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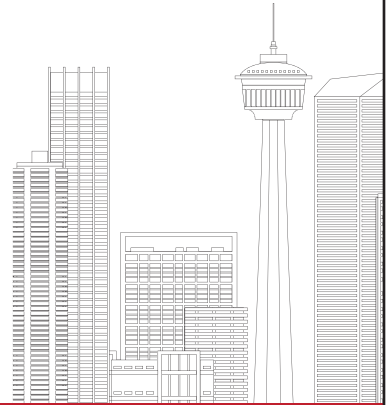


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TUSCANY CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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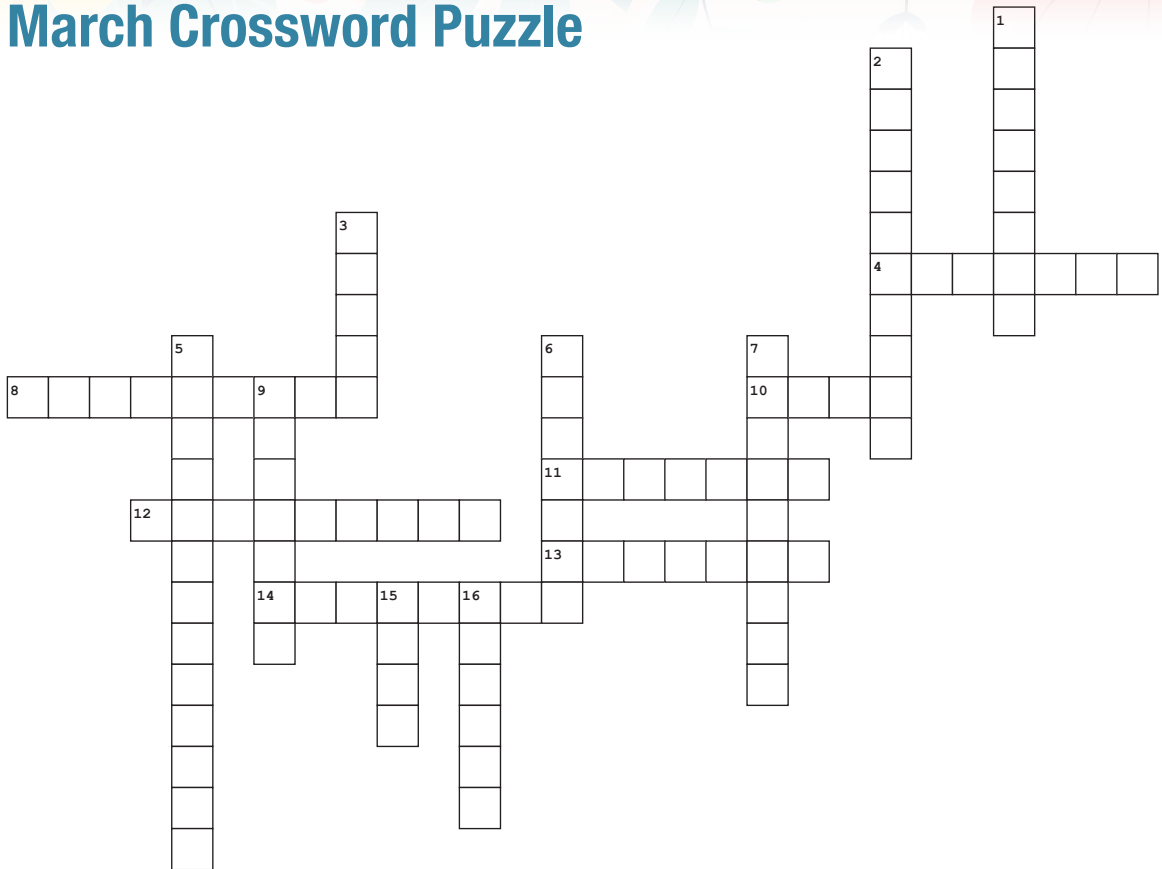
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March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

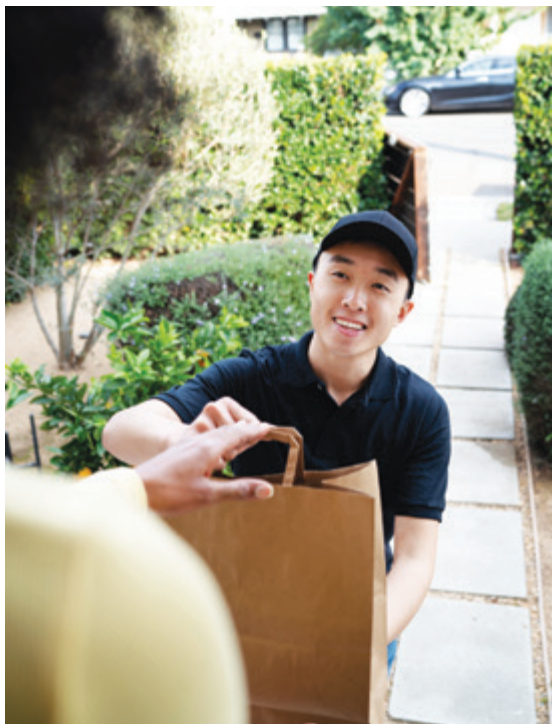
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

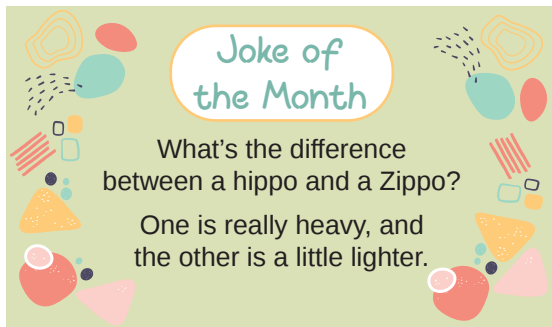
Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!



Three Expert Tips on How to Determine Your Used Car Budget

by Alexander Fernandise

Whether you're buying a used car for the first time or you're a seasoned veteran, it's never easy to determine how much money to spend on one. You may think you can afford \$20,000 but get sticker-shocked when you see what's out there. Or maybe you'll start looking at vehicles that cost less than your monthly rent and wish there was something more within your budget range.

Here are some expert tips to help you make the best decision for your wallet and lifestyle.

Calculate Your Monthly Expenses

Monthly expenses are costs you regularly pay, including housing, utilities, food, insurance, and transportation. If you have other recurring expenses like student loans or gym memberships, add those in. Next, calculate your monthly income by looking at your take-home pay after taxes (not including any bonuses) from all sources — salary or hourly wage, tips or commissions, investment gains/losses, etc.

Finally, calculate your net worth by subtracting any debt held against assets owned (bonds purchased with cash, for example). The result of these calculations will give you an idea of what kind of budget is realistic for buying a car based on current conditions.

Clear Your Existing Debts

If you have any debts, you should clear them before getting a car from used car dealers in Calgary and area. While some people like to have a certain amount of debt on their credit cards and student loans, a car loan is different because the risk is higher. If you default on your payments or get into an accident, it can be much more expensive.

To start paying off your debt, take stock of what you owe and prioritize your payments according to interest rates. If one of your debts has an exceptionally high rate (like 15%), focus on paying that off first so that you don't pay more in interest than what was originally borrowed.

If your boss allows for flexible hours or working remotely at home, try signing up for side gigs or freelance work so that every extra dollar goes straight toward paying off those bills.



Test-Drive Your Options

Start by test-driving a few options in your price range. You want to drive a variety of cars and brands, so don't just go for the first one you see. And if you can't find exactly what you want on the lot, ask the used car dealers in Calgary and area if they can get it for you.

Once you've narrowed down your options, take each car for a spin and pay attention. This is where things start getting personal. If a model doesn't feel right when it's zooming past 70 miles per hour, that's not the car for you. The same goes for automatic versus manual transmissions. Which car feels more comfortable is completely up to personal preference, but keep in mind that automatics are typically cheaper.

Now that you know how to determine your used car budget, you can feel confident that you'll be able to buy the right car. As soon as your budget is set, start researching cars and test-driving them until you find one that meets your criteria. This will take some time, but it's worth it when you find the perfect ride.

YOUR CITY OF CALGARY

Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

A Perfect Game



In baseball, a 'perfect game' refers to a complete nine inning game that is pitched without the opposing team making it to base. In Major League Baseball's 147 years, only 23 perfect games have ever occurred! The most recent took place in 2012 when Félix Hernández pitched a perfect game for the Seattle Mariners against the Tampa Bay Rays.

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Tuscany Real Estate Update

Last 12 Months Tuscany
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2023	\$689,900	\$692,550
December 2022	\$639,900	\$600,000
November 2022	\$499,450	\$512,500
October 2022	\$589,900	\$589,900
September 2022	\$539,000	\$530,000
August 2022	\$625,000	\$611,000
July 2022	\$487,400	\$489,500
June 2022	\$562,500	\$563,500
May 2022	\$554,500	\$564,000
April 2022	\$512,400	\$526,000
March 2022	\$559,950	\$589,500
February 2022	\$597,450	\$630,500

Last 12 Months Tuscany
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2023	17	8
December 2022	5	13
November 2022	15	16
October 2022	24	25
September 2022	18	21
August 2022	26	25
July 2022	21	18
June 2022	31	40
May 2022	45	32
April 2022	48	54
March 2022	58	52
February 2022	52	42

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

TAKE ON WELLNESS

Orange Vegetables Are Healthy and Delicious

from Alberta Health Services



Canada’s Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

Here are a few ways to add orange vegetables to your meals:

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at ahs.ca/recipes.

Burns and Scalds

from Alberta Health Services



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.

- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

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Hi, I'm Jennifer Yeremi, and I'm your 2023 Alberta Party Candidate for Calgary-North West!



I am a Geophysicist with over 20 years of experience working in Calgary for the energy sector, including influencing policies and regulations related to the clean-up of oil and gas sites. The key issues I'm concerned with are: **liveability, healthcare, and education**. Our decision-making processes must consider all Albertans' needs, regardless of background or position, and government representatives need to be accountable to their constituents. I am open-minded, and have the heart and resolve to represent Calgary-North West.

Authorized by the Alberta Party Calgary-North West CA
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