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An Abundance of Sudoku

What is the significance of the number 6,670,903,752,021,072,936,960? And how do you even say it? This is the total number of solvable Sudoku puzzle layouts. It is six sextillion, 670 quintillion, 903 quadrillion, 752 trillion, 21 billion, 72 million, 936 thousand, 960. Try saying that five times fast! Super easy right?



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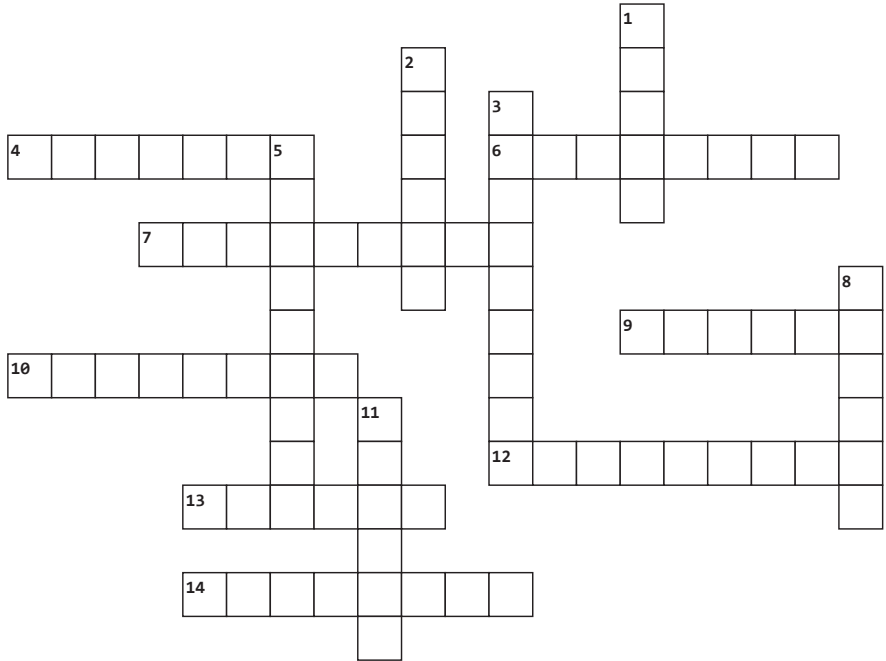
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February Crossword



Visit bit.ly/mycalgary answers or scan the QR code for the answers



Across

4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
13. The official flower that represents birthdays in February.
14. The popular heart-shaped candies with cute messages were originally used as _____.

Down

1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
2. February 10, 2024, marks the beginning of the Year of the _____.
3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
11. Abel Makkonen Tesfaye, better known as The _____, was born on February 16, 1990, in Scarborough.



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Richmond-Knob Hill Real Estate Update

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

	Median Asking Price	Median Sold Price
December 2023	\$849,900.00	\$840,000.00
November 2023	\$899,000.00	\$895,000.00
October 2023	\$893,950.00	\$890,000.00
September 2023	\$879,000.00	\$885,000.00
August 2023	\$686,950.00	\$699,250.00
July 2023	\$849,950.00	\$850,000.00
June 2023	\$799,000.00	\$790,000.00
May 2023	\$917,450.00	\$872,500.00
April 2023	\$829,900.00	\$811,000.00
March 2023	\$674,950.00	\$712,000.00
February 2023	\$699,900.00	\$692,000.00
January 2023	\$712,499.50	\$705,000.00

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

	No. New Properties	No. Properties Sold
December 2023	6	11
November 2023	14	11
October 2023	16	16
September 2023	24	21
August 2023	22	18
July 2023	17	16
June 2023	23	18
May 2023	23	22
April 2023	13	17
March 2023	19	18
February 2023	22	11
January 2023	12	10

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

The Importance of Healthy Snacking

by Alberta Health Services

Maintaining a healthy lifestyle, especially in today's fast-paced world, can be a challenge. Busy schedules often lead to rushed meals and unhealthy eating habits.

Packing snacks is a great way to keep you energized and nourished throughout the day. Having a quick bite at work, home, school, or on-the-go can be an important addition to your daily eating habits. Ensuring you always have healthy snacks on hand may also prevent you from stopping at a convenience store or vending machine and purchasing a higher cost food which often is lower in nutritional value and hard on the budget.

Five Reasons to Snack!

1. Sustained energy levels – Choosing nutrient-dense snacks provides your body with the energy needed to function optimally throughout the day. Snacks rich in complex carbohydrates, fibre, and healthy fats release energy slowly, helping you maintain steady blood sugar levels and avoid energy crashes.
2. Nutrient Intake – Snacks are an excellent way to increase your daily intake of essential nutrients. Opting for snacks like fruits, vegetables, nuts, and whole grains provides your body with vitamins, minerals, and antioxidants crucial for your overall health. These nutrient-rich snacks support your immune system, boost your metabolism, and aid in various bodily functions.
3. Improved Concentration – Healthy snacks can have a positive impact on cognitive performance. When the brain is fed with balanced snacks, focus and concentration are enhanced. Nutrient-dense snacks provide the brain with the necessary nutrients for optimal functioning, helping you stay alert and productive throughout the day.
4. Reduced Cravings – Packing healthy snacks can reduce unhealthy cravings for sugar, salt, and junk food. By eating nourishing snacks, you feel more satisfied for longer.

5. Convenient and cost-effective – Preparing snacks in advance ensures you always have healthy options readily available. This saves not only time but also money, compared to purchasing expensive and, often, unhealthy snacks on the go.

Snack-Making Tips and Ideas

To help make it easier to bring snacks from home, prepare in advance by following these simple tips:

- Plan your week's snacks before heading to the grocery store and include them in your meal preparation.
- Think outside the box! Use a "bento box" filled with a variety of different snacks to keep things interesting.
- Chop extra vegetables and fruit and have them ready in the fridge to grab-and-go.
- Make muffins ahead of time and store them in the freezer.
- Buy hummus when grocery shopping or make some at home.
- Hard boil eggs and keep them in the fridge with the shell on (they will keep for about a week).

If you have the option to store snacks at your workplace, here are some options that do not need refrigeration:

- Apples, oranges, or canned fruit
- Dry oatmeal
- Canned tuna
- Whole grain crackers
- Nuts, pumpkin, or sunflower seeds

Kids Need Snacks Too!

While adults and teenagers benefit from eating snacks during their busy, activity-filled lives, it's also important for children to consume snacks. They have smaller stomachs than adults and teenagers and may have trouble eating the foods they need at mealtime. Food choices established in childhood often continue into adulthood, so building a healthy foundation is important.

Add Protein

To help satisfy hunger between meals protein provides a sustained release of energy, preventing blood sugar spikes and crashes. To help satisfy hunger between meals, snack on nuts and seeds or hummus and veggies. Pair one or two slices of cheese with a couple of whole grain crackers or cook some hard-boiled eggs for an easy protein-filled snack on the go.

Happy Snacking!

For more snack ideas, check out this snack resource to help you to choose healthy snacks every day. Visit ahs.ca/nutritionhandouts and search for the handout called Snacks.



Explore Businesses in Calgary with the Business Map

by the City of Calgary

Wondering what businesses are open around your neighbourhood? You can use the Business Map to locate active businesses and view their license information near your current or other specified locations. You can also search for businesses by license type. Explore the Business Map now at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



SCAN HERE TO VIEW ADDITIONAL RICHMOND / KNOB HILL CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.



What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

An advertisement for the Festival of Animated Objects. On the left, there is a logo with a stylized figure and the text "FESTIVAL OF ANIMATED OBJECTS" in a bold, serif font. Below the logo, it says "March 11-24, 2024". In the center, there are several colorful, stylized puppets: a yellow one with a green body, a green one with a blue body, and a purple one. On the right, there is promotional text: "10% off performances and talks with the code neighbour10" and the website "puppetfestival.ca".

FESTIVAL OF ANIMATED OBJECTS

March 11-24, 2024

10% off performances and talks with the code **neighbour10**

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 **CHECKLIST**

9 PM ROUTINE

 CALGARY POLICE SERVICE

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Word of the Month

Besotted: adjective (be-sot-ted)

To be blindly or completely infatuated.

After 50 years of marriage, he is still as besotted with his wife as the first day he met her.



MLA Calgary-Currie
Janet Eremenko
 206B – 1615 10 Ave SW
 Calgary, T3C 0J7
 403-426-4794
 calgary.currie@assembly.ab.ca

Dear Calgary-Currie,

Budget 2024-25 will be tabled this month, and there is no better way to gauge a government’s priorities than by seeing what they fund. It’s challenging to follow what is a new commitment of funding, a re-announcement of something old, and when the money actually flows out. Equally difficult is keeping track of whether there’s a net increase to the system, or if it simply moves money from one program to another, benefiting one while cutting another. And take note, funding that fails to keep up with inflation and population increases equates to cuts.

November’s fiscal update reported a stunning \$5.5 billion surplus. We know these surplus figures shift wildly with the ebb and flow of oil prices. So, when times are good will we make the critical investments in our public systems that keep us healthy, housed, and educated? These investments help us shine in the peak times and sustain us in the low ones.

We have a severe shortage of healthcare workers; will the government meaningfully invest in hiring doctors and nurses to improve the system?

We sit dead last in per student funding in the entire country and classrooms in our public schools are overcrowded; will there be money to hire teachers and educational assistants and build new schools?

We are in a housing crisis and struggling to get construction on new homes started; will there be new investments in affordable housing?

We have had the highest tuition increases in all of Canada; will funding to post-secondary institutions be restored and increased?

Rent, utilities, and car insurance rates are skyrocketing; will the province take any measures to prevent those shocks?

In addition, Calgary-Currie residents talk to us about the unhoused in their communities, safe public transit, small business worries, and retirement security, especially protecting their CPP.

As budget deliberations begin, I welcome your ideas and feedback.

Stay warm and take care!

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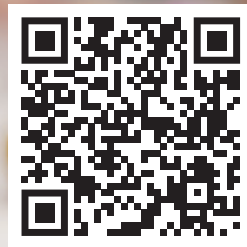


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