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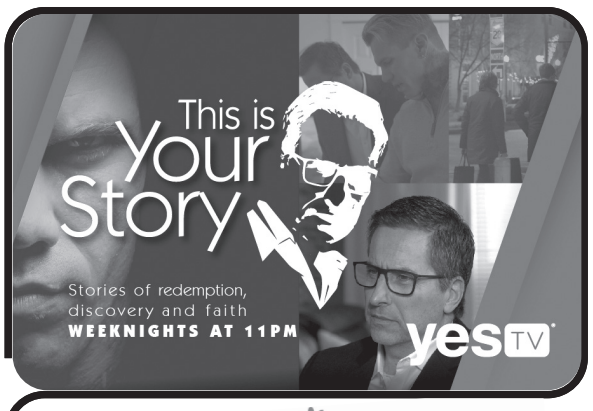

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Everybody's Talking

See you soon: When prison inmates make an escape, they usually hope not to return. This was not the case for two incarcerated men in an Italian prison. Cousins Davad Zukanovic and Lil Ahmetovic managed break out of jail in the middle of the night. They left a note explaining that they had urgent family business to attend to, adding a dubious promise that they'd be back in 15 days. Regardless of the convicts' stated intentions, police took the escape seriously and are doing their best to track the men down. If they get caught, authorities will add five years to their sentences.

Snow art: British Artist Simon Beck uses a unique medium for his work: snow. He creates geometric patterns on large stretches of the untouched white stuff by walking on it in a systematic way. His snowshoe footprints make the design, which he plans beforehand on paper. Many of his works were made in the Alps, but he has traveled to other snowy places to make a piece. The images take many hours to create and can cover an area the size of a football field. A high vantage point is the best way to see his snowflakes, checkerboards, and other intricate shapes.

Team spirit: One traditional sport that came from the Zhuang people of Gunaxi province in southeastern China requires immense teamwork. It's called board shoe racing. In this sport, three team members place the toes of their shoes in leather straps attached to two planks that each are one metre (3.2 ft.) long. To race, they must run in perfect unison to avoid falling over. While board shoe racing requires athleticism, an important requirement of the team is working together and cooperating with each other. The sport likely dates back to the Ming Dynasty, when it was used to help train soldiers.

Lighting the way: Tobermory, Ontario (Canada), is situated near dangerous waters. Located at the merger of Lake Huron and Georgian Bay, the waters sometimes are treacherous, and the weather can be bad. To guide ships into the harbour, the Big Tub Lighthouse was built in 1885 for $675 CDN. Today, the original structure no longer exists, and in its place is a six-sided wooden lighthouse that stands 14 metres (43 ft.) high. Its existence is necessary, especially considering that two old shipwrecks can be seen in the offshore waters. Today, scuba divers enjoy exploring them.

Quoteable Quotes

"Who understands much, forgives much." —*Madame de Staël*
"The strongest principle of growth lies in the human choice." —*George Eliot*

What's Happening

Nov 30-April 1-Knights of Columbus Lottery. It's another DREAM VACATION! The Airdrie Knights Lottery is back and with only 120 tickets you chance to WIN is Great. Get all the info and your ticket at airdriedreamvacation.ca.

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

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Trivia

1. Created in the 1940s, what type of western tie became popular in the 1950s and '60s?
2. What is another word for yellowfin tuna?
3. The Leaning Tower of Pisa is located in Peru, Italy, or Spain?
4. If you are a "blue blood," what type of heritage do you have?
5. What are elvers?

(Flip bottom of page for answers)

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(Over)

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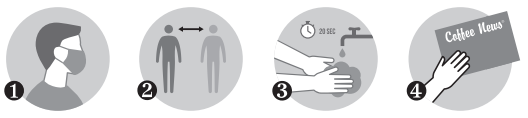

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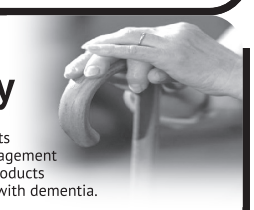
Dementia and Continence Study



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.

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

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

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Gold Canyon Candles went out of business in March 2020?

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Something said in haste may not have been understood. Try not to second guess yourself. Make sure everyone is on the same page. Stick close to those you trust most. Lucky numbers: 2, 4, 22, 23, 34, 39.

TAURUS
(April 21 - May 21)

Emotional conversations may make you look weak if you express your feelings through tears. Show your strength by more effectively using your words. Lucky numbers: 1, 5, 10, 15, 20, 25.

GEMINI
(May 22 - June 21)

It may be time to put some things on hold and put your energy into plans for your future. Strong family ties could inspire you to get past problems and to strongly prevail. Lucky numbers: 3, 18, 19, 25, 28, 49.

CANCER
(June 22 - July 22)

You may feel as if you are in a slump. More forward thinking about what you expect from the future could open new doors of opportunity. Pursue your dreams. Lucky numbers: 2, 12, 18, 19, 25, 27.

LEO
(July 23 - Aug. 23)

You may look forward to enjoying a happier home base. No one likes disappointment, so try to keep your promises as best you can. Family members may follow your lead. Lucky numbers: 9, 15, 18, 29, 35, 37.

VIRGO
(Aug. 24 - Sept. 23)

When planning for future endeavours, you might need downtime from your busy schedule. Remember important dates, but don't let them deter you. Lucky numbers: 10, 21, 23, 30, 33, 40.

LIBRA
(Sept. 24 - Oct. 23)

Variety is the spice of life and you may love the new cuisines and traditions you find. New contacts may provide you with opportunities to travel or explore new areas. Lucky numbers: 17, 25, 32, 35, 40, 45.

SCORPIO
(Oct. 24 - Nov. 22)

Your plate may be full. Travel arrangements could be in the picture, or you might find interesting information on the background of your family members. Lucky numbers: 14, 15, 22, 35, 42, 44.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your intuitive ideas may become a good source of revenue for you. Start making concrete plans with your new ideas, especially within your inner circle of friends. Lucky numbers: 6, 15, 22, 25, 27, 39.

CAPRICORN
(Dec. 22 - Jan. 20)

You may feel sharp, clear, decisive, and articulate. If you hate being idle, you might be ready for challenging, intellectual activities and attacking difficult problems. Lucky numbers: 2, 8, 22, 28, 32, 48.

AQUARIUS
(Jan. 21 - Feb. 19)

You may make an excellent first impression now. This could be a very favourable time for doing something to enhance your appearance, such as a new haircut or new clothing. Lucky numbers: 7, 12, 14, 26, 41, 42.

PISCES
(Feb. 20 - March 20)

Understanding history may really put things into a better perspective. Your initial impressions might change if you try to understand the motives and desires of others. Lucky numbers: 5, 17, 29, 36, 44, 46.

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

Did You Know...

Sea in an ocean: The Sargasso Sea in the Atlantic Ocean does not have a coast because its boundaries are defined by four ocean currents. Floating seaweed called sargassum covers it.

Good bugs: Ladybugs are welcome additions to farmers' fields and gardeners' backyards. That's because they love to eat pests, such as aphids, that cause damage to crops and flowers.

Shorter journey: The Panama Canal lets ocean traffic move between the Atlantic and Pacific Oceans without having to go around the southern tip of South America, saving almost 13,000 kilometres (8,000 mi.) of travel.

American artist: Georgia O'Keeffe (1887-1986) was an American modernist artist. She is known for such works as "Sky Above Clouds IV" and "City Night." She spent quite a bit of her time in the state of New Mexico, where she fell in love with the landscape.

Ten stripes: The Charentais melon comes from Cavaillon in the southern part of France. That town has an annual festival celebrating the sweet, citrusy cantaloupe that, when ripe, has exactly 10 green stripes on its husk.

On the Lighter Side

What three things can you give away, but still keep? A smile, your word, and your heart.

Every dog may have his day, but it's the puppies that have weak ends.

Why do banks leave both doors open and then chain the pens to the counters?

Mom: "Why didn't you come when I called you, didn't you hear me?"
Tommy: "Not the first two times."

If you hold out for a gift tied up with a bow, you might miss the present right in front of you.

Answers

Trivia answers: 1. Bolo tie 2. Ahi 3. Italy 4. Noble 5. Baby eels

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Recipe of the month

Cheesy Broccoli Soup in a Bread Bowl

- 1/4 cup butter, cubed
- 1/2 cup chopped onion
- 2 garlic cloves, minced
- 4 cups fresh broccoli florets (about 8 ounces)
- 1 large carrot, finely chopped
- 3 cups chicken stock
- 2 cups half-and-half cream
- 2 bay leaves
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon pepper
- 1/4 cup cornstarch
- 1/4 cup water or additional chicken stock
- 2-1/2 cups shredded cheddar cheese
- 6 small round bread loaves (about 8 ounces each), optional
- Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper

Prep Time: 15 mins. Cook time: 30 mins. Yield: 6 servings

1. In a 6-qt. stockpot, heat butter over medium heat; sauté onion and garlic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
2. Mix cornstarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
3. If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in.-thick shells (save removed bread for another use). Fill with soup just before serving.
4. If desired, serve soup with toppings.

Source: www.tasteofhome.com

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