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University of Alberta Ethics Approval Ref.: Pro00101088

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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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Everybody's Talking

Cowboy hat: An armed thief in Monterrey, Nuevo León, Mexico, got quite a bit more than he expected while attempting to rob a neighbourhood butcher shop. He entered the store, pointing his pistol at the clerk. However, distracted by a customer, he turned his head in her direction. That was just enough time for a gentleman in a cowboy hat to wrestle the robber, who dropped the gun. From the back of the store, a butcher ran over, scooped up the gun, and took it away. Another butcher helped the man in the cowboy hat keep the thief under control. Meanwhile, the clerk had called police, who soon arrived and arrested the robber.

Town monument: Someone traveling around Australia might want to stop in Gundagai, a small town about halfway between Sydney and Melbourne. Located here is a famous pioneer monument called "Dog on the Tucker Box." In Australia, a lunchbox is called a tucker box, which the monument depicts. Erected in 1932, the monument was inspired by a poem about "Bullocky Bill," a fictional bullock driver – one of the men who, in pioneer days, drove wagons pulled by oxen. Before railroads, bullock carts hauled building materials, food, and supplies to remote areas of the country. Bullocky Bill's team got bogged down at a creek. To make matters worse, his dog sat upon his tucker box, amusing the other drivers.

Bear sighting: For a close-up look at wild polar bears, take a trip to Churchill, a remote town on Hudson Bay in Manitoba (Canada). Known as the Polar Bear Capital of the World, it is on the animals' migration route to hunt for seals. Depending on the season, anywhere from 800 to 10,000 bears live in the area. Therefore, town folk must stay vigilant. A polar bear patrol program captures errant bears and takes them to a holding facility in an old airplane hangar that some call Bear Jail, until they are released in a location far away. Tourists wanting a glimpse of these magnificent creatures can go on guided tours in large, high tundra vehicles.

Haystack curiosity: When many people think of haystacks, what probably comes to mind is a field full of big piles of hay, or perhaps round bales of the stuff piled up in rows. A region in India uses a different approach. In Rishikesh, in the northern part of the country near the Himalayas, hay left on the ground doesn't dry very well because the area gets so much rain. To lift the hay up from the waterlogged ground, the people in this region make their haystacks in the branches of trees, letting the hay stay reasonably dry. In Rishikesh, it's common to see mounds of hay way up in the branches of trees in villages and fields, and along roadways.

Quoteable Quotes

"Things do change, if you let them." —Patricia MacLachlan

"It is not enough to have a good mind. The main thing is to use it well." —Rene Descartes

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

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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Trivia

1. Le Mans, the French motor race, lasts how many hours—12, 24, or 36?
2. What is rosacea?
3. Botany is the study of plants or watercraft?
4. Which mammal is considered the world's slowest moving?
5. Maritime, or admiralty law, pertains to domestic and international issues in what area?

(Flip bottom of page for answers)

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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	½ 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

- 1 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.
- 2 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>

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Your Weekly Horoscope

ARIES (March 21 - April 20)

You may be entering a period of high energy that could improve issues in your life. Institute any needed changes to help make sure the improvement continues after this period ends. Lucky numbers: 18, 25, 26, 41, 45, 47.

TAURUS (April 21 - May 21)

Is there a creative endeavour you haven't found the time or courage to pursue yet? Look for a hidden opportunity that may allow you to change this dynamic. Lucky numbers: 8, 22, 27, 32, 41, 46.

GEMINI (May 22 - June 21)

You may find the next few weeks very busy, with lots of calls and other communications. These may be good for wrapping up projects, but be cautious about starting new ones. Lucky numbers: 10, 13, 15, 27, 29, 30.

CANCER (June 22 - July 22)

Nurturing oneself and others is a life theme for those born under your sign. You may be entering a period where this area could be highlighted and any issues may surface. Lucky numbers: 6, 9, 19, 27, 31, 32.

LEO (July 23 - Aug. 23)

Are you having an inner battle now between what you want to do vs. what you need to do? For this week, you may want to lean toward the latter. Lucky numbers: 1, 8, 22, 25, 38, 39.

VIRGO (Aug. 24 - Sept. 23)

At the beginning of the week, you may find that your mind and emotions are balanced. Develop a plan, but you may want to wait to execute it. Lucky numbers: 16, 17, 23, 25, 31, 47.

LIBRA (Sept. 24 - Oct. 23)

A new period could begin for you, during which you may be ambitious to accomplish a lot. In the process, be careful not to ignore the needs of others in your life. Lucky numbers: 4, 6, 7, 10, 11, 16.

SCORPIO (Oct. 24 - Nov. 22)

What are your ground rules for relationships and are they working right now? If not, you may want to consider places where an adjustment in your viewpoint may be helpful. Lucky numbers: 2, 7, 18, 19, 21, 36.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may find yourself frustrated for a few weeks. There may be delays in your projects or a breakdown of equipment, such as cars or computers. Just be patient for a while. Lucky numbers: 15, 18, 32, 34, 36, 40.

CAPRICORN (Dec. 22 - Jan. 20)

Are you questioning your career or role in the world right now? If so, you may want to think about whether it is in line with who you truly are. Lucky numbers: 9, 11, 14, 18, 28, 37.

AQUARIUS (Jan. 21 - Feb. 19)

Obstacles may be getting in the way of your efforts right now. Just keep focused on your end goal and keep working toward it. Avoid conflicts with those who stymie you. Lucky numbers: 3, 8, 11, 17, 26, 34.

PISCES (Feb. 20 - March 20)

Many Pisces are highly intuitive and this may be heightened now. Before acting on any new information you receive, you may want to consult someone with a grounded mindset. Lucky numbers: 7, 12, 14, 19, 24, 38.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 25.

Did You Know...

Long french fry: A patron at Taffy's Hot Dog Stand in Buffalo, New York (U.S.), uncurled his curly fry and discovered that it was much longer than usual. To be exact, it was 34 inches (86 cm) long!

Early artist: U.S. film pioneer and entrepreneur Walt Disney, known for the animated movies he produced, loved drawing from a very young age and was the cartoonist for his school newspaper. He went on to study at the Kansas City Art Institute and the Art Institute of Chicago.

Big eyes: The ostrich is the largest bird in the world, so it makes sense that they'd have big eyes. This bird's eyes are five times the size of a human eye and can measure 5 centimetres (2 in.) in diameter.

Biggest island: Greenland tops the list for largest island in the world. Located between the Arctic and the North Atlantic oceans, it is 2,130,800 square kilometres (822,706 sq. mi.) in area and contains the world's second-largest ice sheet.

Fluffy presence: There's nothing like fluffy white clouds against a blue sky. Clouds appear white because the sunlight that shines through them contains the entire spectrum of light. The cloud's water droplets scatter all the colours evenly, making the cloud appear white.

On the Lighter Side

What accidents happen every 24 hours? Day breaks and night falls.

Knock! Knock! Who's there? Lee King. Lee King who? Lee King bucket.

Catching a rabbit is easy. Just hide behind a tree and make carrot noises.

Parent: "How do you like learning addition in school?"
 Child: "Every day it's the sum old story."

Why was everyone worried about the small bucket? It was a little pail.

Answers

Trivia answers: 1. 24 2. Skin condition 3. Plants 4. The three-toed sloth 5. Navigable waters

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Reader of the Month
 Stephen Pearce, St. Albert

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