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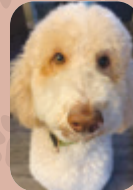
Hemi, Shawnessy



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## You're Invited

Local resident & community member

**Sheila Kernan (Artist)**

[www.sheilakernan.com](http://www.sheilakernan.com)

Warmly invites you to her upcoming solo art show at Gibson Fine Art in Calgary

November 15th





# Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, 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.



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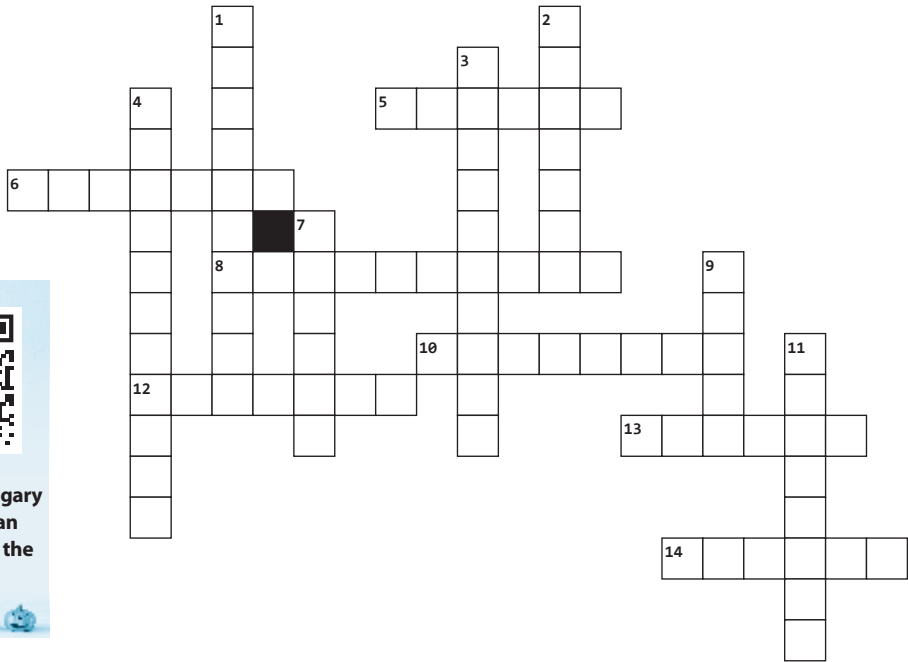
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	7	5	\$749,900	\$825,000
July	24	9	8	\$962,400	\$975,500
June	24	5	5	\$539,000	\$580,000
May	24	9	7	\$699,900	\$775,000
April	24	7	10	\$793,477	\$797,500
March	24	9	8	\$1,037,400	\$1,017,500
February	24	2	1	\$2,395,000	\$2,395,000
January	24	6	7	\$799,900	\$784,000
December	23	2	3	\$675,000	\$653,200
November	23	10	10	\$739,450	\$732,000
October	23	6	7	\$659,900	\$640,000
September	23	13	10	\$839,500	\$827,500

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

# October Crossword




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



**Across**

- 5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World \_\_\_\_\_ Day.
- 6. In October, Canadians commemorate Women's \_\_\_\_\_ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
- 8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
- 10. The World Series, Major League \_\_\_\_\_'s annual championship series, starts on October 25 this year.
- 12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian \_\_\_\_\_, premiered on October 5, 1962.
- 13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, \_\_\_\_\_ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
- 14. Canadian-Belgian F1 driver, Lance \_\_\_\_\_, was born on October 29, 1998.

**Down**

- 1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for \_\_\_\_\_ on October 13, 2016.
- 2. *Joker*, starring Oscar-winner \_\_\_\_\_ Phoenix as Arthur Fleck, was released on October 4, 2019.
- 3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
- 4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
- 7. Jack-O'-Lanterns were originally carved from this root vegetable.
- 9. *Winnie-the-Pooh*, written by A.A. \_\_\_\_\_, was first published on October 14, 1926.
- 11. October's birth flower, the \_\_\_\_\_, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

# Tips for a Healthier Relationship with Social Media and News

by Alberta Health Services



Social media and news can help you stay connected. But all that information can also be overwhelming. It can disrupt your day, and it's easy to form habits you didn't mean to.

Be sure to stay safe while using social media. Be careful with the information you share and who you share it with when you're online. If someone is harassing or threatening you, unfriend or remove them from your friends list, block them, and report them to the site administrator. Learn about how to use the privacy settings on social media and keep your security software up to date.

### Tips to Consume Social Media and News in a Healthy Way

- Know your goal. If you want to use social media to stay up to date on community events, log off after you have the information you need. If you're trying to stay caught up on the day's events, do you need to keep an eye on the headlines all day? Maybe a check-in once a day is enough.
- Notice how it makes you feel. Does seeing what friends are sharing make you happy? Or does it make you feel down? Does the daily news stress you out? When you know how news and social media affect you, you can decide if you need to make some changes to how you use them.
- Don't compare your everyday life to someone else's online life. People usually post about the shiny parts of their lives instead of daily struggles or disappointments. So even if what you're seeing is a true story, remember that it won't be the whole story. Add to your life and learning with real-world experience.

- Change notification settings. That way you can find information you want when you're ready for it, instead of letting it find you.
- Unfollow and hide feeds as needed. If accounts you follow or friends you have post things that stress you out, get rid of them. If you don't want to "unfriend" someone, just change your settings so that you don't see what they post anymore. They'll never know.
- Follow the feel-good stuff. The news can be heavy. Try to find balance by focusing on things that make you feel happy. Try following social media accounts that are focused on your interests or on things that make you laugh. And sign up for "good news" mailers. Most major news outlets offer them, or something like it. To help you find balance try tracking how much time you spend on social media or reading news.
- Set a time to step away. Make time to disconnect from news and social media. Close your apps and turn off the TV. Read a book, get outside, work on a puzzle, or call a friend. It doesn't matter what you choose to do. Just make sure it's something that feels supportive and worth your time.

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News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



**CRIME STATISTICS**



**Lakeview Crime Activity was Up in July 2024**

The Lakeview community experienced 8 crimes in July 2024, in comparison to 2 crimes the previous month, and 12 crimes in July one year ago. Lakeview experiences an average of 4.3 crimes per month. On an annual basis, Lakeview experienced a total of 51 crimes as of July 2024, which is down 35% in comparison to 78 crimes as of July 2023. To review the full Lakeview Crime report visit [lakv.mycalgary.com](http://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](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*

**Use the Homeowner Water Guide Fall Checklist to Prepare Your Home and Yard for Winter**

*by the City of Calgary*

Wondering how to prepare your home for winter? The Homeowner Water Guide Fall Checklist is a great place to start.



You'll find reminders and tips like:

- Check your toilets, taps, humidifier, hot water heater, water softener, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks.
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. Our library of Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

Together, we can make every drop count.

To find everything you need, including the Fall Checklist, visit [calgary.ca/waterguide](http://calgary.ca/waterguide).

**BRAIN GAMES SUDOKU**

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

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# Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.



- 2 tsp. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

**Directions:**

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

**Prep Time:** 15 minutes

**Cook Time:** 30 to 40 minutes

**Servings:** 4

**Ingredients:**

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup

Bon Appétit!



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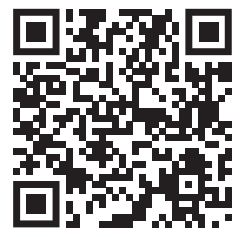
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### NORTH GLENMORE PARK AUGUST 2024 STATISTICS



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