

October 2017

9,100 Households & Businesses

CANMORE

connection



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Library:

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Weekends: 10 a.m. - 5 p.m.

CAG Gallery:

Thursday to Tuesday:
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Closed Wednesdays


Cardio/Weight Room:

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Weekends: 8 a.m. - 9 p.m.

Climbing Gym:

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 Town of Canmore



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Canmore Connection

110,000 distribution copies annually

About Canmore Connection

Canmore Connection is a dynamic local magazine with insightful content which is widely accessible in print and digital formats www.canmore-connection.ca. Our goal is to engage local residents and business owners and to provide travelers a local perspective that encourages interaction with the amazing experiences that Canmore offers.

Advertising Opportunities

403-263-3044 | sales@canmore-connection.ca

Editorial Submissions

canmore@canmore-connection.ca

Direct requests for copies to:

Phone: 403-263-3044

Email: canmore@canmore-connection.ca

All advertisements and editorial content must be submitted by the 1st of the month for the following month's publication.

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Check out our website:

www.canmore-connection.ca

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October 2017



On the Cover

Aurora West
Photo by Steve Baylin
www.stevebaylin.com

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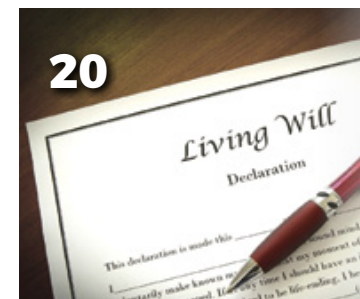
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IMPORTANT NUMBERS

CITY	
Town of Canmore	403-678-1500
Bylaw Services	403-678-4244
ALL EMERGENCY CALLS 911	
Canmore Fire & Rescue	403-678-6199
RCMP	403-678-5519
SCHOOLS	
Elizabeth Rummel School	403-678-6292
Lawrence Grassi Middle School	403-678-6006
Canmore Collegiate High School	403-678-6192
Our Lady of The Snows	403-609-3699
École Notre-Dame des Monts	403-609-0002
CHURCHES	
Crossway Community Church	403-678-9801
Our Lady of the Rockies Catholic Parish	403-678-5022
Ralph Connor Memorial United Church	403-678-5354
St. Michael's Anglican Church	403-678-5191
Trinity Bible Church	403-678-5063

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AT A GLANCE



Community Events

Karaoke Nights

Mondays @ the Drake Pub

The Drake's Karaoke Night is a hot favorite of Canmore locals. We have worked our way from Bowie to Whitesnake and back again! Come join the party and show us your best Journey (air guitar optional). The Drake stage goes live at 10 p.m. each Monday.

Open Jam Night

Thursdays @ Tavern 1883.

Dust of your old ukulele, or whatever, come down and destroy your favorite tunes. Don't worry. Everyone will cheer!

Friday Evening Bingo

Fridays @ Royal Canadian Legion Branch 3.

7:00 pm Early Bird Rounds, 7:30 pm Regular Games. Loonie Bingo, Mystery Game and \$1,000 Snowball. Starts July 15. Bring on the Bingo!

Open Mic Night

Fridays @ Good Earth Coffeehouse.

Enjoy live coffeeshop music every Friday at 7:30pm!

Mountain Made Thanksgiving Market

October 7 @ Elevation Place

We are excited to host this amazing Thanksgiving Market on October 7! Join the fun and see what all the amazing artisans have to show you!

2017 Bow Valley Business

Excellence Awards

October 18 @ Silvertip Resort

The Bow Valley Chamber of Commerce Business Excellence Awards will be held on Wednesday, October 18, 2017, at Silvertip Resort to celebrate the best of the Bow Valley's businesses!

This event will be held during the Small Business week in the spirit of celebrating businesses in the Bow Valley.

The Deadman Mine Haunted House

October 28 - 30 @ Spring Creek's Malcom Hotel

Will you dare to venture into the old mineshafts to see what terrors lie beneath the otherwise friendly neighbourhood of Spring Creek?

Although we admit all ages, it can be dark and scary. Use your judgement. Anyone under 12 must be accompanied by an adult.

Entrance fee is a food bank donation.

Canmore Eagles Home Games

Friday, October 6 vs Calgary Mustangs

Saturday, October 7 vs Calgary Canucks

Thursday, October 12 vs Fort McMurray Oil Barons

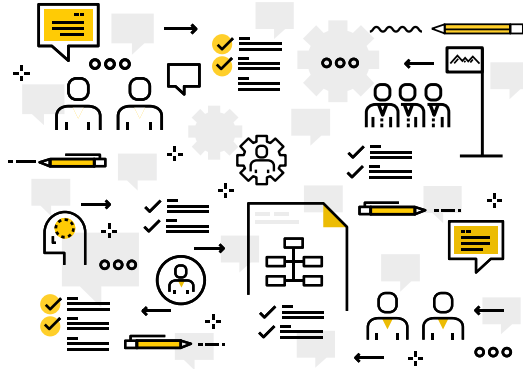
Sunday, October 22 vs Olds Grizzlys

Saturday, October 28 vs Olds Grizzlys



COUNCIL MEETINGS

www.canmore.ca | chyde@canmore.ca



First Tuesday of each month	5:00pm	Regular business meeting
Second Tuesday of each month	1:00pm	Committee of the whole meeting
Second Tuesday of each month	evening	Reserved for special meetings, including public hearings
Third Tuesday of each month	5:00pm	Regular business meeting
Fourth Tuesday of each month	evening	Reserved for the scheduling of special meetings, including public hearings



6 KEYS FOR CREATING ULTIMATE, REAL-TIME SOCIAL MEDIA AT EVENTS

by Carmella Social



Social media and event marketing are like macaroni and cheese - they are absolutely fantastic together. And no matter how you choose to create it, social media is all about connections! Whether you are a corporation, small business, or not-for-profit, one sure fire way to bring your brand into the light and generate some buzz is through using social media during an event.

Regardless of whether you are hosting, sponsoring, or attending as a guest, your real-time social media strategy should take a multi-pronged approach to address the four different audiences you'll want to engage: new potential customers, opportunities in your sales pipeline, current customers, and business partners.

Here are the keys to ensuring your brand stands out and gets results at your next event:

- 1. Event hashtags** - if it's your event, create an easy to use, well-thought out tag. If you are sponsoring or visiting at an event, be sure to familiarize yourself with theirs to ensure you are on the same engagement stream.
- 2. Hype the event on your website** - make sure people know you are hosting/going to be there before it happens. Create excitement for the event and your brand audience.
- 3. Take pictures** - Share behind-the-scenes visuals, use fun apps like boomerang and make me a GIF to create eye-catching content in a snap.
- 4. Record video** - this includes a testimonial from people who love your brand, as well as fun, simple interviews (why are you here? What's your connection? What's your favourite part?). And choose a moment or two to live stream some of the action: capture the potential instant audience who is online while you're at the event. With a decent-sized following, you can really drive engagement. *Pro tip:* hold your phone

sideways to capture video. Much easier to watch and also makes it editable for any bigger projects later on.

5. Content! Content! Content!

- Venue and surrounding area
- Closest place to “get a good coffee”, “where to stay”, “where to play”.
- Event signage and goodie bags
- Bloopers

6. Pre-schedule some posts (events are busy and unless you have a dedicated member on your team, it's best to have a few ready to go), but remember: the best engagement happens in real-time.

BONUS: After the event is all wrapped up, be sure to do two more things:

- 1. Follow-up** - Remember all those cards you were handed, and emails people sent to you while you were at the event? Be sure to connect to all the new friends you made today.
 - 2. Write a post-event blog** - people want to know what your brand is up to, so let them know (and cross-promote any other businesses you'd like to support). You will discover this is a fun way to inform and entertain your audience.
- All that said, in business and life it's great to find a way to be of service — and to be a part of something bigger than ourselves. Events really do have the potential to be some of the best content generating moments for any brand/ company. So, even if you are not hosting but are cutting a check, why stop there? Consider the idea of using an event as a corporate retreat: bring your employees out for a great time. After all, when it's a great event that supports a worthy cause, participants feel good about themselves. And what better time to engage with them and with your team!



REAL ESTATE UPDATE

	Properties Sold	Properties Listed	Avg Sold Price	Avg Listed Price
Aug 17	33	0	668,537	667,364
Jul 17	33	9	673,165	690,267
Jun 17	49	19	704,171	730,558
May 17	41	22	610,111	619,429
Apr 17	25	33	609,972	641,111
Mar 17	32	50	555,019	563,986
Feb 17	23	29	593,130	605,332
Jan 17	26	31	605,197	625,377
Dec 17	21	18	510,610	521,360
Nov 17	15	34	638,429	654,447
Oct 17	9	32	661,639	685,478
Sep 17	1	31	420,000	429,000

To view more information please visit www.canmore-connection.ca/community

PHOTO ARTISTRY
PHOTOGRAPHY BY STEVE BAYLIN

WWW.STEVBAYLIN.COM

WILL TECHNOLOGY MAKE THE MODERN-DAY COACH OBSOLETE?

by Ryan Draper



Stop watches, clipboards, video cameras, pylons, weight vests, they are all tools of the trade if you're a coach in many different sports and they have been for years. For decades, those tools, coupled with the knowledge and experience base of a mentor, were all an athlete needed to be successful in their sport of choice.

I started coaching fellow athletes in about 2001 and have continued to do so ever since. It has been an interesting journey and I must admit I have learned so much and evolved my personal coaching philosophies more than a few times along the way.

More recently, technology is playing a greater role in the lives of athletes and fitness enthusiasts of all levels. It is even causing some coaches to re-think the fundamentals of the athlete-coach relationship. Fitness trackers, heart rate monitors, HRV collection, power meters on bikes, GPS data capture, real-time lactic acid sensors, hydration

monitors, and even virtual coaches that talk to you via ear buds have blurred the lines of those relationships. Are coaches being slowly replaced by technology and artificial intelligence, or does a coach bring something technology cannot?

Recently I found myself asking: what are the fundamentals that a modern-day coach provides anyway?

Most importantly, trust and accountability followed by affirmation, information, motivation, strategy, positive reinforcement, clarity, and shared decision-making come to mind. Those are also the key components that make a solid athlete-coach relationship.

With the introduction of every new piece of technology there is a steep learning curve for both athletes and coaches. Most technology allows for the collection of some form of big data that then needs to be qualitatively evaluated and interpreted. >>



Coaches can then look for its relevancy to the athlete and their end goals. A very complex process that is constantly evolving that requires analysis that is best executed by a coach.

Athlete dependency on technology also needs to be harnessed by coaches so that individuals don't become obsessed with numbers and leave behind their voice of reason and common sense.

This also plays into areas of psychology that good coaches are equipped to effectively handle on a day-to-day basis.

In my mind, Canmore is such an amazing hub for world-class sport and coaches – a resource that is often over looked as an exportable commodity.

Coming together as coaches, young and old, can breathe new life into a very complex balancing act of science, technology, psychology, and creativity. In decades past, the world of coaching has been secretive, and methodology held under lock and key. In recent years, athlete individuality has become the focus, and with new young coaches in the hot seat of performance, more than ever coaches of all levels are striving to come together and learn from each other's experiences.

As more and more technology is presented to athletes and injected into the market place, the role of the coach becomes even more imperative. 📌



BUGS, WORMS, AND OTHER CREEPY THINGS

By Dr. Sylvia McAllister, Canmore Veterinary Hospital



There are many parasites that prey on our pets. Some of them cause illness and a few of them cause disease in humans. Here is a quick run down of the bugs you should know about.

TICKS:

Alberta has ticks. BC, eastern Canada, and much of the USA have even more ticks. Most of them are just a creepy nuisance, but a few of them can cause severe illness in dogs and humans. The most infamous tick-borne disease is Lyme disease. It is a bacteria carried by the Ixodes tick and is transmitted to dogs and humans when the tick attaches to the skin for more than 24 hours. Most of the time the infection is stopped by the immune system and no symptoms are seen. Occasionally, mild flu-like symptoms and a bull's-eye rash are seen. In rare cases, a severe disease affects many body systems and is very difficult to treat.

In Alberta in 2016, 1930 ticks were submitted for testing. 17% were Ixodes ticks (224 ticks), and of these 18% were positive for the Lyme disease bacteria (40 ticks). So, it is still very unlikely that you or your dog will get Lyme disease in Alberta, but taking precautions is a very good idea.

Other tick-borne diseases include Rocky Mountain Spotted Fever, Tick Paralysis, Ehrlichiosis and

Anaplasmosis. They are very uncommon in this area, but we see occasional cases.

Prevention is the best approach. We have all been told to tuck pants into socks, wear tight cuffs and collars, and put on a hat. Dogs can't do this, so giving preventive medication is a good idea. There are several flavored chews and topical ointments that will prevent ticks from attaching or kill them after they have attached. Ask your veterinarian which one is best for your pet. We recommend treating from early April until the end of October. It is also a good idea to check your pet all over after walking in shrubby, grassy, or wooded areas. That way, your pet won't bring ticks into the home with them.

WORMS:

In this area, we see internal parasites like roundworm, tapeworm and hookworm. There are a few that can be transmitted from pets to humans. It is rare, but can cause serious diseases including blindness. We recommend that you have a fecal sample checked by your veterinarian every year for all outdoors pets.

Puppies and kittens should be tested and/or treated for worms when they are first adopted. Children are most susceptible, so families should make sure to check their pets regularly.

FOUND A TICK? DON'T PANIC!

ACT QUICKLY.

Grasp it close to the skin. Pull it straight out without crushing.



NEED HELP?

Call your veterinarian.

HEARTWORM:

The good news is that Alberta mosquitoes are not yet carrying heartworm disease. If you are travelling outside Alberta, be sure to check with your veterinarian before you go.

There are preventive medications available to make sure that your pet doesn't pick up this potentially fatal disease.

GIARDIA:

The giardia parasite causes "beaver fever", a gastrointestinal disease characterized by diarrhea, poor appetite, gas, and occasionally vomiting.

Dogs and humans pick it up from drinking water contaminated by feces. Our local streams, lakes, and rivers can carry the parasite. If your dog gets diarrhea for more than a day or two, your veterinarian will run a giardia fecal test. If positive, treatment with a powder called Panacur is safe and effective.

LICE:

Dog lice do not affect humans! They will make your dog itch. Lice is transmitted from dog to dog through contact, often at an off-leash park. For some reason, we see it more often in the winter. It is easily treated with shampoos and medications.

Stay safe and bug free!

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 BANFF: 403-762-3611 • 140 Hawk Avenue
 After hours emergency: 403-678-8343 • canmorevet.com

+ SAFE & SOUND

HALLOWEEN SAFETY



Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches.

Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Reflective tape on costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.



MP for Banff-Airdrie

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Banff-Airdrie

Thanksgiving is a time to gather with family and friends to celebrate and appreciate the many blessings we enjoy here in Canada. There's nothing better than the aroma of turkey, stuffing, and pumpkin pie filling the house as you catch up with your loved ones.

As Canadians, we are blessed to live in the greatest country in the world. From coast-to-coast-to-coast, Canada has so much to offer - from the mountains to our oceans to the Northern Lights.

And here in Canmore, we are particularly lucky to be in an area that is not only visually stunning, but welcoming, community-oriented, and just an overall great place to live.

So, as we celebrate Thanksgiving, I'd like to let you know what I am thankful for.

- To live in the best country in the world. I know I have mentioned that already but it bears repeating. As we reflect this year on Canada's 150 birthday, we are reminded of our country's storied past and successes, and look forward to the future. We are the true north strong and free.
- To be able to represent our great constituency in Parliament. This is a privilege that I have had for the past nine years and each time that I walk into the House of Commons, I am humbled by the honour.
- For the brave men and women in the Canadian Forces - past and present. I am thankful for the sacrifices that have been made for our country's freedom. For those who are overseas and unable to spend time with their families this Thanksgiving, I am thankful for your service to Canada.
- And of course, for my health, my family, and my friends.

As we give thanks for all that we have been blessed with, it is important to think about those who are less fortunate.

Thanksgiving is a great time to donate a little extra to your local food bank or to volunteer some time to provide a hot meal to those in need. A small gesture can go a long way to brighten someone's holiday so please give if you are able to.

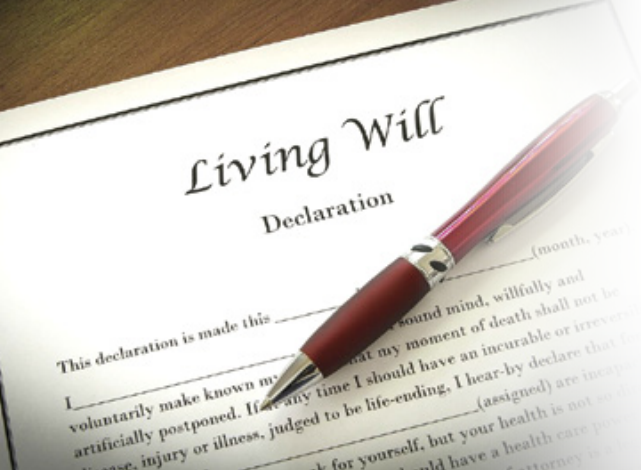
I would like to remind everyone that my office hosts Community Office Hours on the first Thursday of every month at The Civic Centre in Canmore, from 10am to 11am. Please stop by if there is any assistance that my office can provide for you.

Have a happy and safe Thanksgiving!

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\$ DOLLARS & SENSE

BECOME FAMILIAR WITH

WEALTH TRANSFER STRATEGIES

by Toddy Kam, CFP®, CFA



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Banff-Cochrane

To retire comfortably, you need to save and invest regularly using an effective savings and investment strategy. Maximizing RRSPs or other retirement accounts will likely be essential to realizing your retirement goals. Once you retire, you'll need to "switch gears" somewhat and begin considering wealth transfer strategies.

An effective wealth transfer strategy can help you accomplish a variety of goals, such as distributing your assets the way you choose, avoiding probate fees and reducing estate taxes. You can explore a variety of wealth transfer tools, including the following:

- Gifting — Gifting your assets to your adult children can help minimize the size of your estate, reducing the tax burden at death. This could also potentially lower probate, executor and legal fees. Be careful when gifting property (including cash and securities) to a spouse or minor child, as income attribution rules may apply, causing income earned on the gifted property to be taxed in your hands.
- If you donate securities with a capital gain to a registered Canadian charity then there is no tax payable on the capital gain, and you get full credit for the donation, up to the standard charitable deduction limit.
- Will — A will is simply a plan for distributing your assets to family members and other beneficiaries. If you were to die intestate (without a will), provincial laws would determine how your assets should be distributed — and there's no guarantee that the end result would be what you would have chosen.
- Beneficiary designations — Many of your financial assets — including life insurance policies, RRSPs and TFSA's — allow you to name a beneficiary. Upon your

death, your beneficiary will automatically receive these assets, avoiding the sometimes time-consuming, expensive (and public) process of probate. It is essential that you periodically review these designations to make sure they reflect your current wishes and that they do not conflict with the terms of your will.

- Trusts — Different trusts can help you accomplish a variety of wealth transfer and estate planning goals. For example, an inter vivos trust can help you leave assets to your heirs without going through probate. You can also structure the trust to stagger payments over a number of years, rather than all at once, or include other restrictions or incentives. A testamentary trust, created in your will, can allow your heirs to effectively income split with the trust, potentially decreasing overall taxation.
- As you can see, trusts are versatile instruments — but they are also complex. Consequently, you'll need to consult with your tax and legal advisors regarding your particular situation.
- Permanent Life Insurance — When building an estate for your heirs, you have typically considered both registered and unregistered investment accounts as your principal sources of accumulating wealth. Permanent life insurance can be used to effectively accumulate wealth and pass it along to children or grandchildren, typically in a very tax-efficient manner.
- All the wealth transfer techniques we've looked at will require some careful thought and preparation on your part — so don't wait too long before getting started. Time has a way of sneaking up on all of us, but it's especially sneaky when we're unprepared.

The Alberta Government is committed to making life better, promoting inclusion and mutual respect, and it is clear that Albertans share our commitment. However, there is more work to be done to ensure that all Albertans are treated with respect and have opportunities to build successful lives for themselves and their families.

We know that our strength is in our diversity, our sense of inclusion, and our commitment to stepping up and helping one another.

That is why we are reaching out to communities across Alberta to gather their input on racism in Alberta and on practical steps our government can take to fight racism, foster acceptance, and promote inclusion and diversity today, tomorrow, and for generations to come.

Education Minister David Eggen will be hosting several meetings throughout the province this fall with community organizations working to combat racism. We know Albertans are very interested in this work. Albertans can request to meet with Minister Eggen, a member of his staff, or myself to discuss this work further by emailing education.minister@gov.ab.ca or banff.cochrane@assembly.ab.ca

Our government will be setting up community roundtables across the province in the weeks ahead as well. We want to talk to Albertans who are experiencing racism and find out from them if it's getting worse and work together on ways to fight it.

We will also be launching a website where Albertans can share the perspectives on how the government can

support efforts to combat racism, foster acceptance, and promote an inclusive society where all Albertans are treated with respect. Together, we will continue to build a successful province and make life better for Albertans regardless of their faith, skin colour, or immigration status.

Sincerely,
Cam Westhead
MLA for Banff-Cochrane

BRAIN GAMES SUDOKU

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		2	9					

FIND SOLUTION ON PAGE 25



Ask Charles

My townhouse is listed for sale. There was a showing earlier today, and I found out those “buyers” just viewed my home to see it as a comparable for their own listing. Is that allowed?

To submit a question, email askcharles@reca.ca

The short answer is, no, it shouldn't be.

When you list your property for sale, you expect that showings of your property are to potential buyers. Unless a buyer or the buyer's representative discloses it to you beforehand, any other reason for a showing is dishonest through omission.

Real estate professionals have a requirement to be honest with their clients and with third-parties. That means that a buyer's real estate professional has to be honest with you and your real estate professional.

It is reasonable for you to expect that buyers booking a viewing of your property are doing so with the potential for purchasing the property. If their reason is different, then it is reasonable for you to expect them, and their agent, to be up front about it.

No one wants to have to keep their house in show-home-ready condition, and vacate the premises for a showing unless there is real potential the buyers are interested in buying. This may be particularly true if you have a young family and leaving at the spur of the moment for last-minute showings or showings at bedtime are particularly inconvenient.

There are also things you can do – and discuss with your agent – to lower the likelihood of showings for ulterior purposes. You can ask

your agent to not allow viewings from people who don't appear to be serious buyers. For example, this may mean your agent asks buyer's agents to only bring buyers who are pre-approved for a mortgage.

As the seller, you control the process buyers must go through to view your property. If you want to set specific times during which viewings are allowed, you can. If you want to only admit buyers who are pre-approved, you can.

Ensure your agent writes those instructions in the listing. Remember, though, sometimes buyers come when you're least expecting it – and any attempt to reduce showings or limit availability for showings may be detrimental to your listing.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



5 SIMPLE WAYS TO EASE MIGRAINE PAIN

by Dr. Alma Nenshi, Family Chiropractor

Most people associate migraine headaches with intense throbbing head pain lasting several hours to days, and sometimes accompanied by nausea, vomiting, visual disturbances, vertigo and sensitivity to lights, scents and sounds. Migraines are actually the result of increased electrical activity in the brain. Neurologically, they uniquely affect sensory perception and motor control of the body and can include a variety of symptoms that may or may not even include a headache.

So, what are some common stresses that trigger migraine headaches?

- Neurological stresses like excessive sensory stimulation from glare from the sun, loud noises, certain scents (whether pleasant or unpleasant), neck or head traumas, infections, intense physical exertion and chronic poor posture. Calgarians in particular are prone to headaches when their body can't adapt to the pressure changes from the Chinook winds.
- Chemical stresses include food triggers like red wine, caffeine, aged cheeses, chocolate, monosodium glutamate (MSG), dyes, pickled or fermented foods and nitrates found in deli meats. Skipping meals, fasting and hormone fluctuations may also cause migraines, as do certain medications such as acetaminophen, aspirin, non-steroidal anti-inflammatory drugs (NSAIDs), codeine, hydrocodone and birth control medications, just to name a few.
- Emotional Stress - Did you know over 90 percent of all chronic health challenges including cardiovascular disease, strokes, cancer, hormone imbalances, weight problems, accelerated aging, diabetes and neuro-degenerative diseases, are all related to the inability to deal with stress? Both getting too much or too little sleep can also trigger migraines.

Migraines need to be properly diagnosed by a health care professional. If you ever feel like you are

experiencing the worst headache of your life, it may be a medical emergency. Don't take any chances, contact 9-1-1 immediately.

Here are 5 easy ways to help you manage migraine symptoms at home:

1. Turn off your electronics! Constant, chronic low levels of electromagnetic stress impact brain and nervous system function. Migraine patients will find much relief from completely powering down their electronic devices (cell phones, computers, lights) and relaxing in a dark and cool room.
2. Drink some water! Staying hydrated has many health benefits, and for migraine sufferers, it can mean the difference between a manageable headache and a debilitating episode. Drink half your weight in ounces of water and non-caffeinated beverages everyday and don't forget to add an extra 2 cups of water for every cup of coffee you drink (yes this goes for decaf too!)
3. Smell some peppermint. Whether it's candy, essential oil or a peppermint teabag, a little at the start of your migraine will go a long way in helping to ease your symptoms.
4. Ice versus heat. Use heat to relax tense muscles in the early stages of your migraine before the throbbing starts. For a full-blown migraine, choose icing the affected areas for no more than 10 minutes at a time. Anything longer may trigger a reflex reaction that may increase the throbbing pain.
5. And now the best kept secret of all, when you have a full-blown migraine, soak your hands in hot water! This simple action will trigger your nervous system to direct blood away from your core, thereby easing the pressure and throbbing symptoms in your head and buy you time to get to your chiropractor for a proper assessment and treatment to ease your pain.

IMPACTS OF BLUE LIGHT AND SCREEN TIME

by Dr. Dianna Leong, Optometrist

What is blue light?

Blue light is also known as high energy visible (HEV) light. Aside from sunlight, the most common sources of blue light today come from digital devices such as smart phones, tablets, computers and TVs. Other sources include fluorescent lamps, and LED lights. Blue light's high energy penetrates into deeper layers of the eye compared to other colours of lower energy.

How does blue light impact you?

1. Digital eye strain may develop gradually. Increased problems with blurred vision, dryness, slow focusing between near and far objects, headache, neck and shoulder pain are symptoms of computer vision syndrome. Research indicates that eye coordination disorders and increase in myopia (nearsightedness) are linked with prolonged digital eyestrain.
2. Studies suggest long term exposure to blue light and UV light from a young age may increase risk of cataracts and age related macular degeneration later in life.
3. The natural release of melatonin is suppressed by blue light, thus increasing alertness to the

brain and disrupting sleep patterns. Limiting screen time before bed may help those who have problems sleeping.

Device advice

Since digital screens are unavoidable for many in the schools and workplace, eye doctors and Canadian pediatricians provide guidelines to parents and children:

- Limit screen time for children to 2 hours per day and follow the 20/20/20 rule.
- Infants and toddlers under 2 years of age should have zero screen time.
- Avoid "text neck." Children unknowingly bring the screen too close when concentrating.
- No digital devices in the bedrooms, to avoid affecting sleep patterns.
- Visit your optometrist to determine if glasses with blue blocker filters are needed to ease digital eyestrain.
- Develop ground rules with your family to keep digital device use at safe levels.

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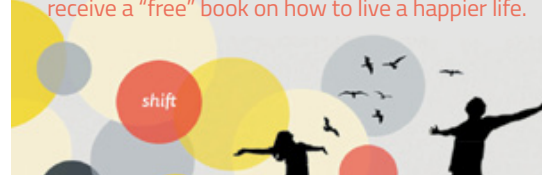
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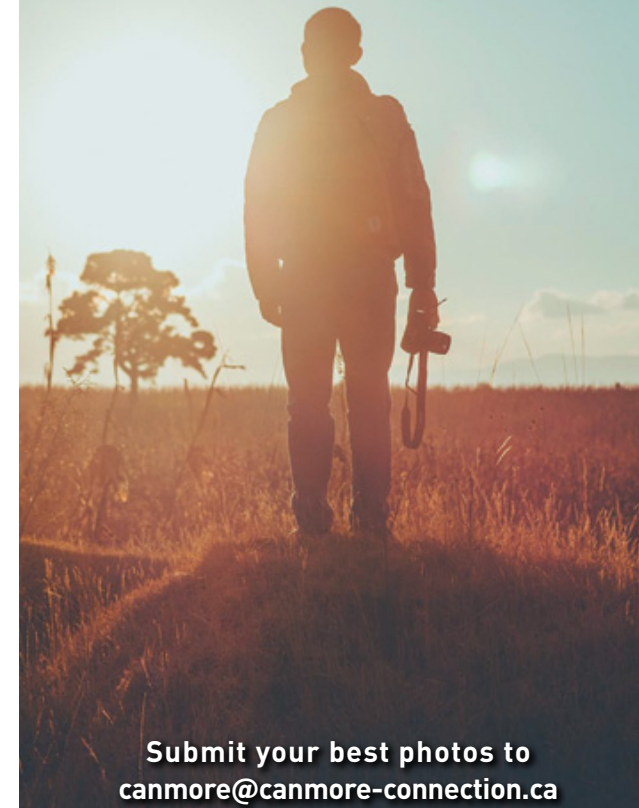


BRAIN GAMES SUDOKU

3	1	6	2	7	5	8	4	9
2	4	5	8	9	1	7	3	6
7	8	9	3	6	4	1	2	5
4	5	3	7	8	6	2	9	1
6	9	8	1	2	3	4	5	7
1	2	7	4	5	9	3	6	8
9	3	4	6	1	7	5	8	2
8	6	1	5	3	2	9	7	4
5	7	2	9	4	8	6	1	3

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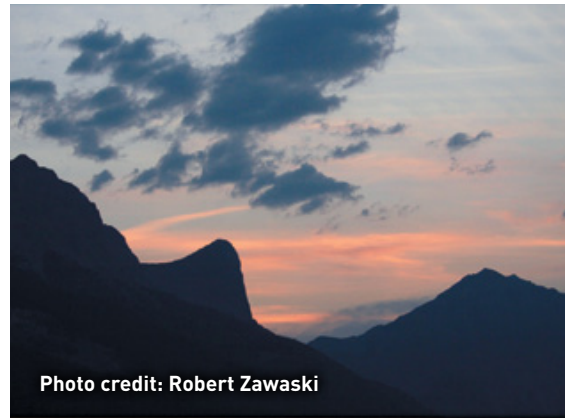


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