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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING ELBOW VALLEY AND BRAGG CREEK FOR 6 YEARS!

How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.

Unstable brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

There is no doctor that can fix your health challenges better than the doctor that resides in you. We can help you re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking and being in nature, belly laughter, deep delta sleep, new light and sound technology and of course, proper chiropractic care.

Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.

IN & AROUND CALGARY



Register the kids for a summer nature adventure

Looking for activities to keep the kids entertained this summer? Send them on a nature adventure!

The City of Calgary's nature day camps will keep them busy as bees exploring cool critters, discovering plant power and spotting fabulous flyers. These action-packed adventures, involving hands-on activities and outdoor play, encourage children to explore and experience the natural world in a whole new way.

Nature camps run for one week and are offered July and August at the Inglewood Bird Sanctuary. Half-day camps are available for children four and five years old. These bite-sized adventures include daily nature walks, games and crafts. Full-day camps, designed for children ages six to 12, include in-depth investigations and nature explorations focused on specific themes, including wetland wonders, nature's engineers and the food we eat.

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Visit calgary.ca/parksguide or call 403-268-3800 to register.

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			4		5		7	
9					8	3		2

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Millennials The New Transformers

Suzanne Smith-Demers – Consultant

Millennials are now the largest cohort in the Canadian workforce. Small wonder they are driving workplace transformation, destined to reshape our country and possibly the entire world – and yet, many of them still live at home. In the last Canadian census:

- 42.3% of Canadians aged 20 to 29 years lived with their parents
- 63.3% of young men and 55.2% of young women aged 20 to 24 lived with their parent(s).
- Almost one quarter of young adults are “boomerang kids” having returned to their parental home after leaving at some point in the past*.

Millennials choose to remain at home for reasons that range from the financial constraints they now face, and staying in school longer to effectively compete in the job market, to escalating housing costs.

One downside for parents of many millennials is having double-duty responsibility for their older children and their own parents. These are “sandwich generation” parents, whose emotional and financial support of both their parents and their children can take a tremendous toll.

Leaving the nest is an important rite of passage for both parents and children. Whether the move is months or years away, it’s a good idea to plan in advance by:

- Reduce debt – before it’s competing with rent or mortgage payments.
- Establish a good credit history – get a credit card and always pay the full balance by the due date.
- Save for major purchases – pay cash for furniture, appliances and other large items.
- Build an emergency fund – for minor setbacks like home or car repairs.

Both millennials and their parents should talk to a professional advisor about strategies to help avoid hefty debt and bring your entire financial life into focus. Balance is key to maintaining a sound, long-term financial plan.

**Source: Statistics Canada 2011 Census*

Elbow Valley

Real Estate Stats

Last 12 Months Elbow Valley
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
May 2016	\$1,149,900.00	\$1,100,000.00
April 2016	\$1,295,000.00	\$1,225,000.00
March 2016	\$944,450.00	\$877,500.00
February 2016	\$972,000.00	\$944,500.00
January 2016	\$0.00	\$0.00
December 2015	\$1,299,900.00	\$1,285,000.00
November 2015	\$349,000.00	\$305,000.00
October 2015	\$699,000.00	\$685,000.00
September 2015	\$819,450.00	\$795,000.00
August 2015	\$1,100,000.00	\$1,060,000.00
July 2015	\$1,097,500.00	\$1,032,859.00
June 2015	\$1,150,000.00	\$1,080,000.00

Last 12 Months Elbow Valley
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
May 2016	15	9
April 2016	7	5
March 2016	8	2
February 2016	23	2
January 2016	8	0
December 2015	4	3
November 2015	4	1
October 2015	5	3
September 2015	7	2
August 2015	8	6
July 2015	9	8
June 2015	10	9

To view the specific SOLD Listings that comprise the above
MLS averages please visit elbow_valley.great-news.ca

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Why Is Oral Hygiene So Important?

Stephanie McIntyre

If you're over the age of 35, you're more at risk of losing your teeth to gum diseases (periodontal diseases) than tooth decay. Dental decay and cavities aren't the cause of tooth loss in adult patients compared to the slow, but highly destructive nature of gum disease. Caused by bacterial plaque, gum disease affects three out of four adults at some point in their life; robbing patients of their smile and oral health. **But the good news is that it can be prevented and controlled with effective oral hygiene.**

Oral Hygiene – Choose Your Weapon

Manufacturers of oral hygiene products have done a great job ensuring that there's an available plaque-fighting weapon that suits the unique needs and preferences of patients. From gum stimulators, floss wands and tapered bristles to sonic toothbrushes with UV sanitizers – there really isn't an excuse for not having a squeaky clean mouth. Not everyone loves to floss as negotiating around crooked teeth or handling floss if you have arthritic hands can be challenging. Talking with your dental team about your dental health needs, along with physical conditions that would prevent you from being able to brush and floss, gives your hygienist and dentist a chance to recommend devices that are

designed to do the job of keeping teeth and gums healthy.

Is Brushing and Flossing Enough?

Good homecare that consists of brushing twice a day and flossing (or using a flossing instrument) once in a 24 hour period builds a great foundation for good oral health. It doesn't take a lot of plaque to cause gum irritation that results in puffy and bleeding tissue – often considered the first signs of gum disease. Keeping tooth surfaces and gum tissue free from damaging bacteria that lives in plaque reduces inflamed gums, prevents pocketing around teeth and slows gum and bone recession. But is brushing and flossing enough to prevent gum diseases? **It's a great start and becomes even stronger when partnered with regular visits to the dentist for a professional cleaning.** A hygienist has special tools and instruments that can access the toughest of spots – removing plaque deposits that are just too tricky for dental floss to reach. The added benefit of having a dental cleaning is that any areas of inflamed tissue are irrigated during the cleaning – often rinsed with a solution that kills harmful bacteria that causes gum disease.



Elbow Valley mybabysitterlist

Name	Age	Contact	Course
Abby	15	403-455-2556	Yes
Anna	15	587-284-1954	Yes
Jenna	14	403-242-1605	Yes
Michaela	15	403-630-7348	Yes

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Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to EV@great-news.ca

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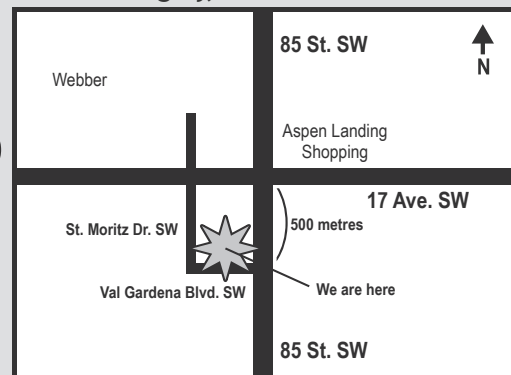
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IN & AROUND CALGARY

BBQ Season is upon us!

Your Calgary Fire Department wants you to grill safely!

- Propane, natural gas & charcoal BBQ's should **only** be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- Keep children and pets at least three feet away from the grill area
- Keep your BBQ clean by removing grease or fat build-up from the grills and in trays below to reduce the risk of flash fires
- Never leave your grill unattended.

NATURAL GAS/PROPANE GRILLS

- Always make sure the lid on your gas grill is open before lighting it.
- Check hoses for leaks at the start of BBQ season by applying a light soapy water solution to the hose, a gas leak will release bubbles
- If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill, then get the grill serviced by a professional before using it again.
- If you smell gas while cooking and cannot safely turn off the gas, then immediately get away from the grill and call the *Fire Department*, **DO NOT move the grill**. If the flame goes out, turn off and wait at least 15 minutes before re-lighting it.

CHARCOAL GRILLS

- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- If you use a starter fluid, use only *charcoal* starter fluid.
- Never add charcoal fluid or any other flammable liquids to a fire OR while hot coals are present.
- Keep charcoal fluid out of the reach of children and away from heat sources
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.



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Written by Katie Fisher
Photo by Andrea S. H. Hunt

Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of

the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards. Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

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BRAIN GAMES

SUDOKU

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IN & AROUND CALGARY

EMS: Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.



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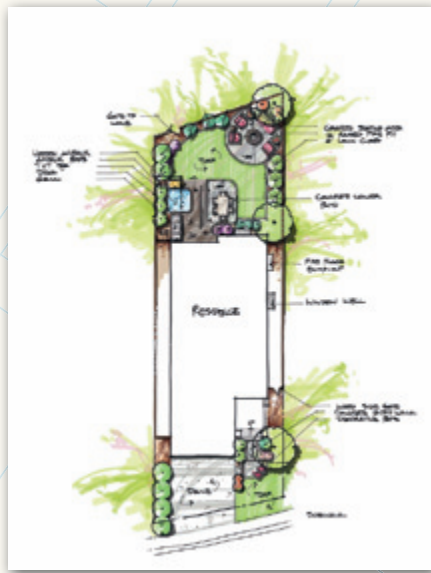


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IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

HOME GARDENING WITH BARBARA



ALLEYS AND HOLLYHOCKS

Barbara Shorrock

Watch out for a woman on a mission, particularly if she is a gardening-type woman. You might just get caught up in her quest, and who knows where that could lead.

Take back alleys, for instance. Most older houses in Calgary have a back alley (or lane, if you wish) and most of them are pretty dismal. Not a thing of beauty. Scruffy. Untidy. Unloved. Ignored. Most are surfaced with gravel, with the exception of those blocks that have been upgraded to asphalt. Nicer and cleaner, but expensive. Many of us who have a dog to walk (or a "granddog" in my case) spend more time in the alley than on the street some days, so we see what goes on behind our neighbours' fences. Would you agree with me that there could be some improvement here?

How much trouble would it be to plant a little something out there for our fellow gardeners and dog walkers, not to mention ourselves? Me, I adore Sweet Peas – the scent is so edible I can stuff my head into a bunch and just inhale the intoxicating fragrance. Usually, I prefer to leave summer flowers outdoors; they look better where Mother Nature placed them. Sweet Peas, however, must be cut because if you leave just one to go to seed (looks like a little pea pod) that's it, game over, no more blooms. Keep cutting them (they make the kitchen smell heavenly) and the plants will bloom and bloom right until snowfall. So toss a bunch of sweet pea seeds along the fence and make your neighbours smile.

My next favourite is the old-fashioned Hollyhock for its statuesque beauty. Tall and tough, with dramatic papery flowers arranged all the way up the towering

spires, they also bloom for weeks through summer and fall. You might have to tie these to the fence, as our summer storms can send them off in odd directions. Hollyhocks are biennials (bloom in their second year, then die), so must be planted for two consecutive years to assure continued bloom. They will reseed themselves from then on with little fuss. Furthermore, they attract bees like crazy.

The main focus of the Blockwatch program is to watch out for one another and prevent crime. The easiest way to talk to newcomers in the neighbourhood is about their garden, whether it be the one facing the street, the private one glimpsed through the fence, or the Sweet Peas and Hollyhocks in the back lane. Summer is short. Stop and smell the flowers.

How do you know you are a Master Gardener?

- There is a decorative compost container on your kitchen counter.
- You would rather shop at a garden centre than a clothing store.
- You prefer gardening to watching television.
- You plan vacation trips to aboretums and botanical gardens.
- Dirt under fingernails and calloused palms are matters of pride.

Barbara Shorrock is a retired realtor, writer, book lover, ESL coach, traveler and gardener. She can often be found at the Queensland Garden Club, which meets the first Wednesday each month at 7:00 pm at the Queensland Community Centre. Everyone is welcome, and we don't care where you live.

JULY 8 TO 17 CALGARY STAMPEDE

Each year, more than one million visitors from across North America and around the world come to Calgary to experience the heart-stopping action of the world's richest Rodeo, featuring bull riding, barrel racing, and more. www.calgarystampede.com



JULY 21 TO 23 MILKY WAY NIGHTS

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. www.ucalgary.ca



JULY 30 SLIDE THE CITY

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. www.slidethecity.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. www.stagewestcalgary.com
- **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. www.friendsoffishcreek.org
- **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." www.calgary.broadway.com
- **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. www.calgaryfolkfest.com
- **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. www.fiestaval.ca
- **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! www.petapaloozawest.com
- **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. www.calgarybluesfest.com
- **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.
- **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. www.inglewoodsunfest.ca

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JUNE 18TH 10AM - 2PM FREE EMERGENCY PREPAREDNESS EXPO: 996 Strathcona Dr. SW (located at the LDS Church Building). Fire, flood, power outage, storms - What would you do in an emergency? Information and resources to help get anyone started.

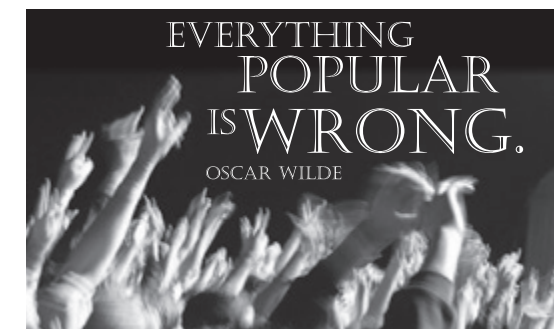
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Healthy Kitten Basics

by Jennifer L. Scott, D.V.M.

So you've acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother's milk may block the vaccine's effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat's health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven't had success myself on this front. I recently discovered there are gaming apps for the Ipad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.

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