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VOL. 3 - ISSUE 35

Proud to be your newspaper serving Whitecourt and our surrounding communities Tuesday, September 9, 2014

Join the club



Photo Olivia Rutt

The Teen Centre welcomes all teens to be a part of the club. The centre is proud to offer free food to teens as part of The Community Kitchen program. See page 2 for story.

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Teen Centre kicks off new school year

By Olivia Rutt
Whitecourt Press

The Boys & Girls Club Teen Centre kicked off the new school year with a barbecue to welcome back the students from Hilltop High School.

The free barbecue was

part of the ongoing Community Kitchen Program at the Teen Centre sponsored by Alliance Pipeline.

"We do it to get the kids in the teen centre, to show them what kinds of programs we have going

on, and usually we have pamphlets around that they can look at, and just to show the teen centre is a safe place for them to come though lunch time," said Lexi Ames, the manager at the Teen Centre. "They can play

games and we always have food here in case they forget their lunch."

An increasing number of teens use the teen centre, and with school starting, they want to be a better alternative for teens than hanging out

on the streets.

"It's important for them because they can build new skills and build relationships with new kids and meet new people," said Ames. "It's a confidence thing, too, so they can build con-

fidence and learn new things with the programs that we run."

The Community Kitchen Program runs every Friday from 4-6 p.m. and offers free food to the teens that come by during dinner.

Morning surprise



Photos Olivia Rutt

Snow fell in Whitecourt on Monday. Although it was forecasted to snow, it was still a shock to wake up to the white stuff so soon in the season. September 8 is an early snowfall as we usually have to wait until October, but it was not the earliest. The earliest recorded snowfall since recordkeeping began in 1884 was on August 21, 1992 in Edmonton. The Farmers' Almanac predicts that this winter will bring colder than normal temperatures, and snowfall will be much greater than the previous winter. Don't bring your snowmobiles out quite yet, though; the weather is looking warmer by the end of this week.



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New school year means new bullies



Photo Olivia Rutt

By Olivia Rutt
Whitecourt Press

The start of a new school year may be a fun and fresh start for chil-

dren but it could also be a huge stressor for those who are victims of bullying.

According to the

Canadian Institute of Health Research, at least one in three adolescent students in Canada has reported being bullied.

Calin Brown, a grade 12 student, and a couple of other teens at the Little Big Fort in Whitecourt have rallied together to combat bullying. "No-one should feel what it feels like to be bullied, to be belittled, or humiliated," said Brown.

The Anti-Bullying Committee was created after one boy was physically bullied during the summer. While the committee is just over a month old, Brown, who sits as President of the Anti-Bullying Committee, has big plans.

"It's focusing on solving the bullying problem facing our community," said Brown. "We are currently asking the community for suggestions for areas that they

think are a problem."

The committee has so far hosted two anti-bullying rallies and a forum. They have had tents set up at the park on Saturdays over the summer and plan on participating in more events to help raise awareness.

Little Big Fort has been a bully-free zone in the community for the past eight years. It started off as a way to break up a fight between two boys,

but it grew in meaning to what it is today – a safe place for kids.

"I had to take a knife away from one of the kids because he was scared he was going to use it in one of the back alleys because he was scared he was going to get bullied," said Tim Imbery, president of the Little Big Fort. "That's what started a lot of it."

Bullying can affect people's lives from young to old and bully-

ing can continue in the workplace. By offering a safe place and rallying against bullying, the committee hopes to put an end to bullying.

If you have a suggestion for the anti-bullying committee, you can drop it off at Little Big Fort in the Midtown Mall.



BEGINNERS WELCOME WHITECOURT TAEKWONDO Fall Classes begin Thursday, Sept. 4

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Born: August 15, 2014 • 8 lbs. 6 oz.
Parents: Brad & Jill Freymond

It's a boy: Xavier Kjell Reid
Born: August 17, 2014 • 7lbs. 13 oz.
Parents: Megan & Addison Reid

It's a boy: Hudson Eugene Merle McKay
Born: Sept. 2, 2014 • 6lbs. 1 oz.
Parents: Rayne Szewceyk & Kody McKay

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How I see it

Welcome, everyone, to this week's issue of the Press.

You are at a light or crosswalk. It's not safe to drive forward yet. You are thinking about what to make for dinner or the kid's after school schedule, and then it happens. The driver behind you lays on the horn. You can see him or her guessting (and including that lovely one finger salute) and you can practically hear them yelling through their windshield. You still can't move forward! There is someone in the crosswalk or the light is red or there is oncoming traffic. The driver behind you doesn't let up; so you snap.

What comes next is a car chase with both drivers exchanging un-pleasantries through rolled down windows, try to cut each other off, and grabbing cell photos to take photos of licence plates. In some cases it escalates into physical violence. It's called road rage.

"Road rage is a dangerous phenomenon that can happen to any one of us, either as a perpetrator or a victim," explains How Stuff Works columnist Johnathan Strickland. He goes on to explain that driving is stressful because of many factors, including things you can't control: traffic, weather, accidents, etc. When we see someone doing what we perceive as risky or intolerable behaviour on the road – even if they are in the right – it becomes an emotional, personal experience. When people drive, they are "emotionally impaired".

How do you avoid road rage? Whether you are the aggressor or the receiver in the situation, try not to show a physical reaction. Don't use your car horn; this can trigger aggression. Don't take others actions personally and try to avoid driving when you are overly stressed or tired.

Road rage can happen to anyone, but the best and safest reaction is to diffuse and let go of the situation as quickly as possible.

Have a wonderful week everyone!

Valerie Winger
Owner/Publisher

Samantha's View



By **Samantha Winger**
Special to the Whitecourt Press

Good morning, Whitecourt! A few days ago a very dear friend of mine shared with me the sad news that her grandmother does not have very much time left on this blessed Earth. She is suffering from very aggressive pancreatic/liver cancer and with that diagnosis, the remainder of her life was put on a very short timeline. I always start my columns with the phrase, "Good morning!" and I realize that this does not apply to each individual reading this paper. Some may be having the best morning you could imagine; others like my friend may have just received heart-breaking news. Losing a loved one is never easy,

and may be one of the hardest things any of us ever experiences.

Thinking about my best friend and the amazing qualities that she possesses, I started thinking about how she came to be the person she is today. Listening to the admiring and loving way she spoke of her grandmother to me, I realized that some of who she is must have been learned from her. Who we surround ourselves with makes a huge contribution to the people we become. Family is one of the most important fundamental elements in our lives; it literally shapes who we are. Therefore, losing someone we love is truly tragic. Unfortunately, we, as humans, are not exempt from the circle of life, and loss is something we have to endure. If you do lose someone who is special to you, appreciate the memories you have made instead of resenting the ones you didn't get to make. Time is precious; enjoy every

second of it. Grandma Carol, if you get to read this, I am positive you are one heck of a woman and very loved because your granddaughter sure is.

CHAMP Junior Counsellor says thank you for support

Dear Editor,

I lost both of my legs below the knee due to meningitis and was enrolled at the age of 10 in The War Amps Child Amputee (CHAMP) Program. Recently, I had the opportunity to attend The War Amps 2014 Western Seminar in Winnipeg as a Junior Counsellor. The seminar brought together child amputees from Alberta, Saskatchewan, and Manitoba.

Junior Counsellors are representatives of the Association and role models for younger Champs as they, too, grow up in CHAMP. I am able to help out with the seminar during the many sessions, and talk to the parents of new child amputees.

Having been a Junior

Counsellor for almost five years now, I find the role to be beneficial to me, as well. It gives me an opportunity to inspire young Champs, much like the Junior Counsellors I looked up to when I was a newer amputee. I remember being so relieved to see that someone who had an amputation similar to my own was still able to lead a successful and complete life, and now I can give back by doing this for others.

As someone who has benefited, I would like to thank all of you who support The War Amps Key Tag Service which has made these programs possible for young amputees like me.

Sincerely,
Keaton Grassie, 18
Saskatoon, SK



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PRESS



Small business Week award nomination open

By **Olivia Rutt**
Whitecourt Press

Do you know of an employee who deserves to be recognized? Does any business come to mind when you think of quality service? You can nominate them for a Small Business Week Award.

The Woodlands County, Town of Whitecourt, Community Futures Yellowhead East, Whitecourt Chamber of Commerce, and Alberta Job, Skills, Training, and Labour are hosting their 2nd annual Small Business Week from October 19 to 25.

“We’re hoping that, again, people can start really thinking about the kind of service they are getting or a business they want to recognize, and we give them a nice plaque and some bragging rights,” said Heather Anderson, the Economic Development Officer with Woodlands County.

There are three awards this year: Staff Person of the Year, Small Business of the year, and Corporate Business of the Year.

For the Staff Person of the Year, the award committee is looking for staff members who have given outstanding customer service, gone above and beyond their job, and represents their business well.

For Small Business of the Year, the committee is looking at non-franchise businesses that give superb customer service and represents the community well. The Corporate Business of the Year seeks the same criteria in a franchise business.

Anyone above the age of 18 can nominate a business or person. The businesses do not have to be located in Whitecourt; they can also be located in Woodlands County and any town or county in Yellowhead East.

Deadline for nominations is October 10. The awards will be presented at the Small Business Week Gala on October 27. Last year, the tickets for the gala were sold out.

NOTICE OF PUBLIC HEARING

Proposed Amendment to Land Use Bylaw No. 1429
Monday, September 22, 2014 - 7:00 p.m.
Forest Interpretive Centre - Council Chambers

Pursuant to the provisions of the Municipal Government Act, application has been made to amend Land Use Bylaw No. 1429:

Bylaw No. 1429-21

These amendments propose to rezone Lot 1A, Block 10, Plan 122-5038 from C-3 (Highway Commercial) to D-C (Direct Control). Rezoning of the land to D-C will make Council the Development Authority for this parcel.

A public information meeting will be held at **6:45 p.m.** at the Forest Interpretive Centre on September 22, 2014 prior to the Public Hearing. Any individuals or organizations may make presentations, speak at the hearing, or submit written comments for consideration. Written comments must be received at the Town Office before noon on September 22, 2014.

The purpose of the Public Hearing is to allow presentations for or against the proposed amendments.

Questions on the process or the Public Hearing should be directed to Jennine Loberg, Director of Planning and Development, at 780.778.2273, e-mailed to jennineloberg@whitecourt.ca or mailed to the Town at Box 509, Whitecourt, AB, T7S 1N6.



NOTICE OF PUBLIC HEARING

Proposed Amendment Municipal Development Plan
Bylaw No. 1428 and to Land Use Bylaw No. 1429
Monday, September 22, 2014 - 7:00 p.m.
Forest Interpretive Centre - Council Chambers

Pursuant to the provisions of the Municipal Government Act, application has been made to amend Municipal Development Plan Bylaw 1428 and Land Use Bylaw No. 1429:

Bylaw No. 1428-02

Bylaw No. 1429-20

These amendments propose to rezone Lot 7, Block 23, Plan 802-1724 from C-3 (Highway Commercial) to C-2 (Service Commercial). The proposed rezoning is to allow service commercial uses on this lot.

A public information meeting will be held at **6:45 p.m.** in the foyer of the Forest Interpretive Centre on September 22, 2014 prior to the Public Hearing. Any individuals or organizations may make presentations, speak at the hearing, or submit written comments for consideration. Written comments must be received at the Town Office before noon on September 22, 2014.

The purpose of the Public Hearing is to allow presentations for or against the proposed amendments.

Questions on the process or the Public Hearing item should be directed to Jennine Loberg, Director of Planning and Development, at 780.778.2273, e-mailed to jennineloberg@whitecourt.ca or mailed to the Town at Box 509, Whitecourt, AB, T7S 1N6.



TOWN OF WHITECOURT - LAND USE BY-LAW 1429 NOTICE OF DECISION

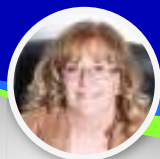
The following decisions were made by the Municipal Planning Commission on August 27, 2014:

PERMIT NUMBER	APPROVAL DATE	LOCATION	PROPOSED OR EXISTING DEVELOPMENT	DECISION	APPEAL MUST BE MADE PRIOR TO 4:00 pm on THIS DATE
W14-181	AUGUST 27, 2014	5425 Highway St. (Riverside Trailer Court)	VARIANCE	Approved with conditions	SEPTEMBER 11, 2014
W14-156	AUGUST 27, 2014	LOT 3, BLOCK 23, PLAN 802-1724	ENCROACHMENT	Approved with conditions	SEPTEMBER 11, 2014
W14-155	AUGUST 27, 2014	LOT 5, BLOCK 23, PLAN 802-1724	VARIANCE OVERWIDTH DRIVEWAY	Approved with conditions	SEPTEMBER 11, 2014
W13-169	AUGUST 27, 2014	LOT 4, BLOCK 2, PLAN 132-3118	BULK FUEL STORAGE & OVERWIDTH DRIVEWAY	Approved with conditions	SEPTEMBER 11, 2014
W14-175	AUGUST 27, 2014	LOT 11, BLOCK 3, PLAN 052-4967	NITROGEN TANK	Approved with conditions	SEPTEMBER 11, 2014
W14-166	AUGUST 27, 2014	LOTS 8 & 9, BLOCK 1, PLAN 662CL	ENCROACHMENT	Approved with conditions	SEPTEMBER 11, 2014

An Appeal of the above decisions may be made by submitting a written appeal and appeal fee (\$220) to the Office of the Secretary of the Subdivision and Development Appeal Board, Town of Whitecourt Administration Building, Box 509, Whitecourt, Alberta, T7S 1N6 prior to 4:00pm on the above noted date. Any person(s) affected by the said proposal has the right to appeal prior to the above date.

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Healing through art

By Olivia Rutt
Whitecourt Press

Wellspring Family Resource and Crisis Centre is offering a five-part workshop to help women heal from trauma. It is designed to lead survivors of sexual assault and childhood trauma through a gentle process of healing by offering art therapy.

"Working in the shelter here, we see all different types of abuse and a lot of the abuse we see in women is trauma that occurred in their childhood," said Gillian Kokotailo, the public educator at Wellspring. "Moving through the process of healing is not always easy and it's not always accessible. So, at the shelter we really wanted to provide something that everybody could access."

The workshop is a joint effort between Wellspring and Jacquie Paul, an artist from Rochfort Bridge. She has been teaching art workshops for over 28 years and has worked with many groups with special needs and specific interests. She used art to overcome a painful childhood, and she hopes to help the women who sign up through the same methods.

"It was important to offer the opportunity for the women in our communities to engage in healing in a non-traditional environment," said Rebecca Wells, Executive Director of Wellspring. "Jacquie Paul came to us during a time where we, as a shelter, were struggling to help these women heal."

The sessions include subjects such as creating the vision, triumphing chaos, family matters, celebrating the child, and celebrating our wisdom. The participants will be doing five different art projects such as a mixed media collage, a mandala, clay masks, doll making, and a mixed media painting.

"Sitting down with Jacquie and having that hard conversation gave us hope. It felt like the perfect opportunity to see these women empower themselves through art therapy," said Wells.

The free workshop will be held every Saturday from 10 a.m. to 3 p.m. until October 4. The workshop will be located at Tennille's Hope Community Kitchen. Lunch, supplies, and childcare will be provided.



By Susan Hofforth
Whitecourt Press

FROM THE FIREHALL Babysitters and home emergencies

If a babysitter is home with your children, and a fire breaks out or another emergency occurs, the babysitter needs to react quickly and correctly to make the experience the best it can be.

When the babysitter comes to your house, explain exactly what you see as his or her responsibility in the event of a fire. If there is smoke or a fire, the only concern is that everyone gets out of the home safely. If a smoke alarm sounds, everyone must exit. They are not to try to find the fire, or try to put it out.

Make things easy for the babysitter by having working smoke detectors and a home escape plan. If your children are familiar with it, then they will know what to do. Keep it posted where everyone can see it, and go over it with the babysitter when he or she arrives. Point out neighbours' homes and the designated outdoor meeting place. Talk to

your neighbour in advance so they know they will be contacted by the babysitter in an emergency. As well, provide the sitter with emergency numbers including your neighbour's contact information, and your home address. Make a copy for the babysitter to keep in his or her pocket so that they always have it on hand.

It is also a good idea to have additional relevant information about your children's routines, and special needs such as allergies, medical conditions, and medications. The babysitter may also need information about what to do if someone is poisoned. Provide the emergency number for the Poison and Drug Information hotline, which is 1-800-332-1414.

If you are babysitting, you must be prepared. You should know what to do if there is an emergency, and know that your main responsibility is to get the children out

of the house. Go to a safe place and call 911. Exit as fast as you can; don't waste any time dressing the children if they are in bed. If it's cold outside, grab a blanket for warmth. Don't go back in the building after you are out.


To be safe in the home while you are babysitting, don't smoke, and don't allow matches or lighters near the children. Stay away from heaters, as well. If you have to cook, keep the kids away from the stove and the microwave. The kitchen should be kept clutter-free to reduce any accidents. Turn pot handles towards the back of the stove so children can't grab them, and never leave the kitchen while you are cooking. If anyone is burned, cool the burn with cool water for 10 to 15 minutes. Call the neighbour if there is any blistering or charring from the burn.



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— Top Guns ready for your business pitch —

By Olivia Rutt
Whitecourt Press

Have a business idea or invention? Pitch your idea to Top Guns, Whitecourt's version of Dragons' Den.

"It started out as a business retention and expansion program ini-

tiative. What we wanted to do is something really fun to get local people investing in local people," said Heather Anderson, Economic Development Officer with Woodlands County.

People who have a business idea or invention can fill out an appli-

cation to pitch in front of five local Top Guns for a chance of investment or mentorship.

"We're asking people to pitch an idea for a product or service that they want to do for a new business or if they want to expand their business," said Anderson.

Last year, Tara Baker of the Community Lunch Box Program presented an expansion idea for the non-profit organization to purchase a stove. Each of the Top Guns pitched in to buy the stove. By purchasing the stove, she was able to increase her productivity

and hire an employee.

The Top Guns program won an award last year from Economic Developers of Alberta, the Alex Metcalfe Award for Outstanding Economic Development Project. The program won due to its innovative program that was able to go above

and beyond and make a difference in the community.

Applications are due September 30 and ideas will be pitched on October 24 during Small Business Week. The pitching session is open to the public.

Mother charged with First Degree Murder in death of 9 year-old girl

Sundre, AB – Laura Coward, age 47, has been charged with First Degree Murder in the death of her daughter 9 year-old Amber Lucius whose body was found in a vehicle on a rural road near Sundre on September 2nd. Coward was found in the vicinity of the vehicle and arrested by the RCMP that day. She remains in custody. Until recently, Coward was a resident of the Millet area.



Coward was to appear in Didsbury Provincial Court via CCTV this morning at 9:30 to face one count of Break and Enter and Commit Theft and one count of Ab-

duction in Contravention of a Custody Order. Instead, these charges

were replaced and she appeared on the charge of First Degree Murder.

PC Party elects new leader

By Olivia Rutt
Whitecourt Press

Jim Prentice wins the vote to become the Progressive Conservative Party of Alberta's new leader.

"Tonight, we begin the work of restoring trust in government – and making Albertans proud of those who serve our province. Tonight, we begin

the work of advancing and protecting sound, conservative fiscal principles. And, tonight, we begin the work of helping Alberta achieve its remarkable potential and secure our prosperity for generations to come," said Prentice in his speech on Saturday night.

The 58-year-old has deep roots in Alberta,

from Grand Cache to Crowsnest Pass.

He beat out former provincial cabinet ministers Ric McIver and Thomas Lukaszuk, with 77 per cent of the over 23,000 votes.

Prentice takes over from Allison Redford whose spending controversy caused her to step down as premier earlier this year.

Statement from the father of Amber Lucius

I am devastated by the tragic loss of my innocent, sweet and lovely daughter. My heart is broken. The time I had with Amber was cut short but the time I had with her will always be the most special time of my life.

Amber's death comes as a terrible shock to all those who had the honour of knowing her, including her family and friends. This loss is felt by our entire community.

Amber was lots of

fun. A parent never knows when a child may be taken from them, so I urge you to make the time to have fun with your children, and never take them for granted.

I want to thank the community for all the support I have received since I got this terrible news.

We will be holding a private funeral to mark Amber's passing later this week.

We thank the media for respecting our privacy and ask that they do

not attend the funeral. I also ask that the reporters refrain from making inquiries at Amber's school.

The circumstances surrounding Amber's death are still under police investigation and they will be sharing that information with the public as they see fit.

I am providing a picture of Amber and ask that it be used in any media coverage related to her death.

*Thank you,
Duane Lucius*



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—Meeting with Alberta industry leaders—



MP Report

by Hon. Rob Merrifield M.P.

Last week I joined my colleagues from Alberta for our annual Alberta Caucus retreat. This yearly retreat is an opportunity for us to get together to discuss the real issues facing Albertans and to provide feedback on what we have been hearing from you during our summer travels throughout our own ridings. It is also an excellent opportunity for different stakeholder groups from a number of sectors to address us with their own issues. At this year's retreat we

met with groups from the following sectors: agriculture, public safety, wireless, independent business, restaurant and service, oil and gas and more.

Your Government continues to support Yellowhead farmers and it is an exciting time for us because in addition to winning marketing freedom, your Government has been active on the trade file, signing more than 10 free trade agreements since 2006, one of which is the Comprehensive Economic Trade Agreement (CETA) with the European Union. We are also looking at opportunities in other markets in Asia. Further, your Government delivered for Western Canadian grain farmers when it introduced and passed the *Fair Rail for Grain Farmers Act*, which urgently addressed the challenges faced by farmers in Yellowhead and Western

Canada's rail shipping system. This legislation amended the *Canada Transportation Act* and the *Canadian Grain Act*, providing additional measures designed to help the entire grain transportation system reach the goal of getting product to market quickly and more efficiently. Lastly, for our cattle farmers, we continue to battle Country of Origin Labelling in the United States and are prepared to retaliate if necessary.

When we met with Alberta law enforcement, your Government reiterated that our number one priority is the safety and security of the people of Yellowhead and all Canadians. We are committed to ensuring that law enforcement personnel and first responders across the country are provided with the tools that they need to do their jobs. We are likewise

committed to ensuring that victims are at the centre of our criminal justice system and that victims' rights always come first and foremost before those of offenders.

A big issue for Yellowhead and the rest of rural Canada is access to wireless services. Your Government has listened and has made policy decisions in the wireless sector with a very clear goal: more choice, lower prices and better service for Canadian consumers in every region of the country. Our Digital 150 plan is our way forward for a more connected country in which rural customers are guaranteed reliable service from wireless providers.

For Yellowhead and Alberta's small business and restaurant and service sector, our main issue right now is the Temporary Foreign Worker Program (TFWP). My

colleagues and I from Alberta will continue to discuss needed changes to the TFWP with the Ministers who are responsible for it. However, I stand by the fact that we cannot fix a permanent problem with a temporary solution and I firmly believe that all reforms made to the TFWP must reflect the goal of a stable and permanent Canadian workforce, no matter the region of the country. Also, we must work towards a program that respects and balances the needs of the employer with the needs of the employee.

Lastly, the oil and gas sector and environmental sustainability are very much on peoples' minds in Yellowhead, especially as we watch the beginnings of a new economic boom here due to the Duvernay gas play. It is an undeniable fact that Canada's natural resources sector is a

main economic driver of this country. The framework for your Government's approach to this economic reality is our plan for Responsible Resource Development, which takes our stewardship of the environment very seriously. It is imperative that as we create good, skilled and well-paying jobs, and under Responsible Resource Development we will ensure that the highest possible standards for protecting the environment are maintained.

It is important that your Government is aware of the interests and concerns of Alberta's industry and social sectors. Meeting with stakeholders from many of them last week reaffirmed what all of the Alberta MPs need to take back to Ottawa when the House of Commons resumes for the Fall session. Your Government is here for Alberta and will continue to work hard for you.

Higher revenues allow government to borrow less money for infrastructure



Keeping In Touch

by George VanderBurg MLA

Ever wonder about how fast Alberta's population is growing, how Alberta's crops are faring, or how our crime rates compare to the rest of the country? All of this information and much more is available online in the 2014 Alberta Official Statistics.

Things you may not know about Alberta

- Alberta's population grew by 3.5 per cent in 2013—triple the nation-

al average—surpassing the four million mark for the first time.

- A newborn baby girl in Alberta is expected to live for nearly 84 years on average, whereas newborn boys are expected to live for almost 80 years.

- 2013 was a bumper year for crops, with production soaring 18 per cent higher than in 2012, keeping farm receipts near record levels.

- In 2013, the number of wildfires decreased from 1,555 to 1,193, remaining below the previous five-year average of 1,585 (2009-2013).

- About 75 per cent of Alberta's high school students graduated within three years of entering Grade 10 and almost 82 per cent within five years, a notable improvement since 2004-05.

- Alberta workers en-

joyed the highest average weekly earnings (\$1,108.01) in 2013 – 22 per cent above the national average.

- In 2012, Alberta's total investment in upstream oil and gas reached a record of \$51.9 billion.

- During the past decade, Alberta produced about one-third of the nation's wheat, slightly more than one-third of the canola crop and almost half of the barley crop.

- In 2013, almost half of Albertans who volunteered chose to contribute to sports and recreation activities by coaching a team, or by officiating or organizing sporting and recreational events.

Alberta's updated official statistics are publicly available facts and information that describe conditions or changes taking place in our province. They cover a wide range of topics, including employment, health-

care, social services, the environment and the economy.

You can access all Alberta Official Statistics online by visiting www.officialstats.alberta.ca. For more information on this news story, please visit my website at vanderburg.mypcmla.ca.

If you would like to discuss this, or any other provincial matter, please contact me toll free 1-800-786-7136, find me on Facebook or on Twitter at @MLAVanderBurg.

Keep in touch.
George VanderBurg, MLA

Money Matters

One Canadian Dollar = 0.92 US Dollar
at an exchange rate of 0.9183 (using nominal rate).

Dollar Values as of Sept. 5, 2014

RESULTS FOR WESTERN CANADA

<p>Western 6/49 September 6, 2014</p> <p>09 17 19 44 45 49</p> <p>Bonus: 13 Extra: 6406055</p>	<p>Western Pick 3 September 7, 2014</p> <p>5 5 7</p> <p>Western Extra: September 7: 6439818</p>
<p>Lotto 6/49 September 6, 2014</p> <p>04 06 17 28 35 46</p> <p>Bonus: 18 Extra: 6406055</p>	<p>Lotto MAX September 5, 2014</p> <p>03 08 11 20 28 36 38</p> <p>Bonus: 26 Extra: 1850991</p>

A look at the local weather

	Tues., Sept. 9	Wed., Sept. 10	Thurs., Sept. 11	Fri., Sept. 12	Sat., Sept. 13
	Mainly cloudy	Variable cloudiness	Cloudy periods	Cloudy periods	Mainly sunny
P.O.P.	30%	40%	20%	20%	20%
High	6°C	8°C	12°C	13°C	16°C
Low	0°C	-1°C	-2°C	4°C	3°C
Wind	E 5 km/h	S 5 km/h	S 10 km/h	W 15 km/h	S 5 km/h
24-Hr Rain / Snow	Rain: less than 1 mm Snow: less than 1 cm				

RCMP Report

Whitecourt RCMP recover stolen vehicles and property, charge 4 males

In the evening hours of Saturday, September 6th 2014 members of the Whitecourt RCMP Detachment on patrol observed several suspicious vehicles coming and going from a remote site near Groat Creek Road.

Further investigation resulted in the arrests of four men and the recovery of several stolen items. The items recovered include two vehicles, three ATVs, two travel trailers, one utility trailer, one motorcycle, several license plates, multiple power tools, and one firearm.

Oakley James PEL-LAN, 20, of Peace River, Albert has been charged with one charge of Possession of Property Obtained by Crime Over \$5000 and one count of Driving While Unauthorized. He was released on \$3000 no-

cash bail.

Steven Allen SOUCY, 25, of Slave Lake, Alberta has been charged with six counts of Possession of Property Obtained by Crime Over \$5000, and three counts Failure to Comply with Conditions of Recognizance. SOUCY was remanded to custody.

Albert Rodney WAYE, 47, of Whitecourt, Alberta has been charged with five counts of Possession of Property Obtained by Crime Under \$5000, Possession of a Firearm Contrary to an Order, Possession of an Altered Firearm, and Possession of a Controlled Substance. WAYE has been remanded to custody.

Jesse Aaron DERKSON, 19, of Valleyview, Alberta has been charged with one count of Fail to Comply with Recognizance. He was released on \$5000 no-cash bail.

All four men are scheduled to appear in Whitecourt Provincial Court on September 9th.

Fatal Motor Vehicle Collision on Highway 16

On September 4, 2014 at 1:30 p.m. Jasper RCMP responded to a fatal motor vehicle collision approximately 5 km West of Jasper on highway 16. Jasper Fire and Emergency Services also attended the scene.

As a result of further investigation it was determined that a Hyundai Elentra, driven by a 61 year old female (the lone occupant) was heading west on highway 16. The vehicle crossed the centre line into the path of an oncoming semi. The male driver of the semi attempted to avoid a collision but was unable to do so. The driver of the Elentra died on scene while the driver of the semi was uninjured.

Highway 16 west of Jasper was closed for approximately three hours, and has since reopened.

The name of the deceased is being withheld at this time. No charges are pending as a result of this incident.

Motor vehicle collision

On September 6, 2014, 12:15 p.m. the Cochrane RCMP responded to a motor vehicle collision on the traffic circle of Highway 22 and Highway 8. Information from witnesses state that the

motorcyclist was north-bound on Highway 22 and approaching the traffic circle intersection at Highway 8. The motorcyclist failed to yield for a semi truck and trailer unit that was making its way through the circle, and hit the trailer unit.

The motorcyclist was killed instantly and traffic was routed around the location for a short period of time. RCMP are continuing their investigation and the deceased's name is withheld pending N.O.K. notification.

Sunday morning take-out



Photo Whitecourt Press

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- IGA
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- Max Fuel Distributors Ltd.
- Moose Country
- No Frills
- No Frills Gas Bar
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- Tags • UFA

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- Celebrations
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- Exit Realty
- Express Showers & Laundromat
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Fox Creek:

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- MRC Global (Midfield)
- Petrocan
- Rexall
- The Source
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- Subway
- Super 8
- Waye & Sons

Blue Ridge:

- Blue Ridge Family Foods
 - Cottonwood Esso
- ### Sangudo:
- Connections Coffee House
 - Pitstop Gas & Convenience Sangudo
 - Sangudo Foods
 - Sangudo Pharmacy

Rochfort Bridge: • Rochfort Bridge Trading Post

New software 'listens' for Alzheimer's disease



(NC) When a person's ability to communicate is compromised, so is their sense of self and their connection to those around them.

People with Alzheimer's disease often struggle with this. Frank

Rudzicz is committed to change that. Rudzicz is a researcher at the Toronto Rehabilitation Institute with an expertise in using artificial intelligence to understand speech problems.

Memory lapses are

synonymous with Alzheimer's and this means that people can lose their way in a conversation. At least half of those with the disease also have an additional disability: aphasia. This decreases language comprehension, vocabulary and speech fluency. It may affect a single aspect of language, such as the ability to remember the names of objects, how to put words together into sentences, or how to read. But it's more common to have multiple problems.

Aphasia is diagnosed using various language cues. For example, the almost exclusive use of generic words – car rather than sedan, or a significantly slower rate of speech.

Rudzicz has designed voice-based software

to "converse" with a person and assess their speech for aphasia and for language problems associated with memory loss. Pilot tests show it gives accurate and early diagnoses. "People have been using the same basic memory tests for diagnosis for a long time," he says. "These tests tend to be more useful after the disease has progressed."

Changes in the brain resulting in dementia begin up to 25 years before most symptoms appear. Rudzicz thinks his software could help catch those changes early so people can get treatment earlier. There is also good evidence his software measures the

disease's progress when people speak with it on a regular basis.

This researcher would eventually like to see speech therapists use it to assess the sometimes fast-changing communication abilities of people with Alzheimer's, and to devise appropriate treatments. But his ultimate goal is to 'teach' the software to learn communication strategies human caregivers use, so people with the disease can have real conversations with it.

"Caregivers tend to ask more closed-ended, yes or no questions such as, 'Do you mean X?,'" Rudzicz explains.

Designed to interact with people, his soft-

ware can be played on a computer, a tablet, or in a robot. Indeed, some Toronto-area, long-term care homes are considering a test of his software in a robot that could "talk" to residents and keep them engaged.

Due to funding from the Alzheimer Society Research Program, Rudzicz has launched a three-year study to perfect the software and the way it is delivered.

Technology is leading to exciting new avenues in dementia research. Help the Alzheimer Society of Canada continue this kind of research by giving to the Alzheimer Society Research Program. More information is available at www.alzheimer.ca.

Travel quick tips for seniors on the go

(NC)— No matter how many trips we take, or how much we have travelled, a little advance planning can help to avoid unexpected bumps along the way. Days Inns Canada offers seniors some useful tips to help get off to the right start:

Plan ahead: Research your destination and remember to book hotel reservations well in advance. Look for national hotel chains that cater to seniors with their amenities. For example, Days Inns offer the free Day-break Café breakfast at most locations, plus

free, high-speed Internet access.

Set a budget: Create a realistic budget for your next trip and stick to it. Be on the lookout for travel deals, vacation packages and senior discounts. Remember to pack your proof of age identity card and any senior club membership cards.

Safety measures: Before departing, make sure you have enough insurance coverage. Always carry your supplemental travel and health insurance policy with you and review all insurance requirements before you leave. Keep the telephone number of your insurer handy in case of emergency.

Be prepared: Pack any medications or prescriptions in your carry-on bag and bring along enough medication to last you the entire trip. A doctor can advise you about potential travel

risks that are specific to your chosen destination. Also, remember to pack a first aid kit.

Stay Connected: It's a good idea to give your travel itinerary to a friend or relative, so someone will always know your whereabouts. Of course, calling or sending an e-mail from the road to keep people informed is a good idea.

Who's hiring this week;



See our Careers section pages 34 to 39

- ➔ 2 Creeks Enterprises
- ➔ Alberta Answering Service
- ➔ Arrow Transportation Systems Inc.
- ➔ Boston Pizza
- ➔ CANDO Rail Services
- ➔ ECHO Society
- ➔ Lydell Group Inc.
- ➔ Northwell Oilfield Hauling Inc.
- ➔ Renford Inn
- ➔ Smitty's
- ➔ TerraCore Rentals Ltd.
- ➔ Tim Hortons
- ➔ Tri Hi Pressure
- ➔ Tundra Oilfield Rentals Ltd.
- ➔ VIRO Energy Services Ltd.
- ➔ Wescat Trucking Ltd.
- ➔ Western Auto & Imports
- ➔ Woodlands County (pg. 19)

Your career ad is distributed 1000 more times per week than any other local weekly in Whitecourt.



Letter to the editor policy

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.



Voice your Opinion with a Letter to the Editor



Email them to wctpress@telus.net



How to improve your child's eyesight

(NC) It is true that everything is important when it comes to children's health but paying attention to their eyes frequently is a praiseworthy plan.

The primary guideline for your little ones is easy to follow: schedule the first eye exam by six months; keep watching for eye issues like crossed eyes and lazy eye, as well as symptoms like squinting, droopy lids, or watery eyes; and before kindergarten begins, schedule an eye exam to determine if glasses are needed.

And when it comes to those glasses and contact lenses, opticians will give you dedicated guidance to enhance the way your children see. The optician profession is regulated in Canada and this gives you a highly-trained individual to first interpret your child's prescription, to help you choose the right frames, answer your questions, and then he or she works to exacting standards to produce the perfect lens to meet rigorous national standards. Here are some tips for ensuring your child receives the best vision possible:

Frame first: The most important criteria

when selecting prescription eyeglasses is how they fit. The lens centre must match the line of sight. Size, shape, and fit should be guided by the optician teaming up with the child and parent. Either a plastic or metal frame will work well.

Lazy eye: This muscle problem occurs in 1 out of 25 children. One, or both eyes may wander especially if the child is tired. Bifocal lenses, patching, or surgery are effective for strengthen eye muscles.

Playing sports: The best place for a child's eyeglasses when he or she is playing a sport is not in their backpack, but on their nose. A child won't play well with blurry vision so instead, invest in well-fitting eyeglass frames with break resistant lenses. Also look into purchasing sports glasses.

Touchdown: What do a football and astigmatism have in common? The shape. An astigmatic cornea has two major curves on the surface. One is steeper, the other flatter. A football is flatter from tip to tip than it is around the circumference.

Contact lenses: This decision is not based on age, but maturity. Only

you as a parent can decide the level of your child's maturity. You can consult with an optician

for an expert opinion. For more eye health facts every mother should know, check out

www.weloveyoureyes.ca, where the Opticians Council of Canada – with support from The

Foundation Fighting Blindness - is running an interactive program with inviting prizes.

Business Profile

Music for Young Children



Photo Olivia Rutt

By Olivia Rutt
Whitecourt Press

The school year has begun and it is time to think of those after-school activities. While sports, swimming, and outdoor education can help children be active, music helps develop other crucial skills.

Shirley Bakker, of Shirley Bakker Music Studio, and Crystal Kerr, of Kerr's Music Studio,

are certified teachers of Music for Young Children, a program that provides a well-rounded education of music foundations. They both own studios here in town and are open to teach children age two and one-half to 12 years old.

"Music for Young Children is a keyboard-based foundational music program. It includes

playing on rhythm instruments and keyboards; singing; listening activities; basic music theory; stories; puppets; games; and lots of movement," said Bakker.

Both Bakker and Kerr have more than 30 students enrolled in their program each year. They believe it is a perfect after-school activity, as it can be enjoyed in any

type of weather at any time of the year.

"Gone are the days of sitting and practicing or having a lesson at the piano bench for one-half to one hour at a time. These classes captivate the child (and often the caregiver) as we move every three to five minutes," said Bakker. "We may be sitting on the floor, then singing a song, and finally playing on the keyboards, or playing a musical game."

This is not your average music lesson. It builds skills to help children in their everyday life.

"Studies consistently demonstrate that music study improves memorization skills, hand-eye co-ordination, and intellectual, physical, and emotional development," said Bakker.

To learn more about the program visit www.myc.com

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:

- 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:

- 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.

- 2716 RCArmy Cadets meets every Wednesday now to June 6th Mayerthorpe Legion 7:00p.m to 9:00p.m ages 12-18 call Tammy at 780-785-4106.

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.

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.



**SLOW
DOWN
In
School
Zones**



Whitecourt and Area Rant & Rave (Published with minimal editing)

The Whitecourt Press has no affiliation with rant and rave. We simply take a few clips from the rant and rave Facebook page.



RANT: I don't get why people think they can dump their garbage on someone's private property!! It's disrespectful and plain rude. This was dumped at the Shiningbank tower on Bear Lake Road! It looks like a truck full of roofing garbage. Grrr!

RANT: I don't understand people who list things on KIJJI and other classifieds without including a price. Is it a secret? Are you not sure? Or are you just lonely and want someone to phone you?

RAVE: Millar Western! They put on a GREAT Family Barbecue yesterday! Thank you so much for the fun afternoon!

RAVE: Starting September 12, we'll be able to collect Air miles at IGA!

RANT: To the guy who was in Subway parking lot at lunch and yelled at me because maybe he thought I was blocking him when he was leaving. I was in line in the drive-thru MORON!!!

RAVE: Finally having a bus system in this town. I rode the bus and it is awesome. Plenty of room. Yes there may be only one for now, but if we utilize this there will be more buses coming and it will shorten the wait times. Please Whitecourt, lets use the bus so we don't lose it!!

RANT: So out for walk this evening and I see two guys with metal detectors scanning over a neighbourhood park and well sure as heck if they didn't pull out a shovel and start digging holes. What the heck?

RANT: While driving to 7-11 at 10:30 p.m. Saturday night, I see this little boy who can't be more than seven-years-old, he's all by himself walking towards the train tracks???? Seven-years-old old by himself, should he be in bed or walking with a parent????

Send in your Rant or Rave to wctpress@telus.net

LockTalk



By Jason Kerr
Special to the Whitecourt Press

Over the last couple of weeks there has been a rash of break ins in the surrounding communities, with Edson being one of the hardest hit. As a home or business owner there is probably not much more that will make you feel vulnerable than a break and enter.

Having a break in can be a frustrating time; not only has someone most likely damaged or stolen your personal property, but there is probably very little the police will be able to do for you if you don't have proper security.



Here are a few steps to take to reduce the risk of being targeted.

- The easiest and least expensive thing you can do is get some good lighting around your place. The more it is lit up and visible the less chance there is to commit a crime.
- Get a monitored alarm system. This step

may not prevent a break in but it will limit the time a thief has on your premises before someone shows up thus reducing what can be taken.

- Install a good camera system that is Wi-Fi enabled so that you are notified on your mobile devices. This will not prevent a break in either, but cameras are the only

way to give you and the police the opportunity to catch the criminal and to recover any property that was taken.

• Lastly, ensure you have proper locking hardware on all your doors, especially your back door and lower level windows. If you can prevent a break in or slow the thief down it is less likely they will make off with any of your belongings.

So take a moment to do a walk around your property and make sure you do all you can do to reduce your risk of loss or damage and keep you and your family safe!

For more information on this product or any other security questions or concerns regarding your security, please contact us at locktek@live.com or call 780-779-7574 or visit our Facebook page.

Change your mood by changing your mind



By Gwen Randall-Young
Special to the Whitecourt Press

"Temperament lies behind mood. Behind will lies the fate of character. Then behind both, the influence of family, the tyranny of culture and, finally, the power of climate and environment, and we are free only to the extent we rise above these." John Burroughs

Do you ever find yourself or someone close to you is in a bad mood? There can be many causes for this ranging from life events to hormonal changes. Some people get into a bad mood when things do not go their way. A bad mood has ruined many an evening out, a family fun day, or an entire weekend.

Must we be held hos-

tage to a bad mood until it has run its course? Yes, if we do nothing to try to change it. Regardless of what has triggered it, it is our thoughts that keep it going. Negative thoughts tend to beget more negative thoughts, so it is easy to fall into a downward spiral. Once a bad mood hits, we may not feel like doing the very things that would bring us out of it.

When we are in a bad mood, it is like some aspect of ourselves is running a brainwashing program designed to keep us in that spot. We can escape the cycle and shift our mood by changing our thoughts.

We can decide to let go of the hurt or anger we are carrying towards another - decide to just let it go and have a good day.

We can decide that for the next few hours we will stop thinking about whatever is bringing us down. Imagine putting the issue away in a file folder to bring out later so it is not in the way of what we want to do

now.

We can shift perspective, asking ourselves if this issue will matter at all to us one year from now. If not, then it is simply not worth letting it ruin our day.

Finally, we can decide

that we are going to stay in the present moment, not thinking about the past or worrying about the future. This day will never come again so it is best to be really sure how we want to spend it.



Jen Evarts with Grigg Insurance Brokers in Mayerthorpe enjoys her copy of the Whitecourt Press every week.

Whitecourt PRESS

The Whitecourt Press, a
good read every Tuesday!

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- Whitecourt Flooring
- The Dynamic Group
- Sun Life Financial
- DCM Homes
- Eagle River Casino & Travel Plaza

It is what it is...



By Marc Chayer
Special to the Whitecourt Press

This week I wanted to get away from the typical column and maybe write about something not so doom and gloom.

Each and every night I go home to the usual routine which includes the nightly news reports from around the world. As is typical, the news is filled with the chaos that occurs on just about every part of the globe.

On one particular night, I found myself getting back home later than usual. Tired, hungry, and mentally spent, I found myself in a conversation with my 10-year-old daughter which mainly focused on her day at school.

This year she transferred to a new school and with that, of course, comes new classmates, new teacher, etc. As one would

expect, the first day was filled with nerves until she walked in to find that there were other new kids in the class and some familiar faces from her springtime baseball team. As is usually the case, mom and dad hanging around quickly became a crutch in her social standing and in a flash we went from being the comforting shield to almost lepers not to be touched; but, back to the point.

With the new adventure fully underway, my daughter began to provide me with a detailed explanation of her day and her new friends. Exhaustion or not, when a 10-year-old wants to tell you something, you listen.

Through the fog, I listened to the rapid fire report. She explained that her new teacher had this really cool thing in which she asked all the students to write on a small note what they expected from her as well as what they think they may need help with. To this she reports, "Dad, I told her I needed help on math!"

On this issue I disagree but before I could state my reinforcement of

her abilities, she went on to say that one of her new friends had stolen the show with his reply of, "Keep the noise level down and keep me entertained!" At this, I stopped dead in my tracks and asked her to repeat the statement which she did, confirming what I thought I had heard.

Once it sank in, I busted out laughing. I mean laughing to the point of tears. I mean think about this, a 10-year-old, when asked what he expected, replied with a statement that included "keep me entertained." It's not only totally unexpected, but it's outrageously funny and outstanding in its simplicity and expectations. Even better is the fact that my daughter thought so, too. We sat there laughing at a one-line statement that was so unexpected. It not only melted away the day for me but really gave our family a moment somewhat removed from the grind of daily life.

Often we get caught up in the world in which we live with the deadlines and stresses

sils after they come out of the dishwasher, try cleaning them with a cream of tartar paste. Also clean out the filter regularly.

- "I love my blender and use it all the time, but I don't always have time to clean the blades properly when I'm in a rush. There's is a spot under the blades that's hard to clean if the remains of my smoothie get dried on. I have found a way to clean it, though ... with rice! A couple of spoonfuls in the otherwise clean blender, and the rice buffs any residue right off. I even use the rice powder in a homemade facial mask that makes my skin feel great!" -- D.W.

- Have you nailed down your holiday shopping list yet? Many people find it distasteful to see Christmas and other holiday items out so early, but studies show that the earlier you start, the less you

spend. Likely because you are not rushed and are able to take advantage of sales and to shop smart.

- Use cola to marinate your meat! The acids in the soda pop make meat nice and tender before cooking, and sugar actually can give you a nice caramel flavor on the outside, too. You can use a cola bath for meat on the grill or search cookbooks or Internet sites for great slow-cooker recipes.

- "If your cat regularly has issues with hair balls, try giving it a teaspoon of olive oil a day. Mine loves it and will lick it right off a saucer, but you could drizzle it over food too. It's better than butter, because it has good fats, not bad." -- Y.E.

of the adult world, but sometimes a 10-year-old provides us with some direction and advice that not only makes us laugh, but really should be taken to heart.

So, to all of you people out there looking

to rule the world, and to the politicians who constantly go on about what they are up to, or in some cases not up to, please note the following. Keep the noise level down and keep me entertained...

wise advice from a kid in grade five.

On a side note, here's a thought: no matter how big and tough you think you are, when a child calls you on a toy phone, take the call.

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Randy, of RPM Motorsport reading his Press

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WHEELS

The Toyota Corolla continues its evolution



Toyota/David Dewhurst

The Corolla gets better with each iteration.

By **TOM STRONGMAN**

The Corolla is the all-time best-selling car model in history. More than 40 million through 11 generations have been sold since 1966. The 2014 model has a level of technology and sophistication that would have been unheard of in 1966 and puts it near the top of its segment.

I recently spent three days with a Corolla LE Eco Premium in Southern California, arguably the car capital of the U.S. and home to legendary traffic snarls. Finding my way around the distant suburbs of Los Angeles was a fitting test for the navigation system, vehicle comfort and efficiency. Plugging addresses into the navigation system was a bit tedious, but I appreciated the audible warnings about traffic tie-ups.

I learned right away that if you're going to be stuck in stop-and-go rush-hour traffic, great seats are imperative, and this Corolla had them. Generous side bolsters provided good lateral support without being as confining as genuine sports seats.

A lack of noise makes a frenetic environment seem more tolerable, and the

Corolla's cabin was a welcome oasis from the surrounding traffic. Careful attention to airflow over the body and under the car results in a drag coefficient of 0.28. That helps keep wind noise in check and improves fuel economy. The only time noise was bothersome was accelerating quickly into the flow of traffic. The continuously variable transmission, CVTi-S, would hold the engine at a steady rpm that seemed like more noise than action. I is for intelligent, S is for Shift. This is the first "pulley-style" CVT offered by Toyota in North America.



Toyota/David Dewhurst

The cabin is comfortably equipped.

I'm generally not a fan of CVT transmissions because the lack of gearshifts – what Toyota calls a “rubber-band” sensation – feels odd, and acceleration seems less responsive than with a regular transmission. CVTs are efficient, however, and that's why they are being used more and more.

Toyota has programmed its unit to have seven discreet shifts that mimic a traditional automatic transmission. The S model can be “shifted” through these seven shift points with steering wheel paddle shifters or by moving the gear lever.

The base L model comes in either a six-speed manual or a four-speed automatic. A six-speed manual is also available on the S model.

The Corolla can be equipped with either of two 1.8-liter, four-cylinder engines. Prices begin at \$16,900 and top out at \$22,675. There are 12 trim levels. The base engine is rated at 132 horsepower. The 140-horsepower engine in the LE Eco model has Valvematic valve train technology that provides a broader range of intake valve timing and lift, resulting in 5 percent greater fuel economy and horsepower. The Eco Plus and Eco Premium models are rated at 30 mpg in the city and 40 on the highway. I averaged 34 mpg in mixed city and freeway driving.

As mentioned, full-throttle acceleration is a bit noisy because the engine tends to stay at high rpm, but light-throttle driving is fairly quiet. The test car's Eco mode softens the throttle's response and cycles the air conditioning compressor, so unless you are interested in squeezing out the last drop of fuel economy, stay in normal mode.

The Corolla's 106.3-inch wheelbase provides decent backseat legroom and a good-sized trunk. The suspension is tuned to deliver a ride that is well-controlled without feeling choppy over bad pavement. The steering is nicely weighted and has good feel.

Price

The base price of the test car was \$20,100. Options included keyless ignition, navigation system, AM/FM CD player, USB port with iPod connectivity,



Toyota/David Dewhurst

Bluetooth connectivity, Sirius satellite radio with traffic and weather for 90 days, power sunroof and carpeted floor mats. The sticker price was \$23,694.

Warranty

The basic warranty is for three years or 36,000 miles, with a five-year, 60,000-mile powertrain warranty.

(Tom Strongman has been covering the auto industry for 25 years. He can be reached at tom@tomstrongman.com.)

AT A GLANCE

**2014 Toyota Corolla
LE Eco Premium**

Point: Each new generation of the Corolla raises the bar. This version is civilized, comfortable and quite fuel-efficient. It is a car that would be great daily transportation for years.

Counterpoint: The CVT doesn't feel as responsive as a regular transmission.

The Specs

Engine: 1.8-liter, 140-horsepower four-cylinder

Transmission: CVTi-S front-wheel drive

Wheelbase: 106.3 inches

Curb weight: 2,855 lbs.

Base price: \$20,100

As driven: \$23,694

MPG rating: 30 city, 40 hwy

Your Voice Matters

Send your letters, comments or story ideas to...

Email: wctpress@telus.net

Phone: 780-706-1858

Fax: 1-866-647-4105 (Toll Free)

Construction ahead



Photo Whitecourt Press

Crews were working hard over the weekend fixing pipes after a break in a water main beside the Town Office.

Allergy quiz: It's back to school, and time for all of us to learn about anaphylaxis

(NC) According to Health Canada, close to 6% of Canadian children have a food allergy.

Greater public awareness and understanding of anaphylaxis could help save lives.

Elizabeth Monk, a spokesperson for Allerject, notes that the seriousness of anaphylaxis is generally not well understood. "Many people don't know that it can be life-threatening. And many are uncertain about how allergic reactions are triggered, how to spot the symptoms, and what to do in an emergency," she says.

How much do you know about severe allergic reactions? Take the Allergy Quiz. You'll find the full quiz at www.allerject.ca as well as additional resources and information about anaphylaxis.

Here are a few sample questions to get you going.

1. Which of the following is among the 10 priority food allergens most frequently associated with anaphylaxis:

- a) peanuts
- b) mustard
- b) soy
- d) all of the above

2. Which of the following is NOT a typical symptom of a severe allergic reaction:

- a) hives
- b) nose bleed
- c) shortness of breath

3. Auto-injectors are

used to inject epinephrine into:

- a) the muscle of the mid outer thigh
- b) a vein
- c) the buttocks

4. In addition to certain foods, anaphylaxis can also be triggered by:

- a) exercise
- b) latex
- c) certain medications
- d) all of the above
- e) none of the above

5. After an individual has been injected with epinephrine, he/she must:

- a) be immediately transported to hospital, ideally by ambulance
- b) take antihistamine
- c) drink plenty of fluids

6. In cases of auto-injector use, what percentage of injections are administered by someone other than the person having the reaction or the parent of an anaphylactic child?

- a) 31%
- b) 12%
- c) 6%

Answers

1. **d)** (Source: Health Canada, <http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/index-eng.php>)

2. **b)** 3. **a)** 4. **d)** 5. **a)** (Source: Anaphylaxis in Schools & Other Settings, 2nd Edition Revised, the Canadian Society of Allergy and Clinical Immunology)

6. **a)** (Source: Ipsos Healthcare, Allerject Patients Study, June 2014)

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- IGA / 4802-51 Street
- Dynamic Esso / 4439-52 Ave

Whitecourt

The Town of Whitecourt has committed to fund a 12 month Public Transit Pilot Project. During this time the service, route, and ridership will be evaluated to determine the long term viability of the transit service. The route, hours, and fares may change.

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<http://www.serenalapointephotography.com/>

Turn down the truth, turn up the elections rhetoric



By **Laura Bohnert**
Whitecourt Press

Election rhetoric has been turned on full-blast in preparation for the upcoming 2015 federal election, but is all the rhetoric really worth the added expense?

The 42nd Canadian

federal election is currently scheduled for October 19, 2015 in accordance with the Canada Elections Act which mandates that a general election be held the third Monday of October in the fourth calendar year after the previous general election.

In preparation for next October, party leaders are already out and about trying to bend the public ear. In fact, Prime Minister Stephen Harper recently embarked on his annual Northern pilgrimage to schmooze his

potential followers in the north. We've already seen countless press releases and interviews as each party leader takes his or her campaign full-force to the public and now that we are nearing crunch time, the leaders have begun to step beyond the mere boasting of their own promises to denounce the fallacies in their competitors' promises.

That's right; brace yourself for the onslaught of cheesy, low-budget (and partially slanderous) commercials

about how much the other leaders are lying about their campaigns -- but how low-budget are these commercial-ridden campaigns anyway? Try \$21 million (not so low-budget). And, that's for each party, by the way or, at least, for each party who manages to field a candidate in each of the 308 ridings across Canada. This, of course, means that parties can spend more or less on their campaigns in specific ridings depending on the number of voters. So, as the CBC notes, "a candidate in Oak Ridges-Markham, Ontario can shell out \$132,251 during the campaign, while parties fielding candidates in the riding of Nunavut can spend \$14,860. The more voters there are in a riding, the more a party can spend to get its candidate elected."

But doesn't \$21 million seem a little extreme especially when it's potentially being dished out for each candidate? (How far in debt is the Canadian government, again?) Isn't our economy struggling to pull itself out of a recession? If the biggest political debate is about creating jobs for Canadians, it probably isn't a very good time to waste those extra taxpayer dollars. Doesn't our government have anything better to spend our money on than the political manoeuvres of leaders who work harder to sabotage

their competition than to prove their own merit?

It is sabotage, plain and simple. A sheer demonstration of the power the media can give a political leader when one word -- a word like "elite" -- can force an entire opposition party onto the ground.

Where does this election rhetoric get us, anyway? It certainly doesn't get us any closer to the true motivations behind our party leaders. We, as an audience, spend more time listening to and incorporating the propaganda into our own beliefs than we spend doing research into what each leader is prepared to offer and what the actual implications are of each of those promises.

Money well spent?

For the political leaders, maybe, but only if they have enough votes in each riding to be able to afford the cost of the advertising it takes to defend themselves against their opposition. If not, who will hear them over the noise of all that rhetoric?

But this is all completely unfathomable, right? How does this strategy even work anymore? Are we not desensitized enough to the promotional gimmicks abundant on television to be able to recognize them in the speeches of our political leaders? We don't buy into every new cleaning product, sham-wow or slap-chop that

has air space, do we? So, why aren't we questioning the marketing slogans that are employed by our politicians?

They aren't even new slogans; Harper's been using the same "elite" argument for years. He's brought two oppositional parties down with it and he's going to try it again. For \$21 million of our dollars can't he at least come up with a new strategy or even just a different word (can't get a good thesaurus within that budget)? And, he, of all people, who hobnobs with some of the biggest millionaires, is going to point a finger and call someone else elite?

A quick dictionary entry could help us all understand the labels that are being used (and to whom they may more aptly stick) to destroy parties that may have been offering much more than the public has allowed itself to become aware of (why else would they be so forcefully brought to the ground?).

We need to turn off our television sets and do a little more research into the kinds of decisions we're making for our country. Or, we should all go back to our high school media classes so we can learn what the true message is behind every flashy advertising campaign we're about to buy into.

What is a Jovian planet?

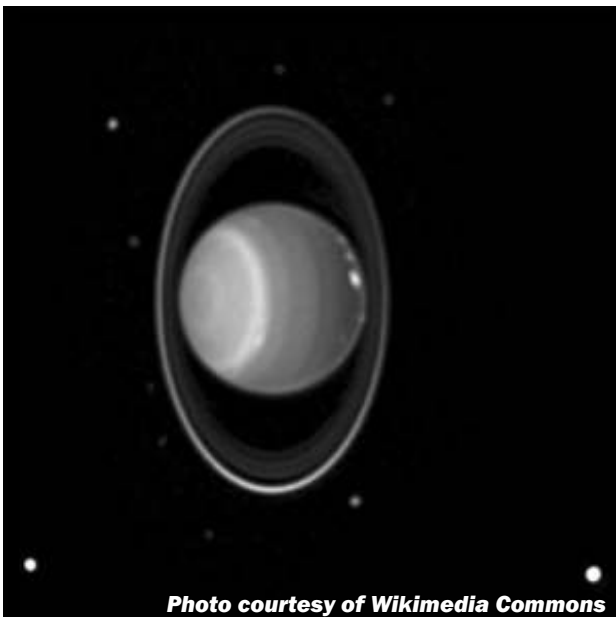


Photo courtesy of Wikimedia Commons

By **Nerissa McNaughton**
Whitecourt Press

Since landing on the moon and sending a rover to Mars, it's become easy for us to think of planets as hard surfaces that you can walk on to explore. However, this is not the case for all the planets in our solar system. The outer planets: Jupiter, Saturn, Uranus, and Neptune are called Jovian planets and they don't have a surface.

Unlike terrestrial planets, these four planets are made up mostly of gasses. Although they are spherical and look like you could step on them, you would instantly plummet through layers of noxious gases. Because they are so distant it is difficult to study them conclusively; however, astronomers have reached some very exciting conclusions.

Jupiter: Jupiter's at-

mosphere is thought to be 78 per cent hydrogen, some helium, and small traces of water vapor, methane, ammonia, and similar compounds. Theoretical models show a small rock and ice core. Jupiter is 7.783 x 10⁸ kms from the sun and has an orbital period of just over 11 years.

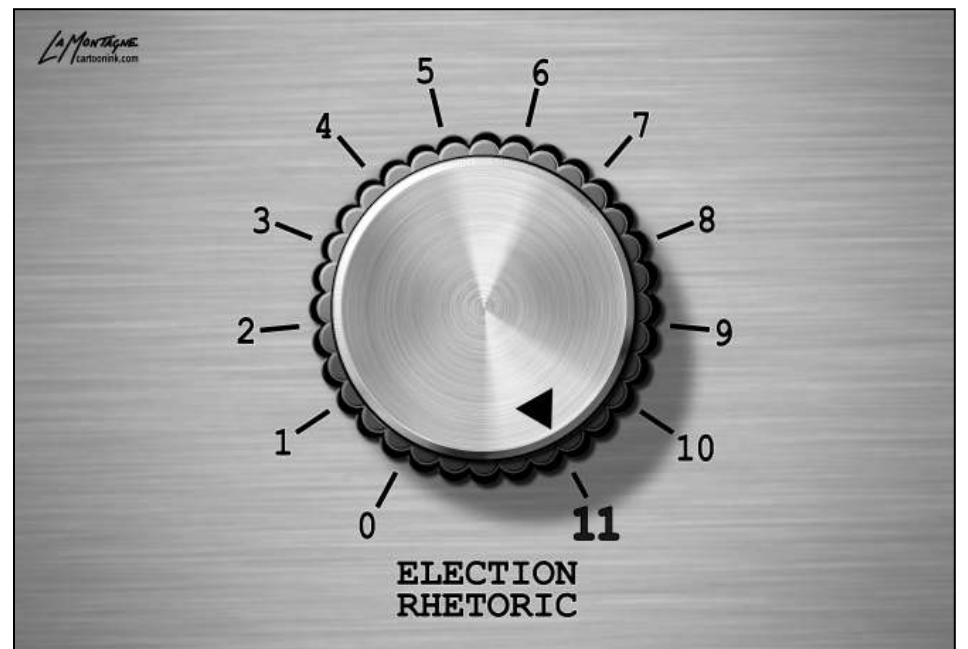
Saturn: Saturn, whose stunning rings make this one of the most popular planets, would actually float if dropped in water. It is thought to be mostly hydrogen and helium with a small core of heavy elements. In addition to the rings, which are actually orbiting ice particles, Saturn has 30 known moons.

Uranus: Models indicate a heavy core and a mantle of half frozen water and rock dissolved in ammonia and methane. Uranus is an anom-

ously; it rotates on its side. It wasn't until 1977 that astronomers discovered Uranus' rings. Although thicker than Jupiter's rings, this ring material is dark like coal which makes them hard to see. Uranus' rings rotate over the top and bottom of the planet, not around the middle like Jupiter's.

Neptune: Despite being four times the diameter of Earth, Neptune looked like a small blue dot in the distance to astronomers for many years. In 1989 Voyager II flew past the planet allowing for a more in-depth understanding of this distant world. Neptune's interior seems similar to Uranus, but Neptune is a deeper blue and has clouds. The colour is attributed to the additional methane (three per cent in Neptune and two per cent in Uranus). Neptune's atmosphere is turbulent. Like the Great Red Spot on Jupiter, Neptune has circulating hurricane-like spots and at one time had a Great Dark Spot.

Our planets are fascinating in every detail and we long to walk among them to explore this great unknown. While we can't take any physical steps on a Jovian planet, we will continue to learn more about these fascinating gas giants as our technology continues to progress.



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, September 17, 2014 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 September 11, 2014 or you may attend the meeting.

LEGAL DESCRIPTION	DEVELOPMENT PERMIT APPLICATION NUMBER	PROPOSAL
Pt. NE 32-56-10-W5M	15-112-2014	Variance - Accessory building siting in front of principal dwelling
Pt. SW 36-59-13-W5M	15-116-2014	Transport Contractor Business (major)
Pt. NW 13-59-13-W5M Lot 5, Block 1, Plan 942-2480	15-121-2014	Transport Contractor Business (major)

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

Attention: Jennifer Sunderman, Development Officer
 Woodlands County, Box 60, #1 Woodlands Lane, Whitecourt AB T7S 1N3
 Email: jennifer.sunderman@woodlands.ab.ca
 Telephone: 780-778-8400 Toll-Free: 1-888-870-6315

OFFICE CLOSURE

Woodlands County offices in both Whitecourt and Fort Assiniboine locations will close at 12:00 p.m. on **Friday, September 12th, 2014** for a Staff Appreciation Day. Woodlands County will resume regular business hours on **Monday, September 15th, 2014.**

Should an emergency situation arise please call one of the On Call numbers below:

Fort Assiniboine: 780-674-0204 or 1-866-584 3866
 Whitecourt: 780-706-0678 or 1-888-870-6315



JIM RENNIE
 Woodlands County Mayor
 Councillor for Whitecourt East
 Division 4
 E-Mail: jim.rennie@woodlands.ab.ca
 Phone: 780-778-0202



SYLVIA BONNETT
 Councillor for Anselmo
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 E-Mail: sylvia.bonnett@woodlands.ab.ca
 Phone: 780-786 2298



CHAD MERRIFIELD
 Councillor for Whitecourt West
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 E-Mail: chad.merrifield@woodlands.ab.ca
 Phone: 780-706-2065



RON GOVENLOCK
 Councillor for Whitecourt Central
 Division 3
 E-Mail: ron.govenlock@woodlands.ab.ca
 Phone: 780 778 3343



DANIEL PRITCHARD
 Councillor for Blue Ridge
 Division 5
 E-Mail: dan.pritchard@woodlands.ab.ca
 Phone: 780-648-2149

UPDATE ON WOODLANDS COUNTY 2014 SEASONAL ROAD MAINTENANCE PROGRAMS

County staff and equipment will be working on your roads performing dust control, oiling, shoulder pulls and various road constructions. Because of this activity, road conditions may be unfavourable for a few days.

Please slow down and proceed with caution when approaching road crews and equipment.

Calcium chloride applications (dust control) depending upon weather conditions, will finish June 20th in the Fort Assiniboine and Whitecourt areas.

For further information, please check our website @ www.woodlands.ab.ca

Program	2014-Seasonal Road Maintenance Programs				2014-Construction Projects	
	Whitecourt Area		Fort Assiniboine Area			
	Start	Finish	Start	Finish		
Residential Dust Control	May 26 (COMPLETED)	June 6	May 26 (COMPLETED)	June 6	TWP 590A-Klash Road Rebuild -	August 25 – September 19
Roadway Dust Control	June 9 (COMPLETED)	June 20	June 9 (COMPLETED)	June 20	RR 101-Culvert Replacement-	July 14 – August 20
Roadway Oiling Operations	July 14	August 30	August 4	August 30	Old Blue Ridge Highway- Road Construction-	September 22 – November 7
Shoulder Pulls	August 4	September 30	August 4	September 30	Whitecourt Airport Apron III Cold Mix Overlay-	July 7 – July 25 (COMPLETED)
					Whitecourt Airport Hangar Lot Subdivision Development (Phase 1)	July 28 – October 31
					Old Ferry Loop-Water Spur Line Project-	May 26 – August 31
					TWP 590 Slope Repairs-	June 2 – July 17 (COMPLETED)

Please note that the above dates are approximate and are dependent upon weather conditions.

NOTICE OF PUBLIC HEARING LAND USE BYLAW AMENDMENT APPLICATION 2013LUA02

BYLAW 442/14 - AMENDING Woodlands County Land Use Bylaw 407/13,
BYLAW 443/14 - AMENDING Municipal Development Plan 406/13,
BYLAW 444/14 - AMENDING Intermunicipal Development Plan 401/13,

PLACE	DATE	TIME
Woodlands County Municipal Office Whitecourt, AB	Tuesday, October 7, 2014	7:30 p.m.

Pursuant to the provisions of Section 692 of the Municipal Government Act the Council of Woodlands County is considering an application for: a) Amendment to Land Use Bylaw 407/13, by making the following amendment through proposed Bylaw 442/14; b) Amendment to Municipal Development Plan 406/13 through proposed bylaw 443/14; c) Amendment to Intermunicipal Development Plan 401/12 through proposed bylaw 444/14.

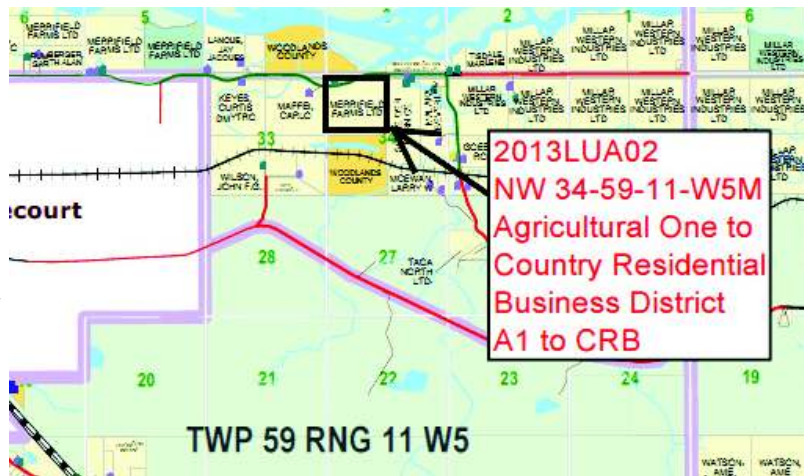
Re-zoning of NW 34-59-11-W5M from A1 Agricultural One District to CRB Country Residential Business District as identified on the map below.

Written comments on the above proposed bylaw amendment may be provided **prior to Friday, September 26, 2014** to:

Woodlands County, Box 60, Whitecourt, AB T7S 1N3
 Attention: Joan Sloomweg, Subdivision Officer or email at joan.sloomweg@woodlands.ab.ca

Or interested individuals may attend the public hearing to voice comments.

The proposed land use amendment application and amending bylaw may be reviewed during regular business hours at the Woodlands County Municipal Office in Whitecourt located at #1 Woodlands Lane.



NOTICE OF DECISION

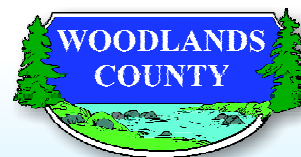
Decisions have been made regarding the following development permit applications:

DEVELOPMENT PERMIT APPLICATION	LOCATION	PROPOSED DEVELOPMENT	DECISION	DATE OF DECISION
15-052-2014	Pt. SW 35-58-13-W5M Lot 1, Block 1, Plan 142-1218	Setback Variance	Approved with conditions	Sept 3, 2014
15-054-2014	Pt. SE 22-59-12-W5M Lot 1, Plan 792-2456	Detached Garage	Approved with conditions	Sept 3, 2014
15-100-2014	Pt. NW 24-58-12-W5M Lot 5, Block 2, Plan 082-8689	Accessory Building - siting in front of principal dwelling	Approved with conditions	Sept 3, 2014
15-102-2014	Pt. NE 18-58-11-W5M	Accessory Building - siting in front of principal dwelling	Approved with conditions	Sept 3, 2014
15-106-2014	Pt. NE 20-59-12-W5M Lot 4, Plan 002-2787	Accessory Building - siting in front of principal dwelling	Refused	Sept 3, 2014
15-110-2014	Pt. NE 4-59-11-W5M Lot 6, Block 2, Plan 872-0077	Setback Variance	Approved with conditions	Sept 3, 2014
15-119-2014	Pt. NE 36-57-10-W5M	Single Family Dwelling - new mobile home	Approved with conditions	Sept 3, 2014
15-120-2014	Pt. NW 29-59-12-W5M Lot 1B, Block 1 Plan 002-4100	Accessory Building - detached garage	Approved with conditions	Sept 3, 2014
15-122-2014	Pt. NW 20-59-12-W5M Lot 3, Plan 982-4731	Shop (personal use)	Approved with conditions	Sept 3, 2014
15-124-2014	Pt. NW 7-59-12-W5M	Public Utility Facility - Communications Tower	Approved with conditions	Sept 3, 2014

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. September 24, 2014:**

Attention: Jennifer Sunderman, 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.



www.woodlands.ab.ca



DALE MCQUEEN
 Councillor for Goose Lake/Freeman River
 Division 6
 E-Mail: dale.mcqueen@woodlands.ab.ca
 Phone: 780-584-2619



DALE KLUIN
 Councillor for Assiniboine/Timeau
 Division 7
 E-mail: dale.kluin@woodlands.ab.ca
 Phone: 780 584 2610

EMPLOYMENT OPPORTUNITIES

UTILITIES TECHNICIAN

Woodlands County is a thriving municipality located approximately 170 kilometers northwest of Edmonton. The Whitecourt administration office is located on County property just outside the Town of Whitecourt with a sub-office located near the Hamlet of Fort Assiniboine. For more information on Woodlands County visit our website at www.woodlands.ab.ca.

A vacancy exists for the position of Utilities Technician for Woodlands County. Reporting to the Manager of Infrastructure Technical Services, the Utilities Technician will perform duties related to the operation, monitoring and maintenance of the water treatment plants, distribution systems, wastewater collection, sewage lagoons, sewage pumping stations including related buildings and grounds, as well as other infrastructure projects and related works assigned to the position. Preference will be given to candidates possessing AEP Level I Certification in water treatment, water distribution, wastewater treatment, and wastewater collection. Candidate must be available for after hours and on call shifts.

Applicants must have a high school diploma or G.E.D. and a valid class 5 driver's license. Good oral and written communication skills are essential. Strong interpersonal and public relation skills are required. Individuals with the following qualifications will be considered:

- Experience in treating and analyzing potable water as set out in the "Canadian Drinking Water Standards" and in compliance with Alberta Environment guidelines,
- Experience in sewage pumping systems, and lagoon maintenance,
- Experience in the maintenance and monitoring of, ground water wells, and reservoirs,
- Knowledge of water meter installation, reading, repairs, and plumbing maintenance,
- First Aid certification,
- Confined space entry training,
- Demonstrated mechanical aptitude and safe work habits,
- The ability to perform physical labour,
- Computer experience i.e. Word, Excel and online reporting.

This is a permanent full time position.

Applications will be taken until a suitable candidate is found. We thank all applicants for their interest. However, only candidates invited for interviews will be contacted.

Richard Twach
Manager, Infrastructure Technical Services
Woodlands County
Box 60, # 1 Woodlands Lane, Whitecourt, Alberta, T7S 1N3
Whitecourt office: Phone 780-778-8400, Fax: 780-778-8402

DIRECTOR, CORPORATE SERVICES

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Woodlands County is seeking an enthusiastic and motivated leader to manage its corporate services department. As part of the senior management team, the Director, Corporate Services will be involved with strategic planning and will have the following duties:

- Oversee the county's overall financial operations.
- Prepare the annual operating and capital budgets.
- Manage the County's information technology.
- Human resources administrator.
- Manage/oversee the assessment and taxation functions.
- Manage accounts payable, accounts receivable, and payroll.
- Manage short and long term investments.
- Manage grants and grant reporting.
- Manage the risk management and insurance functions

The successful candidate will have:

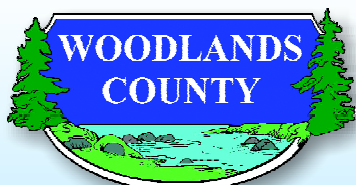
- A professional accounting designation (CGA, CA, CMA)
- Undergraduate degree in business or public administration
- Experience with strategic and business planning processes, budget process, financial reporting and forecasting required
- A minimum of five years senior level experience in related field and a full understanding of PSAB standards
- Proven leadership, supervisory and team building strength required along with superior verbal/written communication
- A strong team player who can immediately add-value across all departments
- Strong interpersonal and communication skills along with the ability to build strong relations with stakeholders, Council and staff

Woodlands County offers a competitive salary and compensation package.

More information pertaining to the position is available by contacting the undersigned at 780-778-8400 or toll free at 1-888-870-6315. Letters of application, including a detailed employment resume, clearly marked "**Personal & Confidential -Director, Corporate Services**" will be received until **September 17, 2014 -or until a suitable candidate is found.**

Luc Mercier, CLGM, AMAA
Chief Administrative Officer
Woodlands County
Box 60, #1 Woodlands Lane, Whitecourt, Alberta T7S 1N3
Phone: 780-778-8400 Fax: 780-778-8402
E-Mail: luc.mercier@woodlands.ab.ca

Woodlands County thanks all interested parties, however, only those candidates selected for an interview will be contacted.



www.woodlands.ab.ca

Fall Festival Block Party

By *Olivia Rutt*
Whitecourt Press

Despite the rain, the Fall Festival Block Party in downtown Whitecourt was a big hit over the weekend.

Residents had the opportunity to take advantage of big sales at the participating businesses: Beaver Creek General Store, Merle Norman, Totally Covered, Shabby Gabby, Pieces of Home, Olga's Touch Massage, and Corry Pepper Photography.

"We just wanted to promote our small busi-

nesses and help out some of the people in town who could use it with our charity event," said Nancy Johnson, the owner of the Beaver Creek General Store.

There was also a charity barbecue, live music street jam, and bubbles and chalk for the children. The barbecue's proceeds are going to the Whitecourt Cancer Support and Wellness Group.

"I've had lots of friends go through cancer, especially breast cancer, in the last couple of years

so I brought in the bracelets and the tee shirts and we donate the proceeds because it helps local families if they need financial assistance, if they need rides to Edmonton for treatment, or moral support for them," said Johnson.

Corry Pepper of Corry Pepper Photography was offering \$50 back-to-school photos. Half the proceeds would go to the Whitecourt Community Lunch Box Program and the other half will go to help the Denis family in its fight against cancer.



Photos Olivia Rutt



Photo Whitecourt Press

Photo of the week

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Limit computer time to protect kid's eyesight

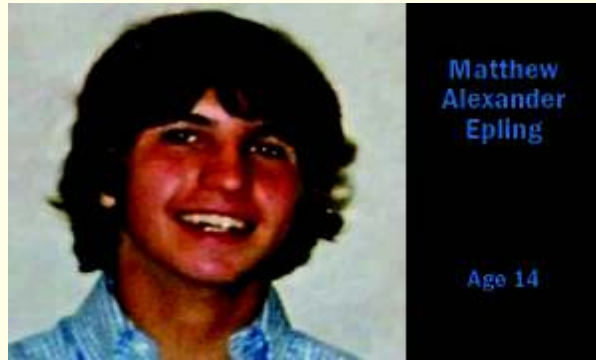
(NC)— The startling increase of nearsightedness (myopia) in children worldwide may be a direct consequence of too much time with computers, pediatric eye doctors say. Reports show that the average child spends from one to three hours per day with his or her eyes on a computer screen.

"In fact, children using computers before their visual systems are fully developed are at the very heart of the public health problem called 'computer vision syndrome'," says Bijan Minbasion, vice president of operations for Hakim Optical, a national leader in retail eye care. "A study at the University of California reports that 25% to 30% of computer-using children need corrective eyewear to work with the equipment comfortably and safely – and similar studies in Asia report that first-graders with myopia has increased from 12.1% to 20.4% since 1995. In the last three years, myopia is reported to have doubled to 34% in seven- to nine-year olds."

To guard against early damage to your child's eyes, consider these Hakim Optical tips:

- Schedule a comprehensive eye exam as your child enters kindergarten, including near-point (computer and reading) and distance testing.
- Schedule an eye exam before school begins every year.
- The recommended distance for children between the monitor and the eye is 18-28 inches. Any closer risks eye strain.
- Be aware of behaviour that indicates problems such as eye redness, frequent rubbing of the eyes, unusual posture, or complaints of blurriness or eye fatigue.

Bullycide



Children who committed suicide due to bullying

Roughly one in five youth are bullied. Over half of adolescents have been the target of cyber bullying. Youths who are bullied are five times more likely to suffer from depression than youths who are not bullied. Boys who are bullied are four times more likely to be suicidal. Girls who are bullied are eight times more likely to be suicidal. Suicide is the third leading cause of death for youth. These are the faces of our sons, daughters, sisters, brothers, nieces, nephews, grandsons and granddaughters.

These are the faces of our youth, our loved ones, who were bullied; who were bullied to the point where their pain felt unbearable and they ended their lives. Being bullied leaves young people with overwhelming feelings of despair, humiliation, and hopelessness. If even one child ends their life due to the pain of being bullied, that is one child too many.

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SMALL BUSINESS AWARD CATEGORIES



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Do you have a Wolverines season pass? What did you think of the first game?



Joanne Topilka

No, but I'll come to other games. I think it's a fast-paced game, with some good hitting in it.



Casey Hadley

Yes, because I love the Wolverines. It's fast, high-energy, lots of energy.



Darlene Vanderwolk

Yes, love the game. It's good. I think they've been playing pretty good.



Doug Brown

Yes, because it's a great way to support the club. Good game, very good game.



Coralie Cronin

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Cats destroy Cougars



By Olivia Rutt
Whitecourt Press

In the season's home opener, the Whitecourt Cats defeated the Valleyview Cougars 43-7.

Kevin Babiuk, head coach of the Whitecourt Cats, was nervous as they had lost their first game with Valleyview last year.

"We were all nervous, the players were nervous, all the coaches were nervous. We're glad that it's over and we're glad that it turned out the way it did," he said. "It felt good to play

a little better and to start stronger."

A minute before half-time, the Cougars were given a penalty for unnecessary roughness which might have come out of their frustration. By half-time, the Cougars were losing 39-0.

Just before the end of the last quarter, Klade Guenther (#39) limped off the field with cramps starting in his legs and back. It did not stop the team from winning the game 43-7.

"We have a team that

is pretty committed to improving," said Babiuk. "We still have a lot of work to do. The scoreboard looks good but we know we have to get a lot better."

Although this was their first game of the season, they played a few of their new players along with their veteran players. It worked out in the Cats' favour.

"We had some really new players actually get on the field and it's great to make them feel more a part of the team," said Babiuk.



Photos Olivia Rutt

Wolverines win home opener



Photos Whitecourt Press

By Olivia Rutt
Whitecourt Press

In a nail biter of a game, the Wolverines took the first game of the AJHL hockey season 4-3 against the Spruce Grove Saints.

"They're our rivals; they're only an hour away from us so it's always nice to beat them," said Wol-

verines' captain, Evan Warmington, after the game.

The Saints scored the first goal at the end of the first period, which Wolverines' Alec-Jon Banville (#27) tied it up half-way through the second period.

The Saints scored their second goal a few minutes later and they

played out the rest of the second period 2-1 for the Saints.

Within the first five minutes of the third period, Morgan Messenger (#24) tied it 2-2. Half-way through the 3rd period, the Saints scored their third goal. The Wolverines tied it again with Gordie Ballhorn (#6) scoring the third

goal. It was John Mullally (#18) who scored the game-winning goal a minute left in the game.

It was a fast-paced game that kept the crowd on the edge of their seats. "I think anytime you're playing Spruce Grove, it's always an emotional game. Going into the third, I thought our guys just battled and

showed some character," said Head Coach Joey Bouchard after the game. "We pushed a pace in the third period."

During the first two periods, the Saints out-shot the Wolverines; then in the last period, the play became more aggressive as the Wolverines had to make up

time to get ahead.

"We came out a little flat. Once we got our feet wet and settled into the game, I think things started to roll and started to go our way," said Mullally.

The next home game is September 17 at 8 p.m. against the Sherwood Park Crusaders.

Wolverines 2014/2015 roster announced



By Olivia Rutt
Whitecourt Press

The Whitecourt Wolverines announced the 2014/2015 team roster last week as part of the hockey season openings. It was difficult. It was quite a process. I think it was a lot harder this year to make decisions than it was last year. At the end of the day, we needed the best 25 players moving forward.

Notable members include Evan Warmington (#7) from St. Albert, AB who is returning this year as team captain; two assistant captains James Vermeulen (#2) from Stony Plain, AB and Brandon Switzer (#9) from Brandon, MB; and an alternating third assistant captain between Mathieu Laverdure (#5) from St-Charles-Borromee, QC and Alec Jon Banville (#27) from Drummondville, QC.

"We decided to take our time and make sure we name the right captain," said Head Coach Joey Bouchard. "The best guy that was there was Evan Warmington; he's led by example, he's very loyal to the program."

Local player, Mitch Martell (#31) from Whitecourt, AB, was acquired earlier this year from Drayton Thunder.

This year, the roster includes three goalies which is not an ideal situation according to the head coach.

"We've got three goalies right now, we'll see how things play out here in the next week or two and there's definitely a battle going on," said Bouchard.

So far, the Wolverines have seen a roller

coaster of their opening games, winning four of the seven games, two in overtime. Last year, the Wolverines were cut out of the playoffs by the Lloydminster Bobcats, but the coach is hoping a fresh start will keep the



Photos Olivia Rutt

team going farther into the playoffs.

"This year is a fresh

start and a new beginning. We're all excited

about the players we

have and the recruiting we've done," said

Bouchard. "I think we're

very confident and excited heading into the season."

SCOTT SAFETY CENTRE ADULT ICE SCHEDULING MEETING

All adult teams wishing to book regular ice time for the 2014/15 season are invited to attend a meeting on:

Monday, September 15, 2014 - 7:00pm
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***All teams requiring ice time must send a representative to this meeting.**



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8th Annual Ryder Cup

By **Serena Lapointe**
Whitecourt Press

It was Team Vrolson versus Team Murphy at the Whitecourt Golf and Country Club this past weekend, with Team Vrolson coming out on top. Thirty-

six local golfers were split up between the two teams in the 8th Annual Ryder Cup. Saturday saw the teams play as a group in sets of four with two players from each team, while Sunday involved two-man match

play. The modified alternate shot "better ball" type tournament is an imitation of the PGA-sponsored Ryder cup. It's an incredibly fun, faster-paced tournament that the players very much enjoy taking part in.



Brad from Team Vrolson hits a nice shot out of the sand trap.



Brad from Team Vrolson lands his ball very close to the pin.



Brad from Team Vrolson took a clubhouse bet to do a push up with a team mate on his back and he won!



Tournament Team Leaders Jordan, left, and Vrolson, right, pose with their partners.



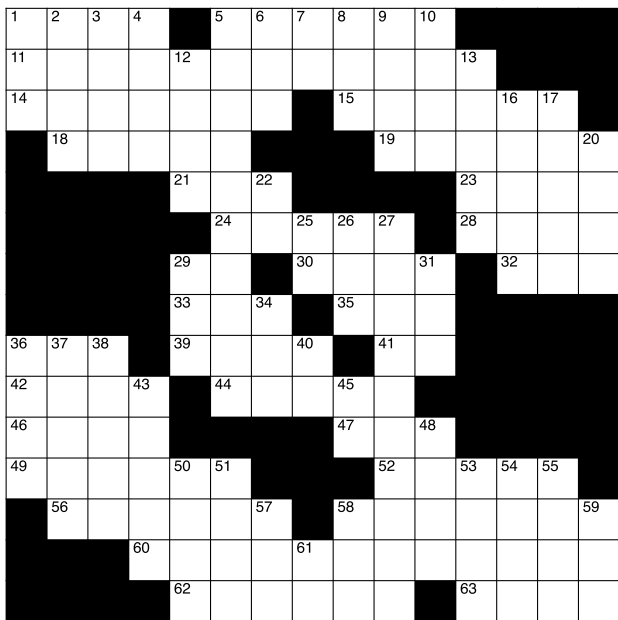
Trevor from Team Murphy teeing off.



Leader from Team Murphy, Jordan, tees off.

Photos by Serena Lapointe Photography

Whitecourt PRESS
CROSSWORD PUZZLE



CLUES ACROSS

- 1. Branch of Islam
- 5. Spookier
- 11. April holiday day
- 14. Assumed authorship
- 15. Skewered foods
- 18. Mails
- 19. A millionth of a meter
- 21. Intentionally so written
- 23. New Zealand parrot
- 24. A light splash
- 28. Appear to be true
- 29. Of I
- 30. 17th Greek letters
- 32. Point midway between S and SE
- 33. Stallone nickname
- 35. NW German river
- 36. Possessed
- 39. Common seasoning
- 41. Integrated circuit
- 42. Hebrew unit of measurement
- 44. Take without consent
- 46. Enlarge a hole
- 47. 9th month (abbr.)
- 49. Animal disease
- 52. Afrikaans
- 56. Fate or destiny
- 58. Ester of citric acid
- 60. Levels classified by criteria
- 62. Rendezvous
- 63. Lofty nest of a bird of prey

CLUES DOWN

- 1. A large body of water
- 2. Belongs to "2001" computer
- 3. A small island
- 4. Egyptian sun god

- 5. Saint Anthony's fire
- 6. Election Stock Market
- 7. Atomic #44
- 8. Writing liquid
- 9. Mild Dutch cheese
- 10. Am. Nobel physicist
- 12. Am. football wings
- 13. Boisterous laughs (slang)
- 16. Hillsides
- 17. Lordship's rights of holding court
- 20. Entity designation
- 22. Gable's wife's initials
- 25. Atomic #18
- 26. The woman
- 27. The art of preaching
- 29. Manuscripts (abbr.)
- 31. No. Canton, OH college
- 34. '63 NFL MVP QB initials
- 36. German title
- 37. Nautical vertical position
- 38. Abu __, UAE capital
- 40. Initials of GE founder
- 43. Anabaptist sect
- 45. Equally
- 48. Course of action
- 50. Discharge
- 51. Psychic medium
- 53. Solo vocal piece
- 54. Open threadwork
- 55. Heavenly body
- 57. Attempt
- 58. Early TV tube
- 59. NYSE for Callaway Golf Co.
- 61. Atomic #33



Crossword solution on page 37

DEAR ABBY

by Abigail Van Buren

Men who use dating sites offer tips for women online



DEAR ABBY: "Surfing" (June 17) raised good points about men who use online dating services. However, many of the things she pointed out could also be said of women who put their ads on the sites. The pickings are just as slim on our side of the fence. My hints to the "fairer sex":

(1) Don't overdo your makeup and hair in your photos. While some makeup can enhance a lady's look, we aren't seeking someone who looks ready to go trick-or-treating or perform as a clown in the circus.

(2) Decent men don't want to see ALL of your physical attributes on these sites. Dress appropriately for your age and don't allow the "girls" to burst out of your low neckline.

(3) Don't start your first conversation with, "What do you do and how much money do you make?" Intelligent men will realize that you are not as concerned with finding a quality guy as you are with looking for a fat wallet.

(4) You don't have to speak perfectly, but the teen lingo and texting abbreviations are a real turn-off.

(5) Don't constantly complain about your ex. It provides insight as to why he opted to break off your relationship or file for divorce. -- DAN

DEAR DAN: Thanks for the input. I had a hunch my male readers would react to "Surfing's" observations. Read on:

DEAR ABBY: To the ladies, I advise: Don't post a 10-year-old photo as being the way you currently look. And don't lie about your marital status or the number of times you've been married. These will come back to haunt you.

"A few extra pounds" does not mean 100 pounds overweight. If you are obese, admit it and say you are working on getting the weight off -- and make sure you are. -- EARLE

DEAR ABBY: For women who post photos of their pets, it's great that you love them, but I'm only looking to date their OWNER. Same thing for travelogue photos with no one in them

-- what's the point? And if you say you are active with an athletic body, I'd like to see it. Descriptions can be subjective, and your perception might be different from mine. -- DONE MY TIME ONLINE

DEAR ABBY: Selfies in the bathroom mirror are tacky. Have a friend take a picture of you. Avoid taking photos of specific body parts (lips, feet, etc.). It's low-class.

Describe yourself in detailed terms. Every woman says she's down-to-earth, decent-looking, caring and smart. A little originality goes a long way! -- LOOKING

DEAR ABBY: A woman should never post her previous wedding picture when looking for a new life partner. Photos with the ex that you've ripped down the middle or cropped

don't work any better. We can still see his arm around you holding the 40-ounce beer, and it's not a good image for us.

And ladies, if you're looking for someone to sweep you out of that crappy life you're in, forget it. Fix your life first to the point where you can enjoy it by yourself, and then look for someone to share it with. We guys like our fixer-uppers to be houses or cars, not our women. -- FOUND MY QUEEN ON A SITE

DEAR ABBY: I was taken aback by "Surfing's" advice against facial hair. My beard is part of who I am. Assuming it is "hiding something" signals you may have trust issues with men. If you don't like what you see, move on! -- HAPPILY HIRSUTE

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.

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

WORDS

- ADOPTION
- BREED
- CANINE
- COMPANION
- CRATE
- DYSPLASIA
- EXERCISE
- FELINE
- FUR
- GENETICS
- KINDNESS
- LICENSE
- LITTER
- MANGE
- MITES
- NAILS
- NEUTER
- NUTRITION
- PAPERS
- PARASITE
- PEDIGREE
- PET
- PUREBRED
- QUICK
- REGISTERED
- REINFORCEMENT
- SHELTER
- SIRE
- SOIL
- SUPPLIES
- TRAINING
- VACCINATION
- WASTE
- WHISKERS

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

Word Search solution on page 37

How to keep volunteers happy

Volunteers can be the life's blood of nonprofit organizations. Without individuals willing to donate their time, charities facing tight budgets may not have sufficient personnel to achieve their goals. Organizations who rely heavily on volunteers can take the following steps to ensure their efforts are appreciated.

* Create a welcoming environment. No matter how many times a person volunteers, he or she will feel like the new kid in town on his or her first day with a new organization. Make new volunteers feel welcome, giving them a guided tour during which you introduce them to fellow volunteers and full- or part-time staff members. An environment that is warm and welcoming from the moment a volunteer arrives will make the experience better for all involved.

* Maintain an open door policy. Volunteers should feel comfortable conversing with executive directors and other higher-ups at the organization. Encourage the sharing of ideas, even with executives high up on the totem pole. Directors can meet with staff members to illustrate how everyone is working together and no one carries greater importance than another in the organization.

* Be prepared for volunteers. Volunteers are giving their time and expecting nothing in return. Walking into an office that is not prepared for a volunteer may lead the volunteer to view the organization as unorganized or one that lacks dedication. Charities should have a clear plan in place with regard to the duties of volunteers. There should be a desk

area or computer available when necessary. In addition, be sure to have work immediately available so the volunteer won't be sitting around with little to do.

* Clearly spell out time constraints. Volunteers often find time to volunteer while juggling their day jobs and responsibilities at home, and not everyone has the same amount of time available to devote to a charity. Therefore, being up front with how much time a project is expected to take can help a volunteer gauge if he or she will be able to assist. Decide how much time the job will need, and be honest with potential volunteers during interviews or when advertising openings.

* Give frequent praise. Let volunteers know their work is appreciated. Come up with ways to show your appreciation, be it taking volunteers out to lunch, providing snacks or other treats around the office or accommodating their personal schedules. Each of these efforts shows volunteers that you have

their best interests in mind.

* Provide proof of success. Keep volunteers informed about the fruits of their labors. Share notes of gratitude from those

who have benefitted from your organization's efforts with the staff. Single out volunteers who played key roles in making changes happen. Frequent encouragement

and proof of success will raise spirits and reassure volunteers that their efforts are worthwhile.

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Contact is Elaine Gunderson

Friends of Whitecourt Society

also known as Whitecourt Healthcare Auxiliary.

Meetings every 3rd Tuesday

Auxiliary meetings held at Public Healthcare wing at the hospital.

Repeat boutique is the major fund-raiser.

President is Elaine Gunderson

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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
Phone: 780-778-2341

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Mayerthorpe Diamond Centre
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Photos with Santa 11-2 (\$3)
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Admission \$1/ person or Donation to the Food bank

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Your HOROSCOPE

ARIES (March 21-April 20):

Aries, reexamine the important relationships in your life. Figure out what you learned from each friendship and acquaintance, and put those lessons to good use.

TAURUS (April 21-May 21):

Taurus, with so many tasks to complete, you may be tempted to forget about everything and take a mental health day. But everything will still be there tomorrow.

GEMINI (May 22-June 21):

Gemini, you're brimming with excitement about learning something new this week. You may finally be on the cusp of mastering a particularly challenging skill.

CANCER (June 22-July 22):

Cancer, it may be challenging to settle your thoughts this week. Work is weighing heavily on your mind, but go easy on yourself and you will still get everything done.

LEO (July 23-Aug. 23):

Leo, some people around you may be especially busy this week while you really don't have much to do. Think of it as a good omen of things to come.

VIRGO (Aug. 24-Sept. 22):

Share your feelings for someone else with that person this week, Virgo. You may regret your actions if you don't take that emotional leap.

LIBRA (Sept. 23-Oct. 23):

Libra, while you are usually the one who plays peacemaker, this week you are in a position to cause trouble. Don't worry what others think or say.

SCORPIO (Oct. 24-Nov. 22):

Remember that success comes in many shapes and sizes, Scorpio. Don't be so quick to consider something a failure. You may just need a new perspective to realize your success.

SAGITTARIUS (Nov. 23-Dec. 21):

Sagittarius, there are many entertainment options this week, so it's difficult to choose how to spend your time. Whatever you choose, it is bound to be a memorable night.

CAPRICORN (Dec. 22-Jan. 20):

Money matters could be taking up a considerable chunk of your time, Capricorn. Focus your concentration on finances and leave other responsibilities on the side for now.

AQUARIUS (Jan. 21-Feb. 18):

Aquarius, don't worry if something proves confusing and a challenging nut to crack. Things will sort themselves out in due time, and you will be back on the right track.

PISCES (Feb. 19-March 20):

A predicament in your personal life could have you feeling uncomfortable, Pisces. Wait for a clearer picture before taking action.

LOVESCOPE

by Eugenia Last



ARIES (March 21-April 19): Be a participant, and you will meet someone just as outspoken and aggressive as you. Let your exciting and adventurous mood take center stage for a performance that will have onlookers vying for your attention. A work-related event will invite both business and personal partnerships.

TAURUS (April 20-May 20): Step out on a limb and make the first move. Showing consistency and confidence will appeal to someone who will fit into your lifestyle perfectly. Socializing and short trips will both be conducive to falling in love. Don't feel you have to overspend to make an impression.

GEMINI (May 21-June 20): Relationship prospects will be filled with uncertainty. Ask and answer questions specific to what's important to you in order to make a romantic move. Disillusionment regarding what someone is actually offering you is apparent. Proceed with caution if you think you are being played.

CANCER (June 21-July 22): Connecting with someone you share similar interests or a creative hobby with will lead to a special relationship. Sharing intimate moments at home will allow you to get to know more about each other's background and personal goals, intentions and plans for the future.

LEO (July 23-Aug. 22): Embrace and engage in exciting events, activities and travels. Getting out and talking to people from different cultural backgrounds will give you greater insight into the possibilities that exist. Don't feel pressured to be with someone who suits your family. Put love first and foremost.

VIRGO (Aug. 23-Sept. 22): Not everyone will be willing to disclose information about the past. You'll have to ask direct questions and perhaps do your own personal investigation before you can be certain that what you see is what you get when it comes to a love interest.

LIBRA (Sept. 23-Oct. 22): Fickle, one-sided attractions will cloud your vision. Whether it's you who cannot decide or someone giving you the run-around, it will be necessary to focus on what's fair. Proper courting guidelines will help you avoid an emotional mishap that can lead to heartache.

SCORPIO (Oct. 23-Nov. 21): A love connection with someone from an unusual background or quite unlike you will blossom. You may intrigue each other at first, but eventually the same qualities that pull you together are likely to come between you. Proceed with caution and friendship first.

SAGITTARIUS (Nov. 22-Dec. 21): You'll entice potential partners with your savvy way of expressing yourself. Your desire for change will open up doors that lead to a connection to someone who has a higher standard of living than you. Don't feel you have to keep up monetarily. You cannot buy love.

CAPRICORN (Dec. 22-Jan. 19): Personal attractions will have both ups and downs. Understanding the emotions that someone inflicts on you will set you back, causing you to second-guess whether you want to move forward or walk away. Make your decision based on actions, not words.

AQUARIUS (Jan. 20-Feb. 18): Don't feel you need a contractual arrangement with someone before you express your feelings. Let your heart lead the way and your emotions take over. If there is something special between you and the object of your desires, it will play out in your favour.

PISCES (Feb. 19-March 20): You can ask, but that doesn't mean you will get what you want. Settle for a realistic overview regarding how you can move forward with someone you have personal designs on getting to know better. Taking your time will help you cut through any misconception you've been given.

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Do Just One Thing



by Danny Seo

Most wildlife experts agree that feeding wild animals is not only unnecessary, but could be harmful, since those animals can lose their ability to forage for food. One way to help these animals is to provide them with a source of water, especially during drought conditions or the harsh winter months. A small birdbath or a large container of water on the ground can be a lifesaver. Just be sure to regularly replenish the water and keep it away from bushes, where predators could attack. If you plan to offer water to birds and wildlife in the winter months, invest in a small heating device designed for birdbaths; it'll keep the water thawed just enough for them to enjoy a good drink.

A reusable water bottle is a great way to ditch disposable plastic bottles and help the environment. But did you know it's imperative to rinse the bottle every day? Just like a coffee mug, utensils or a plate, a reusable bottle (and the lid) should be rinsed with hot, soapy water. If you don't wash it, you risk having harmful bacteria grow inside, which can make you sick. If you are using a reusable bottle at the office and don't have time to rinse it, try this one trick: Leave it in the fridge. A refrigerated bottle won't have the warmth to grow germs and bacteria overnight.

We take care to make sure the food we serve our family is properly stored to ensure freshness and safety, but have you thought about taking those same steps to protect your dog's food, too? Bagged dry dog food should stay in the bag since the bags are designed as a "fat barrier" to help protect flavor and freshness for an

extended period of time. Storing dog food outdoors or in the garage is not recommended since hot temperatures can degrade any vitamins in the food and it can spoil. One last tip: Store dog food off the ground to deter rodents.

Did you know there are more than 70 million green thumbs in the United States? With the summer season coming to an end, you can still reap the benefits of growing your own produce well into the fall months -- it's not too late to start! In the northeast, vegetables like broccoli, cauliflower, peas, spinach and other hearty greens can be planted right now and harvested well into October. In

warmer climates, you can garden into the early winter months. The trick to making this work is to plant your vegetable seeds deeper than you normally would. It insulates them and protects them from colder temperatures in the morning and at night.

With so many types of cars to choose from at the rental counter, why not think more MPGs in addition to choosing between a sedan or SUV? Many national rental chains now give you the option to rent a fuel-efficient hybrid when reserving online. Not only will these cars give you incredible fuel savings, you'll also save time since you don't have to refuel as often. Plus,

you'll save money when you do fill up before returning the car since hybrid cars usually have smaller gas tanks.

Have a piece of almost-stale sliced bread you're about to toss? Use it around the house first to get your home sparkling clean. For delicate home accessories like porcelain figurines, glass flowers, oil paintings and other fragile items where a spray cleaner and towel won't do, try bread instead. Just dab -- don't wipe -- the sliced bread on the item to get it clean. Since bread is absorbent, all the dirt, dust and other grime will lift right off, and it won't leave streaks.

With so many food

fads going in and out of the public consciousness every day, it can be hard to figure out what's really good for you and what's just trendy. Timeless pantry staples to consider are "ancient grains." These are grains like quinoa, amaranth, teff, spelt and khorasan wheat. They get their name not only because they've been around for centuries, but also because they've been unchanged in their composition. The added benefit of eating ancient grains is that since they've been part of the human diet for hundreds of years, even the ancient grains that are technically not gluten-free can often be tolerated by those with gluten intolerance.

Strange BUT TRUE

By Samantha Weaver

It was 19th-century Cuban poet and revolutionary Jose Marti who made the following sage observation: "Barricades of ideas are worth more than barricades of stones."

A pregnant goldfish is known as a twit.

The U.S. Open, which takes place at the end of summer every year, is one of the oldest tennis championships in the world, beginning in 1881 with a men's singles competition. The modern competition, of course, now includes men's and women's singles, men's and women's doubles and mixed doubles. That's a lot of tennis -- and a lot of balls. During the two weeks of the championship, approximately 70,000 tennis balls are used.

In 2012, at a hospital in Ireland, twin girls set a Guinness World Record when they were born 87 days apart -- and they confounded medical experts' gloomy prognosis by both surviving.

If you make a serious study of Hungarian

gypsies, you probably already know that you're a tziganolgist.

The flag of Ireland and the flag of Cote d'Ivoire are nearly identical, with vertical stripes of green, white and orange. There

are only two minor differences: 1) The Irish flag has the green stripe on the left and the orange stripe on the right, while Cote d'Ivoire has the two colors reversed; and 2) the Irish flag is

slightly longer.

Thought for the Day: "The object of war is not to die for your country but to make the other bastard die for his." -- Gen. George Patton



A recipe from Mama Gray's kitchen

Beet pickles

Ingredients:
3 tsp. celery seed
3 tsp. mustard seed

6 cups white sugar
1 1/2 qt. vinegar
1 qt. water

Directions:

Mix the above ingredients and bring to boiling point. Add about 2 gallons small, red beets or large ones which have been cooked until fork tender. Peel them and leave the little ones whole; cut larger ones to desired size. Bring to boiling point again. Put a thick slice of raw onion in bottom of each sterilized sealer and fill each jar with hot beets and brine. Seal jars at once.



Whitecourt PRESS SUDOKU

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

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!

Level: Beginner

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

Sudoku solution on page 37

Protect your retirement against market volatility



By Clifford Mertick
Financial Advisor
Edward Jones

As an investor, you're well aware that, over the short term, the financial markets always move up and down. During your working years, you may feel that you have time to overcome this

volatility. And you'd be basing these feelings on actual evidence: historically, the longer the investment period, the greater the tendency of the markets to "smooth out" their performance. But what happens when you retire? Won't you be more susceptible to market movements?

You may not be as vulnerable to market movements as you might think. People are living longer, and may easily spend two, or even three, decades in retirement — so your investment time frame isn't necessarily going to be that com-

pressed.

Nonetheless, it's still true that time may well be a more important consideration to you during your retirement years, so you may want to be particularly vigilant about taking steps to help smooth out the effects of market volatility. Toward that end, here are a few suggestions:

Allocate your investments among a variety of asset classes. Of course, proper asset allocation is a good investment move at any age, but when you're retired, you want to be especially careful that

you don't "over-concentrate" your investment dollars among just a few assets. Spreading your money among a range of vehicles — stocks, bonds, GICs and so on — can help you avoid taking the full brunt of a downturn that may primarily hit just one type of investment. (Keep in mind, though, that while diversification can help reduce the effects of volatility, it can't assure a profit or protect against loss.)

Choose investments that have demonstrated solid performance across many market cycles

As you've probably heard, "past performance is no guarantee of future results," and this is true. You can help improve your outlook by owning quality investments. So when investing in stocks, choose those that have actual earnings and a track record of earnings growth. If you invest in fixed-income vehicles, pick those that are considered "investment grade."

Don't make emotional decisions. At various times during your retirement, you will, in all likelihood, witness some sharp

drops in the market. Try to avoid overreacting to these downturns, and stay disciplined to your strategy. If you can keep your emotions out of investing, you will be less likely to make moves such as selling quality investments because their price is down, and missing any market rebound.

Don't try to "time" the market. Focus on taking a longer-term view of market volatility by staying invested and making consistent investments into quality assets based on a systematic strategy and not predictions of market highs and lows. Over time, this method of investing may result in lower per-share costs. However, as is the case with diversification, this type of systematic investing won't guarantee a profit or protect against loss, and you'll need to be willing to keep investing when share prices are declining.

It's probably natural to get somewhat more apprehensive about market volatility during your retirement years. But taking the steps described above can help you navigate the sometimes-choppy waters of the financial world.

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Savings priorities for busy moms



(NC) Here's a controversial statement: moms today face more challenges than previous generations. Now, we could start splitting hairs by comparing the geo-socio-political situations of moms in the 70s, 80s, 90s, etc. But we have neither time nor space in this article. So for simplicity, let's all agree with the opening statement. One of mom's biggest challenges today is how to prioritize her savings. Take for example Marnie. She and her husband Mark both have great jobs. They have two primary school-aged kids, a mortgage, two cars, a line of credit, some credit card debt and the usual bills. Since Marnie earns slightly more than Mark, she manages the mortgage and he deals with the cars and the bills. While everything appears to be well organized, Marnie is con-

fused about whether she should focus on her RSP or the kids' education fund. And then she wonders whether they should also contribute to a tax-free savings account or pay off their debt.

According to Shaun Darchville, an investment advisor with Desjardins Securities, this is how she should organize her savings: RESP, TFSA, RSP and then Debt. "Here's why — every year we're seeing evidence that post-secondary school costs are going up. It won't matter whether your child chooses a top university or college, by the time they graduate high school, post-secondary will be more expensive. So starting early and letting it grow is a good strategy."

Quick RESP overview: Anyone — parents, grand-parents or friends — can open an

account. In terms of contributions, the rules changed in 2007. There are no more annual contribution limits. The lifetime limit is \$50,000 and deposits can be made up to the end of the child's 31st year. The child can access the funds when he has enrolled in a full-time, qualified post-secondary educational program. While contributions are no longer tax deductible, the plan also includes some very generous grants:

- The Canada Education Savings Grant (CESG) pays into the plan 20% of the annual contribution, up to a maximum of \$500 a year (with a lifetime limit of \$7,200).

- Alberta offers provincial grants of \$100 or \$500, depending on qualifications.

- The Canada Learning Bond (CLB) program for low-income families,

which pays \$500 when the account is opened and then \$100 a year until the child's fifteenth birthday.

Next, TFSA's: Darchville says that a tax-free savings account is ideal because it's flexible. You can park your cash tax-free until you need it for an emergency, a special purchase or to contribute to your RRSP.

Since January 1, 2013, Canadians 18 years and older can contribute \$5,500 annually. So if you never made a contribution since 2008 when the TFSA was created, you could deposit the full \$31,000 this year and another \$5,500 per year afterwards.

What about RRSPs and Debt? Darchville suggests that the standard line of contributing to your RSP and paying down debt needs to be

revisited, because it's not a one-size fits all financial solution. "It really depends on the person's situation," he says. "In this example of Marnie and Mark, it's more effective for them to focus on their kids' education fund first. With this particular strategy, they're able to stretch out their RSP contributions. And with the TFSA, Marnie's not really missing out on the growth potential; she could just transfer her savings into an RSP later.

"And in terms of debt, the indicators show that the interest rates remain low, so debt may not need to be your immediate concern. That is — provided that your debt is manageable and your spending is not out of control."

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TO YOUR GOOD HEALTH

By Keith Roach, M.D.

Heart Palpitations Due to Sleep Apnea?

DEAR DR. ROACH: I am 26 years old, 6 feet, 3 inches tall and weigh 290 pounds. About two years ago, I had chest pain and palpitations. I saw a cardiologist, who performed an echocardiogram. It showed mild LVH and mild pulmonary hypertension. I had multiple EKGs, and my doctor says I have a clean bill of health. Are any of the symptoms I have dangerous, or am I overreacting? -- J.A.

ANSWER: Chest pain and palpitations -- such as pounding, racing or fluttering heart -- are

common concerns that occasionally represent serious heart disease but often don't. It's estimated that the average person has 500 or so abnormal heartbeats a day, and these can be felt as palpitations. Chest pain should raise the concern for angina caused by heart blockages, but that would be extremely unusual in a 26-year-old.

The concern I have in hearing about your echo results is that they could represent obstructive sleep apnea. Left ventricular hypertrophy (LVH) is the heart's response to chronic stress, especially to elevated blood pressure, which is

common in sleep apnea. Pulmonary hypertension has many causes, but in someone very overweight (your body mass index, BMI, is 36.2, where "obese" is defined as over 30), I have to be concerned about chronic low oxygen to the lungs. There are many people with sleep apnea who aren't diagnosed. I would recommend a sleep study. Certainly I recommend careful checking of your blood pressure, and weight loss.

Heart disease remains our No. 1 killer. The booklet on clogged heart arteries explains why they happen and what can be done to prevent

clogging. Readers can obtain a copy by writing: Dr. Roach -- No. 101W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: From a blood test, how can I tell if I am an insulin-dependent Type 2 diabetic? For instance, what would my insulin or glucose readings have to be? Secondly, at what point would I have to start taking medications? -- E.

ANSWER: Diabetes is diagnosed with any of the following: hemoglobin A1c of 6.5 percent or higher; fasting blood sugar of 126 or higher; blood sugar during a glucose tolerance test of 200 or greater at two hours; or random glucose of 200 or greater in someone with classic symptoms. In Type 1 diabetes, insulin levels are very low, while in Type 2 they are normal or high.

Not everybody with diabetes needs medication. Many people with Type 2 diabetes can be well-controlled just with dietary modification and often weight loss, and

almost everybody with diabetes can improve with a better diet. Medications usually are given if the A1c is much greater than 7 percent and if diet, exercise and weight loss efforts have been so far inadequate.

In addition, medication often can be stopped with better control through lifestyle. Insulin-dependent Type 2 means just that -- insulin is being used, along with lifestyle and often non-insulin medications.

Except in very rare instances, everyone with Type 1 diabetes needs insulin.

Feeling pleasure again: talking about sex after breast cancer



(NC) Breast cancer changes everything. From the moment you

receive your diagnosis, it defines you as a patient, a survivor or a statistic.

But legions of women have beat the odds and come out on top, braver and stronger than ever. They've made their families proud. They've given their partners the gift of many more happy memories to come.

But sometimes, surviving is just the beginning. Harsh treatments and long healing processes make even the simple joy of intimacy a monumental task. To make things worse, survivors often suffer genital dryness, atrophy, pain with intercourse and depres-

sion. In a study conducted by M Panjari, 70% of breast cancer patients reported sexual dysfunction and 77% reported menopausal symptoms, which increased their likelihood of sexual problems. A deprivation of estrogen in the body causes drying of the vaginal tissue -- often the result of hormonal therapy, chemotherapy or ovary removal surgery. The use of anti-depressants can also result in vaginal dryness and overall sexual discomfort.

But there's hope.

Sexual health clinics for cancer survivors have been established across Canada as havens of understanding, support and encouragement including the OASIS clinic in the Cross Cancer Institute in Edmonton, Alberta and the SHARE clinic at Sunnybrook Hospital in Toronto, Ontario. These clinics embrace leading-edge sexual health products including Mae by Damiva, a leading non-hormonal vaginal lubricant.

As the first all-natural solution for women of

all ages, Mae provides a protective formula which coats the entire vaginal tract. Along with a healthy dose of patience and understanding, Mae contributes to a happier, healthier, more empowered you.

After all the treatments and the struggle, pleasure is possible. Talk to your doctor about life-enhancing solutions for your post-treatment sexual health, and visit www.bydamiva.com for an all-natural answer to vaginal dryness.

Omega 3... what???? One of nature's health solutions!

By Verna Ellis
Health Solutions

With the onset of a new school year we are looking for something to perk us up.

Everywhere you go these days you will find that somebody is putting Omega 3 into something and now it is supposed to be better for us. Without having a university degree in biochemistry, how can I make sense of it? Truly, this age of 'information' poses a great problem for the average

person, who is 'running ragged' juggling family and livelihood, and now must research through tons of data to know how to maintain health.

Having been in the health industry for over 25 years now, I have come to know that many people get the majority of their nutritional information from T.V. This is frightening, when you stop to realize that T.V. is one of the world's premier marketing tools. It

is this "marketing data" that is influencing the eating choices and health choices of this generation, and since, kids do what their parents do, future generations as well.

Science, can we trust it? Seems that there is always a study to prove you should take this or that and "oh, yes, it is completely safe, even if it gives you diarrhea or joint pain." I have come to realize that we all must hone up our 'criti-

cal thinking' skills and seek out independent research, that was not funded by the manufacturer, but rather by some one who was looking to find truth or health. Sadly, I see it is difficult for marketing and truth to reside in the same paradigm.

My reading and clinical experience has lead me to find some fundamental facts about Omega oils that you, the consumer should be

aware of:

1. EPA/DHA Omega 3 fatty acids are essential for the appropriate function of every cell, every tissue, every organ and every gland in the brain and body.

2. It is critical to get these oils from the diet because the body cannot manufacture them.

3. Our North American Diet is "severely deficient in Omega 3 and heavily laden with Omega 6 oils." (Blaylock,

Russell L. M.D. Health and Nutritional Secrets that can save your life. 2006 pp.374)

4. EPA/DHA Omega 3 used to be in our diet through grass fed animals, wild game and fish.

5. Omega 3 fatty acids are not found in grain fed animals.

6. Wild fish is still a source but our oceans are too polluted to consume adequate amounts of fish.

Continued next week

HEALTH SOLUTIONS

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Whitecourt, AB. T7S 1R9

phone 780 778 8885
website www.healthsolutions-online.com

Verna nutritional consultant

Technology might help keep tabs on your dog



Bruce Springsteen's lyrics, "Baby we were born to run," may be just as applicable to dogs as it is to people. Some

dogs simply are born to run and have a tendency of getting off the leash, escaping a fenced-in yard, and eventually get-

ting lost.

There are a number of reasons why dogs may run, including boredom, reproductive drive, predatory drive, and even rewards like discarded food in a neighbor's trash can.

For dogs that are prone to running away, the results can be getting hit by a car, ending up in a shelter or being taken in by a neighbor or someone else. You may never be reunited with the dog.

Many people use tattooing or an imbedded microchip to track down errant pets, but there also may be another option.

Dog and cat owners are increasingly turning to GPS technology to help locate their pets should they become lost. The dog wears a special collar with a homing device that feeds information to the pet owner's computer, smart phone or another device. The location of the animal can be shown on a map, and the device even provides directions, if necessary. Then the person can keep track of the animal's whereabouts. The devices also may be able to send alerts should the pet go outside of the target zone established.

While these devices

can help locate a dog or cat that's on the go, there are ways to help reduce the risk for roaming in the first place.

* Neuter your pet to reduce his propensity for roaming to find a new mate. Neutering dogs also helps reduce the pet

population at kennels.

* Have a sturdy fence to contain the dog. Dog runs and chains are not as effective.

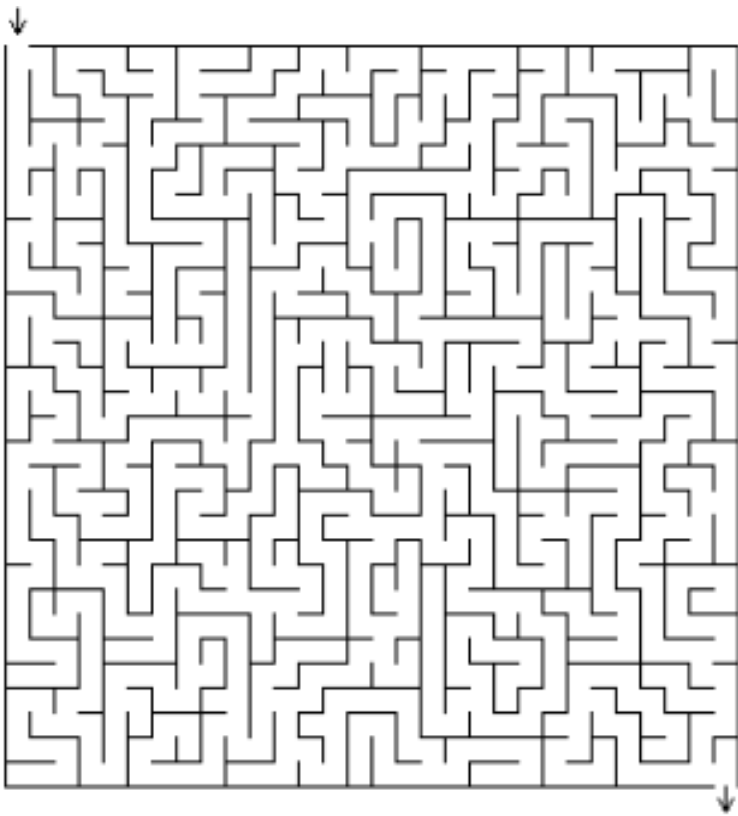
* Provide stimulation for the dog so that he or she will not be tempted to roam out of boredom.

Put pep in your pet's step

(MS) -- It's clear that we all want what is best for our pets. The big question is: do we really know what best means when it comes to feeding them? Petcurean, a leading specialist in this field, says that a good first step in answering this question is to determine what they need based on their breed, size, activity level and other specific health concerns. Then select a food for your dog or cat with high quality ingredients. Take a look at petcurean.com/food-selector/ for more help. This site offers valuable information to put the pep back in your pet's step.

Kids' Korner

Maze Craze



Creative Colouring

Colour in this picture to create your won masterpiece.



CANADA

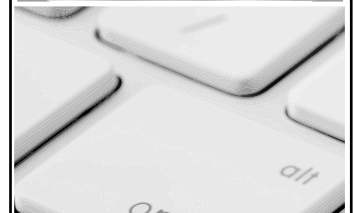


HISTORY

1906

The Revillon Freres Trading Post opens at Fort Saint John, British Columbia. The Post serves as direct competition for the Hudson's Bay Company.

GET THE PICTURE?



Can you guess what the bigger picture is?
Answer: Computer keyboard

Suduko

4			1
		2	
	4	1	
	1	4	2

Here's How It Works:

Sudoku puzzles are formatted as a 4x4 grid, broken down into four 4x4 boxes. To solve a sudoku, the numbers 1 through 4 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!

New Word

MAJOR

a student's principal course of study

Did you know?

CANADA HAS THE 14TH LARGEST ECONOMY IN THE WORLD. IT ALSO IS ONE OF THE WORLD'S WEALTHIEST NATIONS.

Get Scrambled

Unscramble the words to determine the phrase.

omlcWee ackb ot olcosh

Answer: Welcome back to school

Suduko Solution

2	4	1	3
3	1	4	2
4	2	3	1
1	3	2	4

—Don't leave it in the dorm: Students now toting tablets to class—

(NC) Offer them just one gadget for their scholastic ride, and students will choose the tablet every time.

Indeed, across university campuses everywhere, tablets are now as common as black coffee, Thursday pub nights, and bringing dirty laundry home for mom to wash on the weekends.

While many people still think of tablets as entertainment-only devices, students across Canada are using touchscreen computers to research papers, read textbooks and study for exams. Indeed, tablets are quickly becoming a mainstay in the academ-

ic world.

Already, 30% of Canadian students say they regularly use a tablet, according to data from International Data Corporation's April 2014 study Insight on Students and Education, and of those tablet users, nearly 40% carry it everywhere they go.

But while students are increasingly bringing tablets with them to university, can these highly portable and immersive touchscreen computers help students study better, produce better work and earn higher grades?

At a time of sky high competition among students, when 89% of

those attending Canadian universities report feeling overwhelmed – according to a 2013 survey from the Canadian Organization of University College Health – it's clear students need all the help they can get when it comes to simplifying their campus experience. (http://www.cacuss.ca/health_data.htm)

As a result, tablets just might be the silver bullet students need to give them an edge in their academic rankings while providing wind-down entertainment for de-stressing.

Samsung tells us that its Galaxy Tab S brings the ultimate viewing experience, which means you no longer need to worry about which roommate brings the TV. With its 'Super AMOLED' screen, this model is the ideal device for watching HD content and video-calling friends and family.

At just 6.6 mm thick, the Galaxy Tab S is the

thinnest Samsung tablet yet, making it much easier to carry around than a bulky laptop.

While some people still see tablets as primarily consumption devices, students are now looking at their tablets as a key educational tool in lectures, seminars and study halls due to new services and improved creation software.

More and more universities are moving to enable the downloading of digital versions of textbooks, which are usually less expensive than their paper counterparts and allow students a truly immersive experience, not to mention they don't overload students' backpacks. As well, professors are uploading course notes to the Web, many of which are best experienced on a tablet.

Expect to see more

than a few savvy students toting tablets when classes are back in session this fall.



FOR QUALITY TRANSPORTATION

Western Auto and Imports is currently seeking a journeyman technician.

This is a permanent full time position with great benefits and competitive compensation.

- Applicants must have strong diagnostics and electrical background.
- Experience with import vehicles is preferred.
- Applicants MUST BE licensed journeyman automotive technicians.
- Applicants must also be fluent in English, both speaking and writing.
- This is a busy, fast paced shop with competitive compensation.

Please submit resumes in person at 5125 Kepler Street West, Whitecourt; or via e-mail to ssteele@revolutionautogroup.ca



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The following positions are available with our group of companies:

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- 2. CERTIFIED CRANE OPERATOR TO WORK IN CAMP.** Must be certified and have safety tickets
- 3. EXPERIENCED HEAVY EQUIPMENT TECHNICIAN** with experience in engine and gears!
- 4. EXPERIENCED WINCH TRUCK DRIVER FOR TERRACORE RENTALS.** Experience and safety tickets are preferred.
- 5. PARTS PERSON FOR OUR LOCATIONS IN ACHESON AND RED DEER.** Experience and safety tickets are preferred.

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Financial Advisor (full time)

\$44,286-\$61,899 per year

You play an integral role in the delivery of superior personalized service to our member-owners. By building trust, delivering customized financial solutions and identifying opportunities to refer or sell additional products and services, you help our members achieve financial stability and a good quality of life. Prior retail banking and credit assessment experience is required.

Visit servus.ca for the full job description, qualifications and application details. **Closing date: September 22, 2014.** We thank all applicants for their interest. Only those considered for the position will be contacted.





BLANKET CLASSIFIED ADS

Alberta and NWT for \$269 (up to 25 words) \$8.00 each additional word. These ads are placed in over 100 community newspapers throughout Alberta. We can also place ads in other provinces throughout Canada.

AUCTIONS

MEIER Classic Car & Truck Auction. Saturday, September 20, 11 a.m. 6016 - 72A Ave., Edmonton. Consign today, call 780-440-1860.

WARD'S AUCTIONS - Antiques/Estate Auction. Sun., Sept. 14, 10 a.m. Preview Friday, Sept. 12, 4 - 8 p.m. 11802 - 145 Street, Edmonton. 780-451-4549; www.WardsAuctions.com.

COLLECTOR CAR AUCTION! 7th Annual Red Deer Fall Finale. September 19 - 20, Westerner Park. Consign today. 1-888-296-0528 ext. 103; egauctions.com.

BUSINESS OPPORTUNITIES

THE DISABILITY Tax Credit. \$1,500 yearly tax credit. \$15,000 lump sum refund (on average). Covers: hip/knee replacements, arthritic joints, COPD. Apply today! 1-844-453-5372.

GET FREE vending machines. Can earn \$100,000. + per year. All cash-retain in just 3 years. Protected territories. Full details call now 1-866-668-6629. Website: www.tcvend.com.

CAREER TRAINING

REFLEXOLOGY PROGRAM, fun and relaxed learning. Register now limited space. Starting October 4 & 5, 2014. Certificate on completion. 403-340-1330.

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EMPLOYMENT OPPORTUNITIES

FREIGHTLAND CARRIERS, a tri-axle air ride flatdeck carrier is looking for Owner/Operators to run Alberta only or 4 Western Provinces. Average gross \$18 - 25,000/month. 1-800-917-9021. Email: ed@freightland.ca.

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TRENCHUK CATTLE CO. in Smoky Lake, Alberta is currently hiring a Herd Health Person & Pencheckers \$22-30/hour. Also General Labourers \$20-23/hour depending on experience or ability. Fax resume to 780-656-3962 or call Willy 780-656-0052.

EMPLOYMENT OPPORTUNITIES

AN ALBERTA OILFIELD company is hiring experienced dozer and excavator operators, meals and lodging provided. Drug testing required. 780-723-5051.

TRENCHUK LIVESTOCK HAULING requires Class 1 Drivers. Alberta wide work, competitive wages. Call Michael at 780-656-0053, Smoky Lake.

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FEED AND SEED

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Fax: 780-542-6739 Alberta

AUTOS FOR SALE

2006 GMC Envoy XL 4x4, 9 passenger, \$8,900

2006 GMC 1500 SLT Leather, Dvd, fully loaded 149,000 km, 1 owner. Asking \$16,900

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2006 Chev Trail Blazer LT 4x4, power windows, power door locks, power mirrors, air, tilt, cruise, V6. 147,000 km. Asking \$8,900.00

2006 Chev Cobalt LS 2 door sedan, 5 speed transmission, air, curise, tilt, power door locks, 2.2 litre engine, 157,000 kms. Asking \$4,500.00

2007 FORD F-150 XLT, extended cab 4x4, power windows, power door locks, power mirrors, air, tilt & cruise, 5.4 L, V8, 100,000 km. Asking \$10,900.00

2007 FORD F-150 XLT, excab 4x4, air, cruise & tilt, 5.4 L, V8, 152,500 km. Asking \$8,900.00

2005 Chev Monte Carlo car, power windows, power door locks, power mirrors, air, cruise & tilt, sunroof, V6, 156,000 km. Asking \$5,500.00

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wescat@telusplanet.net
or fax to: 780-778-5583

Thank you, volunteers



The Whitecourt Community Lunch Box Program depends on its volunteers. The non-profit organization needs volunteers in order to accomplish its goal of ensuring that all children in Whitecourt have the nutrition they need during the school day. With over 65 volunteers, the Community Lunch Box has served over 50,000 apples and 13,000 lunches to 2,000 students in six schools.



Photos submitted

HAPPY RETIREMENT • HAPPY RETIREMENT

Friends, Valued Clients, and the Curling Club Family of

DEBBY CHAMBERLAIN

Are invited to a retirement reception for Debby
On Wednesday, Sept 24th at 7 pm
Upstairs at the Whitecourt Curling Rink

After more than 20 years of providing personal outstanding service to all her clients with Sysco Edmonton, Debby is now retiring.
Join us in sending Debby and John off with a warm farewell!!

For more information call Kelly
At 780-268-3192

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BOH manager: full time, days, nights, evenings, weekends, overtime.
Wage negotiable

Email resume to
kriegsheldon@live.com

**3836 Kepler Street,
Whitecourt**

EMPLOYMENT OPPORTUNITY | Job #14-052

Early Childhood Development Enhancement Facilitator Part-Time, Temporary Position



The Town of Whitecourt is your local government at work. Council and staff function on behalf of the community to enhance the quality of life for all residents with a commitment to the well-being of our community. Our organization is looking for an Early Childhood Development (ECD) Enhancement Facilitator in our Parent Link Centre. This position will be required to work 15 hours per week with flexibility for some evening, weekend and statutory holiday shifts. This is a 6 month term position available immediately, until March 31, 2015.

This position will work closely with the Parent Link team, families, children, local schools, agencies, and the community to provide support and enrichment to early childhood development programs and services for children 0 to 6 years and their families.

DUTIES INCLUDE BUT ARE NOT LIMITED TO:

- Collaboration with early childhood development stakeholders to ensure the best interest of children and their families are served
- Researching, coordinating and promoting resources that create a heightened awareness of core areas of early childhood development
- Developing strategies and implementing recommendations that support appropriate child development.

QUALIFICATIONS:

- A diploma in a Human Services Field or in Early Childhood Development would be an asset;
- Experience in group delivery and community programming;
- The ability to work with a variety of agencies and partnerships.

The successful candidate will be required to complete a criminal record check, youth intervention record check and provide a driver's abstract prior to being hired. The hourly rate for this position is \$20.00.

If you feel that you have the qualifications and desire to be a part of the team, please submit your written letter of application to the following address by noon on Friday, September 12, 2014:

TOWN OF WHITECOURT
Attention: Legislative Coordinator
Box 509, 5004 - 52 Avenue,
WHITECOURT, AB T7S 1N6
Fax: 780-778-4166
Email: hr@whitecourt.ca
Re: Job #14-052

We thank all applicants for their interest; however, only those who are interviewed will be contacted.

EMPLOYMENT OPPORTUNITY | Job #14-051

Child Mind Attendant Casual Position



The Town of Whitecourt is your local government at work. Council and staff function on behalf of the community to enhance the quality of life for all residents, with a commitment to the well being of our community. Our organization requires a casual Child Mind Attendant to work at the Allan & Jean Millar Centre.

A Child Mind Attendant is responsible for the safety and care of children within the child mind area of the Allan & Jean Millar Centre, and for ensuring good customer service standards are maintained.

KEY DUTIES WILL INCLUDE:

- Monitoring and supervising children in care;
- Providing child development activities;
- Ensuring safety in all areas;
- Maintaining a clean space;
- Maintaining positive public relations and interaction with facility users.

DESIRED SKILLS AND QUALIFICATIONS INCLUDE:

- Must be 16 years of age or older;
- Strong interpersonal skills, diplomacy and communication skills;
- Excellent listening, problem solving and conflict resolution skills;
- Standard 1st Aid and Level C CPR;
- Level 1 Day Care Orientation Certificate is an asset;
- Previous experience working with children aged newborn to 7 years.

The Town of Whitecourt is committed to its employees and provides competitive wages. The successful applicant will be required to pass a pre-employment criminal record check and child welfare check, prior to being hired. The applicant may be required to work a variety of day, evening, and weekend shifts. The job description is available upon request.

If you feel that you have the qualifications and desire to be part of the Allan & Jean Millar Centre Team, please submit your written letter of application to the following address prior to **12:00 noon, Monday, September 22:**

TOWN OF WHITECOURT
Attention: Legislative Coordinator
Box 509, 5004 - 52 Avenue,
WHITECOURT, AB T7S 1N6
Fax: 780-778-4166
Email: hr@whitecourt.ca
Re: Job # 14-051



We thank all applicants for their interest; however, only those who are interviewed will be contacted.

Four fascinating reasons why music can enrich your life

(NC) Year after year, scientific research makes clear the benefits of music in people's lives. Whether it's our mood or our overall state of mind, music is an enriching addition to the listener's life, and with such a variety of music genres available, we can all benefit from the powerful attributes of listening to song. Here are just four examples:

1. It's all in your head. Music is to the brain as physical exercise is to the human body. Listen to a song to help tone your brain for auditory fitness. It will help keep your hearing sharp and your mind focused.

2. Move it or lose it. Listening to music while exercising measurably improves physical performance. Popping on headphones during your time at the gym will help your concentration and keep you energized for a longer, more effective work out.

3. Try a concert cure. Attending a live music event is recognized as a powerful bonding experience, creating a unique link between the artists and attendees. If this inspires you, TD Music brings live music experiences to Canadians throughout the year. Check out www.tdlivemusic.com for a concert near you.

4. Calm one, calm all. The medical industry uses music as therapy for patients with both physical and mental ailments, helping to lower stress levels and calm their state of mind. If you feel overwhelmed, play a song that's comforting to you to help ease nervousness or anxiety.

AUTOS FOR SALE

2008 Escape 4x4 \$8,900.00
 2011 Equinox AWD \$15,300.00
 2006 Chev 2500 4x4 \$8,900.00
 2006 Grande Caravan \$6,300.00
 2012 GMC Std Cab 4x4 \$12,900.00
 2008 Ford 150 4x4 \$10,200.00
 2006 Envoy GMC 4x4 \$8,500.00
 2005 Ford Taurus \$3,900.00
 Call 780-706-5112.

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Clean 2 bedroom 4plex in central Whitecourt, with deck, in suite laundry, hardwood on the main floor. \$1200/mo + utilities. Close to schools and shopping. N.S. N.P. Available Oct 1st. 780-778-2565

FOR RENT

2 bdrm Suite downtown 4 plex. Close to schools, playground, shopping, library, golf course. Large yard. Good parking. Water included. No Pets \$950.00/mth \$950.00 D.D. Call 780-778-5367

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E.C.H.O. SOCIETY PROGRAM SPECIALIST/ COORDINATOR POSITION (40 hours/week)

Are you a hard working enthusiastic person looking for an opportunity to lead a wonderful team of dedicated disability support workers? Do you like innovation and challenge? Well, this position is right for you. We are seeking a skilled leader to work with our agency in building a team, who support citizens with disabilities in person centered lifestyles that promote lifelong learning.

Preferred Requirements: Undergraduate Degree in Community Disability Services/Human Service Studies (a graduate degree is preferred) or related field. One year experience in leadership that fosters a supportive learning environment & promotes support service development. Understanding of elements related to effectively addressing the complex needs of supported citizens. Strong skill sets in the financial elements of service delivery. Proficient in Microsoft Word-Excel.

Qualified applicants are invited to apply by:
 E.C.H.O. Society: P.O. Box 2096, Whitecourt, AB, T7S 1P7
 Attention: Natalie Jendrick, H.R. Manager
 Email: echosoc@telusplanet.net
 In Person: 4723 - 50th Avenue
 Fax: 780-778-4190
Application Deadline: Until position is filled
Only those being considered for an interview will be contacted.


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

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Room Attendant:
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Other:
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A windshield replacement is only a stone's throw away



By Glenn Cooper

(NC) – Stone chips and glass repair are part of life as a vehicle owner. Windshields get chipped and cracked all the time. While stone chips often occur at the most inopportune times, they cannot be neglected and should be attended to in short order.

Even though it may seem like a minor chip, small stone chips can quickly develop into a costly repair job. Chips grow when pressure is placed on your windshield. Pressure can come from a variety of sources, even minor sources of pressure, such as taking your car through the car wash or when changes in temperature occur.

And, once they grow into a crack, they can no longer be fixed and your windshield will need to be replaced.

“Most insurance policies will cover the cost of stone chip repairs without impact to your policy rate,” says Achiel Goossens, an insurance

expert with Aviva Canada. “So people don’t need to be afraid to contact their insurance company about it.”

Being proactive and repairing a chip in your windshield can save drivers a significant amount of money. A windshield replacement can cost anywhere from a couple hundred dollars, to \$1,500 and therefore, fast action is going to help.

A cracked windshield is also a safety hazard. If the glass is cracked it could break and impact your ability to drive safely. What most people don’t realize is that your windshield is part of the structural framework of the vehicle. A cracked windshield has a greater

chance of shattering or causing an accident.

Goossens suggests taking the following steps if you notice a stone chip in your windshield:

- Contact a reputable and licensed supplier for glass repair. Many have mobile services and they will come to you.

- Talk to your insurance company and find out if the repair is covered.

- Be aware of insurance fraud scams. Never give your insurance information to anything less than a reputable repair shop with a long standing presence. Temporary repair stations should be avoided.

By being proactive you’ll save money, be a safer driver, and keep the inconvenience to a minimum.

More information is available from an insurance broker or online at AvivaCanada.com.

Contact for:
Publisher-Owner / Accounting / Advertising / News

Whitecourt PRESS Valerie Winger Whitecourt PRESS
Phone: 780-706-1858
Fax: 1-866-647-4105 (Toll Free)
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ducks.ca

Turn your home renovation into a Hawaiian vacation

(NC) The fall is the perfect time to plan your next home renovation. With summer behind us and the focus back on the house, now is the time to tackle a DIY project, or hire a contractor. To sweeten the pot, insulation producer, Roxul, is encouraging homeowners to share their renovation plans for a chance to win a trip for two to Hawaii, plus \$1,200 of insulation.

The contest is conducted on Facebook, where the producer of mineral wool insulation is encouraging DIYers to rock their reno. The grand prize to Hawaii includes a helicopter tour of the volcanos. This is a special chance to see the inspiration behind Roxul insulation, which is made from volcanic basalt rock.

Running from September 1 to November

21, 2014, the contest also includes weekly giveaways of \$200 pre-paid gift cards.

To enter, visit www.facebook.com/roxulinc.



HELP WANTED

Tim Hortons in Whitecourt is looking to fill the following positions:

Food Service Attendant
Full Time / Shift Work
\$12.50 / Hour plus Benefits

Food Service Supervisor
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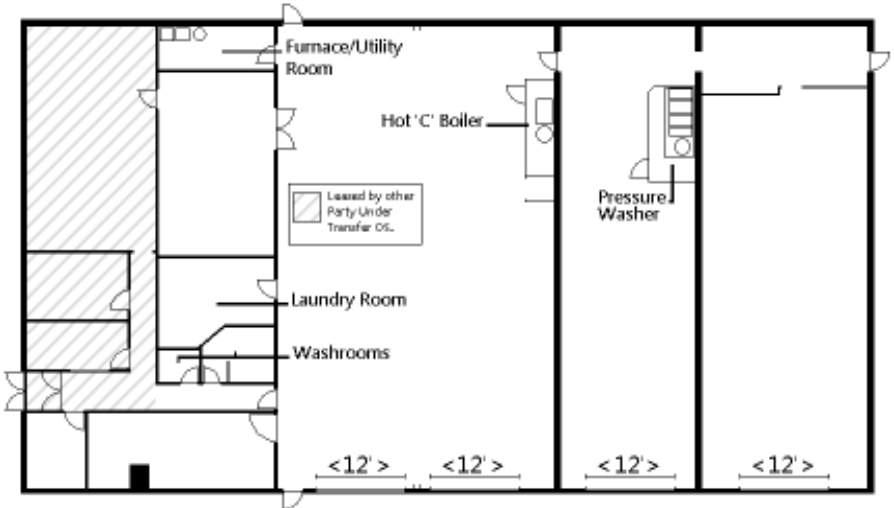
Please apply in person at the restaurant.



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