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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.



Richmond-Knob Hill Real Estate Update

Last 12 Months Richmond-Knob Hill
MLS Real Estate Sale Price Update

| | Median Asking Price | Median Sold Price |
|----------------|---------------------|-------------------|
| July 2023 | \$ 849,950 | \$ 850,000 |
| June 2023 | \$ 799,000 | \$ 790,000 |
| May 2023 | \$ 917,450 | \$ 872,500 |
| April 2023 | \$ 829,900 | \$ 811,000 |
| March 2023 | \$ 674,950 | \$ 712,000 |
| February 2023 | \$ 699,900 | \$ 692,000 |
| January 2023 | \$ 712,500 | \$ 705,000 |
| December 2022 | \$ 699,900 | \$ 700,000 |
| November 2022 | \$ 774,950 | \$ 753,500 |
| October 2022 | \$ 599,850 | \$ 570,000 |
| September 2022 | \$ 725,000 | \$ 700,000 |
| August 2022 | \$ 729,900 | \$ 718,000 |

Last 12 Months Richmond-Knob Hill
MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| July 2023 | 17 | 16 |
| June 2023 | 24 | 18 |
| May 2023 | 23 | 22 |
| April 2023 | 13 | 17 |
| March 2023 | 20 | 18 |
| February 2023 | 22 | 11 |
| January 2023 | 12 | 10 |
| December 2022 | 7 | 7 |
| November 2022 | 10 | 8 |
| October 2022 | 8 | 6 |
| September 2022 | 17 | 11 |
| August 2022 | 13 | 11 |

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

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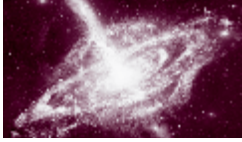
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Stargazing with Pat J

Supernova: Going Out With a Bang

by Patricia Jeffery © 2023 Calgary Centre of the Royal Astronomical Society of Canada



In 1054, Chinese astronomers noticed a new star that was so bright that it was visible during the daytime for three weeks before slowly fading from view.

Every star begins life as a cloud of gas and dust. Gravity causes the cloud to condense which increases pressure and temperature until nuclear fusion occurs in the core and the star ignites. As hydrogen is converted into helium, energy is released, which produces an outward force that counteracts gravity, creating a delicate equilibrium that can persist for millions, even billions of years.

The fusion reaction in a massive star needs to happen at a faster rate in order to sustain the balance with gravity. As a result, these stars burn brighter and hotter, shortening their life span in some cases to only a few million years.

When a star runs out of hydrogen, the core can no longer generate energy by nuclear fusion, but as it contracts, heat is generated, which causes the star's outer layers to expand and cool, transforming the star into a red giant.

After converting all the helium to carbon, the star works its way through the periodic table, fusing elements which produce less and less energy until it arrives at iron, which unfortunately produces zero energy. Suddenly unopposed, gravity squeezes the core, raising its temperature to over 100 billion degrees Celsius. The pressure is so great that electrons and protons combine to form neutrons. The moment this occurs, the compressed neutrons rebound with such force that they overcome gravity and the star explodes. If the recoil isn't strong enough, gravity will crush the core into infinity, creating a black hole.

The supernova that the Chinese astronomers witnessed is known today as M1: the Crab Nebula. Located in constellation Taurus, M1 is all that remains of a star ten times larger than our Sun; yet, its heart still beats in the form of a wildly spinning neutron star, which like a lighthouse, ejects twin beams of radiation out into space at 30 pulses per second.

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!

BRAIN GAMES SUDOKU

| | | | | | | | | | |
|---|---|---|--|---|---|---|---|---|---|
| | 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 | |

SCAN THE QR CODE FOR THE SOLUTION



The Thrive Five

by Alberta Health Services

Everybody has mental health; it is all different, with so many ways to support it. For example: engaging in culture, being in nature, and spiritual and gratitude practices. Most important is you find something you value.

Thrive Five are factors that are evidence based that can help foster and maintain a healthy mind. These include, exercise, sleep, healthy nutrition, supportive relationships, and helping others. These are not the only ways to support mental health but are actionable areas that we can all review if in a challenging situation and wanting to enhance our coping skills.

Here Are the Thrive Five and Tips to Embrace These Factors

1. Sleep Soundly

We need between seven and nine hours of “restful” sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and consider taking a short nap if needed as long as it does not interfere with your nightly ZZZs. Establish a routine that works for you!

2. Eat Well

You must nourish to flourish! Fuel your body in a balanced way that feels right. A balanced diet can fuel our body and reduce symptoms associated with poor mental health. Have a plan to incorporate nutritious, wholesome foods alongside those you genuinely enjoy. It is all about balance!



3. Move More

Adding movement for at least 30 minutes per day can help manage stress and boost your mood. Take a walk around your neighbourhood, join a community exercise class, or explore a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

4. Give Back

People who are kind, generous, and compassionate see clear benefits to their well-being and happiness. Lend a helping hand by running errands or shoveling the driveway of a neighbour, or volunteer with a local organization. Give back in a meaningful way that resonates with you.

5. Say Hi

Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide a sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!

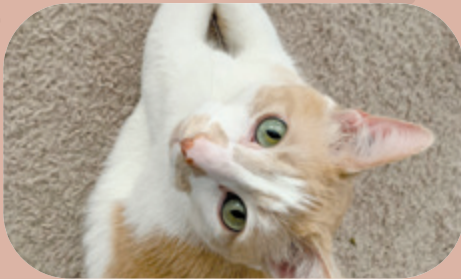


While some countries and nations are hundreds of years old, some are barely older than a decade! This is the case for South Sudan in Africa; in 2011, they gained independence from Sudan, making them the youngest country on Earth! Other young countries include Kosovo (2008), Montenegro (2006), and Serbia (2006).

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News, Events, & More



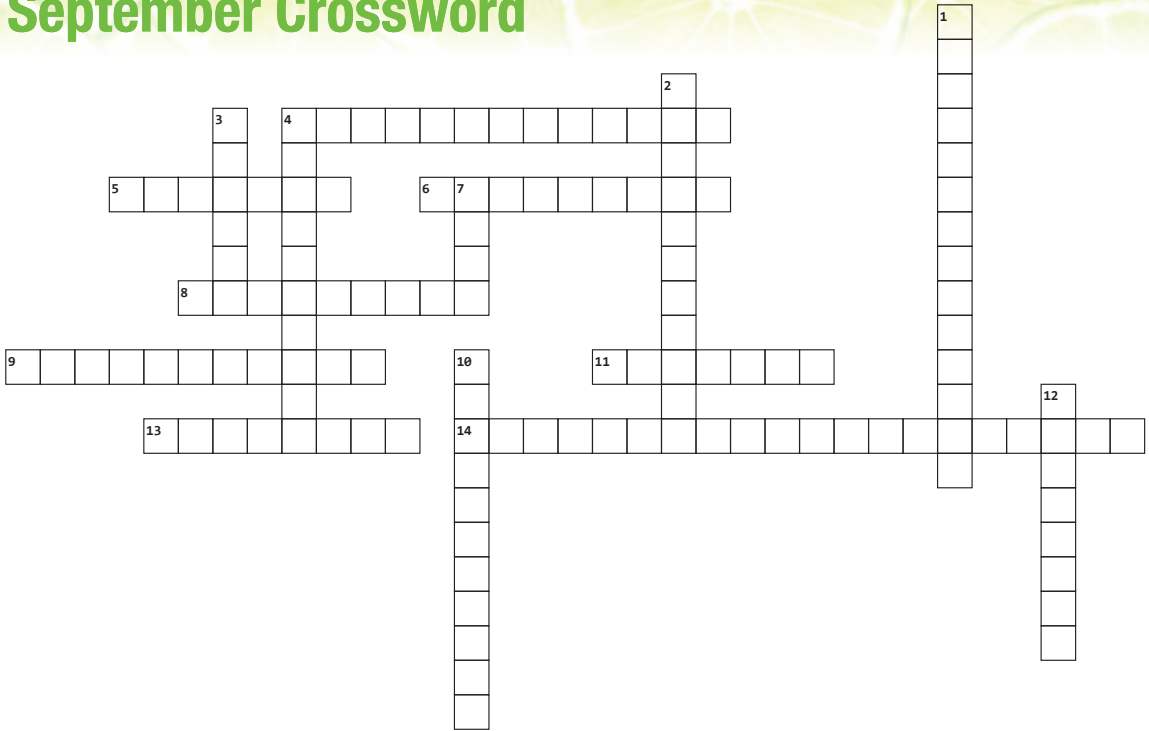
Crime Statistics



Real Estate Statistics



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.



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