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		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	23	10	10	\$774,000	\$770,000
June	23	18	12	\$859,700	\$846,000
May	23	8	5	\$1,149,900	\$1,155,500
April	23	8	13	\$669,000	\$655,000
March	23	16	10	\$899,000	\$917,500
February	23	2	3	\$554,900	\$554,900
January	23	4	2	\$1,254,950	\$1,217,500
December	22	3	3	\$460,000	\$470,000
November	22	2	2	\$615,000	\$609,500
October	22	8	9	\$699,900	\$706,500
September	22	9	7	\$689,900	\$680,000
August	22	7	9	\$634,900	\$620,000

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

GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans', which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR
CODE FOR THE
ANSWERS!

CRIME STATISTICS



Lakeview Crime Activity was Down in June 2023

The Lakeview community experienced 1 crime in June 2023, in comparison to 7 crimes the previous month, and 7 crimes in June one year ago. Lakeview experiences an average of 5.9 crimes per month. On an annual basis, Lakeview experienced a total of 71 crimes as of June 2023, which is down 22% in comparison to 91 crimes as of June 2022. To review the full Lakeview Crime report visit lakv.mycalgary.com.

How To Report Crime In Lakeview: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

SCAN HERE TO VIEW ADDITIONAL LAKEVIEW CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



SAY PRUNES!



It's common to be told to "say cheese" when posing for a photo as it helps you smile. Interestingly, smiling in photos wasn't always customary. In the 19th century, smiling was considered childish. People were instead told to "say prunes" as it helped to keep their mouths taut.

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10 Signs That You May Be Suffering from Anxiety

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



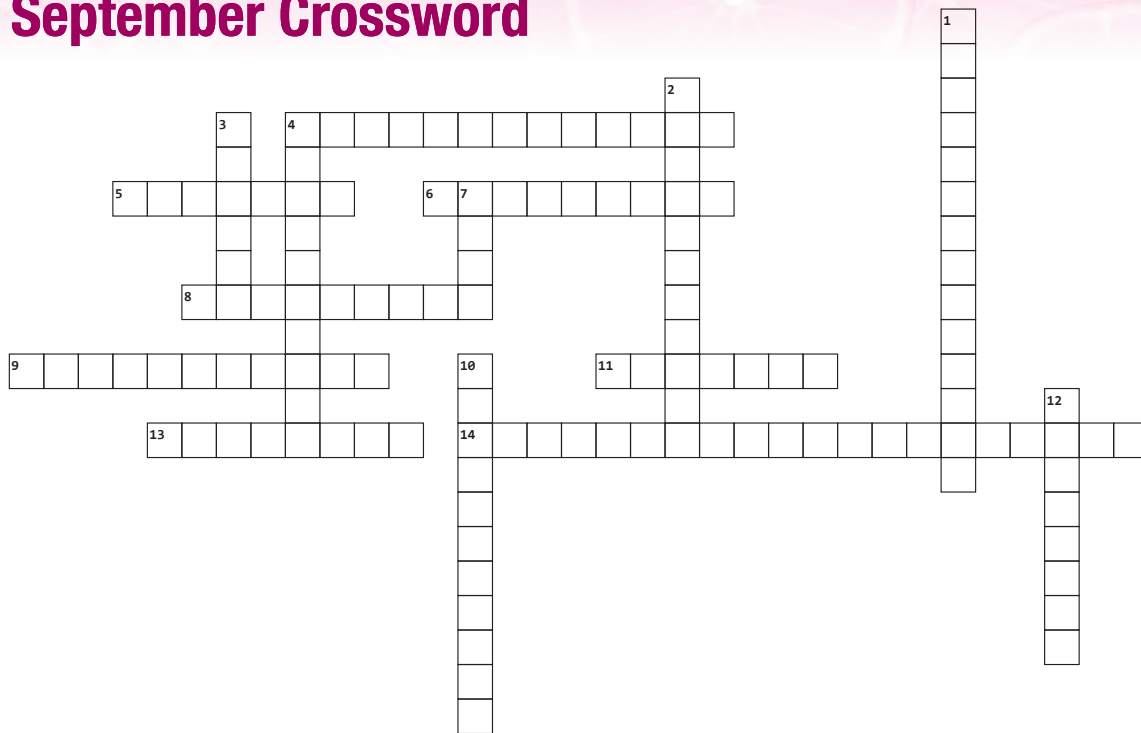
Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias,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

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**

Cats, Canines, & Critters of Calgary



Biscuit, Deer Run



Tiger, Copperfield



Walter, Evergreen



Xanthe, Copperfield

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Lakeview Real Estate Update

Last 12 Months Lakeview

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 23	\$774,000	\$770,000
June 23	\$859,700	\$846,000
May 23	\$1,149,900	\$1,155,500
April 23	\$669,000	\$655,000
March 23	\$899,000	\$917,500
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December 22	\$460,000	\$470,000
November 22	\$615,000	\$609,500
October 22	\$699,900	\$706,500
September 22	\$689,900	\$680,000
August 22	\$634,900	\$620,000

Last 12 Months Lakeview

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 23	10	10
June 23	18	12
May 23	8	5
April 23	8	13
March 23	16	10
February 23	2	3
January 23	4	2
December 22	3	3
November 22	2	2
October 22	8	9
September 22	9	7
August 22	7	9

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

Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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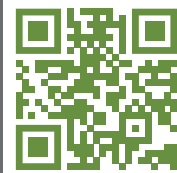
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	7			2			4	6
	6						8	9
2			8		3	7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3		5	8			7	

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- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 right away.

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heartandstroke.ca/FAST



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1534 38 Avenue SW
Altadore / was listed at **\$950,000**



SOLD

2115 51 Avenue SW / North Glenmore
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LAKEVIEW JULY 2023 STATISTICS



NORTH GLENMORE PARK JULY 2023 STATISTICS



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