

HEADLINE OF THE WEEK: AP PHOTO GAME, SET, MATCH, HISTORY

Bianca Andreescu, of Canada, holds up the championship trophy after defeating Serena Williams, of the United States, in the women's singles final of the U.S. Open tennis championships on Sept. 7 in New York. This is the first time a Canadian has won a Grand Slam singles title.

MEDICINE HAT NEWS





SMILES OF THE WEEK BROUGHT TO YOU BY:





ERICA @fairydva

amazon: we shipped your package! it should deliver by 8pm tomorrow!

me, nose pressed against the door, fogging the glass as i breathe: **pakidge**

ALEC @alecrl

Today I had 800 mg of caffeine, exercised for 2 hours, ate literally 80 pizza rolls, and did a facemask. The line between self care and self destruction is a fine one but god do I walk it hard brother

EVELYN @evelynnleee

This customer walked in 10 SECONDS before we CLOSED and she had the audacity to yell "yay i made it" You made what? Made me mad?

TICKEDOFF TICKEDoff

TICKED OFF

Another small dog left fighting for his life, another example of how all dogs, large and small, get along and the crazy owners worry about nothing. Let's end off-leash on public trails and in parks before more attacks happen.

TICKED OFF

That a valley was taken from three happy horses for nothing. It's hardly ever used and the horses are sadly missed by many. Redcliff council and mayor need to lose their spots as well.

TICKED OFF

Leave your dogs at home or muzzle their barking if you bring them along camping.

TICKED OFF

It's come to a time that people should be honest. The majority of people lie when asked if they are racist. The truth is coming out more all the time.

TICKED OFF

I can not wait to put a check mark besides Bernier's name. It would be so nice to have a politician actually concerned about Canadians.

TICKED OFF

Crescent Heights is the forgotten part of the city. We pay taxes but I see no beautification of areas by the city. I am getting disgusted by the way we are treated.

TICKLED PINK

Kudos to the city and its workers for the wonderful care given to the park area on Ross Glen/Turner Drive this summer. It looks terrific.

TICKED OFF

All grocery stores need to

TICKED OFF

Dog owners should be tested and licenced just like drivers or gun owners are. Too many ignorant people with furry weapons.

TICKED OFF

That someone decided it would be a good ideal to close pools in the city during the summer when the kids are out of school and families are visiting the city. Oh, sorry, I forgot this was Medicine Hat for a minute, where thoughtful decisions are hard to come by.

TICKED OFF

Where are the jobs that the UCP tax cuts were going to create? The NDP would have done the same, without the endless studies and the cutbacks and funding cancellations.

TICKED OFF

We need an independent financial audit as this city is squandering our tax dollars and no one is held accountable.

TICKLED PINK

It'd be fun to know if the crank complaining about pickleball has ever tried it, or even plays any sport at all.

TICKED OFF

I'm disappointed at cat owners who think it's OK for their cat to run free. According to Medicine Hat Bylaw, "Any dog or cat that is off of its own private property is required to be leashed at all times." There is no such thing as an "outdoor cat" in Medicine Hat."

TICKLED PINK

That the extreme Wildrose element of the UCP is showing their true intolerant colours in this feature and proving how merging them with the



Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

SOLUTION ON Page 12

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



teach staff how to properly pack groceries. If customers brought their own bags such as a cooler bag it is pretty obvious that any foods that need to be in a fridge should go in the cooler bag.

TICKED OFF

The prime minister lives by the motto that once you can fake sincerity, you've got it made. Sadly, he has one third of the country fooled.

TICKED OFF

Crescent Heights urgently needs signs that read "NO speeding in residential zones." There are 50 to 100 cars per hour from 9:30 a.m. to 10:30 pm going 40-50 km/h. Ridiculous!

TICKED OFF

If you always do what you've always done, you will always be where you've always been. Instead of always worrying about the little guy perhaps our society would be better served if our people hired to serve and protect actually served and protected the people.

TICKLED PINK

When the city installs pedestrian lights at the crosswalk at Parkview Drive and Police Point Drive, just like there are at the corner of 12 Street NE and Parkview Drive. Please! centrist PC Party just to win was a mistake.

TICKED OFF

We have leaders pushing for war rooms, seclusion rooms and panels that are stacked against Alberta voters who pay his salary.

TICKED OFF

There is no emerging left lane for Highway 41N traffic coming onto Highway No. 1 heading east. They are at the weigh scales. Dunmore speed should start at 80 km/h or lower east of Highway 41N intersection.

TICKED OFF

How dare Mr. Scheer have a personal opinion? In the meantime we have a prime minister that flits around the world in a jet and preaches to anyone that will listen and all Canadians that we have to reduce our carbon emissions.

TICKED OFF

Referring to an article in the News on August 30, regarding "two teenagers" vandalizing in the Ross Glen area. Since when is an 18 year old protected under The Youth Criminal Justice Act?



SPEAK YOUR MIND!

Phone: 403-528-5682 EMAIL: ticked@medicinehatnews.com





The Medicine Hat Police Service would like to remind you that:

Please remember that children are back in school and school zones are once again in effect. For the safety of our children, please be extra cautions when going through these areas.



SUMMER TRIPS BRANSON FRIESS

If you would like to submit a Photo of the Week, please email it to seven@medicinehatnews.com, along with the photographer's name.





RENDING





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Grandmothers raising a grandchild should not neglect their own health



By Mary Lou McCrodan General Manager, The Wellington Retirement Residence

Sunday, September 8th was National Grandparents Day. This special day was officially adopted in Canada in 1995 to acknowledge the "importance of grandparents to the structure of the family and in the nurturing, upbringing and education of children. Grandparents play a critical role in strengthening the family".

Precautionary health measures are critical for the well-being of women over 50. Add the responsibility of providing care for a grandchild, and these preventive examinations become even more important. Yet, grandmothers in the first two years of caring for a grandchild take fewer preventive measures to protect their health compared to grandmothers the same age not raising children, according to a recent USC Davis School of Gerontology study. Given that this group (that has nearly doubled in the past 30 years) is already at risk because of their age and vulnerability to chronic conditions, poor preventive behavior might cause a decline in health over time.

The study indicates that grandmothers in the early stages of caring for a grandchild were significantly less likely than grandmothers not raising grandchildren, to undergo

once a health burden becomes a potential health benefit. Caregiving grandmothers became increasingly health conscious once they made the transition to full-time care, becoming more likely than those not raising grandchildren to adopt preventative health measures.Long-term grandchild caregivers seem particularly motivated to maintain a healthy lifestyle, in order to be prepared to provide care for the child in the future.The study included more than 5,200 grandmothers between the ages of 50 and 75 split into those who had cared for a grandchild for more than two years, two years or less, and those who did not care for a grandchild. (Article adapted from original press release.)

At The Wellington, we recognize that everyone is a grandchild and many have been caregivers for their grandchildren.

We often see some of our grandparents and great

grandparents babysitting for brief periods of time and the love and caring that is exhibited is truly heartwarming.

The Wellington celebrated our grand and great grandparents with a Strawberry Shortcake afternoon tea and a scrumptious dinner on September 8th, with many family members on hand to help make this day special.

Our reputation for unsurpassed care and compassion has been enhanced by the levels of care that we provide. The Wellington combines luxury retirement suites with a graduated range of services designed to encourage independence with supportive living services, including meals, housekeeping, laundry, as well as providing peace of mind for residents and their families.

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NOTE: For trips over \$1000.00 a \$200.00 non refundable deposit at time of booking will apply. Insurance available for trip cancellation refund.

flu vaccination, a cholesterol screening or a Pap test.

After two years of caring for a grandchild, what was

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Active Aging Week - Redefining Active -September 23-27, 2019

The theme for Active Aging Week 2019 is "Redefining Active" because active aging is about so much more than just exercise. It's about broader engagement physically, socially, cognitively, spiritually, professionally and civically. Active aging is about engaging with others and trying new things, volunteering, mentoring, pursuing further professional development, travelling, maintaining an active spiritual/religious life, and leading a healthy lifestyle with good nutrition, exercise, mindfulness and other forms of stress-management.

Monday, September 23 - 1:30 pm

Seniors Advocate, Dr. Sheree Kwong See will be at the Veiner Centre on Monday September 23 at 1:30pm to present on what the role of their office and what they have accomplished in the three years the position has been around. If you would like to learn more about the role of the Seniors Advocate in Alberta, please join us.

Tuesday, September 24 - 10:00 am

The Medicine Hat Public Library will be visiting the Veiner Centre for a morning of technology discovery. Drop-in from 10 am to Noon to try virtual reality for the first (or fifth) time, play with robots, and discover other ways to play with (and not be afraid of) technology. 10:00 am - 12:00 pm

We are so excited to be offering a new activity at the Veiner Centre. The Book Ends Book Club! Information following.

Wednesday, September 25 - 10:00 am

Please join us for a rock hunt! The rock hunting craze is taking over local parks and trails in Medicine Hat and beyond. Come learn about this fun and low cost/free activity and participate in a walk along the river searching for hidden painted rocks. This is an all ages activity, so feel free to bring your Learn about Stroke, Parkinsons, Alzheimers, Eye Conditions, Prostate Cancer and Diabetes in this informative session.

Register by calling 403-529-8307

Drop In Life-long Learning Series - September 25, 10:00am - Resilience

What is resilience? And what does it look like in older adults? These questions will be explored in our September Drop-In Life Long Learning Series (DILLS) with Medicine Hat Family Service. The discussion will also include how to build further resilience within oneself as a person continues to go through life's challenges. Come join us! Register by calling 403-529-8307.

The Penpal Project

Seeking seniors who would be interested in being matched with an elementary-aged student for a penpal writing project for the months of September - June.

Time commitment is writing ONE letter per month to your student penpal. In return you will receive one letter per month from your match.

The early years are an important time of development for children. Developing positive relationships with adults is shown to have a positive impact. Help make a difference in a child's life by donating your time to this project. For more information or to signup please contact Lindsay Poloni at 403-548-0533 or email linpol@medicinehat.ca

IMPORTANT INFORMATION!

Due to the closure of the Strathcona Centre for renovations from September 2 to December 2, we have had to move some of our programming.

- Pickle Ball will be held Tuesday, Wednesday and Thursday in the FLC from 2:00 pm to 4:30 pm
- Table Tennis will be held Monday, Tuesday and Wednesday in the Studio Theatre of the Esplanade from 10:00 am to 1:00 pm

VEINER CENTRE

Cafeteria Menu September 2018

Members: \$10.00 Non-Members: \$12.50 All Combo Meals Include: Soup of the Day & Bun Dessert Coffee/Tea

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 STAT HOLIDAY CLOSED	4♥Heart Smart Recipes BAKED COD & TOMATO SAUCE	5 PORK CUTLET & PEPPER SAUCE	6♥Heart Smart Recipes ROAST CHICKEN	7 HAMBURGER CASSEROLE	8
9	10♥Heart Smart Recipes PORK CHOP & MUSHROOM SAUCE	11 SPAGHETTI MEATBALLS & GARLIC TOAST	12 CHICKEN CASSEROLE & BISCUITS	13 ♥Heart Smart Recipes HAM STEAK HAWAIIAN STYLE	14♥Heart Smart Recipes GRILLED CHICKEN & ZIGEUNER SAUCE	15
16	17 CHICKEN KIEV	18♥Heart Smart Recipes BAKED SALMON & HOLLANDAISE SAUCE	19 FARMER SAUSAGE PEROGIES & SAUERKRAUT	20 CHICKEN POT PIE	21 BEEF & VEGETABLE STEW BISCUITS	22
23	24 ROAST BEEF & YORKSHIRE PUDDING	25♥ Heart Smart Recipes FISH & CHIPS with COLESLAW	26 SALISBURY STEAK & PEPPER SAUCE	27 FRIED CHICKEN & BISCUITS	28 VEAL CUTLET & ONION GRAVY	29
30		Sept	em	ber		

ALL OF THE FITNESS CLASSES ARE ON SALE NOW AND WILL BE HELD IN THE VEINER CENTRE:

MEALS FOR MEN

Are you a gentleman who lives

grandchild(ren).

Thursday, September 26 - 11:30 am

Join us for a healthy Mediterranean Meal at the Bistro. Opa!

WELLNESS WEDNESDAYS IN SEPTEMBER

Supportive Counseling Services -September 11, 9:00 am - 12:00 pm

Medicine Hat Family Service (MHFS) counseling professionals are pleased to offer in-person consultations on stress management, family issues or health and age-related losses. Call 403-529-8307 to book a free 1 hour appointment, in our newly renovated private office in the Veiner Centre.

Wellness Wednesday Presentation -September 28, 10:00 am

Join a variety of experts as they discuss:

Chronic Conditions that Affect Older Adults



Covenant Health St. Joseph's Home

 Bocci will be held Wednesdays on the second floor Lobby of the Esplanade from 9:30 am to 11:00 am



Calling all book lovers!! Do you enjoy reading? Do you long for lively discussion? Do you want to meet new people? This is an opportunity for you!

We will be starting a new book club that will meet once a month at the Veiner Centre to discuss a new book. In partnership with the Medicine Hat Public Library we will choose from a variety of Book Club Kits and read books from a variety of authors that will include an assortment of topics.

Our first Book Club Meeting will be during Active Aging and Wellness Week on Tuesday September 24th at 7pm. If you are interested in joining or would like more information, please phone the Veiner Centre main line at 403-529-8307.

- Monday Solid Gold Dance (Monday 12:00-1:00 pm) - \$13
- Mind Body Works (Monday 2:00-3:00 pm) - \$33
- Fun & Fitness (Tuesdays and Thursdays 9:30-10:30 am) - \$26
- Silver Steps Line Dancin' (Tuesday 1:00-2:00 pm) - \$25
- Yoga Gold/Chair Yoga (Wednesday 1:00-2:00 pm) - \$25
- Hatha Yoga (Thursday 1:00-2:00 pm) - \$37
- Friday Solid Gold Dance (Friday 9:00-10:00 am) - \$15
- FUNctional Fitness (Friday 12:00-1:00 pm) - \$18

We hope to make this a smooth transition for our members.

alone:

If so, you are invited to a special event on Wednesday, September 18 from 5:00 - 7:00 pm at Meadowlands.

Attendees will make a meal to enjoy together and 4 more to take home. This month's menu is Chicken and Stuffing Casserole. Cost is \$25 per person.

Registration required. To register please phone Mariah at 403-548-8383



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SEPT. 11-14

Pride Week, see Project Rainbow on Facebook for details

SEPT. 11

Market in the Park, Stampede grounds, 4-8 p.m.

Hat Art Club Membership Night, Cultural Centre, 5-8 p.m.

SEPT. 12-13

Used Clothing Sale, St. Patrick's Church Hall, 9:30 a.m.-7 p.m.

SEPT. 12

Pride movie "Book Smart," MH Public Library, 6:30 p.m.

Stitching in the Evening, MH Public Library, 7-9 p.m.

SEPT. 13-14

Medicine Hat Polka Fest, Harmony Hall in Redcliff, music by Country Squires and Leon Ochs, 403-529-2496 for tickets and more information

SEPT. 14

Medicine Hat News Santa Claus Fund TOY RUN, Irvine Hotel, starts at 8 a.m.

Farmers' Market, Stampede grounds, 9 a.m.-1 p.m.

Used Clothing Sale, St. Patrick's Church Hall, 9:30 a.m.-2 p.m.

Back to School Book Sale, MH Public Library, 10 a.m.-8 p.m.



Le Club Franco, MH Public Library, 10 a.m.-noon

Rattlers soccer vs. CMU, MHC, women noon/men 2 p.m. (exhibition)

Rock, Paper, Scissors, Stampede auditorium, registration at 1 p.m., Grades 1-6

El Club de Los Sabados, MH Public Library, 1-3 p.m.

Movie "The Secret Life of Pets 2," MH Public Library, 2 p.m.

Uncommon in the Commons: Non Colonial Public Art, Esplanade, 8 p.m.

SEPT. 15

LEGO at the Library, MH Public Library, 2-4 p.m., all children must be accompanied by an adult

Until Sept. 21 – From the Vaults, Esplanade

Until Sept. 23 – This Perfect Day, Medalta

Until Oct. 12 – MHC's Visual Communications Faculty, Esplanade

Until Oct. 12 – Sarindar Dahliwal, Esplanade



Photo 1: PHOTO COLLIN GALLANT – Mayor Ted Clugston, with saw, cuts the ceremonial two-by-four to open the 2019 Parade of Homes in Medicine Hat on Sept. 4, with the assistance of (from left) Joel Bosch, of Bosch Built Homes, organizer Garry Ruff and Dave Mulder, the president of the local chapter of the Canadian Homebuilders Association.

Photo 2: PHOTO SEAN ROONEY – The rebuild has begun for Medicine Hat College's soccer teams, and the level of excitement may only be matched by a sense of relief. With new head coach Robert Cavicchia guiding both men's and women's programs – plus the local minor soccer association – the Rattlers have a lot of fresh faces. On Sept. 4, Raouf Mohamed (left) is chased by Mason Antler during a Rattlers men's soccer practice at Medicine Hat College.

Photo 3: PHOTO COLLIN GALLANT – Ken Sauer took occasion at the Sept. 3 city council meeting to announce

that a formal bid for Medicine Hat to host the 2022 Special Olympics Canada Summer Games had been submitted and that representatives would be here early next week for discussions and an evaluation of the plan. "Our reputation has preceeded us," Sauer told council members after giving a presentation on the Alberta 55-Plus summer games that were held here in July. "This will be our chance to show all of Canada what we can do." The successful host city is expected to be announced later this month.

Photo 4: PHOTO RYAN MCCRACKEN – Hat High Mohawks running back Piercen Meier tries to shake off a McCoy Colt during a Rangeland Football Conference game at the Methanex Bowl on Sept. 6. The Mohawks won 51-6.

Photo 5: Ryleigh Baumgarten from the Saddles and Spurs Light Horse 4-H Club carries the Canadian flag during Grand Entry for the 34th Annual 20-Mile Irvine Rodeo on Sept. 1.

Send in your photos to seven@medicinehatnews.com

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Get creative with apples this fall

Autumn is apple-picking season, and many farmers markers, grocery stores and even roadside apple stands are chock-full of delicious apples this time of year. That makes fall the perfect time to whip up some apple-inspired foods. This recipe for "Elsie's Stewed Apples" from Laurey Masterton's "The Fresh Honey Cookbook" (Storey) requires a tad more effort than traditional applesauce recipes, but the extra work is well worth it in the end. When shopping for apples in advance of preparing this recipe, avoid apples that have a mealy texture as well as those that are overly sweet.

Elsie's Stewed Apples Serves 6 to 8

- 2 to 3 tablespoons unsalted butter
- 2 pounds apples, peeled, cored and cut into thick slices
- cup honey, preferably sage honey 1/2
- cup white wine 1/2 Zest of 1 lemon Juice of 1 lemon Fresh sage sprigs for garnish

1. Melt the butter in a large skillet over medium heat. Add the apples, turn the heat to high and sauté until they begin to brown on the edges, about 5 minutes. If some are getting too well done, remove them and place on a plate while the rest continue to cook, then return them to the skillet when all are done.

2. Reduce the heat to low and add the honey, wine, lemon zest, lemon juice, and 1/2 cup water. Cover and allow to cook until the apples are tender but still firm; you don't want them to turn into applesauce.

3. Serve this in a bowl, tuck in a couple sprigs of fresh sage from your garden, and tell your guests all about sage honey.



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Sporting Goods 0190

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lady: I am a Christi-an senior man looking for a lady to share some time and activities with. I am a widower with several grown chil-dren and am finan-cially secure. The lady I am looking for should be no taller than 5' 6" and less than 160 lbs and enjoy motorcycles, dogs, cruises and winters in Arizona. If 2003 TRAIL LITE. ft Trailer stove/oven. 2 way fridge, A/C, new awning, new tankyou are interested please call me and l'Il give you more de-tail. My name is Robert and my phone number is (403)529-6271. wait hot water heater, walk around front bed, excellent cond. \$8000 obo 403-866-5612 ing for your call.





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All ads buy one week get one week FREE and will be rolled over into the Medicine Hat News Classifieds on Wednesdays for FREE!

Deadline to Advertise is Thursday by 3pm.





SEPT.11 SOLUTION											
6	2	5	8	3	9	4	7	1			
3	9	4	1	6	7	5	2	8			
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