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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 call or 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 or calls will last between 1 to 2 hours.

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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 Ethics approval Ref.: Pro00094514

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**Recipe of the month**

**Valentine's Pop Hearts**

1 refrigerated, ready-to-unroll piecrust | 1 large egg | 4 tbsp. raspberry jam

Prep Time: 10 min. Cook Time: 13 minutes Yield: 4

- Preheat the oven to 425 degrees F. Line a jelly-roll pan with parchment paper.
- Unroll the piecrust and cut into 8 rectangles or hearts. Use a small heart-shaped cookie cutter to stamp out smaller hearts from half the hearts (these will be your peekaboo top crusts); brush edges with egg.
- Spread 1 heaping teaspoon raspberry jam in the centre of the 4 solid hearts. Put the peekaboo crusts on top; seal the edges by crimping them with a fork (lightly floured, if needed). Transfer to prepared jelly-roll pan.
- Bake 10 to 13 minutes or until golden. Transfer to wire racks to cool.

Forego the store bought chocolates and impress your Valentine with these treats!

Source: <https://www.womansday.com>

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**Everybody's Talking**

**Muffin madness:** A neighbourhood in Bangkok, Thailand, is known for its Siamese-Portuguese culture. In the area called Kudeejeen, residents and visitors can enjoy a special treat that can be found in a small number of local bakeries. This is the khanom farang Kudeejeen, or the Kudeejeen "foreigner cake." Made from eggs, wheat flour, and sugar, these muffins provide a satisfying crunch on the outside that gives way to a fluffy interior. Little pieces of dried fruit, such as raisins, adorn. The origins of this treat date back 250 years to the time when Portuguese settlers arrived in the area.

**Dangerous road:** A particular road in France is respected by the locals, who know how and when to safely travel on it. Called Passage du Gois, it connects the town of Beauvoir-sur-Mer on the eastern mainland to Île de Noirmoutier. The road is dangerous to use because it floods twice a day. If travelers are halfway across this approximately 4.5-kilometre (2.8-mile) road when the tidewater flows, they may face the danger of being submerged. Digital signs warn drivers about timing and conditions, and rescue towers are available in case people get caught in the middle.

**Floating Forest:** Homebush Bay in Sydney, Australia, has seen many retired ships pass through on their way to be disassembled. One, however, was saved from the wrecking ball. Called the SS Ayrfield, it still floats in this harbour today, and it is quite a sight. The rusted hull may not be pretty by itself, but the ship has been abandoned for so long that vegetation grows from it, and it has become known as the Floating Forest. Originally called the Corrimal, it was built in 1911 and was used as a transport ship. Visiting the ship is free, and it has become a popular tourist attraction for locals, visitors, and photographers.

**Wandering moose:** If you are a moose looking for a new home, why wouldn't you trot up and down the streets of a town? That's what a 400-kilogram (900-pound) male moose did in Centreville, Utah (U.S.). The young bull ventured into the town early one morning, just as everyone was waking up and heading out for a jog or to walk a dog. These big male moose can be dangerous creatures if frightened, so someone called the police and the Utah Division of Wildlife Resources. The police and biologists were able to tranquilize the visitor and transport him safely back to the wilderness.

**Quoteable Quotes**

"Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity." -George S. Patten

"We seek the truth and will endure the consequences." -Charles Seymour

**What's Happening**

**April 2-Edmonton Spring Stamp Show** Stamp circuit books, show and tell exhibits, door prizes, presentations, fun frame exhibits and junior stamp tables. No cost appraisals. Parking is Free! 11113-113 Street. www.edmontonstampclub.com

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**Trivia**

- The fifth planet from the sun is Mars, Saturn, or Jupiter?
- What is progeria?
- A hockey rink might use what type of machinery to smooth its ice surface?
- Officially used by the APCO in radio transmission, what does the code "10-4" mean?
- What type of sporting equipment would Olympic gold medalist Lindsey Vonn use?

(Flip bottom of page for answers)

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# Your Weekly Horoscope

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



At the end of the week, you may experience a reset in your emotional view of life. Perhaps you should use this opportunity to address any issues at home. Lucky numbers: 3, 4, 22, 31, 32, 45.

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



The astrological environment now offers you the potential to manifest your unique personality. When you can relax and be yourself, there is an opportunity to interact successfully with others. Lucky numbers: 5, 7, 8, 23, 25, 47.

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



You may be in an energetic period where you are laser-focused on taking action to achieve your goals. However, showing empathy toward yourself and others is important as well. Lucky numbers: 14, 15, 18, 26, 30, 37.

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



Feeling a conflict between what you want for yourself and a desire to be of service to others? Find a positive outlet to reduce stress and explore your spiritual side. Lucky numbers: 6, 11, 12, 14, 18, 27.

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



You may feel a lack of emotional and mental balance at the beginning of the week. Arguing with others won't help. Instead, think through the underlying cause of the issue. Lucky numbers: 9, 11, 17, 24, 45, 47.

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



If you have been feeling discouraged, there is an opportunity now for a positive emotional recharge. Be careful, though, not to see-saw too far the other way and overreach. Lucky numbers: 7, 17, 32, 33, 35, 39.

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



Does it seem that you have been engaged in conflict recently? Use the volatility you may be experiencing to bring information to the surface, in order to address old issues. Lucky numbers: 1, 12, 21, 25, 26, 41.

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



Sudden or unexpected events may point you in the direction of a new purpose for your life. An adjustment in your view might be needed to follow this new path. Lucky numbers: 15, 17, 20, 26, 30, 43.

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



Are you tempted to buy something extravagant? You may want to think through the deeper meaning of this itch and do something that will have a more positive impact on your life. Lucky numbers: 13, 14, 17, 19, 31, 35.

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



During the last few weeks, you may have been focused on relationships and exploring uncomfortable emotions. This situation should ease soon, so be careful about making any unconscious choices right now. Lucky numbers: 2, 13, 23, 31, 46, 47.

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



Mental work may be fairly easy now, with your thoughts focused and disciplined. Just don't dwell on any setbacks or be overly critical of yourself and others. Lucky numbers: 4, 14, 22, 30, 39, 48.

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



Every decade or so, each of us is given an opportunity for renewed optimism and confidence to help set a new path. This may be yours, so how do you want to use it? Lucky numbers: 8, 9, 23, 34, 44, 47.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 30.

## Did You Know...

**Beautiful place:** In Mozambique, Bazaruto Archipelago is a beautiful national park. Located off the coast, the park consists of five main islands that are home to many types of wildlife. Visitors to the islands often like to dive and snorkel.

**Berry tart:** Cloudberry are known to people who live in the far northern areas of Canada, Scandinavia, and Siberia. These berries are small and golden, and are tart when eaten raw. Some people use them to make jam.

**Take a nap:** The United States acknowledges the need for people to catch up on their sleep. In March, the first Monday after clocks are moved ahead for daylight saving time has been designated "National Napping Day."

**Waffly nice:** Bubble waffles originated in Hong Kong. Made of eggs, milk, and flour, they are cooked in a waffle iron that has ball-shaped indentations, rather than the usual, square-shaped ones.

**Started small:** Well-known American actor Leonardo DiCaprio, who starred in such blockbusters as *Titanic* and *Once Upon a Time in Hollywood*, started his career with small roles in old television series, such as *Growing Pains* and *Roseanne*.

## On the Lighter Side

Why didn't the two 4s go to the cafeteria for lunch? They already 8!

Patient: "Doctor, I can't stop thinking I'm a goat."  
Doctor: "How long have you had this problem?"  
Patient: "Ever since I was a kid."

What kind of dog does a Yeti have? A chilly dog.

Knock! Knock! Who's there? Anya. Anya who? Anya mark, get set, go!

Why was the computer tired when it got home? It had a hard drive.

### Answers

**Trivia answers:** 1. Jupiter 2. Premature old age 3. Zamboni! 4. Message received 5. Alpine skis

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