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# Whitecourt PRESS

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VOL. 3 - ISSUE 42

Proud to be your newspaper serving Whitecourt and our surrounding communities




Tuesday, October 28, 2014

**See you soon!**



Photo by Serena Lapointe Photography

The Whitecourt Press wishes everyone a safe and happy Halloween.

  Congratulations to all the winners of the free pizzas delivered by the Fire Department during Fire Prevention Week. Thank you for being pro-active and having the smoke alarms working in your homes.  
 Grade 4 Students; don't forget to complete the Fire Prevention Poster and enter to win great prizes, including a Pizza Party for your class, courtesy of Domino's Pizza!!  
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# —It's flu season again... are you prepared?—

By Laura Bohnert  
Whitecourt Press

Once again, as the cold weather starts to blow in, we find ourselves on the brink of flu season. This year, the Town of Whitecourt will be holding flu clinics for people to immunize themselves against the influenza vi-

rus. October 20, 2014 kicked off Alberta's influenza immunization program; at 9 a.m., Mayor Maryann Chichak of the Town of Whitecourt, and Mayor Jim Renie of the County of Woodlands attended the Whitecourt Community

Health Care influenza clinic to receive their influenza immunizations.

Flu clinics are being held across Alberta to provide people with access to the vaccine. The Whitecourt Healthcare Centre will be holding clinics on October 28, November 4, 10, 17, 28,

and December 9 and 16. The Boys & Girls Club is also offering two flu clinics on November 12 and 18 from 4 to 6 p.m.

All Albertans, ages six months and older, can get the flu shot free of charge; however, while Alberta's Health Services is encouraging citi-

zens to get the vaccine early -- before they need it -- people still have reservations about the vaccines.

Last year, merely 27 per cent of Albertans were vaccinated against the flu virus. Approximately 30 Albertans died of the flu last year, and over 1,200 were hospitalized. This year, Health Services officials are hoping to increase that number closer to 50 per cent which could significantly reduce the number of individuals who become seriously affected by the flu.

With such obvious benefits, why are people so concerned?

There have been a few fears circulating around vaccine safety that seem to be preventing people from getting their vaccines. One of these misconceptions is that the flu shot can cause autism. The fear surfaced due to a suspected connection between thimerosal

(a vaccine preservative) and autism. This connection has since been disproven and, as a precaution, thimerosal has been removed from all childhood vaccines.

Another misconception is that you can get the flu from the flu shot. While the flu shot does inject a virus into your system, it introduces a killed virus from which you cannot catch the illness, but which will allow your body to develop a proper immune response in case you encounter it in its live form in the future.

Another misconception is that the vaccination isn't effective. According to the Centres for Disease Control and Prevention, the flu shot is between 70 and 90 per cent effective.

For more information about local flu clinic schedules, go to <http://www.albertahealthservices.ca/influenza.asp>

## —Early Bird Registration—



Photos by Serena Lapointe Photography

On October 23, an Early Bird registration barbecue for Walk A Mile took place in front of The Brick. Men were invited to come and try on their shoes, take a stroll, and pre-register for the event which takes place in November.



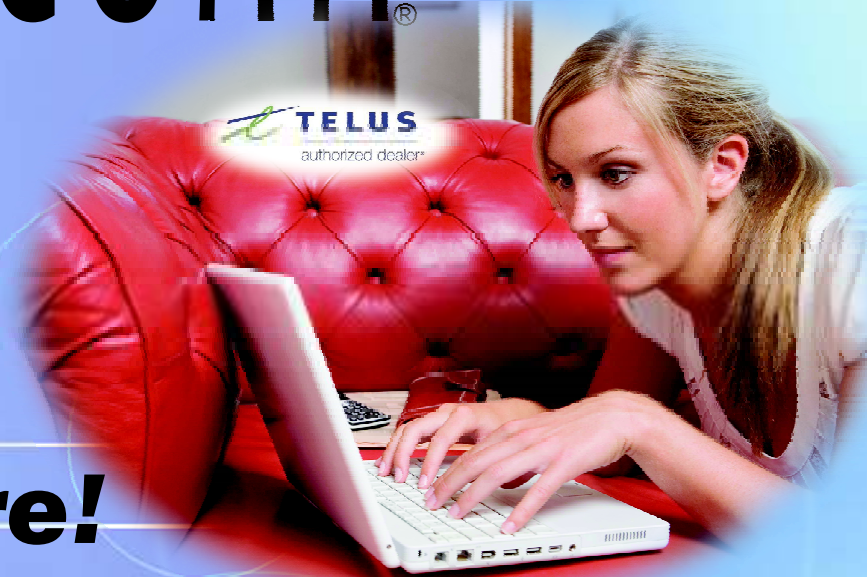
Ken getting some fashion help.

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# Worms in Whitecourt

By **Nerissa McNaughton**  
Whitecourt Press

Communities in Bloom is getting the word out about vermicomposting. Last week the program presented information and composters to several classes at École St. Mary. Visits to Whitecourt Central School and St. Joseph School have also taken place.

Vermicomposting is the act of using worms to convert organic waste to useful fertilizer. Called “the intestines of the world” by Aristotle and “angels of the soil” by the ancient Chinese, the humble worm plays

a vital role in natural decomposition and household composting.

Earthworms are basically one long digestive tube that starts at the mouth and ends at the rear. The worm eats and passes the material through its body. Since they dine on what’s on the ground (fallen leaves, foliage, dirt, etc.) these wiggly munchers move vital nutrients into the soil. They also loosen up the soil and create air passages.

Composting is an eco-friendly way to reduce waste, and when you add worms into the mix, you are harnessing their nat-

ural power. It may seem silly to think of worms as powerful, but their ability to break down waste is astounding. According to vergepermaculture.ca, worms eat just a little over their weight daily, so if you have a pound of worms, they will consume a pound of food. That is streamlined efficiency!

Vermicomposting is fun and easy, but you do need the right equipment and worms to ensure success. If you are interested in composting with worms, contact Communities In Bloom for more information.



Photo Whitecourt Press



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## How I see it

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

Trick or Treat! Halloween is just a few days away. Kids – and the young at heart – are excited to put on their costumes and indulge in this spooktacular holiday.

Remember, though, safety rules still apply.

- Only cross the road at crosswalks or well-lit corners.
- Pause at entrances to alleyways and driveways to check for moving vehicles.
- Do not go up to any home that feels or looks unsafe.
- Do not enter the homes of any strangers. Candy should be given out at the door.
- Avoid homes that are not lit up (porch light) for trick or treating.
- Avoid vision-obscuring costumes and outfits that are a tripping hazard.
- Discard any candy that looks tampered with or that has been opened.
- Little ones should be accompanied by an adult. Older ones should travel in groups and have an established boundary area and a set time to return home.

Here's a gruesome fact. Tales of people handing out poisoned candy surface annually this time of year. Sadly, at least one of those cases turned out to be a father giving his child tainted candy in his Halloween bag in an attempt to hide his nefarious actions. For the most part, tales of strangers giving out harmful "treats" are false. However, that does not mean you should dive head first into your bag of goodies. Still check for torn, tampered packages, and discard anything that looks suspicious.

Want to learn more about what is true and false about those scary Halloween rumours? Go to [www.snopes.com](http://www.snopes.com) and type Halloween in the search bar. You'll have fun reading the many results and guessing which ones should make you tremble.

*Have a safe and happy Halloween, everyone.*

**Valerie Winger**  
Owner/Publisher

## Samantha's View



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

Good morning, Whitecourt! This up and coming week I have mid-terms. This one phrase is enough to send any university student running. I think that

mid-terms strike fear in the hearts of more young people than just me. They would have to; they're terrifying. Writing and taking tests has always made me nervous, and I know I'm not the only one. One thing I know always happens to me when I'm studying for something is I lose sleep. This is especially true if I'm also stressed. Not getting enough sleep sucks; I'm sure everyone could agree. It makes you grumpy and irritable for the whole day.

Your patience flies out the window and you're not the nicest person to be around. Also, nobody likes feeling tired; it's a creepy feeling! How come then, when we're trying to do something important, we sacrifice our sleep? Why are you sacrificing your mental well-being for a test score or what have you? Yes, the "test score" is important. However, the test score does not define who you are, and you should never sacrifice yourself for a grading.

## Distracted driving

**Dear Editor:**

Just thought I would send a note about what I call the DDD. That is short for the Distracted Driver Disease. I do not think this is what is happening at the Mayerthorpe intersection but this is "happening" everywhere nowadays. I have witnessed this over the years of driving since 1956 when I got my first licence.

I will start out in the City of Calgary. Many of you drivers will have seen these things, as well, on early morning trips to the downtown area. Most of the drivers were very skilled as they could shave (men), ladies put on makeup and holding a coffee and a cigarette and steer the car while talking to a passenger, as well. There have always been dogs and cats in the laps (up to three) as well as on the dash and the back windows. On the rear view mirror there is the religious stuff as

well as the little Christmas tree deodorizer and the blue handicap sign as well as anything else that looks good there. On the dash could be a pet and all kinds of little things that are spread out the full width as well as a parking sticker on the left front corner. Now there are the bobble-headed sports thingies, as well.

Now go back to the back window and there could be the second or third dog here because the other one is in the driver's lap standing up on its two hind legs looking out the side window. The shelf by the back window is now loaded with the rest of the bobble heads and pasted on the window are the stick people as well as the university stickers, too. The stick people now have a caterpillar sticker that is pasted in front of Dad and is going to run them all over, I guess. Then there is the sticker

that says to the drivers following, "Drive careful there is a baby on board." Why would I be careful? There might even be a sweater or a ball cap thrown up there, too.

Now with everything swinging and swaying in the front and back windows and obscuring the vision of the drivers, we are now faced with the most dangerous of the DDD – the cell phone.

Every driver has one and on the highways there is one in every ear that goes by you and you will be at 110 kmh. It's amazing, too, how they have them between their legs and are talking or texting. The stats now say that more people are in accidents from cell phone use than drinking and driving. All we can hope is that we are not involved with one of these idiots.

**Bob Milligan**  
Fast Fire

Without prejudice

For current gas prices go to [gasbuddy.com](http://gasbuddy.com)



# Whitecourt PRESS

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# Millar Centre Spookfest

By **Rechell McDonald**  
Whitecourt Press

The Allan & Jean Millar Centre will be holding its annual Spookfest this Friday, October 31. There will be a lot of great things for kids to do including participating in a costume contest. Organizers have also

arranged for a bouncy castle, Halloween craft stations, and a variety of games. The festival will be taking place from 10 a.m. to 2 p.m. in the Field House and, according to the Centre, the RCMP may also be making an appearance.

Children will walk

away with goody bags which will be a great kick-starter to the evening's trick or treating. Bring your kids out and allow them to celebrate all day, getting the most out of their costumes and keeping their minds off the impending excitement of the evening.



## GET INVOLVED....IT'S YOUR TOWN! Opportunity for Public Participation

Every fall, the Town of Whitecourt recruits citizens to fill volunteer positions on various boards and committees that provide Town Council with perspective and recommendations regarding important civic issues. Whitecourt is a diverse, growing town, and citizens are in the best position to provide input on our changing community needs.

Get involved! It's your town. Share your knowledge and meet new colleagues.

Residents of Whitecourt are invited to serve on a Civic Board. The Town of Whitecourt is now accepting applications for:

### Youth Advisory Committee

*"To work collectively to ensure that the needs of Whitecourt's youth are met."*

(4) Student Representatives from Hilltop High School, St. Joseph School and the Community at large - term to expire September 2015.

### Subdivision & Development Appeal Board

*"To address decisions on appeals of subdivision or development decisions made by the Development Officer or Municipal Planning Commission"*

(1) Member - term to expire in October 2017

Applications outlining a brief history of any past community involvement and interests will be accepted until 12:00 noon, Wednesday, November 19, 2014, at:

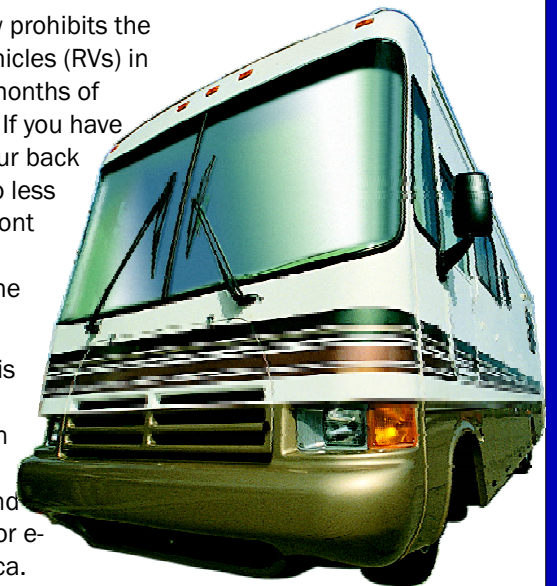
Whitecourt Town Administration Office  
Attention: Darlene Ashcroft, Legislative Coordinator  
Box 509, 5004 - 52 Avenue  
WHITECOURT, AB T7S 1N6  
Fax: 780-778-4166  
email: darleneashcroft@whitecourt.ca

Applications will be presented to Town Council at the November 24, 2014 Regular Meeting.

## DID YOU KNOW?

The Town's Land Use Bylaw prohibits the parking of Recreational Vehicles (RVs) in your front yard during the months of November through March. If you have room to store your RV in your back yard or in your side yard, no less than 6.1m (20') from the front property line, your RV can remain on your lot during the winter season.

For more information on this or any other planning issues, please call the Town Office at 780.778.2273 and ask for the Planning and Development Department or e-mail [planning@whitecourt.ca](mailto:planning@whitecourt.ca).



## THANK YOU

The Town of Whitecourt would like to thank our community partners that made the *Getting Older, Wiser, Healthier* seniors event such a success:

- Support of Adult Learning and Literacy
- Woodlands County
- Alberta Health Services
- Paula Bowman
- BeeSafe Driving School
- Lauren Halloway
- Pavan Sonpar-Pahwa
- Ralcomm Ltd.
- Alzheimer Society
- Tim Hortons
- A & W
- MLA, George VanderBurg

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

The following decision was made by the Municipal Planning Commission on October 16, 2014:

| PERMIT NUMBER   | APPROVAL DATE    | LOCATION   | PROPOSED OR EXISTING DEVELOPMENT | DECISION                 | APPEAL MUST BE MADE PRIOR TO 4:00 pm on THIS DATE |
|-----------------|------------------|--|----------------------------------|--------------------------|---|
| 14-216 & 14-217 | OCTOBER 16, 2014 | UNITS 7 & 8, #8 ANDERSON CLOSE<br>UNIT 7, UNIT 8, PLAN 1320228 | SIDE YARD VARIANCE               | Approved with conditions | OCTOBER 29, 2014                                  |

An Appeal of the above decision 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.

## PUBLIC NOTICE

For more information visit us at [www.whitecourt.ca](http://www.whitecourt.ca),  
[facebook.com/TownofWhitecourt](https://www.facebook.com/TownofWhitecourt) or  
call 780-778-2273



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# Ken Linford - Award Winner - ASA



Photo submitted

George VanderBurg, MLA; Jim Rennie, Mayor Woodlands County; Ken Linford, Whitecourt Trailblazers Past President; Lyle Birnie, President Alberta Snowmobile Association; and Chris Brookes, Executive Director Alberta Snowmobile Association.

The Whitecourt Trailblazers Snowmobile Club is pleased to announce that Ken Linford of Whitecourt was presented with the ASA Excellence Award for Outstanding Snowmobiler for 2014 from the Alberta Snowmobile Association at the ASA awards ceremony at the

Double Tree Hilton on Saturday, October 18, 2014 in Edmonton, AB. The Award is presented annually to an Alberta Snowmobile Club member for volunteerism and leadership qualities. Ken has been involved in organized snowmobiling since the 1997/1998 season.

Ken Linford is a leader of the sport of snowmobiling in Alberta. He is well spoken, charismatic, a tireless volunteer, and very well respected in the snowmobile community in Whitecourt and throughout Alberta. A true leader of our sport.

Ken has regularly attended Alberta Snowmobile Association AGM's and SAGM's, ASA Jambories, and Rallies held by neighboring Clubs to represent the Whitecourt Trailblazers, and has offered sound advice to many smaller clubs in terms of finances, fundraising, casino applications, grant applications, mobilizing volunteers, etc.

Under Ken's leadership, the Whitecourt Trailblazers Snowmobile Club has consistently been one of the top three largest snowmobile clubs in Alberta in terms of members and, arguably, the most active club in Alberta in terms of activities, innovations, fundraising, and accomplishments.

Ken is a true volunteer. He works tirelessly and gives up business and personal time to the sport and club, and expects nothing in return. Ken is also a huge donator to

the club through his IGA stores in Whitecourt and Edson.

Ken is presently on the executive of the Trailblazers as past president,

and is currently involved with the Golden Triangle Consortium as well as the 2015 World Snowmobile Invasion organizing committee.

## Diabetes Workshop



### Sweet Success with Diabetes!

Laugh and learn with Mrs. Pudding as she shares her story of living positively with the challenge of diabetes!

Forest Interpretive Centre,  
3002-33 St, Whitecourt  
Thursday, Oct. 30 at 10:30 AM

Free - No registration required - Refreshments



**Whitecourt Festival of Trees**



**Rotary Club of Whitecourt is asking local businesses to get into the Holiday Spirit and help raise funds for our community.**

**We are asking businesses to decorate a artificial tree in the theme of your choice for display at the Allan & Jean Millar Centre.**

---

**For further information or how to donate a tree call 780-706-8821**

---

**ENTRY DEADLINE IS NOVEMBER 3/14**



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**Allan & Jean Millar Centre**  
10 a.m. - 1 p.m.

[www.whitecourtshester.ca](http://www.whitecourtshester.ca)

**Event in Support Of:**



*This year we are encouraging our walkers to hit us with their best strut, their best skills in heels. We welcome you to demonstrate and engage in friendly competition within your team, or with another team. Above all else, have fun with it!*

---

**Please join us at The Brick for our Early Bird Registration BBQ!**

October 23, 2014 • 11:30 a.m. - 2:30 p.m.

This BBQ is Proudly Sponsored & Hosted by the Brick in Downtown Whitecourt  
*Grab a burger, try on your shoes & guarantee your size for the big day!*

\*\$40 early bird registration September 30, 2014 - October 27, 2014  
Standard Registration \$50 per walker October 28, 2014 - November 21, 2014

# Whitecourt town council update

Want to make a difference in your community? Youth are encouraged to submit an application to serve a one year term on the Youth Advisory Committee. Members will receive \$500 to go towards post-secondary education and training. There is also one spot vacant on the Subdivision and Development Appeal Board. For more information, and application forms for the Youth Advisory Committee, visit [www.whitecourt.ca](http://www.whitecourt.ca).

Council has awarded two contracts for Vitalization Projects. McElhanney Consulting Services Ltd. has been contracted to complete the Downtown Core Streetscape Vitalization Detailed Design Project. The deliverables for the project include detailed engineering design for the downtown core roadways (including grading, road drainage plans, design of bulb outs, street furniture and landscape plans, road/curb/sidewalk reconstruction), class C estimates for the work, and preparation of tender packages for each phase of work.

The second project was awarded to Stantec Consulting Ltd. and involves the preparation of a detailed landscaping plan for along the highway boulevards which includes cut/fill and drainage details, pathway design, street furniture and planting plans.

The Winter Recreation Park Society has requested the Town of Whitecourt's assistance on several items in order to get the facility up and running by the advertised December 2014 operating date. As a result of a presentation made at the October 14 Regular Meeting, Council will be researching the costs associated with the following requests which will be deliberated during 2015 budget meetings:

- That the Town provide water for the 2014/2015 season at no charge in order to make snow, if necessary, for the facility.
- That the Society be provided permission to use the Town's storm retention pond in the Hilltop Industrial area as a water source for snow-making; as well as access to Town right of ways,

easement or public utility lots for the purpose of placing a water line.

- That the Winter Recreation Park be added to the Town's utility plan in order to take advantage of reduced rates the Town receives for bulk consumption.
- That the Town provide maintenance services for the facility's groomer.
- That the Town install additional street lighting

along Roszko Lane leading to the park site.

Council has approved an application for a massage therapy establishment in the Synergy Business Centre at 4907 52 Avenue. The building is zoned Direct Control and Council is the Development Authority.

A Board and Committee Member Appreciation Reception is being organized for Novem-

ber 6, 2014. Appointed members from various boards will be invited to the wine and cheese event, which will feature speaker Annand Ollivierre from Volunteer Alberta.

Council has scheduled its annual Planning Session for March 26 to 28, 2015. The annual session provides the opportunity for Council and Administration to review initiatives, goals,

and objectives for the upcoming year.

Upon request, the Town of Whitecourt is providing written support for Woodlands County's applications for funding to the Community Partnership Grant Program. Woodlands County is applying for two projects, the airport taxiway and lot development expansion, and the construction of a new library to be located in Blue Ridge.

## Dean Williams campaigns for change and party independence

By **Rechell McDonald**  
Whitecourt Press

Dean Williams, a man that has spent a great deal of his life behind the lens making documentaries, is stepping into the spotlight by throwing his hat, and his heart, into the political ring.

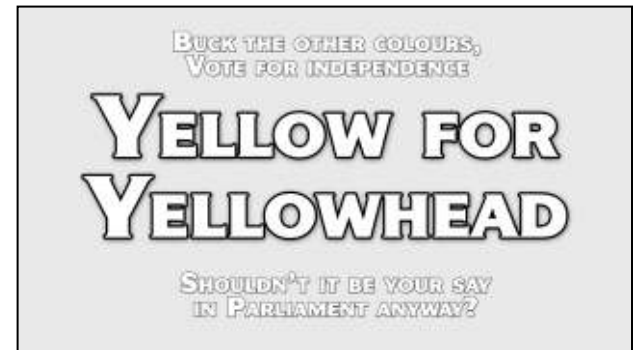
"I don't really want this job," said Williams earlier this week in a statement he sent out via social media. "It scares me; but, I want changes, and almost everyone I talk to says they want changes too. We are sick of being told what we need or want or what is best for us, without proper constituent consultation or a proper parliamentary voice. That's why, starting today, I am campaigning to become the MP for my home riding."

Williams is seeking nomination as an independent, under a Yellow banner. "I envision a strong and independent Canada that would be envied again the world over," Williams

says. "We have lost touch and respect within the international community, and ... amongst ourselves under the divisive political games the parties continue to play, especially the Conservatives under Harper."

One thing is curious, however. Williams ended his statement by saying, "I think it's time the people of the riding had a real and present voice reflecting their diverse wishes, instead of what we've had these past many years - weekly dispatches of how sunny things are in Canada from Washington, D.C."

When questioned as to why he was bringing up American politics when he planned to run in the



Canadian arena, Williams answered, "Well, in the papers these past few years we've been seeing weekly posts or dispatches about how great everything is and how well our economy is performing. It's always bent truth and hurrahs for Stephen Harper and the Conservatives, yet they've been written from Washington D.C. where Mr. Merri-

field has been stationed for years, working very hard to pitch potentially damaging and often secretive trade and energy agreements."

Williams looks to provide a robust voice for a growing and diverse population. To learn more about Williams and his plans for change, see [www.facebook.com/yellowforyellowhead](http://www.facebook.com/yellowforyellowhead).

## Who's hiring this week;



See our Careers section pages 33 to 39

- ➔ A-Tech N.D.T. Limited
- ➔ Alberta Answering Service Ltd.
- ➔ Alberta Newsprint Company
- ➔ Arrow Transportation
- ➔ Aurora Transport Ltd.
- ➔ Badger Daylighting
- ➔ Boreal Pumping
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- ➔ Canadian Tire
- ➔ ControlTech
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- ➔ Transfer Oilfield Services
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- ➔ Whitecourt Press

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### 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](mailto:wctpress@telus.net); or drop off letters at our office located at 4919-51 Avenue in Whitecourt.



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## Boost to seniors care spaces across Alberta



### Keeping In Touch

by George VanderBurg MLA

A total of 1,500 continuing care spaces will be constructed in both rural and urban communities to ensure Alberta seniors have accommodation options that fit their needs.

This \$120 million expansion is in addition to the recent announcement of \$60 million in Affordable Supportive Living Initiative (ASLI) funding to address the issue

of seniors waiting in acute care for continuing care spaces.

Supportive living provides private rooms, meals, housekeeping and health care services to seniors and Albertans with disabilities who can no longer stay in their own homes. This initiative will help ensure that those who need this level of care will receive it while staying in their

communities close to family and friends.

This is a great opportunity for communities in Whitecourt-St. Anne to apply for supportive living units, funded under ASLI, to be created in collaboration between government and community partners. Grants are available to municipalities, not-for-profit organizations, housing management bodies, lo-

cal housing authorities, community groups and private sector organizations.

Requests for proposals were issued on October 20 with a deadline of December 19. To ensure these spaces are made available as soon as possible, priority will be given to projects ready to start development within six months.

Details on the grants and details to apply are available at <http://www.health.alberta.ca/services/supportive-living-initiative.html> or by calling 310-0000.

There are currently almost half a million seniors in Alberta. It is es-

timated that by 2030, one in five Albertans will be a senior. Our government is taking steps so Alberta seniors have a place to call home in the communities they helped build, now and well into the future. For more information on this news story, please visit my website at [vanderburg.mypcm.ca](http://vanderburg.mypcm.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

## Life is Rosy



By Carla Lindgren Coates  
Best Selling Author of *Through Thorns I Thrive*

*It's time to kick depression in the butt and out the door for good!*

Part I  
Enough is enough! I have had it. I am so angry at this disease we call depression that is robbing so many people of their lives. It is all around us. People I love are suffering; people in the millions are suffering. It is as prevalent as cancer and poverty but no-one wants to acknowledge it. We sweep it under the rug hoping it will go away, but it will never go away until we stand up, look it in eye, and kick it out the door for good. This post is Part 1 of a series to tell you how I

kicked depression in the butt. It would be far too long to include everything in one. It's going to be real and raw and, maybe, even offensive to some. It is the only way I know to fight back and give hope to so many who are feeling helpless and lifeless. It is the only way I know how to help others who are suffering just like I did.

I know this disease very well. I lived with it for many agonizing, painful years. Yes, it is very painful, more painful than any physical pain I ever felt. For 15 years my life was worthless and meaningless. It was like I was living in a dark, black cloud. I could see people all around me smiling and laughing and living these wonderful, happy lives and I couldn't understand why my life couldn't be like theirs. I was jealous and envious of happy people. I put walls up around me so no-one could get in. Even the people who loved me the most could not get near me. I wouldn't let them in

for fear that this bubble around me would break and I would be exposed and broken open.

Well, folks, that is exactly what I needed to do to get out of the misery. I had to break myself open! I had to stand up and not let the beast control me any longer. I had to open my heart and walk through the veil into the light, and slam the door on the demons that overtook me for so long.

When I was depressed all I focused on was my physical world and physical body. When I looked in the mirror I hated the person looking back at me! I was morbidly obese. I thought if

I could just lose some weight my life would be wonderful and I would be happy. I did lose the weight but my life didn't magically switch to being wonderful like I thought it would. I was still miserable. I couldn't understand it. My physical world all around me was beautiful. I lived in a lovely, little cottage at the lake. I had all the toys and material things that money could buy. Life was all about the rat race: possessions, money, and looking good; that's what would make me happy... or, so I thought.

To be continued...  
[www.throughthornslthrive.com](http://www.throughthornslthrive.com)

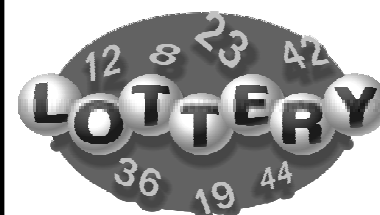
### Are you or someone you know being bullied?

Call the Bullying Helpline (Confidential)

Toll Free, open 24 hours per day, seven days per week

1-888-456-2323

Stand up! Don't be afraid of bullies!



### RESULTS FOR WESTERN CANADA

#### Western 6/49

October 25, 2014

02 09 11 36 45 47

Bonus: 40

Extra: 1715412

#### Western Pick 3

October 26, 2014

9 4 7

Western Extra:

October 26: 5315241

#### Lotto 6/49

October 25, 2014

10 20 23 31 33 45

Bonus: 38

Extra: 1715412

#### Lotto MAX

October 24, 2014

08 27 30 32 34 35 42

Bonus: 17

Extra: 3622873

### Money Matters

One Canadian Dollar = 0.89 US Dollar  
at an exchange rate of 0.8918 (using nominal rate).



Dollar Values as of October 24, 2014

### A look at the local weather

P.O.P.  
High  
Low  
Wind

24-Hr Rain / Snow



Tues., Oct. 28  
Variable cloudiness

2%  
3°C  
-6°C

E 5 km/h

Snow: less than 1 cm



Wed., Oct. 29  
Variable cloudiness

30%  
5°C  
-3°C

NE 5 km/h



Thurs., Oct. 30  
Variable cloudiness

20%  
6°C  
-3°C

E 15 km/h



Fri., Oct. 31  
Cloudy with sunny breaks

30%  
7°C  
-1°C

W 5 km/h

Rain: less than 1 mm



Sat., Nov. 1  
Cloudy periods

20%  
5°C  
-1°C

SW 5 km/h

# Your Voice Matters

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

Email: [wctpress@telus.net](mailto:wctpress@telus.net)

Phone: 780-706-1858

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





## FROM THE FIREHALL Be safe this halloween

By Susan Hofforth  
Whitecourt Press

Every year, Halloween is an excitement-charged night for a kid. It may be exciting, but it is still important for children to stay safe, to see, and to be seen. As for drivers, you must be alert for increased pedestrians on the street that night.

Younger children should go out a little earlier so they can enjoy the evening. This will make them more visible to motorists, too. While trick-or-treating, stay on the sidewalk. Do one side of the street at a time and don't zigzag across the road and back. Don't run, always walk, because moving more slowly gives motorists time to see and react. Costumes can be bulky and hard to move in, so

it can be easy to trip and fall, or hard to get out of the way if a car is coming.

Trick or treat in groups of at least three. Have a meeting place in case anyone in the group becomes separated. Choose a well-lit, well-known, central, and local landmark as a meeting place. Tell the kids to only visit residences with a porch light on, and not to enter a stranger's home. Politely accept the candy, and leave.

Some costumes can be flammable, so try to choose one that is not. But stay away from any flame like candles in pumpkins. Make sure the costume fits and it isn't long enough to trip over. As for masks, use make-up instead so there are no visibility problems. It's not a bad idea

to include some light source in the costume. A flashlight or a glow stick makes it easier to see the path ahead, or to be seen by motorists.

Children are the most unpredictable pedestrians. Slow down, keep your eye out, and allow yourself extra time to get to your destination during peak trick-or-treating hours.

When you are decorating your home this Halloween, use light bulbs, flashlights, or glow sticks instead of candles. Be mindful of the number of children coming to your door. Indoors, if you use candles, remember that other fall decorations like crepe paper or dried flowers are flammable.

Enjoy a safe and happy Halloween!

# Woodlands County council highlights

**Highlights from October 7, 2014 Council Meeting**

**Bylaw 449/14 – Residential Water & Sewer Rate**

Woodlands County Council approved Bylaw 449/14 revising the residential water & sewer rates to be effective January 1, 2015.

**Energy Consulting Services Agreement Extension**

Woodlands County Council directed administration to join the Aggregated Public Tender and extend the energy agreement with 8760 Energy for an additional three (3) year period from Jan. 1/16 to Dec. 31/18.

**Highlights from October 21, 2014 Council Meeting**

**Bylaw 448/14 – Civic Addressing Bylaw for the Hamlets of Blue Ridge and Fort Assiniboine**

Woodlands County Council passed bylaw

448/14 – Civic Addressing Bylaw for the Hamlets of Blue Ridge and Fort Assiniboine which requires residents in these hamlets to clearly have their civic address posted on their residence. Having a clearly posted address on residences helps emergency services locate properties correctly and efficiently when they are dispatched.

**Delegation – Alberta Geological Survey, Alberta Energy Regulator**

Geologist L. Andriashek with Alberta Geological Survey Alberta Energy Regulator and K. Kennedy provided Council with an overview of the background and collaborative work that went into the de-

signing of the geological tourism signs placed at Hard Luck Canyon.

Donation of Fort Assiniboine Fire Department Rescue Truck

Woodlands County Council has approved donating the old Fort Assiniboine Fire Department rescue truck unit F106 to the Klondike Trail Search and Rescue group.

**Policy 1213 – Promotional Tent Rental**

Woodlands County Council approved new policy 1213 – Promotional Tent Rental which will allow community groups to rent free of charge the Woodlands County promotional tent for various events that may require shelter.

Research saves lives.

Please give.



# PICK UP YOUR FREE PRESS EACH WEEK AT:

## Whitecourt:

- 1st Choice Husky
- 7 Eleven
- Dynamic Esso
- Dynamic - Hilltop
- Dynamic Midtown Mall
- Esso
- IGA
- Lakeview Inn & Suites
- Max Fuel Distributors Ltd.
- Moose Country
- No Frills
- No Frills Gas Bar
- Rexall • Shell
- Tags • UFA

## Also available in Whitecourt at:

- 96.7 The Rig
- Advanced Health Pharmasave
- Admiral Inn
- Adrenaline Powersports
- Alaska Highway Motel
- Alberta Treasury Branch
- Al's Sports Quest
- Autopro
- Boston Pizza
- Burger Baron
- Canadian Tire
- Cash Canada
- Celebrations
- Edward Jones Financial
- Emco • Exit Realty
- Express Showers & Laundromat
- Forest Interpretive Centre

- Furniture Den
- Glenview Motel & Café & Peter's Pizza
- Green Gables Inn
- Haze Tattoos
- Hobby Adventures & Electronics at Ellis Electric
- Home Hardware
- Humpty's
- Kal Tire
- KW Mechanical
- Lions Campground
- Merle Norman
- M & M Meats
- Northwell Oilfield Hauling Inc.
- PDS Homestyle Laundromat
- Pro-Tech Truck & RV
- Quiznos

- Ralcomm
- Re/Max Advantage
- Sew Right • Smoker's Corner
- Stoney Creek Outfitting
- Stor-All
- Terry's Hairstyling
- The Brick
- Tirecraft • Vapor Me Crazy
- Violet Mae's Bakery • Walmart
- Western Auto and Imports
- Whitecourt Auto Sales
- Whitecourt Barber Shop
- Whitecourt Communications
- Whitecourt Flooring
- Whitecourt Stationery
- Wolverines Centre of Excellence
- Your Dollar Store with More

## Mayerthorpe:

- Mayerthorpe Fas Gas
- Mayerthorpe Mini Market
- Mayerthorpe District Co-op
- Mayerthorpe Rexall
- Modern Energy UFA Petroleum

- Comfort Inn & Suites
- Esso
- Devonian Hotel & Suites
- Fox Creek Car & Truck Wash
- Fox Creek Inn
- Foxwood Inn & Suites

## Fox Creek:

- Home Hardware
- Husky
- KAOS Hair Design
- Mac's Convenience Store
- MRC Global (Midfield)
- Petrocan
- Rexall
- The Source
- Timber Ridge Inn & Suites
- 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

# Top Guns



First year Top Gun Elva Roche explains her secrets to success.



Photos Whitecourt Press

Ambrosius Mannhart pitches his invention (portable temporary fence posts) to the Top Guns.



*Featured Friend*



Gemma is a beautiful mixed breed that came to WHARF from the Playa Animal Rescue in Playa Del Carmen, Mexico. She's about 7.5 years old, medium height and about 50 pounds (but is on a diet to help reduce a little of that extra poof!). This

sweet girl had dental surgery earlier this spring and is ready and hopeful for a furever home of her very own!

She loves being around her people, car rides, stuffies, her fluffy pillow bed, walks and treats. She is crate trained, but is so well behaved in the house that a crate may not be necessary, if in a home without other pets. She loves to fetch, jogs with her foster mama and even knows some basic agility games! She is very well housed trained. Like many rescue dogs, Gemma had a hard life before coming into shelter, but she holds no grudges! She will do anything to get to you to snuggle, including launching herself on to your lazy boy chair! If she fits, she sits!! She just loves people and does warm up rather quickly when given time and a chance, especially if you have treats! She is very shy at first and does need time to warm up to you...but once she does, you will have friend for life! She would love to have someone that is home a lot, working from home or retired.

Gemma can be fearful of other dogs and a little too interested in small animals so would do best in a one pet home, with an experienced and or patient guardian. She would also do fine in a condo or townhouse with a couple of walks a day and some indoor toy fetch.

Please share this so she finds a wonderful home where she will be treasured every day, as she deserves.

If you are interested in meeting Gemma, or learning about one of the other animals currently waiting for adoption, please visit our website today [www.wharfrescue.ca](http://www.wharfrescue.ca) ...someone's waiting for you.

By Susan Hofforth  
Whitecourt Press

During this year's Small Business Week, attendants were treated to several different events. Independent business advisor and entrepreneur Steve Baines chatted about his career and experiences, both positive and negative, that helped place him on the path he walks today. His story brought with it inspiration for anyone from management to the employees who build the business, helping people grow bigger regardless of what market they are in. Also, held during the week was a Training Day with workshops on Social Media Strategies by Mike McCready, and Understanding your Labour Market with Lonny Whiteman.

The Forest Interpretive Centre also played host to Top Gun Pitches, Whitecourt's own version of Dragon's Den. Our Top Guns

were Maryann Chichak, Willard Strebchuk, Brent Stark, and Elva Roche. Local entrepreneurs had a great opportunity to receive valuable advice and possibly even a partner in their business ventures. Keep an eye out for news on how the pitchers faired with the help they received.

Here is advice from Top Guns Brent Stark and Elva Roche.

Elva, on the importance of finding something you love: "It would be very difficult to go and spend eight or 10 or 12 hours a day at something you didn't really like. I am very passionate about what I do, and, I think you need that to be good at it so it doesn't feel like a job."

Brent, on pushing through obstacles: "When you're expected

to fail it can be an easy route to take, so I think you have to get your mind to it and get at it. Failure just made me propel to do that much better."

Brent, advice to up and coming entrepreneurs: "It's pretty simple... surround yourself with good people, treat them good, and when you're getting ahead make sure they get ahead, too."

## Notice of Annual General Meeting

### Whitecourt Motocross Association

Tuesday, November 4, 2014  
at 7:30 p.m.

at the  
Road House Pub & Grill meeting room



Nature... delivered

At Ducks Unlimited Canada, we're at home in the great outdoors. We want you to feel the same. Don't let the sights and sounds of nature fade away. Join us.




[ducks.ca](http://ducks.ca)



**A closer look at volatility**



**By Clifford Mertick**  
Financial Advisor  
Edward Jones

If you're an investor, you know the impact that volatility can have on your portfolio. Ups and downs in financial markets, individual securities, and even mutual funds can have you smiling one day, worried the next.

However, it is possible to manage volatility so price fluctuations won't be such a concern. When

you understand volatility and how it works, you can take steps to manage its impact.

Volatility is important because it is a measure of risk and potential reward. It is the tendency of securities to rise and fall over a short period. Large swings equal high volatility. More moderate swings represent lower volatility.

The higher the volatility, the greater the potential for short-term returns and the greater the risk that your investment will decline in value over a short period. If you have the potential to make a lot of money you often have the potential to lose a lot, as well. Less volatile investments may not have the same poten-

tial for windfall profits, but they usually don't have the same degree of downside risk.

You can gauge the volatility of an investment by examining its price history. For example, if a stock has a tendency to fluctuate considerably over a short time, it is volatile. This is especially the case if the price movements are out of sync with the market. While you might expect stocks to move up and down with general market conditions, a volatile stock will often fluctuate even in times of generally stable markets.

A low-volatility stock will vary in price much less. Its price moves may be more gradual, and it may even move in tan-

dem with a market index most of the time.

Should you be concerned about the volatility of an investment? If you want to assess potential risk before investing for the short term, the answer is yes. If you're willing to take on more risk to earn potentially higher returns, more volatile investments might be suitable for your portfolio. If you want low volatility, with the trade-off of lower returns potential, look for lower volatility investments.

You should also be concerned about the overall volatility of your portfolio. In other words, how much the value of your portfolio fluctuates and over what period of

time.

This is easily managed by ensuring your portfolio is well diversified. Hold individual investments that vary in their degree of volatility, as well as including all major asset classes in your portfolio. Individual asset classes don't always move in tandem, and they seldom fluctuate to the same degree at the same time.

You can also reduce volatility worries by focusing on the long-term. With a longer investment horizon, temporary fluctuations don't matter as much. You reduce volatility risk and take advantage of the fact that over the long-term, the direction of markets is generally up.

You can even take advantage of volatility to enhance returns. If you invest at regular intervals -- through a periodic investment plan, for instance -- volatility can work in your favour because your regular investment amount will buy more when prices dip. This technique is known as "dollar cost averaging," and it can lower your cost of investing.

Ask your financial advisor for help in assessing and managing the volatility of your portfolio.

**Edward Jones, Member Canadian Investor Protection Fund.**  
**Cliff Mertick CFP**  
**Edward Jones Investments**  
P.O. Box 1837  
5023 - 50 Avenue, Unit 3  
Whitecourt, AB T7S 1P6  
Phone: (780) 706-3305  
www.edwardjones.com

**Teach kids early about money responsibilities**

(NC) Many of us agree that it takes decades, if not a lifetime of trial-and-error to master sound money management -- so let's make it easier for our kids. November is Financial Literacy Month across the country and that presents an ideal opportunity for families to explore 'teachable moments.'

"Attaining financial literacy is often one small step at a time, but each experience adds to our knowledge, skills, and confidence with day-to-day money decisions," says Tony Gar-

cia, president and CEO at ForestersTM, an international financial services provider known for its commitment to enhance family well-being. "Those skills are fundamental to the well-being of families -- and of course, children do learn quickly by example."

Since the average lifestyle today must deal with an increasing number of financial decisions at an ever-younger age, it is an eye-opener when Canadians admit to significant money challenges from reading financial statements, to managing

credit cards, to planning for retirement.

Did you know, for instance, that 38 per cent of households say they do not follow a budget, according to an ABC Life Literacy survey conducted by Ipsos Reid<sup>1</sup>? This number won't improve if children in those homes grow up to do the same.

"Parents are exacting on some things, like arranging for life insurance to replace lost income in the event of their death, but they may miss those little opportunities, like involving children in

adding and subtracting household money," Garcia continues. "The key to raising money-smart kids is to involve them in some of the day-to-day money decisions."

Foresters, which provides its members with access to competitive scholarships and emergency assistance grants<sup>2</sup>, and is also known for building playgrounds and providing funding and volunteer opportunities for organizations like Ronald McDonald House Charities®, has posted some valuable tips (at foresters.com)

for guiding children towards healthy financial habits, including:

Talk to young kids about the family grocery budget in the supermarket

Link their allowance to household chores so it shows the connection between money and work

Explain to teens the difference between needs and trendy 'must-haves'

Ask for a contribution to their expenses (like cell phone bills and sports) if your teen has a part-time job

Demonstrate caution with a first credit card, explaining how interest is charged and the consequences of not paying the monthly balance

Show young adults how to manage their cash flow and stick to a monthly budget

Clearly define the repayment terms and conditions if you make them a loan.

**Sources:**

1. Ipsos Reid Poll March 2011 (http://abclicliteracy.ca/files/Financial\_Literacy\_Research-2011.pdf)  
2. Foresters member benefits are non-contractual, subject to eligibility requirements and limitations and may be changed or cancelled without notice. A third party administers Foresters Competitive Scholarships.  
Foresters™ is the trade name and a trademark of The Independent Order of Foresters, 789 Don Mills Road, Toronto, Canada M3C 1T9; its subsidiaries are licensed to use this mark.



**SLOW DOWN**  
**In School Zones**

**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.

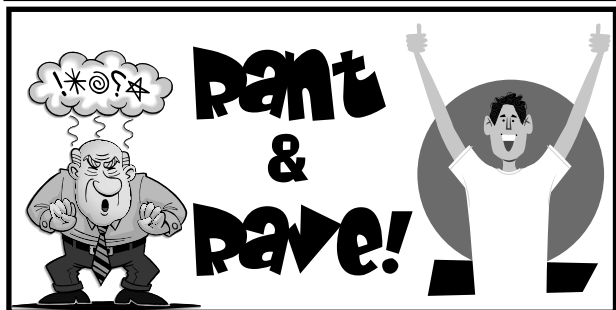
**St. James Lutheran Church**  
Time: 11:00 a.m.

**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.



## 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:** To all the ignorant %\$# who can't take 10 seconds out of their day to let someone cross the street. Yeah hey there, I'm that pedestrian you almost hit. Is it seriously too much to ask to get from one side of the street to the other safely? I don't think so.

**RANT:** When people post ads on buy and sell, rental, babysitting etc looking for employment or rental and they've got drugs all over their Facebooks. I know if I were to get someone I didn't know to babysit I'd creep the heck out of their Facebook! Also, everyone can see that crap when you have "cocaine" or whatever drug as your cover photo!

**RANT:** People who don't stop for pedestrians when they clearly have the right of way.

Send in your Rant or Rave to [wctpress@telus.net](mailto:wctpress@telus.net)

## Living life with love and joy



By Phylene Brewer  
Special to the Whitecourt Press

*"If you spot an opportunity and are really excited about it... throw yourself into it with everything you've got."*

— Richard Branson

Hello,

I am going to take this opportunity to do just that. I hope to be an inspiration and motivate those who need it. I will start by telling you a little about myself, and what

brought me to wanting to do these articles. As far as I can remember, I have always been someone who is interested in the meaning of life and the afterlife. Spirituality, to me, is like breathing and eating. I most enjoy helping others and, by doing that, this helps me to grow and learn. I believe there is a light and a gift in every person. We are all growing, learning, and doing our best. I hope you enjoy this journey with me. Take from it what you need. Let's start with making a difference within ourselves so that the rest of the world will want to join us. Living a life with a purpose is living a life with love and joy.

See you next week.



Kids Help Phone

## LockTalk



By Jason Kerr  
Special to the Whitecourt Press

Halloween is a time for kids and grownups alike to make believe, pretend, and have fun. But high spirits, sugar highs, along with darkness call for a few common sense safety tips to make your home safer for the little trick-or-treaters.

Avoid candles and live flames in your Halloween decoration. It is much simpler to replace them with LED or battery operated candles. These are safer, but you still need to make sure that they don't come or stay in contact with paper, cloth, or anything else that is easily flammable.



and darkness are such a

Remember that a lot of Halloween decorations like dried flowers, straw and crepe paper are highly flammable. Make sure to keep your decorations away from all open flames. All heat sources such as light bulbs can also cause fires so exercise some care.

If you are putting up Halloween lights, make sure that all electric cables are safely out of the way of prying little hands. Also make sure that your lights are safe to use outside, and will not cause any problems should it happen to rain.

Since flickering lights

and darkness are such a large part of Halloween, it could be difficult to see very clearly. Keep the area around your home clutter free. Put away any gardening implements or sharp tools that could cause a child, or even an adult to trip. Put away garden hoses, toys, and bikes.

Check your porch lights or entry lights beforehand to make sure they are fully functional. Make sure to keep the area around your entry brightly lit to prevent accidents.

When putting out Halloween decorations for display, make sure to leave enough room for

people to walk up to your door without bumping into them.

If you are hosting a Halloween party for children inside your home, put away all the breakable stuff. Make sure there is sufficient light to see, as some children may not be familiar with the layout of your home.

So enjoy the holiday and stay safe.

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

## Stages of life



By Gwen Randall-Young  
Special to the Whitecourt Press

"It's just a stage!" we say, when the little one starts saying, "No!", or the seven-year-old becomes unbelievably silly, or the 15-year-old becomes uncommunicative and moody. We accept that there are a series of developmental changes that we all must go through.

But there seems to be an unspoken understanding that stages belong to childhood, and

that somewhere between the ages of 19 and 25, we are "developed" or "finished." This is not only incorrect, but can create difficulty in relationships, as well. Life is a series of stages, one giving way to another. Sometimes adults, like some children, spend a long time in a particular stage, or may even regress to an earlier one. Some choose to remain in a stage that has been comfortable. Change can be scary, both to the one who is changing, and to those who are affected by it.

When a child enters a new stage, we do not tell them to go back to an earlier stage. We may have to readjust our thinking and the way we deal with them, but we accept change as an inevitable part of growth.

In relationships, too often this is not the case. It may be that subconsciously we want our relationships to remain as they were in the beginning because we associate that time with a lot of love and happiness. If one partner begins to change, the other can feel that the relationship is threatened, ironically, the major threat comes not from the change, but from attempts to block the change.

Assume for example, that a woman between the ages of 30 and 45 feels an urge to do or be something different than she has been for the past 10 or 15 years. This happens frequently because many women only then begin to truly have a sense of who they are, distinct from what everyone else expects them to be. This may be felt as a kind of restless energy, or dissatisfaction with some aspects of her life.

If she begins to express this, and wants to try new activities, change jobs, dress differently, read something new or, perhaps, become involved in a cause, and if her partner resists this

expression, the stage is set for difficulty. It's a little like trying to put the cap back on a bottle of pop that's been shaken before opening, or a plant that is pushing its way up through the soil but is blocked by a rock. It does not stop growing, it simply grows away from the rock, and towards the light.

So, if you have a partner who is changing, and you are resisting the change, you may want to consider what would happen if you provided loving support instead of opposition. We need encouragement at every stage in our lives, and opposition only creates resentment. And it is the resentment which poisons the relationship, not the change. If you are having difficulty supporting each other, then it may be time to work with a third party to assist you through a difficult passage, and back into the light.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit [www.gwen.ca](http://www.gwen.ca)

The Whitecourt Press, a good read every Tuesday!



Randy, of RPM Motorsport reading his Press



**By Marc Chayer**  
Special to the Whitecourt Press

**“The true North strong and free”**

Never have these words in our national anthem meant more to most of us than after the events that transpired in the past few days.

Intwoactsof cowardice and hatred, Canada lost two of her sons: Master Corporal Patrice Vincent in Quebec who was run down as he walked with a friend and fellow soldier, and Corporal Nathan Cirrillo who was shot and killed while he stood guard over the Tomb of the Unknown Soldier and the National War Memorial.

These tragedies served to put us on notice that there are those amongst us who would attack what it is this country stands for and what it represents around the world.

In both cases my initial reaction was that of anger! To what end do acts like these serve? Is it actually possible that these weak, little people

think that we, as a country, will shiver in fear? Do they think that we, as a people, will take to the hills, looking over our shoulders at those in our society we don't know? Are they so blinded by hate and twisted rhetoric that they see Canada as a great evil in the world, a place so vile that it is to be wiped from the earth?

In all of these examples they would be wrong!

Yes, we were shocked and saddened. Yes, we were horrified at the randomness of the attacks. We will look for answers from those in authority, but the reality is that you can't really explain the actions of madmen. It simply escapes logic and common sense.

What should be taken from these two incidents, however, is the undeniable fact that as they occurred, people took action. Courage was on display and Canadians responded.

Police both in Quebec and in Ottawa rushed in with little regard for their own safety. They moved quickly to isolate the attackers and neutralized them. In either case, the attackers were not permitted to carry on with their grotesque plans to inflict carnage on innocents.

Bystanders rushed in to give aid to the fallen soldier in Ottawa even

**It is what it is...**

before emergency responders arrived. His partner and friend, Branden Stevenson, who stood guard with him, rushed to his aid while not knowing what was happening. He only sought to help his friend and fellow soldier.

In the Hall of Honour under the Peace Tower, the Parliamentary Sgt. at Arms, Kevin Vickers, confronted the attacker and, as he said, “Put him down.” Mr. Vickers reported for work taking his post in the House of Commons the next day.

While the acts in themselves shocked us, the reality is that Canadians responded with courage and a selflessness that has always been a reflection of who we are. It was seen by the world last week, but we see it every day in every corner of this country. There are those in each community who work to lend a hand in various efforts. This is the fabric of our nation; it is what makes us Canadians.

Yes, last week we were shocked. We saw horror in our streets. However, that shock and horror was confronted by bravery, compassion, and dedication. Canada will not change to suit those who would do

us harm. All that was really accomplished in these attacks is that we were reminded of how beautiful this country is

along with the people in it. Whatever our issues are, they are issues we will solve with words and respect and, when

attacked, we will defend our fellow Canadians. Canada... the true North strong and free. It is what it is...

**Musical memories**



David James and Big River read the Whitecourt Press.



David James takes aim on great music.



David James and Big River honoured Johnny Cash last weekend at the Eagle River Casino.



• If you heat a pita in the microwave first, it will be easier to open and will rip less. About 10 seconds should do. - M.E.

• Two ways to remove a bandage: Rub a little baby oil or vegetable oil over it. The oil will soak in and make it easier to remove. Or - and this works especially well with kids -- have them soak in the bath and use baby shampoo to soften the sticky edges.

• I use double-stick

tape to hang lighter items on my walls, since it does not leave a hole, and I am a renter. You also can use it to reduce noise from vibrations. For instance, I used it in my car to keep the carpet lying flat in the trunk. -- J.T. via e-mail

• Here is a sewing tip for your column: I pre-wash fabrics that tend to shrink, before I use them to make clothing items. That way, the fit is more accurate. -- G.V.

• I have said this before, but I'm happy to give a reminder with the holidays coming up and possibly new cellular technology in your family's future: Many of us have found ourselves with old cellphones that still work, but don't have the fea-

tures we want. If you get a new phone, donate your old one. There are groups that refurbish the phones and give them to domestic violence victims for emergency purposes. Other groups send the phones back into use in the developing world. Any way you recycle your phone is a benefit to the environment. Check with [www.donateaphone.org](http://www.donateaphone.org), or [www.collectivegood.com](http://www.collectivegood.com).

• Instead of using costly brass polish, try a little lemon juice and salt. Another brass polish you probably have right now is ketchup. Apply a thin layer and buff off with a soft rag.

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# Small Business Week Gala



Advance Health Pharmsave wins Corporate or Franchise Business of the Year Award.



Kevin Wheeler (centre), accepts the award for Small Business of the Year.

By Roy Uttley  
Whitecourt Press

Small Business Week in Whitecourt closed with a bang at the Small Business Award Gala at the Eagle River Casino.

The awards are given to people or businesses that give outstanding service, go above and beyond the call of duty, or that really contribute to the community.

The first award was Staff Member of the Year. A glowing nomination said, "She brings me happiness every morning. I go to the drive-through just for her smile and her cheer. My coffee is just an excuse." Staff Member of the Year was won by Crystal Yeomans who works the window at the MacDonald's drive-through.

Crystal says, "I'd just like to say thank you to everybody, and that everybody in Whitecourt is wonderful."

The next award for excellence was Small Business of the Year. A nominator said, "Kevin and his staff give back to us and get us work-

ing quickly. Keep in mind that our business is trucking." The winner was KW Mechanical.

Kevin Wheeler, founder of KW Mechanical says, "There are a ton of small businesses in Whitecourt, and to be recognized is a huge honour. I guess one of the biggest ones that support and make this possible is Team KW."

Great performance is also recognized by the Corporate or Franchise Business of the Year Award. A nominator said, "This is the most innovative retail store in Whitecourt. They have a unique service that they have brought to Whitecourt, especially in their pharmaceutical mixing service which provides services even to other nearby communities. No other pharmacy has a drug prep lab such as this in the area." The winner is Advance Health Pharmsave.

Susan Mullaney, Pharmacist, says, "I'm just very excited. I also know that part of this award is for customer service,

and when you talk about customer service, that's due to our team."

Entertainment during dinner was provided by country recording artist Cody Prevost who shared his own business experience with the crowd. Cody wasn't feeling so well, but he brought a bottle of cough syrup on stage and performed anyway.

Cody's performance was just one of the many examples of dedication by all the award winners and those who organized this entertaining and informative week.



Crystal Yeomans received the Small Business Employee of the Year award.

## — Rocky's House of Horrors —



Fillmore Welding presented its haunted house on October 20 to 24 at the old Fields' building downtown. The haunted house was a hit with the public and was enjoyed by many. All proceeds of the haunted house went to the Boys & Girls Club and the Teen Centre.



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## Whitecourt RCMP arrest three involved in armed robbery / pursuit

RCMP arrested three individuals involved in an alleged armed robbery and pursuit. RCMP received information from the Edmonton Police Service of a white Dodge truck that was involved in a recent armed robbery. RCMP located the suspect vehicle near Mayerthorpe, but the vehicle fled when police tried to stop it. Police initiated a pursuit but terminated it after a short distance. A perimeter was established and information received from members of the public led police to a rural property near the old Blue Ridge Highway.

The Whitecourt RCMP, with the assistance of the General Investigations Section, the Integrated Traffic Unit, the Police Dog Service, the Emergency Response Team, and Air Services located the three individuals, as well as the suspect vehicle, a quantity of cocaine and heroin, a loaded shotgun, and a replica firearm.

Christopher Warren Pollard, 32, of Clairmont faces the following

charges:

1. Dangerous Operation of a motor vehicle
2. Resisting Arrest
3. Possession of a weapon for a Dangerous purpose
4. Possession of cocaine for the purpose of trafficking
5. Possession of heroin for the purpose of trafficking plus 6 additional charges from Edmonton, including robbery with a firearm, attempted kidnapping, and firearms offences

Trevor Douglas Watson, 23, of Grande Prairie faces the following charges:

1. Resisting Arrest
2. Possession of a weapon for a Dangerous purpose

Watson also had 6 outstanding warrants for his arrest out of Grande Prairie

Keri Margaret Parisien, 19, of Grande Prairie faces the following charges:

1. Possession of cocaine for the purpose of trafficking
2. Possession of heroin for the purpose of trafficking

3. Possession of a weapon for a Dangerous purpose

All three are scheduled to appear in Whitecourt Provincial Court on November 25th, 2014 On the Whitecourt matters. Chris Pollard is also scheduled to appear in Edmonton Provincial Court on October 29th, 2014 on the Edmonton matters.

### Social media comments on arrests:

- *Go to jail, get fed well and then hit the law books and learn how to become a better crook!*

- *Now hear this!!!! 10 years hard labour at a work camp. Nothing less!!!! Get tough on this. My taxes are going to waste. Now make me and other tax payers happy and get some hard labour out of these pieces of \$%#@.*

- *These men are from all out of town, come here for what? Go home you thieving SOB's....do your shenanigans there.*

- *They'll go to jail, get fed well and then hit the law books and learn how to become a better crook! Leave our community alone!!!*

## Trendy social media campaigns are useless

By **Rechell McDonald**  
Whitecourt Press

Social media campaigns have become so commonplace that many of them are just a flash in the pan. The #bringbackourgirls campaign started after 200 girls were kidnapped in the middle of the night from Chibok, Nigeria by the terror group, Boko Haram, in April. The campaign gained speed and support in May with many celebrities getting behind the online campaign including Michelle Obama. Not too shockingly, however, within a few weeks the campaign dwindled, despite the girls not being returned.

After six months, Nigeria has negotiated a ceasefire with the ter-

ror group, and negotiations are underway for the girls' return. Was any of this due to the media campaign? Unlikely. Although a few people stuck with the campaign for the whole six months, in our society of short memories, and what's trendy, most people forgot about it or gave up when immediate results were not seen.

It's disheartening to see such a lack of commitment from our society. 200 young school girls went missing and it was out of the public eye in just a short while. Why? Because it wasn't really 'our' problem? We all know that if 200 school girls were kidnapped in North Amer-

ica, a war in the streets would have broken out, but why not for these girls? Part of the issue is certainly the distance and how far removed so many of us are from the struggles happening around the world, but a bigger part is the nature of social media.

Social media is all about what's new right now, and that changes by the minute. We are being conditioned to have short memories on top of being bombarded by a new cause every few minutes. We're asked to care and get involved with something new daily, and it's destroyed our ability to recognize the causes that really matter.

## That pop is aging you

By **Rechell McDonald**  
Whitecourt Press

New studies have linked regular consumption of pop with accelerated aging. Test subjects who consumed at least one pop a day had the DNA of someone almost five years older than they were. While studies could not say the same about diet pops, diet pops come with their own warnings including an increased risk of developing cancer due to artificial sweeteners.

In the United States, pop consumption has been declining for some years. In a 2008 Stats

Canada report, about half of Canadian men between the ages of 19 and 30 were daily pop consumers, with only about a quarter of surveyed women in the same age group being daily consumers. The study was quick to note that this consumption decreased with age, but the most recent statistics were only available up to 2009, with a new study planned for 2015.

As adults finally begin tapering off the amount of sugar they are ingesting after the age of 30, the CBC reports that the amount children are

consuming is still on the rise. This is problematic due to the direct link between sweetened drinks and childhood obesity.

As new research is conducted, it is becoming clearer that soft drinks pose a serious risk to our health. To recap, between regular and diet pops, consumers are at a risk for: obesity, cancer, and now accelerated aging. Is this something that needs to be regulated for our own good? Or, as parents and individuals do we simply need to advocate more vehemently for water and milk?

## Your speech isn't as free as you think

By **Rechell McDonald**  
Whitecourt Press

When was the last time you wrote a less-than-flattering review about a business on an online review site? Popular sites such as Yelp are great for helping you decide on which company you give your business to. From hair salons to hotels, you can find reviews for almost any business online, some more negative than others. But its freedom of speech, right?

Many corporate lawyers who represent these companies, are saying no, it's libel. The lawyers are arguing that while everyone is entitled to his or her opinion, as soon as it is written down and published, it

can become damaging to the character and reputation of a business. Many online reviewers are of the "serves them right" opinion, but as one sifting through reviews to find a good business, how do you know what's real or even true?

Many companies hire people or have employees hop onto these sites and fabricate positive reviews. It's not a far reach to assume that there are malicious reviewers out there who have no experience with these businesses at all. Lawyers are saying that unless you have proof of the poor service or wrongdoing, you shouldn't be writing negative re-

views. The current advice for consumers is to keep any and all correspondence you have with these companies such as logging phone calls, and keeping receipts and letters. In the event that a business's lawyer contacts you about a review, you'll need evidence to substantiate your claims of wrongdoing; without it you are open to a lawsuit.

Don't be naïve and think that they won't be able to track you down via your online posts. If you have posted negative comments about a business in the past, you may want to go back and delete it unless you have solid proof to support your claims.



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Find out what you can do to protect your well. Attend the **FREE water well management workshop** being hosted by **Woodlands County**, and presented by the **Working Well Program**, with technical expertise provided by **Alberta Agriculture and Rural Development, Alberta Environment and Agriculture and Agri-Food Canada**.

During the workshop we will cover:


- Groundwater - How it works
- Water quality and quantity testing
- Well protection - Protecting your well from contamination
- Basic well maintenance
- Water sampling - How to do it

To attend the workshop, please pre-register prior to October 31, 2014 by calling the **Woodlands County Regional Municipal Office** at: **1-866-584-3866**

**OLD BLUE RIDGE HIGHWAY ROAD CLOSURE**

41st Avenue (Township Road 594A) just east of Transfer Station will be closed from October 6, 2014 to November 3, 2014. All traffic will be routed in or out of Whitecourt via Trestle Road and Flats Road (Township 600). (50% Road Restrictions). Another alternate detour route will be Range Road 104 out to Hwy 43. We apologize for any delays but this closure is necessary to perform road construction.

For further information please contact Woodlands County at 780-778-8400



**FOR LEASE - AGRICULTURAL LAND**

Woodlands County currently has +/- 16 acres of agricultural land located within:  
Pt. SE 4-60-11-W5M

The above referenced land is designated as A1 and, therefore, usage is restricted to Agricultural use/operations only.

Interested parties may submit a sealed offer clearly marked "Agricultural Land Lease" and quoting the price per acre per year to use said lands for agricultural purposes only for a three year term with an option to renew for two additional years to:

Mr. Luc Mercier, Chief Administrative Officer  
Woodlands County  
Municipal Office  
Box 60, #1 Woodlands Lane  
Whitecourt AB T7S 1N3

Please Note: Some conditions and/or restrictions may apply.

Site inspections may be arranged by contacting the Woodlands County Municipal Office in Whitecourt at (780) 778-8400 or toll-free at 1-888-870-6315.

Offers will be received **until 12:00 noon on November 14, 2014.**

Woodlands County reserves the right to reject any or all offers.



www.woodlands.ab.ca

**FOR SALE STANDING HAY**

Woodlands County currently has +/- 170 acres of hay land located adjacent to the Whitecourt Airport and more particularly described as follows:

NW 29-59-12-W5M  
Pt. NE 30-59-12-W5M  
Section 31-59-12-W5M  
SW 32-59-12-W5M  
Pt. NE 36-59-13-W5M

Interested parties may submit a sealed offer clearly marked "Standing Hay" and quoting the price per acre per year to purchase the standing hay for a three year term with an option to renew for two additional years to:

Mr. Luc Mercier, Chief Administrative Officer  
Woodlands County  
Municipal Office  
Box 60, #1 Woodlands Lane  
Whitecourt AB T7S 1N3

Please Note: Some conditions and/or restrictions may apply.

Site inspections may be arranged by contacting the Woodlands County Municipal Office in Whitecourt at (780) 778-8400 or toll-free at 1-888-870-6315.

Offers will be received **until 12:00 noon on NOVEMBER 14, 2014.**

Woodlands County reserves the right to reject any or all offers.

**NOTICE OF WOODLANDS COUNTY COUNCIL ORGANIZATIONAL MEETING**

Notice is hereby given that the 2014 Organizational Meeting for the Council of Woodlands County will be held on Monday, November 3, 2014 in the Council Chambers, Woodlands County Municipal Office, Whitecourt, Alberta, commencing at 1:00 p.m.

L. Mercier, CLGM, AMAA  
Chief Administrative Officer  
Woodlands County

**WOODLANDS COUNTY LAND USE AMENDMENT APPLICATION RESULTS:**

The following Land Use Amendment Application and subsequent bylaws were reviewed on October 21, 2014 at the regular Council meeting as further outlined below;

APPROVED - LAND USE AMENDMENT APPLICATION 2014LUA09/BYLAWS 447/14 – SE 30-58-11-W5M rezoning from CR – Country Residential District to A2 – Agricultural Two District.

**FARM TECH**

Alberta's premier crop production and farm management conference is being held January 27 – 29, 2015, at the Edmonton EXPO Centre in Edmonton.

The Agriculture Services Board for Woodlands County is offering an opportunity for **two (2)** farm couples to attend Farm Tech 2015. Interested parties must be actively farming and reside within the boundaries of Woodlands County and are asked to indicate their intentions in writing to Dawn Fortin, Manager of Agriculture Services, Box 33, Fort Assiniboine, Alberta, T0G 1A0, prior to **4:30 p.m. on November 5, 2014.**

The selected couples will be asked to secure their conference registration and hotel accommodations with a \$50.00 deposit, to be refunded after the couples' attendance confirmation at Farm Tech 2015.

For more information contact our Regional Municipal Office at (780) 584-3866 or toll free 1-866-584-3866. Please help us show appreciation to dedicated farm families within Woodlands County.



**JIM RENNIE**  
Woodlands County Mayor  
Councillor for Whitecourt East  
Division 4  
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Phone: 780-778-0202



**SYLVIA BONNETT**  
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**CHAD MERRIFIELD**  
Councillor for Whitecourt West  
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**RON GOVENLOCK**  
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**DANIEL PRITCHARD**  
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Phone: 780-648-2149



**DALE MCQUEEN**  
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Phone: 780-584-2619



**DALE KLUM**  
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**Three things every driver needs to know**



(NC) How strong a driver are you? What about the people you share the road with? A recent study from Western Financial Group discovered that, despite being more confident in

our own driving, more than three quarters of Canadians say they have been in an accident since first taking the wheel.

As that shows, we may not know the road quite as well as we think. Here are three things every driver should take into account:

Weather can cause more damage than you know

With worsening road conditions ahead, weather damage to your vehicle can take many forms. In order to protect your vehicle from wind and

hail, as well as theft, vandalism, and impact to animals, you will need to carry comprehensive coverage.

“If you live in an area that faces the risk of heavy hail or extreme weather, you should absolutely augment your policy,” says Blake Reichert, Western Financial Group’s regional vice president of sales in Alberta. “Always talk to your broker to see how much coverage you have and what you might need to add.”

Be selective of who

drives your car

If you have insurance coverage, anyone who takes your vehicle for a spin does as well – provided they have a valid license and are operating your vehicle with your permission. Nevertheless, whatever they do reflects on your coverage. “So, should they get into an accident your policy will respond subject to the terms of your coverage,” Reichert explains. “And this will affect your policy, not theirs. Keep this in mind.”

Understand the extent of your coverage

These days, policies are as diverse as drivers, so make sure you know exactly what you have. This becomes particularly important should you travel elsewhere. It is important to check the territory restrictions on your auto policy before

you hit the road to ensure you will be covered while away from home. Always talk with your broker ahead of your road trip and they can give you the best information about what coverage you may need.

Similarly, you can include stipulations like replacement or loaner vehicles due to an incident, or loss of use. This means that you will not go without a car when yours is being repaired as a result of an insured loss.

This time of year, many of our thoughts turn to roadside safety – and it’s important to look at the entire picture. The above will get you started, but also consult a qualified professional before putting your car in drive. Additional information is available online at westernfinancialgroup.ca.

**Emergency kits can be a life saver**



clude in your emergency kit, there are a number of things that Goossens suggests you need. These items include:

- A cell phone (if you don’t carry one with you);
- A first aid kit;
- Bottled water and snacks;
- A blanket, gloves, and additional warm clothing for the winter months;
- Flashlight and batteries;
- Tire gauge and jumper cables;
- A small tool kit.

This is a minimum. Depending on your specific situation, you may

include other items based on your driving frequency and the climate where you drive.

Regardless of how often and where you drive, having an emergency kit is common sense. If you don’t have one already, investing in one is not only important, it could be a lifesaver. More detailed information is available from your insurance broker or at AvivaCanada.com.



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**Whitecourt PRESS**

(NC) – No matter where you drive, you never know when something could go wrong. It could be a flat tire, getting stuck in traffic, an accident, a car breakdown, or sliding into a ditch on a less travelled road. This is why it is important to always be prepared and part of being prepared involves having an emergency kit.

Having an emergency kit in your car can be very helpful when you are in a bind. While some people overlook its importance because they

rely on road side assistance, the reality is that you never know how long it will take for help to arrive.

“Even if you have road side assistance coverage you may have to wait a while for help to arrive, especially in poor weather conditions,” says Achiel Goossens, the senior manager of auto claims with Aviva Canada. “An emergency kit can help make things more comfortable while you are waiting for help to arrive.”

While there is no limit to what items you can in-

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What's your favourite part about Halloween?



Megan Melsom

Getting to do crazy makeup for my clients!



Jessica Mackenzie

The unlimited ability to eat TONS of candy without judgement.



Kendra Ruhl

Scoring discount candy the day after Halloween.



Roland Larocque

Candy, candy, and more candy.



Tyson Wiltse

Scaring people!

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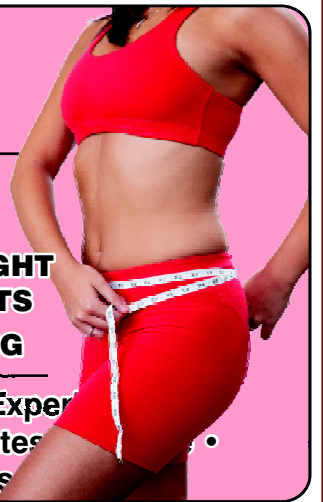
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## Cats move on to Peace Bowl Championship



Photos submitted

The Cats played amazingly well, and were rewarded with a win over the Sexsmith Sabres with a final score of 18-7. With the Peace Bowl Semi-Finals done and over with, the Cats are moving on to the Mighty Peace Football League's Peace Bowl Championship next weekend, and will be taking on St. Joe's Celtics once again. They moved on after winning their game on October 25 against the Grande Prairie Composite's Warriors which also makes them undefeated this season. The game will be played on November 1 at St. Joe's Field.

## Lots of hockey action in Whitecourt over weekend



Photos Whitecourt Press

Last weekend, Midget A action against Edson had the Wolverines struggling to an 11-5 loss. For the Bantam AA, the Wolverines lost 4 to 9 against Wainwright.

## Whitecourt Taekwondo does well in Edmonton

For the first time this competition season, Whitecourt Taekwondo travelled to Edmonton to take part in the 31st annual KH Min Taekwondo Tournament. Whitecourt competed with a small team, sending only five members, but the tournament was a large one, hosting over 300 athletes. With a couple of first time competitors, Master Rennie was very pleased with the results

and is looking forward to seeing fantastic results this season. Some highlights from the tournament were Joel Tait winning a gold medal in the jump front kick competition, breaking a board at a height of seven feet and Terri Willsher earning double gold medals in both patterns and sparring in her first time competing.

Results:  
**Joel Tait**

Gold - Sparring  
Gold - Jump front kick  
Bronze - Flying side kick

**Terri Willsher**  
Gold - patterns  
Gold - sparring  
**Sarah Persson**  
Silver - Patterns  
Silver - Patterns  
**Cadence Willsher**  
Gold - Patterns  
Silver - Patterns  
**Matt Willsher**  
Gold - Sparring



Photo submitted

Terri Willsher sparring.

# Wolverines two for two



Photos Whitecourt Press

Photo by Serena Lapointe Photography

*The Wolverines played as a team last Friday night against the Grande Prairie Storm. Watching a game that makes you sweat when you see the intense digging in the corners, heavy hitting, and puck domination in every play is a sight to see. With the shots on net being almost equal throughout the entire game, the Wolverines pulled together and shot their way to a guaranteed victory with two empty-net goals in the last minute of the game securing the victory they so deserved and worked hard for.*

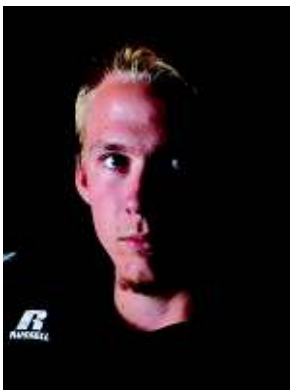
*The Wolverines continued the hard work and endless effort to double the Camrose Kodiaks 4-2 on the Kodiaks' home ice Saturday night.*

## Cats Profiles



DALLEN GIRARD

Jersey: #82  
Position/Special teams:  
Years playing football:  
First Year  
Fave CFL/NFL player:  
N/A  
Fave CFL/NFL team:  
N/A



KLADE GUENTHER

Jersey: #39  
Position/Special teams:  
Fullback, linebacker  
Years playing football:  
Two  
Fave CFL/NFL player:  
N/A  
Fave CFL/NFL team:  
Riders



BILLY GUENTBERG

Jersey: #15  
Position/Special teams:  
Cornerback  
Years playing football:  
One  
Fave CFL/NFL player:  
Cory Sheets  
Fave CFL/NFL team:  
Saskatchewan Roughriders

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# Christmas market



Photos Whitecourt Press

The Christmas market held last weekend at St. Mary School was a huge success. Local vendors were on hand displaying their products and services. The market is becoming more popular each year as the number of vendors and patrons was a lot higher than previous years.

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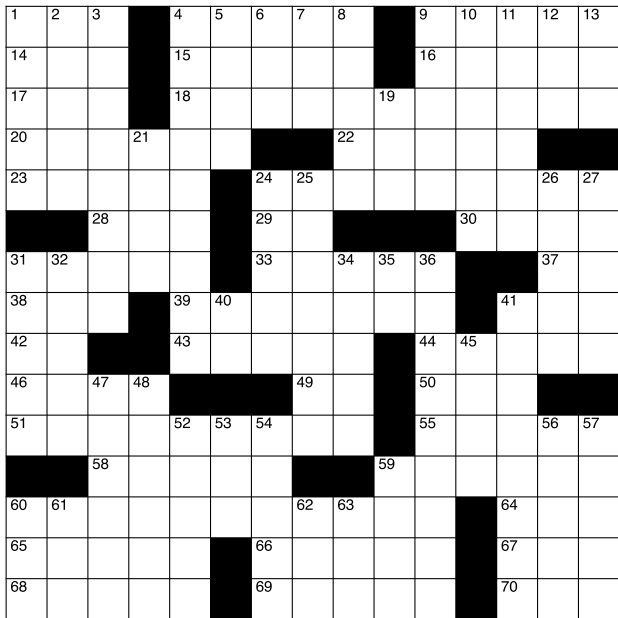
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**CLUES ACROSS**

1. Father
4. Greek gods physician
9. Emblem and/or insignia
14. Indicates near
15. Manila hemp
16. 1836 Texas siege
17. Animal Planet
18. "Shadow Spell" author
20. Shaking
22. Office worker
23. Hit on which the batter scores
24. Catastrophes
28. Extinct N.Z. ratite
29. Indicates position
30. Cracking sound
31. Medieval oboe
33. Zurvanic priest
37. Pa's partner
38. Organization of American States
39. Pearly ear shaped shell
41. Inventor Franklin
42. Atomic #3
43. Large sea snail
44. Nostrils
46. Supplements with difficulty
49. Periodic symbol for silver
50. Senior officer
51. German superhighways
55. Bromesoin
58. White person, Hawaiian slang
59. Strong magnet alloy
60. Bloomberg interviewer
64. Women's \_\_\_ movement
65. Cover with wood
66. Slats
67. Sick
68. Rewards (archaic)
69. Heels, pumps or loafers
70. Yes vote

**CLUES DOWN**

1. Termination of life
2. Approval (Br. abbr.)
3. Befuddlements
4. Visual percepts
5. Town in Southeast Ghana
6. Auricle
7. Gum arabic genus
8. DEA agents (slang)
9. Naive persons
10. Signals
11. Make gloomy
12. Greenwich Mean Time
13. Winged goddess of the dawn
19. Talipot palm leaf strip
21. Cat cry
24. Kansas 67632
25. Roman citizen
26. Chinese silk plant
27. Bridge breadths
31. European sole genus
32. 3 line Japanese verse form
34. Sounding disks
35. United Nations (abbr.)
36. Unlogical
40. Exist
41. So. Am. capital est. 1960
45. 7th C. BC King of Judah
47. C<sub>2</sub>H<sub>6</sub> fuel
48. Glided high
52. Cotton pods
53. Boxer Muhammad
54. Ends of a loaf of bread
56. Very coldly
57. Titled peer of the realm
59. Arthur \_\_\_, Wimbledon champion
60. Cost per mile
61. Own (Scottish)
62. Cheer
63. Word element meaning ear

**Crossword solution on page 37**

**DEAR ABBY**

by Abigail Van Buren

**Bad news dampens delight over best friend's generosity**

**DEAR ABBY:** My husband's best friend gave us a very generous gift for our toddler. However, it arrived with the news that the baby he and his girlfriend are expecting may have serious complications, which could result in termination of the pregnancy. Abby, I am also expecting.

I know I should send them a thank-you note, but I don't want to sound overly cheerful when someone is obviously suffering. Is there a way to appropriately express our thanks in writing while still being sensitive? I want to show my concern without overstepping my boundaries. -- LOST FOR WORDS

**DEAR LOST:** My advice is to stay on message. Thank the man for his generous gift and say how much it is appreciated. If you wish to express concern for the difficult time they are going through, do so without going into detail. It's sufficient to say that he and his girlfriend

are in your thoughts and prayers. Make no reference to your own pregnancy because in this communication it's not relevant.

\*\*

**DEAR ABBY:** I work with the public and make small talk all day long. At the end of a busy day, I like to go to a neighborhood restaurant by myself for a quiet dinner. My problem is the owner, "Giovanni." He's a very nice man, and he'll sit down at my table to chat, often for the entire meal. To complicate matters, he speaks limited English and conversation with him is a chore.

I can't think of a polite way to ask that I be left alone without hurting his feelings and making future visits awkward. Any suggestions? -- HUNGRY AND TIRED

**DEAR H AND T:** A polite way to do it would be to say, "Giovanni, I like you very much. But I have had a hard day. All I want to do is sit down, eat my food and

stare into space. Please understand." Unless he is very new to the hospitality business, he should regard that as his cue to back off.

\*\*

**DEAR ABBY:** I live with my parents and when my mom does laundry, she always asks me if I want to throw any of my clothes in with hers and vice versa. The problem is, when the cycle is finished, she throws everything into the dryer -- even items that will shrink or wrinkle. I've asked her not to do it, but she persists.

Now, I know what you're going to say: "Do your own laundry." I have tried. But if Mom hears the wash finish before I do, she goes out and chucks everything into the dryer. Last week she shrank half my socks.

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](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

Good advice for everyone -- teens to seniors -- is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)



I can't think of a solution aside from doing my laundry when she is out of the house, which would be difficult because she's retired. I'm starting to get frustrated. Any ideas? -- FRUSTRATED

**DEAR FRUSTRATED:** If your mother is also forgetting other things, it's possible she may be in the early stages of dementia. However, if that's not the case, then your solution is practical -- or consider taking your things to a laundromat. It would be less expensive than constantly having to buy new socks.



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

**WORDS**

- |             |              |
|-------------|--------------|
| ABCESS      | EXTRACTION   |
| ABRASION    | FILLINGS     |
| AMALGAM     | FLOSSING     |
| ANALGESIA   | GINGIVITIS   |
| BICUSPID    | GUMS         |
| BONDING     | HYGIENIST    |
| BRIDGE      | IMPACTED     |
| CALCIUM     | IMPLANT      |
| CANKER SORE | MOLARS       |
| CARIES      | NERVE        |
| CLEANING    | OCCCLUSION   |
| CLEFT       | ORTHODONTICS |
| CROWN       | PALATE       |
| CUSPS       | PONTIC       |
| DDS         | PORCELAIN    |
| DENTIN      | POST         |
| DENTURE     | RESIN        |
| ENAMEL      | ROOT CANAL   |

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

Word Search solution on page 37

# How to give back to veterans



Members of the military serve their country proudly, often sacrificing the luxuries of home and time spent with their families to do so. When veterans return home from training or deployment, many people want to show how much they appreciate the sacrifices made by the men and women of the military, but don't know the best way to share that appreciation.

Donations to a veterans' charity is one measure of support the public can offer. Many charities work to serve the needs of veterans. The Wounded Warrior Project provides rehabilitation, counseling and activities for veterans who were wounded during service. For more information on how to help visit the Canadian Forces Personnel and Family Support Service's website at [www.cvmws.com](http://www.cvmws.com)

Another way to help veterans is to assist with their pets. Some dogs and cats get left behind when troops are deployed or forced to move. Volunteering to foster a pet until a soldier returns is another way to give back. Some military service dogs can be injured or traumatized during battle. Working dogs can be rehabilitated or adopted

upon returning home.

According to the organization Veterans, Inc., veterans are more at risk of becoming homeless than those who do not serve in the military. Some causes of homelessness include lack of education and transferable skills after returning from military life. Physical and mental health issues can make finding work challenging. Some veterans may cope with trauma resulting from their deployment by leaning on drugs and alcohol, and that can interfere with their ability to get and/or keep jobs. Individuals can help vet-

erans by opening their homes to friends and family members who may need a temporary place to stay. Encourage veterans to embrace job training programs or seek therapy if necessary.

Providing support to military personnel both past and present can mean a world of differ-

ence. For information visit the Royal Canadian Legions website at [www.legion.ca](http://www.legion.ca).

Other simple ways people can give back to troops is to personally thank them for serving their country. Share time with veterans and ask to spend time listening to their stories and experiences.

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Contact is Elaine Gunderson

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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.

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### HOWARD MOSER

## Your HOROSCOPE

### **ARIES (March 21-April 20):**

You're at the brink of starting something new and impressive, Aries. Start acting like the star that you are and embrace the spotlight. It won't take you long.

### **TAURUS (April 21-May 21):**

Taurus, be mindful of how well others treat you this week. Your friends and family will be there for you when you need them, so show how much you appreciate their support.

### **GEMINI (May 22-June 21):**

Gemini, you're accustomed to companionship, and this week will be no different. People are impressed with the way you innovate and explore new possibilities.

### **CANCER (June 22-July 22):**

Cancer, take care of yourself this week if you start to feel a bit under the weather. Nip it in the bud early so it does not impact your long-term plans.

### **LEO (July 23-Aug. 23):**

Leo, passion and energy find you moving in new directions this week. Enjoy this exciting time and document it through photos and notes to those sharing your journey.

### **VIRGO (Aug. 24-Sept. 22):**

Virgo, if you feel stuck in a rut, now is the ideal the time to try something new. In another month or two your efforts will begin to bear fruit.

### **LIBRA (Sept. 23-Oct. 23):**

Libra, your communication skills come in handy this week when you prove capable of making a serious difference at work. Let that success carry through at home.

### **SCORPIO (Oct. 24-Nov. 22):**

Scorpio, maintain a handle on reality this week. Even though you're energized by big plans and dreams, you have to keep your feet on the ground for the time being.

### **SAGITTARIUS (Nov. 23-Dec. 21):**

Sagittarius, you are happy this week and others will look to you as an inspiration. Share your good mood with others and your happiness will only grow.

### **CAPRICORN (Dec. 22-Jan. 20):**

Capricorn, all you have to do is focus this week and you can accomplish anything you set your mind to. Come up with a challenge that has bested you in the past.

### **AQUARIUS (Jan. 21-Feb. 18):**

You may not even realize you need a break and a helping hand until someone steps up and provides just that, Aquarius. Accept any and all help graciously.

### **PISCES (Feb. 19-March 20):**

Pisces, your energy levels are off the charts this week. Use this abundance of energy to tackle a difficult project.

## LOVESCOPE

by Eugenia Last



**ARIES (March 21-April 19):** Don't be fooled by someone's intensity and attentiveness. An ulterior motive is prompting all the fuss being made. Be observant and make sure you don't give away any secret information that might jeopardize your position or your reputation. Proceed with caution.

**TAURUS (April 20-May 20):** You don't have to buy love. Just offer an honest assessment of who you are, and you will attract someone you feel comfortable being around. Sharing similar interests will help this connection move from a friendship to a serious and intimate relationship in no time.

**GEMINI (May 21-June 20):** Don't play around. Sending the wrong signal will not bring the results you are hoping for. Concentrate on using your intellect to attract attention. Once you have captured someone's interest with your mind, you will stand a much better chance of forming a closer relationship.

**CANCER (June 21-July 22):** You'll be in a position to pick and choose when it comes to affairs of the heart. Express your likes and dislikes and offer something unique and inviting, and you will receive plenty of offers that fit your lifestyle and can contribute to your goals.

**LEO (July 23-Aug. 22):** Keep moving, especially if someone is pursuing you who doesn't possess the qualities you want in a partner. Be frank so that you don't waste anyone's time. Socializing and having fun will be far more rewarding than wasting time with someone you know you don't want to be with forever.

**VIRGO (Aug. 23-Sept. 22):** You've got all the right moves to attract someone just as goal-oriented and passionate as you. Share your feelings and make plans to engage in some of the activities you enjoy doing most. Romance will blossom, and a unique relationship that suits your needs will develop.

**LIBRA (Sept. 23-Oct. 22):** Don't let anyone push you into a situation you don't favor. Emotional moments are likely to arise, and if you back down, it will be difficult to confront the situation after the fact. Speak up and share your reasons to pursue a relationship being offered.

**SCORPIO (Oct. 23-Nov. 21):** Someone from a different class, background or lifestyle will grab your attention. Being discreet is an option, but if the differences are great between you, it's best to get what has the potential to cause a problem out in the open before you become emotionally involved.

**SAGITTARIUS (Nov. 22-Dec. 21):** Playing games can be fun, but make sure whomever you engage is well aware of your intentions. Keeping your status and what you actually have to offer out in the open will help you avoid repercussions later on. Presenting a false impression will damage your reputation.

**CAPRICORN (Dec. 22-Jan. 19):** Show how much you care through your actions. Discussions are apt to fall short when it comes to expressing your intentions. Honesty will help you avoid a relationship built on false pretenses. Being attracted to someone very different from you may be exciting, but not realistic.

**AQUARIUS (Jan. 20-Feb. 18):** Don't trust someone offering you everything you want. Bribes can buy time, but not long-term love. Focus on what's real and what is conjecture before you make a promise or commitment you are likely to regret. Motives appear to differ. Make sure you have the same life goals first.

**PISCES (Feb. 19-March 20):** Show off your uniqueness and share your ideas and lifelong goals with someone you are drawn to emotionally, physically and intellectually. Size up what you both have to offer and can bring to the relationship, and make a proposal that's hard to refuse.

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Do Just One Thing



by Danny Seo

We all know that not wearing shoes inside can go a long way in keeping our house clean, since shoes can drag in dirt, pesticides and even lead. But going barefoot can be a bad choice, too. Natural oils in our skin can leave deposits on the floors, which work like a magnet to attract dirt. The solution? Take off your shoes at the door and lay them on newspaper (which absorbs tox-

ins); wear socks inside the house. Keep a tray of clean socks by the door to offer guests who come to visit.

A lot of people have window unit air conditioners to keep specific rooms of the house cool during the hot summer months. With temperatures dipping, it's a smart and energy-efficient idea to uninstall the A/C so you can properly close the window to prevent cold air from coming inside. For many people, this isn't possible, so do the next best thing: Keep it cozy. Start by wrapping the unit with fiberglass insulation (there are eco-friendly recycled varieties at home improvement stores). Then cover the insulation with plastic sheets and keep it all in place with duct tape. This will block drafts, protect the unit and prevent moisture from building up during icy winter days.

According to the non-profit EarthShare, one way to cut your digital carbon footprint is to store your data, photos and other shared infor-

mation on cloud storage spaces. These protected data centers are more than just efficient digital storage; they often have high-tech cooling systems that make use of renewable energy. EarthShare estimates that small businesses with fewer than 100 users could cut their energy consumption by as much as 90 percent by using a cloud storage system. That's good for the environment, good for utility savings and makes workplace efficiency streamlined, too.

After you've brewed a cup of morning joe, don't toss the used grinds down the drain. Try soaking an old cotton T-shirt in cold coffee and wiping scratched tables to see the small nicks, dents and dings disappear. Or scrub your hands clean with old grinds and hand

soap; the grinds will buff away dead skin, and the soap will make sure your hands are stain-free. Finally, try mixing old coffee grinds in the soil near acid-loving plants like dogwoods, hemlocks, blueberry bushes, hydrangeas and oak trees. The plants will thrive and love the extra jolt of nutrition.

One of the biggest energy hogs in the home during the fall and winter months is heat, whether it's from oil or electricity. While sealing up cracks in windows and doors is one way to prevent warm air from escaping, here's one culprit you may not have thought about: your kitchen and bathroom ventilation fans. Yes, they are useful for removing steamy heat or cooking odors from inside the home, but if they are left on

for too long, they also suck out warm air. This causes your heating system to work harder to keep your home warm. Use the ventilation systems for a few minutes and shut them off to save money and energy.

Most of us know that old cellphones of any kind can be recycled easily by dropping them off in Call2Recycle collection boxes at electronics stores like Radio Shack, Best Buy and Staples. But have you thought about the cords, cables and chargers that come along with your phone? The good news is that yes, they are recyclable. Wherever you bought your old or new phone should be able to recycle them. Best Buy also has a free recycling bin at the entrance of the store that can take them for you. To find a complete list of

recycling retailers, visit [eyclingcentral.com](http://eyclingcentral.com).

Here's one more reason to consider investing in energy-efficient LED lightbulbs for your home: They won't mess with your thermostat. Incandescent, halogen and even CFL bulbs emit heat when they are turned on. If you have a lamp with one of these bulbs near your thermostat, it will sense the heat and assume that's the temperature of the room. In the winter, it will keep the house too cold, and in the summer, it will overwork to keep the house cool. With LED bulbs, you get the benefits of clean, bright light but with zero heat; LED bulbs do not produce heat and stay cool to the touch. Plus, many LED bulbs will last 20 to 25 years before needing to be replaced.

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Strange BUT TRUE

By Samantha Weaver

- It was Hungarian mathematician Paul Erdos who made the following sage observation: "Problems worthy of attack prove their worth by fighting back."

- Board games date back at least 5,000 years, when people were playing on a board that looks like an ancestor to backgammon.

- The next time you're overwhelmed with emotion and find yourself passionately kissing your partner, you probably won't remember that one word to describe what you're doing is "deosculation."

- It was in 1958 that the first stereo phonograph record went on sale.

- The soft drink 7-UP was originally called Bib-Label Lithiated Lemon-Lime Soda -- and it contained lithium, which is now prescribed to treat manic depression. That ingredient (which continued to be part of the formula until the 1940s) probably helped spur the drink's success, since 7-

UP was introduced just before the Great Depression. The new name was derived from the size of the soda bottle (7 ounces) and "bottoms up," which is presumably what many people did during the difficult years of the Depression.

- A man in Orange County, California, stole a diamond worth \$25,000 and, despite being ar-

rested for the crime, was able to smuggle it into prison with him by swallowing it. He then managed to hide the gem in a shower drain in hopes of retrieving and swallowing it again before his release. All that effort was in vain, however; prison guards found the diamond and returned it to the jewelry shop.

- If you're using an av-

erage brand-new pencil, you'll be able to draw a line about 35 miles long before running out of lead (though you'll have to stop for sharpening breaks, of course).

\*\*\*  
*Thought for the Day:*  
"Try to learn something about everything and everything about something." -- Thomas Henry Huxley

Whitecourt PRESS SUDOKU

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

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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

A recipe from Mama Gray's kitchen

MUSTARD SAUCE FOR PICKLES



**Ingredients:**  
3 cups white sugar  
1/2 cup flour  
1 tsp. turmeric

**Directions:**  
Mix the above dry ingredients and make a well in centre. Pour 3 cups vinegar and 1/2 cup water in well and stir until smooth. Add dressing to cooked beans or mixed vegetables and cook gently for 15 minutes. Put in sterilized jars and seal.

1 tsp. ginger  
3 Tbsp. dry mustard  
1 tsp. celery seed  
1/4 tsp. pepper



**TO YOUR GOOD HEALTH**

By Keith Roach, M.D.

**Laser Hair Removal Not Always Effective**

**DEAR DR. ROACH:** We spent a considerable amount of money on our teen daughter's laser hair-removal procedures, but the poor thing takes after her swarthy father, and the treatment seems to have no effect. Is there any real science behind this treatment? - S.O.

**ANSWER:** There certainly is real science, and laser hair removal is effective, but its effectiveness is limited, and it's important to have realistic expectations. Laser treatment usually doesn't remove hair entirely, forever. Most people will have less hair, thinner hair and lighter

hair.

About two-thirds of people will have at least a 50 percent reduction in the treated areas after a single laser course. With multiple courses, 90 percent of people will get up to a 50 percent reduction. Lasers tend to work best for light-skinned people with dark hair. Even people with apparently complete results usually get hair regrowth after six to 12 months.

Your daughter appears to be among those who have a poor response to laser. Besides shaving or plucking, other options include chemicals to remove the hair, medications to prevent hair growth and electrolysis, which is the only permanent hair-loss method

-- and even that depends on the technique of the technician. A dermatologist can help guide the right treatment for your daughter.

\*\*\*

**DR. ROACH WRITES:** In January I wrote about cluster headaches, and many readers took the time to write in with what had been helpful for them. Among the treatments recommended were the antidepressant Zoloft, and the anesthetic lidocaine administered in the nose. Several readers wrote in to tell me that acupuncture cured them. Mold and food sensitivities also were frequently mentioned, with an antihistamine and avoidance of offending agents

being helpful. Botox, commonly used for migraine, was the key for at least one reader. Finally, several people said chiropractic manipulation cured their headaches.

It is easy to say, "If it worked for someone else, it will work for me." However, the body is vastly complex, and it takes a great deal of judgment to know what is right for a given person. I don't pretend to have all the answers, but I wanted to share my readers' experiences. What is certain is that none of these treatments will work for everybody.

Many headache questions reach me on a regular basis. For a general explanation of headaches

and their treatment, consider the booklet on that topic. It presents a comprehensive view. To order a copy, write: Dr. Roach -- No. 901W, 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 days for delivery.

\*\*\*

**DEAR DR. ROACH:** Faced with the higher-priced time-release med-

ication for hypertension, my physician said, "Just cut them in half." I have been doing this for about two years. Is this a viable solution or too simplistic? -- P.T.

**ANSWER:** It might be a problem. Some time-release medicines work by the pill dissolving slowly or other methods that rely on an intact pill. Breaking them can cause all the medicine to release at once. Ask your pharmacist whether it is safe to break a pill or capsule in half.

**Tips to treat and prevent an uncomfortable dry nose**

(NC) Have you ever noticed how the insides of your nose become so dry in the winter? At this time of year, levels of humidity are very low, and the moisture around us quickly evaporates. Turning up the heat will not only cause dryer air, but it will also liberate dust, pollen, and other allergens into the home which can inflame the sinuses.

"The cold air of winter, in combination with allergens that are be-

ing forced out of indoor heating systems, can irritate a person's nasal cavities," says Meriem Bouanane, a medical advisor. "There are safe and naturally-sourced solutions to treat and prevent a dry nose, such as nasal irrigation."

Ignoring symptoms like congestion, sneezing, a runny nose, or thick nasal discharge can aggravate lung problems and lead to other issues. These include reducing the senses of smell and

taste, increasing the risk of mouth and throat infections, or worsening asthma.

Nasal irrigation not only helps to relieve sinus congestion, but according to the hydraSense brand, it is also helpful for alleviating the sinus symptoms of allergic rhinitis.

To breathe easy right now, however, take a look at a few tips for your everyday life to make winter far more enjoyable for the whole

family:

1. Use a humidifier in your home to add moisture in the air.
2. Stay hydrated by drinking lots of water throughout the day.
3. Turn down the heat at night. Keep warm by adding a blanket or two.
4. Use a daily nasal irrigation solution. When used as indicated, the Daily Care line (from hydraSense) helps to reduce excessive nasal dryness caused by dust or dry air.

**Seventy-five per cent of the diseases killing us are lifestyle related." Boyd Eaton, M.D.**

By Verna Ellis  
Health Solutions

**Continued from last week** the medical system; they are very busy and they do have a pill that will address all the issues in the above listed adaptive process.

Unfortunately, drugs will never cure anything; they can only change a symptom picture. And, in this case, if our stressful lifestyle choices are the problem, then the symptom was our body's healthy adaptation to get

you and me to stop running from tigers. Capish? It is our lifestyle that is sick, not our body. Now we have just added the drug which is another stress.

Simple dietary changes, Omega 3, and going for a walk can work wonders for blood pressure. The last thing your body wants to do in stress is digest your supper. It wants to keep running from that tiger. Probiotics miraculously sup-

port a stressed tummy. It seems that we have lost all common sense and use chemicals to control all our body functions instead of caring for our bodies like our ancestors did. The real tragedy here is our kids will do what we do. I cannot feel good about my grandchildren stressed to the max over finances, health, and all the other stresses of life, taking medication to combat the symptoms while continuing to eat a less-than-adequate

diet because they are too busy to eat properly.

"Drugs never cure disease. They merely hush the voice of nature's protest and pull down the danger signals she erects along the pathway of transgression. Any poison taken into the system has to be reckoned with later on even though it palliates present symptoms. Symptoms may disappear, but the patient is left in a worse condition, though unconscious of it at the time." (Daniel

Kress, M.D.)

"Therapeutic drug use each year kills as many as 198,000 people, puts 8.8 million in hospitals, accounts for 28 per cent of all hospital admissions, and costs as much as \$182 billion dollars." (Journal of American Medical Association 1998)

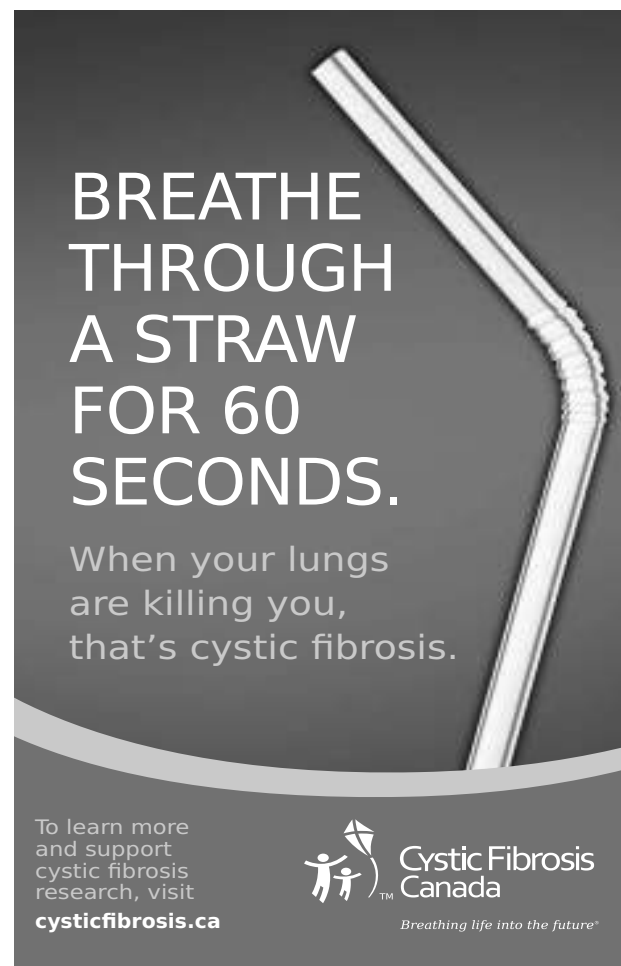
How many more drugs do we need to discover to get us healthy?

I propose we create a lifestyle that creates health. Oh, it is not easy,

but that is where we will find the cure.

I'm convinced. I am on my way to take my Omega 3, probiotics and antioxidants, then I am out for a long, long walk and I will take the time to stop and play with a child and maybe smell the roses, make a salad for supper, sing a happy song, and be thankful.

Oh, then I am off to find cheaper running shoes, whatever it takes to start to reduce the financial stress.



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Verna nutritional consultant

## Keep your home smelling fresh until spring

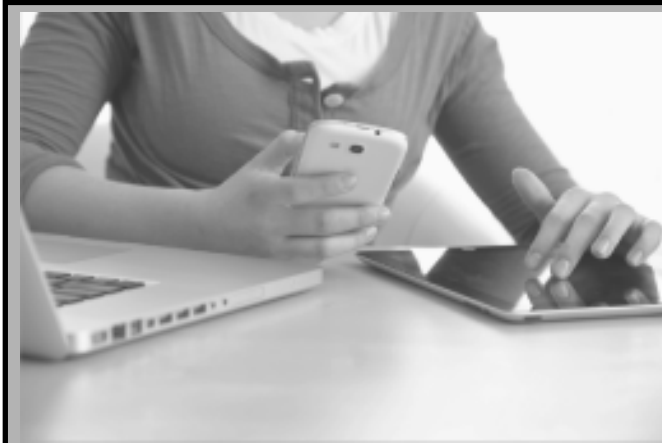
(NC) There are a few items you can find in a Canadian home during the winter months; a sled, winter gear for the whole family and the dreaded smelly hockey gear. We have come to accept certain odours of indoor living but did you know there are easy solutions that will keep your home smelling fresh.

Start by identifying any unwanted odour. This is especially important during the win-

ter months when most days are spent inside away from the cold. To reduce the smell move the source if possible, to a less frequented room like the basement or mudroom. Opening windows throughout the home a least once a week will help significantly and will deliver a nice fresh scent. Even small changes like lighting a candle can help reduce household odours for a while.

If you would like a long-term reliable solution look into an air purifier that will also produce a pleasant scent. For example, the Febreze Air Purifier features a HEPA-Type filter and a fresh Febreze scent that is added to the filtered air. Ask for the purifier at Canadian Tire and Home Hardware.

More information is available at [www.febrezeairpurifiers.com](http://www.febrezeairpurifiers.com)



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### How to get a QR Code App.

Go to your phone's app store and search for "QR" or "QR readers." Depending on your phone, there are a number of good ones. Look for the star ratings and read the reviews to decide which one is best for your phone.

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## Did You Know?

### QR Code

Short for quick response code, a QR code is a type of two-dimensional (2D) barcode that can be read using a QR barcode reader or camera-enabled smartphone with QR reader software. A QR code is able to carry information in both the vertical and the horizontal direction, which is why it is called a 2D barcode.

## Hey new graduate, check out the insurance industry!

(NC) The media has been full of stories talking about how job prospects look bleak for lots of new graduates breaking out into the workforce. But there's always another, more optimistic side to consider. A big shift is underway in the insurance industry that many may not be aware of, and here's the secret: lots of insurance industry employees are retiring — or else they're gearing up to leave. And that means new opportunities for those left behind and entry level positions will be opening up.

"With the demographics in the industry, there will be significant hiring in the years ahead," says Dianne Fortune, human resources director for Desjardins General Insurance Group, one of Canada's largest home and auto insurers. "It is a very large and stable industry, with a wide variety of interesting career opportunities."

It's really an undiscovered country for many young adults today. They really aren't familiar with what the insurance industry offers or what jobs might be available. Some might even think of the old stereotype of the pushy door-to-door salesman in a stained trench coat trying to sell you a useless policy. It goes without saying that those days are long gone. In fact, the options are endless for new graduates who are looking for an interesting career with lots of continuing education opportunities and a stable, secure future.

Try it, you'll like it. To a new graduate who might have a limited exposure to the financial industry — except for their own bank account — the idea of finding a job within an insurance company might seem daunting. It's true that job searching takes work, but according to Fortune, the perks are

worth the effort once you land the job:

- The opportunities for advancement are real, thanks to life-long learning. There are many different insurance-related courses available in Canada that provide accreditations, charters, diplomas, licences and degrees. And the best part is that many companies will pay for your training.

- Unlike many other jurisdictions, the Canadian financial industry is very stable. And, the Canadian insurance industry is growing and that means jobs.

- It's challenging, interesting work and many insurance companies are regularly included on yearly "best employer" lists.

Pick a role, any role. Like other financial institutions, insurance companies are divided into different departments that require the talents of hundreds, if

not thousands of people. And it's encouraging to know that you don't have to be a math whiz or an MBA grad — although, they're needed too — you can be a science nerd or an artsy with a flair for writing (like this author). Here's a list of the areas that may need people now and in the near future.

- Broker/Agent (Sales and Service)
- Underwriter
- Loss Adjuster
- Risk Manager
- Claims Advisor
- Marketing Specialist
- Loss Control Specialist
- Actuary
- IT Support
- Accounting/Finance
- Human Resources
- Project Management

To learn more about the industry, visit the Insurance Bureau of Canada at [www.ibc.ca](http://www.ibc.ca) and Desjardins Insurance at [www.desjardinsinsurance.com](http://www.desjardinsinsurance.com).

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## Steps to avoid electrical hazards and fire in your home

(NC) – Most homeowners take conscientious steps to avoid fire hazards. Be sure to add electrical considerations to your list.

With reports that 'electrical distribution equipment' is the ignition source for 8% of residential fires in this country, the Electrical Safety Foundation International – Canada (ESFI-C) is encouraging homeowners to watch for and address electrical hazards.

Electrical distribu-

tion equipment includes wiring, panel boards, fuses or circuits, receptacles, switches, appliance cords, cables and other electrical articles. Fires can result from old or damaged wiring and components, improper electrical installations, overloaded electrical system, misuse of electrical products, and harmful counterfeit electrical products.

Be sure to address electrical hazards in your home, starting with:

- Overloaded outlets and panels (including over-fusing) – ensure an adequate number of outlets, and check the load rating of your home's electrical system to avoid overheating.

- Improper use of extension cords – follow manufacturer instructions and cord ratings.

- Damaged cords – destroy and replace frayed and damaged extension cords. Damaged appliance cords should be repaired by the manu-

facturer or their recommended service provider.

- Counterfeit electrical products, electronics, and components – don't buy electrical counterfeit products. These by-pass the quality controls and safety standards defined to protect consumers for shock and fire hazards.

- Renovating/modifying electrical systems – consider your electrical system needs when planning renovating. Check what's behind the wall. Visit [www.esfi.ca](http://www.esfi.ca) for tips and links to information on provincial requirements.

Watch for the signs of potential electrical hazards hidden behind the wall. Signs include:

- breakers that frequently trip or fuses that frequently blow

- dim/flickering lights
- loose plugs or switches

- overheating or discoloration of plugs or switches

- damaged insulation on electrical wires (where open and visible)
- sizzle and buzzing sounds

If you have concerns associated with your home's electrical system be sure to contact a qualified or licensed electrical contractor to determine if repairs are required.



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Please submit your resume by fax to 1-780-960-4888 or email to [jobs@northwelloilfield.ca](mailto:jobs@northwelloilfield.ca)

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A permanent, full-time position exists in our Mechanical Maintenance team for an experienced **Millwright**. We are looking for a self-motivated individual who can work with minimal direct supervision.

Factors that will be considered an asset include: proven experience in other trades skills including hydraulics, previous pulp, paper or saw mill experience; computer skills; past experience in a team-based environment.

To qualify, applicants must hold a journeyman millwright ticket through an accredited apprenticeship program, a Grade 12 diploma or equivalent and a valid driver's license. We will also consider a journeyman heavy duty or machinist ticket. The candidate must be willing to relocate to Whitecourt area.

ANC maintains a unique team environment built by strong individually skilled employees. A competitive, fully company funded benefits and pension package is provided. You will also be included in the company wide bonus plan.

Qualified candidates are requested to forward their resumes complete with references by **November 21, 2014** to:

Alberta Newsprint Company  
Postal Bag 9000  
Whitecourt, Alberta T7S 1P9  
Attn: Personnel Services Coordinator

Fax: 780-778-7070  
Email: [career\\_mech@albertanewsprint.com](mailto:career_mech@albertanewsprint.com)

Visit our website: [www.albertanewsprint.com](http://www.albertanewsprint.com)

Alberta Newsprint thanks all applicants in advance; only candidates selected for an interview will be contacted.



**— How to make working from home work for you —**



(NC) If you've ever thought about starting a business out of your home, you're likely well aware of the great perks it would provide: flexible work hours, being your own boss and of course, skipping the dreaded commute. But before you put the final touches on your new business cards, it's important to understand the legal and financial realities of running a home-based business.

Below are some important considerations before opening the doors to customers:

- Are you able to deduct part of your home as an office expense?
- Will your neighbours be impacted by increased traffic, noise or parking?
- Do you have the appropriate insurance for both your home and business?
- What are the municipal bylaws surrounding customer parking?
- What are the rules around employees on the premises?

Consulting with a lawyer is a good first step when thinking about opening a home-based business.

"A lawyer can help you evaluate regulations you might not have considered," says Ray Leclair, vice president of public affairs at LAWPRO, the provider of professional

liability insurance for lawyers in Ontario, and TitlePLUS title insurance for home owners and lenders across Canada. "Will you need zoning permits for commercial use in a residential zone? Are there laws

restricting visible advertising in your neighbourhood? Understanding the rules and regulations that may affect you can save you time and mon-

ey in the long run, and set you up properly for success." Starting your own business can be an exciting and fulfilling experience. With the

right preparation and an experienced lawyer, you can give yourself the best shot at success.

**Canadian Tire Whitecourt is currently looking to fill the following full time positions in our newly expanded store:**

**Department Managers for Hardware, Warehouse, Sports & Seasonal**

This position ensures the department is running effectively and efficiently in order to meet productivity goals while focusing on the 5 basics of retail (Customer service, Faced, Filled, Signed and Cleaned). This includes ensuring staff are properly trained and informed of all pertinent information in order to follow the stores policies and procedures.

**Retail Sales Associates**

Several positions available which are fast-paced, involving constant interaction with customers explaining product benefits and fulfilling customer needs. Helping customers is combined with store maintenance activities such as stocking shelves, merchandising and general housekeeping.

**PHYSICAL DEMANDS** (refers to an 8-hour shift with standard breaks)

- Ability to stand/walk for 8 hours
- Ability to lift 10 kilos or 25 lbs unassisted
- Ability to lift and turn repeatedly throughout the shift
- Ability to lift above shoulder and from floor to shoulder and floor to waist
- Ability to twist, turn, reach and work above shoulder level
- Ability to go up and down a ladder while carrying merchandise
- Ability to walk and carry at same time & push/pull as required
- Educational & experience requirements as per position

Please apply with Resume at  
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Phone **780-706-2000**



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**Canadian Tire Whitecourt is currently looking to fill the following full time positions in our newly expanded store:**

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- Perform maintenance and repair vehicles as requested by customers
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- Follow store health & safety program and observe provincial occupational health & safety regulations; report any observed or potential hazards immediately
- Participate in meetings and all training, as required

Must have valid mechanic's license and drivers license.

**Automotive Tire Technician**

Perform oil changes and tire installations as well as some light maintenance and some cleaning tasks. In this position, you will often interact and take direction from licensed technicians and interact directly with customers.

**PHYSICAL DEMANDS** (refers to an 8-hour shift with standard breaks)

- Ability to stand/walk for 8 hours
- Able to lift 25 kilos or 50 lbs unassisted and carry as required
- Ability to lift and turn repeatedly throughout the shift
- Ability to lift above shoulder and from floor to shoulder and floor to waist
- Ability to go up and down a ladder while carrying merchandise
- Ability to walk and carry at same time & push/pull as required
- Able to twist, turn, reach and work above shoulder level
- Ability to work in an environment conducive to the repair of motor vehicles

Please apply in person with resume or call **780-778-6591** ask for Mark.



# Paper Delivery Persons Required



## Shrewd ways to save money at this time of year



(NC) The holidays are delightful, but can also be frightful when it comes to sticking to a budget.

While Canadians have good intentions for shopping around to find the best deals – 92 per cent say they'd like to – a recent survey from American Express Canada

finds that the majority of us simply don't have the time, or the discipline, to make it a reality.

In order to make the most out of your money this holiday season, Sandra Grahame from the popular blog, Smart Cookies, has a few tips to keep in mind.

"Make a list and check it twice," says Grahame. "It might seem cliché, but creating and sticking to a list can save you a lot of time and money. Not only will it keep you organized in terms of which stores you visit and when, it can also deter you from impulse buying."

Grahame also recommends maximizing your

savings with every purchase. One easy way to do this is to make sure you're carrying a beneficial credit card.

"Deals are plentiful during the holiday season, but make sure you're getting the best price possible by making your purchases with a cash-back credit card," she points out. "With the SimplyCash Card, for example, every purchase will earn you 1.25 per cent cash back, so it's like getting an extra discount on everything you buy."

More information is available at [www.amex.ca/simplycash](http://www.amex.ca/simplycash).

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# SUE'S LISTING OF THE WEEK

## UNIQUE PROPERTY ON 6 MILE HILL



590016 Range Rd 105A • 1972 • 1150 sq ft • 5 Bed - 2 Bath • This property located on 6 Mile Hill has easy highway access, is on pavement and near Whitecourt! Older 3 bed up, 2 bed down bungalow, bright with a new kitchen flooring & updates are in progress. Includes 70 acres & zoned Country Residential! This can be subdivided into up to 8 more parcels. Features include a 100' x 200' riding arena, fencing and corrals set up for animals (currently horses and sheep), 3 watering bowls, a chicken coop and pen, fenced garden & shed. The 40x60 barn has in floor heat, 6 stalls and living quarters upstairs. The 2 bedroom, 1 bathroom space has radiant heat & an open kitchen and living area. Approximately 10 acres is cleared and the remaining is heavy bush, currently used as bush pasture. Here sits a great opportunity for a potential business or hobby farmer looking for location and value. This property could easily be used by small contractors or a trucking business. Don't wait, get a jump on it!!!

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- Must live within commuting distance of Whitecourt, AB or be willing to relocate. Relocation Assistance is provided to those qualified candidates.

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## Puzzle Solutions, did you solve the puzzle?

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| L | I | S | E | R | I | N | N | A | R | E | S |   |   |
| E | K | E | S | A | G | S | M | A |   |   |   |   |   |
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| 4 | 1 | 3 | 9 | 6 | 2 | 8 | 5 | 7 |
| 7 | 3 | 4 | 2 | 5 | 6 | 9 | 1 | 8 |
| 9 | 6 | 2 | 8 | 1 | 4 | 7 | 3 | 5 |
| 5 | 8 | 1 | 3 | 7 | 9 | 2 | 4 | 6 |
| 1 | 4 | 9 | 7 | 3 | 8 | 5 | 6 | 2 |
| 8 | 2 | 6 | 4 | 9 | 5 | 1 | 7 | 3 |
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| C | I | T | N | O | P | D | N | O | R | C |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| H | A | G | L | A | M | A |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| R | O | S | E | R | E |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| N | A | M | E | L |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| E | N | C | A | L | L |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| T | R | E | M | O | R |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C | L | E | R | K |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| A | N | A | C | T | O | R |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| L | A | N | A | C | T | O | R |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| E | T | A | L | A | P | K |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| P | E | T | A | F | L | A | N |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I | T | E | G | L | A | N |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| W | L | T | D | V | K | K | D | Y | Y | O | U |   |   |   |   |   |   |   |   |   |   |   |   |   |
| M | G | K | O | C | N | I | A | L | E | C | R | O | P | L | S | N | C |   |   |   |   |   |   |   |

## How to submit classifieds:



Email: [wctpress@telus.net](mailto:wctpress@telus.net)  
 or call 780-778-5594  
 or fax 1-866-647-4105 or stop by at the office 4949-51 Avenue (lower level)

## 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**  
 Full Time / Shift Work  
 \$14.50 / Hour plus Benefits

Please apply in person at the restaurant.



4331-52 Ave Unit 1  
 Whitecourt, AB

4216 Elko Drive  
 Whitecourt, AB

WHAT WOULD YOU DO  
 IF YOU COULD  
 BREATHE BETTER?

I'd run up and down  
 the stairs and up and  
 down the stairs and...



Tell us what you would do.  
 Email: [carol@ab.lung.ca](mailto:carol@ab.lung.ca)  
 or go to  
[www.poweredbybreathing.com](http://www.poweredbybreathing.com)

THE LUNG ASSOCIATION™  
 Alberta & NWT

POWERED BY BREATHING.

PIER 7497 LTD o/a

## Renford Inn

3559 Caxton Street, Whitecourt, AB. T7S 1P4 is  
 Hiring One Full-Time Front Desk Clerk & Three  
 Full-Time Room Attendants

### Front Desk Clerk:

No experience & education. Duties: Maintain an inventory/Register arriving guests and assign rooms/Answer enquiries regarding hotel/Compile and check daily record sheets, guest accounts, receipts and vouchers using computerized or manual systems/Present statements of charges to departing guests and receive payment. **Wage: C\$12.50-14.50/hr,36-40 hr/week**

### Room Attendant:

No experience & education. Duties: Sweep, mop, wash, wax and polish floors/ Dust furniture and vacuum carpeting and area rugs, draperies and upholstered furniture/Make beds, change sheets and distribute clean towels and toiletries/ Attend to guests' requests for extra supplies/Stock linen closet and supplies area /Clean/Pick up debris and empty trash containers/Wash windows, walls and ceilings/Report and store lost and found items. **Wage: C\$14-16/hr,36-40hr/wk**

### Other:

We encourage part time candidates to apply as well, welcome applications from Aboriginals

Resume to - [goodmotel@gmail.com](mailto:goodmotel@gmail.com)

# How to protect your rights when using a credit card

(NC) The first step is to learn and understand your responsibilities with credit card transac-

tions.. To help you, the credit card issuer must provide information such as in-

terest rates, fees and other charges, set out clearly in an information box on the applica-

tion form or on a related document, and on the monthly statement. The information box must

include:  
• the grace period—as long as you pay the full balance by the statement

due date, you won't be charged interest for at least 21 days following a purchase;

- the interest rate for balances not paid in full;
- the minimum payment;
- interest rates and fees for cash advances—unlike purchases, cash advances are charged interest immediately;
- other fees, such as over-the-credit-limit fee, balance transfer fee, or the fee for an extra copy of your monthly statement.

You can find examples of information boxes on the Financial Consumer Agency of Canada's (FCAC), website at [itpaystoknow.gc.ca](http://itpaystoknow.gc.ca). Knowing and understanding this information will help you ensure that your financial institution is respecting your consumer rights.

Protect against unauthorized transactions

Check your statement every month. If you find transactions you did not authorize, contact the credit card issuer and ask about their zero liability or fraud protection guarantee. FCAC ensures that federally regulated financial institutions honour these commitments. If you have been a victim of fraud, you can contact your local police and the Canadian Anti-Fraud Centre.

## EMPLOYMENT OPPORTUNITY | Job #14-060

### Lifeguard and/or Instructor Part-time Positions



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 part-time Lifeguards and Instructors to work at the Allan & Jean Millar Centre within the Alliance Pipeline Aquatic Centre.

#### QUALIFICATIONS FOR A LIFEGUARD:

- Must be at least 16 years of age
- National Lifeguard
- Standard First Aid Certificate and Level C CPR
- Pool Operator 1 would be an asset

#### QUALIFICATIONS FOR AN INSTRUCTOR:

- Must be at least 15 years of age
- Water Safety Instructor Award Recipient
- Standard First Aid Certificate and Level C CPR

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. Successful applicants will be required to work a variety of evening and weekend shifts as work hours for these positions vary. 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 resume to the following address prior to **4:00 p.m. on Friday, October 31, 2014**:

#### TOWN OF WHITECOURT

Attention: Legislative Coordinator  
Box 509, 5004 - 52 Avenue,  
WHITECOURT, AB T7S 1N6  
Fax: 780-778-4166  
Email: [hr@whitecourt.ca](mailto:hr@whitecourt.ca)  
Re: Job # 14-060



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



## JOIN OUR TEAM AND WORK WITH THE MOST INNOVATIVE EQUIPMENT IN THE INDUSTRY!

Boreal Pumping – A Division of Bonnett's Energy Corp. has immediate openings in our Grande Prairie, AB and Whitecourt, AB locations for:

### Fluid Pumping Operators & Supervisors Nitrogen Supervisors

Our Pumping Services division operates a full group of stimulation services covering northeastern British Columbia and northern Alberta. We combine our superior technology with the most skilled and experienced personnel in the industry to provide the highest levels of stimulation services demanded by the industry.

We are currently seeking energetic and motivated people to join our team, with a valid class 1 or 3 driver's license and a clean driver's abstract. Qualified candidates will have Fluid and/or Nitrogen pumping experience and current certificates for H2S and First Aid.

If you are a safety oriented individual, interested in joining a dynamic, growth oriented oilfield Services Company, we would like to hear from you. We offer a competitive salary and field bonus program, company matching RRSP as well as a comprehensive benefits package. Pre-employment testing is in effect for all positions.

To apply, please send your resume (indicating position and location) and driver's abstract to [hr@bonnettsenergy.com](mailto:hr@bonnettsenergy.com) or by fax to 780-532-4811.

We thank you for your interest. Only those candidates under consideration will be contacted.



HAS THE FOLLOWING EMPLOYMENT OPPORTUNITY AVAILABLE IN OUR WHITECOURT, AB LOCATION. WE OFFER COMPETITIVE WAGES AND EXCELLENT BENEFITS.

#### • SWAMPER POSITION • TANK TRUCK OPERATOR

#### MINIMUM REQUIREMENTS

- Valid class 1
- Clean drivers abstract
- Current H2S and First aid
- Pre-Employment drug and Fitness test
- Ability to work flexible hours

#### EXPERIENCE IN SIMILAR POSITIONS AN ASSET BUT WILLING TO TRAIN

Aurora Transport Ltd. strives to meet requirements of our customers and employees by professionally managing growth and operations in an ethical manner. We are a diversified, growth-orientated business and we take pride in providing a safe / productive environment to our employees and customers. If you are the right candidate for these positions we encourage you to apply.

Please apply in person to:

3764 - 30 STREET, WHITECOURT, ALBERTA OR EMAIL:  
[jeff@auroratransportltd.com](mailto:jeff@auroratransportltd.com)

A-Tech NDT is a Company that values worker's time and effort both at work and at home. We pride ourselves on matching our worker's needs with suitable work environments and scheduling. A-Tech is a rapidly growing company that promotes education and advancement opportunities.



## Now Hiring!

### CGSB RT 2 / CGSB UT 2 / CEDOs

For immediate F/T, long term employment

### Also looking for Contractors for Winter Projects

#### Qualifications:

- Excellent Technical Skills
- Safety Conscious
- Strong Work Ethic
- Team Player
- Positive Attitude
- Excellent written/oral English communication skills
- Additional CGSB certifications would be an asset.

#### We Offer:

- RT2 / UT2 wages range from \$55-\$60/hr based on certifications and experience + \$2/hr company RRSP's + 10% Vacation Pay
- CEDO base wage \$27/hr based on certifications and experience + \$1.50/hr company RRSP's + 10% Vacation Pay
- A team environment with complete management support
- Comprehensive Medical/Dental/Vision
- State of the art, safe, & reliable up-to-date equipment
- Flexible Scheduling

Attention Operations Manager

Ph: 780-778-3939

Please submit your cover letter and resume, in confidence, to: [careers@atechndt.com](mailto:careers@atechndt.com)



## Plan now for snow removal options



(NC) Some people shovel it. Others blow it. Many hire someone else to remove it – and then there are those who just try to drive right through it or simply stay at home until the weather improves. How will you get through all the snow that's projected to fall on your driveway this winter?

If you've been following the latest technologies and product advancements, you may already know that a viable option for people with longer driveways is to get in a plow and do it yourself. Once thought of as an option reserved only for contractors, corporations, or public institutions, plowing is now an affordable and convenient option for homeowners and small businesses as well, or for anyone wanting to take more control over snow

removal.

A popular seller, for example, is the HomePlow by Meyer, known to be lightweight and easy to install. Once assembled, it is operated remotely from inside the vehicle, so you don't need to face the cold, snow and ice. Its patented Auto-Angling system senses the weight of the snow and automatically angles to push snow off to the side. It mounts quickly and easily to any standard SUV, light pickup truck or utility vehicle to allow even the longest driveway to be cleared in a matter of minutes.

This year there is a new version added to the Meyer lineup, called the HomePlow Basic. Also known as the Plow-in-a-Box, this model comes in an easy-to-transport carton that fits in most SUVs or pickups. The steel blade is slightly shorter than those found on the pre-assembled and full-powered plows, making it lighter in weight and move conve-

nient to install and store, yet equally as effective. There are two models available, starting at less than \$2,000.

With the right snow

plow, homeowners who once felt restricted by their snow removal options can now be self-reliant, get the job done quickly and be on their

way. Traditional plows weigh more than 270 kilograms, but the newer residential versions like the HomePlow weigh less than 113 kilograms,

providing an easy-to-handle and install solution.

Look for it at Canadian Tire or online at the-homeplow.com.

## HELP WANTED

Control Tech's Fox Creek Branch is hiring all levels of Electricians and Instrumentation Technicians.

Oil & Gas exp. H2S, FirstAid are an asset.

Willingness to work hard in all weather conditions and a desire to be apart of a progressive company are key attributes. Training available for candidates with the 'right' attitude. We offer competitive wages, health packages, RSP matching, and assistance with apprenticeship training.

*Must be in Fox Creek or commutable area. Or willing to relocate.*

Apply with your resume to [careers@controltechgp.ca](mailto:careers@controltechgp.ca) or drop off your resume at 209 1A Ave, Fox Creek, AB.



## JOB FAIR

HIRING FOR NEW WHITECOURT  
WENDY'S® LOCATION

ALLAN & JEAN MILLAR CENTRE, 58 SUNSET BLVD - IN THE BOARDROOM

**OCTOBER 31** (11AM - 3PM)

**NOVEMBER 1** (10AM - 2PM)



WENDY'S® KIND OF PEOPLE.

Wendy's



# Important tips for snowbirds on travel insurance



(NC) With much cooler weather setting in, many Canadians will be heading south to escape the cold clutches of winter. Vacationing for one to six months consecutively means your insurance needs are very different from those who are taking a holiday for a week or two.

To make sure your money and health are protected when flying south for the winter, Laura McDonald, co-founder of the popular financial blog, Golden Girl Finance, shares a few tips on how to prepare for a lengthy trip abroad:

1. Purchase travel insurance when you book your trip - You may benefit from purchasing coverage when you make your initial trip deposit, especially if you're purchasing trip

cancellation and interruption insurance. If you're purchasing an airline ticket six months prior to your flight, there are many things that could occur between the time you buy the ticket and your departure date, so you want to make sure you're protected.

2. Emergency medical insurance is important - An accident, illness or emergency can happen anywhere. The cost for added medical coverage is a small price compared to the potential financial consequences you can find yourself in, should something happen while you're away. Don't take that chance.

3. Don't assume your credit card covers you - More than one third (36%) of Canadians assume they are covered with travel insurance through their primary

credit card. It's recommended that you carefully review this way to get insurance and increase

the level of coverage to suit your individual travelling requirements. AMEX Travel Insur-

ance, for example, lets you customize the plan to meet your unique needs and budget.

More information is available online at [www.insurance.americanexpress.ca](http://www.insurance.americanexpress.ca).

## Melinda's Picks Of The Week

### Exquisite



**\$1,399,900**

Stellar customized bungalow on a private lot minutes from town. Features stone fireplace on back covered deck, and in living room, hardwood, cherry kitchen with quartz, butlers pantry, triple car garage, a/c, Bose system, so many extras to appreciate!  
MLS 34529

### NEW LISTING



**\$589,900.**

#### Whispering Hills

1582 sq feet. Gorgeous dream kitchen! Beautiful setting! Two gas fireplaces, garden door leads to large deck, beautifully landscaped. Huge master and ensuite. 1100 sq foot heated garage!  
MLS 35116

### EDMONTON CONDO



**\$314,900**

**Rossdale Court.** River Valley location. Edmonton. Air conditioning. 2 bed, 1 bath - beautiful kitchen and beautiful views! Top floor!



Melinda Grabler  
780-706-4417



Whitecourt,  
Alberta,  
Tel: 780-778-8807



# Kujira Sushi & Grill

**All You Can Eat**  
**Japanese & Chinese**  
**Dinner Buffet**  
*Over 100 kinds of food*



**Lunch Special • 11 a.m. - 3 p.m.**

**\$9<sup>00</sup>**  
Only

*Dine-in, take-out & delivery*

**5006 - 50 Street, Downtown, Whitecourt • Ph: 780-396-8881**  
(Next to the Brick)