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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.

**UNIVERSITY OF ALBERTA**

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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**Recipe of the month**

**Grilled Huli Huli Chicken**

1 cup packed brown sugar  
 3/4 cup ketchup  
 3/4 cup reduced-sodium soy sauce  
 1/3 cup sherry or chicken broth

2-1/2 teaspoons minced fresh gingerroot  
 1-1/2 teaspoons minced garlic  
 24 boneless skinless chicken thighs (about 6 pounds)

Prep: 15 min. + marinating Grill: 15 min. Yield: 12 servings

- In a small bowl, mix the first 6 ingredients. Reserve 1-1/3 cups for basting; cover and refrigerate. Divide remaining marinade between two large shallow dishes. Add 12 chicken thighs to each; turn to coat. Refrigerate, covered, for eight hours or overnight.
- Drain chicken, discarding marinade.
- Grill chicken, covered, on an oiled rack over medium heat for 6-8 minutes on each side or until a thermometer inserted into chicken reads 170°; baste occasionally with reserved marinade during the last five minutes.

An ideal recipe to try during May, Barbecue Month!

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

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Vol. 19 No. 21 May 23, 2022

**Everybody's Talking**

**Monumental monolith:** Mumbai, India, may have lots of tall buildings and apartments, but within one of its suburbs is a natural wonder called Gilbert Hill. Looking like a gigantic monolith, this hill stands 60 metres (200 feet) high and is thought to be 66 million years old. It formed from lava that erupted eons ago. Developers have erected buildings close to the base of this geographic marvel, but in the 1950s, the government banned quarrying its black basalt. On top of Gilbert Hill stand two Hindu temples, open to visitors. From this vantage point, the view of Mumbai is striking. Locals say that Gilbert Hill is a hidden treasure amidst the urban environment.

**Dressing room drama:** Giavanna Diesso was doing something very ordinary—trying on clothes in the dressing room of a store in New York City. However, the situation turned scary when her little brother closed the door of the room, which was actually an old bank vault, and locked the teen inside. Her mom panicked when she was unable to open the door. The fire department was called, and a crew immediately started drilling a hole in the vault. Eventually, they made an opening large enough for Giavanna to get through. A locksmith had to be called to open the old lock, which had been disabled but then inexplicably locked that day.

**Skin diving:** Japan has a centuries-old method of collecting things from the bottom of the sea. Women who are called ama, meaning "sea women," dive down to collect such resources as shellfish, seaweed, and pearls. In the old days, ama, who can hold their breath for a minute or more and have trained themselves to withstand the cold water, would wear traditional garments called fundoshi and a bandana to cover their hair. Some of today's ama divers wear wetsuits, but they don't use air tanks. In the 1950s, there were over 17,000 ama who made their living diving for resources, but today there are only about 2,000 in the business. Some are able to continue their work until they are elderly.

**Four-year break:** A French newspaper called La Bougie du Sapeur was published on February 29, 2020, and it won't hit the newsstands again until that same date in 2024. That's because it appears only on the leap day of each leap year. So far, 11 issues of this satirical periodical have been published; the first one was in 1980. In English, the broadsheet's name is The Sapper's Candle, referring to a late 19th-century cartoon character who was born on February 29. Jean d'Indy, the current editor, enjoys amusing readers by doing things like promising crossword answers in the "next" edition!

**Quoteable Quotes**

"Good judgment comes from experience, and a lot of that comes from bad judgment."  
 —Will Rogers

"Write it on your heart that every day is the best day of the year."  
 —Ralph Waldo Emerson

**What's Happening**

**July 15 to 17-Edmonton Carnaval** a Latin festival that serves as a platform for local artists and artisan, creates spaces of culture and entertainment for the whole family. [www.edmontoncarnaval.com](http://www.edmontoncarnaval.com). 9210 118 Avenue.

**Apr 23 to Jun 19-5050 Playground Fundraiser!** The St. Elizabeth Seton K-9 School is currently raising funds for a NEW PLAYGROUND! Our outdated playground is falling apart, and we need your help to make it shine again! Sales end Sunday, June 19, 2021. Go to [rafflebox.carafflesesfa](http://rafflebox.carafflesesfa) to buy tickets.

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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. In ancient Egypt, who was the daughter of the sun god and usually represented by a cat?
2. What is a bridewell?
3. What canal had its grand opening in 1825?
4. Who played Mrs. Robinson in the movie The Graduate?
5. The planet Mercury has how many moons?

(Flip bottom of page for answers)

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**Patrick Cole**  
**Colton Huber**  
**Maureen Johnson**  
**Graham Harbak**

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# Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)

Your emotions may be running high, especially early in the week. Be careful about being impulsive in your response to them. Try to keep your eyes open for less-than-obvious opportunities. Lucky numbers: 5, 11, 16, 31, 34, 37.

**TAURUS**  
(April 21 - May 21)

For the next few weeks, your relationships may be the primary focus in your life. Be calm regarding any issues, and try to concentrate on improving your communication with others who are involved. Lucky numbers: 9, 12, 23, 37, 40, 44.

**GEMINI**  
(May 22 - June 21)

You may be feeling highly energetic right now. Other people might be drawn to you. They could provide you with information that expands your potential opportunities to achieve your goals. Lucky numbers: 7, 20, 26, 32, 40, 46.

**CANCER**  
(June 22 - July 22)

Is there someone not being supportive of you, perhaps one of your parents? You may want to find a way to address it, so that you might find more emotional balance. Lucky numbers: 16, 17, 29, 33, 46, 48.

**LEO**  
(July 23 - Aug. 23)

If you are frustrated in your career, what change might make you happy? This may range from a shakeup in your current job to thinking about a new career. Lucky numbers: 2, 6, 9, 30, 33, 39.

**VIRGO**  
(Aug. 24 - Sept. 23)

Virgos are usually very practical. Recently, however, your ambitions may have been more focused on understanding the unseen, ethereal plane. This might give you a more balanced view of the world. Lucky numbers: 3, 12, 15, 36, 40, 45.

**LIBRA**  
(Sept. 24 - Oct. 23)

You may receive important information that could create a conflict between your head and your heart. An adjustment in your way of seeing the situation might help resolve the issue. Lucky numbers: 13, 16, 17, 21, 23, 37.

**SCORPIO**  
(Oct. 24 - Nov. 22)

Toward the end of the week, your thoughts and emotions may be out of sync. Consider waiting a few days before you take action, and the situation might start to ease up. Lucky numbers: 11, 13, 19, 22, 31, 46.

**SAGITTARIUS**  
(Nov. 23 - Dec. 21)

Do you have a long-held dream that hasn't manifested, no matter how hard you try? Perhaps an old, emotional wound may be blocking you. Working to release it might help. Lucky numbers: 3, 8, 9, 13, 31, 32.

**CAPRICORN**  
(Dec. 22 - Jan. 20)

You recently may have received insight from your unconscious that caused you to focus on what you value. Take time to figure out how you might positively integrate this information into your life. Lucky numbers: 4, 11, 16, 25, 33, 43.

**AQUARIUS**  
(Jan. 21 - Feb. 19)

What are you passionate about accomplishing in your life? Hard work and focus at this time may allow you to achieve your dreams and goals in this regard. Lucky numbers: 6, 8, 15, 18, 30, 41.

**PISCES**  
(Feb. 20 - March 20)

You might be entering a period where your focus could shift toward being of service to others. You may receive insight about how to do so. Try to ponder it before proceeding. Lucky numbers: 1, 13, 16, 19, 21, 26.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 3.

## Did You Know...

**Grammy winners:** The late conductor Georg Solti holds the record for the highest number of Grammy wins: 31, with most being in the classical field. Just after him are musician/producer Quincy Jones and singer Beyoncé, both with 28.

**Big bite:** Mosquitoes are annoying. Their itchy bites come not from teeth, but from a proboscis, a tubular mouthpiece that punctures the skin, inserts saliva as a coagulant, and draws blood. The saliva causes the itch. Females use protein in blood for their eggs; males cannot bite.

**Short life:** A baseball has a very short life span. In professional use, it lasts about seven pitches and then needs to be replaced. An average baseball game uses between 60 and 70 balls.

**Tiny nests:** Hummingbirds are tiny, and so are their nests, which are about 1.5 to 2 inches (3.8 to 5 cm) across. They are made from a variety of natural materials, including spider webs that allow the nest to expand to accommodate the rapidly growing babies.

**Coffee supplier:** Those who enjoy coffee would love to live in Brazil. This South American country has been the world's largest coffee producer for over 150 years.

## On the Lighter Side

How do gymnasts feel after a routine? Head over heels.  
 "Can I borrow five dollars? I'm a little short today."  
 "Will you be a little taller tomorrow?"

What do you get when you cross Cinderella with a barber? Glass clippers.  
 Knock! Knock! Who's there? Avenue. Avenue who? Avenue heard enough of these jokes?

Teacher: "What did Caesar say when Brutus stabbed him?"  
 Student: "Ouch!"

### Answers

**Trivia answers:** 1. Bastet (or Bast) 2. A prison for petty offenders. 3. Erie 4. Anne Bancroft 5. None

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