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VOL. 4 - ISSUE 26

Proud to be your newspaper serving Whitecourt and our surrounding communities

Tuesday, July 7, 2015

Slip Slidin' Away into Canada Day



Photo by Serena Lapointe Photography

Whitecourt enjoyed an event-filled Canada Day with a host of activities which included a parade, pancake breakfast, volleyball and crib tournaments, entertainment, fireworks, and more. See page 25 for more photos and information.

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Vote for Terry Hogan



To be your Conservative Party candidate for the new federal electoral district of

Peace River - Westlock

July 8th 6-9pm

At the Royal Canadian Legion in Whitecourt
4928 51 Avenue Whitecourt

All members of the Conservative Party of Canada who live in the riding are invited to attend and vote.

Doors will open at 5pm, with candidate speeches at 5:30pm

Voting will take place from 6 till 9pm.

For more information, go to www.terryhogan.ca or call (780)625-2507

Paid for by the nomination campaign for Terry Hogan.

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Rotary Park, the place to be



Splash park at Rotary Park.



Photos & text by Serena Lapointe Photography

Play structure at Rotary Park.

There's no better way to beat the heat this summer than playing in the cool waters of Rotary's splash park or enjoying the river

slides. There's plenty of fun to be had on dry land, too, with Rotary's play structure, fishing pond, and off-leash dog park.

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We have so much going on in July, we have several specials.



How I see it

Last week's Canada Day events in Whitecourt provided fun for the whole family. Adults, youth, and children enjoyed a range of activities that engaged our close-knit community. The mid-week holiday was a nice way to break up the workweek.

Canada is very young compared to most of the countries in the world, but did you know that Whitecourt's roots date back to just 30 years after the formation of Canada? Whitecourt can trace its history back to when the region was a trading post set up by the Hudson's Bay Company. The northern, riverside location of Whitecourt continued to play a large role in Alberta's history and growth continues today.

We had much to celebrate on the 1st including the importance of Whitecourt in Canada's history.

Have a wonderful week everyone!

Valerie Winger
Owner/Publisher

For current gas prices go to gasbuddy.com



NDP seeking advice

Dear Editor,
What a breath of fresh air. Our new NDP government is seeking advice from outside sources. The CEO of the Treasury Branches will head up a task force to look into royalty rates. Here's some advice: Look at the Stelmach review. He had former oil company CEO's on his panel. They know the inside of oil company workings! His biggest mistake was caving in to big oil.
On the same token, Norway's oil minister is offering the feds advice. Note to Notley, take it! If Klein had, we might have a \$trillion in our Heritage Trust Fun-, too.
Some more advice: Pay little attention to the fear mongerers. They

fear change and have entitled attitudes. We just had 40 years of that! They said the non-smoking laws would destroy their businesses. Now they say higher minimum wages will. Wait a minute; I thought they were already out of business from the non-smoking law! This won't hurt them, either. Maybe help them and us a bit by making tips illegal, too. It's a stupid idea anyway. This helped turn New Zealand's near bankrupt economy around. In 1999, their minimum wage was \$10/hr. It is also working elsewhere.
It's too late to change now but to stop some of the carnage on our major highways, make them one-ways like city streets. One road allow-

ance going one way, the next going the other. This should be done for #63. And, make it a three plus three lane while you are at it.
I know you are moving faster than the speed of light compared to what the PCs did, but you do need to move on the gouging at the gas pumps!
And, on health care: make all doctors learn about holistic medicine. All pharmaceuticals are based on them anyway. And when we do need pharmaceuticals, work with the other provinces and buy them off-shore for pennies on the dollar. And, make the doctors re-take the Hippocratic Oath and live/doctor by it!
Eugene Eklund
Whitecourt, AB


Alberta Samboree June 17 to 21, 2015 - Whitecourt

Dear Editor,
It is with great pride that we could showcase your beautiful county and town to 350 guests and visitors from across western Canada. Your hospitality, warmth, and willingness to participate in our event left

many of our members requesting we return again.
On behalf of our local chapter, the Whitecourt Wanderers, our organizing committee and our association in the Provincial of Alberta would like to take this oppor-

tunity to say a special thank you to all the local businesses and sponsors for their contributions and donations to a wonderful event.
Sam Frame,
Provincial Director
Alberta Provincial Good Sam Association

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CALL FOR TENDER ZONE 01-15 FIRESMART PROJECT

The Town of Whitecourt, with funding support from Alberta Environmental and Sustainable Resource Development (AESRD) FireSmart Community Grant Program, is treating a 10.0 hectare section of Crown land per FireSmart principles and practices.

Startup is required by September 1, 2015, and completion is to be no later than December 30, 2015.

A field visit by interested proponents is strongly recommended.

There are two components to this project:

1. Project Management:

The successful candidate must manage the project and work with the Town of Whitecourt throughout the planning, implementation, and completion of the project. The contractor must be, or provide, a Forestry Professional registered in Alberta (Registered Professional Forest Technologist - RPFT; or Registered Professional Forester - RPF). Project Management duties include:

- Developing the overall treatment plan for presentation and approval by AESRD and the Whitecourt Fire Department prior to commencement of treatment work.
- Preparing a Safety Plan and act as the primary contractor to meet all Occupational Health & Safety (OHS) requirements.
- Obtaining required access approvals and permits.
- Completing all necessary reporting documents, including grant reporting per requirements outlined by AESRD FireSmart and the Whitecourt Fire Department.

2. FireSmart Treatment:

It is the intent of the project to provide treatment as per FireSmart principles and practices to include:

- Removal and disposal of dead standing trees.
- Removal and disposal of downed woody material that would act as ladder fuel.
- Pruning the first two metres of branches on tree trunks.
- Removal and disposal of pruned branches.
- Thin understory to three metre spacing.
- Removal and disposal of understory thinning.
- Tops, branches, and logs too small for firewood will be mulched.
- Wood suitable for firewood can be staged at the Whitecourt & Woodlands County Winter Recreation Park, in lengths no longer than 18 inches.

A complete project Bid Package and details can be viewed online at www.whitecourt.ca or Alberta Purchasing Connection (APC), or at Town Office.

SEALED TENDERS, marked "Zone 01-15 FireSmart Project" will be accepted until 1:00 p.m. on Thursday, July 30, 2015 at:

Town of Whitecourt
Box 509, 5004 52nd Avenue, Whitecourt AB T7S 1N6

The lowest or any tender will not necessarily be accepted.

VITALIZATION GRANT PROGRAM

The Vitalization Grant Program offers businesses located in the downtown core and along the Highway 43 corridor up to \$10,000 to enhance the exterior appearance of their business/property to match the newly adopted architectural wood/stone theme.

The wood/stone theme was adopted in the Whitecourt Vitalization Plan which will act as a guide for our community over the next several years to revitalize downtown and beautify the Highway 43 corridor.

The Program's objective is to:

- Assist local businesses located in the downtown core and along Highway 43 to enhance the exterior appearance of their building to meet the architectural theme.
- Enhance the quality of life and well-being for the residents of Whitecourt by increasing the aesthetic appeal of the Highway 43 corridor and downtown core.
- To enhance the pride and profile of the Town of Whitecourt for both residents and visitors alike.

Information on project qualifications and guidelines, as well as application forms can be obtained from www.whitecourt.ca. Applications will be accepted until **4:00PM on Friday, July 10, 2015**, at the following location:

Town of Whitecourt - Planning & Development Department
Re: Vitalization Grant Program, 5004 52nd Avenue, Box 509, Whitecourt, AB T7S 1N6,
Ph: 780-778-2273, Fax: 780-778-2062, Email: planning@whitecourt.ca



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call 780-778-2273



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780-778-9330

darlenechartrand@whitecourt.ca



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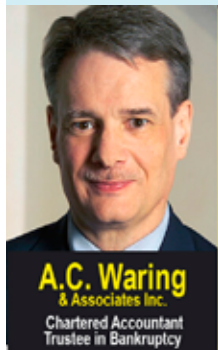
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Sundog in Whitecourt July 3

Photo by Joyce McDiarmid



Photo of the week

Photo by Serena Lapointe Photography

Got a news tip?
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CALL FOR TENDER ZONE 02-15 AND ZONE 03-15 FRIAA FIRESMART PROGRAM

The Town of Whitecourt, with funding support from the Forest Resource Improvement Association of Alberta (FRIAA), is treating the following sections of Crown land per FireSmart principles and practices:

- Zone 2: 11.08 hectares
- Zone 3: 16.11 hectares

Startup is required by September 1, 2015, and completion is to be no later than December 30, 2015.

A field visit by interested proponents is strongly recommended.

There are two components to this project:

1. Project Management:

The successful candidate must manage the project and work with the Town of Whitecourt throughout the planning, implementation, and completion of the project. The contractor must be, or provide, a Forestry Professional registered in Alberta (Registered Professional Forest Technologist - RPFT; or Registered Professional Forester - RPF). Project Management duties include:

- Developing the overall treatment plan for presentation and approval by FRIAA and the Whitecourt Fire Department prior to commencement of treatment work.
- Preparing a Safety Plan and act as the primary contractor to meet all Occupational Health & Safety (OHS) requirements.
- Obtaining required access approvals and permits.
- Completing all necessary reporting documents, including grant reporting per

requirements outlined by FRIAA and the Whitecourt Fire Department. Separate reporting is required for each zone.

2. FireSmart Treatment:

It is the intent of the project to provide treatment as per FireSmart principles and practices to include:

- Removal and disposal of dead standing trees.
- Removal and disposal of downed woody material that would act as ladder fuel.
- Pruning the first two metres of branches on tree trunks.
- Removal and disposal of pruned branches.
- Thin understory to three metre spacing.
- Removal and disposal of understory thinning.
- Tops, branches, and logs too small for firewood will be mulched.
- Wood suitable for firewood can be staged at the Whitecourt & Woodlands County Winter Recreation Park, in lengths no longer than 18 inches.

A complete project Bid Package and details can be viewed online at www.whitecourt.ca or Alberta Purchasing Connection (APC), or at Town Office.

SEALED TENDERS, marked "Zone 02-15 and Zone 03-15 FRIAA FireSmart Program" will be accepted until 1:00 p.m. on Thursday, July 30, 2015 at:

Town of Whitecourt
Box 509, 5004 52nd Avenue, Whitecourt AB T7S 1N6

The lowest or any tender will not necessarily be accepted.

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Local Whitecourt musician gaining ground with his new album

By Laura Bohnert

A local Whitecourt rapper's first album will be hitting stores this week.

T-Co (Tevin Cotton), whose popularity began to kick off when he, at 17 years old, performed a Whitecourt Canada Day show for a crowd of approximately 2,000 people, has been involved in music for as long as he can remember.

"I've been writing lyrics since I can remember, making music since I was 14, and releasing music since 16," quotes T-Co. "I've always had a passion for music of all forms and styles. I started with a Dollar Store microphone, a keyboard, and mix craft. I progressed from there to owning better equipment," explains T-Co.

The Whitecourt-born rapper has spent most of his life in Alberta. He writes all his own material, composes his own music, and uses samples. "I also worked with a producer from Vancouver (DJ Single) for one song," T-Co explains.

T-Co describes feeling a particular draw to hip hop. "Since day one, I wanted to be a vocalist," T-Co explains. "I went through my phases of different genres before hearing 'Dear Mama' by Tupac Shakur. Then hip hop had my heart."

Yet, hip hop isn't the only genre T-Co experiments with when creating his music: "I don't consider myself as just a hip hop artist," states T-Co. "That's putting your creativity in a box. On my

album I have some songs that incorporate other genre styles. Hip hop pulls from every genre nowadays, and it's made such an impact on society that it's made its way into other genres, too."

"It's about the music for me," quotes T-Co. "Being able to make music/songs that effect people's lives is a blessing. I personally feel that being able to reach out to people through music is the best part about making music."

T-Co's first solo album is set to be released on July 7. "The 'Sacrifice' is about the sacrifices you have to make in life to move ahead, whether it be for success, love, or dreams," explains T-Co. "One of the main themes in the CD is being con-

fident with yourself and not being afraid of who you are."

And, of course, T-Co attributes much of his success to the support of his fans: "I am beyond blown away by the support I am given by my fans nowadays. I owe a lot of my success to them. Without them

there is no T-Co."

T-Co and El Brenno of Blak Lite District (BLD) will be releasing a mixtape entitled 'Underrated' this summer, and BLD will soon be releasing its follow-up album to 'Hear No Evil' engineered by T-Co entitled 'See No Evil' (now in production).

Look for T-Co's new album on July 7. You can contact him on Facebook for either a hard copy or a digital download, and you can also "expect some shows to be happening in town soon," quotes T-Co. You can also enjoy a sampling of his music at www.soundcloud.com/t3v1n.



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— Humanity approaching extinction? —

By **Rechell McDonald**

A study published in the scientific journal *Science Advances*, co-authored by Paul Ehrlich, a senior fellow at the Stanford Woods Institute for the Environment, says humanity is in big trouble. In a nutshell, the research shows that extinction rates have climbed astronomically

and, although the report erred on the side of caution by under-reporting its findings, it demonstrated that, currently, species are disappearing 100 times faster than the normal rate.

The 'normal rate' is determined by the average rate that species normally disappear between mass extinction events.

It is also known as the background rate. The fundamental problem with this is that as species disappear, ecosystems change — things shift. If a predator's source of food disappears, it has the option to die or find a new food source. This shift in the food chain dynamics could decimate prey populations even

further. And, let's not forget, man is a part of the food chain. We rely on the food chain to feed ourselves, too. If too many species disappear, we just might disappear, too.

The study calls for extreme conservation efforts that must begin immediately. The window of opportunity to stop this high rate of extinction from occurring before it really does affect us is closing quickly. The study says if we do nothing, or we delay our conservation response too long, we could see a mass extinction event that wipes man from the Earth in as little as three generations (once we hit the point of no return).

Some of the most damaging human activ-

ity that is spurring these rates ever-higher include logging, land clearing for farming, introduction of invasive species, carbon emissions, climate change altering the acidity of the oceans, and toxins that are poisoning and altering existing ecosystems.

Long story short? We need to change our behaviours and change them now. We have far

exceeded the planet's carrying capacity for our species, and our activities as a species have been damaging, historically, and our current efforts to fix our past mistakes simply aren't good enough.

The study's main purpose and hope is that it will be used to educate and fuel conservation efforts now and in the immediate future.



BABY BASSINET



It's a girl: Madison Jessie Green • Born: June 29, 2015

Weight: 6 pounds 10 ounces

Parents: Penny Bridger & Chris Green

Putting a face on suicide



Timmy
Ross

Age 37

Every 40 seconds somewhere around the world someone dies by suicide, that's 99 people every 66 minutes. Every day, that's almost 100 people in the United States alone, and over 2160 worldwide. Putting a Face on Suicide (PAFOS) is a suicide awareness project that creates posters and videos to pay tribute to those we have lost to suicide with dignity and respect. PAFOS humanizes the daunting statistics; lovingly replacing numbers with faces.

Odds of a child becoming a top fashion designer: 1 in 7,000

Odds of a child being diagnosed with autism: 1 in 110

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Western 6/49
Saturday, July 04, 2015
04 16 30 41 42 44
Bonus: 10
Extra: 2100746

Western Pick 3
July 05, 2015
5 6 9
Western Extra:
July 06, 4457862

Lotto 6/49
Saturday, July 04, 2015
20 22 23 24 39 41
Bonus: 26
Extra: 2100746

Lotto MAX
Friday, July 03, 2015
01 06 30 40 46 47 49
Bonus: 37
Extra: 1282884

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Whitecourt Press welcomes readers to write letters to the editor. A maximum of 300 words is preferred but not necessary. Letters must carry a first name or two initials with surname and include an address and daytime telephone number. All letters are subject to editing. Please send letters to Whitecourt Press, Box 2395, Whitecourt, Alberta, T7S 1W3, fax to 1-866-647-4105 or email to wctpress@telus.net; or drop off letters at our office located at 4919-51 Avenue in Whitecourt.



A look at the local weather

P.O.P.
High
Low
Wind
24-Hr Rain / Snow



Tues., July 7
Mainly sunny
10%
22°C
10°C
NW 5 km/h



Wed., Jul 8
Mainly sunny
10%
30°C
11°C
SW 10 km/h



Thu., Jul 9
Mainly sunny
10%
28°C
15°C
S 10 km/h
- 5 mm



Fri., Jul 10
A few showers
60%
20°C
14°C
E 10 km/h
- 5 mm



Sat., Jul 11
Chance of a shower
40%
24°C
13°C
NW 10 km/h
- 5 mm

Garbage pickup delays temporary

By Susan Hofforth

There were a few complaints last week about late garbage pickups, but it has all been sorted out. The delays were caused by a transition to a new garbage service, and the lateness of the pickups was made worse by the heat, but all the uncollected garbage was picked up by July 3.

The previous contractor, Evergreen Ecologi-

cal Services, was bought out by GFL Environmental, so new trucks and new drivers were recently assigned to Whitecourt resulting in a few delays.

To speed up the process in the future, residents are asked to have their garbage carts on the street by 7 a.m. The carts must be one metre away from any obstacles, such as parked

vehicles, and the wheels should be against the curb. This is so the collection arm on the truck has enough space to lift the carts safely so they do not damage property, cars, or other carts. If there is not one metre of available space, the garbage cart may not be emptied.

Parking is not allowed in cul-de-sacs on collection days.



AROUND THE WORLD

Good – and bad – news never sleeps. Here's what made headlines around the world last week.



► HAWAII

Flying without fuel: The solar powered airplane, Solar Impulse2, landed in Hawaii after spending 118 consecutive hours flying over the Pacific Ocean. Pilot Andre Borschberg greeted cheering crowds in Hawaii by opening the cockpit, but he did not exit for close to an hour. After spending so much time sitting in one position, he needed time to get his legs in working order. Borschberg and his team are attempting to fly around the world without using any fuel.

► TAIWAN

A deadly mistake: In less joyful airplane news, the mystery of TransAsia Airways flight GE235 that



crashed into a river in Taiwan five months ago has now been solved. One of the engines failed and the pilot, who had failed flight simulator training less than a year earlier, mistakenly shut down the other, working engine. Sadly, 43 people lost their lives in this tragedy.

► GREECE

A huge debt is no laughing matter: The financial



crisis in Greece has led to the usual hijinks on the Internet. While their suffocating debt of \$323 billion and bank closures is nothing to laugh at, cheeky meme makers have been posting pictures showing a lighthearted look at the situation. All memes aside, however, most hope the best for the beautiful, but troubled country.

► WASHINGTON

You (should be) fired: Clueless Donald Trump

continues to offend and annoy as he pushes forward on his (misguided) political agenda. His verbal attack on illegal immigrants suggested that they are rapists and killers. Univision, NBC, and Macy's have cut ties with the tycoon, and the rest of the world wonders how long we are doomed to his awkward antics on the campaign trail.



► UNITED KINGDOM

The little princess: Sunday saw christened in what is her second public outing since her debut on the steps of the St. Mary's Hospital where she was born. The tiny tot is fourth in line to the throne, behind Princes Charles and William and her big brother George.



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The election is upon us - let the mudslinging begin!

By Laura Bohnert

The 2015 federal election is scheduled for this October and, with only a few months left to persuade the Canadian vote, we should all be fully aware of the campaigns that are being led by each party -- but are we? Or, are we far more predominantly familiar with the mud that's being slung from party leader to party leader?

These are arguably the most critical moments leading up to the polls. The pre-polling has been done, and we already know our parties are sitting neck and neck when it comes to votes. As a result, our party leaders should be pushing their campaign advertising to ensure we know which leader is running the best platform for Canada -- but are they?

It's hard to turn on the TV, listen to the radio, or surf the web without running into yet another ad put forth by our party leaders; only these ads aren't promoting the benefits of their campaigns -- they are undermining the credibility of their opposition.

Political attack ads, otherwise known as mudslinging, have been around in politics for a while. The purpose of the campaign is for political leaders to convince voters not only that their campaign is the best option, but also that all the other parties are particularly inferior. A bit of mudslinging, then, is to be expected -- but what does it say about our country's politics when the positive ads promoting the party's actual campaign values are dropped almost entirely in favour of instead providing a continuous barrage of attack ads against the oppositional parties?

Unfortunately, what this suggests might reflect more on how much politicians know about the preferences of their voters.

Politics has become more about popularity than it is about policy, and this is frighteningly problematic. This isn't Canadian Idol, after all; we're choosing the leader who will best carry our country out of the economic slump it's been stuck in. But, still, Canadians are more concerned about the image of its political leaders than the policies on which they are basing their platforms. It can

take years for a political leader to build up a reputation and image that is intricately connected to values, policies, and promises, and it only takes one 30-second attack ad to tear it apart -- and once that happens, policies don't matter anymore, no matter how important or beneficial they would have been.

Of course, this poses another problem for the political leaders who are trying to keep afloat

in the slaughter: attack ads are expensive. Ultimately, the party with the most funding (read, the party that is deepest into the pockets of the wealthy) is the party that can pull out the win simply by throwing the most slander at its opposition.

If this is the case then I think we, at least, need to level the playing field a bit. Instead of running all these expensive campaigns and attack ads and putting so much ef-

fort into basing a platform on policies no one pays attention to anyway, why not turn our election process into the popularity demonstration everyone wants? Let's turn it into a reality TV series. We can call it 'Who's Going to Run Canada Anyway?' Maybe then

all the publicity-seeking and mudslinging could exploit and ridicule itself enough to turn an entertainment profit that could boost the Canadian economy. We wouldn't be choosing our leaders based on very good principles but, at least, we'd be being honest about it.



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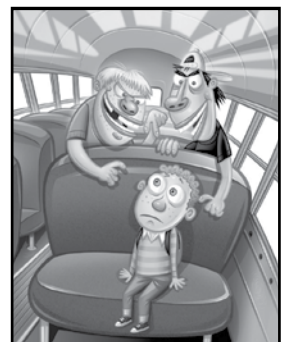
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What's happening

Mondays:

- Whitecourt AA - Monday at St. James Lutheran at 8:00 p.m.
- Whitecourt District AG Society - Directors meet at Westward community center on the 3rd Monday of each month at 7 p.m.

Monday & Wednesday

- Whitecourt Co-Ed Volleyball League 8pm - 10pm at Percy Baxter School for the season or drop in - adults only.

Tuesdays:

- My Baby & Me Reading Program, 10:30 a.m. at the Library. To sign up or for info ask for Helen Midgley, Library Assistant
- My Storytime @ the Library on Tuesdays @ 2 pm.

- Seniors Circle community bingo for everyone. Doors open at 6 p.m.

Second Tuesday of month:

- Oil Wives of Whitecourt meeting. Call Marlene 780-778-4242.

Third Tuesday of the month:

- Whitecourt Lions Club Reg. Meetings are 1st Wednesday of the month at 7:30 pm. For more info call Ray at 780-778-4665 or Gerald at 780-778-3258.

- Whitecourt Community Choir. 7:30 p.m. at Whitecourt United Church. All skill levels. Adults 16 and over.

Wednesday:

- My Storytime @ the Library on Wednesday @ 10:30 am.
- Whitecourt AA - at St. James Lutheran at 8:00 p.m.

- Whitecourt Fish and Game Assn. - Regular meetings run the 1st Wednesday of every month at Forestry Training Centre in Whitecourt.

Every 2nd Wednesday:

- Society of Whitecourt Arts Council 7 p.m. at ECHO Society Meeting Room. Contact Viviane at 780-706-0196.

Thursdays:

- Taking Off Pounds Sensibly (TOPS) 9:00 a.m., United Church.

Friday:

- Whitecourt AA - at St. James Lutheran at 8:00 p.m.

Sunday:

- Narcotics Anonymous at St. James Lutheran at 8:00 p.m. Ph. 780-779-7120 for further information.

Church Services

St. Joseph Roman Catholic Church
Time: 9:00 a.m.

St. Patrick's Anglican Church
10:30 a.m. Sunday

Family Worship Centre
Time: 10:30 a.m.

United Church
Hymm Sing 10:20 a.m. • Worship Time 10:30 a.m.

St. James Lutheran Church
Time: 11:00 a.m.

Whitecourt Baptist Church
Time: 10:00 a.m.

Skyview Alliance Church
Time: 10:30 a.m.

7th Day Adventist
(Church is held at St. Patrick's Anglican)
Saturday's at 10:00 a.m.

Hilltop Community Church
32 Whitecourt Avenue
Time: 10:30 a.m.

— My motorcycle lights are not flashing —

It's important to share the road with motorcyclists.

"Drivers play a large role in motorcycle safety. On a motorcycle, a rider is vulnerable. Be aware of motorcyclists on the road and give them the space they need. Motorcycle riders need to concentrate on the road and make sure other drivers see them," says Alberta Transportation¹. "Over five years, 3,415 motorcycles were involved in casualty collisions. These collisions resulted in 155 deaths and 3,548 injuries." Alberta Transportation cautions riders to stay out of blind spots. The Transportation office urges motorists to look twice for motorcycles at intersections and

while changing lanes.

Mike Morin, a local motorcycle rider, knows what it's like to share the road with vehicles, and the importance of being noticed. He explains a key safety feature of his motorcycle.

"My motorcycle lights are not flashing," says Morin. "They are modulating. You may have noticed motorcycle headlights modulating. We are not being show offs or want to be annoying. We are simply trying to be noticed. Many times when a motor vehicle collides with a motorcycle, the driver says 'I never saw him'."

The modulating lights are legal. Morin explains, "In the United States, Federal Motor

Vehicle Safety Standard 108, which regulates all automotive lighting devices and systems, permits motorcycle headlamp modulation systems provided they comply with the perfor-

mance, operation, and durability requirements contained in Canada's analogous regulation. Canada Motor Vehicle Safety Standard 108 likewise permits headlamp modulators that

meet the same technical requirements as those in force in the USA."

The modulating lights protect everyone on the road. "Since 1978, motorcycles in Canada and the United States have

been wired to operate the low-beam headlamp whenever the engine is running. This is not required by any federal regulation but rather is a matter of voluntary industry policy. However, as increasing numbers of vehicles are equipped with daytime running lights, a daytime-illuminated motorcycle headlamp may no longer provide a significant benefit, therefore, the choice of modulating headlights."

Summer is a great time to be out on the road and motorcyclists know this warm season is a short one. Let's all share the road so everyone can enjoy their summer and get home safely.



1. <http://www.saferoads.com/>

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How to protect yourself from accidental fire

(NC) According to Fire Prevention Canada, on average eight Canadians die from fire every week despite the fact that fewer fire losses are reported in Canada. The non-profit organization has put together the following key fire safety tips to help Canadians protect themselves from such tragedy.

1 Prevent cooking accidents

Taking precautions to prevent cooking fires

will significantly help protect your family and home against fire. Cooking related fires are the number one cause of home fires in Canada, resulting in many deaths and hundreds of injuries each year according to Fire Prevention Canada. Don't leave cooking appliances unattended when in use and be very cautious when cooking with oil. All cooking fires are preventable, so remember to select the

proper heat for the food being prepared and keep your stove top clean and clear at all times.

2 Prevent smoking accidents

Smoking is another significant source of home fires. In fact, Fire Prevention Canada states that careless smoking is the leading cause of home fire deaths. A smoker falling asleep in an upholstered chair or bed is the most common occurrence. Never

smoke or allow someone to smoke when they are under the influence of medication, alcohol or drugs.

3 Get a monitored smoke detector

Lastly, having a monitored smoke detector will alert you to the presence of fire and smoke, giving you crucial notification to escape if needed. Smoke alarms are the first line of defense against a deadly fire, asserts Fire Preven-

tion Canada. The sound of a smoke alarm is your warning to leave the building. By developing a fire escape plan and practicing it often, you will be prepared to react correctly if a fire strikes.

It's crucial however to ensure that your smoke detector is functional. According to Patrice De Luca, V.P. of Customer Care for ADT Canada, 41 per cent of residential fires where the smoke alarm did not operate, the problem was due to the battery.

"Smoke detectors can save lives, especially if they're connected to an ADT monitoring centre, because when the alarm sounds in your home, our monitoring centre is immediately notified," he explained.

Monitored smoke detectors, from Protectron's line of products, also eliminate the worry of having to remember to replace the batteries. More information on fire prevention is available at www.fipreca.ca and www.protectron.com.

Is your home burglar proof for back to school?

(NC) Burglary can leave families feeling vulnerable and violated. According to security experts, by far, the most common threat to our home while we are back at work and school is burglary.

Patrice De Luca, V.P. of Customer Care for ADT Canada says the first step in burglary prevention is gaining an understanding of who commits these crimes and why.

"The majority of home and apartment burglaries occur during the daytime when most people are away at work or at school," De Luca explained. "Burglaries also occur at night when there

are obvious signs that residents are away."

Most home burglars are young males looking for things that are small, expensive, and can easily be converted to cash. Items like cash, jewelry, guns, watches, laptop computers, and other small electronic devices are high on the list. Quick cash is needed for living expenses and drugs. Although home burglaries may seem random in occurrence, they actually involve a careful selection process.

"This selection process is simple," De Luca added. "They choose an unoccupied home with the easiest access, the greatest

amount of cover, and with the best escape routes."

What follows is a list of suggestions from ADT, providing Protectron's line of products, to minimize your risk by making your home unattractive to potential burglars.

- The first step, according to De Luca, is to "harden the target" or make your home more difficult to enter. "Remember burglars will simply bypass



your home if it requires too much effort or requires more skill and tools than they possess," he says. Most burglars enter via the front, back, or garage doors. Burglars know to look inside your car for keys and other valuables so keep it locked, even inside your garage. Use high quality Grade-1 or Grade-2 locks on exterior doors to resist twisting, prying, and lock-picking attempts.

- When on a long-term business trip, leave a car in your driveway or arrange for a neighbor to keep a car there and move it around from time to time. Have someone mow your lawn, rake leaves, or

shovel snow and pick up your mail while you're away.

- Home security systems play a crucial role in a home security plan and are very effective, if used properly, especially when monitored 24-7 by ULC-listed monitoring centres. De Luca cautions that home security systems need to be properly installed and maintained to be most effective. He recommends your home security system include a loud inside alarm, detectors at all exterior doors, and motion sensors in the master bedroom and main living areas.

- For ultimate control and peace of mind while

you're at work, he recommends you look into the new fully interactive wireless security systems where you can arm and disarm your alarm, lock or unlock your front door, control lights and your home's thermostat at the touch of your smartphone. You can even include interior and exterior cameras with interactive surveillance that enables parents to receive alerts to view the comings and goings of their children from school or cleaning staff in video or image format on their work computer or smartphone. More information on home security is available at www.protectron.com.

Goldilocks reveals the secret to health!

By Verna Ellis, Health Solutions

Continued from last week

Fine tuning takes patience. It takes being alert and aware. Most of all, it takes cherishing that sense of peace. We must have faith that the peace of health exists, and we must be willing to do all that it takes to achieve it.

And we must be unwilling to seek that peace by artificial means. Street drugs appeal to us because they mimic that sense of peace. Medical drugs appeal to us for the same reason. So does the pursuit of pleasure for

its own sake. These are instruments of the illusion of peace, but if we use them long term, they don't achieve peace; they cause it to go away.

There is, in short, no substitute for Baby Bear's porridge. Or, more particularly, there is no substitute for the balance between extremes that Baby Bear's porridge symbolically represents. In most instances, healing "diseases" is simply a matter of fine tuning the circumstances of our existence until health spontaneously appears.

This is contextual healing – the point of Goldilocks' insightful research, and the most ignored (and powerful) health secret in the world. It embraces most nonmedical healing alternatives, but most of all, it's a matter of choosing, day by day, to live a wise and wholesome life.

"We don't become healthy by resisting being sick, but by cherishing being well". (Dr. Dean Black)

We are caught in a world that views health in the wrong paradigm. Health must come from

the inside out; it happens spontaneously when we provide our innate wisdom with appropriate conditions; eat well, move well, and think well. We are not healthier as a nation with more and more money spent on health care. More drugs, more surgery and more symptom chasing at best will continue to keep us sick and make drug companies wealthy. Do you not think it strange that after all these years of prescribing drugs, we suddenly now need a 'strategy' for promoting appropriate dispensation

practices?

My question is, what have we been doing?

"There was a 250 per cent increase in the number of emergency room visits in Ontario alone related to narcotics withdrawal, overdose, intoxication, and psychosis from 2005-2006 to 2010-2011." Andre Forget, QMI Agency.

A growing number of emergency room visits and deaths attributed to prescription drugs has prompted the Canadian Centre on Substance Abuse to launch a national strategy to re-educate the public on the dangers of misuse. The

announcement by the centre and the National Advisory Council was made recently in Ottawa. The strategy, developed over the past year, is geared towards prevention, education, treatment, monitoring and surveillance, and enforcement. Recommendations include the need for promoting appropriate prescription and dispensing practices by health care providers. Health Minister Leona Aglukkaq has already said front-line health workers "over-prescribe" heavy-duty prescription pills including opioids.

COPA for kids



Photos Submitted

By Laura Bohnert

The Canadian Owners and Pilots Association (the COPA) held its COPA for Kids event at the Whitecourt Airport on June 27.

COPA for Kids is an aviation program that provides a way for young people to experience and learn about the science of flight in a motivational, educational, and interesting environment. And, as COPA club member Curtis Brownlee explains, it's "a way to introduce kids ages eight to 17 to aviation for free."

This event marks the third year of the COPA for Kids program: "We have successfully hosted an event in Whitecourt and another in a close community for the last three years," explains Brownlee. "Year one was Mayerthorpe. Year two was Barrhead. And, we are planning on having one in Edson in September this year."

The COPA for Kids events have been met with success: "Last year we flew about 65 kids," states Brownlee.

COPA for kids is designed "to introduce avi-

ation to the next generation," explains Brownlee. "The doors to the cockpit of today's commercial jets are closed now, and this is a way to show our youth what is going on behind them."

The program itself is important, states Brownlee, because it offers youth an opportunity to change their outlook. "If we can change their outlook to 'I can do this', that would be our ultimate goal."

To learn more about COPA and aviation, visit www.whitecourtflyingclub.com.

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Petra Kaufmann
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Carter Strebchuk
 It's Canada's Birthday so its very special!



Liam MacDougall
 It's special because of the fun parties and the fireworks.



Ethan MacDougall
 It means school's out and summer holidays are starting



Kyle Strebchuk
 It's a day to celebrate being a Canadian.



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Be aware of risks of not investing



By Clifford Mertick
Financial Advisor
Edward Jones

purchasing power will decline by about half in just 25 years.

- You might outlive your money. For a 65-year-old couple, there's a 50 percent chance that one spouse will live past age 90, according to the Society of Actuaries. This statistic suggests that you may need your investments to help provide enough income to sustain you for two, or even three, decades in retirement.

- You might not be able to maintain your financial independence. Even if you don't totally run out of money, you could end up scrimping by — or, even worse,

during retirement. But both these choices may be taken out of your hands if you haven't invested enough to retire on your own terms.

- You might not be able to leave the type of legacy you desire. Like most people, you would probably like to be able to leave something behind to your family and to those charitable organizations you support. You can help create this type of legacy through the appropriate legal vehicles — i.e., a will, a living trust and so on — but you'll still need to fund these mechanisms somehow. And that means you'll need

4 Ways to save money on your next road trip

(NC) Summer is the ideal time for a fun filled road trip. With all the local spots to explore, scenic routes to experience, must-try food along the way and gas expenses, a road adventure can add up. Whether you're driving across the country, or to a popular vacation spot, these 4 tips can make your trip economical, efficient and memorable.

1 Pack light. With a full car of people as well as gear and suitcases, the weight of your car can increase dramatically. Excess weight means that your engine has to work harder to get the car moving, and also reduces gas mileage.

Encourage everyone to pack light and bring only the essentials to get the most mileage out of every tank of gas.

2 Choose the right vehicle. Opting for a fuel efficient, environmentally friendly car can drastically decrease gas use. Hybrids can improve your fuel economy and the display panel 'ECO' monitor encourages a more fuel efficient driving style and special drive mode options can improve fuel economy.

3 Prepare for the unexpected. The lasting memories are ones that you never planned on, including the local that introduced you to the best ice cream you've

ever had. But ensure that your car doesn't offer any surprises along the way. Before leaving on your trip, treat your vehicle to a tune-up at the dealership to check fluids, tires and engine.

4 Enjoy the journey. The joy of road trips can start with the journey — and not just at the final destination. Be prepared to entertain young and old with a few puzzle books or movies featured on the Dual-View, Blu-Ray entertainment system available on vehicles like the Toyota Sienna SE. Or connect with your fellow passengers with classic car games and a mobile karaoke experience with your favourite summer playlist.

A road trip can be an amazing way to bond with family and friends, explore new places and even meet new friends. Keep these tips in mind to make your next road trip one with fun and adventure and frugality on your fuel tank.

For more information, please visit www.toyota.ca.

You've no doubt heard about the risks associated with investing. This investment carries this type of risk, while that investment carries another one. And it is certainly true that all investments do involve some form of risk. But what about not investing? Isn't there some risk associated with that, too?

In fact, by staying on the investment sidelines, or at least by avoiding long-term, growth-oriented investments, you may incur several risks. Here are some to consider:

- You might not keep up with inflation. If you put all your money under the proverbial "mattress," or, more realistically, you keep it all in "cash" instruments and very short-term investments, you might think you are "playing it safe." After all, you might reason, your principal is protected, so even if you don't really make any money, you're not losing it, either. But that's not strictly true, because if your money is in investment vehicles that don't even keep up with inflation, you can lose ground. In fact, even at a relatively mild three percent annual inflation rate, your



you could become somewhat dependent on your grown children for financial assistance. For most people, this prospect is unacceptable. Consequently, you'll want to make appropriate financial decisions to help maintain your financial independence.

- You might not be able to retire on your terms. You would probably like to decide when you retire and how you'll retire — that is, what sort of lifestyle you'll pursue

to draw on all your financial assets, including your investments.

Work with your financial advisor to determine the mixture of growth and income investments you need during your working years and as you move toward retirement to help you meet your retirement goals. However you do it, get into the habit of investing, and never lose it — because the risks of not investing are just too great.



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TWP RD 590A (PART OF KLASH RD) AND RG RD105 ROAD CLOSURE

TWP RD 590A east of RG RD 105 (Part of Klash Road) and RG RD 105 South of TWP RD 590A will be closed intermittently from May 19, 2015 to July 31, 2015 due to road construction. Please slow down and proceed with caution when approaching road crews. Because of the above activity, road conditions may be unfavorable. For further information please contact Woodlands County at (780) 778-8400.



OLD BLUE RIDGE HIGHWAY ROAD CLOSURE

41st Avenue (Township Road 594A) just east of Transfer Station will be closed from May 25th, 2015 to July 31st, 2015. All traffic will be routed in or out of Whitecourt via Trestle Road and Flats Road (Township 600). (75% Road Restrictions). Another alternate detour route will be Range Road 104 out to Hwy 43. We apologize for any delays but this closure is necessary to perform road construction. For further information please contact Woodlands County at (780) 778-8400.



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Woodlands County Mayor
Councillor for Whitecourt East
Division 4
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Phone: 780-778-2022



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NOTICE OF DECISION

Decisions have been made regarding the following development permit applications:

DEVELOPMENT PERMIT APPLICATION	LOCATION	PROPOSED DEVELOPMENT	DECISION	DATE OF DECISION
15-083-2015	Pt. SW 2-59-11-W5M	Addition to Dwelling	Approved with conditions	June 26, 2015
15-088-2015	Pt. SW 28-59-12-W5M Lot 2, Block 1, Plan 1423697	Single Family Dwelling w attached Garage and Shop for personal use	Approved with conditions	June 30, 2015

Any person affected by these decisions may appeal to the Secretary of the Development Appeal Board by forwarding a written appeal along with a \$200.00 fee, to the address listed below, prior to **4:30 p.m. July 14, 2015**:

Attention: Jennifer Sunderman, Development Officer, or Tyler McNab, Development Officer
Woodlands County, Box 60, #1 Woodlands Lane, Whitecourt AB T7S 1N3
Telephone: 780-778-8400 Toll-Free: 1-888-870-6315

Information regarding these applications may be obtained by inquiring at the above noted address.



DISCRETIONARY USE DEVELOPMENT PERMIT APPLICATIONS

The Municipal Planning Commission will be making a decision on the following development permit applications, as per the Woodlands County Land Use Bylaw, at a meeting on **Wednesday, July 22, 2015 at the Woodlands County Municipal Office in Whitecourt, Alberta at 7:00 p.m.** If you have any comment or concern regarding these proposals you may provide a written statement to the undersigned by 4:30 p.m. on July 14, 2015 or you may attend the meeting.

LEGAL DESCRIPTION	DEVELOPMENT PERMIT APPLICATION NUMBER	PROPOSAL
Pt. NE 20-59-12-W5M Lot 4, Block 1, Plan 002-4269	15-086-2015	Secondary Suite & Variance - Accessory Building located in front of Primary S/B Dwelling
Pt. SE 11-59-12-W5M Lot 3, Block 1, Plan 902-3129	15-085-2015	Variance - Accessory Building Prior to Principle Dwelling

Information regarding these applications may be obtained by inquiring at the noted address.

Attention: Jennifer Sunderman or Tyler McNab, Development Officers, Woodlands County, Box 60, #1 Woodlands Lane, Whitecourt AB T7S 1N3
Email: jennifer.sunderman@woodlands.ab.ca, tyler.mcnab@woodlands.ab.ca
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Ando, Ranolf



Appel, Zachary



Bachmier, Amanda



Bakker, Matthew



Bakos, Damon




Bartlett, Jade



Beatty, Austin



Beaulac, Adam



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Congratulations today and best wishes for all your tomorrows.



De Jongh, Tiaan



Dixon, Brandon



Donkin, Makayla



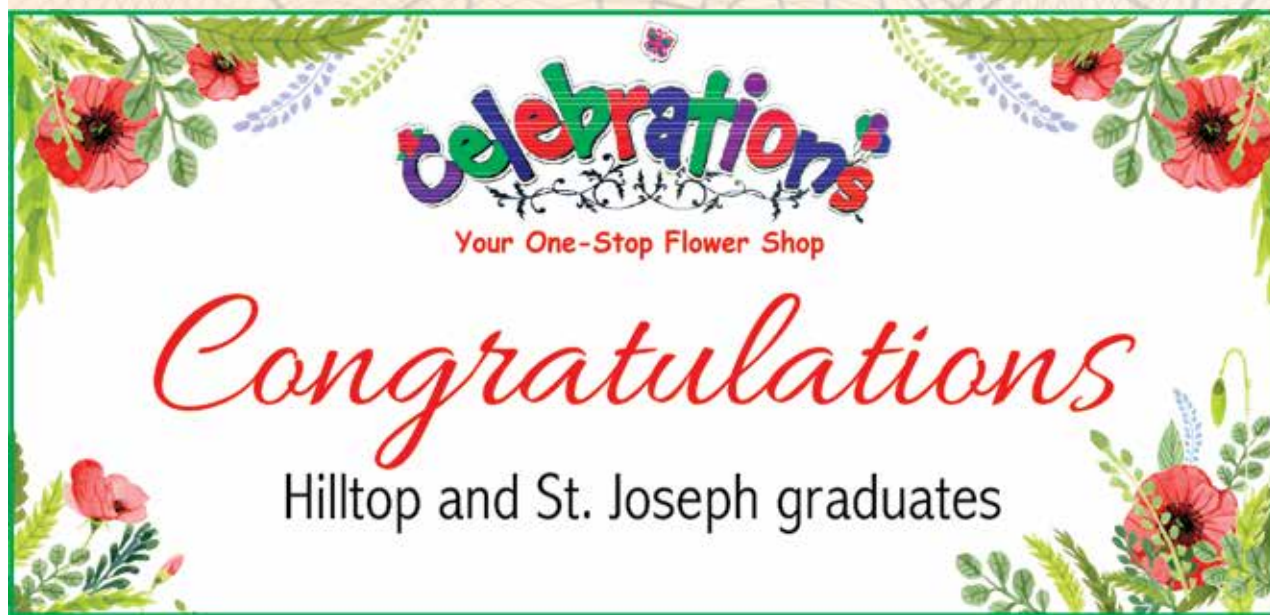
Elliot, Aleah



Ellis, Haley



Engelbert, Mark



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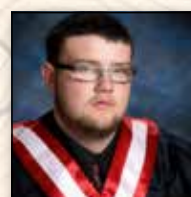
Govenlock, Justin



Guenther, Klade



Hallman, Kelly-Ann



Hunter, Justin



Hutchings, Sarah



Hutyra, Natalie



Jacobsen, Justin



Janzen, Kelsey



Jendrick, Dustin



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Lake, Gordon



Lakeman, Cole



Lastiwka, Keiran



Lockard, Mackenzie



Martell, Amanda

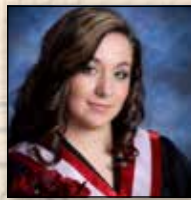


Marycz, Jemma

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Butler, Kelli



Cartwright, Ethan



Churchill, Kylie



Cook, Bailey



Davey, Joshua



Berggren, Jessica



Berry, Derrick



Brown, Kalin



Bull, Jessy



Carlson, Tristan



Childs-LeRoy, Brittany



Cone, Matthew



Cook, Connor



Dawkins, Isaiah



Dufort, Jade



Duncan, Ashton



Dunkley, Madison



Farrer, Merissa



Funk, Rylan



Galliot, Grace



Harris, Shaelynn



Herrer, Johnathan



Hunka, Evan



Hyde, Brooke



Jackson, Braydon



Jackson, Robert



Jocksch, Brycen



Kapeluck, Alexa



Kemp, Kennedie



Leach, Donovan



Leduc, Yoan



Lentz, Trew



Mathison, Justin



McKinney, Ashley



McLeod, Curtis

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Michalchuk, Brandin



Minor, Kaitlynn



Moore-Shears, Sarah



Murphy, Devon



Nanooch, Gage



Neufeld, Elizabeth



Panter, Brailynn



Poirier, Matthew



Rawluk, Nathan



Richmond, Morgan



Ritchie, Brayden



Ritz, Janna



Roach, Janelle



Roszko, Nathan



Rumberger, Carson



Runge, Morgen



Sallstrom, Garth



Sanderson, Shayna



Schubert, Brianne



Schwab, Cassidy



Sebo, Neal



Setso, Tayler



Seu, Phillip



Simard, Randy




Smith, Shawna



Snow, Derek



Soch, Tyson



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Strowbridge, Ayden



Swanson Rae



Tomke, Hunter



Tracy, Malia



Vandenhouten, Sydney



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Vincent, Adrian



Votour, Damien



Wagoner, Jordan



Watson, MacKenzie



Westendorf, Vanessa



White, Zacary



Whitnack-Lee, Chelsey



Wilchow, Kelsey



Wilkinson, Bryce



Willetts, Cameron



Wittmann, Keira



Workman, Logan

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★ Show and Shine @ 11 AM ★ Chariots @ 11 AM ★ Rodeo @ 1 PM
★ Chuckwagons at 5 PM ★ Farmer's Market

SUNDAY JULY 12TH Gates open 9 AM ★ Breakfast 9 AM - 11 AM
Rodeo @ 1 PM

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Dunk tank.



A Canada flag going for a dip.



Canada celebrates its birthday!



Cooking up delicious egg rolls and noodles.

Photos by Serena Lapointe Photography



This young man caught a Wolverines shirt from the t-shirt cannon.

By Serena Lapointe

It was a party fit for a country at Rotary Park Wednesday as Canada turned 148! People came out in droves to take part in the many different events set up around the park which included live music down by the pond, face painting in the pavilion, bouncy castles, and a dunk tank. Laughter could be heard all over as families enjoyed the afternoon amongst their friends and neighbours. Delicacies from the

Philippines were cooked up as part of World In Whitecourt as well as burgers and fries from Tennille's Hope. Many interactive demonstrations littered the soccer field from the ESRD bucket game, the Sabres Cheer Squad, a Wolverines dunk tank, mini putt, and a Fallen 4 Marathon booth. The day ended at Graham Acres with an explosively colourful display of fireworks that thrilled gazers young and old. Happy Birthday, Canada!

Helping out the Boys and Girls Club



Photo Submitted

Cliff and his No Frills' employees stepped up to the plate to help out the Boys and Girls Club. Last week customers were asked if they would like to donate to the cause. Customers generously donated \$1,385 that will go directly towards summer programming to bus kids to Rotary Park and summer camps.

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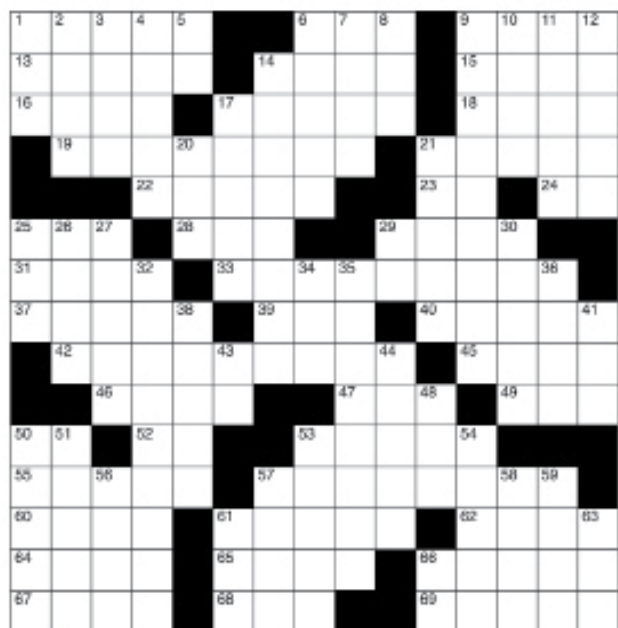
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CLUES ACROSS

- 1. Islamic prayer leaders
- 6. Waterproof raincoat
- 9. Millisecond
- 13. Popular pie nut
- 14. A field of mowed grass
- 15. RCO organic group
- 16. Pomace brandy
- 17. The innermost parts
- 18. Gull suborder
- 19. Became more intense
- 21. Sound absorption unit
- 22. Rattling breaths
- 23. Indicates doctor
- 24. For instance
- 25. A doctrine or system
- 28. Foot (Latin)
- 29. Dirt shoulder
- 31. Horn sound
- 33. Mumbai film industry
- 37. Disturbance
- 39. Zedong or Tse-tung
- 40. Cijin River city
- 42. Kate's sister Pippa
- 45. Twitches
- 46. Formal close (music)
- 47. A baglike structure
- 49. Lease
- 50. Typographical space
- 52. Pa's partner
- 53. King mackerels
- 55. Ceremonial staffs
- 57. About money
- 60. Spoiled child
- 61. Infants
- 62. Semitic fertility god
- 64. ___ Frank's diary
- 65. Reimbursed
- 66. English pennies
- 67. 365 days
- 68. G. Gershwin's brother
- 69. Stopping device

CLUES DOWN

- 1. Inches per minute (abbr.)
- 2. Medieval honey drink
- 3. Land area unit
- 4. One who carries #55

across

- 5. Tin
- 6. Adult female horses
- 7. Overwhelmed with wonder
- 8. Brain and spinal cord (abbr.)
- 9. Inept
- 10. One who replaces a striker
- 11. Any habitation at a high altitude
- 12. Hold fast to
- 14. Sad from being alone
- 17. Slang for famous person
- 20. Soft infant food
- 21. Small mergansers
- 25. Big Blue
- 26. Appear to be
- 27. Greek verse intended to be sung
- 29. Next to
- 30. Flying Pegasus corp.
- 32. Records walking steps
- 34. Broad back muscle
- 35. Teased apart
- 36. Cut into small cubes
- 38. Icelandic poems
- 41. American time
- 43. City of Angels
- 44. Nostrils
- 48. Narrow canvas bed
- 50. Force into a bay
- 51. Sept. 1914 battle
- 53. Sergeant fish
- 54. Cavalry-sword
- 56. Town of Jesus' 1st miracle
- 57. Picasso's mistress Dora
- 58. Frog genus
- 59. Talk tiresomely
- 61. Characters in one inch of tape
- 63. Side sheltered from the wind
- 66. Lead

Crossword solution on page 32

DEAR ABBY

by Abigail Van Buren

Questioning boyfriend is not likely to change

DEAR ABBY: My boyfriend, "Blake," recently broke up with me -- again. He told me in the beginning that he was bi-curious, and that he wasn't sure he was completely heterosexual. When he broke up with me the first time, we stayed friends. Everyone seemed confused that I still wanted to hang out with him.

We started communicating long-distance again last summer. Blake broke it off again a few months later, stating that he is still questioning who he is.

Is it wrong that we're still friendly? Should I be angrier at Blake? -- **STILL THERE FOR HIM**

DEAR STILL THERE FOR HIM: I don't see why you should be angry with Blake at all. He has been honest with you from the start that he may be bisexual or gay. I can tell you from experience that gay men make wonderful friends. However, if you are **ROMANTIC** about him, I must caution you against trying to change him because you

won't be able to do it. He is who he is.

**

DEAR ABBY: I'd like your opinion on something that is creating a rift between me and my sister. My 6-year-old daughter, "Mara," who is very sweet and mature, is used to spending the night away from me because she has been spending weekends with her grandparents since she was little. Now she wants to have overnights with "Uncle Bob," who is not a blood relative but a good friend who is like family.

I have no concerns about this even though Bob is a bachelor who never had children. Mara loves him, he loves her, and I trust him. My sister, who is childless, feels strongly that this is not right. She thinks a 6-year-old should only be with her parents and grandparents. She tells me I should ask a psychologist. I am asking you. -- **TRUSTING MOM**

DEAR TRUSTING MOM: I'd be curious to know what Mara's

father thinks of this. But since you asked me, let me point out that your little girl may be sweet and mature for her age, but at 6 years old she is also inexperienced, trusting and vulnerable. Because she loves Uncle Bob, I can understand why she might want to stay overnight at his house. In 99 percent of the cases it would be OK. But in light of what we see in the news, it's your job as a mother to err on the side of caution, and I don't recommend it.

**

DEAR ABBY: My daughter and her husband have successful careers, and I am happy for that. But now it seems that she's ashamed of us. We gave her the best we could and she graduated from college with no debt, thanks to us. We

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$14 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)



felt it was our responsibility.

Now that they earn lots of money, it's like we're not worthy of their company. I have talked to other mothers, and it seems they are treated the same way. (I would say it's probably seven out of nine parents.) I know they have busy lives, but I would like some consideration if I am sick or have surgery. Where did I go wrong? -- **ANONYMOUS MOM**

DEAR ANONYMOUS MOM: Not knowing you and your friends or their children, it's hard to say, but if I had to hazard a guess it would be that you gave too much and raised children who grew up with an overinflated sense of entitlement and no sense of gratitude.

HERBAL WONDERS WORD SEARCH

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C G J O H Y P A E F W J A S M I N E P C
M W F L I P A B S O D X W L E R R O S M
C B E G N P S P T N I M R E P P E P F N
J F V X A O S T L I O F E U Q N I C S Q
V D E O C P I D R D Y R O S E M A R Y V
N Y R F E I O E O O E A P G I N S E N G
M E F C A H N S L R W S R I R M P M L S
R G E P A E F R O D N S I R N L R U A U
G R W R R S L R E E E E N N O T T C D H
C A E G G O O C F D S R D H A W A Q Y C
S O N G X R W E S E N O F L O D A C S H
N L L A N B E D L L N E R L O J T B M A
C O M U I I R T S T B N V M O G T V A M
C V R X M R G B N P T Q E A I W D S N O
S A E W I B E M G I O E L L L R E G T M
J G X U L Q I L W S W H N T W X P R L I
T E B U C H U N A H N I A V R E V W E L
M B D G L L V V E V Y E R F M O C O Q E

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

- ANISE
- BUCHU
- CALENDULA
- CATNIP
- CHAMOMILE
- CINQUEFOIL
- COLUMBINE
- COMFREY
- ECHINACEA
- ELDERFLOWER
- FENNEL
- FEVERFEW
- FOXGLOVE
- GINGER
- GINSENG
- GOLDENROD
- HOPS
- JASMINE
- LADY'S MANTLE
- LAVENDER
- LOVAGE
- NETTLE
- PASSIONFLOWER
- PENNYROYAL
- PEPPERMINT
- POPPY
- PRIMROSE
- ROSE HIP
- ROSEMARY
- SAGE
- SORREL
- ST. JOHN'S WORT
- VALERIAN
- VERVAIN
- WINTERGREEN
- YARROW

Word Search solution on page 32

Do Just One Thing



By Danny Seo

Outdoor solar lighting is very common to see in people's front lawns, backyards and gardens. It's convenient because you don't need to install electrical wiring, and it's eco-friendly since the lights harness the power of the sun. But over time, the lights may seem less brilliant and powerful. To give your solar lights a tune up, do two things: First, wipe down the integrated solar panels on top. Dust, pollen and dirt can block the panels from absorbing the sun's rays, which prevents the integrated batteries from charging. Second, if the lights are more than two years old, replace the internal rechargeable batteries with new ones. Then recycle the old re-

chargeable batteries in a free Call2Recycle box you can find at stores like Lowe's, Best Buy and The Home Depot.

Hummingbirds may be among the most beautiful and unusual bird species in the world, but they are also vulnerable to extinction. To help protect them, avoid using insecticides outside the home. Hummingbirds get their nutrition from nectar, so any trace chemicals can make them sick. Added bonus: They eat insects to get their protein, which keeps the insect population in check naturally.

Do you have old clubs, balls, apparel, bags, range finders or other equipment related to golf gathering dust in the garage? It's time to put them to good use and support the nonprofit The First Tee. Started in 1997, the charity uses golf to instill values in young people through interactive after-school programs. And the charity makes it easy to donate: Just visit thefirsttee.org and enter your donation summary on

the site. The organization provides a free shipping label. Once it receives the items, you'll get a receipt you can use for tax-deduction purposes.

Your old bicycle can be the perfect means of transportation for a person in need halfway around the world. The nonprofit Bicycles for Humanity collects used and even broken bikes, and repairs, recycles and distributes them. It fills shipping containers with used bikes and unloads them in developing countries. Then the container becomes the "bike shop" -- it's filled with tools and parts, too -- where the bikes are

repaired on the spot. To donate, just visit bicycles-for-humanity.org.

The World Health Organization estimates that over 360 million people all over the world have some form of hearing loss. Yet only 10 percent of those people actually have access to hearing aids. The Lions Club Hearing Aid Recycling Program collects used devices through recycling bins or its mail-in program and refurbishes them for those in need. It offers the hearing aids to people with limited financial resources so they can gain the gift of hearing. Learn more at lionsclubs.org.

Want to give your houseplants a natural boost, clean them up and make them look their best in just one step? Bring them outside the next time there's a good rainstorm. Since treated tap water can contain mineral deposits that build up over time, fresh rainwater can rinse off those hard deposits. Plus, the dust and debris on the leaves will rinse off. And since tap water can also contain chlorine, a fresh flush of clean rainwater can help them thrive. When it clears up, they'll get a strong dose of bright sunshine (which they love), and it'll dry off the excess water.

Does your office use Keurig K-Cups to brew fresh coffee one cup at a time? While they are convenient, they are also ecological disasters, since they are difficult to recycle and are wasteful. If you can't convince others to give up their K-Cup addiction, try the next best thing: Recycle them. The new Grounds to Grow On program is a mail-in recycling box that you can fill up with used K-Cups. The recycling company separates the used grinds for compost, and the other materials are used to generate energy with almost no landfill waste. Learn more at groundstogrowon.com.

Strange BUT TRUE

By Samantha Weaver

• It was 19th-century French journalist, preacher and political activist Jean-Baptiste Henri-Dominique Lacordaire who made the following sage observation: "Neither genius, fame nor love show the greatness of the soul. Only kindness can do that."

• Walt Disney wanted at first to use the name "Mickey Mouse Park" for what we now know as Disney World.

• The first successful human organ transplant occurred in 1950. It was a kidney.

• You might be surprised to learn that manatees have fingernails on their flippers. Flipper-nails, perhaps?

• Thanks to the schedule of the American school system, U.S. sales of peanut butter increase dramatically in September and suffer an equally dramatic drop in June.

• If you've ever gone to a shoe store and had your foot measured to determine length, width and arch length, you might be interested to learn that the gadget used to make such measurements is called a Brannock device. Charles F. Bran-

nock, the son of a shoe industry entrepreneur, patented his first prototype in 1926, and his invention is still the industry standard. Some early models are even featured in the Smithsonian Institution.

• In India of long ago, it was considered ideal for a man to be three times the age of his wife.

• Those who study such things say that the younger you are, the lon-

ger your baths tend to be.

• A friend of Sir Isaac Newton first came up with the symbol we use to represent the concept of infinity, but he originally meant it to mean a

very small quantity.

• Until 1836, the river that formed the border between the United States and Mexico was not the Rio Grande; it was the Colorado.



Whitecourt PRESS SUDOKU

		5		4	2			
	3							8
4		6	8					1
5								
3	2		1	5				6
	9	8		6	2	5	1	
	1	5						
		9		6		8	4	
8	3		7				9	

Fun By 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!

Here's How It Works

Sudoku puzzles are formatted as 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!

Sudoku solution on page 32



A recipe from Mama Gray's kitchen MEDALLIONS

- 4 1/2 cups flour
 - 114 tsp salt
 - 1 112 cups butter
 - 1 112 cup sugar
 - 1 egg
- Put 4 cups flour and salt into bowl. Set remaining 1/4 cup flour aside to use in step 3. Cream butter with sugar until fluffy; beat in egg and vanilla. Stir in flour and salt, 1/3 at a time, blending well to make soft dough. Divide dough in half; stir 1/4 cup flour into 1/2

dough for making cookie base. Set aside for step 5. Divide remaining 112 in 2 small bowls. Blend 114 teaspoon almond extract and enough red food coloring into dough in one small bowl to make dark pink dough. In other small bowl of dough, add remaining 114 teaspoon almond extract and enough green food coloring for a pretty green dough. Chill tinted doughs until cool and firm, about 30 minutes. Roll out plain dough and cut with 2 112 inch cookie cutter. Place 1 inch apart on ungreased cookie sheet.

Fit star plate or disc on your cookie press, fill with pink dough. Press out on an ungreased cookie sheet. Fit press with sunburst plate or disc and repeat with green dough. Bake in 350° oven for 10 minutes for plain cookies and 15 minutes for tinted ones. Remove from cookie sheets and cool completely. Place 1/2 teaspoon almond flavor icing in centre of each plain cookie and top with a tinted cookie. Let stand until frosting sets. If you wish, sift icing sugar over cooled cookie.



HOROSCOPE

ARIES (March 21 - April 20)  Aries, don't be fooled by appearances. Sometimes there is more than meets the eye, and finding the truth beneath the surface can prove enlightening.

TAURUS (April 21 - May 21)  Taurus, use this week to experiment in the kitchen. You will benefit from exploring new cuisines you have long been wanting to try but have yet to prepare.

GEMINI (May 22 - June 21)  Gemini, now is a perfect time to explore social events that can expand your social circle. You have plenty of friends, but you can always benefit from meeting new people.

CANCER (June 22 - July 22)  Cancer, your creativity is at an all-time high. Take advantage of your inspiration and get involved in a special project. Embrace this opportunity to put your creative energy to use.

LEO (July 23 - August 23)  Leo, now is the time to explore a new hobby. Invite others to join you to make your exploration that much more rewarding. Afford this interest ample time to grow.

VIRGO (August 24 - September 22)  Virgo, seek situations that are peaceful and surround yourself with like-minded, mellow people. Enjoy the respite that relaxing atmospheres provide.

LIBRA (September 23 - October 23)  You need a confidence booster, Libra. Take action and seek ways to feel better about a situation that has been bothering you. This proactive approach may be all you need.

SCORPIO (October 24 - November 22)  You may seem like you aren't able to get ahead in your career, Scorpio. But it could be that you're looking to advance too quickly. Be patient and allow your skills to grow.

SAGITARIUS (Nov. 23 - Dec. 21)  Take credit for your ideas, Sagittarius. Remember to be humble, but don't feel shy about expressing your pride in a job well done.

CAPRICORN (Dec. 22 - Jan. 20)  Get the facts before drawing any conclusions this week, Capricorn. Allow some time to assess a situation that has proven difficult to handle. Things may be more clear tomorrow.

AQUARIUS (Jan. 21 - Feb. 18)  A longtime friend may evolve into something more soon, Aquarius. A spark has always been there, and you might be ready to explore a new relationship.

PISCES (Feb. 19 - March 20)  Pisces, don't fret when plans are canceled at the last minute. Try to reschedule as soon as possible and make the most of your newfound free time.



LOVESCOPE
by Eugenia Last

ARIES (March 21 - April 20)  You will meet someone interesting through one of your peers or while working on a project. Share information before you make a decision to become intimate. One of you is likely to be involved with someone else and will need to make changes before you move forward.

TAURUS (April 21 - May 21)  Motives behind your interest in someone or someone's interest in you will be questionable. Look at the person's qualities and beliefs, not the material things he or she can offer. Gravitate toward the partner who enjoys the same hobbies, activities and interests as you.

GEMINI (May 22 - June 21)  Get out and socialize, flirt and have some fun. Your outgoing and effervescent personality will entice someone rather special to your side. Love at first sight is likely to catch you off-guard but also lead to a series of events that will bring out the best in you.

CANCER (June 22 - July 22)  Don't let emotions cost you when it comes to a romantic connection. Back away from anyone showing unpredictable traits. Don't let anyone play games with you or put you in a compromising position. Love is about sharing and caring, not using and abusing.

LEO (July 23 - August 23)  Have fun and enjoy the company of someone who is able to keep up and challenge you mentally, physically and emotionally. Meeting your match will bring out your passionate side and encourage you to take a step closer to making a lifelong commitment. Strive for equality.

VIRGO (August 24 - September 22)  You'll be attracted to someone who is involved with someone else. Before you let your heart become too involved, consider distancing yourself from the object of your desire. Get out and do things that are geared toward other singles instead of tempting yourself by spending time with someone unavailable.

LIBRA (September 23 - October 23)  Your display of poise and charm will be difficult for any potential candidate for love to resist. Focus on the person you feel the most attraction to, and discover all you can about his or her likes and dislikes. Your interest will bring you closer together.

SCORPIO (October 24 - November 22)  The person you are interested in will turn out to be a disappointment. Before you make promises, rethink your strategy. You'd be wise to find out more about the mental connection you have with this person before you make plans to become too intimate.

SAGITARIUS (Nov. 23 - Dec. 21)  Plan an adventurous week filled with excitement. The more you do and experience, the better your chance will be to meet someone who is capable of enduring the unpredictable quests your lifestyle has to offer when it comes to building a stable and long-lasting relationship.

CAPRICORN (Dec. 22 - Jan. 20)  Don't be taken in by a flirtatious advance made by someone with charisma and splash but little substance. Look beyond all the glitter, and see what's actually being offered. You are likely to end up falling for an image that is presented, rather than what's actually being offered.

AQUARIUS (Jan. 21 - Feb. 18)  You are an imaginative, innovative lover looking for someone who is just as experimental as you when it comes to relationships. Keep the communication flowing until you are certain you have chosen the partner who can offer you the excitement you need to hold your interest.

PISCES (Feb. 19 - March 20)  You'll be eager to settle down and play house. Attend events that are of a serious or cultural nature, and you will find partners who are just as into joining forces as you. The one who shares your life goals will be your best choice.

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In the crazy quilt of life, I'm glad you are in my block of friends!

Now here's a tip!
by Jo Ann Derson

To keep the kids' word skills fresh over the summer, we are playing sight word bingo practically every day now. It was really easy to make and laminate bingo cards. And I use the flash cards we got from school to "call" the words. Bingo is a win-win! -- JoAnn

"In my house, we love straws. Because we're into recycling, we make sure to get the most out of each one. I keep a small jar at the sink, where we rinse straws before setting them in the jar to dry. Reuse at will." -- F.O.

"Is there too much food left at the end of the party? When throwing a potluck, make sure you remind your guest to bring some take-home containers. Have them fix a few containers of

"seconds" and store them in a big cooler by the front door. Hang a few take-out bags on the doorknob, and your pals won't forget to take their goodies home!" -- M.W.

Kids clamoring about whose turn it is? No fear. You've got the solution in your desk drawer. Simply write each child's name on a self-stick note, and stack them. The kid on top takes the first turn, and then peels his or her name off and moves it to the bottom. Easy peasy.

Going on a road trip this summer? Check your tire pressure to save money. Maintaining the correct tire pressure can have a direct effect on how many miles you get to the gallon. It can save you in everyday driving, but it really adds up when traveling longer distances. Check your car's manual for the correct pressure. Or, some cars have a sticker in the doorwell or glove box with that information.

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Canada Day focus at library



The focus at the library recently was Canada Day, and the crafts made

were door hangers to remember the day a little longer. All participants

did their best art and took pride in their hangers and country.



Whitecourt Town Council agrees to modify school zone times

By Laura Bohnert

Council, in response to a concerned letter submitted by a local Whitecourt resident, has approved the motion to standardize school zone times.

On May 19, 2015, local Whitecourt resident Rhonda Chatman submitted a letter to the Town of Whitecourt requesting that school zone times be looked into. The selective zone times, which enforce reduced speeds during the hours of heaviest student travel, Chatman argues, could be responsible for creating more confusion instead of increasing the safety of those particular areas.

"It's confusing to have to look at your clock to see what speed you should be doing," states Chatman. "It would be a much safer area for students, staff, and parents alike to know that the school zone is a 30 km zone for the whole time that school is in."

After reviewing the re-

quest, Whitecourt Town Council began an investigation into school zone times to determine whether there was a need for modification. On June 24, a press release was made stating that council had approved the motion to standardize school zone times in an effort to increase safety for students.

As of August 31, 2015, the press release states, school zone times will be in effect from 8 a.m. to 4:30 p.m. when school is in session.

"The issue was actually brought to our attention in a letter from the public," states Deputy Mayor Bill McAree. "We thought it would be a good idea to create consistency within the community in order to make it easier for residents to understand what the times are."

Whitecourt isn't the first community to enforce standard school zone times; both Hinton and Edmonton have al-

ready begun standardizing their zone times. "We saw the charge being led by other communities," states McAree, "and now Whitecourt is following suit."

"The changes will be in place before school starts this fall," explains McAree. "We will run an advertising campaign, provide signage, and get the town prepped so residents will know about the changes. We'll keep people informed throughout the summer so the residents of Whitecourt are used to the new zone times when school starts."

When asked about the importance of implementing these changes, McAree responded that "they will make people more aware": "based on the history of Whitecourt a results of studies done by the town, it has been found that most pedestrians aren't hit in school zones. They are hit blocks away. School zones aren't necessarily

danger zones, but doing this increases awareness to motorists, making them more watchful outside of school zones as well."

"We've had terrible incidents in the past," states McAree. "Any time you have consistency and ease it makes for increased safety. When

split up, the times can get confusing, and it can be a problem if everyone doesn't understand. Now everyone can be on the same playing field and we can all be more aware."

Not only do these changes mark the town's investment in creating a safe space for its citi-

zens, but it also emphasizes the importance of citizen involvement. It was, after all, the letter of a concerned citizen that brought the issue to the town's attention.

"Any time you have concerns, you should take them to your elected officials so they can make the changes," encourages McAree. "These people are elected to work for you, and it's great for residents to be able to bring things to their attention. Having every citizen being watchful and bringing concerns to attention is important -- that's how change can happen. We'll never get change unless everyone works together to make the community safe."

"We are looking forward to change, and we know the people of Whitecourt will embrace it," states McAree. "We want to make the streets safer for everyone, and this is a step in the right direction in terms of making that happen."



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— Are you ready to ride, Whitecourt? —



By **Laura Bohnert**

Now Whitecourt can start taking riding lessons at Victory Acres Equine Service, Inc.

Valerie McIlwaine, a riding instructor who moved to Whitecourt from Bashaw, Alberta in 2010, recently started up her own business alongside her husband Bryan McIlwaine and her 13-month old daughter Mackenzie, in Whitecourt.

McIlwaine began formally taking on riders as of June 1 after becoming certified on April 18, 2015.

"I thoroughly enjoy working in Whitecourt," states McIlwaine. "It is amazing how many great people I have had the pleasure of meeting and working with. It's an awesome feeling to go into the grocery store and have one of my riders call out 'Hi, Valerie!' smiling ear to ear."

"I am certified to instruct western riders on

levels 1-4, following the internationally acclaimed Equine Canada Learn to Ride Program," McIlwaine explains. "The minimum age for actual lessons is four and there is no age limit for learning to ride."

"I do a combination of unmounted lessons (handling horses from the ground, grooming, etc.) and mounted lessons (actual riding)," continues McIlwaine. "If a rider has intentions of owning his or her own horse someday, I will also mix in some stable management (caring for horses)."

McIlwaine runs lessons all year long with access to a heated indoor arena. She also hopes to start running summer camps and boarding horses in the near future.

"I am also very willing to help anyone purchase a new horse," states McIlwaine. "The first horse is extremely important and I will do my best to

ensure the very best relationship between horse and rider."

Finding the right horses to work with, McIlwaine explains, is one of the biggest challenges when it comes to learning to ride: "A rider's first horse is extremely important; this horse needs to build confidence and ability. It is much easier to maintain and build on existing confidence than it is to rebuild confidence from the ground up. I have a couple of riders who are coming for lessons who have had bad experiences in the past that stem from riding inappropriate horses, and it is a slow process getting back to the point of trusting your horse."

"I cannot stress enough how important it is to have good, solid, well-trained horses," states McIlwaine. "I absolutely refuse to put one of my riders on a horse that I do not know inside and out and fully trust."

McIlwaine currently has two lesson horses: Krissy, a 21-year-old Palomino pony mare that stands 13 hands high, and Cameo, a 15 hands high Strawberry Roan that McIlwaine purchased at the Stettler Auction Mart at four months old to save her from the meat buyers. A third mare, Victory, a 14.2 hands high Quarter horse, is coming off an injury; however, McIlwaine hopes to have her lesson-ready for intermediate to advanced riders soon.

"Horse riding is not just a sport, it's a partnership," explains McIlwaine. "Establishing a connection with a horse is one of the most rewarding relationships you can experience. There are countless benefits to horseback riding that I could list off, but aside from all the other benefits, what I find is truly the best benefit from horseback riding

is the confidence and self-esteem I see building up in my riders."

"Once you start doing the work and earning your achievements, then your confidence and self-esteem starts to buildup. I love seeing that in my riders, I love seeing the negativity turn into 'hey, I can do this'; that is what makes my job so rewarding," states McIlwaine.

Holly Kerr, a student of McIlwaine who began taking riding lessons when her 13-year-old daughter expressed an interest in learning, agrees that learning to ride can play a big part in contributing to confidence and self-esteem: "I am 37 years old, have never ridden before, and let's just say I 'was' very afraid of horses," Kerr explains. "I walked into the arena thinking there was no way I was getting on that horse, but with Valerie's patience, guidance, and understanding,

after five lessons I have the confidence to saddle up, get on Cameo, and trot around that arena! I was never a very confident person, and I don't like to try new things. Valerie at Victory Acres has instilled in me that I can do anything I put my mind to!"

"Getting out and on horseback has so many positive benefits," states McIlwaine. "Horses are not just for the advanced competitor, horses are for everyone, and I want to make sure that everyone has the opportunity to enjoy what these incredible animals have to offer."

"Whitecourt needs more horse time," states McIlwaine. "If you are interested, please feel free to contact me directly on my cell phone (call or text) 780-268-2875 or email valerie@victoryacres.ca or find us online at www.victoryacres.ca as well as on Facebook."

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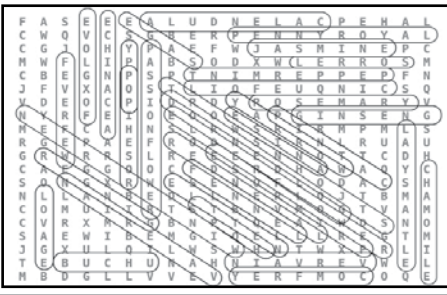
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Puzzle Solutions, did you solve the puzzle?



1	8	6	5	9	7	4	3	2
9	5	3	1	2	4	7	6	8
4	2	7	6	3	8	9	5	1
5	6	1	7	8	3	2	4	9
3	4	2	9	1	5	8	7	6
7	9	8	4	6	2	5	1	3
6	1	5	8	4	9	3	2	7
2	7	9	3	5	6	1	8	4
8	3	4	2	7	1	6	9	5



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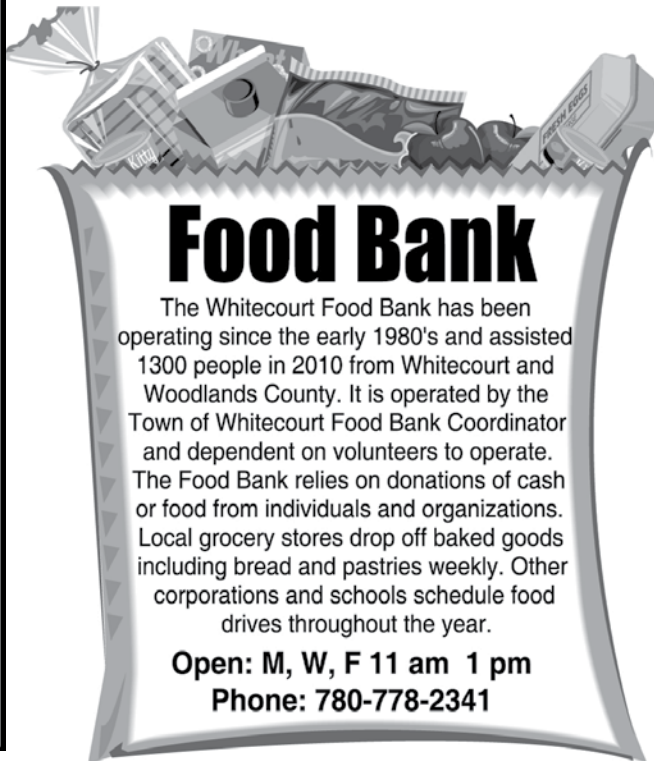
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Food Bank

The Whitecourt Food Bank has been operating since the early 1980's and assisted 1300 people in 2010 from Whitecourt and Woodlands County. It is operated by the Town of Whitecourt Food Bank Coordinator and dependent on volunteers to operate. The Food Bank relies on donations of cash or food from individuals and organizations. Local grocery stores drop off baked goods including bread and pastries weekly. Other corporations and schools schedule food drives throughout the year.

Open: M, W, F 11 am - 1 pm
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Contact Elaine for more information
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Contact is Elaine Gunderson

Friends of Whitecourt Society

also known as Whitecourt Healthcare Auxiliary.
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President is Elaine Gunderson



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Photos by Serena Lapointe Photography

The Irish rebel.

By Serena Lapointe

With just under three weeks to go until the 2015 World Jet Boat Championship, residents can expect to hear the roar of jet boats as riders practice the course up the Athabasca River. On Saturday, three boats took turns practicing at Riverboat Park with onlookers enjoying a taste of what's to come at the championship. Sixty boats from around the world including eight local boats will be racing in Whitecourt on July 24 and 25. For more info about the races, visit www.outlaweagle.com.

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Staying safe when boating this summer

(NC) For many Canadians, relaxing in the boat is a summer tradition. From engaging in water sports to cruising around the lake, boating is an activity the entire family can enjoy.

Before heading out on the open water, it's important to familiarize yourself with boating rules and regulations to keep you and everyone aboard your vessel safe.

"As with driving a car, you never know when a boating accident may occur," says Ryan Michel, senior vice president and chief risk officer at Allstate Insurance Company of Canada. "Erring



on the side of caution is recommended so you can be prepared for any situation."

If you're planning to take a boat out, ensure you have your Pleasure Craft Operator Card

(PCOC). In Canada, it's illegal for anyone to operate a powered recreational vessel unless they

pass the required boating safety course. Check that your card is on board with you each time.

It's legally required to have one properly-fitted life jacket for each passenger. Encourage passengers to wear their life jacket in case they suddenly go overboard, regardless of swimming abilities.

Drinking and boating is another issue to keep in mind. Statistics from MADD Canada show that alcohol is involved in approximately 40 per cent of boating fatalities every year. Be aware of your surroundings and be vigilant when sharing the water.

Here are a few tips to consider before you head out on the water:

- Perform regular, rou-

tine safety checks, including examining the battery and its connections.

- Confirm your vessel is suitable for the body of water you intend to travel on.

- Ensure your boat has a fully stocked emergency preparedness kit.

"Every boater should have signaling devices, like a whistle or air horn, close by in case of distress," says Michel. "Having items like a waterproof flashlight or signal flares can make all of the difference in an emergency situation."

For more tips on how to protect your summertime investment, visit Allstate Canada's Good Hands blog at goodhandsadvice.ca.

Thanks from the Whitecourt Special Olympics

By Susan Hofforth

The Whitecourt Special Olympics has a lot of people to thank for its Canada Day celebrations. From the float in the parade to the barbecue in Rotary Park, it was a very successful day.

"Whitecourt as a community has been fantastic," said the team's Head Coach, Shannon Leonard. "Everyone, everywhere has been willing to pitch in and donate."

The fundraising booth

raised money for the team to compete in an upcoming bocce tournament in St. Albert on August 8. "The experience for the team will be fabulous," said Leonard. There will be a dinner and a dance and socializing. It's more than a competition. Whitecourt's Special Olympics Team has 20 athletes ranging in age from 19 to 54.

Jason and Debbie Hird of Jason Hird Trucking donated the T-shirts and the benches for the float. Curves Whitecourt

always brings water to the team when they are practicing outside their building. Thanks also to ASAP, Big Rock Oilfield Services, Sniper Pressure Services, Whitecourt Canadian Tire, Adam Kienzle, A & W Whitecourt, Mountain Pizza And Steakhouse, Total Oilfield Services, Whitecourt Walmart, Remax Whitecourt, Versatile Dirtworx, Midfield Supply, Denim Design, Ryan Clagget, Miranda Leonard, Loretta Little, Ro-

mona Mombourquette, Tanya Keough, Holly Smith, and Lyndon Keough.

The team also wants to thank Staples in Whitecourt for the in-store fundraiser organized every year to support the Special Olympics, and for helping to find the artists who painted the Special Olympics logo on the float. Thanks to Montana Johns and Tori Gould, grade nine students, for their work in making the float look great.



Parts Technician required

Job Summary:

Parts technician will be responsible maintaining stock and inventory of the parts department. Duties include, but may not be limited to;

- Sourcing and ordering parts and inventorying stock room and participating in annual parts inventories
 - Increasing sales by suggesting parts and up-selling products
- Tracking repairs and their causes, processing warranties
- Maintaining customer profiles (using computer systems)
 - Developing cost estimates
- Processing work orders, purchase orders, and invoices

Schedule:

Parts Technician must be available Monday to Friday 8am to 5pm, availability for on-call as needed

Qualifications:

- Demonstrated computer skills (familiar with Outlook, Word, Excel, willing to learn Axon)
- 2 to 3 years of heavy-duty truck & trailer parts experience to identify parts
 - Customer service experience
 - Familiar with inventory and stock systems
 - Prior parts sourcing and purchasing
- Strong communication and organizational skills
 - Frequent travel required
 - Valid Class 5 license required

Compensation:

Competitive salary, including benefits and sick days

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We thank all that apply; only those under consideration for the position will be contacted.



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Job Summary:

Dispatcher will be responsible for the coordination of fluid hauling and pressure trucks to facilitate the request of operators. Duties include, but may not be limited to;

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- Review and complete all paperwork and administrative tasks related to dispatch – ticket completion, hazard ID's, weekly inspections, log sheets
- Responsible for communicating with various levels of management, customers, and suppliers

- Manage drivers – follow up with paperwork and ensure accuracy and completion

Qualifications:

The ideal candidate will have experience with computers and software systems and be familiar with the oilfield industry. Experience as a dispatcher is preferred.

Schedule:

Dispatcher's schedule will rotate on a schedule of eight (8) days on, six (6) days off

Compensation:

Competitive salary, including benefits and sick days

If you are interested in the position of Dispatcher please email your resume to: pshrode@telus.net

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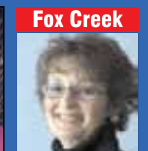
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Charges - RCMP investigate multiple stabbing at Fox Creek area work camp

Fox Creek, Alta. – Alberta RCMP have laid charges against one man in relation to the murder of a man, age 37, of La-Crete, Alta. and woman, age 50, of Red Deer, Alta. in the early morning hours of Tuesday, June 30 at a work camp located approximately 50 kms outside of Fox Creek.

Daniel Goodridge, age 28, of Edmonton, has been charged with:

- First Degree Murder - Section 235(1) CC
- Second Degree Murder - Section 235(1) CC
- Interfere with Human Remains - Section 182(b) CC
- Assault with a Weapon (Civilian) - Section 267(a) CC
- Assault with a Weapon (Civilian) - Section 267(a) CC
- Assault with a Weapon (Police Officer) - Section 267(a) CC

Daniel Goodridge will appear in Fox Creek Provincial Court on July 27th, 2015 at 10:00 am.



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