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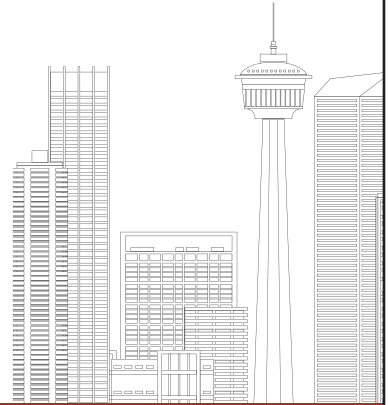


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# Understand These Three Rules of the Mind to Change Any Habit in 2023

by Lynn C. Cox



How many of us want to make some changes in 2023? Perhaps you want to stop that habit of procrastinating, shed excess weight, start a new wellness program, get better sleep, or kick an unhealthy habit to the curb? How often have you tried to make one of these changes in the past and stopped short of your goals because something in you turns you in the other direction?

Sometimes it feels like we're in a battle of the wills with our own minds.

Conventional wisdom would have us believe that our minds are extraordinarily complicated and the process of understanding it, changing it, and managing it is close to impossible.

In the recent decade, there has been more research into, curiosity around, and mainstream adoption of neuroscience, Rapid Transformational Therapy (RTT), hypnotherapy, positive psychology, and mind body connection. What this means is people are hungry to move out of the dark ages of psychology and embrace an understanding of the mind, and practical practises to help achieve better mental, emotional, and physical health!

When it comes to long-standing habits of action, such as overeating, procrastinating, feeling stress and anxiety and being prone to negative thought loops, the first place to begin is understanding a few rules of the mind. We cannot change anything we do not understand, and these 3 Rules of the Mind will help anyone on their journey of transformation.

### 1. The Mind Does What It Thinks You Want It to Do:

Our number one drive as a species is survival, and how do we survive? By staying safe! Safe typically means not taking risks (even measured ones), colouring within the lines that we've always known, and avoiding rejection at all costs. The mind thinks you want it to keep you safe.

For example, if you really want to up your game in business and become a phenomenal presenter, but you're not used to this, your mind will 'keep you safe' by convincing you taking this step amounts to danger. Don't worry, there's a way around this so you can explore, try new things, and develop yourself!

### 2. The Mind Loves the Familiar and is Repelled by the Unfamiliar

Along with point one, the mind is quite comfortable having the same old, same old. How many times have you heard stories about couples who are unhappy together because they're habits have become boring. Or think about a two-year-old who always wants to wear the same outfit, have the same toy, and eat the same thing for breakfast.

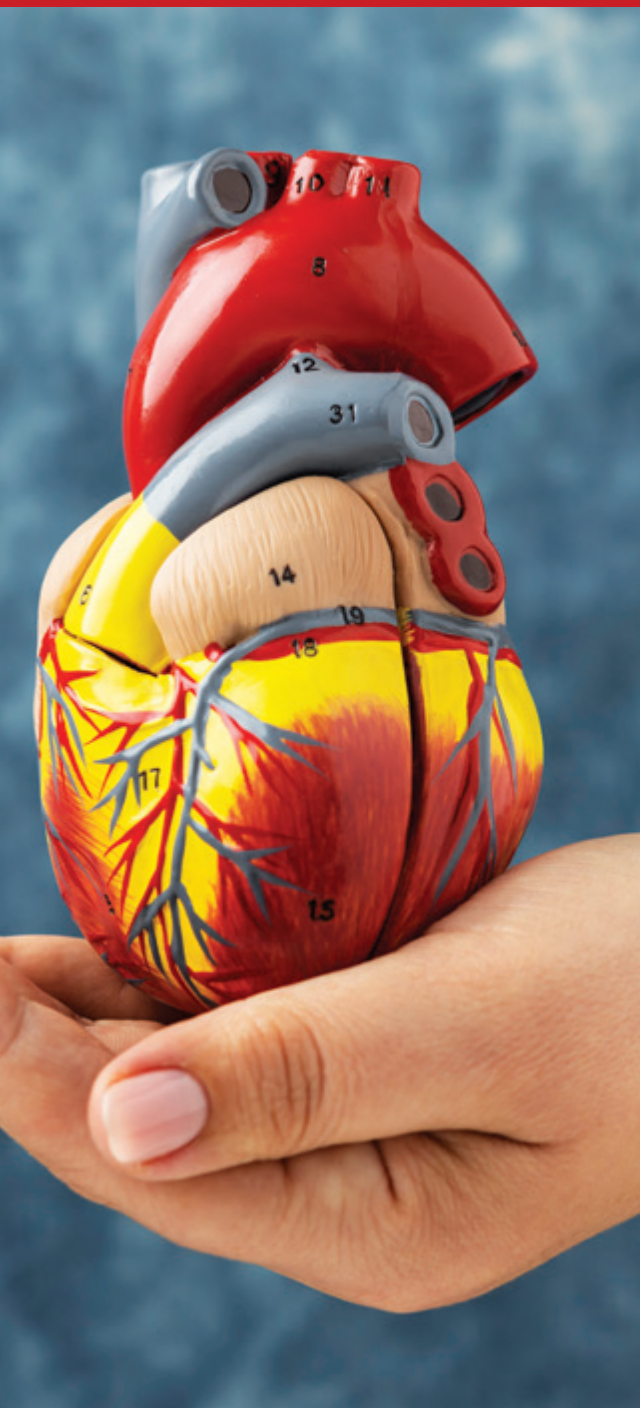
Way, way back when we were hunters and gatherers, the familiar kept us safe and alive. We knew what was poisonous and what wasn't, so we would stick to the safe and familiar. This love of the familiar is deeply wired into our primitive brains. But it can hold us back when we want to make changes in our life. Don't worry, you can retrain your mind to love the unfamiliar!

### 3. The Mind Responds to Two Things: Words and Pictures

The way our mind processes information is with words and pictures. The good news is the words create the pictures! Just try this exercise; sit in a room with a pen and paper and for five minutes, just write down all that chatter going on in your mind. You'll notice that thoughts, words, and pictures are repetitive.

You can actively choose what words you want to put in there and create compelling pictures to excite your mind and start to change. Do you want to take on healthier habits and shed weight for example? You can repeat words to yourself in many ways. Make a recording with the change you want to see and listen to it. Stop your habitual thoughts and plant the new words in there. Put them on your screensaver or write on your mirror.

Our minds are quite simple, and once you understand the mechanics, you are empowered to become the master of your mind and your life!



## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

## RESIDENT PERSPECTIVES

### Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

**Venus:** Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

**Earth:** A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

**Saturn's Moon Mimas:** The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

**Uranus:** All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

**\*Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.

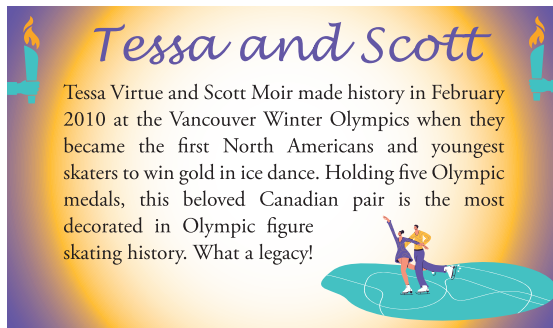


## Registration now OPEN!

Foothills Little League offers baseball to girls and boys aged 4-16. All skill levels are welcome!

Spring season runs from mid-April to mid-June.

[www.foothillslittleleague.org](http://www.foothillslittleleague.org)



## BRAIN GAMES

## SUDOKU

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

FIND SOLUTION ON PAGE 15

## What Can Go in Your Blue Cart?

*from the City of Calgary*

Your blue cart is for acceptable household paper, cardboard, and container packaging. It is important to recycle the right things in your blue cart and community recycling depots, and properly prepare your materials.

When you put in items that don't belong, it can cause injuries to workers and costly shutdowns at recycling sorting facilities. Not sure where to put an item? Check out What Goes Where: <https://www.calgary.ca/waste/what-goes-where/default.html>.

### Put These Items into Your Blue Cart:

#### 1. Bundled Stretchy Plastic Bags and Cling Wrap

Bundle all stretchy plastic bags into a single plastic bag and tie closed before recycling. Acceptable bags include:

- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Resealable/Ziploc bags
- Freezer bags
- Bread bags
- Dry cleaner bags
- Plastic overwrap (wrapping on toilet or paper towel, water bottle cases)
- Plastic film wrap (saran wrap)
- Bubble wrap

Tip: If the plastic bag/wrap stretches (like a grocery bag) it's recyclable; if it does not stretch, is crinkly, or tears (like a chip bag or cellophane), it's not recyclable.

#### 2. Paper and Cardboard

- Cardboard boxes (cereal, pizza, tissue boxes, etc.)
- Toilet and paper towel tubes
- Catalogues, magazines, and telephone books
- Newspapers, flyers, and brochures
- Letters and envelopes (remove plastic window)
- Paper coffee cups and fountain pop cups (no lid)
- Greeting cards
- Non-foil paper gift wrap
- Paper bags
- Soup and beverage cartons (e.g. Tetra Pak® packages)
- Milk cartons and juice boxes
- Shredded paper (in a see-through bag and tied closed)
- Paperback and hardcover books (separate hardcovers from pages)



#### 3. Container Packaging

Your blue cart is for containers – bottles, jugs, jars, cartons, cans, and other rigid containers.

##### 3a. Containers made of plastic

- Milk jugs
- Yogurt tubs
- Pop bottles
- Takeout containers
- Laundry detergent container
- Body lotion containers (no tubes)
- Beverage and juice bottles
- Mouthwash bottles
- Shampoo and conditioner bottles (no hand pumps)
- Molded plastic packaging
- A plastic holder with a cardboard backing – separate each item for recycling
- Clamshell packaging
- Divided food trays like cookie trays or party trays

Tip: Once you have determined that your plastic item is a container, then look for a recycling symbol from 1 through 7. If your plastic item is not a container, do not recycle.

##### 3b. Containers made of tin – food cans and tin foil

- Tin food cans
- Clean tin foil (crumple up)
- Foil takeout containers and pie plates
- Tin containers (e.g. cookie tins)
- Pop cans

##### 3c. Containers made of glass – food jars and bottles

- Glass food jars – baby food jars, salsa jars
- Glass bottles – pop bottles, condiment bottles

#### Lids and Caps

- Metal lids must be larger than 5 cm (two inches) in diameter
- Plastic lids must be larger than 7.5 cm (three inches) in diameter

Tip: If the lid is about the size of the palm of your hand, it's okay to recycle. Please note that all coffee cup lids belong in the garbage. They are too light to be sorted properly at the recycling facility.



## Auto Theft



The theft of your automobile is only the start of your nightmare. Items left inside the vehicle such as cellphones, radar detectors, iPods, etc. will be stolen as well. Your personal papers may be used to commit further crimes including credit card fraud, cheque forgery, etc. Garage door openers may be used in house break-ins, including your own. You'll have to find alternate transportation and may have to replace the stolen vehicle altogether. It can take less than a minute for a criminal to break into your vehicle and steal it. Cars are stolen each day in Calgary; no neighbourhood is immune.

Not only does auto theft cost the victim time and money, but it costs society, because it drives insurance premiums up. As well, many times stolen vehicles are used to commit other crimes.

Between January 1 and December 31, 2021, there were 1,801 vehicles stolen in Calgary, much below our normal. As of December 16, 2022, Calgary Police Service has reported 3,392 vehicles stolen (<https://data.calgary.ca/Health-and-Safety/Community-Crime-Data-Lens/syxs5a6>).

### Here are some tips you can use to avoid being the victim of a car thief:

1. Always close the windows, lock the doors, and pocket the key, even if your vehicle is parked in front of your home.
2. Don't leave vehicle registration, insurance policies, credit cards, or other valuable papers in the glove compartment. Keep them in your wallet or purse.
3. Copy your license plate and vehicle information (VIN) numbers on a card and keep them with you. If your vehicle is stolen, the police will need this information to take a report.
4. Don't place any personal information on the vehicle's key ring.
5. Never leave valuables in plain view, even if your car is locked. They attract thieves. Put them in the trunk, out of sight.
6. Never hide a second set of keys in or on the vehicle. Thieves know all the hiding places. Store a spare key in your wallet.
7. Always park in well-lit areas with plenty of pedestrian traffic, when possible.
8. Many vehicles today come with some type of security system from the factory. Normally there are upgraded systems available if you ask. The best choices are systems that shut off the fuel supply so that a car can't be started or driven. Other security systems include:
  - an electronic vehicle disabling device
  - a steering wheel locking device
  - a vehicle alarm
  - a hood locking device
9. Never leave your car running unattended, even to dash into a business, store, or warming up in the winter. Vehicles are commonly stolen at ATM's, convenience stores, etc.
10. If you have a garage, use it, and lock the garage doors. Also, lock your vehicle, even when it is parked in the garage.
11. If you see suspicious people in or around motor vehicles, call the police. Call 403-266-1234 if it isn't an emergency. If it is an emergency, such as a life and death situation, injury accident, or a crime in progress, call 911.
12. If your vehicle is stolen, report it to the police immediately.

## What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

### What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

### What are the Symptoms?

At first, your child may have common cold symptoms such as:

- A runny nose
- A mild cough
- A fever
- Low energy
- Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- Are younger than 3 months
- Have a history of asthma or lung problems
- Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

### How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

### How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

### Care at Home

#### Coughing

- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position. A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

#### Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

#### Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.



## News from the Friends of Nose Hill

by Anne Burke

Calgary's Pathway and River Cleanup will be May 5 to 7, 2023. Volunteers will receive safety information and training prior to event day.

During the annual cleanup event, they help remove litter in Calgary's parks, greenspaces, along pathways, and riverbanks. Registration for returning volunteers is from February 15 to March 8, 2023, and registration for new volunteers is from March 13 to March 31, 2023. They may register in groups of at least ten, identifying a leader and a designated cleanup area. Anyone without a group is assigned to a City team at one of three designated parks.

Last year, there were four areas assigned for cleanup in Nose Hill Park:

Nose Hill West: Shaganappi Trail/Edgemont Blvd. parking lot, to head south along pathway beside Shaganappi Trail, stay to right at trail junctions, south to John Laurie/Brisebois Drive parking lot.

Nose Hill East: parking lot at 64th Ave. NW and 14 St. NW - to clean trails south to 14th St. NW parking lot.

Nose Hill North: Shaganappi Trail/Edgemont Blvd. parking lot east to 14th St Berkley Gate parking lot (and stay left at paved trail junctions).

Nose Hill - 64th Ave.: Nose Hill, 64th Ave. Parking lot.

During the cleanup, volunteers remove the litter in their assigned locations and collect it in bags, which are placed beside pathways or in City garbage bins. City staff pick up and transport them to a designated dump site where they are properly disposed of by City Waste and Recycling Services. If you have any questions about volunteering for the 2023 Pathway and River Cleanup, or garbage bags have not been picked up, please contact 3-1-1. Join the conversation on cleanup day and see photos from the events by searching #yyccleans.

### Fever and Discomfort

- You may give acetaminophen (Tylenol or Tempra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

### How Can You Prevent It?

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick. Keep your child at home if they're coughing a lot. To prevent bronchiolitis:

- If your child has bronchiolitis, keep them at home until they feel better.
- Keep a child with bronchiolitis away from young babies (under three months).
- Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at higher risk of infections.



### Self-Care O'Clock

Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes “you cannot help others if you do not help yourself first.” So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

**Eat:** Bake some treats, make a tasty salad, or cook your favorite meal. Say “yes” to what you want and enjoy every bite. You need to nourish to flourish!

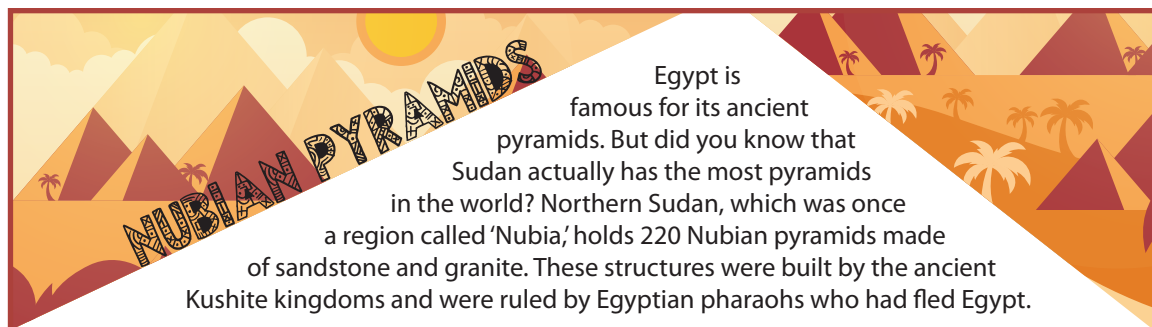
**Make Space:** Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

**Heart Health:** Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

**Connect:** Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

**Unplug:** Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!



Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called ‘Nubia,’ holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.



## Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

### What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



### What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

### Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.



## Thorncliffe Real Estate Update

Last 12 Months Thorncliffe  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$ 399,900	\$ 390,000
November 2022	\$ 324,900	\$ 314,750
October 2022	\$ 449,900	\$ 439,000
September 2022	\$ 429,000	\$ 410,000
August 2022	\$ 455,000	\$ 439,000
July 2022	\$ 339,750	\$ 324,500
June 2022	\$ 399,900	\$ 389,000
May 2022	\$ 499,900	\$ 485,000
April 2022	\$ 474,900	\$ 468,500
March 2022	\$ 419,900	\$ 450,000
February 2022	\$ 502,500	\$ 530,900
January 2022	\$ 449,900	\$ 452,500

Last 12 Months Thorncliffe  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	8	9
November 2022	5	4
October 2022	7	15
September 2022	11	11
August 2022	12	17
July 2022	16	8
June 2022	17	17
May 2022	22	11
April 2022	19	17
March 2022	22	19
February 2022	17	14
January 2022	12	11

To view more detailed information that comprise the above  
MLS averages please visit [thor.mycalgary.com](https://thor.mycalgary.com)

## Greenview Real Estate Update

Last 12 Months Greenview  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$ 155,000	\$ 149,000
November 2022	\$ 262,450	\$ 255,000
October 2022	\$ 209,900	\$ 205,000
September 2022	\$ 164,950	\$ 159,950
August 2022	\$ 179,900	\$ 183,000
July 2022	\$ 199,900	\$ 199,800
June 2022	\$ 205,000	\$ 240,000
May 2022	\$ 205,000	\$ 238,100
April 2022	\$ 158,800	\$ 148,500
March 2022	\$ 198,950	\$ 196,500
February 2022	\$ 171,900	\$ 162,500
January 2022	\$ 389,700	\$ 382,500

Last 12 Months Greenview  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	5	2
November 2022	6	4
October 2022	4	3
September 2022	3	4
August 2022	6	5
July 2022	7	3
June 2022	5	7
May 2022	9	7
April 2022	7	7
March 2022	10	8
February 2022	5	5
January 2022	3	4

To view more detailed information that comprise the above  
MLS averages please visit [gree.mycalgary.com](https://gree.mycalgary.com)

# BRAIN GAMES

# SUDOKU

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

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Please allow us to introduce ourselves! We are  
**RAINBOW ELDERS CALGARY**

*A support group for 2SLGBTQ+ seniors*



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

*To discover more, please contact us!*

email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)

[www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca)

*Friendships  
Social Events  
Picnics  
Role Models  
Companionship  
Coffee &  
Cookies  
Movie Nights  
Connecting  
with Youth  
Making a  
Difference  
Being Proud  
Celebrations*

