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Congratulations to February's **Coffee News Guy** contest winners!

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Odette Misiewicz
Johanna Wilson
Wally Malinowski
Katarina Penfold




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).

University of Alberta Ethics approval Ref.: Pro00094514



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Vol. 19 No. 16 April 18, 2022

Everybody's Talking

Cat walk: Pet kitties are usually of the house cat variety, those furry felines that like to purr and cuddle on their owners' beds. But two folks from Penza, Russia, have a different kind of feline companion. Maria and Aleksandr Dmitriev heard the news that a newborn cougar named Messi, at the Penza zoo, was sick. The couple offered to buy the little (at the time) critter, and they took him home. He's grown to be a big cat now, and has had specialized training by a dog trainer. Messi knows a number of commands, such as "sit" and "stay," and his owners can take him for a walk using a leash. What a sight that would be!

Mango mania: A young woman from Dimbulah, Queensland, Australia, wanted to prove that food waste is not necessary. Jessica Collins lives on her family's mango farm. Her chores include getting the fruit packed and ready for market, but she hates the fact that many mangos are rejected by stores because they aren't perfect. So for a high school project, she dried 1,400 mango seeds, cut them in half, and sewed them together to make a ball gown. The whole process took over four months. While it's unlikely that mango-seed dresses will catch on as a new fashion, Collins believes her project shows that imperfect produce may have alternate uses.

Lucky model: Even if you think your luck is running out, you never know what may lie around the next corner. A homeless man in Nigeria was definitely not out of luck in his life, even though he slept under a bridge. Ali Olakunmi was approached by a creative director, Afolabi, who was getting ready for a fashion shoot at the same bridge. When the model whom Afolabi had hired did not show up on time, he asked the sleepy Olakunmi if he would mind trying on some of the clothes and posing. The young man did so, and the rest is history. Now, this newly minted, once-homeless model has his own social media account and a management company to help him.

Trail dog: If you don't have a dog, but would like to go on a hike with one, then a visit to the Equinox Golf Resort and Spa is in order. Located in Manchester Village, Vermont (U.S.), guests can book a "Golden Hike" with a golden retriever named Cooper, for free. This friendly pooch is owned by Jay Sheldon, the resort's general manager. Sheldon realized that Cooper makes people happy, so the dog is allowed to roam the grounds to visit guests. If they wish, guests can attend the weekly Golden Hike, with Cooper in the lead. Needless to say, this resort is pet-friendly, and guests are encouraged to bring their own pets along for their vacation.

Quoteable Quotes

"The trick for grown-ups is to make the effort to recapture what we knew automatically as children."
—Carol Lawrence

"One changes from day to day...every few years one becomes a new being."
—George Sand

What's Happening

April 29 to May 1-Annual Spring Sale Brought to you by the Fort Saskatchewan Pottery Guild 2022. Begins Friday, April 29, 2022 from 3-8pm and continues Saturday, April 30 from 10-4pm and Sunday, May 1 from 10am-2pm at the Dow Centennial Centre. 780-992-1886

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

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4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

Trivia

1. By elevation, what is the highest capital city in the world?
2. An Appaloosa is what type of animal?
3. What type of crime does an arsonist commit?
4. The Macarena is a South American cookie, song, or dance?
5. According to the song he made famous, where was Bruce Springsteen born?

(Flip bottom of page for answers)

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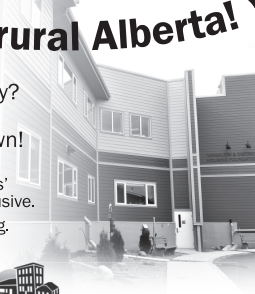
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Stephen Pearce, St. Albert

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Your Weekly Horoscope

ARIES

(March 21 - April 20)



A lot of energy may be in flux in your astrological environment now. You may go your own way, relying on your strengths. Make sure to avoid power struggles with others. Lucky numbers: 4, 5, 10, 11, 19, 44.

TAURUS

(April 21 - May 21)



The Sun is moving into your sign, which may allow you to feel more optimistic. You may also have sudden or unexpected insights on how to proceed with an important matter. Lucky numbers: 5, 6, 12, 15, 28, 46.

GEMINI

(May 22 - June 21)



Are you passionate about a project, but haven't been able to bring it to fruition? Understanding the conflict that could be holding you back may help you move forward. Lucky numbers: 12, 23, 31, 40, 41, 43.

CANCER

(June 22 - July 22)



If you pursue it diligently, there is an opportunity now for you to address an old emotional wound. Seek out a teacher to help guide you in the process. Lucky numbers: 8, 11, 13, 39, 41, 48.

LEO

(July 23 - Aug. 23)



You may be continuing to experience opposition to your plans. Are you trying to push open the wrong door? Think about whether your goals are in alignment with your highest purpose. Lucky numbers: 6, 9, 10, 22, 26, 47.

VIRGO

(Aug. 24 - Sept. 23)



At this time, your thought processes may be quicker than normal, allowing you to clearly communicate with others. However, you may need to be proactive to successfully apply these benefits. Lucky numbers: 11, 28, 32, 33, 43, 45.

LIBRA

(Sept. 24 - Oct. 23)



You may be focused on your public persona now. If you face a challenge in that regard, work to ease any conflicts with others who could unfairly damage your reputation. Lucky numbers: 7, 15, 22, 30, 31, 38.

SCORPIO

(Oct. 24 - Nov. 22)



You may be feeling pessimistic and annoyed with the view of others regarding your plans or actions. Be patient right now and this pattern may shift in the near future. Lucky numbers: 3, 9, 14, 26, 27, 48.

SAGITTARIUS

(Nov. 23 - Dec. 21)



This week you may hit the reset button on your current situation. Your head and heart are in sync, which may give you the ability to see things in a new light. Lucky numbers: 9, 10, 17, 20, 23, 38.

CAPRICORN

(Dec. 22 - Jan. 20)



You may have been through a roller coaster of emotions recently. During this week, you may experience a calm period that will allow you to evaluate where you are now. Lucky numbers: 10, 14, 15, 19, 22, 33.

AQUARIUS

(Jan. 21 - Feb. 19)



Do you feel like Sisyphus pushing that rock up the mountain one more time? Moving past obstacles may require more hard work. In the meantime, avoid arguing with others. Lucky numbers: 1, 9, 11, 28, 33, 43.

PISCES

(Feb. 20 - March 20)



You may be of two minds right now. You may receive clear information, or it may seem too idealistic and imaginative. Choose how to forge a middle path. Lucky numbers: 2, 7, 10, 14, 34, 44.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 15.

Did You Know...

Big eyes: Giant squids are huge creatures, and their eyes are thought to be the largest of any in the animal kingdom. They can be as big as 27 centimetres (11 in.) wide. Their eyes help them see well when they are deep in the ocean.

Close up and personal: Many concert fans and theatregoers have seen a show that uses a thrust stage. This type of stage sticks out into the main audience area, with three sides surrounded by viewers.

Irish band: An alternative rock band that came out of Dublin, Ireland, in 2001 is The Script. The band is comprised of Danny O'Donoghue, Mark Sheehan, and Glen Power. One of their hit songs is "Hall of Fame."

Hairbrush trivia: A brush that is specifically designed to be used with short hair is called a military hairbrush. It is round or oval, has no handle, and is therefore considered more compact for travel. These have been made since the 1700s, often with wild boar bristles.

Long time running: Siegfried and Roy was a performing duo that put on many shows in Las Vegas, Nevada (U.S.). They were Siegfried Fischbacher (1939-2021) and Roy Horn (1944-2020). The pair met while working on an ocean liner in 1957.

On the Lighter Side

Iggy: "Where do all the bugs go in the winter?"

Ziggy: "Search me."

Iggy: "No, thanks. I just wanted to know."

Why can you always tell what Dick and Jane are going to do next? They're easy to read.

Pat got into a car and forgot how to buckle the seatbelt... until it finally clicked.

What is a shark's favourite game? Swallow the reader.

Knock! Knock! Who's there? Pecan. Pecan who? Pecan on someone your own size.

Answers

Trivia answers: 1. La Paz, Bolivia 2. Spotted breed of horse 3. Deliberately sets fires 4. Dance 5. The USA

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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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