

# 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

**Old mine:** A spooky but intriguing place can be found in an isolated part of northeast Ireland. It is the remains of the once-active Benbulbin Barite mine, which was in operation from the late 1800s to 1979. Barite (which also is called baryte) is a mineral that has many uses in a number of industries, such as aggregate in cement and as an aid in taking gastrointestinal x-rays. Today, the mine's buildings are gone, but many pylons, wire ropes, and wooden planks remain on the site. The mine is dangerous and is on private property, so anyone who wishes to visit needs to obtain permission from the owner.

**Colourful addition:** Gardeners wanting to spruce up their flower beds with some startling colours might want to look into Brassica oleracea, ornamental cabbage and kale. That's right, these vegetables are not just for eating. The most common colours for these plants are purple, white, and pink, and all three might be layered throughout the leaves in one cabbage or kale plant. The leaves of ornamental cabbage are flat, while in the ornamental kale they are frilly or ruffled. They are good plants to grow in cooler areas because they can survive temperatures well below freezing.

**Wild race:** A mountain biking race like no other has been taking place in France each year since 1995. It's called "Megavalanche" and requires contestants to race 2,600 metres (8,530 feet) down a glacier called Pic Blanc. What makes this race stand out is the mass start: about 2,000 riders all begin at the same time at the top, racing down, virtually out of control, at speeds of up to 120 kph (75 mph). The route is slushy and at some points riders actually have to touch their feet to the ground to keep from falling. All the while, helicopters are buzzing overhead and loud music plays, adding to the electric atmosphere.

**Name calling:** What's in a name? In the case of a young Indonesian boy from South Sumatra, it's his father's penchant for crossword puzzles and his love of the English alphabet. That's why the father, Zulfahmi, decided on "ABCDEF GHIJK" as a name for his son. As the child grew and started school, his friends laughed at him, but today he actually likes his unusual name. Day to day, he is known by the nickname "Adef." Luckily for Adef's two younger brothers, someone in the family must have objected: they are named Ammar and Attar, but Zulfahmi reportedly had wanted to name them "NOPQRSTUV" and "XYZ."

## Quoteable Quotes

"Conscience is the inner voice that warns us somebody may be looking." —H.L. Mencken  
"So absolutely good is truth, truth never hurts the teller." —Robert Browning

## 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 - Christmas in November - Arts Crafts Sale** FREE admission and parking. Vendor information online or at the front desk. Northgate Lions Seniors Recreation Center, 7524 - 139 Avenue, 780-496-6969, [www.nesa1.ca](http://www.nesa1.ca)

**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

1. What does the Oort Cloud surround?
2. Who was the first woman to be chancellor of Germany?
3. The Egyptian Sphinx body was based on an elephant, lion, or scorpion?
4. Where are the Spanish Steps?
5. Mathematician William Oughtred designed this in 1632.

(Flip bottom of page for answers)

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# Your Weekly Horoscope

**ARIES (March 21 - April 20)**

Your Aries traits, positive and negative, may be heightened this week. Your energy level could be high, which you might channel into successful endeavours. Try not to be hampered by past insecurities. Lucky numbers: 6, 9, 10, 15, 45, 48.

**TAURUS (April 21 - May 21)**

Most Taurus-born feel deeply but may not know how to clearly express emotions. You might get another chance now, particularly in a romantic situation. Adjust your approach as needed. Lucky numbers: 12, 14, 16, 23, 28, 30.

**GEMINI (May 22 - June 21)**

Have you recently found yourself in conflict with others about an important matter? Perhaps try a less intellectual approach. Sometimes humour can break the ice in tense situations. Lucky numbers: 11, 18, 27, 40, 41, 43.

**CANCER (June 22 - July 22)**

Cancers easily sympathize with the problems of family and friends, wanting to fix the situations for them. That dynamic can have pitfalls, particularly now. You may want to tread carefully. Lucky numbers: 7, 11, 20, 22, 24, 28.

**LEO (July 23 - Aug. 23)**

Are you frustrated right now by obstacles preventing you from getting what you desire? If you can't change your plans, you may want to wait a few days before continuing. Lucky numbers: 10, 15, 26, 28, 34, 41.

**VIRGO (Aug. 24 - Sept. 23)**

Is your work no longer providing a sense of satisfaction to you? Perhaps you could consider a change that might make you happier and allow you to be of service to others. Lucky numbers: 9, 15, 16, 33, 41, 46.

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

Look inside for any unacknowledged anger about a person or situation. If you can address it calmly, try to do so. Otherwise, consider waiting until next week to resolve it. Lucky numbers: 1, 3, 32, 39, 43, 45.

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

At the end of the week, your highly sensitive antenna about others may be out of whack. This might feel disconcerting, but in a few days things could return to normal. Lucky numbers: 6, 14, 16, 18, 26, 33.

**SAGITTARIUS (Nov. 23 - Dec. 21)**

If you have been having a difficult time connecting with someone, especially a romantic partner, now may be time to resolve a problem. Your communication skills might receive a boost. Lucky numbers: 2, 8, 18, 23, 34, 44.

**CAPRICORN (Dec. 22 - Jan. 20)**

A conversation at the end of the week may uncover a new opportunity for you. Be aware of your environment and open in your interactions with others. Lucky numbers: 4, 7, 25, 34, 41, 42.

**AQUARIUS (Jan. 21 - Feb. 19)**

Is there something you have always wanted to do, but it seemed too overwhelming? Now may be the right time to put in the hard work necessary to achieve it. Lucky numbers: 8, 12, 18, 21, 45, 47.

**PISCES (Feb. 20 - March 20)**

If you recently have been feeling confused and out of sorts, that may begin to pass. However, it might take the next several weeks for things to settle, so don't act quickly. Lucky numbers: 1, 5, 8, 14, 24, 35.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 9.

## Did You Know...

**Dangerous dust:** In the United States in the 1930s, the name "Dust Bowl" was used to depict the region in the southern plains that was hit by extreme drought. Dust storms, known as "black blizzards," were common.

**Ad hoc meaning:** When a company or organization spontaneously forms a group to deal with a specific issue, it's usually called an "ad hoc" committee. In Latin, the phrase means "for this situation."

**Tall falls:** Even cliff divers should be afraid of this waterfall. Angel Falls in Canaima National Park in Venezuela is the tallest uninterrupted waterfall in the world at a height of 979 metres (3,212 feet).

**Food boss:** Kitchens in restaurants can have a variety of different chefs with unique training and experience. A sous chef, for example, looks after the details of the dishes and is the boss of the cooks on the food lines.

**Eye-catching bark:** The rainbow eucalyptus tree (*Eucalyptus deglupta*) would be quite a sight in a garden. As this huge tree's bark is shed, it changes colour, first to green and then to other bright colours, such as oranges, reds, pinks, and purples.

## On the Lighter Side

Why was the pantry so good at telling the future? It knew what was in store.

Knock! Knock! *Who's there?* Bashful. *Bashful who?* I can't say. I'm too embarrassed.

How does a mirror travel on an airplane? First glass.

Person: "You ate the dictionary? Bad dog! Spit it up!"  
Dog: "You took the words right out of my mouth."

What do you get if you cross a small rodent with an oil can? A mouse that never squeaks again.

### Answers

**Trivia answers:** 1. Solar system 2. Angela Merkel 3. Lion 4. Rome, Italy 5. Linear slide rule

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