



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

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



Over 150 p

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

..or send your entry by snail mail to: CN Guy Contest 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. 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 Gu



Dash pepper 9 no-cook lasagna noodles 1 cup reduced-fat ricotta 1 cup shredded part-skim mozzarella cheese 3/4 cup shredded Parmesan che

month

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

 $oldsymbol{0}$ 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.
③ 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 our presend 1/4 our pumpson a hore. Spread 1/2 our presend hore. 1/2 cup mozzarella and 1/4 cup Parmesan cheese. Repeat The control of the cont minutes before cutting urce https://www.tasteofhome.com

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Trivia

1. What year was Charles de Gaulle elected president of France?

2. The dune buggy was invented by _

- 3. On which continent is the mountain range Annamese Cordillera?
- 4. Which flying bird has the largest wingspan?
- 5. Niagara Falls is located in New York (U.S.) and what Canadian province?

(Flip bottom of page for answers)

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(Over)



CN IS HIRING CONDUCTORS



Your Weekly Horoscope

IJRRA

(Sept. 24 - Oct. 23)

numbers: 2, 5, 29, 34, 37, 39.

(Oct. 24 - Nov. 22)

numbers: 3, 8, 11, 12, 16, 31.

SAGITTARIUS (Nov. 23 - Dec. 21)

CAPRICORN

(Dec. 22 - Jan. 20)

numbers: 5, 11, 13, 27, 39, 42.

(Jan. 21 – Feb. 19)

and then work hard to achieve it.

Your head may be in the

Lucky numbers: 7, 9, 10, 30, 35, 38.

(Feb. 20 - March 20)

AQUARIUS

PISCES

30, 36, 46.

SCORPIO

ARIES (March 21 - April 20)

If you find yourself in a pattern of conflict with others right now, perhaps you should take a step back. Examine what is going on within yourself

that may be triggering this dynamic. Lucky numbers: 10, 11, 13, 25, 33, 39. **TAURUS**

(April 21 - May 21)

You may be feeling frustrated that things are not going your way. Now might be a time for completion. Think about what you should release

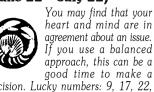
in order to help you move forward. Lucky numbers: 8, 14, 18, 22, 28, 36. **GEMINI**

(May 22 - June 21)

You may feel a desire now to show off your mental abilities. Perhaps you should consider adjusting your demeanour to avoid unproductive arguments

and power struggles with others. Lucky numbers: 1, 8, 15, 19, 43, 45. CANCER

(June 22 – July 22)



good time to make a decision. Lucky numbers: 9, 17, 22, 27, 28, 35. LEO

(July 23 - Aug. 23)

There may be potential opportunities for you to achieve public recognition. If you ask for assistance now, you might find that others are

amenable to helping you in the process. Lucky numbers: 11, 14, 15, 21, 42, 44. VIRGO

(Aug. 24 - Sept. 23)



incorporate a little more magic into the mix. Lucky numbers: 4, 11, 14, 27, 40, 45.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 11.

Did You Know...

Getting rested: When we sleep, reaching the "deep sleep" stage is important for feeling rested the next day. Deep sleep is when heartbeat, breathing, and brain activity are at their slowest. Waking up from this sleep phase is difficult.

Interesting tree: Socotra, an Arabian Sea island that is part of Yemen, is the only home of the Socotra dragon tree. This unique tree's branches form an umbrella that catches and absorbs mist. It has red resin, which local people call "dragon's blood."

Look up: The ceiling of the Sistine Chapel in Vatican City was painted by Renaissance artist Michelangelo. He spent four years completing the project, which contains about 300 figures. He used a painting technique called fresco.

Dishwashing fatigue: An American woman named Josephine Cochran patented the dishwasher in 1886 because







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she was tired of cleaning up after parties. She presented it at the 1893 Chicago World's Fair, and it was a hit.

Sit or lie down: The words "couch" and "sofa" are often used interchangeably today, but historically, they meant different things. A sofa had arms and was meant for sitting, while a couch was intended more for lying down.

On the Lighter Side

Did you hear the one about the knives? It's a cutup.

First Invisible Man: "Did you miss me when I was gone?" Second Invisible Man: "Were you gone?"

When is fishing not a good way to relax? When you are the worm.

I used to know this hilarious joke about a boomerang. I forgot it, but I am sure it will come back to me.

Knock! Knock! Who's there? Rosa. Rosa who? Rosa corn grow in the field.

Answers

4. Wandering Albatross 5. Untario Trivia answers: 1. 1958 2. Bruce Meyers 3. Asia

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