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Everybody's Talking

Hair colours: When people go to the hairdresser to have their hair dyed, it's often to cover up gray roots or to change from brunette to blond. However, those who let Ksenia Kisavna do the dye work might just end up with multi-coloured locks. Kisavna works at Cosmos Hair Lab in Moscow, Russia. She uses a rainbow of colours in streaks, stripes, and layers to turn her clients' hair into brilliant headpieces. She taught herself how to achieve the effects she wanted by first working on the hair of friends and family members, who were willing

Sinking feeling: Farmers are facing quite a problem in the Konya Province farming area of Turkey. That problem is sinkholes. The area is known for its vast wheat fields, but because of lack of rain in recent years, the growers have been using groundwater. Thus, underground water caves are collapsing. Some of these sinkholes are quite large, deep, and dangerous, while others are shallow. Experts haven't been able to come up with a solution, so farmers have been advised to mark them with fencing so a tractor won't fall in. Experts and farmers alike are keeping a close watch on the situation.

Chicken and cash: Getting angry if your takeout chicken order isn't ready on time is not a good idea. A woman from Frederick, Maryland (U.S.), can attest to that. Instead of raising a ruckus with the restaurant staff, this customer decided to pass the time playing Keno, a lottery game she had never played before. Turns out she'd picked the right numbers to win an \$80,000 (USD) jackpot. She chose her numbers by using personal favourites, such as family members' birth dates. She arrived home not only with chicken wings, but with a side of extra cash! She said she wouldn't spend the money carelessly and instead would pay off some bills.

Sign war: Puns are fun, and business people in Listowel, Ontario (Canada), know how to use them to elicit laughter. They did it through a sign war, initiated by two businesses, Speedy Glass and Dairy Queen. The former started it all by posting on its outdoor sign: "Hey \overline{DQ} wanna have a sign war?" Dairy Queen responded with: "You bet your glass we do." From there, many businesses got into the game. A church responded to Dairy Queen with: "Hey DQ, our Sundays are the best," while a funeral home warned: "Sign war with us? Grave mistake!" It was all in good fun!

Quoteable Quotes

"Being entirely honest with oneself is a good exercise." —Sigmund

"Be thankful for what you have. You'll end up having more. If you concentrate on what you don't have, you will never, ever have —Oprah Winfrey enough.'

What's Happening

Apr 9 to 10-Bonnie Doon Easter Market Over 20 vendors with lots of goodies for Easter lots of crafters and some of your favorite MLM companies. Come check us out! 11 Am to 5 PM. 9240 93

Apr 30 - Bid Sip Fundraiser Included will be a wine tasting with paired appetizers, silent auction, and wine tree draw. Purchase individual tickets on Eventbrite or book a table for 8 for \$350 by contacting us at info@albertaave.org or 780.477.2773. Alberta Avenue Community Centre.

May 19-Career Fair and Training Expo Get in front of hiring managers! Network and apply with Employer Exhibitors. Build meaningful rapports you need to advance your career in the direction that you want. Edmonton Convention Centre. 10 Am - 2 PM

NON profit organizations may submit events for FREE at



Trivia

- 1. Aspirin was first marketed in 1899, 1900, or 1934?
- 2. According to The Guinness Book of World Records, the tallest cow on record is 74.8 in. (190 cm)-T/F?
- 3. What is a deficiency in red blood cells called?
- 4. Which actor and filmmaker directed the film A Beautiful Mind?
- 5. What type of apparatus joins together a team of oxen?

(Flip bottom of page for answers) © Published with Permission by Capital Marketing Ltd (Over)



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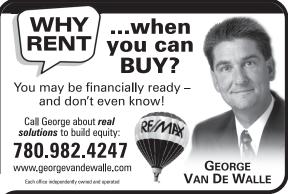
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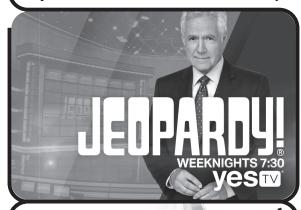




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Dementia and **Continence Study**

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 researche 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. ALBERTA

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

University of Alberta Ethics approval Ref.: Pro00094514

This study will abide by all Covid-19 safety measures outlined by Alberta's Chief Medical Officer

Need ONE More Reason to Join?

1 You need child support enforced 2 Your landlord raises rent in violation

of your verbal agreement

You adopt a child

 A friend owes you money and files for bankruptcy
 You need help with credit card liability resolution Your car is vandalized in a parking lot

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Easter Bunny Treats 1/3 cup vanilla frosting Small black nonpareils

36 large marshmallows 36 miniature marshmallows White sprinkles
Pink coloured sugar Red and pink heart-shaped decorating sprinkles

Total Time: 15 min. Yield: 1 dozen

 Place frosting in piping bag. Proceed from the property of the following in paper of the following i 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.

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.

 Use frosting to connect let stand until dry.

https://www.tasteofhome.com

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Your Weekly Horoscope

(March 21 - April 20)

This may be a good week to focus on completion of activities from the last six months and preparing for the next six. Don't allow small annoy-

ances to stop your progress. Lucky numbers: 13, 14, 18, 24, 36, 37.

TAURUS (April 21 - May 21)



Do you feel that your life is in a holding pattern right now? Perhaps this dissatisfaction can guide you to a path that is in alignment with who you

truly are. Lucky numbers: 8, 16, 19, 30, 39, 45. **GEMINI**



(May 22 - June 21) Geminis sometimes have difficulty settling on a goal and plans to achieve it. There may be an opportunity now for you to make a positive adjustment in your approach. Lucky

numbers: 2, 4, 24, 32, 33, 36. **CANCER**

(June 22 - July 22)



You may be having trouble resolving the trauma of a past wound. Now may be a good time to ferret out hidden information that pro-

vides a new perspective on it. Lucky numbers: 10, 16, 25, 28, 35, 45.

LEO (July 23 - Aug. 23)



Certain planetary energies now may be acting as an opposing force to your plans. It would be helpful to make sure your actions are in line

with your highest values. Lucky numbers: 6, 14, 18, 32, 37, 43.

VIRGO

(Aug. 24 - Sept. 23)



Risk taking can be scary for many Virgos. There may be a potential for an unusual but positive change, if you are willing to reach for it. Think

carefully, then act. Lucky numbers: 3, 19, 26, 27, 29, 36.

(Sept. 24 - Oct. 23)



This week your mind and emotions could be in sync. Perhaps use this opportunity to evaluate and wrap up your current endeavours and then

plan your next steps. Lucky numbers: 11, 16, 18, 30, 36, 42.

SCORPIO

(Oct. 24 - Nov. 22)



During the middle of the week, an old emotional issue may resurface. This may be an opportunity to seek the underlying cause, but you may want

to wait to take action. Lucky numbers: 4, 10, 20, 25, 38, 42.

SAGITTARIUS (Nov. 23 - Dec. 21)



Are you passionate about manifesting a particular cause? There may be an opportunity now for you to lead progress toward this endeavour. Join your efforts

with others in this common cause. Lucky numbers: 7, 8, 17, 18, 34, 42.

CAPRICORN

(Dec. 22 - Jan. 20)



Is your work providing meaning in your life? If not, perhaps you should look for hidden opportunities. These may help you shift into a more

positive situation. Lucky numbers: 1, 12, 16, 22, 29, 31.

AQUARIUS (Jan. 21 - Feb. 19)



You may find that responsibility is weighing heavily on your shoulders right now. While this is difficult, stay the course if you feel it can help you reach your

long-term goals. Lucky numbers: 9, 17, 19, 23, 30, 46.

PISCES

(Feb. 20 - March 20)



Pisces sometimes have difficulties in turning lofty goals and plans into concrete results. However, the next month may bring an energy that lets you focus

on getting tasks accomplished. Lucky numbers: 5, 14, 15, 31, 32, 33.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 24.

Did You Know...

Trick or treat: Dressing in costume and going door-to-door soliciting treats has been a part of various rituals since the Middle Ages. But the phrase "trick or treat" is thought to have been first used in the town of Blackie, Alberta (Canada), in 1927.

Invented name: Awkwafina is an American rapper and actress who has starred in such movies as Ocean's 8 and Crazy Rich Asians. Born Nora Lum, she made up the stage name "Awkwafina" when she was a teenager.

Green soap: The term "green soap" refers to an environmentally friendly soap made from vegetable oil rather than animal fat. Other plant-sourced oils can also be used, such as coconut or olive oil. Green soap is often used by tattoo artists to soften the skin.

New pasta: Many pasta shapes are available, from spaghetti to macaroni to rigatoni. A new one on the market is cascatelli. Its name comes from the Italian word for waterfall; curved half-tubes with ruffles help hold sauce and provide texture. It was invented by Dan Pashman of New York City.

Chocolate alternative: Fans of having a little chocolate with their fruit might want to try eating black sapote, also known as the chocolate pudding fruit. Common in Central and South America, when ripe its flesh has a texture. Some think the taste is similar to chocolate pudding.

On the Lighter Side

Knock! Knock! Who's there? Toby. Toby who? Toby, or not Toby, that is the question.

When should you bring your father to class? When you have a

Nurse: "Doctor, there is an invisible man in the waiting room." Doctor: "Tell him I can't see him."

Why did the turtle cross the road? To get to the Shell station.

Wrinkled clothing certainly is a pressing issue. It's necessary to iron out a solution.

Auswers

4. Ron Howard 5. Yolk

Trivia answers: 1. 1899 2. True 3. Anemia

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