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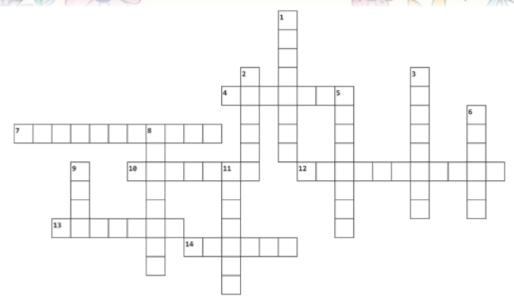
Crime **Statistics**





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May Crossword



Down

- 1. Cory ______, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
- 2. The first ______ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
- 3. Astrophysics for People in a Hurry by Neil ______ Tyson was originally published in May 2017.
- On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
- 6. Fashion designer, Coco ______, released her eponymous perfume, ______ No. 5, on May 5, 1921.
- 8. Canadians celebrate the birthday of this Queen on May 19.
- 9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
- 11. The Canadian government established the North-West ______ Police on May 23, 1873.



Across

- 4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
- Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
- 10. On May 16, 1929, the first ______ Awards were held with the silent film *Wings* winning Best Picture.
- 12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
- Amelia ______ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace. Newfoundland.
- 14. *The ______ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



MENTAL HEALTH MOMENT

Six Ways to Stand Up for Yourself

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

GAMES & PUZZLES Guess the Video Game!

- 1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
- 2. With over 300 million copies sold, this is the best-selling video game of all time.
- 3. Physicist William Higinbotham created the very first game called ______; and no, it's not what you think!
- 4. A video game classic, the character of Mario was originally called ______.
- 5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
- 6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.





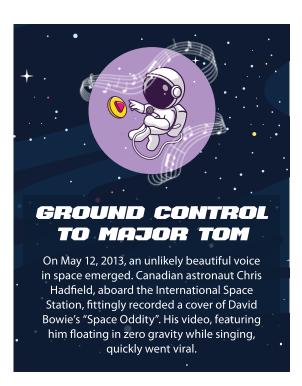


Photo Gallery by Stu Franklin



SAFE AND SOUND

Window and Balcony Safety

by Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's' reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

 Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing. • Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window be can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



Get Involved and Learn About Calgary's New Zoning Bylaw

by Federation of Calgary Communities

Since October 2023, the City Building Program team has been working with Calgarians to learn what they value and experience living in Calgary, and to plan for the future of how we move, build, and use land across the city.

The City Building Program includes the Calgary Plan (merges the current Municipal Development Plan and Calgary Transportation Plan into one document), the Zoning Bylaw (currently the Land Use Bylaw), and Street Manual (currently the Complete Streets Policy and Guide). All three of these documents have been drafted based on four phases of public engagement, existing policies, Council priorities, partnering with the Indigenous community and equity-denied groups, and consultation with interested parties.

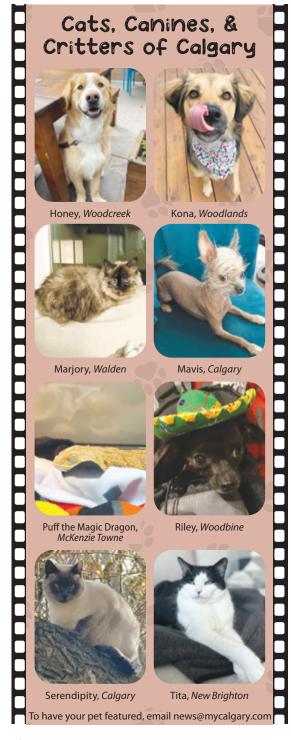
While the Calgary Plan was brought to the Infrastructure and Planning Committee and deferred until Q2 2026, the Zoning Bylaw draft is still seeking public input and feedback.

Curious to know what the Zoning Bylaw is and how it impacts you? This upcoming fifth phase of engagement will continue building awareness and education on the Zoning Bylaw and how it ties into the Street Manual and the Calgary Plan.

Your voice matters. We want to hear from you to ensure the new Zoning Bylaw meets the needs of our growing city. You can participate online or at in-person events around the city from May 5 to 31, 2025, and subscribe to our newsletter for project updates.

For more information, visit calgary.ca/citybuilding or email citybuilding@calgary.ca.





YOUR CITY OF CALGARY

Create a Beautiful and Resilient YardSmart Yard This Spring!

by The City of Calgary

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to how to plan, build, and maintain your yard, including:

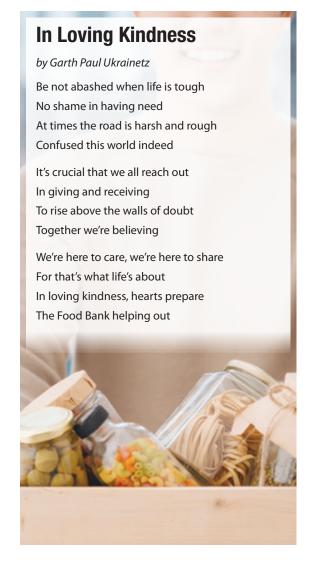
- Layouts and plant lists for all over your yard wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden.
 It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit calgary.ca/YardSmart.











REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March 2	5	15	8	\$709,950	\$725,000
February 2	5	7	5	\$899,000	\$970,800
January 2	5	11	9	\$799,900	\$830,200
December 2	4	0	0	\$0	\$0
November 2	4	5	6	\$827,450	\$812,000
October 2	4	6	11	\$899,000	\$895,000
September 2	4	8	4	\$774,900	\$787,500
August 2	4	7	5	\$749,900	\$825,000
July 2	4	9	8	\$962,400	\$975,500
June 2	4	5	5	\$539,000	\$580,000
May 2	4	9	7	\$699,900	\$775,000
April 2	4	7	10	\$793,477	\$797,500

To view more detailed information that comprise the above MLS averages please visit lakv.mycalgary.com

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LAKEVIEW MARCH 2025 STATISTICS



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ON MARKET

AVERAGE SALES PRICE \$1,041,750 NORTH GLENMORE PARK MARCH 2025 STATISTICS



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