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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

Special date: August 25 has become a huge celebration day for the Lammert family of Oviedo, Florida (U.S.). That's because the three children of the family—sisters Sophia, Giuliana, and Mia—were all born on that day, three years apart (2015, 2018, and 2021). Parents Kristin and Nick Lammert were amazed when their first two daughters' births landed on that date, but with Mia's due date being September 8, they didn't think it would happen again. But due to some complications in the pregnancy, Mia arrived two weeks early. Having three children in the same family sharing the same birthday is a very rare occurrence.

Old bird: A very old bird likes to fly back to her nest on Midway Atoll in the Hawaiian archipelago to lay her eggs and raise her young. The bird's name is Wisdom, and she is a Laysan albatross who is approximately 70 years old. She is well known by present-day biologists, whose predecessors banded her in 1956. Wisdom has had the same mate, Akeakamai, for the past 10 or 11 years, and the pair has become parents a few times. They take turns with their duties, with one keeping the nest warm while the other flies many miles during outings in search of food. Wisdom is thought to be the oldest wild bird in the world.

A little late: What if you feel ill, take a nap, and wake up hungry, but it's closing time at your favourite restaurant? This happened to an Australian man, so when he placed an online order for fettuccine carbonara, he explained why he was ordering so late. He said he wouldn't mind if the restaurant canceled his order so the staff could close up. His kindness did not go unnoticed. Not only did the restaurant fill and deliver his order, it arrived with a handwritten note assuring him that the staff didn't mind preparing his food. On top of that, they included free garlic bread, hoping it would help him feel better.

Human power: A man from England named Jason Lewis was the first person to circumnavigate the world without using any kind of non-human power, not even the wind in a sail. He began in 1994, and the trek took him 13 years. First, he and a friend named Stevie Smith (who later dropped out) bicycled through Europe. To cross the Atlantic, they used a custom-made pedal boat with a sleeping compartment. Other methods of transportation included roller blades, a kayak, and foot power when hiking and walking. Lewis is planning another trip with his wife Tammie, to circumnavigate the United Kingdom and Ireland using only human power.

Quoteable Quotes

"The winds and waves are always on the side of the ablest navigators." —Edward Gibbon
"Those who expect to reap the blessings of freedom must...undergo the fatigue of supporting it." —Thomas Paine

What's Happening

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.

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

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Trivia

1. What instrument did Louis Armstrong play?
2. This breed is the fastest dog on earth.
3. In what region of Spain and France did the sport jai alai originate?
4. Who was the publisher of the Poor Richard's Almanac?
5. French aviator Antoine de Saint-Exupéry wrote what book?

(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)



This week can provide a brief respite from what may have been a busy and stressful recent period. Use this moment to recharge your energy as you look toward the future. Lucky numbers: 12, 16, 20, 27, 45, 47.

TAURUS
(April 21 - May 21)



You may find yourself searching for a purpose that you can personally identify with. This can be an opportunity to show your unique and authentic self to the world. Lucky numbers: 2, 3, 12, 30, 37, 42.

GEMINI
(May 22 - June 21)



Your ambition may be strong right now and you might feel thwarted by the actions of others. Adjust your own attitude in the matter to avoid ego clashes and power struggles. Lucky numbers: 3, 11, 19, 27, 29, 30.

CANCER
(June 22 - July 22)



Many seek a pot of gold at the end of the rainbow. For Cancers, this focus tends to not be on material wealth, but on security and happiness for those who belong to you. Lucky numbers: 8, 14, 21, 33, 39, 48.

LEO
(July 23 - Aug. 23)



Your natural enthusiasm and charisma may be very visible to others right now. Using this dynamic to negotiate a win-win outcome for everyone involved might be in your best interest. Lucky numbers: 6, 21, 37, 38, 41, 38.

VIRGO
(Aug. 24 - Sept. 23)



Many Virgos are detail-oriented perfectionists. This trait may be highlighted right now. Working solo this week might be best for you, instead of in a group endeavour. Lucky numbers: 10, 20, 25, 35, 36, 45.

LIBRA
(Sept. 24 - Oct. 23)



At week's end, you may find that achieving the balance of heart and mind, which can be elusive for Libras, might be easier. Perhaps this is a time to make an important decision. Lucky numbers: 5, 9, 13, 18, 47, 48.

SCORPIO
(Oct. 24 - Nov. 22)



The last month may have included a deep dive into your psyche. A recap of your insights over this period might be helpful. Things may lighten up soon. Lucky numbers: 4, 9, 11, 29, 45, 48.

SAGITTARIUS
(Nov. 23 - Dec. 21)



You may be entering a period where your focus could be on romantic relationships. As this time unfolds, remember that good communication is an important key to a strong relationship. Lucky numbers: 15, 20, 24, 29, 34, 37.

CAPRICORN
(Dec. 22 - Jan. 20)



Capricorns have been undergoing a long period of transformation and change. Right now you might gain insight into how far you have come and how much further you have to go. Lucky numbers: 14, 23, 27, 36, 37, 44.

AQUARIUS
(Jan. 21 - Feb. 19)



You may be feeling a conflict now between what you want for yourself and the service others need from you. To be happy, find a compromise that allows for some of both. Lucky numbers: 7, 9, 32, 33, 39, 48.

PISCES
(Feb. 20 - March 20)



The astrological landscape is very active for Pisces right now. If you find yourself wading through old territory, maybe stop and listen for the message your inner self is trying to convey. Lucky numbers: 1, 7, 16, 21, 28, 35.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 3.

Did You Know...

Bridge history: New Brunswick, in eastern Canada, is known for its large number of covered bridges, a total of 58. Called "kissing bridges," most are maintained by the province's Department of Transportation and Infrastructure.

Famous lady: Jackie Kennedy, whose maiden name was Jacqueline Lee Bouvier, married John F. Kennedy in 1953, before he became President of the United States in 1960. She was a photographer, journalist, and later an editor.

Wild cats: Cougars, also known as pumas, panthers, and mountain lions, are large, wild felines that live in the Americas. They are carnivores that eat deer, elk, sheep, rodents, and other animals they can catch.

Poisonous sap: Giant hogweed, which originates in southeast Asia, is considered an invasive species in North America. It is a tall plant with umbrella-like white blossoms. But the sap can cause severe blisters, so do not touch the plant.

Musical history: American musician Dave Grohl, of Nirvana and Foo Fighters fame, started his musical career 1984. He was in a few different bands, such as Freaky, Mission Impossible, and Dain Bramage.

On the Lighter Side

Mrs. Jones: "Is your house warm?"
Mrs. Smith: "It should be. The painters gave it three coats last week."

Why did the athlete take up bowling? She thought it would be up her alley!

A sports arena is a great place to spend a hot day. It's full of fans.

Knock! Knock! Who's there? Joanna. Joanna who? Joanna build a snowman?

What did the alien say to the eggs? Take me to your beater.

Answers

Trivia answers: 1. Trumpet 2. Greyhound 3. Basque 4. Benjamin Franklin 5. The Little Prince

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