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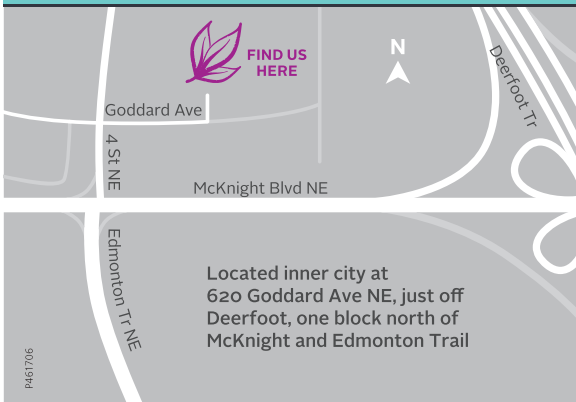
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10 Tips for Dating Safety

by Lorna Selig, Personal Safety and Self Defense Facilitator

Dating can be a wonderful and exciting experience, or it can be an outright disaster! Either way you experience it, make sure you have your wits about you and take precautions for keeping yourself safe.

1. Let your people know where you are going, and with whom, and when you expect to be home. Provide the name and number of the person you will be meeting, and the exact location of your date. If anything changes, keep your people updated.
2. Use your own transportation. Never ride in a vehicle with someone you are just meeting. You need to keep your home address private, and if you need to make a quick getaway, you can!
3. Meet in a well-lit public place. A coffee shop, a restaurant or event where there are people, lights and activity.
4. Never leave your food or drink unattended. Accept a drink only from a bartender or waitress and keep it with you.
5. Stay sober and alert! Every. Single. Time!
6. Protect your personal information—keep your wallet and phone with you, and do not offer any details about where you live or work.
7. Establish your personal boundaries in advance of the date. Plan for when you will leave, and how you will get home, even if you are having a good time. Decide on what type of conversation and interaction you will welcome, and what you won't. Be solid in your decision.
8. Google them. Find out what kind of activity they engage in online, if you have any reservations, cancel the date.
9. Follow your gut. If you feel reticent or uncomfortable, leave the situation. DO NOT worry about hurting someone's feelings...it is better to offend them than be harmed.
10. Take a self-defense class. Learn the skills for awareness, avoidance and escape.



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The Complexities of Chronic Low Back Pain in Older Adulthood

Submitted by *Fabricio Nucci, PT, Physiotherapist*

The objective of the study was to understand how chronic low back pain (CLBP) impacts key aging concepts such as retirement, housing, health and independence.

Participants' accounts illustrate the interplay between aging and living with CLBP. Pain threatens independence. The issue of independence was a critical aspect of the CLBP experience. Specifically, their back pain and corresponding disability were experienced as a threat



to remaining independent, which was meaningful and important to participants. They wanted to continue enjoying cherished activities, living in their personal residences, and taking care of themselves, yet their back pain jeopardized these acts.

The picture of a broad path becoming gradually narrower embodies how participants experienced their painful backs—a threat that would increasingly diminish their independence until there was nothing left they could still do.

One of the recurring trends for this subtheme was participants' desire to not be a burden on loved ones. Participants attributed their dwindling independence as the reason for them being a "third wheel", "disruption", and "inconvenience to people".

Participants felt their back pain rendered them increasingly reliant on others; that meant having to ask for help, (damaging their pride, bringing attention to their inabilities). One woman stated, "It makes you feel embarrassed because many times I have to have [my husband] get things down from the shelf for me, and it's like – I hate to ask people to do things for me." The issue that these community dwelling participants felt most strongly about in regard to threatened independence, however, was the fear surrounding potential nursing home admission. Participants described nursing homes as dreadful places they wished to avoid despite their CLBP. One man reflected on his 96-year-old mother living in a nursing home at the time of the study and stated, "Oh God, is that me in 20 years? I think it would just be awful. I don't want to be in a nursing home. That scares me." Beyond a general aversion, participants worried about not being well taken care of, being bored, and being neglected.




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Brooke Boyd





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Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit calgary.ca/collection to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

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Anika	16	403-923-3513	Yes
Anna	15	403-875-7007	Yes
Ash	33	403-437-6706	No
Ayva	12	403-519-5209	Yes
Belinda	14	403-978-4384	Yes
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Brynna & Maya	17	403-247-0522	Yes
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Ekene	22	403-466-1134	Yes

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Emma	16	403-240-0169	Yes
Eunice	22	403-801-0453	Yes
Faris	18	403-402-0950	Yes
Hannah	15	403-993-3044	Yes
Janeeta	21	587-284-9642	No
Jasmin	17	403-460-0370	Yes
Jazz & Sunnie	13	403-703-4548	Yes
Jenoah	18	587-284-2316	Yes
Julianna	17	587-352-2878	Yes
Julianna	13	403-354-5574	Yes
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Kate	42	403-690-0410	Yes
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Kelly	14	403-569-7398	Yes
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Kennedy	17	587-578-8833	Yes
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Melaine & Karina	19	403-239-5811	Yes
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Mia	12	587-890-6784	Yes
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Nicholas	14	403-374-0440	Yes
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In March, the federal government tabled its fourth consecutive deficit budget, during a time when the national economy (outside Alberta) has been relatively strong. This is particularly concerning now because of the ominous economic storm clouds ahead, including American tariffs on steel and aluminum, a growing trade war with China who is blocking Canadian agricultural imports, slumping real estate sales, increasing debt servicing costs and especially the continuing lack of pipeline capacity.

The most recent budget included some \$41 billion in new spending commitments without a plan to return to surplus, but the entire budget has been largely overshadowed by accusations that the federal government tried to interfere in the criminal prosecution of Montreal-based construction and engineering company SNC-Lavalin.

The separation of politicians from the power to prosecute is an important safeguard to ensure the rule of law prevails even when wealthy or well-connected individuals or corporations are accused of crimes. Revelations about senior members of the government putting pressure on the Attorney General are disturbing and must be thoroughly investigated to ensure that justice in Canada has not, and in future will not, be compromised by political interference.

This Parliament is now into what are expected to be its final few sitting weeks before the summer break and will not likely resume prior to an election. Bill C-69, a bill that experts predict will make it impossible for future pipeline projects to receive regulatory approval, is being studied in the Senate. While it has passed the House of Commons, if it fails to pass the Senate before this Parliament ends, it will not become law. If it does become law, it will be up to a future government to repeal. Along with its deficits and accusations of improper interference in criminal prosecutions, Bill C-69 will be important factors for Canadians to consider when it is time to choose the next government.



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by Alexa Takayama

This month, I decided to look at unicorns because they just feel spring-y. My research taught me two things: unicorns are one of the oldest depicted mythological creatures, and Europeans liked to write descriptions of rhinoceroses, but no one ever bothered to draw pictures to go with them. Which makes the journey of how we got from rhinoceros to glittering white, horned horses a bit of a disjointed mess. I'll do my best.

Let's get some unicorn basics out of the way: as we understand them today, unicorns are white horse-like creatures with a long, pointed horn protruding from their foreheads, sometimes with cloven hooves or a lion-like tail. Unicorns are untameable, strong, proud and haughty, and would rather die than be captured. They can only be calmed and captured by a virgin. Their horns are made out of a substance called alicorn which is believed to have magical medicinal properties, such as being able to nullify poisons and cure diseases. Some "official" measurements state a unicorn's horn is between 1 cubit and 1.5 cubits (roughly 50 to 70 cm). You know unicorns are old when we're measuring things in cubits!

We also need to talk about the monoceros, which was a creature that was conceptually related to the unicorn but was not a unicorn. At the same time, the term monoceros was used interchangeably with the term unicorn. (Which doesn't complicate things at all.) And like the unicorn, a lot of descriptions of them seem to bear a closer resemblance to rhinoceroses.

Let's talk about some of those descriptions, shall we? The oldest recorded writing describing a unicorn was in India, written by Greek physician and historian Ctesias the

Cnidian. He described them like "wild asses" (probably specifically the onegar, an Asiatic animal closely resembling a donkey) with a horn that is red, white, and black. In his book, *Natural History*, Pliny the Elder described a monoceros having the head of a stag, body like a horse's, the feet of an elephant, and the tail of a boar. He also said it made a deep bellowing noise and has a black horn. There is record that Marco Polo claimed to have seen a unicorn, saying they are smaller than elephants with heads like a wild boar, feet like an elephant's, rough hair like a buffalo, and a big black horn. He described them wallowing in mud and called them ugly. (Rude.) He also expressed disappointment that they were nothing like the way Europeans imagined them.

Every instance just seems to me as someone trying to describe a rhinoceros, but after the world's oldest game of telephone, we somehow ended up with our modern rendition of the unicorn.

But let's not forget about the virgins! What's up with that? Well, in the Middle Ages and the Renaissance, a book called *Physiologus* had an elaborate allegory about a unicorn, which represented the Incarnation of Christ, laying its head on the lap of a maiden, which represented the Virgin Mary. It seems from here that the idea that a unicorn can only be captured by a virgin originates from. From there, there have been many pieces of both religious and secular art showing the hunt of the unicorn. It is sometimes depicted wearing a collar with a broken chain. The unicorn is very popular in heraldry as well.

Now you have a brief overview of unicorns. There's a lot I didn't get to cover, so stay tuned for next month's article where I'll talk specifically about the unicorn's horn.

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Coexisting with Bobcats

by Lisa Dahlseide B.Sc.



With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km². Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home

ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing "nature to take its course" with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.



This little piggy
visits Cochrane for ice cream

This little piggy
gets downtown in 25 minutes

This little piggy
lives close to the LRT

This little piggy
goes to Canmore for mountain fun

And this little piggy
went ZZZ ZZZ ZZZ in their very
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Two Storey	50	\$505,387
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TOTAL	69	
Avg Days on Market	55 Days	

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