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Odette Misiewich
Johanna Wilson
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Katarina Penfold

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Recipe of the month
Asian-Style Salmon Packets

4 slices sweet onion	1 teaspoon mustard seed
4 salmon fillets (6 ounces each)	1 teaspoon minced fresh gingerroot
3 tablespoons chili sauce	1/2 teaspoon black sesame seeds
1 tablespoon lime juice	Chopped fresh mint
1 tablespoon sesame oil	Grated lime zest
1 garlic clove, minced	

Prep/Total Time: 25 min. Yield: 4 servings

- Preheat oven to 400°. Place each onion slice on a double thickness of heavy-duty foil (about 12 in. square). Top with salmon. Combine next seven ingredients; spoon over fillets. Fold foil around mixture; crimp edges to seal.
- Place on a baking sheet. Bake until fish flakes easily with a fork, 15-20 minutes. Be careful of escaping steam when opening packets. Serve with mint and lime zest.

Source: <https://www.tasteofhome.com>

Everybody's Talking

Noisy home: Living beside a busy highway isn't most people's idea of peace and quiet. A woman in Guangdong province, northwest of Hong Kong, doesn't seem to care about that. Known as Ms. Liang, the woman refused to take a payout from the government to sell her house so the Haizhuyong Bridge in the city of Guangzhou could be built. Many other homeowners and businesses took the compensation, and the construction proceeded. To accommodate the house, which is located in a pit, four lanes of traffic had to be split to go around it.

Canine cruising: If you plan to park your car and run in for something at a nearby vendor, the rule is to turn off the ignition. Unfortunately, the owner of a sports utility vehicle neglected to do that when he parked and ran into a bakery in Sturgeon Bay, Wisconsin (U.S.). When he emerged with his treats, he found his vehicle had smashed into the side of a nearby building. The culprit was Callie, the man's Australian shepherd, who had accidentally put the vehicle into gear when moving around inside. Luckily, no one was hurt, and not much damage was done. It's doubtful that Callie got any of her own treats for that trick!

Cartoon cat: Khanh Lam and Xuan Khanh, an engaged Vietnamese couple, are both kids at heart, and they proved it by planning their engagement party using a Doraemon theme. Doraemon is a Japanese manga series featuring a blue robotic animated cat with the same name. Both members of the couple have been fans since they were children. They collected as much memorabilia as possible to present at the party, and they used the cat's blue colour for tablecloths, bridesmaids' dresses, centrepieces, and chair covers. The couple intend to take their love of Doraemon one step further and have their wedding themed in the same way.

Dog sense: Sgt. Charles Brooks, an off-duty police officer, was on a hunting expedition near Manchester, New Jersey (U.S.), when he noticed a lone dog in the bush. Intrigued, he followed the dog's paw prints and came across an elderly man whose car had careened off the road. The man was Fred Rapp, and he had been in the car in the woods for nine hours. Petey, his dog, wandered away to find help and came across Sgt. Brooks. The officer soon was able to walk Rapp out of the bush, where a local first aid team met them. Rapp's daughter, who had reported her father missing, was immensely relieved that he had been found and was safe.

Quoteable Quotes

"Dwell on the beauty of life. Watch the stars, and see yourself running with them."
—*Marcus Aurelius*
"Don't be afraid to give up the good to go for the great."
—*John D. Rockefeller*

What's Happening

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

Jul 15 to Jul 17-Edmonton Carnival Edmonton Carnival - It is a Latin festival that serves as a platform for local artists and artisan, creates spaces of culture and entertainment for the whole family. 9210 118 Ave. www.edmontoncarnaval.com

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Trivia

- In equine jumping, an oser means the horse clears how many fences at once?
- What is tsourekki?
- A podiatrist specializes in afflictions of what part of the human body?
- Who wrote The Scarlet Letter?
- REO Speedwagon is a child's four-wheeled vehicle or an American rock band?

(Flip bottom of page for answers)

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- 120th Ottewell Scouts Ottewell Community Church (6611-93A Ave)
- 169th Glen Allan Scouts Canadian Tire & Loves, Sherwood Park
- Louis St. Laurent School 11230-43 Ave.
- Champlain Heights Park 9820-104 St., Morinville
- Zoe's Animal Rescue Society North Glenora Comm. League (13535-109A Ave.)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may find that others are very attracted to you now. Use this opportunity to have a heart-to-heart conversation with someone you want to be close to, or already are. Lucky numbers: 11, 13, 17, 20, 23, 46.

TAURUS
(April 21 - May 21)

The potential exists now to initiate a plan that may allow you to express yourself more authentically. Keep your eye out for an opportunity that may give you more freedom. Lucky numbers: 9, 23, 25, 27, 33, 42.

GEMINI
(May 22 - June 21)

At the beginning of the week, you may find that your mind and emotions are well balanced. Use this time to reconcile conflicts between what you want and what you need. Lucky numbers: 12, 22, 28, 29, 40, 43.

CANCER
(June 22 - July 22)

The potential exists for you to manifest a long held dream. In order to do so, you may need to release an old fear that is holding you back. Lucky numbers: 4, 12, 13, 14, 16, 26.

LEO
(July 23 - Aug. 23)

Leos are happiest when they can just go with the flow and life is easy. Right now, though, you may need to paddle upstream to stay above water. Lucky numbers: 2, 19, 21, 37, 40, 41.

VIRGO
(Aug. 24 - Sept. 23)

Relationships provide an important mirror to us as individuals. Is your partner opposed right now to some aspect of who you are or what you want? An open discussion may help. Lucky numbers: 10, 19, 35, 42, 45, 47.

LIBRA
(Sept. 24 - Oct. 23)

For the next few weeks, you may encounter opposition to your plans from those close to you. Setting clear ground rules for discussion of the matter can avoid making things worse. Lucky numbers: 6, 11, 14, 17, 21, 36.

SCORPIO
(Oct. 24 - Nov. 22)

Do you want to try your hand at something different? You may find that your confidence level is higher than usual and you have energy to pursue new endeavours. Lucky numbers: 1, 5, 6, 9, 28, 30.

SAGITTARIUS
(Nov. 23 - Dec. 21)

The glyph for Sagittarius is symbolic of a centaur, a creature who is half man and half horse. Are your mind and body in alignment? Bridging any gap between them may help. Lucky numbers: 17, 20, 34, 35, 41, 43.

CAPRICORN
(Dec. 22 - Jan. 20)

Are you finding yourself going over old territory right now? You may just want to sit with the ambiguity and wait for information that will allow you to resolve past issues. Lucky numbers: 8, 13, 19, 27, 34, 40.

AQUARIUS
(Jan. 21 - Feb. 19)

Service is an important life theme for Aquarius. Right now, putting in a serious effort may allow you to find an endeavour that serves you, as well as others. Lucky numbers: 15, 18, 20, 21, 38, 39.

PISCES
(Feb. 20 - March 20)

Pisces sometimes experience difficulties turning their ideals into concrete results. Right now, there may be plenty of energy for you to use to manifest goals, particularly those of a creative nature. Lucky numbers: 7, 11, 16, 18, 20, 35.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 5.

Did You Know...

Dancing background: British comedian and actor Sacha Baron Cohen of the movies *Borat* and *Brüno*, spent his childhood in London. As a teenager, he loved breakdancing. He later lived for a year at a kibbutz in Israel, and attended Cambridge University.

Bovine replacement: *The Wizard of Oz*, by American author L. Frank Baum, was made into a stage production in 1902. Toto the dog was not a part of this version. Instead, Dorothy, the lead character, had a cow named Imogene.

Grow it out: Human hair grows at approximately 1.2 centimetres (1/2 inch) per month, meaning that after a year without a cut, your hair would be almost 15 centimetres (6 in.) longer. Many things affect hair growth, including diet, genetics, and use of certain medications.

Bowling alternative: For those familiar with bowling, the 5- and 10-pin forms of the pastime usually come to mind. However, there are other forms of the game, including duckpin bowling, which uses 10 short, squat pins and a light ball.

Bear invasion: In 2019, about 50 polar bears invaded a community of 3,000 people who live on a chain of islands called Novaya Zemlya, a remote area in northern Russia. The bears came in search of food. A team of specialists removed the bears from the area without harming them.

On the Lighter Side

How did the scientist invent bug spray? She started from scratch!
Knock! Knock! Who's there? Ruth. Ruth who? The Ruth of the matter is I like you.
What kind of soup does a student eat while studying for exams? Cram chowder.
A farmer was arrested for selling rotten fruit. He was judged by his pears.
Customer: "Waiter, there's a fly in my alphabet soup!"
Waiter: "That's no fly, that's a spelling bee."

Answers

Trivia answers: 1. Two 2. Greek Easter bread 3. Foot and ankle 4. Nathaniel Hawthorne 5. American rock band

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Dementia and Contenance Study

Dr. Adrian Waggs' 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.

UNIVERSITY OF ALBERTA

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

► If you want to learn more about this study, please contact Dr. Waggs' research office at **780-492-6855** (24-hour confidential voicemail). University of Alberta Ethics approval Ref.: Pro0094514

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