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Recipe of the month

Pumpkin Lasagna

1/2 pound sliced fresh mushrooms	Dash pepper
1 small onion, chopped	9 no-cook lasagna noodles
1/2 teaspoon salt, divided	1 cup reduced-fat ricotta cheese
2 teaspoons olive oil	1 cup shredded part-skim mozzarella cheese
1 can (15 ounces) solid-pack pumpkin	3/4 cup shredded Parmesan cheese
1/2 cup half-and-half cream	
1 teaspoon dried sage leaves	

Prep Time: 25 min. Bake: 55 min. + standing
Yield: 6 servings

- In a small skillet, saute the mushrooms, onion and 1/4 teaspoon salt in oil until tender; set aside. In a small bowl, combine pumpkin, cream, sage, pepper and remaining salt.
- Spread 1/2 cup pumpkin sauce in an 11x7-in. baking dish coated with cooking spray. Top with 3 noodles (noodles will overlap slightly). Spread 1/2 cup pumpkin sauce to edges of noodles. Top with half of mushroom mixture, 1/2 cup ricotta, 1/2 cup mozzarella and 1/4 cup Parmesan cheese. Repeat layers. Top with remaining noodles and sauce.
- Cover and bake at 375° for 45 minutes. Uncover; sprinkle with remaining Parmesan cheese. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

Source: <https://www.tasteofhome.com>

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Everybody's Talking

No fighting: A tiny island in a Scottish lake is, historically, a place where people would go to settle arguments. It's called Eilean a' Chòmhraidh, or the "Isle of Discussion," and is situated off the south shore of Loch Leven, in the western part of the country. This was an area where the MacDonald Clan lived. If people disagreed about something, the clan's chief would send them to the island to talk it out, and they weren't allowed off the island until they'd come to an agreement. Those arguing were provided with cheese, oatcakes, and alcohol. Afterward, they were taken to Eilean na Bainne, or the "Isle of Covenant," where they put their agreement in writing.

Old vine: Slovenia is home to a very old, living entity. It is a grapevine located in the city of Maribor. This vine, which still produces fruit, is thought to be the oldest living grapevine. It was likely planted in the 1500s, and has survived many things over the centuries, including wars, fires, and pestilence. It is such a beloved item of vegetation that it has its own museum called the Old Vine House, which is a historic building itself because at one time it was the city wall. Locals find it astonishing that the grapevine still grows today, and they share grafts with other cities

All in a name: With all the letters in the English alphabet, there is no end to the names parents could concoct for their children. But a Belgian couple decided to use only four of the available 26 letters to create names for their 12 children: A, E, L and X. Gwenny Blanckaert and Marino Vaneeno's first two kids are Alex and Axel. Then came Xela, Lexa, Xael, Xeal, Exla, Leax, Xale, Elax, Alxe, and a baby yet to be named. The parents didn't intend to do this until after Alex and Axel were born, but upon realizing they'd used the same four letters, decided to continue the tradition for their whole crew. Apparently, the couple doesn't get tongue-tied with the names, but the kids' teachers do!

Sweden in Japan: Where can you find a place that is similar to Sweden, but is not located in that northern Scandinavian nation? Some folks would pick the town of Sweden Hills near Sapporo on the island of Hokkaido, Japan. This town was the brainchild of a Swedish ambassador who thought the climate there was similar to his homeland. Developers started planning the town in 1979, and today the people who live or vacation there love the Swedish feel of the place. The place looks like it's in Sweden, with its wooden red and white houses and its Swedish customs. The residents even celebrate the midsummer festival in a landscape that mirrors the countryside in Sweden.

Quoteable Quotes

"I always wanted to be someone better the next day than I was the day before." Sidney Poitier

"The law must be stable, but it must not stand still." Roscoe Pound

What's Happening

Oct 25 - Howl Masquerade The Howl Masquerade concert is where singers, costumes and Halloween all come together in an awesome event for youth and families. Horizon Stage Theatre. 1001 Calahoo Rd. Spruce Grove. \$15 per ticket. All ages event.

Nov 25 - Snowflake Festival Join us in the heart of downtown St. Albert as we light up the Perron District with the warm glow of Christmas lights. Families can take a ride on the polar express, cuddle the animals. play a little road hockey, and of course meet Santa. 7:30 PM.

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Trivia

- Who created the pop art sculpture of "LO" above "VE"?
- Who plays Dracula in the 1992 film Bram Stoker's Dracula?
- This part of Earth lies between the core and the crust.
- What is the capital of Malaysia?
- Scotland, Wales, Ireland—which one popularized the sport of curling?

(Flip bottom of page for answers)

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Reader of the Month
 Jessica Montgomery from Hinton

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Are you frustrated by opposition you may be experiencing from other people? The situation might be improved by focusing on their needs right now, rather than primarily on your own wishes. Lucky numbers: 3, 14, 37, 40, 43, 44.

TAURUS
(April 21 - May 21)

At the end of the week, you may find uncomfortable emotions surfacing unbidden from your unconscious. Although this might be painful, try to do your best to navigate them. Lucky numbers: 13, 15, 17, 20, 26, 40.

GEMINI
(May 22 - June 21)

Your quick mind and ability to explain complicated information may impress others. Now might be a time to practice incorporating more empathetic diplomacy into your communication style. Lucky numbers: 1, 4, 6, 10, 42, 47.

CANCER
(June 22 - July 22)

Those who are Cancer-born often are very connected to their emotions, which sometimes weighs them down. But toward the end of this week, you may find your feelings are more subdued. Lucky numbers: 8, 12, 14, 26, 32, 34.

LEO
(July 23 - Aug. 23)

You may be tempted right now to just skim the surface of important matters in your life. The energy of the coming month, however, could require you to respond more deeply. Lucky numbers: 10, 17, 23, 25, 36, 42.

VIRGO
(Aug. 24 - Sept. 23)

Many Virgos have a very practical and meticulous approach to life. But now might be a moment to seek out beauty, simply for the pleasure that it can bring to you. Lucky numbers: 9, 12, 13, 16, 19, 28.

LIBRA
(Sept. 24 - Oct. 23)

Libras can easily fall into a pattern of focusing on the needs of others, rather than their own. The beginning of this week may be a good time to concentrate on self-care. Lucky numbers: 4, 13, 15, 18, 28, 41.

SCORPIO
(Oct. 24 - Nov. 22)

Your mind and heart may be fully aligned right now. Try to use this time to review the last six months and to plan how to achieve your goals for the next six. Lucky numbers: 2, 7, 9, 10, 17, 27.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your enthusiasm and optimism may receive a good boost during the middle of the week. How might you be able to use this energy to further your endeavours in a positive direction? Lucky numbers: 6, 12, 14, 17, 34, 39.

CAPRICORN
(Dec. 22 - Jan. 20)

You may be experiencing anxiety from a busy schedule right now. Be careful; try not to let the stress cause you to get into an unnecessary argument with someone else. Lucky numbers: 15, 16, 21, 28, 29, 45.

AQUARIUS
(Jan. 21 - Feb. 19)

You may be feeling discouraged now and might want to give up on your current endeavours. Perhaps try to be patient and trust that your hard work could pay off in time. Lucky numbers: 7, 16, 18, 30, 39, 43.

PISCES
(Feb. 20 - March 20)

Now may not be the right time to rely on good fortune to manifest an untested opportunity. Asking others for advice on the matter might lead you to adjust your plan. Lucky numbers: 11, 13, 19, 26, 34, 40.

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

Did You Know...

Leafy green: Watercress is a leafy green that has lots of nutrients. A town called Alresford in Hampshire, England, is known for it. There it grows wild and has been cultivated since the mid-1800s.

Tiny strings: The ukulele, or "uke," is part of the guitar family. This musical instrument, which has Hawaiian roots, has four strings and a body that looks like a small guitar. There are four sizes: soprano, concert, tenor, and baritone.

Umbrella trap: Black egrets, which live in Africa, hunt by spreading their wings into an umbrella shape while wading. This reduces the glare on the water and helps lure fish into the trap. The technique is called "canopy feeding."

Hair colour: When describing hair colour, people are accustomed to using such terms as blond, brunette, brown, or gray. Hair is often called "chestnut" when it is brown, but tinged with a little bit of red. The colour can be popular among celebrities.

Wire art: Ruth Asawa (1926-2013) was a Japanese American sculptor whose interesting and renowned works included some in which she used wire as her medium. In 2020, some of her works were featured on U.S. postage stamps.

On the Lighter Side

Biff: "I heard a new joke the other day. I wonder if I told it to you."

Boff: "If it was funny, then you didn't."

How was the skunk revived after fainting? With smelling salts.

My spouse accused me of being immature. I said to get out of my fort.

Knock! Knock! *Who's there?* Rowan. *Rowan who?* Rowan a boat is hard work!

How did Pat pass the geometry test without studying? By knowing all the angles.

Answers

Trivia answers: 1. Robert Indiana 2. Gary Oldman 3. Mantle 4. Kuala Lumpur 5. Scotland

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