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Word of the Month

Arcane: adjective (aar-kayn)

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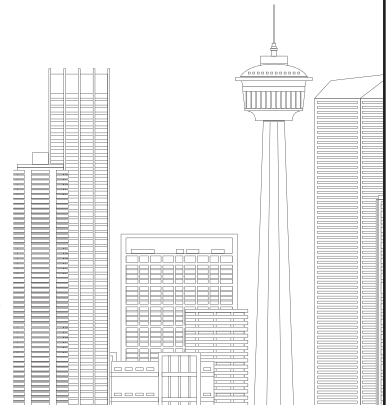


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**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business



Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!



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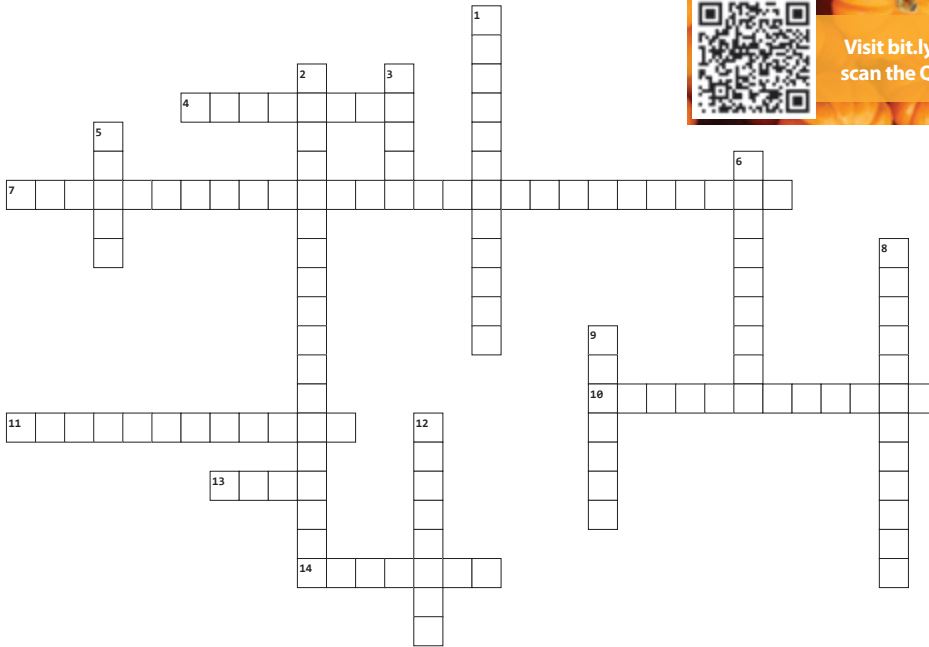
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October Crossword



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Down

- In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
- Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
- Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
- In the Middle Ages, this was used to sweeten candy.
- This traditional Halloween candy was originally called 'Chicken Feed.'
- Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
- In North America, this fruit becomes very popular in October.
- Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

- Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
- Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
- Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
- Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
- October's official birthstone and Australia's national gemstone.
- This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.



News from the Friends of Nose Hill

by Anne Burke

Exploring Nose Hill: A Hands-On Field Guide by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and “how to” use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out tepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

Phase 2 engagement begins in October focusing on Calgary’s 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A ‘What We Heard’ report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the ‘Connect: Calgary’s Parks Plan’ will be final and then presented to City Council in summer 2024. Have your say at <https://engage.calgary.ca/parks-plan>.

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What's Happening at HHCA

Here's everything that's happening at HHCA this month!

Ever wanted to learn curling but didn't know where to start? Join the Huntington Hills Curling Club for their first session of Learn to Curl! Join this two-hour crash course and learn all the fundamentals of the sport, with two free drop-in beginner curling dates included so you can keep practicing your skills. Only \$35 with your HHCA membership. The first session starts on October 15. Visit our website for more details and to register.



The spooky season is almost upon us, which means Huntington Hills residents will be decorating their homes to celebrate all things scary. We'll be going around the neighbourhood to find our picks for the best Halloween

decorations. Keep an eye out for all the nominees. Winners will be getting prizes!

As the weather starts to cool down, we all need to find new activities to make sure we don't get the winter blues. Join us at HHCA for some public ice skating this fall and winter. 50+ Skating, Public Skating, and Sticks & Pucks are all now available for drop-in here at our ice rink! Only \$5 per drop-in or free with your HHCA membership. Don't forget to bring your equipment along!



Parent and child groups are back this fall with monthly sessions for female and male caregivers. Female caregivers can join the Just for Moms group on October 21 from 2:00 to 4:00 pm. Join for an afternoon of engaging discussion and fun activities! Free

childcare is provided. Male caregivers can join the Me and My Dad group on Saturday, October 21, from 10:00 am to 12:00 pm. This is a great opportunity to spend some time with your children and other caregivers! For more information and to sign up, email cassandra@huntingtonhillscalgary.com.

Our arena is buzzing with so many different sporting events! Never miss a moment with LiveBarn. Now you can stream arena games straight to your devices. Use code `hhca-rink` to receive 10% off your subscription. Now you never have to miss a loved one's game again!

Mark your calendars! Our Christmas Market is making a return on December 1 from 4:30 to 8:30 pm. It's just in time for holiday shopping! We are also looking for vendors to bring their wonderful creations. If you are interested in becoming a vendor, please contact reception@huntingtonhillscalgary.com.



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**HALLOWEEN
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Sighişoara, a medieval Transylvanian town, is a UNESCO World Heritage Site and the birthplace of Vlad Dracul (Vlad the Impaler). Dracul served as inspiration for Bram Stoker's blood-thirsty protagonist in *Dracula*.

For historic and literary reasons, this town is a popular Halloween destination, hosting parties and tours of Dracula's castle!



Huntington Hills Real Estate Update

Last 12 Months Huntington Hills
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2023	\$ 504,950	\$ 510,000
July 2023	\$ 527,000	\$ 540,000
June 2023	\$ 450,000	\$ 473,000
May 2023	\$ 529,900	\$ 542,500
April 2023	\$ 443,000	\$ 430,000
March 2023	\$ 475,000	\$ 477,000
February 2023	\$ 497,450	\$ 495,250
January 2023	\$ 455,000	\$ 464,250
December 2022	\$ 487,500	\$ 486,000
November 2022	\$ 415,000	\$ 408,500
October 2022	\$ 479,200	\$ 477,250
September 2022	\$ 450,000	\$ 432,500

Last 12 Months Huntington Hills
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2023	25	24
July 2023	21	20
June 2023	26	25
May 2023	28	29
April 2023	18	15
March 2023	21	17
February 2023	7	12
January 2023	12	10
December 2022	9	10
November 2022	7	17
October 2022	18	14
September 2022	14	13

To view more detailed information that comprise the above
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Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

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.
- Avoid 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 (route) 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 coloured costumes that are highly visible. Adding reflective tape to 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 footwear that takes into consideration weather conditions and walking.

Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.

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