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**Dementia and Continence Study**

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia.

You will be in the study for approximately 10 weeks. During this time, the researcher will visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits will last between 1 to 2 hours.

**UNIVERSITY OF ALBERTA**  
 This study will abide by all Covid-19 safety measures outlined by Alberta's Chief Medical Officer and Alberta Health Services.  
 University of Alberta Ethics approval Ref.: Pro00094514

► If you want to learn more about this study, please contact Dr. Wagg's research office at **780-492-6855** (24-hour confidential voicemail).

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**Recipe of the month**

**Holiday Haystack Cookies**

1 cup semisweet chocolate chips      ½ cup roughly chopped almonds  
 1 cup milk chocolate chips      ½ cup shelled pistachios  
 3 cups chow mein noodles      2 tablespoons assorted holiday sprinkles

Level: Easy    Total: 1 hr 15 mins    Yield: 24 cookies  
 Active: 15 mins

1. Heat 2 inches of water in a pot to a simmer. Add the semisweet and milk chocolate to a bowl and place over the pot of simmering water. Allow to melt, stirring occasionally, 4 to 5 minutes.
2. Meanwhile, add the noodles, almonds and pistachios to a large bowl and set aside.
3. When the chocolate has melted completely, pour over the noodle and nut mixture. Mix until everything is well coated in the melted chocolate.
4. Using 2 spoons, drop tablespoon mounds onto 2 parchment-lined baking sheets. Sprinkle the holiday sprinkles over the top. Allow to dry completely before storing, about 1 hour.

Source: [www.foodnetwork.com](http://www.foodnetwork.com)

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**Everybody's Talking**

**Collectors' items:** Lots of people collect favourite items, whether those are dolls, books, records, or guitars. Usually, they legally obtain the items. That was not the case with a collector in Higashiosaka, Japan. Hiroaki Suda was in the habit of collecting bicycle seats, after he had stolen them. Recently, the man was filmed on surveillance cameras in the act of taking the seats from two parked bikes at a train station. Police were astounded to discover that he had been repeating this crime for over 25 years and had collected over 5,800 bicycle seats, which he kept in a storage facility.

**Brotherly love:** A caring brother from Zamboanga City, Philippines, wanted to do a good deed for his sister, so he learned how to sew. Rather than taking on a small project, Maverick Francisco Oyao made a prom dress for his sister, Lu Asey, because the family couldn't afford to buy or rent one. And what a dress it turned out to be! Wearing the dress, Ly Asey looked like a princess from a fairy tale. Her brother had learned how to sew by viewing YouTube videos. The finished project was royal blue and white, and featured large pleats and winged sleeves.

**Weird items:** Those who are interested in visiting a place full of peculiar items might want to know about the Noir Arts & Oddities in Kansas City, Missouri (U.S.). Owner Pamela Smith sells unusual and strange items in her "antique oddities boutique." For people who want to see medical oddities, they have antique medical prints. If customers are curious about the occult, the owner directs them to a selection of incense, tarot cards, and crystals. The shop also has a collection of unusual cross-stitch patterns, as well as books, jewelry, and natural science items.

**Bagged burglar:** A Welshman must have thought an Elvis Presley convention would be a good place to commit burglary. A camera caught Christopher Badman (his real name!) wandering the halls of a hotel in Porthcawl, Wales, where the convention was taking place. He had a bag over his head to disguise himself while breaking into a room. At one point, he was confronted by a guest. Then, much to the joy of the police, Badman removed the bag from his head and looked into the security camera. He was readily identifiable, and ended up being charged.

**Quoteable Quotes**

"The person who removes a mountain begins by carrying away small stones."  
 —Chinese proverb

"It isn't the great big pleasures that count the most; it's making a great deal out of the little ones."  
 —Jean Webster

**What's Happening**

**Nov 19 to Jan 18-Mom to Mom Online Group** Online group where Moms can get together to talk about successes and difficulties of being a mom and sharing stories, each week working on a different topic. Thursdays 1-2 pm. Register at [jasperplace-CFC.com](http://jasperplace-CFC.com)

**Nov 20 to Jan 2-Magic of Lights** Head to Castrol Raceway for a new holiday tradition! You'll embark on a 2.5 KM drive through experience from the comfort of your own vehicle. Be mesmerized as multiple holiday themes come to life with hundreds of thousands of sparkling LED lights!

**Dec 1-Dec 31-Luminaria** Stroll through the candle-lit pathways of the snow-covered Kurimoto Japanese Garden. University of Alberta Botanic Gardens - 51227 Hwy 60, Parkland County.

**Jan 16 to 17-Deep Freeze: A Byzantine Winter Adventure** This two-day festival brings together diverse cultures and revels in the magic and beauty of winter. Alberta Avenue - 118 Avenue NW and 91 Street, Edmonton.

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://www.coffee-news.ca/whats-happening)

**Hidden Coffee News Guy ADVENTURE**

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...or send your entry by snail mail to: CN Guy Contest, 17303-107 Ave., Edmonton, AB T5S 1E5. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

**Trivia**

1. An appaloosa is a breed of cattle, horse, or sheep?
2. Which Guthrie popularized the song "Alice's Restaurant"—Woody or Arlo?
3. What does the term "per diem" mean?
4. A shuttlecock is used in what game?
5. The city of Timbuktu is located in what country?

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# Your Weekly Horoscope

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

Intense discussions with others might allow things to be blown out of proportion. A willingness to listen, learn, and heal may be a very useful tool for you. Lucky Numbers: 8, 11, 16, 22, 24, 34.

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

Some new, exciting ideas may come to you via books, magazines, or on-line sources. You might want to take advantage of these opportunities to expand your mental horizons. Lucky Numbers: 1, 5, 15, 25, 30, 35.

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

Personal relationships may help you openly and honestly share feelings and interests. You also might be more willing to accept comments or suggestions from others. Lucky Numbers: 14, 27, 29, 35, 41, 47.

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

Show your compassion by helping others who are less fortunate. Don't fall into a fantasy world and waste your time on those who don't really care about others. Lucky Numbers: 2, 22, 27, 32, 37, 42.

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

Passion in your relationships may push you to extremes. Use your time to help deepen your understanding of what you value most in people. Lucky Numbers: 6, 8, 17, 23, 30, 42.

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

You may have the chance to combine your compassion and imagination with discipline and focus. This mix might be the stuff of which dreams are made. Lucky Numbers: 11, 16, 21, 26, 31, 36.

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

You may make important changes now that might help others to see you differently. This also could help you to better express your inner feelings. Lucky Numbers: 3, 4, 10, 13, 33, 43.

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

Try to be very clear and aboveboard about your motives. Your confident appearance might enable others to follow your lead and may help you find solutions. Lucky Numbers: 6, 7, 12, 14, 18, 21.

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

You may be sensitive to beauty and to the feelings of others. Giving generously might be easy because you strongly sympathize. Spiritual values may be more important than material ones. Lucky Numbers: 21, 27, 30, 31, 37, 40.

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

Your ability to concentrate on complex ideas and to think deeply may be much better than usual. Try to take time to organize your affairs by seeking professional advice. Lucky Numbers: 9, 19, 20, 29, 39, 49.

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

You may feel strong pressure. Focus on the essential tasks and try to let the rest go. This might allow you to accomplish some very arduous tasks. Lucky Numbers: 10, 12, 15, 30, 35, 47.

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

Recent events may help you gain a better appreciation for your close friends and family. You might receive some financial assistance from a very unlikely source. Lucky Numbers: 3, 16, 18, 22, 29, 32.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 2.

## Did You Know...

**Two moons:** Mars, known as the red planet, is the closest planet to Earth and the fourth from the Sun. It has two moons: Phobos and Deimos.

**Far-flung place:** Each of the world's continents has permanent populations and is made up of countries, except for Antarctica. Only scientists stay on this island at the South Pole, while tourists come to visit.

**Age spots:** As people age, they may notice flat spots of darker skin on their hands and other areas of the body. These age spots can be caused by sun exposure, which makes skin produce melanin, a natural pigment.

**Milkweed dinner:** We all love monarch butterflies! To make sure they thrive, don't cut down any milkweed plants. Better yet, plant them. The caterpillars of the monarch feed on these plants.

**Bug traps:** Science fiction may have us believe that carnivorous plants, such as the Venus flytrap or the tropical pitcher plant, might evolve to have a taste for humans. In reality, these plants only like bugs and the occasional small vertebrate, such as frogs.

## On the Lighter Side

No matter how much a private hospital room costs, they only give you a semi-private gown.

Prosecuting attorney: "Isn't it true the defendant talks to himself when alone?"  
Witness: "I couldn't say. I've never been with him when he's alone."

Why do elephants have trunks? No glove compartments.

Hospitality is making your guests feel at home, even if you wish they were.

Inflation is when you pay \$20 for the \$10 haircut you used to get for \$5 when you had hair.

## Answers

Trivia answers: 1. Horse 2. Arlo 3. Each day 4. Badminton 5. Mail

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