)  
You may be more emotional than usual. You have the stamina and determination to succeed. You need to do your own thing and work on making yourself the best you can be. Deception and confusion regarding your status in society is likely.  
Lucky Day: Saturday

**Leo** (Jul. 24—Aug. 22)  
Older family members will make demands on your time. Controversial subjects should be avoided at all costs. You can come into money that you don't necessarily work for. You will probably have to defend your mate.  
Lucky Day: Saturday

**Virgo** (Aug. 23-Sept. 23)  
You'll regret every word for some time to come. Don't overlook that fact that someone you care about may be hiding something. You could experience delays in shipments or mail, and should be careful while traveling. Chances to express your ideas and beliefs can bring popularity as long as you're not arrogant.  
Lucky Day: Wednesday

**Libra** (Sept. 24—Oct. 23)  
Someone you like may be receptive and actively seeking your company. You will not impress others by being foolishly generous. Deep discussions may only lead to friction. You may find that family members may not be too easy to get along with.  
Lucky Day: Sunday

**Scorpio** (Oct. 24—Nov. 22)  
Opportunities to get ahead are evident. A romantic infatuation from your past may surface if you frequent places that you both used to go. Try not to overspend on friends or family. Don't lend to people who have given you negative vibes.  
Lucky Day: Friday

**Sagittarius** (Nov. 23—Dec. 21)  
You can become obsessed with detail and must be sure to divide your time appropriately. Don't get intimately involved with a coworker. Your uncanny insight will help you make the right choices. Spending too much time talking to friends or relatives could easily turn into a debate that could lead to estrangement.  
Lucky Day: Tuesday

**Capricorn** (Dec. 22—Jan. 20)  
Don't make any rash decisions that may affect friendships. Money can be made if you are willing to take a chance. Self-deception about relationships is a problem. You don't want to give anyone fuel for the fire.  
Lucky Day: Wednesday

**Aquarius** (Jan. 21—Feb. 19)  
Your ability to deal with others will help you in getting the support you need. You can meet interesting new friends if you join worthwhile groups. Take the time to close deals that have been up in the air. You may be able to impart knowledge that's innovative to those searching for a new angle.  
Lucky Day: Thursday

**Pisces** (Feb. 20—Mar. 20)  
You will be able to get to the bottom of things this week. If you can't trust someone, question the connection. Don't allow personal problems to conflict with professional duties. You can handle situations that require contact with institutions or large corporations.  
Lucky Day: Wednesday

**Trivia Answers:**  
1. 27 bones 2. sprig of holly 3. Trenton  
4. Po River 5. IDEO locator

**Local Events**

**Mar 22** Bunny Hunt Express, Mount Rainier Scenic Railroad  
360-492-5588 [www.mrsr.com](http://www.mrsr.com)  
**Mar 4-Mar 30** Seymour Conservatory, Wright Park, TAC, spring display and St. Pat's Celebration  
**Mar 8** Electronics Show & Flea Mkt., 9-3pm, Puyallup Fair & Events Center.  
**Mar 7-Mar 9** RAGS Wearable Art Show, 10-6pm, Mercedes-Benz of Tacoma, benefits YWCA

**Harbor Times Cookbook**

**New Zealand Rosemary Lamb**  
3 pound butter-flied leg of lamb  
4 Tbsp olive oil  
6 cloves of garlic crushed  
3-4 Tbsp. fresh rosemary crushed  
1/4 cup dry red wine or gin  
1/2 tsp Salt  
1/4 tsp fresh ground Pepper  
**Trim lamb** of sinew and excess fat.  
Whisk remaining ingredients together and rub all over lamb, coating all sides. Roll into a tight roast and tie with kitchen string. Place in a glass covered dish or wrap in plastic and chill over night in frig. Remove from frig while preheating oven to 375° F. When oven is hot, place lamb on a rack and roast for 1 to 1-1/2 hours. Lamb is best at internal temp of 130°. Oven roasted veggies are traditionally served with this meat.

**Herbed Au Gratin Potatoes**

4 Yukon gold potatoes, peeled and sliced 1/8" thin  
2 cups whipping cream  
1 Tbsp sea salt  
1/2 tsp fresh ground black pepper  
1 Tbsp fresh rosemary leaves  
1 Tbsp fresh thyme leaves  
Baking parchment paper

**In a flat baking pan** lined with parchment, arrange a single layer of potato slices in overlapping rows, cover with 1/2 cup cream and sprinkle with herbs and s&p. Repeat layers ending with herbs. Cover with foil, bake at 375° F for 1 hour. Remove foil and bake until slightly colored on top.

**Irish Lace Cookies**

3/4 cup firm packed light brown sugar  
2 tablespoons all-purpose flour  
2 tablespoons milk  
1 teaspoon vanilla  
1 1/4 cups old-fashioned rolled oats  
**In a bowl**, cream the butter with the brown sugar until the mixture is light and fluffy and beat in the flour, milk, and vanilla. Stir in the oats, drop rounded teaspoons of the dough about 3 inches apart onto ungreased baking sheets, and bake the cookies in batches in the middle of a preheated 350°F. oven for 10 to 12 minutes, or until they are golden. Let the cookies stand on the sheets for 1 minute, or until they are just firm enough to be moved with a metal spatula. (If desired, turn the cookies upside down on the sheets and, working quickly, roll them into cylinders on the sheets. If the cookies become too hard to roll, return them to the oven for a few seconds and let them soften.) Transfer the cookies to a rack and let them cool completely. Dip into melted coating chocolate or drizzle coating chocolate over tops.

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**HOUSEHOLD HINTS**

**Sow tiny vegetable seeds in a jell-o solution. Just dissolve a small package of jell-o in 2 cups of hot water. Let cool to room temp and mix in a packet of vegetable seeds. Pour solution into a squeeze bottle and squirt the seed loaded jell-o down rows in the garden. Seeds will germinate faster and plants will be healthier.**

**Su Doku #56**

8	4			3				7
	7		8		9		2	1
		5		4		8		
	8			1			5	
5			9	8				4
	1	9		2		7	3	
		2			3	9		
3	6		2		7		8	5
1				6				2

Rules: each row must contain numbers 1 through 9 only once. Each column must contain numbers 1 through 9 only once. Each cube must contain numbers 1 through 9 only once. Good Luck!