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		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	23	13	10	\$739,450	\$732,000
October	23	9	7	\$659,900	\$640,000
September	23	13	10	\$839,500	\$827,500
August	23	7	7	\$848,500	\$830,000
July	23	8	10	\$774,000	\$770,000
June	23	16	12	\$859,700	\$846,000
May	23	8	5	\$1,149,900	\$1,155,500
April	23	7	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

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

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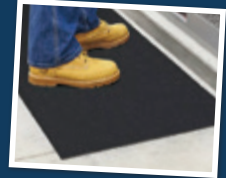
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# How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.



**BRAIN  
GAMES**

# SUDOKU

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

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## GAMES & PUZZLES

### Guess the Sport!

1. This is commonly known as the only sport that has been played on the moon.
2. This incredibly physical two-person activity is considered the world's oldest sport.
3. In this sport, goal posts are painted yellow.
4. In \_\_\_\_\_, a score of zero is called "love".
5. An elegant show of talent, this is the oldest winter Olympic sport.
6. When you miss three times in a row, it's called a turkey in this sport.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

## SCAN HERE TO VIEW ADDITIONAL LAKEVIEW CONTENT

### News, Events, & More



### Crime Statistics



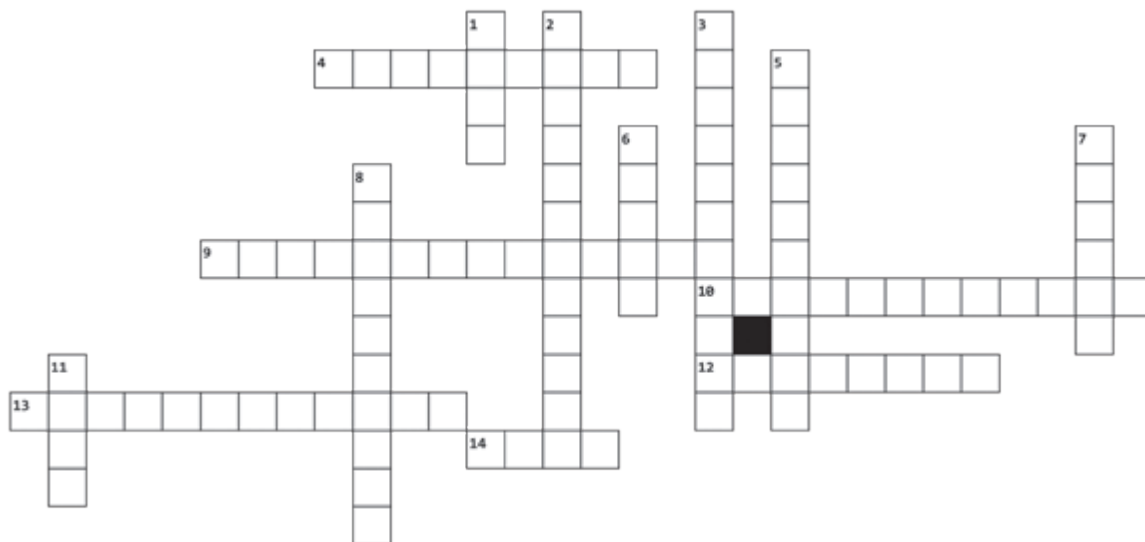
### Real Estate Statistics



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# January Crossword



## Across

4. Every year on January 11, Sir John A. \_\_\_\_\_ Day is observed in Canada.

9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.

10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.

12. January is known for being the coldest month in this hemisphere.

13. Before being turned into a film, *The Girl on the Train* was written by \_\_\_\_\_ and published on January 6, 2015.

14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

## Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means \_\_\_\_\_ in Latin.

2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".

3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.

5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.

6. This two-faced God is the symbol of January in ancient Roman myth.

7. This stone is the official birthstone for January and is meant to keep you safe when travelling.

8. On January 25, 1961, Disney put out the spotted masterpiece, *101* \_\_\_\_\_.

11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

# Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.





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# BEST PICTURE

Oscar season is an exhilarating time of year. With so many categories and nominees, it can be hard to keep track of what's going on! One thing of note is that only three animated films have ever been nominated for Best Picture. Up, Toy Story 3, and Beauty and the Beast in 1991 which was the first ever animated Best Picture nomination.



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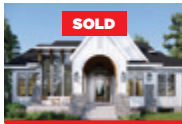
lakeviewnorthglenmore.com/marketreport

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List Price \$2,350,000



**SOLD**

**3531 Lakeside Crescent SW**  
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List Price \$1,900,000



**SOLD**

**2716 Lougheed Drive SW**  
Lakeview  
List Price \$1,850,000



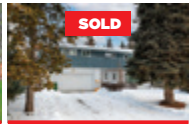
**SOLD**

**2040 56 Avenue SW**  
North Glenmore Park  
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**SOLD**

**3136 Linden Drive SW**  
Lakeview  
List Price \$1,580,000



**SOLD**

**6914 Livingstone Drive SW**  
Lakeview  
List Price \$1,595,000



**SOLD**

**2263 Longridge Drive SW**  
North Glenmore Park  
List Price \$850,000  
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**SOLD**

**3131 63 Avenue SW #627**  
Lakeview  
List Price \$380,000  
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**SOLD**

**6811 Lawrence Court SW**  
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List Price \$2,900,000



**SOLD**

**2740 Lionel Crescent SW**  
Lakeview  
List Price \$1,155,500



**SOLD**

**2711 Lionel Crescent SW**  
Lakeview  
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**SOLD**

**3424 54 Avenue SW**  
List Price \$655,000  
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### LAKEVIEW NOVEMBER 2023 STATISTICS



SALES

**10**

NEW LISTINGS

**13**

AVERAGE DAYS ON MARKET

**18**

AVERAGE SALES PRICE

**\$790,800**

### NORTH GLENMORE PARK NOVEMBER 2023 STATISTICS



SALES

**3**

NEW LISTINGS

**4**

AVERAGE DAYS ON MARKET

**21**

AVERAGE SALES PRICE

**\$851,667**

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