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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.
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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Everybody's Talking

Bottled message: A little Canadian boy found a truly remarkable treasure under a pine tree in his yard. Nyima Mitchell, who lives with his family in Chéticamp on Cape Breton Island, Nova Scotia (Canada), discovered an old bottle lying on the ground. He pried off the bottle's cap, and inside was a letter written on a crumpled piece of paper. Dated August 12, 1995, the author was a thirteen-year-old girl, Nellie Nadeau, who had tossed the bottle into the St. Lawrence River while on vacation. After some investigation, the Mitchell family was able to track down Nadeau in Alaska. Excited that her message in a bottle was found, she hopes to one day meet her new pen pal.

Surfer's surprise: Australian Danny Griffiths loves to surf big waves like those found off the southern coast of Tasmania, where he lives. Once, when surfing with friends, he had to ditch his specially made green surfboard. Usually a ditched board would be easy to locate, especially with its bright green colour, but this time Griffiths could not find it. Four years later, tourists to Tasmania mentioned to locals that fishermen had found a green board 2,700 kilometres (1,700 miles) away off the coast of North Queensland. When he looked at a photo, Griffiths knew the board was his, which made him happy. None of the replacement boards he'd used since then were as good as the lost one.

Butterfly blue: When people book rooms in luxury hotels, they can expect certain amenities, such as chocolates on the pillows, a delicious breakfast, or a free massage. But the Chaa Creek eco-resort in Belize has raised the bar: on each room's coffee table sits a glass box with a cocoon inside, and guests can watch a beautiful blue morpho butterfly emerge. Awestruck visitors are provided with instructions on how to safely release the butterfly into the wild. The resort is able to offer this experience because it runs an onsite butterfly farm, where visitors can watch the "Belizean Blue" butterflies at all stages of their life cycle.

Unique name: There are many names in many different languages that parents can bestow upon their children, but one Indonesian man may have outdone even the most bizarre choices. Samet Wahyudi, who works in Brebes, named his son after his place of employment: Statistical Information Communication Office. For Wahyudi, his job of almost two decades is something he greatly loves, and he told his wife that he wanted to honour it in this way. She agreed. Their first baby, a girl, ended up with a more conventional name, but when a boy came along later, the couple stuck to the plan. However, they nicknamed him "Dinko" to make things easier for everyone.

Quoteable Quotes

"Opportunities multiply as they are seized." —Sun Tzu
"Reality is created by the mind, we can change our reality by changing our mind." —Plato

What's Happening

Mar 25 - Kids on the Block Shows for Epilepsy Register to join this free zoom link to a live show where our puppets talk about epilepsy. Very suitable for children up to grade 3. <https://edmontonepilepsy.org> or Call 788-488-9600 for more info

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

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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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>

Your Weekly Horoscope

ARIES (March 21 - April 20)

Embrace the change of seasons! An adjustment to your view of the current situation may allow you to clear out any 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 overload, just wait a few days and this stress might pass. Write down as much as you can remember to review it later. Lucky numbers: 9, 12, 15, 18, 37, 39.

GEMINI (May 22 - June 21)

For a few days this week, you may feel an equilibrium between your heart and head, which is sometimes difficult for Gemini. 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.

LIBRA (Sept. 24 - Oct. 23)

Have you found your tribe yet? If not, a new opportunity may emerge that would allow you to do so. In the process, you may find a new calling as well. Lucky numbers: 10, 13, 17, 22, 29, 42.

SCORPIO (Oct. 24 - Nov. 22)

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

SAGITTARIUS (Nov. 23 - Dec. 21)

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 your life. Lucky numbers: 8, 16, 17, 30, 42, 46.

CAPRICORN (Dec. 22 - Jan. 20)

Other people sometimes find Capricorns to be too serious in nature. This week, though, someone may find your stoic qualities reassuring in helping to resolve a difficult situation. Lucky numbers: 7, 13, 15, 17, 21, 38.

AQUARIUS (Jan. 21 - Feb. 19)

You may receive sudden or unexpected information about a past or present romantic relationship. The message might provide healing energy for you to move beyond any current romantic issues. Lucky numbers: 12, 14, 16, 30, 43, 44.

PISCES (Feb. 20 - March 20)

Pisces are known for being able to receive and assimilate intuitive information. This week, though, you may receive more concrete information to apply to a mundane situation in your life. Lucky numbers: 2, 3, 27, 31, 33, 41.

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

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