

FREE!





THIS SPACE FOR RENT 780-220-6397

Dementia and Continence Study

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants of 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.



f you want to learn more about this study please contact Dr. Wagg's research office at 780-492-6855

vid-19 safety measures outline Alberta's Chief Medical Officer and Alberta Health Services. University of Alberta Ethics approval Ref.: Pro00094514

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...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST EL4. 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



www.scubagearcanada.ca

Trivia

- 1. On land, how fast can a crocodile move?
- 2. What is the oldest, continuously run thoroughbred stakes race in North America?
- 3. Who invented skeet shooting?
- 4. What year did Lambeau Field open?
- 5. What was the pseudonym of William Sidney Porter?

(Flip bottom of page for answers)

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Valentine's **Pop Hearts**

of the

month

1 refrigerated. 1 large ego ready-to-unroll piecrust 4 tbsp. raspberry jam Prep Time: 10 min. Cook Time: 13 minutes Yield: 4

① Preheat the oven to 425 degrees F. Line a jelly-roll an with parchment paper.

 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 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.

Foreao the store bought hocolates and impress your Valentine with these treats!

https://www.womansday.com



Other medical conditions causing TROUBLE WALKING or DRESSING? The Disability Tax Credit allows for \$3,000 YEARLY TAX CREDIT and \$30,000 LUMP SUM REFUND For Expert Help: 1.844.453.5372

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Reader of the Month





Your Weekly Horoscope

LIBRA

29, 42.

42, 46.

CAPRICORN

(Dec. 22 - Jan. 20)

SCORPIO

SAGITTARIUS

(Nov. 23 - Dec. 21)

(Sept. 24 - Oct. 23)

(Oct. 24 - Nov. 22)

Have you found your

tribe yet? If not, a new

opportunity may emerge

that would allow you to

do so. In the process, you

Do you feel your work has

meaning, for yourself and for others? The potential

exists to explore this

question and perhaps plot

a new course, if that is

Have you been feeling

unsettled for a while?

A new opportunity may begin. It could help you understand what is sacred

to you and how it fits into

Other people sometimes find Capricorns to be too

serious in nature. This

week, though, someone

may find your stoic qual-

ities reassuring in helping

may find a new calling as well. Lucky numbers: 10, 13, 17, 22,

appropriate for you. Lucky numbers: 1, 9, 16, 19, 28, 42.

your life. Lucky numbers: 8, 16, 17, 30,

cobwebs and get ready for a reset. Lucky numbers: 5, 15, 23, 44, 45, 47. **TAURUS**

(April 21 - May 21)

If you are feeling twitchy from information over-load, just wait a few days and this stress might pass. Write down as much as you can remember to

review it later. Ľucky numbers: 9, 12. 15, 18, 37, 39. **GEMINI**

(May 22 - June 21)



Enjoy the contentment of a job well done. Lucky numbers: 11, 15, 17, 24, 26, 35, CANCER

(June 22 - July 22)

If you have been waiting to present an idea to someone, now may be a good time. Your mind could be clear, and communicating with others easier than normal. Lucky numbers: 3,

4, 10, 11, 13, 23. LEO

(July 23 - Aug. 23)

Leadership is a hallmark of the Leo personality. Right now, you might be given an opportunity to direct your leadership qualities in service to humanity, rather

than more personal goals. Lucky numbers: 4, 5, 11, 13, 21, 26. VIRGO

(Aug. 24 - Sept. 23)

Rituals, such as journal writing, may help clear your mind and focus your attention on what is important. Find a ritual this week that allows you

to complete a cycle. Lucky numbers: 6, 14, 18, 22, 29, 46.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 3.

Did You Know...

Breezy name: Actor Keanu Reeves was born in Lebanon in 1964. In Hawaiian, his first name means "cool breeze over the mountains." When his parents divorced, his mother moved the family to Toronto, Ontario (Canada).

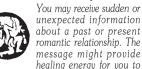
Big bergs: A large iceberg, known as B-15, broke away from Antarctica's Ross Ice Shelf in 2000. The last bits of the huge iceberg were still drifting in currents many years later. In 2017, one called A-68 broke away from the Larsen C Ice Shelf; its fragments are now too small to track.

Blue city: The city of Chefchaouen in the Rif Mountains of Morocco is known as "the blue pearl of Morocco." That's because many of its buildings and alleys are covered with a bright blue wash that is the colour of the sky or sea.

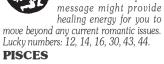
Food for forage: Reindeer lichen (or reindeer moss) grows in the Arctic and elsewhere. A food source for reindeer, as well as for moose, caribou, and musk ox, it grows slowly and

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unexpected information about a past or present romantic relationship. The





information to apply to a mundane situation in your life. Lucky numbers: 2, 3, 27, 31, 33, 41.



Feel free to take your Coffee News home!

can withstand cold temperatures.

Popping snack: Popcorn pops because when heated, the little bit of water in each kernel turns into steam, which causes pressure to build up inside. Eventually, the kernel pops open, creating the well-known snack food.

On the Lighter Side

Patient: "Doctor, doctor, I feel like I've been hit over the head with some maracas.

Doctor: "You've probably got a slight percussion."

When is it bad luck to have a black cat cross your path? When vou are a mouse

Knock! Knock! Who's there? Emma. Emma who? Emma bit cold out here. Can you let me in?

What dog lives at the baseball stadium? The catcher's mutt.

Morning is that part of the day when the rising generation retires and the retiring generation rises.

Answers

5. O. Henry

Québec (Canada) 3. Charles E. Davies 4. 1957 as City Stadium Trivia answers: 1. 15-30 mph 2. Queen's Plate, Trois-Rivières,

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