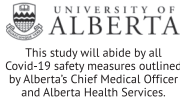


## Dementia and Continence Study

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.

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



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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Vol. 19 No. 13 March 28, 2022

## Everybody's Talking

**Friendly ram:** When riding a bike on back roads, cyclists are often on the alert for barking guard dogs that might run down the lane of a farm property. However, they're not usually concerned about being confronted by a ram. That's what an avid rider from Thunder Bay, Ontario (Canada), found chasing him. Keith Ailey noticed the ram on the side of the road, and he cycled by it. The next thing he knew, the ram was chasing him, grunting and baa-ing while doing so. The ram's name turned out to be Ozzy, and he lives on a family's property in the farming area. His owner says he loves people and is really very friendly.

**Lost and found:** What would you do if you lost your wallet containing not only personal ID and credit cards, but \$45,000 (USD)? Most people would freak out and think they'd never see that wallet again. But thankfully for a passenger on Vietnam Airlines, the flight attendants found the passenger's wallet on a seat with all that American cash and some Vietnamese currency, after everyone had disembarked from the flight from Hanoi to Da Nang. The attendants took the valuable find to the lost-and-found counter, and they were able to track down the owner and return it. What a relief that must have been!

**Unexpected guest:** An Australian couple, who invited both farmers and city-dwellers to their country wedding, didn't expect to welcome a brand new baby into the mix. That baby was a calf, born to one of the dairy cows on Jessa and Ben Law's organic apple farm near Portland, Victoria. The couple managed to say their vows before the baby calf made its appearance. The mama cow needed a little help, so Jessa came to the rescue, along with other dairy farmer guests who knew what to do. In the end, they named the new calf Destiny. Jessa's wedding dress, which got muddy during the proceedings, was "absolutely trashed," she said, but it was all completely worth it because the experience was unforgettable.

**Local hero:** A father from County Cork, Ireland, is glad he has a quick-thinking son. Otherwise, he may not be alive today. Declan Philpott and his 13-year-old son Brian were working on a farm in Kanturk when the elder Philpott became trapped between a piece of equipment and a tractor. Soon, Declan passed out because he was unable to breathe. Enter the younger Philpott who, with level-headed calmness, jumped on the tractor and backed it up, freeing his father and allowing him to breathe. Firefighters arriving at the scene say that Brian is a true hero. His father, who is recovering from the ordeal, wholeheartedly agrees.

## Quoteable Quotes

"Once you replace negative thoughts with positive ones, you'll start having positive results."  
 —Willie Nelson  
 "Heroism... is endurance for one moment more."  
 —George Kennan

## 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](http://www.edmontonstampclub.com)

**April 8 to 9-PLSC Craft Sale** Handmade Crafts and Decor. Friday April 8th 12:00 Noon - 6:00 PM. Saturday April 9th, 2022 10:00 AM - 6:00 PM. 5232 - 191 Street, Edmonton

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

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 ...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. 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. Vidalia and Walla Walla are types of what vegetable?
2. In the novel Moby Dick, what type of creature was Captain Ahab looking for?
3. Which country uses the lek for currency?
4. A Dorgi is a dog breed that comes from mixing a Corgi and what?
5. What type of sandwich has white bread, peanut butter, and marshmallow fluff?

(Flip bottom of page for answers)

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(Over)

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 Johanna Wilson  
 Wally Malinowski  
 Katarina Penfold

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# Your Weekly Horoscope

**ARIES (March 21 - April 20)**  
 This week you may be provided a new opportunity for change. A teacher may appear who can help you with an issue that has been unresolved for a long time. Lucky numbers: 8, 13, 18, 31, 33, 46.

**TAURUS (April 21 - May 21)**  
 Those born under the sign of Taurus are often concerned with the practicalities of life. Recently, however, you may be focused on a higher purpose and your role in it. Lucky numbers: 1, 10, 11, 21, 26, 45.

**GEMINI (May 22 - June 21)**  
 Have you previously relied on your intellect and quick mind to approach life's challenges? It may now be appropriate to incorporate a more nurturing style toward yourself and others. Lucky numbers: 4, 25, 31, 32, 40, 45.

**CANCER (June 22 - July 22)**  
 Do you feel satisfied with your work life? If not, it may be time to consider a change in job or profession that will be more in alignment with your purpose. Lucky numbers: 2, 9, 13, 16, 39, 41.

**LEO (July 23 - Aug. 23)**  
 Are you experiencing difficulties in your relationship? You may want to examine how your work commitments are affecting your personal life. How can you achieve a better balance between the two? Lucky numbers: 3, 11, 15, 21, 33, 36.

**VIRGO (Aug. 24 - Sept. 23)**  
 You may feel a conflict early this week between your mind and your feelings. Explore the cause of this dynamic and see how you can bridge the gap between them. Lucky numbers: 12, 15, 24, 32, 38, 43.

**LIBRA (Sept. 24 - Oct. 23)**  
 You may find your mind and emotions are out of balance this week. Previously submerged information about an old wound may surface, helping to provide insight into the situation. Lucky numbers: 5, 17, 19, 26, 38, 40.

**SCORPIO (Oct. 24 - Nov. 22)**  
 You may be in a period of introspection. Perhaps you should focus on your spiritual side. You may develop a deeper sense of compassion for yourself and those around you. Lucky numbers: 14, 17, 29, 39, 45, 47.

**SAGITTARIUS (Nov. 23 - Dec. 21)**  
 Mothering may be a focus right now. This may be from your perspective as a mother or a child. Either way, being aware of it is important to help you navigate through this time. Lucky numbers: 6, 16, 17, 28, 29, 40.

**CAPRICORN (Dec. 22 - Jan. 20)**  
 Work and career are important considerations for many Capricorns. The potential exists right now that you may be able to advance in or plan a change to your current profession. Lucky numbers: 11, 17, 19, 29, 43, 45.

**AQUARIUS (Jan. 21 - Feb. 19)**  
 Are you feeling a conflict between a desire for fun and pleasure, versus the weight of your responsibilities? It may be helpful to give some attention to each of these needs. Lucky numbers: 7, 12, 24, 32, 36, 48.

**PISCES (Feb. 20 - March 20)**  
 At the beginning of the week, you may feel out of balance between your head and heart. Wait a few days and the feeling should pass. A new perspective is possible. Lucky numbers: 9, 13, 15, 19, 23, 40.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 17.

## Did You Know...

**Simple stage:** If a troupe puts on a play in a black box theatre, the space is a simple, flexible one with few adornments. Usually it is painted black. Generally, black box-type theatres are used for more intimate productions that don't have many technical requirements.

**Chef's hat:** It's easy to picture a French chef in a kitchen, wearing a tall white hat. Known as a chef's toque, it has 100 pleats. That number is said to represent the 100 methods that can be used to cook an egg.

**Braiding techniques:** Many different types of braids can be used to adorn hair. Beginners can try the easy three-strand braid and move on to more complicated styles, such as the French braid, the fishtail braid, and the lattice braid.

**Red means stop:** The ubiquitous stop sign, that red placard with the word "STOP" in the middle, was once coloured yellow in the U.S. With the development of more durable coatings, these signs were changed to red in 1954.

**Bringing home the bacon:** Male lions, with their amazing manes, are impressive to look at. However, when it comes to bringing food back to the pride, female lions take on 90% of the work.

## On the Lighter Side

How does the solar system hold up its pants? With an asteroid belt!

Wise man says, "An apple a day keeps the doctor away... if it's aimed right."

Child: "My teacher can't read my handwriting."  
 Parent: "That's bad. Write more clearly from now on."  
 Child: "But then she'll find out that I can't spell."

Knock! Knock! Who's there? Earwig. Earwig who? Earwig go again!

How does a snake navigate the forest? He uses his GPHiss system.

### Answers

**Trivia answers:** 1. Onions 2. A white whale 3. Albania 4. Dachshund 5. Fluffernutter

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**Recipe of the month**  
**Easter Bunny Treats**  
 1/3 cup vanilla frosting  
 36 large marshmallows  
 36 miniature marshmallows  
 Red and pink heart-shaped decorating sprinkles  
 Small black nonpareils  
 White sprinkles  
 Pink coloured sugar  
 Total Time: 15 min. Yield: 1 dozen  
 1 Place frosting in piping bag.  
 2 For each bunny, cut 2 mini marshmallows in half and use frosting to attach them to a large marshmallow to form arms and legs. For the face, attach 2 mini marshmallow halves for cheeks. Use white sprinkles, black nonpareils and heart-shaped sprinkles to form whiskers, eyes and nose.  
 3 For the ears, cut a large marshmallow in half diagonally. Dip each sticky side in coloured sugar and use frosting to attach the ears to the top of the large marshmallow.  
 4 Use frosting to connect the 2 large marshmallows; let stand until dry.  
 Source: <https://www.tasteofhome.com>

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