

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>



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Everybody's Talking

Winning ticket: Brian Woodle always wanted to own and operate an automobile repair shop, so while he and his wife were raising their family, he scrimped and saved to make his dream come true. But, as it turned out, he didn't really need to do that. On the very day he opened his shop in Callahan, Florida (U.S.), Woodle discovered that he'd bought a winning lottery ticket. Purchased at a convenience store for a mere \$5, the ticket wound up being worth \$1 million (USD). While the hard work of saving money will always be worthwhile, having this much of a head start on a new business venture always helps.

Snake catcher: Fortunately, Helaina Alati knows a few things about snakes. A wildlife rescuer in Australia, the young woman has helped to round up about 20 of these reptiles over the course of her career. So it was quite fortuitous that she was the shopper who came face-to-face with a python lurking in the spice aisle of a supermarket in Sydney. Remaining calm, Alati was immediately able to identify the type of snake and knew it was not venomous. She let the store's staff know the location of the snake, and then went home to fetch a snake bag. It only took a few minutes for the python to slither into the bag, after which Alati released him into the bush. No harm done!

A calm place: At the Jewel Changi Airport in Singapore, travelers can spend their time between flights at a unique attraction: an indoor garden called Shiseido Forest Valley. The forest has over 900 trees and 60,000 shrubs, spread out over four levels. The area has a display of changing lights of different colours that illuminate the vegetation, making the whole environment seem magical, which is calming to weary travelers. The installation is also linked to sounds that help visitors ignore outside noise and, instead, relax into the depths of the forest. Scent also plays a part in the experience, with the aromas of rose and lotus wafting through the branches.

Elevator elevation: Hunan Province in China is home to the world's tallest outdoor elevator. This feat of engineering is located in the Wulingyuan Scenic area, which offers breathtaking mountain views, including columns of sandstone formations. The elevator was built by a German company and dozens of local contractors. It's known as the Bailong Elevator or the Hundred Dragons Elevator. It rises up a sheer cliff to a height of approximately 330 metres (1,070 feet). Before the elevator was completed in 2002, visitors seeking the expansive vistas had to drive for hours on treacherous roads to reach this scenic viewing area.

Quoteable Quotes

"I just make it my business to get along with people so I can have fun. It's that simple." —Betty White

"Give me again my hollow tree, A crust of bread, and liberty." —Alexander Pope

What's Happening

Nov 26 to 27 - SCARS Jolly Bright Gift Market Shop for your friends, family, and fur-babies! We have 90 vendors, door prizes, raffles, more. Join us at the Alberta Aviation Museum, 11410 Kingsway NW; Saturday 10-5 and Sunday 11-4. Free admission. Hosted by Second Chance Animal Rescue Society

Nov 4 - Remembrance Day Tribute Tea Join us as we commemorate and pay tribute to all of the men women who have served and are still serving Canada today. 2:00-4:00 pm, FREE Must pre-register by October 28th, 2022, 7524 - 139 Avenue, 780-496-6969, www.nesa1.ca

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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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Jessica Montgomery from Hinton

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Your Weekly Horoscope

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)

You may find that your heart and mind are in agreement about an issue. If you use a balanced approach, this can be a 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)

Virgos often take a very practical and grounded approach to their work. However, now may be a time to look for ways to incorporate a little more magic into the mix. Lucky numbers: 4, 11, 14, 27, 40, 45.

LIBRA (Sept. 24 - Oct. 23)

Libras are known for being the peacekeepers of the zodiac. Right now, though, you may find that skill has escaped you. If so, ask yourself why that might be the case. Lucky numbers: 2, 5, 29, 34, 37, 39.

SCORPIO (Oct. 24 - Nov. 22)

Scorpios don't mind digging deeply into a situation to uncover hidden truths. Now may be the right time to initiate such a conversation. But be gentle with the other person. Lucky numbers: 3, 8, 11, 12, 16, 31.

SAGITTARIUS (Nov. 23 - Dec. 21)

Are you finding yourself getting into philosophical arguments with others right now? Perhaps it would be helpful to adopt a "live and let live" attitude for the time being. Lucky numbers: 12, 18, 23, 37, 43, 44.

CAPRICORN (Dec. 22 - Jan. 20)

Romantic partners can sometimes act as a mirror to our own unconscious processes. You may have an opportunity now to expand both your self awareness and your relationship consciousness. Lucky numbers: 5, 11, 13, 27, 39, 42.

AQUARIUS (Jan. 21 - Feb. 19)

Obstacles may appear to be in your way for no apparent reason right now. Be sure that you are focusing on something your heart really wants and then work hard to achieve it. Lucky numbers: 7, 9, 10, 30, 35, 38.

PISCES (Feb. 20 - March 20)

Your head may be in the clouds at this time. A new opportunity could be available for you, but you might have to consciously reach out and seize the right one. Lucky numbers: 6, 7, 17, 30, 36, 46.

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 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

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

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