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Love Coffee News??

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca Please put "Readers" in the subject l

Please include: Your name @ Your phone number nd @ Your address o that we can send you some **cool prizes** your photo is chosen to appear in the paper!

Reader of the Month Jessica Montgo nery from Hinton

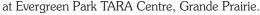
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Mortgage Mentors



Dec 2 - Stand Parade 7:00 pm - 8:30 pm

FREE!

NON profit organizations may submit events for FREE at www.coffee-news.ca





...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST EL4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy



- 1. Who was the original lead singer of the Byrds?
- 2. What foreign-language film won the Best Oscar in 2020?
- 3. Braille began as "night writing" for military communications T/F?
- 4. What element was named for the planet Neptune?
- 5. Guinness Book of World Records says the largest snowflake was how big?

(Flip bottom of page for answers) © Published with Permission by Capital Marketing Ltd (Over)



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Congratulations to September's Coffee News Guy contest winners! **Marlys Zee** Marilyn Eschyshyn Your prizes **Cathy Blachand** are in the mail! **Melanie Spence** Enter today for your chance to win at

www.coffee-news.ca

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Your Weekly Horoscope

LIBRA

ARIES

(March 21 - April 20) Your normal confidence level may be taking a hit right now. Perhaps consider how you might

be sabotaging yourself because of an old emotional wound, and how to address it. Lucky numbers: 18, 21, 22, 27, 30, 39. **TAURUS**

(April 21 - May 21)

At the end of the week, you may encounter someone whose charisma is very attractive to you. Enjoy the experience but don't make any serious

decisions at this time. Lucky numbers: 9, 11, 12, 30, 32, 34. GEMINI

(May 22 – June 21)

You may feel out of sync with others right now. Perhaps an adjustment in your view of the situation would improve your interactions with them. Avoid the temptation to argue right now.

Lucky numbers: 3, 5, 15, 30, 32, 37. CANCER

(June 22 – July 22)

Is there a goal or cause that you feel particularly passionate about achieving? Right now may be a good time to try to recruit

others to assist you in this endeavour. Lucky numbers: 6, 16, 20, 33, 34, 44. LEO

(July 23 - Aug. 23)

You may feel that others are placing obstacles in the way of what you are trying to achieve. You may want to explore what underlying dynamic is driving your belief. Lucky numbers: 17, 18, 23, 24, 27, 48.

VIRGO (Aug. 24 - Sept. 23)

Do you have a hard time requesting assistance? Others might be more receptive right now, so this may be a good time for you to start to prac-

tice asking for help. Lucky numbers: 7, 12, 36, 38, 40, 43.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 33.

Did You Know...

Mind for chess: Zoltan Sarosy, who immigrated to Toronto, Ontario (Canada), from Hungary in the 1950s, was a chess master all his life. He was still playing the game just a couple of years before he died in 2017 at age 110.

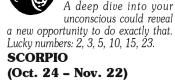
Athletic actor: Douglas Fairbanks (1883-1939) was an American actor in the time of silent films, such as Robin Hood, The Mark of Zorro, and The Thief of Baghdad. He was athletic and performed most of his own stunts.

Edible weed: Plantain weed (not the banana-like fruit) is an edible weed that grows in urban environments, from pavement cracks to playgrounds. It can be eaten raw or cooked in soups and stews, and has been shown to help decrease inflammation.

Big animals: There is a breed of cattle that originated in Italy called Chianina. This breed is the largest in the world. These animals have long legs, well-defined muscles, and long, straight faces.







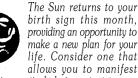
(Sept. 24 - Oct. 23)

You may have been try-

ing, without success, to

show the world your

unique and authentic self.



allows you to manifest something particularly important to you. Lucky numbers: 16, 18, 21, 32, 39, 40. **SAGITTARIUS**

(Nov. 23 - Dec. 21)

Are you having trouble settling on what you want to do next in your life? An approach that might help could be to first understand what you

believe in, and then move forward. Lucky numbers: 8, 10, 24, 27, 30, 46. **CAPRICORN**

(Dec. 22 - Jan. 20)



you fulfill a wish or dream that you have long treasured? Lucky numbers: 10, 12, 13, 26, 44, 45. **AQUARIUS**

(Jan. 21 - Feb. 19)

At the beginning of the week, your thoughts and feelings may be well balanced. You might use this time to devise a plan to address any issues

PISCES

(Feb. 20 - March 20)

At mid-week, you may be feeling particularly emotional. Find a positive outlet for your thoughts, so you don't wallow in them unnecessarily. If you can, postpone any important decisions now.

Lucky numbers: 1, 6, 21, 38, 41, 42.



Pumpkin Lasagna

of the month

2 pound sliced fresh mushrooms small onion, chopped 2 teaspoon salt, divided 1 cup reduced-fat ricotta 1 small onion, chopped 1/2 teaspoon salt, divided 2 teaspoons olive oil 1 can (15 ounces) solid-pack pumpkin 1/2 cup half-and-half cream 1 teaspoon dried sage leaves

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https://www.tasteofhome.com

cheese 1 cup shredded part-skim mozzarella chee 3/4 cup shredded Parmesan che

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, Spread 1/2 cup pumpkin, serge, 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. Parmesan cheese. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

All lit up: Horsetail Fall in Yosemite National Park in the United States is an ephemeral waterfall. In late winter, when the snowmelt provides enough water, the setting sun causes it to light up, a phenomenon known as "firefall."

On the Lighter Side

Knock! Knock! Who's there? Max. Max who? Max no difference to me.

Why don't monkeys play cards in the jungle? Too many cheetahs.

Jeff: "Hey! I have music in my feet!" Joy: "Yes, two flats!"

Why was the nail so unhappy? The carpenter kept hitting it on the head.

The pilot liked to be alone. But even for him, flying a drone was too remote. Auswers

3. True 4. Neptunium 5. 15" x 8" Trivia answers: 1. Jim (Roger) McGuinn 2. Parasite

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³⁵⁻Slave Lake