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Lasagna Flatbread

Ingredients

- 15 oz. - container ricotta cheese
- 8 oz. - pkg. shredded mozzarella cheese, divided
- 3 oz. - pkg. Parmesan cheese
- 1 - egg
- 2 tsp. - Italian seasoning
- 1 lb. - sausage
- 13 oz. - marinara sauce
- 6 - flatbreads

RECIPE PREPARATION

- Preheat oven to 375 degrees F (190 degrees C).
- Combine ricotta cheese, 1/2 of the mozzarella cheese, Parmesan cheese, egg, and Italian seasoning in a bowl.
- Cook sausage in a skillet over medium heat until no longer pink, 5 to 10 minutes; drain. Stir in marinara sauce.
- Spread 1/6 of the cheese mixture evenly on each flatbread; cover with sausage mixture. Top with remaining mozzarella cheese.
- Bake in the preheated oven until cheese is melted and bubbly, 10 to 15 minutes.

allrecipes.com

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Everybody's Talking!

Hidden away: Someone who steals a small amount of money from a store probably isn't planning to live in a cave for over a decade to escape prosecution. That is what happened to Liu Moufu of Enshi in China's Hubei province. The man and a couple of accomplices robbed a gas station of ¥156, which is only about \$20 (USD). When his co-thieves were caught by the cops, he ran away to a mountain cave, and stayed there for 14 years. Surviving by hunting and stealing food, he occasionally visited his family. Finally, he came out of hiding to face the consequences of his crime, which could include prison time.

Forever marriage: Most spouses opt for traditional Valentine's Day or anniversary gifts, such as chocolates, flowers, or a nice dinner at a restaurant. But that wasn't good enough for a Thai man. He went far beyond the usual expectations by getting a unique tattoo. He asked an artist in the city of Kaeng Kho to make a permanent tattoo on his forearm of his and his wife's marriage certificate. The man's wife, Om-Aim Daraployphan, was thrilled with his choice of a gift, and posted it on social media, where it went viral. For her, the act of getting the tattoo more than proved how much her husband loved her.

Famous face: A World Cup soccer player from Argentina is so revered that a farmer figured out how to make the legend's face appear in a corn field in Los Condores, in central Córdoba province. The player is Lionel Messi, and he is known around the world. Argentinian farmer Carlos Faricelli designed the planting algorithm so that different amounts of seed went into the ground, causing different shadings of green to appear when the plants grew. The result was a huge portrait of the soccer star, which can be seen in aerial photos. A devoted fan, Faricelli let other farmers use his code so that Messi's face could be "planted" in other corn fields.

Cat came back: A cat appropriately named Lucky somehow managed to get lost and travel 1,500 miles from her family's home. The orange tabby was seen hanging around Prairie Village, which is close to Kansas City, Missouri (U.S.). Fortunately, Lucky was equipped with a microchip indicating that her real home was in Miami, Florida. More than two years earlier, the feline's owners had reported their pet missing. As time passed, they really didn't think Lucky would be lucky enough to be found. But she was! The owners were thrilled to get the news. However, no one knows how Lucky ended up so far from home.

Quoteable Quotes

"The most effective way to do it is to do it." —Amelia Earhart
 "Almost everything will work again if you unplug it for a few minutes, including you." —Anne Lamott

What's Happening

- St Peter and Paul Ukrainian Greek Catholic Church would like to invite you to our first Annual Dinner, Auction & Show** the evening of Nov. 18 at Paradise Canyon Golf Resort. Tickets available by Nov. 9 via Eventbrite (www.linktr.ee/sspeterpaul).
- The PAW society is holding its annual fall bake sale on Saturday, November 25 from 9:30 to 3:00** at the LFGA HUT, 9th Ave. and 10th St. S. Cat-themed gift items will also be on sale. Donations of baking are greatly appreciated and can be dropped off at the HUT from 9:00 to 11:00 the morning of the sale.
- The Alberta Genealogical Society - Notice of New Days Open for visitors to research their family history: Tuesdays, Wednesdays and Thursdays from 1:30 p.m. to 4:30 p.m.** Drop in to our Lethbridge centre at #128, 909 - 3rd Ave. N. or phone at 403-328-9564. Our Facebook page is "Lethbridge, Alberta Genealogy".
- Lethbridge Family Search Center (1912 - 10th Ave. S.) is open Tuesdays 1:00-4:30 & 6:00-8:00 and Wednesdays 9:30-1:00.** 403-327-6797. Free help with your family history! Everyone is welcome!
- Is drinking causing problems in your life? There is a solution!** Call Alcoholics Anonymous: 1-403-327-8049 or go to <http://www.AA.org>

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Trivia

- Who wrote the children's classic *Heidi*?
- Which country is the primary source of the delicacy *fugu*?
- Subnivean describes something situated under or above the snow?
- The Cambodian Water Festival of Bon Om Touk is in autumn—T/F?
- A ploye is a scheming plot, buckwheat pancake, or type of rivet?

(Flip bottom of page for answers)

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Trivia

Q What colour is yak's milk?

A: Pink

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Your Weekly Horoscopes

ARIES (March 20 - April 19)



At midweek, you may have an opportunity to permanently release an old pattern. To do so, focus on what you love and value and not on what may haunt you. Lucky numbers: 2, 13, 16, 39, 42, 43.

TAURUS (April 20 - May 20)



Making an adjustment in your communication style could show others what you are passionate about. A sudden or unexpected opportunity may then emerge. Watch for it. Lucky numbers: 17, 19, 26, 34, 35, 45.

GEMINI (May 21 - June 20)



For the next couple of months, you may have two opposing views about a situation. Do you want to nurture it toward a successful outcome, or let it go? Lucky numbers: 4, 12, 17, 30, 31, 35.

CANCER (June 21 - July 21)



The current energy pattern may be encouraging you to make a life adjustment. If you do a lot to support others, now might be the time to support yourself, too. Lucky numbers: 8, 11, 19, 23, 29, 46.

LEO (July 22 - Aug. 22)



Your natural enthusiasm may get a jump start now that could last for several weeks. To what would you like to apply this energy? Just be aware of overreaching. Lucky numbers: 1, 3, 10, 13, 23, 42.

VIRGO (Aug. 23 - Sept. 22)



The beginning of the week may be a good time to loosen your grip on a tendency to focus on the small details. Remember that perfection is rarely achieved. Lucky numbers: 2, 12, 15, 16, 17, 29.

LIBRA (Sept. 23 - Oct. 22)



Venus has been traveling through your sign of Libra for a couple of weeks now. Do you have greater clarity about who and what you love and value? Lucky numbers: 7, 11, 21, 23, 29, 37.

SCORPIO (Oct. 23 - Nov. 21)



At week's end, strive to cultivate more joy in yourself and your environment. Realizing that not everything has to be so serious all the time may be helpful. Lucky numbers: 3, 5, 15, 26, 43, 48.

SAGITTARIUS (Nov. 22 - Dec. 20)



This month the Sun returns to where it was on your birth date. Mars, which provides a lot of energy, is in Sagittarius. Both may facilitate a new start. Lucky numbers: 1, 15, 21, 23, 35, 47.

CAPRICORN (Dec. 21 - Jan. 19)



You may be surrounded by energy that is gently encouraging you to look deeply at what might be holding you back. Whether you choose to do so is up to you. Lucky numbers: 5, 8, 26, 39, 42, 46.

AQUARIUS (Jan. 20 - Feb. 18)



Aquarians often want to see sweeping changes for all. However, for the next two months, you may want to focus on projects that nurture a single individual or small group. Lucky numbers: 7, 16, 17, 23, 34, 41.

PISCES (Feb. 19 - March 19)



You may feel conflicted about whether to move forward or stay where you are now. Only you can decide which is the best choice to make. Just don't ignore the situation. Lucky numbers: 4, 5, 7, 9, 13, 47.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 7.

Did You Know...

Many islands: The archipelago of the Philippines contains over 7,000 islands. Some are big, some small, some cosmopolitan, some remote. The three main islands are Luzon, Visayas, and Mindanao.

Hit song: Beloved American rock-and-roll star Elvis Presley had a huge number of hits during his career. His first number one hit on Billboard's pop singles chart was "Heartbreak Hotel" in 1956.

Practical candy: Chocolate maker Forrest Mars first developed the well-known chocolates called M&Ms in 1941 for consumption by World War II soldiers. The popular, candy-coated discs continue to be marketed today.

No bad smells: Anyone who wants to play a trick on a friend by throwing a stink bomb in their vicinity better not do so in Alabama in the United States. Stink bombs are illegal in that state.

Knighted actor: Prolific English actor Sir Ben Kingsley has starred in many famous movies, including *Gandhi* (1982) and *Schindler's List* (1993). Kingsley was knighted in 2002.

On the Lighter Side

There was a girl who lost her watch. She tried finding it, but didn't have the time.

Bungee jumping is an expensive sport. No such thing as a free lunge.

Bob: "My dog has no nose."
Bill: "How does he smell?"
Bob: "Terrible."

Knock! Knock! Who's there? Wafer. Wafer who? Wafer the bus at the corner.

Where do library books like to sleep? Under the covers.

Answers

Trivia answers: 1. Johanna Spyri 2. Japan 3. Under 4. True 5. Buckwheat pancake

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