

# Halloween here we come

I could hardly believe my eyes when I saw Halloween decorations out in the stores this week! Where does the time go – school just started... Well, since this is a big “holiday” for all of the scientists out there, I thought we had better get started with some “spooky science” just in case you want to impress your friends on the frightful holiday. Let’s get started!

Remember to ask an adult before doing this experiment.

- Materials**
- Cocoa
  - Powdered sugar
  - Red food colouring
  - Water
  - Measuring cups
  - Measuring spoons
  - Blender

- Procedure**
- Get the blender ready by placing it on a sturdy surface and plugging it in.
  - Measure 250 mL (one cup) of water into the blender.
  - Squeeze in the entire bottle of food colouring.



**praxis**  
SCIENCE OUTREACH SOCIETY

## Patty Rooks Science Smarts

- Add 500 mL (two cups) of powdered sugar AND 15 mL (one tablespoon) of cocoa powder.
- Blend well.
- CAUTION: this will stain

so be careful how you use it.  
• NOTE: If you want to make it a bit thicker, add a few squeezed of corn syrup into it and watch it ooze...by adding the corn syrup, you are making it more VISCIOUS.

These blood cells turn that bright red when they are exposed to oxygen.

Patty Rooks, Senior Scientific Consultant PRAXIS, “Connecting Science To The Community”. Contact Praxis at praxis@praxismh.ca, www.praxismh.ca, Tweet or follow us @PraxisMedHat, or friend us on Facebook or make an appointment to visit us at #12 826 11 Street S. E., Medicine Hat, Alberta, T1A 1T7 Phone: 403.527.5365, email: praxis@praxismh.ca.



**DID YOU KNOW???**  
ALL ADS ON OUR E-EDITION HAVE LIVE LINKS TO YOUR BUSINESS!



## Respect is about accepting others

The word “respect” has different meanings and can be used in different ways. Some refer to respect as admiration for a person because of their skills, qualities or achievements. Others use the word when describing relationships and how individuals treat each other. The bottom line, I believe, is that respect is about accepting others for who they are and what they believe even if you don’t agree. Now this doesn’t mean that you have to move into agreement or put up with repeated messages that wear you down and kill your spirit. Having mutual respect always requires healthy boundaries.

I have noticed that since the pandemic arrived there has been a great deal of fear and confusion in the world. Some of this has morphed into strong passion and even anger. Those who are convinced that they have the truth and are right (on both sides of the issue) might make annoying and continued efforts to try to convince others to agree with them.

Differences in opinion about pandemic statistics, testing, treatment and mandates have not only been played out in the media, politics and at a global level but also in everyday relationships between family members and friends. Often this has caused hard feelings and scars that might last for years.

Today I was reading some comments on Facebook and one post really captured my attention. The writer stated: “Your decisions are on you! Your pushing your beliefs on me is NOT acceptable. From this day forward I am outing anyone who does so. Facebook is supposed to be a social media platform. Sharing stories and friendships. Not a battleground on who is right and who is wrong. No more needs to be said. STOP IT.”

When I am working with clients, I often remind them that we teach others how to treat us. If we allow people to be rude or abusive, we are basically giving them permission to continue to be rude or abusive. If we let them continually push their ideas on us, we will likely become resentful and annoyed over time. On the other hand, if we are clear about boundaries and communicate those boundaries with either words or distancing, the other person will learn that their behaviours are not acceptable and cannot continue. The Facebook writer was very clear about her boundaries and how she will protect them.

Emotions always travel in tandem. If you dig deep below anger you will usually find fear. I know that the angrier a person is, the more afraid they are. People are not only afraid of what might happen to themselves but also to the ones who they care about. They think that this gives them license to continually try to convince others of the dangers that they themselves are fearing.

It is very important to remember that our friends and family are not the enemy. The enemy is the pandemic!

What I believe the world needs right now is not division but unity, and this never comes from arguments and coercion. It comes from love and compassion.

So, when someone who cares about you is getting heated about an issue, trying to gently change the subject. Remember that they might be speaking out of irrational fear rather than common sense.

Do not let difference of opinion destroy respect that you built with others over the years. Let there be peace on earth – and let it begin with me. And with you.

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](http://www.LindaHancock.com) or email her at [office@drLindaHancock.com](mailto:office@drLindaHancock.com)



**Dr. Linda Hancock**  
All Psyched Up

# PUBLIC NOTICES



## 8AM - 4PM SPECIAL SERVICES

Electric Outages.....	403.529.8260	Water & Sewer Emergency .....	403.502.8042
Gas Emergency .....	403.529.8191	After Hours Special Services .....	403.526.2828

### DEVELOPMENT PERMITS APPROVED SEPTEMBER 2 TO SEPTEMBER 8, 2021 PLANNING & DEVELOPMENT SERVICES

#### HOME OCCUPATION

<b>4 800 SPRUCE WAY SE</b>	(Lot , Block 1, Plan 0813259) PLDP20210962. Office With Storage On Site. Teaching (Hockey).
<b>204 3 STREET SE</b>	(Lot 16, Block 51, Plan 61685) PLDP20210975. Office With Storage On Site. Roofing/Siding Contractor.
<b>1 2805 DUNMORE ROAD SE</b>	(Lot 53, Block 7, Plan 1171LK) PLDP20210983. Office With Storage On Site. General Contractor/ Project Manager.
<b>394 SPRAGUE WAY SE</b>	(Lot 6, Block 23, Plan 9011219) PLDP20210989. Office Use Only. Consultant (Social Media and Marketing).

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](http://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).

### 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 at [www.medicinehat.ca/eu](http://www.medicinehat.ca/eu) or contact Environmental Utilities at 403.529.8176.

### NOTICE OF PUBLIC HEARING SUBDIVISION AND DEVELOPMENT APPEAL BOARD APPEAL #7-2021 – 73 STREET NW (PLAN 703HE, BLOCK 15, LOT 9)

TAKE NOTICE THAT the following Development Appeal will be heard by the Medicine Hat Subdivision and Development Appeal Board at a Public Hearing in City Hall Council Chambers, commencing at 1:00 pm on Wednesday, September 29, 2021.

Adjustments are in place to ensure alignment with current Alberta Health requirements related to COVID-19. Please note seating for the public will be limited. Parking is available on street only with access to City Hall via First Street SE, west entrance.

On August 18, 2021 Planning and Development Services approved a development permit application for the construction of an oversize shed (garage) and a retaining wall. The appellants are appealing the approval of the Development Permit.

If you wish to inspect any other documentation on file with regard to this matter, you may do so by attending at the City Clerk Department, 3rd Floor, City Hall between the hours of 8:30 am and 4:30 pm, Monday through Friday.

Written/electronic submissions, regarding the above, will be accepted and placed before the Board. All submissions will be treated as public documents and must be received by the undersigned by noon, **Thursday, September 23, 2021**. Oral Submissions are normally limited to five (5) minutes.

Angela Cruickshank - City Clerk  
580 First Street SE  
Medicine Hat, AB T1A 8E6  
Phone: 403.529.8234 / Fax: 403.529.8324  
e-mail: [clerk@medicinehat.ca](mailto:clerk@medicinehat.ca)

### NOTICE OF NOMINATION DAY 2021 ELECTION LOCAL AUTHORITIES ELECTION ACT (SECTION 26)

**LOCAL JURISDICTION:**  
**CITY OF MEDICINE HAT,**  
Notice is hereby given that



Nomination Day is **Monday, September 20, 2021** and that nominations for the election of candidates for the following offices will be received at the location of the local jurisdiction office set out below between the hours of **8:30 AM and 12:00 Noon** on Nomination Day.  
PROVINCE OF ALBERTA

Office(s)	Vacancies	
MAYOR (Chief Elected Official)	One (1)	Medicine Hat
COUNCILLOR	Eight (8)	Medicine Hat
PUBLIC SCHOOL BOARD TRUSTEE	Five (5)	Medicine Hat Public School Division
CATHOLIC SCHOOL BOARD TRUSTEE	Five (5)	Medicine Hat Catholic School Division

**Location of Local Jurisdiction Office:** **City Hall - Council Chambers**  
580 - First Street SE  
Medicine Hat, Alberta

1. Nomination Packages are available from the City Clerk Department, Third Floor, City Hall; Public School Division (main office); Medicine Hat Catholic School Division (main office); or from the City’s Election webpage at [www.medicinehat.ca/election](http://www.medicinehat.ca/election)

2. A minimum signed nomination of **25 eligible electors** is required for the City Council (Mayor/Councillor) positions. School Board Trustee positions require **5 eligible electors**.

3. No cash deposit is required. Emailed or faxed Nominations cannot be accepted.

DATED at the City of Medicine Hat in the Province of Alberta, this 4th day of September, 2021.

For all your election information, visit the City’s website at [www.medicinehat.ca/election](http://www.medicinehat.ca/election)  
ANGELA CRUICKSHANK  
RETURNING OFFICER  
CITY OF MEDICINE HAT  
Phone: 403.529.8234  
email: [angcru@medicinehat.ca](mailto:angcru@medicinehat.ca)

### AWAY FROM MEDICINE HAT DURING THE MUNICIPAL ELECTION? LOCAL AUTHORITIES ELECTION ACT (SECTION 77.1)

Are you an elector who wants to cast your vote in the Municipal Election on October 18, 2021, but will be out of town October 9 – 18, 2021?

If this is you, you can still participate! Please contact Jessica Robinson, Deputy Returning Officer before 4:30 p.m., Monday, October 4, 2021 to make arrangements to vote using a Special (mail-in) Ballot. Ballot packages will be available for distribution at the end of September.

Jessica Robinson, Deputy Returning Officer  
Legislative Coordinator  
City of Medicine Hat  
Phone: 403.529.8382  
email: [jesrob@medicinehat.ca](mailto:jesrob@medicinehat.ca)