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| July      | 23 | 4          | 7    | \$1,649,000  | \$1,600,000 |
| June      | 23 | 9          | 4    | \$1,835,000  | \$1,800,000 |
| May       | 23 | 6          | 7    | \$1,425,000  | \$1,410,000 |
| April     | 23 | 6          | 4    | \$1,762,000  | \$1,697,500 |
| March     | 23 | 7          | 7    | \$2,150,000  | \$2,050,000 |
| February  | 23 | 5          | 4    | \$1,632,500  | \$1,547,500 |
| January   | 23 | 3          | 0    | \$0          | \$0         |
| December  | 22 | 1          | 0    | \$0          | \$0         |
| November  | 22 | 4          | 3    | \$1,488,000  | \$1,440,000 |
| October   | 22 | 3          | 2    | \$1,167,500  | \$1,152,500 |
| September | 22 | 1          | 4    | \$1,374,000  | \$1,275,000 |
| August    | 22 | 3          | 4    | \$1,449,500  | \$1,418,000 |

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

SCAN THE QR CODE  
FOR THE SOLUTION



# 10 Signs That You May Be Suffering from Anxiety

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

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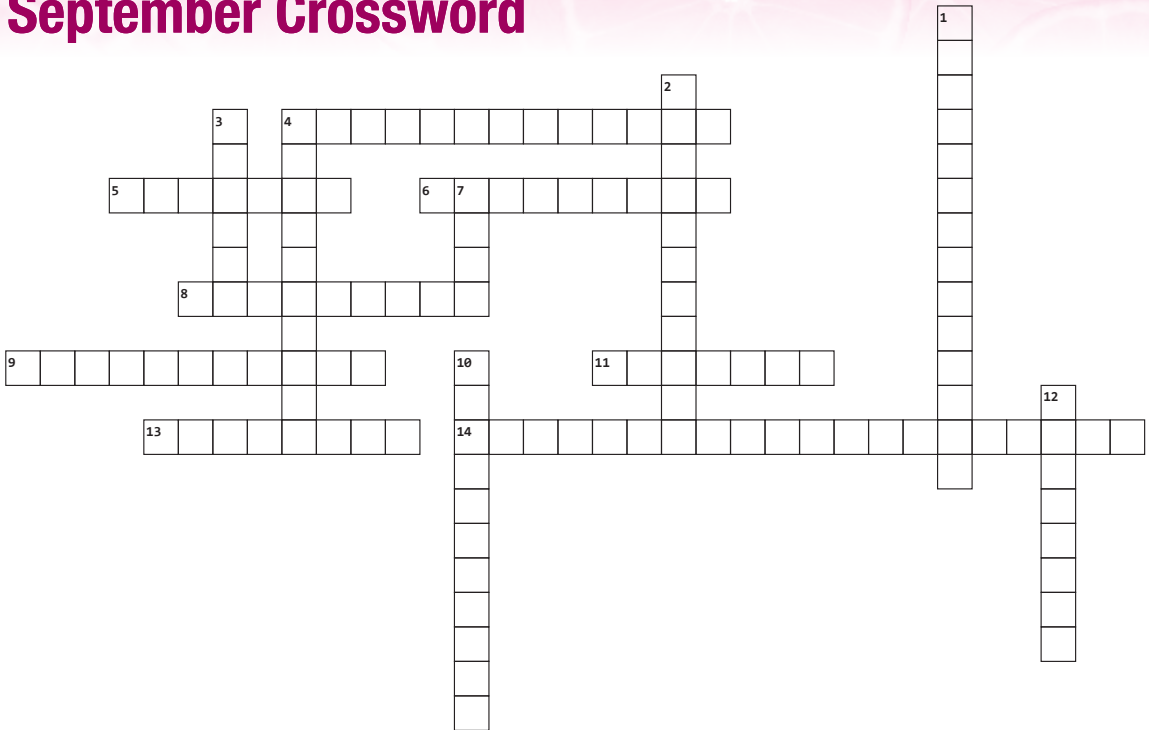


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# September Crossword



## Across

4. On September 23, 2023, also known as the \_\_\_\_\_, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as \_\_\_\_\_ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

## Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the \_\_\_\_\_ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal \_\_\_\_\_ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International \_\_\_\_\_ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



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

## Prevent the Risk of Strokes

from Alberta Health Services

Risk factors such as high blood pressure, diabetes, smoking, high cholesterol, physical inactivity, age, family history, and more put you at a higher risk of experiencing a stroke.

### What is a Stroke?

A stroke occurs when a blood vessel in the brain bursts or is blocked. Without blood and the oxygen that it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Symptoms of a stroke happen quickly, and brain damage can begin within minutes. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

The acronym FAST is a simple way to remember the main symptoms of stroke. FAST stands for:

**Face** – Is it drooping?

**Arms** – Can you raise both?

**Speech** – Is it slurred or jumbled?

**Time** – Call 911 immediately.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services right away. A stroke can't be self-managed at home. To learn more, visit [www.ahs.ca/heartandstroke](http://www.ahs.ca/heartandstroke).

### How Can I Identify My Risk for Stroke?

Knowing your personal risk can help you act to lower your risk. You and your healthcare provider can look at things that put you at risk for a heart attack and stroke. He or she might look at many things, such as:

- Your cholesterol levels
- Your blood pressure
- Your age
- Your race
- Whether you are male or female
- Whether or not you smoke

Learn about cardiovascular disease risk screening or visit the risk calculator tool.



### How Can You Prevent a Stroke?

You can make some lifestyle changes that can reduce your risk of stroke and improve your overall health. It's important to know that if you've had a stroke, you are at risk of having another one. You can work with your healthcare provider to help identify your risk and create a plan to help manage any health conditions. Examples are as follows:

Treat any health problems that you have:

- Manage high blood pressure or high cholesterol by working with your doctor.
- Manage diabetes. Keep your blood sugar levels within a target range.
- If your doctor recommends taking aspirin or a blood thinner, take it.
- Take your medicine exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Get the influenza (flu) vaccine every year.

Adopt a healthy lifestyle:

- Don't smoke or allow others to smoke around you.
- Limit alcohol.
- Stay at a healthy weight. Being overweight makes it more likely that you will develop high blood pressure, heart problems, and diabetes. These conditions make a stroke more likely.
- Be active. Ask your doctor what type and level of activity is safe for you. If you are in a stroke rehab program, your rehab team can make an exercise program that is right for you.
- Eat heart-healthy foods. These include fruits, vegetables, high-fibre foods, fish, and foods that are low in sodium, saturated fat, and trans fat.

For more information on strokes, please speak with your family doctor or call Health Link at 811 to speak with a registered nurse.

# A Shopper's Guide to Premiumization

by the *Better Business Bureau*

Premiumization is when companies offer higher-end products and services for a premium price. Airlines selling both business class and economy seats is a classic example. Another is car manufacturers offering a standard model and one featuring heated seats and leather trim.

While these two examples have been around for decades, premiumization has expanded since the COVID-19 pandemic. Now, businesses selling everything from beauty products to booze are adding new premium options and services. As a consumer, evaluating premium options can be tricky. Here are BBB's tips for weighing new premium options and ensuring you get the promised value.

### Tips for Navigating Premiumization as a Shopper

**Do Your Homework.** Brands that offer premium products or services may look like luxury, but as with any purchase, doing some research is vital. Before paying a premium price, ensure the vendor is a trustworthy business with a reputation for good customer service. Look up businesses online to review business ratings and comments from customers.

**Understand What Makes a Product Premium.** Many business owners are working to maintain profit margins by offering their clients added value in a premium package. However, if a product or service claims to be premium, find out why. Specifically, what makes it better than the basic option? If a vendor can't give you a good answer, skip the premium price and shop elsewhere.

**Comparison Shop.** To get the best deal on anything, comparison shopping is a must. This is also true when considering a company's premium offerings. Find out what similar companies offer and their price point to see if you are really getting added value for the higher price.

**Watch for "Greenwashing."** Many companies promote premium options as more sustainable, lower waste, or all-natural. But be wary of misleading green marketing claims. The Federal Trade Commission advises consumers to look for specific information on packages and products that explain why the product is green.



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# Learn the signs of stroke

**F**ace is it drooping?

**A**rms can you raise both?

**S**peech is it slurred or jumbled?

**T**ime to call 9-1-1 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

[heartandstroke.ca/FAST](https://heartandstroke.ca/FAST)



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# Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians, Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or “sparrow grass” has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Servings:** 3 to 4

**Ingredients:**

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives



**Directions:**

- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!



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