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**Recipe of the month**  
**Pumpkin Lasagna**  
1/2 pound sliced fresh mushrooms  
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  
Dash pepper  
9 no-cook lasagna noodles  
1 cup reduced-fat ricotta cheese  
1 cup shredded part-skim mozzarella cheese  
3/4 cup shredded Parmesan cheese  
Prep Time: 25 min. Bake: 55 min. + standing  
Yield: 6 servings  
1 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.  
2 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.  
3 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>

**Congratulations**  
to September's **Coffee News Guy** contest winners!  
Your prizes are in the mail!  
Enter today for your chance to win at [www.coffee-news.ca](http://www.coffee-news.ca)  
Marlys Zee  
Marilyn Eschyshyn  
Cathy Blachand  
Melanie Spence

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**Everybody's Talking**

**Pet-friendly hotel:** Anyone wishing to go on a holiday in Gloucester, England, who doesn't want to leave a pet canine behind, simply needs to make a reservation at the Tewkesbury Park Hotel. This hotel offers many activities for pet owners, such as playing golf, going for walks, enjoying a game of tennis, or having a spa treatment. Likewise, their canine companions can lounge in the luxurious rooms on their doggie beds, enjoy doggie treats, and wander through the gardens. Not only that, but guests are allowed to take their pet to dinner at the Piano Lounge, where both human and animal patrons can enjoy a meal of their liking.

**Nap time:** Folks in Hong Kong who have trouble getting a good night's sleep can try to have an extended nap on the Bus Sleeping Tour. This tour, run by Ulu Travel, encourages riders to bring their slippers and pillows so they can curl up to snooze. The double-decker bus then kicks into gear for a five-hour, 76-kilometre (47-mile) ride around the area. The idea originated with Kenneth Kong, Ulu's marketing manager, who knows people who struggle with insomnia. Since many people find they are able to sleep on public transit during their commutes, Kong thought the Bus Sleeping Tour might attract some customers. Tickets are reasonably priced, and riders get a free eye mask and earplugs.

**Bad handwriting:** While a retired man named Alan Slattery may have been successful at robbing a bank in England, his sloppy handwriting is the reason he was unsuccessful in his first attempt, and his lack of penmanship eventually led to his apprehension by police. Slattery walked into a bank in Eastbourne, East Sussex, and handed a threatening note to a teller, but the teller couldn't read it because of the sloppy writing. Slattery ended up running away without any stolen money. Later, with the note as evidence and video footage from another robbery, police were able to catch and arrest the thief.

**Spinning house:** A retired man in Srbac, Bosnia, wanted to make sure his wife would always have interesting views of the world. So Vojin Kusic decided to build a new home with a special feature: he designed it to rotate. He studied methods to bring his dream to fruition, and after six years of planning and building, the home was complete. It uses a rotating mechanism that runs on electric motors and employs wheels that were once used on a large transport vehicle. Now, Kusic's wife can choose to have the house rotate as slowly as once every 24 hours, or at the dizzying rate of once every 22 seconds.

**Quoteable Quotes**

"There is no joy but calm!" —Alfred, Lord Tennyson  
"If you are idle, be not solitary; if you are solitary, be not idle." —Samuel Johnson

**What's Happening**

**Oct 29 - 2022 Firefighters Ball** Westlock Memorial Hall, 9903106 Street. Cocktails: 5 p.m. Dinner: 6:30 p.m. [hhowey@westlock.ca](mailto:hhowey@westlock.ca) or 780-350-2112 for tickets

**Nov 5 to 6 - 85th Anniversary** All Saints' Anglican Church, Drayton Valley. Supper November 5th, \$30 with speaker Bishop Stephen London. RSVP October 15th, Church service November 6th, 10.30 am Contact 780-542-5048

**Nov 13 - Devon Christmas Arts Market** Kicking off the x-mas season with our amazing artists and artisans. Noon to 4 pm, Devon Community Centre 20 Haven Ave. Devon

**Dec 2 - Stand Parade** 7:00 pm - 8:30 pm  
NON profit organizations may submit events for FREE at [www.coffee-news.ca](http://www.coffee-news.ca)

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**Trivia**

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)

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(Over)

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# Your Weekly Horoscope

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

**LIBRA (Sept. 24 - Oct. 23)**

You may have been trying, without success, to show the world your unique and authentic self. A deep dive into your unconscious could reveal a new opportunity to do exactly that. Lucky numbers: 2, 3, 5, 10, 15, 23.

**SCORPIO (Oct. 24 - Nov. 22)**

The Sun returns to your birth sign this month, providing an opportunity to make a new plan for your life. Consider one that 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)**

Your self-confidence may receive a much needed boost right now. How do you want to use this positive energy to help 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 you are experiencing now. Lucky numbers: 5, 8, 15, 19, 30, 33.

**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.

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.

**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.

## Answers

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

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**Reader of the Month**  
Jessica Montgomery from Hinton

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