

Are you worried?

Over the past months there has been a great deal of fear and confusion associated with COVID-19 and how legislators are dealing with it. Some parts of the world are completely locked down by government officials while others have had very few restrictions. Mixed messages about regarding the importance of wearing masks and taking shots. Some medical officials state these are vital while others claim they are experimental and even dangerous.

The media is quick to offer statistics and also to threaten consequences for those who do not comply with recommendations. "Talking heads" who dominate 24-hour television often speculate or offer opinions that are not based on fact. These can increase confusion for listeners.

Balancing health and the economy is a teetering endeavor. Many small business owners such as restaurateurs were financially jeopardized by the lockdowns and now, because of government subsidies are finding it difficult to hire employees. Some businesses will not recover.

On the other hand, pockets of the economy have done well. The trades have been busy because many have invested what would have been travel funds into renovations. Increased sales and problems with being able to supply products has resulted in escalating prices. Think about the cost of lumber, for example.



Dr. Linda Hancock
All Psyched Up

And the way services are delivered has made a drastic shift. Companies with employees who began working from home have created ways to do that more efficiently. The result of using the internet rather than personal shopping or face-to-face interaction has changed the world. In fact, some industries will likely not go back to the way things were done a couple of years ago as large numbers of employees and customers prefer the new formats.

Things are not the same and most people become upset when they don't feel that they have choice or control. Negative moods are escalated when they hear predictions of gloom and doom. Some lose sleep and others become so anxious that they can't enjoy their day. It's worry, worry, worry – about things that haven't even happened yet.

If you are feeling distraught, consider the following:

- Don't believe everything you

hear – There are so many messages being thrown at you that you need to stop the noise. Turn off the television!

- Do some research – Take responsibility by gathering information before making decisions. You might be surprised by what you can learn on your own!

- Avoid arguments – It is not up to you to convince others that you have all the answers or to allow others to force their opinions on you. Change the subject and stick with neutral topics of conversation.

- Focus on your tasks – Do your job, complete your assignments, volunteer, learn new skills, strive for excellent parenting. Do not get distracted by the chaos.

- Watch your self-talk – Say what you want, not what you don't want.

- Practice self-care – Get enough rest, nutritious food, exercise, water and fun.

- Slow down – Never act on rumor or impulse. What you are told is necessary today might reverse course in the near future.

Finally consider the wise words of Mark Twain, who said: "I am an old man and have known a great many troubles, but most of them never happened."

Dr. Linda Hancock, the author of "Life is An Adventure...every step of the way" and "Open for Business Success" is a Registered Psychologist who has a private practice. Visit www.LindaHancock.com or email her at office@drlindahancock.com.

Catch some weed seeds

I went on a little hike in the river bottom the other day and by the time I finished my poor dog was covered in all kinds of weed seeds!

Oh my, these were not easy to get out either. This made me think that I should take them home and identify what these may be. I know that "Buddy" will not come along again in the near future, so I have come up with an experiment to help me gather a variety of seeds. Let's get started!

Remember to ask an adult before doing this activity.

Materials

- Pair of good walking shoes
- Pair of old wool socks
- A place to take a hike
- Tweezers
- Magnifying glass
- Sheet of white paper
- Zipper bag
- Identification guide for seeds/weeds of southern Alberta



praxis
SCIENCE OUTREACH SOCIETY

Patty Rooks
Science Smarts

Procedure

1. Find a nice place to take a hike.
2. When you are ready, pull the wool socks on over the shoes that you are wearing.
3. Continue on your hike collecting seeds on the socks.
4. When you are finished, sit down, gently remove the socks and place them in a zipper bag. This is important as we do not want to spread these seeds to a new area as they could be "invasive".
5. When you return home, investigate the seeds at a desk or table inside.
6. With the tweezers, gently pull off all of the seeds that have attached to the socks.
7. Place the seeds on a sheet of white paper and observe them with the magnifying glass.
8. Try to identify the seeds you have collected.

Explanation

What kinds of seeds can you identify? How did the seeds get there?

Seeds really lead a secret life. Without legs, seeds need ingenious ways to get around. Animals and birds spread seeds unknowingly. As you may see, the seeds have small barbs or hooks on them. These hooks attach themselves to animals or anything that comes by them. When they attach to you, they get carried to a new location and left there. They literally hitch a ride to a new location!

Seeds can often travel in other ways as well. "Parachuters" such as dandelions, and "winged" seeds, such as those from maple trees, are so light that they are blown easily from place to place. "Shooting" seeds are formed when pods burst open and fire the seeds out.

Do not forget to get your applications in for the APAR Initiative STEM and Leadership Cohort for 2021-2022. Praxis only has a few spots left and the deadline is fast approaching for this great opportunity for females in Grades 6-9.

Patty Rooks, Senior Scientific Consultant PRAXIS, "Connecting Science To The Community". Contact Praxis at praxis@praxisismh.ca, www.praxisismh.ca, Tweet or follow us @PraxisMedHat, or friend us on Facebook. Visit us at: #12 826 11 Street S. E., Medicine Hat, Alberta, T1A 1T7 Phone: 403-527-5365, email: praxis@praxisismh.ca.

PUBLIC NOTICES



8AM - 4PM SPECIAL SERVICES

Electric Outages..... 403.529.8260
Gas Emergency..... 403.529.8191

Water & Sewer Emergency..... 403.502.8042
After Hours Special Services 403.526.2828

DEVELOPMENT PERMITS APPROVED AUGUST 19 TO AUGUST 25, 2021 PLANNING & DEVELOPMENT SERVICES

RESIDENTIAL

- 24 RED DEER DRIVE SW** (Lot 10, Block 1, Plan 7058JK) PLDP20210920. Garage. 
- 223 CALDER ROAD SE** (Lot 82, Block 3, Plan 8211750) PLDP20210922. Garage.
- 239 STRATTON ROAD SE** (Lot 34, Block 12, Plan 1111043) PLDP20210926. Single Detached House Including Site Coverage Variance.

COMMERCIAL

- 10 KIN COULEE ROAD SE** (Block R5, Plan 6099JK) PLDP20210954. Recreation Facility (Barrier Free Washroom Addition).

HOME OCCUPATION

- 404 STARK WAY SE** (Lot 2, Block 2, Plan 0010267) PLDP20210939. Office With Storage On Site. Online Sales (Clothing).

A person claiming to be affected by a decision of the Development Officer or the Municipal Planning Commission may appeal to the Medicine Hat Subdivision and Development Appeal Board by completing and submitting to the City Clerk Department, the required Notice of Appeal form within twenty one (21) days of this publication. Notice of Appeal forms are available from the City Clerk Department, Third Floor, City Hall or on the City's website at www.medicinehat.ca.

All Development Permits listed are subject to conditions. Further information on any Development Permit may be obtained from the Planning & Development Services Department, Second Floor, City Hall during normal business hours (Telephone 403.529.8374).

POSITIONS AVAILABLE

You can make a difference in our City. . .

The City of Medicine Hat invites you to apply to serve on the **Medicine Hat Public Library Board**. There are currently - 3 (1-year term) positions available.

The Library Board is an autonomous legal entity governed by the *Alberta Libraries Act*, which has Governance responsibility for the library. This involves the setting of Board Policy, identification and assessment of the community's needs, development of long and short-term strategic plans, advocacy, fundraising and promotion of the library in the community, and the establishment of an annual budget(s). For more information, please contact Ken Feser, Chief Librarian - 403.502.8528.

The required application form is available online at www.medicinehat.ca at 'I want to...apply' or from the City Clerk Department, City Hall, 580 First Street SE, Medicine Hat.

Please submit your application to the City Clerk Department by 4:30 pm Monday, September 13, 2021.

Angela Cruickshank, City Clerk
Phone 403.529.8234
Fax 403.529.8324
E-mail: clerk@medicinehat.ca

www.medicinehat.ca

BYLAW #4680 PROPOSED AMENDMENT TO THE LAND USE BYLAW #4168 HAMPTONS PHASE 3

Postponement of Public Hearing

TAKE NOTICE that City Council gave First Reading on Monday, July 5, 2021 to Bylaw #4680, a Bylaw of the City of Medicine Hat to amend the Land Use Bylaw #4168 to rezone the subject property from Future Urban Development (FUD) to Low Density Residential (R-LD), Neighborhood Commercial (C-N) and Open Space (OS). The re-zoning is to align the zoning of Hamptons Phase 3 to the Hamptons Area Structure Plan to allow the construction of houses and neighbourhood commercial uses.

A Public Hearing in general accordance with the Municipal Government Act and the City's Procedure Bylaw, and consideration of the Second/Third Readings of proposed Bylaw #4680 was scheduled to be held on Tuesday, August 3, 2021 at the Regular City Council Meeting. The Public Hearing has been postponed and a continuation will be held on Tuesday, September 7, 2021 at the Regular City Council Meeting beginning at 6:30 pm in the City Hall Council Chambers (580 First Street SE). Any person who claims to be affected by the proposed bylaw may make representation to City Council at the Public Hearing. Oral submissions are limited to five minutes.

Anyone wishing to have a written/electronic submission (that will be handled as a public document) concerning this proposed bylaw placed before the City Council must submit it to:

City Clerk Department, 580 First Street SE, Medicine Hat, Alberta T1A 8E6

by 12:00 noon, Wednesday, September 1, 2021.

For further information, or to view copy of proposed Bylaw #4680 and related documents, please contact Planning & Development Services at 403.529.8374. Bylaw #4680 may also be accessed via the 'Proposed Bylaws' section on the City's website at www.medicinehat.ca.

Dated at the City of Medicine Hat, in the Province of Alberta, this 21st day of August, 2021.

Angela Cruickshank, City Clerk

Phone 403.529.8234

Fax 403.529.8324

E-mail: clerk@medicinehat.ca

WATER MAIN FLUSHING & FIRE HYDRANT INSPECTIONS

Environmental Utilities performs regular, routine maintenance to uphold the water quality and system infrastructure by annually flushing water mains and inspecting fire hydrants.

During these operations, there may be some discoloration in the water which is not harmful to consume and will disappear when flushing is complete. Please note that discoloured water should not be used for laundry and that fluctuating water pressure may also be noticed.

Should discoloration persist beyond three hours, turn on your cold water tap or an outside sprinkler and let the water run for several minutes until the water runs clear.

For additional information or to confirm whether crews are working in your zone, refer to the Water Flushing Programs page on the City's website www.medicinehat.ca/eu or contact Environmental Utilities at 403.529.8176.



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