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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

- 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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Jessica Montgomery from Hinton

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Everybody's Talking

No cars: Anyone wondering what it would be like to live in a town without vehicles could go to Chamois in northwestern Italy. The only way in and out of this alpine village, located high in the mountains in the general vicinity of the Matterhorn, is by hiking trails or cable car. Back in the 1960s, residents didn't even have the cable car! At that time, the people of the village decided against building a road to the valley below and instead built the cableway, which was updated in 2001. Today, Chamois is a resort town with a goal of being environmentally sustainable. Visitors can hike and cycle in the summer and ski in the winter.

Rare cattle: Shodoshima Island, nicknamed "Olive Island," in Japan's Kagawa Prefecture has a perfect microclimate for growing olives. In the mid-2000s, farmer Masaki Ishii wanted to find a use for "lees," the olive pulp left from the oil-making process. The farmer tried feeding it to his herd of the island's prized wagyu cattle. They balked until he tried toasting the pulp, and the cattle ate it up. What the farmer didn't realize at the time was that, along with sustainably and efficiently using an island industry's waste product, he was producing "olive wagyu," which has become a rare but sought-after type of beef because of the unique taste that results from the cattle ingesting olive pulp.

Dirt-filled room: City folk who would like to get back to nature might consider visiting the New York Earth Room at 141 Wooster Street in the SoHo neighbourhood of New York City (U.S.). This room is, literally, filled with dirt, and has been for 45 years. The second-floor gallery holds 250 cubic yards of the stuff. The attraction is the creation of artist Walter De Maria who was commissioned by the Dia Art Foundation. Since the exhibit's 1977 opening, people have been visiting this room of dirt with its loamy scent. They aren't allowed to touch it or take pictures. Amazingly, considerable work goes into taking care of the dirt, which must regularly be raked and watered.

Seal pups: From about May to September every year, a pool at the base of a waterfall becomes a playground for a large number of seal pups from the Ohau Point Seal Colony on New Zealand's South Island. The pups, who are born in November, are part of the colony on the Kaikoura coast. Even though the waterfall is on private land, the owners have allowed tourists to come by for a free look at these marine animal babies. But a 2016 earthquake caused considerable damage to the waterfall. The site became dangerous for humans to visit.

Quoteable Quotes

"What I like in a good author is not what he says, but what he whispers." —Logan Pearsall Smith
"He who thinks himself wise, O heavens! is a great fool." —Voltaire

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 26 - St Josephs Hospital Auxiliary Christmas Fair 10:00 a.m. to 4:00p.m. Ermineskin Community Center, 10709 - 32 A Avenue Home baking; Crafts; Gently Used Quality Jewelry, Xmas Decorations Dutch Auction of beautiful Crystal and China Prices increasingly cut thru the day.

Matheson Christmas Bazaar Come and join us at our Christmas bazaar at 11445-135 street nw 1-3 pm December 3, 2022. All types of vendors, homemade items, you will not be disappointed!!

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Trivia

- Which fish species spawns the most eggs?
- The island of Rhodes is part of Greece, Spain, or Britain?
- What is Paraguay's form of government?
- Who played Vampire Count Orlok in the 1922 film Nosferatu?
- Who farmed peanuts before becoming U.S. president in 1977?

(Flip bottom of page for answers)

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to September's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Marlyns Zee
Marilyn Eschshyn
Cathy Blachand
Melanie Spence

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

This week may hold the potential for insight about an old wound to emerge from deep within your psyche. The revelation might provide an opportunity to experience forgiveness and self love. Lucky numbers: 1, 3, 8, 14, 20, 48.

TAURUS
(April 21 - May 21)

Have you recently stumbled in your interactions with others? Perhaps adjust your viewpoint to be more flexible about a solution. If you do, things might improve at week's end. Lucky numbers: 12, 15, 19, 28, 37, 42.

GEMINI
(May 22 - June 21)

Geminis value intelligence and the realm of the mind. For the next couple of weeks, though, getting out of your head and exploring your feelings may be valuable. Lucky numbers: 8, 11, 12, 21, 37, 38.

CANCER
(June 22 - July 22)

Cancers are most comfortable in their shells, both physical and emotional. The energy this week may provide an opportunity for you to step out of it, if you adjust your view. Lucky numbers: 7, 9, 12, 14, 39, 46.

LEO
(July 23 - Aug. 23)

Leos sometimes exhibit the qualities of childhood well into their adult lives. With conscious effort now, these individuals might begin to add a mature, nurturing quality that others could see. Lucky numbers: 21, 22, 28, 36, 37, 43.

VIRGO
(Aug. 24 - Sept. 23)

For the next few weeks, you may not feel like your normally well-grounded self. You might just wait out this period, or you could use it to expand your comfort zone. Lucky numbers: 3, 10, 14, 16, 17, 39.

LIBRA
(Sept. 24 - Oct. 23)

Libras often focus on keeping things smooth with others. However, now you may find you have a strong desire to be sure your needs are met, even if that churns the waters. Lucky numbers: 6, 17, 19, 31, 39, 42.

SCORPIO
(Oct. 24 - Nov. 22)

You may find there is the potential right now for deep and emotional conversations with others. Try to be careful that you don't reveal something the others might not be ready to see. Lucky numbers: 5, 24, 25, 35, 38, 44.

SAGITTARIUS
(Nov. 23 - Dec. 21)

The Sun will return this month to where it was at your time of birth. You may discover a new opportunity to communicate your most heartfelt goals to others. Lucky numbers: 2, 4, 7, 15, 19, 22.

CAPRICORN
(Dec. 22 - Jan. 20)

The sense of accomplishment from building lasting achievements is important to most Capricorns. That feeling may be highlighted now. How might you use it to accomplish more? Lucky numbers: 11, 14, 17, 18, 29, 32.

AQUARIUS
(Jan. 21 - Feb. 19)

Aquarians are often humanitarians. However, you may be entering a period of unrealistic idealism about this. Try to focus on serving others in a way that is achievable. Lucky numbers: 13, 15, 19, 24, 36, 48.

PISCES
(Feb. 20 - March 20)

At midweek, your luck may begin to change in a positive way. However, try to take off your rose-coloured glasses and make a clear-eyed evaluation of all possible opportunities. Lucky numbers: 16, 20, 22, 26, 36, 45.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 32.

Did You Know...

Sinkhole: The Grotta della Poesia, which means "Caves of Poetry," is a water-filled sinkhole on the Adriatic coast of Italy near the town of Roca. Tourists enjoy the water and the scenery, and there is a cave for divers to explore.

In it together: Buses are used to take many people to a destination or a series of destinations, all at the same time. The word "bus" has its origin in the Latin word "omnibus," which means "for all."

Ancient tomb: King Tutankhamen's 3,000-year-old tomb was discovered in 1922 in Egypt's Valley of the Kings by British archaeologist Howard Carter and his team. A step leading to the burial room was the first thing they found.

Hard cheese: A cheese called chhurpi, made in Nepal, has the reputation of being the hardest in the world. This extremely chewy cheese is made from milk that comes from a chauri, which is part yak and part cow.

Colourful snails: Cuba is home to a species of snail that are a variety of vibrant colours, from bright yellow to orange to violet, and more. They are called Polymita, but are commonly known as "painted snails."

On the Lighter Side

Cinderella was terrible at sports. Probably because the coach was a pumpkin.

If you think raining cats and dogs is bad, try hailing taxis.

Knock! Knock! Who's there? Toodle. Toodle who? Toodle who to you, too!

How does a sheep rancher take care of his workers? Shear and shear alike.

Customer: "I have a complaint."
Waiter: "A complaint? This is a restaurant, not a hospital."

Answers

Trivia answers: 1. Mola, or ocean sunfish 2. Greece 3. Presidential republic 4. Max Schreck 5. Jimmy Carter

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