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VOL. 3 - ISSUE 43 Proud to be your newspaper serving Whitecourt and our surrounding communities Tuesday, November 4, 2014

Students combat hunger



Photo by Serena Lapointe Photography

The Whitecourt Press received a letter from a student at Pat Hardy School asking the Press to help them combat hunger. See story and photos on page 10.

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The most widely distributed weekly newspaper in Whitecourt and area.
 The Press is available in over 100 locations.



Almost a Halloween tradition



By **Rechell McDonald**
Whitecourt Press

Hessie González-Smith moved to Whitecourt with her family from Santo Domingo, Dominican Republic in 2008. It was at a Spanish-English school there that she learned all about American history and

culture. Despite Halloween not being a recognized part of Dominican culture, it was celebrated at Hessie's school. It was this that began Hessie's love affair with Halloween, costumes, and the whole tradition of the day. Once her family relocated, they knew

they wanted to go all out for Halloween, and they did.

The first time they hosted a Halloween party was in 2010, and they've held one in Whitecourt every year since. Spending three to four weeks to decorate their home and prepare for the party,

Hessie took the opportunity to collect donations as admission to the party, and even provide cab rides for those who enjoy themselves a little too much. In the beginning the party consisted of 10 close friends, but has since expanded to 50 or more people:

some friends, and some friends-of-friends.

Hessie was sad to say that 2014 was the last year they would be hosting their annual party because they are planning

a move to Edmonton in the spring. This (almost) tradition is one that will certainly be missed by all those who made it their go-to event for Halloween.

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Community gives Lunchbox Program a boost

By **Rechell McDonald**
Whitecourt Press

The Community Lunchbox Program has been playing an active role in the lives of kids in Whitecourt for the last decade making sure kids have full stomachs to get them through the school day. Recently, the program received a huge boost from several community businesses to help it realize the dream

of attaining independent funding.

It was decided that a bottle drop would be a great way to raise money, but were overwhelmed by all the assistance received to get the idea off the ground.

“A special thank you goes out to Eagle River Chrysler for the donation and use of the new CLB truck. We will be using it to drive around to

pick up bottles to create revenue for our program and jobs for our friends with disabilities. The gas is sponsored by Venom Energy and we appreciated the partnership,” explains Tara Baker, Community Lunchbox organizer.

“This new adventure has been possible because of Shauna Bakos and Whitecourt Paws. They donated the sorting space and all renovation costs. Dane Baker and Kyle Labossiere, along with a few others, volunteered all the labour to make our space shine. Thank you to Overhead Door service for being kind and installing our garage door as a donation keeping us warmer this winter, and to Tannis and Paul Grundberg for the rock out front. Home Hardware has donated a beautiful shed that will be delivered soon so we are able to keep our space organized for maximum success.”

The Lunchbox Program has become a shining example of the amazing work that the community can do when



Photo Whitecourt Press

it comes together. Tara and the Lunchbox Program are still looking for businesses that are willing to set up a bottle

drop bin on behalf of the program, and display the program sign to make locations easy for residents to find.

If you are interested in setting up a bin at your business, contact Tara at 780-778-8252 or tara@communitylunchbox.ca.

BABY BASSINET



It's a girl: Maycie Marja Marie Westby
Born: October 25, 2014 • 7lbs. 10 oz.
Parents: Janie Freckelton & Matt Westby

It's a boy: Seamus Basil Penton
Born: October 24, 2014.
Parents: Justin Penton & Vicki Westling
Grandparents: Ken & Lori Westling and Basil & Geraldine Penton

It's a girl: Ruby Kathleen Skipper
Born: October 29, 2014.
Parents: Maren & Vance Skipper
Grandparents: Alfred & Linda Skipper and Ben & Judy Layton

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.



PUBLIC NOTICE

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Please contact:

Gillian - 780 778 6209

for registration and sponsorship opportunities

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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!

Standard Registration \$50 per walker
October 28, 2014 - November 21, 2014



How I see it

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

Remembrance Day is fast approaching and for those who did not live through the horrors of the First and Second World Wars, or have not lost loved ones or felt the agony of separation by having a family member or friend recently deployed into action, you may wonder what all the fuss is about.

The "fuss" is a time for us to honour the very, very brave men and women who fight and fought boldly for our freedoms. Because of their sacrifices, Canada is the country it is today. We can criticize our government, we can worship in the religion of our choice, we have equal rights, and social programs. As Canadians, not only do we cherish our peace and freedom, we fight so that other nations can enjoy them, too.

These freedoms did not come easily. According to canadaatwar.ca, the fallen include:

- First World War: 66,665
- Second World War: 46,998
- Korea: 516
- Peacekeeping: 121
- Afghanistan: 157

It's sad that we only set aside one day to honour these heroes. We should be honouring them 365 days of the year.

Have a wonderful week everyone!

Valerie Winger
Owner/Publisher

Samantha's View



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

Good morning, Whitecourt! This week after mid-terms, essay after essay, it dawned on me. Writing about something sure is a heck of a lot easier if you're interested in what you are writing about. That's part of what makes any post-secondary educa-

tion better than high school; you're learning information in a field that you enjoy. That, however, does not make it any easier to memorize 47 poetic devices, define them, and give examples of context they're portrayed in.

This way of thinking, though, can be applied to other areas of our lives if we apply ourselves. Of course, learning is easier if you are interested in the topic; that's just common sense. Not everything in life that you encounter is going to be of interest to you but, sometimes, we just have to deal with it anyway. Life throws

all kinds of things at us that we don't enjoy. It also throws just as many that we do; just not in as obvious of ways. That is partly because we notice the "bad things" because they stand out to us. We might not notice how beautiful it is outside and how nice the air smells just because we're grumpy about having to go to work. Life is full of beautiful things; we just need to stop grumbling for a moment and appreciate them. It's all in the way you look at things. Think positive thoughts and positivity will surround you.

Canada's bats are dying

By **Rechell McDonald**
Whitecourt Press

White-Nose Syndrome, a disease indicated by a white fungus that grows over the bats' faces and wings while they hibernate in winter, is killing off bats at a rapid pace. At the moment, only Eastern Canada has been affected, but the affected radius spreads by about 200 to 250 km each year. This phenomenon first began in the United States, and scientists suspect a traveler from Europe brought the fungus back with him. European species have built up an immunity to the fungus, but North American species are literally being wiped out.

The New Brunswick Bat population went from 7,000 in 2011 to just 22 bats by the spring of 2014. Scientists fear for the bats' ability to recover, even if a cure is found. Bats only produce a single offspring per year, and if the mortality rate keeps going



Image courtesy of satit_srihin at FreeDigitalPhotos.net

at this pace, there won't be enough bats left to rebuild the population. While the issue has spread as far as Ontario, it has yet to be reported in Manitoba. Biologists believe that once it appears in Manitoba it will cross the prairies at a ferocious speed and then there will be no stopping it.

This is one of many reasons why customs agents confiscate things from travelers and request that you never bring back foreign plant life or food items with you from areas like Europe. You simply never

know what you are really bringing back with you. Alberta, in recent years, has encouraged residents to build bat boxes to combat mosquitoes in the summer, but now it's looking like these boxes may provide biologists with the only guaranteed location of hibernating bats that they can study.

American biologists are currently attempting to find a way to slow down the formation of the fungus, and their only lead at the moment is a bacterial strain that has the right effect; unfortunately, it's not a cure.

For current gas prices go to gasbuddy.com



Whitecourt PRESS

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Susan Hofforth, Reporter
Serena Lapointe, Photographer
Roy Uttley, Reporter/Photographer



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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.

ATHABASCA FLATS EAST SERVICING CONTRACT 2 SEWAGE LIFT STATION

Sealed Tenders clearly marked on the envelope as to contents will be received at the MPE Siemens office, front reception desk, #101, 10630 - 172 Street, Edmonton, AB, before 2:00pm local time, Tuesday, November 18, 2014 for the construction of **"TOWN OF WHITECOURT - ATHABASCA FLATS EAST SERVICING CONTRACT 2 SEWAGE LIFT STATION"**.

The work included in this project is located in Whitecourt, Alberta.

Major work items are as follows:

1. Precast concrete wetwell	1	L.S.
2. Generator and controls building	1	L.S.
3. Fly gt pumps and process piping	1	L.S.
4. 100 kw standby generator	1	L.S.
5. Underground piping connections	1	L.S.
6. Site Grading	1	L.S.

Tender documents can be picked up at the office of the Owner's Representative, #101, 10630-172 Street, Edmonton, AB. Tender Documents will be available for pick-up after 2:00pm, October 28, 2014.

A general site visit will be held at 11:00am on November 4, 2014 starting on-site. All tenderers are encouraged to attend this once only scheduled site inspection.

Each Tender must be accompanied by a bank draft or bid bond in the amount of ten (10%) percent of the Tender Price, payable to the Town of Whitecourt.

Tenderers are also required to supply a Consent of Surety Form in the amount equal to fifty (50%) percent of the Contract sum.

Specifications and Drawings will also be available for viewing at the Edmonton Construction Association Offices.

The Owner reserves the right to waive informalities in, or reject any or all tenders, or accept the Tender deemed most favourable in the interest of the Owner.

Tenders will be opened in public.

Town of Whitecourt

Box 509
5004-52 Avenue
Whitecourt, Alberta T7S 1N6
Telephone: 780-778-2273

MPE Siemens

#101, 10630 - 172 Street
Edmonton, Alberta T5S 1H8
Telephone: 780-486-2000

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

The following decision was made by the Municipal Planning Commission on October 30, 2014:

PERMIT NUMBER	APPROVAL DATE	LOCATION	PROPOSED OR EXISTING DEVELOPMENT	DECISION	APPEAL MUST BE MADE PRIOR TO 4:00 pm on THIS DATE
14-229	OCTOBER 30, 2014	5303-43 STREET LOT 20, BLOCK 2, PLAN 2323RS	HOME OCCUPATION	Approved with conditions	NOVEMBER 13, 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.

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

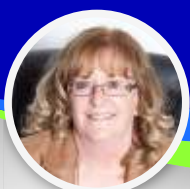
The following decision was made by the Development Officer:

PERMIT NUMBER	APPROVAL DATE	LOCATION	PROPOSED OR EXISTING DEVELOPMENT	DECISION	APPEAL MUST BE MADE PRIOR TO 4:00 pm on THIS DATE
14-236	OCTOBER 29, 2014	94 OLSON CRESCENT	SITE COVERAGE (44%)	Approved with conditions	NOVEMBER 13, 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 **4:00 p.m., on the date(s) shown above.** Any person(s) affected by the said proposal(s) has the right to appeal prior to the above date.

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COUNCILLOR
Paul Chauvet
780-268-3949
paulchauvet@whitecourt.ca



DEPUTY MAYOR
Norm Hodgson
780-396-9034
normhodgson@whitecourt.ca

Standing vigil against family violence

By Laura Bohnert
Whitecourt Press

On November 5, 2014, the 10th annual Candlelight Vigil, hosted by Whitecourt's Family Violence Initiative, will be held at the Seniors Circle in Whitecourt. The vigil will begin at 5:30 p.m. with a free barbecue. The silent walk will begin at 6:10 p.m., and the keynote address will be given upon return, at approximately 7:15 p.m. by guest speaker Jo Dibblee. The event is for all ages, and is completely free of charge. The first 100 adults to attend will receive a free gift.

The Candlelight Vigil, as Curtis Lockinger, the Research and Project Consultant for the Whitecourt Family Violence Initiative (FVI) explains, is held as a way to honour both victims and survivors of family violence. "Family violence is everywhere," explains Lockinger. "There is not a community, group, or socio-economic status that it avoids; everyone is a potential victim. But, by being aware of it, we can help to make a difference and prevent it."

"The vigil," Lockinger continues, "was started 10 years ago, shortly after the creation of the Whitecourt Family Violence Initiative (2004), in order to create a forum for both community and agency partners to come together to address this silent issue. It was quite obvious that an awareness event (vigil) was an integral portion of the FVI."

"The past three years we have seen an increase in attendance to our awareness events." Last year's vigil, Lockinger reports, was attended by 93 participants; the year prior there were 110. This year the FVI is aiming for a turnout of between 125 and 150 participants. "We pride ourselves in providing the best possible event experience for our guests," explains Lockinger, "and we certainly appreciate the support that is shown by the community."

"The events that we put on are not fundraisers and do not create a revenue," explains Lockinger. "It costs the FVI to put these events on, but we feel that the topic is important enough, and creating awareness is the key to reducing family violence. We will continue to host these events in order to strengthen the knowledge base in regards to these topics."

"A topic such as family violence is often one that isn't talked about," states Lockinger. "By our increasing numbers to events such as the vigil and, most recently, the sold-out Family Violence Awareness Dinner, we know that family violence is being talked about in our community. We are extremely fortunate that Whitecourt residents are taking ownership and talking about family violence in an attempt to reduce it in our community."

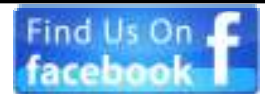
progress, create awareness events, and assist with involved agencies. For more information, you can visit the FVI website at www.whitecourtfvi.com, like FVI on Facebook, or follow it on twitter (@whitecourtfvi).

For anyone interested in getting involved with the Initiative, the FVI is always welcoming community members. The FVI stakeholders meet once a month to discuss

family violence in an attempt to reduce it in our community."

For more information, you can visit the FVI website at www.whitecourtfvi.com, like FVI on Facebook, or follow it on twitter (@whitecourtfvi).

For anyone interested in getting involved with the Initiative, the FVI is always welcoming community members. The FVI stakeholders meet once a month to discuss



Like us on both Facebook accounts, Valerie at Whitecourt Press and Whitecourt Press

Photo of the week



Photo by Serena Lapointe Photography

"Giving Back"

Celebrating 35 years - November & December

50¢ from EVERY pizza sold "Given Back"

November 1 - 15 ~ Boys and Girls Club • November 15 - 30 ~ Wellspring

December 1 - 15 ~ Whitecourt Lunch Box Program

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**3823 Highway Street
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780-778-3600**

Winter brings carbon monoxide risk

By **Rechell McDonald**
Whitecourt Press

On October 28, a Whitecourt resident placed a call to emergency services after the carbon monoxide detector sounded. The alarm likely saved their lives.

Carbon monoxide is formed when there is not enough oxygen to form

carbon dioxide; this usually occurs in internal combustion engines (vehicles) and when operating gas stoves. When the temperature begins to drop, people flick on their furnaces, load up their wood stoves, and hunker down for a long, drawn-out, Alberta

winter without thinking twice.

In order to avoid carbon monoxide poisoning, Atco Gas recommends that before you get too gung-ho about turning up the heat, you take some safety precautions. Before you fire up your furnace this season, ensure that the area around it is clear and your furnace filter is clean. Secondly, the pilot light on your furnace (and any gas appliances) should be burning blue, and you should check it regularly (monoxide burns blue). Finally, keep in mind that fall often has little creatures making last-ditch efforts to find hibernation spots and places to store food. Check all your home's vents that lead to the outside of the house for debris. This includes the



Photo Whitecourt Press

vent for your dryer and your chimney stack. Improper ventilation can lead to a carbon monoxide build-up inside the home.

A carbon monoxide detector is also a good idea. In the event of a

carbon monoxide leak, these detectors will sound off much like a fire alarm and indicate you need to leave the house. Monoxide is colourless, tasteless, and odourless, and is fatal in high doses. A detector

may be the only indication you get that there is a problem.

If you haven't already, go around your home today and do a safety check of your furnace and gas-powered appliances.

RCMP report

The Whitecourt RCMP have been investigating a recent rash of mischief/arson related incidents that have been occurring in town. Suspects have been targeting playgrounds by taping fireworks to the equipment, and lighting them off.

The RCMP are concerned for the safety of children who may come into contact with unspent fireworks.

Local schools and the Town of Whitecourt will be inspecting their equipment regularly to ensure safety and police have stepped up patrols around the playgrounds in town.

If you have any information about this or any other crime, please

contact the RCMP at 779-5900. All information will be kept confidential.

Social media comments:

- *Seriously... Now we have to fear safety of our children at parks! I hope they find the people doing this.*

Letter to the editor policy

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



Making Remembrance Day plans

By **Rechell McDonald**
Whitecourt Press

This year may see some of the biggest Remembrance Day turn-outs across the country since the 2006 through 2010 period in the Afghan war, when Canada lost upwards of 25 soldiers a year (with 2006 seeing as many as 34 deaths). This sorrow and loss has been renewed in light of recent events that led to the deaths of Warrant Officer Patrice Vincent, and Corporal Nathan Cirillo, who were both attacked and killed on Canadian soil this year.

Elaine McDermid, Membership Chairman or the Royal Canadian Legion in Whitecourt remarked that these events have had an impact. "Things are getting pretty big this year. We like the ceremony to be held downtown but we've been looking into larger venues as well."

As it stands, the ceremony will occur at the Community Centre at Central School, and will begin at 10 a.m. Organizers aim to keep the ceremony between 30 and 45 minutes to ensure people who have to work can still make time to attend the services. Organizers are inviting everyone

back to the legion post-ceremony where food and drinks will be available for purchase.

The time spent at Legions after a Remem-

brance Day ceremony can be very rewarding. It's an opportunity to meet the military members of your community, both past and present,

and learn about their lives. If you have never taken the time after a ceremony to visit your local legion, consider it this year.

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.
- Autopro
- Badger Daylighting
- Boreal Pumping
- Boston Pizza
- Canadian Tire
- ControlTech
- Elite Holdings Inc.
- Northwell Oilfield Hauling Inc.
- Oasis Liquor Store
- Ram Oilfield
- Renford Inn
- Stratty
- TerraCore Rentals Ltd.
- Tim Hortons
- Town of Whitecourt
- Transfer Oilfield Services
- Transtrue
- Tundra Oilfield Rentals Ltd.

Your career ad is distributed 1500 more times per week than any other local weekly in Whitecourt.

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Dr. R. Badenhorst

Dr. L. Kulak

Dr. C. Beyers

Patti-Lyn Sullivan, LPN is available Tuesday and Wednesday

Life Medical Clinic and Spa

4740-50 Avenue

Whitecourt AB

780-706-7080 ext 2

Maternity appointments available

When calling for appointment, be sure to request a maternity appointment

Dr. Ronel Basson

Dr. Jane Ojedokun

Leeann Roberts, LPN is available Thursday and Friday

Working together for healthier communities

Tennille's Hope is calling for volunteers

By Laura Bohnert
Whitecourt Press

Tennille's Hope Soup Kitchen, located at 5020-50 Avenue in Whitecourt is in need of volunteers and food donations.

Tennille's Hope, which served its first meal on February 7, 2007, is run by a board of directors and volunteers. As manager Wanda Belbin describes, its goal is "to provide hot meals to the hungry, to help those who struggle financially to stretch their food bud-

get, and to provide a safe place to spend time with old friends and make new ones."

The Kitchen is open Wednesdays and Fridays between 10 a.m. and 2 p.m.; and meals are served between 11:30 a.m. and 1:30 p.m. Tennille's Hope serves between 120 and 140 people each week, and it costs between \$300 and \$400 to put on each meal.

Anyone can volunteer to help at Tennille's Hope. "We have some students from elemen-

tary schools and high schools who volunteer all the way through to retired people!" Belbin describes. The only restriction is that children under the age of 14 must be accompanied by an adult.

"Our volunteers do everything," Belbin explains. "Some are cooks and prep cooks, servers, cleaners, organizers, and fixers!" But, there are other ways to get involved, too. "We are always looking for people with trades to come and help with upkeep of the

building or volunteers when we host special events and fundraisers."

The costs of putting on the meals can add up so every little bit that can be offered in terms of volunteered time and building maintenance helps the Kitchen ensure that more of their funds can go towards supplying food to the people who need it.

In fact, the staff at Tennille's Hope is particularly concerned about the recent vandalism of their new shed: "We got a grant from the Town of Whitecourt to buy the shed which was previously located at the Family Worship Center," Belbin explains. "Ken Paramore recently moved it to the current location. Everything was kindly donated, and now we have to use our hard-earned money to buy paint and cover the graffiti instead of using that money for everyday needs and food for the Kitchen."

Of course, food donations go a long way in helping Tennille's Hope's cause, too. The Kitchen is able to serve any government-approved meats and eggs, plus all dry and canned goods. Welcomed products include: regular grind coffee, Coffee-mate, sugar, salt and pepper, elbow and spaghetti noodles, rice, flour, canned soups

(especially mushroom and tomato), government-inspected meats, poultry, eggs, and butter/margarine, frozen veggies, soup base (chicken, onion, and beef), canned tomatoes and tomato sauce, canned milk, garbage bags, cleaning supplies, dish liquid, paper towels, toilet paper, or any leftover food that has been cooked in a commercial kitchen.

Tennille's Hope Soup Kitchen would like to send "a big thank you out to all the volunteers who donate their time every week, and to the community at large for their donations of food, money, and time. With-

out them the Soup Kitchen could not run."

If you are interested in volunteering, call Tennille's Hope at 780-778-8316, drop by Wednesdays or Fridays, or visit www.tennilleshope.com to fill out the volunteer application form.

On-line!
Check out the digital version of the Press at
www.whitecourtpress.com
and click on digital version

Life is Rosy



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

How i kicked depression in the butt and out the door for good!

This is in continuation of my post from last week. I wrote of how I suffered through fifteen years of chronic depression. I thought that losing weight and looking good would bring me happiness but it didn't. I didn't understand the thoughts inside my head. Every thought I had was negative. I blamed everyone and everything for my rotten life. I wallowed in self-pity. Having my

own little pity party gave me a pay back. People would feel sorry for me. People would look at me with pity in their eyes and that brought some sort of comfort to me. It was oh poor me, why do I have to go through this, not realizing that I was choosing to let my demons run my life. My husband at the time said to me one day, "Carla, you kind of feel sorry for yourself". I said "WHAT?!?" How dare you say that to me! And later I learned that he was right.

After many psychologists, psychiatrists, therapists, doctors and medications - yup I have tried them all, I decided that these were only band aids to a much deeper problem. So in desperation I went searching. There had to be an answer and damn it, I was going to find it even if it killed me because living this way was as good as

being dead anyway. I read tons of books on how to be happy. I went to retreats and seminars. I studied many success and spiritual gurus and I found one common theme among all of them. I heard many times how we are body, mind and spirit but thought this was all weird hippy talk and didn't want any part of it. It all sounded too scary to me. I learned that as humans we not only have a body, but we have thoughts, and we are 100% responsible for the thoughts we choose. We are also spiritual beings. They all said, "Connect with your spirit because that is who you are, that is where the answers are, and they will never lie." These gurus were even crazier than I was! To be continued...

Carla Lindgren Coates
Best Selling Author
www.throughthornsthrive.com

Money Matters
One Canadian Dollar = 0.89 US Dollar
at an exchange rate of 0.8869 (using nominal rate).

Dollar Values as of October 31, 2014

RESULTS FOR WESTERN CANADA

Western 6/49 November 1, 2014 04 08 18 23 42 49 Bonus: 41 Extra: 4345825	Western Pick 3 November 2, 2014 8 7 1 Western Extra: November 2: 4087855
Lotto 6/49 November 1, 2014 03 05 26 37 39 45 Bonus: 07 Extra: 4345825	Lotto MAX October 31, 2014 03 12 25 30 42 44 45 Bonus: 26 Extra: 2461429

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 Whitecourt PRESS

A look at the local weather	Tues., Nov. 4	Wed., Nov. 5	Thurs., Nov. 6	Fri., Nov. 7	Sat., Nov. 8
P.O.P. High Low Wind 24-Hr Rain / Snow	 Few flurries 80% 6°C -1°C W 10 km/h Rain: less than 1 mm Snow: close to 1 cm	 Mainly sunny 10% 5°C -1°C W 15 km/h	 Mainly cloudy 30% 7°C 0°C SE 10 km/h	 Cloudy periods 20% 1°C -4°C NW 10 km/h	 Wet snow 40% 2°C -5°C SW 10 km/h Snow: 5-10 cm

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Phone: 780-706-1858
Fax: 1-866-647-4105 (Toll Free)

Whitecourt PRESS

Are we weaponizing our national identity?

By Laura Bohnert
Whitecourt Press

There is a lot circulating in the social media streams right now about whether Corporal Nathan Cirillo was a hero or whether he has been over-heroicized in his untimely and overtly tragic death. The nature of this questioning, though, is slightly askew from where it should be. The corporal has become a symbol in Canada and, whether or not this was accidental, his herocization needs to be questioned -- not in terms of his merit, though. Of course, he dedicated himself to the defense of our country so he should be, by almost all definitions, considered a hero but rather in terms of the national purpose of that herocization.

What does it mean, after all, to turn someone's murder into a national symbol? Is this a political tool or, perhaps, a political weapon?

This event has, in fact, served to unite an entire nation -- barring, of

course, a few exceptions, but before the naysayers so adamantly protest that assertion, consider the number of people who pulled over their vehicles (people who do not normally even pull over for an ambulance) to stand beside their cars as his funeral procession went by. Cirillo received a send-off not unlike Shakespeare's final send-off of Hamlet whose body was hoisted up amongst the crowds of people who loved him more because of the tragedy of his death as he received the final heroic military salute.

But Hamlet's death was a political act, and that final manoeuvre was also a political stratagem put in place by the man who needed to unite a divided crowd in his favour so he could take over a kingdom whose prince was just murdered.

Which brings us back to our question: what is Corporal Cirillo a symbol of? The fact that he is a soldier is important. He is one in a united

front that is stationed around the borders of our country defending our national security and identity. The attack became not something against the military presence in the Middle East; it became an attack on a national identity that is defended by its soldiers, and this symbolized response has become the automatic defensive response to reaffirm our own national identity by affirming the threat of the other.

But isn't this dangerous? This response not only re-affirms all of the racism we've been spending decades attempting to quell, but it also awakens that internal instruction for defense that comes only in the face of war.

Canada isn't innocent, after all. We've been fighting overseas for years. How many civilians have been slaughtered on that warfront? It's much less impacting when it's distanced by all of our social distractions that remain uninterrupted. But, now it's

here. Now the whole nation is standing guard. So, what's next?

The nation has been prepped. It is united in

its defense against the terrorist threat (in spite of all the assurances that the attack had nothing to do with terrorism). So,

what happens now? Our thoughts have all been militarized and weaponized -- I wonder what for?

Whitecourt Firefighter Awards Night

By Susan Hofforth
Whitecourt Press

The annual banquet to honour the work the volunteer firefighters do in our community took place on October 25. The 2014 Awards Night ceremony is a time for the firefighters to pay tribute to their own, and for the community to recognize and thank them for the work they do on our behalf.

The following awards were given out on Saturday night. These winners have given wonderful service to our community and to each other.

- 20 Year Exemplary Service Award – Chief Brian Wynn
- 20 Years of Service Recognition – Lt. Dan Janke
- NFPA 1001 Certificates – Firefighters Daniel Steinke, Chris Keay,

Michael Duncan

• Pete Heck Award (given to a firefighter always willing to give help to his or her fellow firefighters whenever it is needed) – Senior Firefighter BJ Davis

• Officer of the Year – Lt. Dwayne Ethier

• Firefighter of the Year – Senior Firefighter Taya Green

Firefighters play an

important role in our, and every, community. They are here to help educate us to live as safely as possible, they are here to help with fundraising when organizations need assistance, and they are here to risk their own lives to be here helping us on the worst days of our lives. And for that, we can only say "thank you."

Are you or someone you know being bullied?

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1-888-456-2323



Stand up! Don't be afraid of bullies!!

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- Dynamic Midtown Mall
- Esso
- IGA
- Lakeview Inn & Suites
- Max Fuel Distributors Ltd.
- Moose Country
- No Frills
- No Frills Gas Bar
- Rexall • Shell
- Tags • UFA

- 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
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- Cash Canada
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- Emco • Exit Realty
- Express Showers & Laundromat
- Forest Interpretive Centre

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- Furniture Den
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- Green Gables Inn
- Haze Tattoos
- Hobby Adventures & Electronics at Ellis Electric
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- KW Mechanical
- Lions Campground
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- 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

Wonderful meal for seniors



Photos Whitecourt Press

By Nerissa McNaughton
Whitecourt Press

Last week, seniors at the Whitecourt Seniors Circle were treated to a meal courtesy of Mountain Steak & Pizza and

Hearty Fusion Express. Those familiar with these two establishments know that the meal was a tasty, delightful success!

The meal is just one way members of our

town seek to honour our seniors. Seniors are the backbone of every community. They are the ones with the knowledge and experience to help us grow personally, as a

town, and as a community – not to mention, they have the best stories of days gone by.

Take the time to visit with the aging members of your family, or volun-

teer for a senior-focused opportunity. Things like shoveling snow, helping with Meals on Wheels, or checking with senior care facilities to see if they have volunteer po-

sitions for drivers or errand-runners all make a big difference. Our senior population raised us and our town. Let's never forget to show our appreciation.

Help the Pat Hardy School students help the food bank

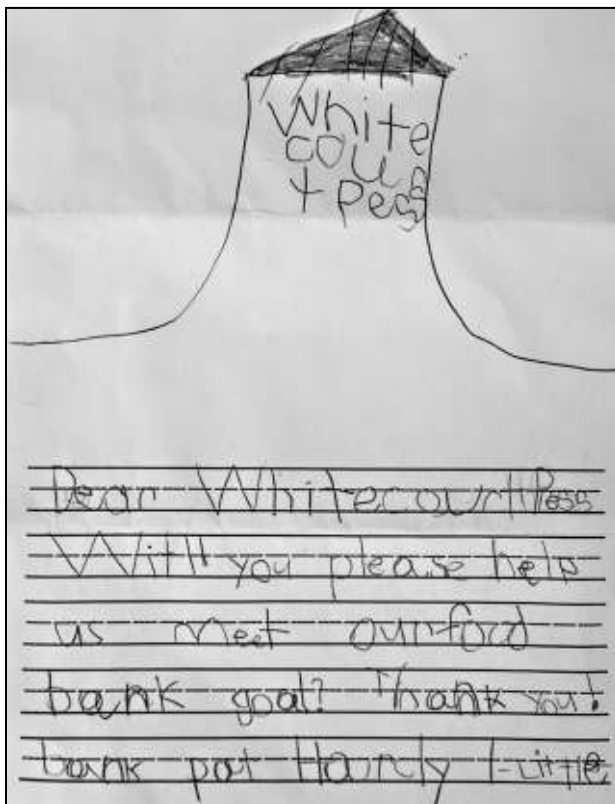
By Nerissa McNaughton
Whitecourt Press

When the grade one teacher at Pat Hardy Primary School asked her students how they could reach their goal of bringing in 800 food bank items, something amazing happened. But, first, let's take a look at how this came about.

After Thanksgiving, Pat Hardy School started an initiative to restock the local food bank. The grade one class quickly amassed 126 non-perishable items, an amazing amount for 21 children. However, they had set a goal for 800 items and there were just five days left in the challenge. The teacher asked the class for ideas and the little ones decided to ask the town's businesses for help. Each child chose a business to write to; it didn't take long for the tally to reach 849 items.

The food bank drive is ongoing and the Whitecourt Press, which was contacted by a grade one student via a very sweet letter, is offering to help. Although the goal has been exceeded,

the need for food items is ongoing. Please drop off a non-perishable food or monetary donation at the Whitecourt Press office. Even just one can of food or one dollar makes a very big difference.



Photos by Serena Lapointe Photography



—Prepare far ahead for long-term care costs—



By Clifford Mertick
Financial Advisor
Edward Jones

Long-term care is not something many Canadians consider given the existence of our health care system; however, the need to prepare for the potentially devastating costs of long-term care are an important part of your financial strategy. In the event of a long-term care need, you want to make sure you have flexibility and choice in meeting your long-term care requirements and not have to access your retirement funds to do so, the more you know about these expenses, the better prepared you will be to deal with them.

Just how expensive

is long-term care? Consider this: According to a study by McMaster University in 2012 titled "The Private Cost of Long-Term Care in Canada: Where You Live Matters," depending on where you live, the private cost of long-term care in Canada can range from \$21,098 per year in Quebec to \$47,450 per year in Prince Edward Island if both spouses are in long-term care facilities. Ontario's average came in at \$28,541 per year.¹ Long-term care costs have risen steadily over the past several years, with no indication that they will level off.

Many people, when they think about long-term care at all, believe that the government will pay these costs - but that's just not the case. Typically, provincial governments only cover a small percentage of long-term care expenses which means you will have to take responsibility to fund your own long-term care

needs. Of course, if you are fortunate, you may go through life without ever needing to enter a nursing home or an assisted living facility, or even needing help from a home health-care aide. But, given the costs involved, can you afford to jeopardize your financial independence, your retirement plans, or impose a potential burden on your grown children?

To prevent these events, you will need to create a strategy to pay for long-term care expenses even if you never incur them. Basically, you have two options: You could self-insure, and use the assets you

already have in place to fund the costs, or you could "transfer the risk" to an insurer.

If you were going to self-insure, you would need to set aside a considerable sum of money, as indicated by the costs mentioned above. And, you would likely need to invest a reasonably high percentage of this money in growth-oriented investments. If you chose this self-insurance route, but you never really needed a significant amount of long-term care, you could simply use the bulk of the money for your normal living expenses during retirement and earmark the remainder for your

estate. However, if you do need many years of nursing home or facility care, you could end up going through all your money.

As an alternative, you could transfer the risk of paying for long-term care to an insurance company. Many plans are available these days so to find the solution that is appropriate for your needs, you will want to consult with a professional financial advisor. Take note, though: The premiums for this type of protection rise as you get older, and your health is taken into consideration so if you are considering adding this coverage, you may be better off by act-

ing sooner, rather than later.

None of us can know with certainty what the future holds for us. Ideally, you will always remain in good shape, both mentally and physically, with the ability to take care of yourself. But, as you've heard, it's best to "hope for the best, but plan for the worst." So, take the lessons of long-term care awareness to heart and start preparing yourself for every scenario.

Edward Jones, Member Canadian Investor Protection Fund.
Cliff Mertick CFP
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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: All the kittens to give away on Buy and Sell. Why can't people be responsible and have their pets fixed?

RAVE: Just watched our Community Lunch Box win at the Esks game!

RANT: The thieving %\$%## who broke into my house AGAIN! Blue Ridge beware, this one was in the light of day.

RANT: To the loser who shut the door on my kids tonight because they were not handing out candy. **RAVE:** To the guy right behind him who stepped out to kindly say they didn't have any candy tonight and then apologized! Other than that, another successful year, kids got a lot of goodies, and saw lots of awesome decorations.

RAVE: Hilltop Veterinary Clinic! They had a full day on their allotted surgery day, and yet they made time to check out my sick little boy. Thank you so much ladies!

RAVE: I want to give big props to our RCMP! I watched them drive around my neighbourhood handing out nice glow sticks to children so they could be seen by vehicles! Awesome!

RAVE: The Global Pet Food ladies. Always so sweet, helpful and whenever I go there it's very enjoyable every time. My dogs love visiting too! Thanks for the great work.

RAVE: To Keith, Nicky and the crew at Whitecourt Collision. I recently had my vehicle in for hail damage repair and the service provided was above and beyond. Thanks a bunch!!

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

Out of the Dark



By Phylene Brewer
Special to the Whitecourt Press

Quote: Yogiraj Sat-Gurunath Siddhanath – "The splendor of your soul is covered by the mud of your mind."

Freedom and peace! Where on Earth do I find that?

What is fear? We know it motivates or debilitates! Of course, it's about being afraid but fear is also anger, insecurity, anxiety, mistrust, hatred, etc. On the other end of the spectrum we have love.

What is love? Love is joy, security, peace, trust, etc. When we come

from fear many terrible things happen. Diseases, war, greed, hunger, and more.

If we look outside ourselves for answers we are looking in the wrong direction. It's time to make that shift if you're ready to get out of your head and into your heart. I didn't know how to do that, and had heard the term used many times. How do I do that?

Meditation is where it's at. In your heart you will find peace. Meditation is not hard. I've heard many people say, "I don't know how, I don't have time, I can't, my mind won't quit." Meditation diverts your attention to something neutral like your breath, waves on a beach, or birds chirping to take you away from the clutter in your mind. All that worry, mud in your mind: let it go.

See you next week...

LockTalk



By Jason Kerr
Special to the Whitecourt Press

It is not very often that locks or a locksmith makes the news, but this week this I came across this article from the Edmonton CBC and thought I would share it with you in case you missed it.

A local locksmith is coming to the aid of Edmonton couples who have attached locks to the rails of the High Level Bridge as a declaration of eternal love.

Safety concerns have led the city to remove the locks so Martin Badke



decided to step in before they end up as pieces of scrap metal. One lock commemorating a couple's 25th wedding anniversary inspired him to take action.

"The romantic part of me said, 'I'm a locksmith. I can do something for these people.'"

While "love locks" are charming and romantic, the weight can be a safety hazard. Earlier this year, a build-up of thousands of locks caused a partial collapse of the famous Pont des Arts Bridge in Paris.

The city is removing

so-called love locks from the High Level Bridge. (CBC)

Edmonton officials are also concerned that the locks will interfere with maintenance of the High Level Bridge and fall onto boaters on the North Saskatchewan River.

While Badke acknowledges the city's concerns are legitimate, he still wants to come to the rescue of true love.

He is taking pictures of the locks and posting them on a Facebook page with the aim of reuniting them with their owners.

Badke wants to build a sculpture near the bridge that local lovebirds can use instead.

"The project is to build a separate sculptural installation that looks like bridge, so you have the look and feel of locking your love lock on a bridge and throwing away the key," he said.

Badke isn't sure what his sculpture will look like but he plans to approach the city with his idea

To read the article on the CBC web page just go to their web page at <http://www.cbc.ca>

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

Find happiness within yourself first



By Gwen Randall-Young
Special to the Whitecourt Press

Do you expect your partner to make you happy? If you do, you could be setting your relationship up for failure. Somehow we are able to let go of the Tooth Fairy and Santa, but we still want to hold on to the knight in shining armour or the beautiful maiden who will make our dreams come true

On a deeper level it may be that we expect our partner to provide all the loving, nurturing, and support that we may not have received from our parents, and may not be getting out in the world. Many relationship difficulties can be traced to an ongoing struggle like a tug-of-war, where each is trying to get the other to be the caregiver. This may be happening on a subconscious level, while on a conscious

level it may manifest as arguments about who should get the groceries, or someone spending too much time in front of the TV.

Part of the problem is that, with our pace of life, we do not take enough time to nurture ourselves. If our emotional tank is running on low, then we want someone to fill it up. We may end up siphoning from one another until both are running on empty.

While there are certainly times when one is able and willing to be the giver while the other blissfully receives, it is important that both partners take some responsibility for their own well-being. This might mean taking care of ourselves physically with proper rest, diet, and exercise so that we can maximize our energy level. It might mean tending to our spiritual side, and staying in touch with what life is about. It could also mean doing the things we love to do individually. Too often people gradually give up things they love because their partner doesn't support it.

When we start out in a new relationship, we put a lot of effort into showing the other how wonderful we are. It can be hard to keep this up so we begin to slip a little, but continue to expect the other to go on being totally wonderful, and to compensate for whatever our lives might be lacking.

The real key to our happiness is to put ourselves in charge of it. Do what makes you feel terrific. Energize yourself and vow to get the most out of life regardless of how

others approach it. The good times with your partner can be the icing on the cake: delightful to have, and always tasting like more. This is important, for sure, but should not be the only source of your happiness. This way, you both can bring more into the partnership, and there is more to draw on in time of need.

Please recycle this paper.



4th annual jiggs dinner

Hail to all, y'all come

SATURDAY, NOV. 15TH, 2014
AT ROYAL CANADIAN LEGION BRANCH #44
WHITECOURT, AB.
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Sponsored by: St. Patrick's Anglican Church

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CHILDREN 6-12 - \$5.00 EACH
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AMANDA PAYNE @ 778-6411
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TRADITIONAL NEWFOUNDLAND FEAST

It is what it is...



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

And so it begins...

The three major political parties in this country have unofficially begun their election campaigns although, officially, there is no election yet.

In the past week I have watched the NDP and the Conservatives both come out and make promises that would come into play with their election or re-election into government. These promises are primarily based on the fact that just about everyone in Ottawa is expecting a nice little budget surplus to play with next year.

What is not being talked about, however, is the fact that the price of oil has dropped 25 per cent since the beginning of the year, and the Bank of Canada is predicting that the price will continue to drop off until it reaches \$75 a barrel. This will, undoubtedly, have an effect on the expected budget surplus

that the politicians are kind of banking on to fulfill these big-time spending promises.

Now, I am not one to think they would outright lie to us but, on the other hand, they must be watching the same news reports I am. In a recent piece on the CBC, the Canadian Association of Petroleum Producers stated that \$80 a barrel for oil was the area in which major projects would be put on the shelf for the simple fact that there was simply not enough to be made on the oil.

If the Bank of Canada forecast is to be realized, the resulting slowdown in activity in the west can only take away from the expected budget numbers. The gang in Ottawa has to know this but my thinking is that in making the promise now, we will see the parties try to capture early votes in their respective attempts to form the government.

For my prediction, I expect we will see the price of oil continue to level out but, at the same time, the promises to make life simply grand for all of us will skyrocket; that is, until the day after election when we will hear the government once again come out and say, "Well, that was then but this is now and the economy

simply does not allow for us to make those promises happen." It's the same old story, just a different day.

If the politicians in Ottawa are going to be out there making noise about what they want to do, I would be much more interested in hearing on how we can strengthen our economy in the manufacturing, technology, and research sectors. We recently lost a multibillion dollar investment by Ford Motors to Mexico.

There is a need to look at the success stories we have in various sectors outside the oil and gas business. We have allowed the government at the federal level to become addicted to the benefits of the oil and gas business much as our own provincial government has without the necessary reinvestment into other sectors of our economy.

Fancy promises of day care and income splitting make for good sound bites but without a strong economic diversification plan, that's all they will ever be: really good sound bites with no hope of realization.

It is what it is...

over your skin to gently scrub dead skin away. A little essential oil might help, too!" -- D.D. in Florida

- Got plastic packaging that is a pain to get open? Use your can opener. Run it around the sides to break into your packages. It works!

- To easily get keys on a keychain, use a staple remover to create an opening to slip the keys on. It is very effective and will keep you from getting frustrated.

- A great use for those old knee-high stockings (no runs!): Stuff with a mix of crystalized kitty litter and scent-boosting beads you can find in the laundry aisle. Stuff these in stinky shoes to freshen

and deodorize. The litter wicks away moisture from sweaty feet and deodorizes, and the scent boosters last for a good long while.

- "Need a new look for a favorite sweater? Change out your buttons. It's such a small thing, but makes a big change in look!" -- E.L. in Massachusetts

- Skunk run-in? Try this mix before you buy pricey de-stink shampoos at the pet store. Mix a quart of 3 percent peroxide, a teaspoon or two of dish soap, 1/4 cup of baking soda and quart of room-temp water. Apply to pet, and work deeply into the fur. Massage in for five minutes, and rinse thoroughly.

Did you know?

Organ and tissue donation affords men and women a unique opportunity to help others. Although the laws vary depending on where a person lives, many persons age 18 or older can indicate their desire to be organ donors. Younger people must have a parent or guardian's consent. Physical condition will dictate if a person can donate, although people with a previous medical condition may still be suitable donors. According to the United States Department of Health and Human Services, each organ and tissue donor has the potential to save or improve the lives of as many as 50 people. Organs and

tissues eligible for donation include the heart, pancreas, lungs, liver, kidneys, intestines, cornea, skin, connective tis-

sues, and bone marrow, among others. Canadians can visit beadonor.ca to register to become organ donors.

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Photos with Santa
by
Serena Lapointe



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Press and
Whitecourt Press



Now here's a tip!
by Jo Ann Derson

- When hammering a nail, try this save-your-finger trick: Use a clothespin to hold the nail steady, and then use your hammer to drive it in. Hammering into the wall? Push the nail through a strip of cardboard, and then hold the cardboard over the right spot. No more banged up fingers or thumbs!
- "Exfoliation can be easy if you already have a bag or jar of Epsom salts. Soak in a warm bath and rub the salts



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Night Out



Rosie explains the meal components.



Photos by Serena Lapointe Photography

Traditional Filipino dancing.

By **Serena Lapointe**
Whitecourt Press

“Night out in Whitecourt” travelled to a different world last week without even needing to leave town. It was Filipino Night at the community hall where attendees enjoyed traditional Filipino dishes including barbecued squid. Event organizers did a great job putting together an entertaining and informative night which also showcased traditional dances. The Tinikling dance, or Bamboo dance, is per-

formed with long bamboo poles that are tapped in a perfectly timed manner allowing dancers to maneuver between the tapping poles. It requires concentration and the ability to keep the beat. Those in attendance were invited to try the dance and agreed that it’s quite the workout!

Keep your eyes open for details on the next Night Out in Whitecourt event and bring a friend. It’s an adults-only event that happens each month and is great for meeting

new people as well as having fun.

Zumba kids



Photos Whitecourt Press

Energy levels soared last week as Ecolé St. Joseph students participated in Zumba, an easy-to-follow Latin-inspired dance fitness party.



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Hannah's World



By Hannah Rennie
Special to the Whitecourt Press

This week, I am so excited to review the book, "I Am Malala." This is an amazing story, the autobiography of Malala Yousafzai, a 16-year-old girl who was shot in the head by the Taliban just last year. Malala is in Canada this week receiving an Honourary Citizenship award. Since she is already making headlines, I thought it would be a perfect chance to review this outstanding book. Now, for one of the most inspiring books I have ever read: "I Am Malala"!

Malala Yousafzai was born in her father's school in Mingora, a small city in the beautiful Swat Valley. Located in Pakistan, Swat Valley was simply blooming with tourism and beauty and life. However great the valley was, though, it had its problems. Just one was that most of the women living in the valley were, like most of Pakistan's women, illiterate and uneducated.

That was not to be the case with Malala, though. As the eldest child of what would become a family of three kids, she pretty much grew up in her father's school, Khushal School. She grew to love education, and was always at the top of the class from the start. Although she knew that most girls went without education in her country, she couldn't imagine life without it.

That all changed when the Taliban suddenly popped up around Pakistan. They decreed that girls should not go to school. Malala and her friends were too determined to be stopped, though. They simply wore traditional clothes

rather than their royal blue school uniforms, and hid their books in their shalwar kamiz (a loose tunic and trousers that is a traditional outfit worn by both men and women). They went to school secretly, positive that they would not let the Taliban control their lives.

As much as the girls tried, the Taliban got stricter and more violent. By now, they were threatening all girls who went to school. Cases of girls' schools being bombed started appearing all over Pakistan. Malala and her friends continued to secretly attend school, but fewer and fewer girls were showing up. Finally, the Taliban decided to make it final. They set a date, and all girls had to be out of school by that date. The bombings and, now murders, continued, leaving the people of Pakistan having no doubt that they should stop sending their girls to school. The threats were too real, too dangerous. Soon, the day arrived when all school or girls were shut down.

"You don't realize how important education is until someone takes away your pens," Malala wrote in her autobiography. Soon Malala realized that nobody was going to change anything. If anything, the Taliban was getting more bloodthirsty and strong. With that on her mind, Malala began speaking out. She attended important events and spoke for girls' rights to education. Before the Taliban had gotten so strong, Malala had written under the fake name Gul Makai about how life was in Pakistan from a girl's point of view. Thanks to that, her confidence had grown, and the girl was soon known as a girls' rights activist. She won numerous awards and prizes, had schools named in her honour, and was becoming well-known.

Unfortunately, the Taliban noticed, as well. One day, on the way home from school,

Malala's bus was attacked. Bullets flew, and Malala was rushed to the hospital. Her situation was grim, and she was constantly being switched from hospital to hospital. Numerous surgeries had to take place, yet Malala was almost always teetering on the brink of death. Finally, a British doctor said she needed to go overseas for treatment. The process took days to sort out, but soon Malala was flying to Birmingham, England.

Slowly, Malala started recovering. It wasn't easy as her health was still so poor. Numerous problems arose, but somehow Malala got through them. In a sheer mix of luck and good care, Malala recovered almost fully. What she didn't know until she was out of the hospital was that, while she had been recovering, the entire world had become outraged at the shooting of an innocent girl. Countries all over the world were ready to pay her huge medical bills, and cards and flowers were pouring in.

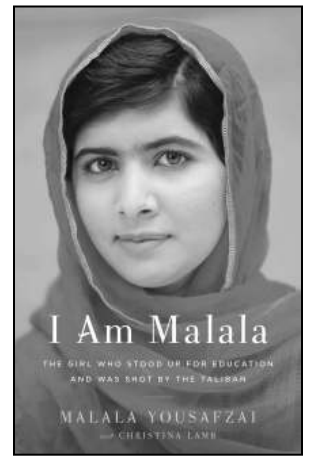
While Malala was a very strong girl, no one expected much from her. After all, she had just been shot in the head by the Taliban. That would put most people in therapy for life. Yet, Malala stayed strong. Soon, she was speaking out again, astounding the world. She wrote her own book, was nominated for and, subsequently, won, the Nobel Peace Prize, and has achieved much more.

The Taliban had tried to stop her, but Malala would not be stopped. Whether it was bullets or words, Malala would get past it, and use it as a reason to try even harder to reach her goal. As Malala said in one of her speeches, one child, one teacher, one book, and one pen could change the world. But after reading this book, you begin to realize that one girl can change it, as well.

This book is simply amazing! There wasn't a single paragraph when I

wasn't completely transfixed. This is, without a doubt, the most inspirational, awe-inspiring book I have ever read. It is so worth it to read this book and I could not imagine a situation where that fact would be different. The story of this girl and her determination is so amazing, and I hope that her story gets more widely spread. Although this story is more

for older readers, there is also an abridged edition that is appropriate for younger readers that is co-authored by Patricia McCormick. I have only read the original edition, but I can't imagine that the young reader's version would be any less amazing! Malala's story is truly wonderful, and I hope that everyone reading this article will give this book a try; you won't regret it!



Kids these days: family violence is everyone's business



By Dr. David Rideout
Special to the Whitecourt Press

Two words that should not belong together are "family" and "violence." Like "child" and "abuse," it's kind of an oxymoron describing a terrible reality that leaves lifetime scars on people and communities.

Every hour of every day someone is a victim of violence at the hands of a partner or significant other. And, it's not just women who are assaulted by an intimate partner; men are victimized, as well. So are children when they either experience or witness the violence.

It happens in all kinds of homes, to people from all walks of life, when power is misused to endanger the survival, security, or well-being of another person. That may include physical or psychological abuse; criminal abuse; stalking; verbal and emotional abuse; sexual assault; financial exploitation; or even spiritual abuse. It can, and does, result in the death of a victim at the hands of an intimate partner.

Unfortunately, Alberta has one of the highest rates of domestic violence in Canada. It is es-

timated that in any classroom, there are three to five children who have directly witnessed violence in their home. Sadly, parents are responsible for more than half of all family-related sexual offences and physical assaults against children and youth.

This is a problem that affects everyone, not just the victims. That is why November is designated as Family Violence Prevention Month. It's important to raise awareness of this societal problem which reaches far beyond a person's home.

The human costs of family violence are immeasurable and the impacts can last a lifetime. It's a problem that affects victims, witnesses, bystanders, workplaces, communities, and particularly, children. Children who experience family violence are more likely to become depressed, anxious, or exhibit violent behaviour themselves. They may also experience cognitive delays and have difficulty learning or solving problems. Often, children who are exposed to family violence grow up to become offenders themselves, perpetuating a destructive cycle.

The financial implication of family violence is estimated to be well in excess of \$100 million a year on the health care system of this province. That is money which could be much better spent in other ways to

support families and communities.

Family violence is not a private matter. If you or someone you know is a victim of family violence, call the Family Violence Information Line at 310-1818 or the Bullying Helpline at 1-888-456-2323. If the victim is a child, call the Child Abuse Hotline at 1-800-387-5437. If someone is in immediate danger, call 911. If you are aware that your neighbour, colleague, or acquaintance is a victim, reach out. Encourage that person to seek help through community networks that can provide a safe place to escape - crisis centres, women's shelters, sexual assault services, counseling services, and community response programs.

Prevention is the key - we need to stop the violence before it starts. We can do this by helping young people understand the importance of healthy and respectful relationships. For more information, visit familyviolence.alberta.ca.

Dr. David Rideout is a former teacher, principal, and school board superintendent. He is a father of two adult sons and the Regional Director of North Central Alberta Child and Family Services. Feedback or comments are welcome and can be sent via email to david.rideout@gov.ab.ca.

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Like us on both Facebook accounts, Valerie at Whitecourt Press and Whitecourt Press

Christmas parade coming soon

By Susan Hofforth
Whitecourt Press

Kick off Christmas with the annual Chamber of Commerce Christmas parade. It's happening on November 28 at 7 p.m. Before the parade, gather in front of Town Hall for the Christmas Tree Light Up at 6:45 p.m.

Along the parade route, hot chocolate will be served at various points. Midtown Mall will be offering hot chocolate sponsored by If Hearts Could Speak. The Brick and SunLife will also be providing hot chocolate in front of their locations and, if you need to warm up, there will be a bonfire behind the Legion with carolers and hot chocolate sponsored by the SkyView Alliance Church.

After the parade, enjoy late night shopping and get your stamp card

double-stamped. Every \$10 spent locally gets a stamp. Once you have 20 stamps you can enter the draw that takes

place every Saturday until Christmas. There are great prizes — cash and gift certificates — on offer.

Come out and enjoy the parade, but please don't park on the parade

route. Despite making it difficult to move around, it can be dangerous for

kids when they run out between parked cars to pick up candy.



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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.



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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.

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Getting the most from your automotive repair dollars

(NC) For vehicle owners, there is no worse feeling than increasing automotive repair bills. While repairs and regular maintenance are a part of vehicle ownership, we can help keep costs down by following the manufacturer's recommendations, and performing maintenance on our own.

Here are some do it yourself maintenance tips from the automotive experts at FRAM Filtration. If you do not feel comfortable doing these yourself, have a trusted technician do them for you. The important part

is to not neglect regular maintenance which saves dollars in the long run.

Change the oil consistently: Motor oil is the lifeblood of your engine. Changing the oil on a regular basis lubricates vital parts of the engine. Going too long between oil changes can cause permanent damage to the engine. The recommended timeframe between oil changes varies, so refer to your vehicle manufacturer for best practice.

Oil protects the engine, the oil filter protects the oil: Even the best motor

oil won't do the job completely without using a quality, high efficiency oil filter. FRAM Extra Guard® Oil Filters utilize a blend of cellulose and synthetic microscopic fibers to provide the right balance of dirt-trapping efficiency and dirt-holding capacity.

Do not ignore warning lights: It can be frustrating to see the "check engine" light come on, but it is important not to neglect these warnings. They are not always going to indicate a serious issue, however, a small issue left unchecked can result in larger problem and result in big dollars down the road.

Change your engine air filter: Engine life and durability is directly related to keeping incoming air clean. A clogged air filter can result in decreased acceleration and horsepower. The job of the air filter is to remove contaminants from the air before damaging the engine. FRAM Extra Guard® filters provide premium engine protection with more than 99% efficiency.

Don't forget your cabin air filter: The air in your cabin can be up to six times more polluted than outside. Contaminants enter your vehicle through the ventilation

system exposing passengers to high levels of dust, dirt, and allergens. A clogged or dirty cabin air filter can restrict the air entering the vehicle HVAC system, - block-

ing output and possibly reducing the effectiveness of the defroster, heater and air conditioner. FRAM Fresh Breeze® cabin air filters can remove up to 98%

of road dust and pollen particles ranging in size from 5-100 microns from passing through your vehicles heating, ventilation, and air conditioning system.

Don't put tire maintenance on cruise-control



(NC) Proper maintenance is the best way to keep tires in good condition and on the road as long as possible. We just have to remember to do our part.

When the temperatures start to dip, experts advise that there are a few extra steps we should take to stay safe in the sleet and snow.

To remember these tips, think about your PART in keeping your vehicle's tires in good condition: Pressure, Alignment, Rotation, and Tread.

Tire pressure should be checked once a month or when outdoor temperatures change significantly, like during the first frosts and snowfalls. The recommended pressure for your vehicle is usually found on the edge of the driver's door or doorpost. Wheel alignment is important too and should be checked annually, or if you feel that your car is pulling to the side when you're driving. Rotation is advised every 10,000 kilometers to balance the wear-and-tear - and

the tread depth should be at least 3.2 millimetres. Also look for cuts, snags, punctures, or irregular wear, which may be harder to spot on snowy tires.

Ontario Tire Stewardship also suggests a few guidelines for extending the life of your tires during the winter:

- Put a lid on it. If tire valve caps are left off, the moisture in the valves can freeze leading to escaped air and a flat tire, which can be hazardous in slippery conditions.

- Stay watchful. Check tire pressure regularly as cold temperatures can have a big impact on the air in tires. Good traction is especially important in the winter and proper pressure helps tires maintain their grip.

- Be consistent. Use winter tires on all four wheels. Inconsistent traction can lead to sliding and skidding.

- Replace and recycle. One aspect of safe winter driving is knowing when tires have outlived their lifespan. Replace winter tires every two to three seasons, and drop off up to four used tires, free of charge, at a registered Ontario Tire Stewardship collector.

More information, including locations of tire collectors near you, is available online at www.RethinkTires.ca.

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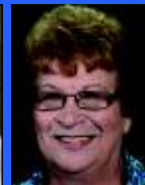
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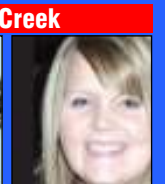
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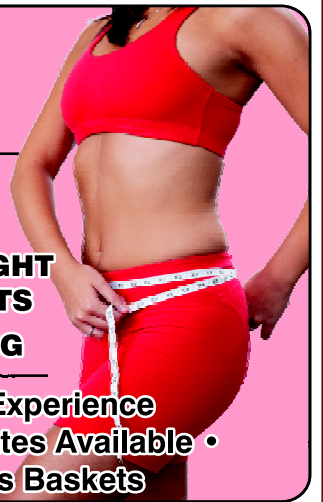
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Photos Whitecourt Press

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Whitecourt Transport Event:

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Second Place - P.B.I. (Peer Brothers Industries)

Third Place - K.F.S Ltd (Karst Financial Services)

Fourth Place - Aurora #2 (Ben Wilkinson)

Eagle River Casino Event

First Place - Opsmobil

Second Place - Great Northern Oilfield Services (Edson)

Third Place - Aurora #1 (Jeff Foran)

Fourth Place - D'Lanne Electro (Slave Lake)

Trophy Buck Oilfield Services Event

First Place - B&B Wilson (Swan Hills)

Second Place - Eagle River Chrysler

Third Place - Jim Boguski

Fourth Place - Trican Well Service

FMCTI Event

First Place - Spencer Vrolson

Second Place - TAR Energy

Third Place - Pengrowth

Fourth Place - Owen Oil tools

Midget AA Wolverines lost to the Fort

Over the weekend, the Midget AA Wolverines played hard, but Fort Saskatchewan played harder. The Wolverines gave it all and only needed a little more to secure a win which was not in the cards.



Photo Whitecourt Press



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Wolverines taking it to the net



Photos Whitecourt Press

It was a busy week for the Wolverines at home. On Wednesday, they dominated Drayton Valley Thunder with a 3-1 victory. On Friday, the Okotoks Oilers, who are 1st in the South Division, beat the Wolverines 3-2. On Saturday, it was the Drumheller Dragons taking on the Wolverines in a battle-filled and rough game winning it 5-2. The Wolverines standings are GP-22, W-7, L-12, OTL-3, PTS-17.

All girls - go!



Photos Whitecourt Press

Wolverines over Wainwright 2 - 1. Wolverines fought hard and gave Wainwright a real battle to the end. The all-girl team played together to take the win.

Moms' reactions



Jolene

I feel the girls hussled and played aggressively.



Cindy

It's a fast-paced game today.



Jacquie

The game was evenly matched and they seemed to be settling into their positional play.

Cats Profiles



WESTON HELLEKSON

Jersey: #27
Position/Special teams: Rob
Years playing football: One
Fave CFL/NFL player: Richard Cherman
Fave CFL/NFL team: N/A



RILEY HENKE

Jersey: #58
Position/Special teams: defensive end/guard
Years playing football: Two
Fave CFL/NFL player: John Chick
Fave CFL/NFL team: Riders



DEVLIN HILLIARD

Jersey: #46
Position/Special teams: Defensive Line
Years playing football: First Year
Fave CFL/NFL player: N/A
Fave CFL/NFL team: N/A



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Spookfest



Photos Whitecourt Press

There was tons of fun on Halloween at the Allan & Jean Millar Centre as children were dressed up as their favourite monster, princess, superhero, or animal. There were games, crafts, bouncy castle mania, and so much more!

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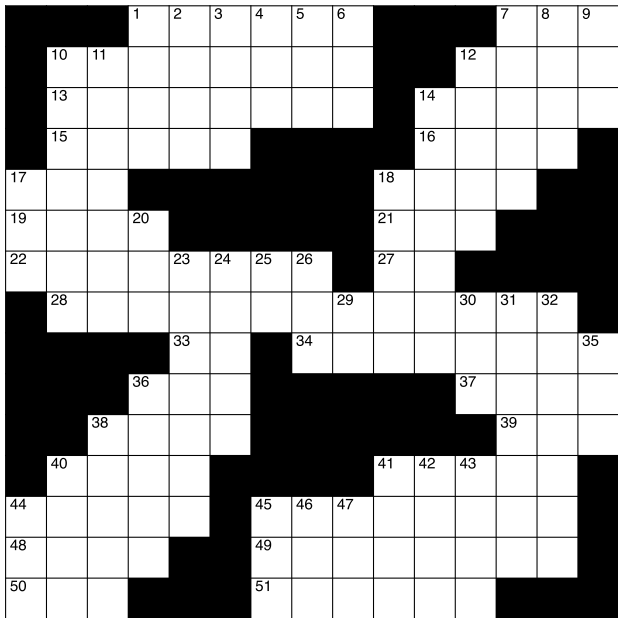
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CROSSWORD PUZZLE



CLUES ACROSS

1. Smooth music
7. Fails to explode
10. Voluted
12. Tear down
13. Propose for office
14. Yiddish expert
15. Great ape of Borneo
16. Arab outer garments
17. Hundredweight
18. The Muse of history
19. Neutralizes alkalis
21. Mortar trough
22. Lapsed into bad habits
27. Potato State
28. DeGeneres' partner
33. Egyptian sun god
34. Makes more precise
36. Deafening noise
37. Expresses pleasure
38. ___ Nui, Easter Island
39. Founder of Babism
40. Speed competition
41. Artist's tripod
44. Records
45. A witty reply
48. The content of cognition
49. Mohs scale measure
50. ___ student, learns healing
51. Put in advance

CLUES DOWN

1. Peru's capital
2. Emerald Isle
3. Group of criminals
4. Flat sweet pea petals

CLUES ACROSS

5. Vietnamese offensive
6. A lyric poem
7. Philippine seaport & gulf
8. Utilizes
9. Lair
10. Covering of snow
11. Covered walkway
12. Overzealous
14. Stench
17. Compartment
18. 2nd largest Costa Rican island
20. Danish Krone (abbr.)
23. Long narrow bands
24. Woody tropical vine
25. Farm state
26. Tooth caregiver
29. Popular Canadian word
30. Resort
31. Members of U.S. Navy
32. Smokes
35. Smiling so big (texting)
36. Capital of Bangladesh
38. Tore down
40. Travel in a car
41. American bridge engineer James B.
42. "Rule Britannia" composer
43. Let it stand
44. Not bright
45. Rated horsepower
46. Pinna
47. Prefix for before



Crossword solution on page 37

DEAR ABBY

by Abigail Van Buren

Woman's childhood boyfriend is plagued by checkered past



DEAR ABBY: I'm in love with a man with a big heart. He was my boyfriend when we were both 6 years old. We lost touch for many years, but when I ran into him again we reconnected with a vengeance. We are great together, and I can't imagine spending my life with anyone else.

We come from a small town, and he remained there until a year ago when he moved in with me. We now live in a major city and things are very different here. Applying for jobs requires a background check. In the small town we are from, it wasn't a common practice. He was, to put it gently, quite "mischievous" when he was younger. He has a couple of DUIs, plus a few other things.

During the past year he has turned things around, but despite his efforts he has been unable to find work. (He has no felonies.) There are web-

sites to assist felons, but none to assist people like him. He has been to unemployment and temp agencies -- nothing. I'm getting desperate. How does someone with a criminal history find employment? -- **FEELING HELPLESS**

DEAR FEELING HELPLESS: That's a good question, and it's one that legislators have been looking into. Some laws in certain jurisdictions limit an employer's ability to look at criminal records. It might be worth your while to discuss this with a labor lawyer in your state to find out what the statutes are, because it is not the same in all states. While it might not solve your problem, it will give you a realistic idea of what the two of you are facing in the future.

**

DEAR ABBY: I have been married to my dear husband for 20 years. Several years after our wedding, I found out

he was dipping chewing tobacco. I was very upset because I realized he had been keeping a major secret from me. He has tried to quit several times, but starts up again.

It makes me furious every time I see proof of this disgusting habit. I have had to lie to my kids when evidence was left in his truck. I'm at my wits' end. I know he will quit only when he is ready, but how do I live with it? -- **UNHAPPY ABOUT IT**

DEAR UNHAPPY: People who are addicted to chewing tobacco are at risk for cancers of the mouth, tongue and throat. I would be shocked if your husband's dentist hasn't discussed this with him more than once, because these cancers can be not only disfiguring but also

life-threatening, IF the patient can be saved.

There are medical interventions to help people who are hooked on tobacco -- but only if they WANT to be tobacco-free. An online community, TheQuit.org, offers information on helping someone stop chewing tobacco. Check it out.

My advice for living with an addict is to join a support group. It will help you recognize that you can't "fix" your husband. He and he alone is responsible for his own fate.



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

What teens need to know about sex, drugs, AIDS and getting along with peers and parents is in "What Every Teen Should Know." Send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Teen Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

ADOPTION WORD SEARCH

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

WORDS

- | | |
|---------------|-------------|
| ADOPTION | GUARDIAN |
| AFFIDAVIT | HOMESTUDY |
| AGENCY | INDEPENDENT |
| BIRTH MOTHER | INSURANCE |
| CERTIFICATION | LEGAL |
| CHILD | MATCHING |
| CLOSED | NEGLECT |
| CONFIDENTIAL | OPEN |
| CONSENT | ORPHAN |
| CONSERVATOR | PARENT |
| COOPERATION | PATERNITY |
| CUSTODY | PERMANENCY |
| DISSOLUTION | PLACEMENT |
| DOSSIER | PROFILE |
| FAMILY | RECORDS |
| FICTIVE KIN | SURRENDER |
| FOSTER | WAITING |

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

Word Search solution on page 37

Anil's Ghost is an Amnesty book choice

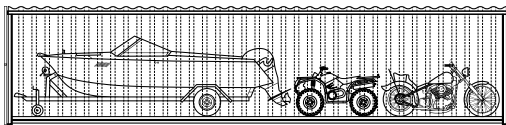
(NC) Canadian author Mary Lawson has selected Michael Ondaatje's *Anil's Ghost* as the Amnesty International Book Club choice for November.

Anil's Ghost follows the life of Anil Tissera, a native Sri Lankan who left to study in Britain and then the United States, during which time she has become a forensic pathologist. She returns to Sri Lanka 15

years later in the midst of its merciless civil war as part of a human rights investigation by the United Nations.

More information, including a discussion guide can be found at amnestybookclub.ca or by writing to Amnesty International Book Club, 1992 Yonge Street, Suite #314, Toronto, Ontario, M4S 1Z7.

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Your HOROSCOPE

ARIES (March 21-April 20):

Conflicting messages confuse you this week, Aries. Just don't let this confusion keep you from doing what you think is right. Choose a course and stick with it.

TAURUS (April 21-May 21):

Don't be too hard on yourself this week, Taurus. You really do not need to push yourself unless you are feeling motivated to do so. If you feel like relaxing, so be it.

GEMINI (May 22-June 21):

Gemini, stick to the outskirts of the room and be a quiet observer of what's going on around you instead of being the center of attention. You may enjoy being a fly on the wall for a change.

CANCER (June 22-July 22):

Cancer, this week you may feel an unusual need to be noticed and appreciated by others. Embrace the spotlight and make the most of this opportunity to share your thoughts.

LEO (July 23-Aug. 23):

Leo, you may find it hard to establish your priorities this week, but you have a good head on your shoulders and will figure out the path to take. Give yourself a chance to have fun.

VIRGO (Aug. 24-Sept. 22):

Virgo, do the right thing even if it costs you something emotionally. Your actions may be carefully monitored, and someone is learning by your example.

LIBRA (Sept. 23-Oct. 23):

Libra, try your hardest to make a tricky set of circumstances work to your advantage. Working with a partner is a great way to get things done.

SCORPIO (Oct. 24-Nov. 22):

Scorpio, you are better at dealing with things when they're out in the light of day. You don't like to be secretive, nor do you like the idea of others keeping secrets.

SAGITTARIUS (Nov. 23-Dec. 21):

Sagittarius, do not look at a current problem as something that will always block your success and happiness. Instead, use this obstacle as a way to get your bearings.

CAPRICORN (Dec. 22-Jan. 20):

Capricorn, though you may feel like lashing out at others, this week you show an impressive amount of self-restraint. Get through the week, and things will turn around.

AQUARIUS (Jan. 21-Feb. 18):

The messages you are receiving from everyone around you seem mottled and mixed, Aquarius. Instead of socializing with others, maybe you just need some alone time.

PISCES (Feb. 19-March 20):

Pisces, speak up if you do not feel you are receiving enough emotional support from your closest allies. Maybe they do not know how you're feeling.

LOVESCOPE

by Eugenia Last



ARIES (March 21-April 19): You will limit your chance to advance if you mix business with pleasure. You will end up in an compromising position if you flirt at work. Focus on getting ahead, raising your professional profile and attracting partners of a much higher caliber who have more to offer.

TAURUS (April 20-May 20): Make your move. Show passion, persistence and willingness to go after the pursuit of happiness. Love awaits you if you are willing to step out on a limb and express your desires. Be ready to move quickly toward a commitment that will tie you to the one you love forever.

GEMINI (May 21-June 20): If you are passionate about everything you do, you will attract someone just as interesting and proactive as you. Altering the way you live is in the stars, so don't hesitate -- cut your overhead and share your residence with someone you want to spend more time with.

CANCER (June 21-July 22): Don't let your emotions take over. Jealousy and possessiveness will ruin an opportunity to be with someone you've been clamoring to get to know better. Let your body language speak for you and your uniqueness intrigue the object of your desires. Confidence over suspiciousness will bring the best results.

LEO (July 23-Aug. 22): If you are looking for love, you will probably find trouble this week. Don't make promises you don't intend to keep and forgo any settings that are intimate with someone who is more into you than you are into him or her. Offer a good time, not a long-term relationship.

VIRGO (Aug. 23-Sept. 22): Take a unique approach to love, and you will discover the quirkiest side of someone who has piqued your interest. Converse and spend time in a comfortable setting geared toward relaxation and intimate discussions. A blind date or chance meeting will turn out to be enchanting.

LIBRA (Sept. 23-Oct. 22): Being stuck on someone who isn't available is a waste of time. Deal with past crushes by getting out and meeting new people. Don't sit at home waiting for someone to come find you. Engage in activities that will get you out of the house and into the fast lane.

SCORPIO (Oct. 23-Nov. 21): Don't go overboard. If someone isn't responding to you in a positive manner, walk away. It's not worth your while to give in to poor treatment or letting someone with ulterior motives take advantage of you emotionally, physically or financially. Protect your reputation and your assets.

SAGITTARIUS (Nov. 22-Dec. 21): Adventure will find you if you tangle with someone who has your heart spinning and your common sense reeling. Before you jump into action and let your crazy side take over, consider capping your spending. Problems will mount as you begin to see ulterior motives unfold.

CAPRICORN (Dec. 22-Jan. 19): Set your sights high when it comes to love. Shower the person of your dreams with affection and compliments, not cash-driven gifts. The sweetheart looking for a soul mate connection will not be interested in how much you have or put a price tag on your love.

AQUARIUS (Jan. 20-Feb. 18): Remember past infatuations, and make changes to the way you approach love. Expecting too much too soon or being too experimental when it comes to intimacy is likely to send the wrong message and will likely damage your reputation. Talk and build a friendship first.

PISCES (Feb. 19-March 20): Put your best foot forward and your heart on the line. Express the way you feel by doing things that will entice someone to your side. Affectionate gestures will quickly speed things up and lead to a one-on-one connection. Don't hesitate if it feels right -- set a date.

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Do Just One Thing



by Danny Seo

You want to take home that seriously good eggplant Parmesan from the restaurant, but you don't want the wasteful Styrofoam containers. What do you do? New reusable plastic containers from GET Enterprises marry the convenience of disposable containers with the durability of commercial-strength reusable plastic. Called Eco-Takeouts, the containers have the shape and look of disposables (with individual compartments, clamshell shapes and even Chinese food cartons) with the

sustainability of being dishwasher safe and reusable. Take the containers with you whenever you eat out so you can bring home leftovers without the guilt. Find them at webrestaurant-store.com.

Sure, we know that smoking cigarettes is bad for our health, harmful for the environment and a public nuisance. But did you know that the average smoker also spends about \$1,825 a year on cigarettes? According to Smoke Free Oregon, that's the cost of one pack a day. If you smoke more, you know what that means: more money going up in flames. For your health, your family's health and for your wallet, maybe today's the day to give up smoking and use the savings for something better: A vacation to celebrate life.

One way to extend the life of your home appliances is to regularly inspect them for broken seals, food particle buildup and hard water scale. But did you know that not regularly using

your appliances can also decrease their lifespan? It sounds odd, but appliances are designed to be used on a regular basis. If you have something that isn't used (especially one with a sealed system like a dishwasher or washing machine), it can deactivate and dry out over time. Appliance repair technicians recommend you use all appliances at least once a week. An inactive appliance that hasn't been used for months can actually fall apart when you do get around to using it.

Did you know that for every four hours of TV you watch, you and your family are exposed to an estimated 100 advertisements? And that the average cable bill for one year is about \$500? One way to cut back on overexposure to "stuff"

is to limit the amount of television you and your family watch. Try this: Designate a set number of "screen time" hours for your kids every week. This includes watching programs on computers, tablet devices and regular televisions, too. When their screen time hours are up, they are done for the week. Use free time for other activities and make TV a treat, not a norm.

Want to save money on organic food at the supermarket? Consider store brands or generic options over national brands. Since the term "organic" is regulated by the United States Department of Agriculture, all certified organic foods have to follow the same strict guidelines, no matter the brand name on the packaging. But less expensive store brands are

often made for the stores by the big-name national brands, so you're often buying the same food item with different packaging. So when it comes to frozen organic fruits and vegetables, canned foods and dried grains and pastas, think store brand to eat healthy and save money.

Today's the day to go through your car and remove all the junk that's weighing it down. Get rid of everything: recyclables that have been tossed into the backseat; extra paperwork and boxes in the trunk; sporting equipment and cases of food that never quite made it from the store to your kitchen pantry. Every extra 100 pounds of weight in your car actually cuts the fuel efficiency by 2 percent. With high gas prices, this one simple trick can

actually save you about \$40 to \$50 a year.

Ever find those little silica gel packets when you buy something new, like a new computer, a wicker basket or even inside bottles of vitamins? They are designed to absorb moisture and protect items from rust, but they are also nearly impossible to recycle. The good thing is that they have a million uses around the house. Leave them in a box of old photos, baseball cards or any paper matter to prevent humidity from attacking printed items. Leave some inside toolboxes and camera bags to prevent rust on expensive equipment. If you save seeds to plant in the spring, drop a few packets in with the seeds to protect them from mold during the fall and winter months.

Please recycle this paper.

Strange BUT TRUE

By Samantha Weaver

It was noted American architect Frank Lloyd Wright who made the following sage observation: "The truth is more important than the facts."

You might be surprised to learn that the Ford Mustang, an icon of American automobiles, was originally named the Torino.

If you live in Arkansas, you can reflect on the fact that your state is home to the only diamond mine in North America.

Popular Science magazine once dipped its toes into predictions -- and got it all wrong. In 1898, it published an article stating, "The energy necessary to propel [an airplane] would be many times greater than that required to drive a train of cars at the same speed; hence as a means of rapid transit, flying could not begin to compete with the railroad." The magazine can be forgiven its lack of foresight, though, consider-

ing the fact that the first powered airplane flight didn't even occur until five years later.

- Tofu has the distinction of being the most hated food in America.
- Method, a company that makes eco-friendly home-cleaning products, has at their headquarters a brainstorming room whose walls, floor and ceiling are completely

covered in live, growing grass. The purpose? To bring the outdoors in, and to "keep Method weird."

- Those who study such things say that a \$1 million lottery prize is actually worth about \$468,000, once taxes and fees are deducted.
- The next time you're visiting Great Britain and someone offers you

a dish called powsowdy, you might want to politely decline. Unless you're an adventurous eater, a broth made from sheep's heads probably won't appeal.

Thought for the Day: "If you haven't got anything nice to say about anybody, come sit next to me." -- Alice Roosevelt Longworth

Whitecourt PRESS SUDOKU

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

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

Level: Beginner

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

Sudoku solution on page 37

A recipe from Mama Gray's kitchen
REFRIGERATOR PICKLES



- Ingredients:
- 4 cups white sugar
 - 4 cups vinegar
 - 1/2 cup pickling salt
 - 2 tsp. turmeric
 - 2 tsp. celery seed
 - 2 tsp. mustard seed
 - 1 clove garlic

Directions:
Boil sugar, vinegar, pickling salt, turmeric, celery seed, mustard seed, and garlic. Boil for 5 minutes. Let cool, then pour syrup on sliced cucumbers and onions. Put in fridge to keep cold.



— TO YOUR GOOD HEALTH —

By Keith Roach, M.D.

'White-Coat Syndrome' or High Blood Pressure?

DEAR DR. ROACH: My 21-year-old son is a college athlete, a sprinter, but he has had recurrent high systolic blood pressure readings since he was a senior in high school. He's generally easygoing and not stressed. Doctors always attribute the elevated results to "white-coat syndrome," since he is otherwise in excellent health and doesn't drink, smoke or use drugs. The last reading was 142/78, when he checked it at a drugstore monitor.

He's never had any reason to be nervous in a doctor's office, and the initial high reading was with the same pediatrician he'd been seeing all his life. Once, a nurse had him rest quietly for a few minutes and re-checked the reading; it was lower, but still high. He just finished

four months of rigorous basic training with the Army with no problems (his high reading on his physical was put down to nervousness), and he may now be anxious no matter where or when the reading is taken, but I'm worried that something else may be going on. Is there something we should have checked? - K.C.

ANSWER: The real question is whether your son has "white coat" hypertension, or just hypertension. The best way of answering this is with a 24-hour blood-pressure monitor, which checks the blood pressure every 15-30 minutes while awake, and less frequently at night. If those readings are mostly in the normal range, we could conclude that he has reactive, or white-coat, hypertension.

However, it is possible that he has hypertension. Healthy young people sometimes get hyperten-

sion, and he may be able to get his blood pressure down without medication, through salt reduction and relaxation techniques. But if he needs them, there are medications that will not affect his athletic abilities.

I sometimes order an echocardiogram to look for changes in the heart that go along with high blood pressure. However, the elevated blood pressure readings are only of a few years' duration, so he might not have these yet. I think the 24-hour BP monitor is the way to go.

High blood pressure is one of the most common ailments for the general population. The booklet on it describes what it does and how it's treated. Readers can order a copy by writing: Dr. Roach -- No. 104W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the

recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: Is there much difference between D.O. degrees and doctor of medicine degrees? I just noticed that my PCP has a "D.O." after his name, and nothing else. -- B.B.

ANSWER: A D.O. is a doctor of osteopathy, someone who went to an osteopathic medical school. D.O. physicians are licensed to practice medicine and surgery in all U.S. states; in Canada, licensing varies by province. The training of an osteopathic physician is similar to that of a doctor with the M.D. degree, but osteopathic physicians obtain training in osteopathic manipulative medicine.

It has been my experience that D.O. physicians are very similar to M.D. physicians, in most respects.

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Emmanuelle Chriqui, Actress
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The pills you pop!

By Verna Ellis
Health Solutions

What the public needs to know about NSAIDs (non-steroidal anti-inflammatory drugs)!

After working in a clinical setting for some 25+ years, I have always been amazed at how readily our culture pops the painkiller and anti-inflammatory pill with little or no regard of its danger to our health. Sadly, there is even less awareness of the politics that allow such atrocities. Dr. Daniel Murphy says it better than I could, so listen up and read on.

Cox Inhibitors and the FDA

By Daniel J. Murphy, D.C., FACO Vice President of ICA

Eicosanoids are short-lived, hormonal-like compounds that have powerful influences on physiology. All eico-

sanoids are derived from 20-carbon long fatty acids.

Prostaglandin E2 (PGE2) is a pro-inflammatory eicosanoid derived from the 20-carbon long omega-6 fatty acid arachidonic acid. PGE2 receives a lot of press because studies have linked it to:

- Pain
- Degenerative joint disease
- Intervertebral disc herniation
- Rheumatoid arthritis and other autoimmune diseases
- Asthma and allergies
- Immune system dysfunction
- Cardiovascular disease
- Cancer
- Alzheimer's disease
- Free radical production

Historically, PGE2 is most associated with

increased pain. Recent estimates confirm that as many as 70 million Americans suffer from chronic daily pain.i

PGE2 is derived from arachidonic acid through the action of enzymes called cyclo-oxygenase, or cox.

Therefore, when dealing with pain, there are several options, including:

1. Reduce consumption of arachidonic acid (found abundantly in most animal food products). Most Americans are unwilling to take this option.
2. Reduce consumption of arachidonic acid precursors (corn oil, sunflower seed oil, peanut oil, safflower, canola, cottonseed, etc.). This option is difficult because these oils are used abundantly in our commercially available

foods.

3. Increase consumption of omega-3 fatty acids. Omega-3 fatty acids enzymatically compete with omega-6 conversion to PGE2. Increasing omega-3 fatty acids in the diet reduces the production of PGE2. This option is simple with the availability of omega-3 oil supplements.

4. Take drugs that inhibit the body's production of cyclo-oxygenase (cox) enzymes. These drugs are referred to as non-steroidal anti-inflammatory drugs or NSAIDs. Taking these NSAIDs has become the option of choice because taking drugs is simple. Cox inhibiting drugs are sold both over-the-counter and by prescription. People like this option because they can habitually eat cheap, pro-inflammatory foods and

suppress their deleterious effects by taking a pill. Food companies like this option because profits are higher when they fill our food with government-subsidized, cheap pro-inflammatory omega-6 derived foods ("How to Get Fat without Really Trying," ABC News, Peter Jennings, December 8, 2003.) Drug companies like this option because they make tens of billions of dollars yearly selling cox-inhibiting drugs to Americans.

However, there are some important problems associated with option No. 4. NSAIDs are associated with numerous side effects, especially when they are consumed on a regular basis.

Historically, NSAIDs (like aspirin and ibuprofen) inhibit both the cox-

1 and cox-2 enzymes. This is unfortunate because cox-1 enzymes protect the lining of the gastrointestinal system.

As Giles and Mullerrii note, "Gastrointestinal toxicity induced by NSAIDs is one of the most common serious adverse drug events in the industrialized world." Studies suggest that over-the-counter NSAIDs will kill approximately 20,000 Americans per year from fatal gastrointestinal bleeds.iii Prescription NSAIDs will conservatively kill an additional 16,500 Americans per year from fatal gastrointestinal bleeds.iv, v This totals 36,500 deaths per year from fatal gastrointestinal bleeds from NSAIDs.

Are you scared yet?
Continued next week.

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Verna nutritional consultant

Become a hero today for a homeless pet



(NC) Canada is a nation full of pet lovers, but recent research shows that many communities need some guidance on how to help solve the homeless problem.

The 2014 Shelter Pet Report (by PetSmart Charities of Canada) found that while 73 per cent of people say that pet homelessness is at least somewhat important to them, an equal number of people admit that they don't do anything to solve the issue.

With the following simple steps you can

make a difference today:

1. Adopt your next pet. The largest motivator for adopting is to save a little life. Did you know that an estimated 70,000 pets are euthanized every year in Canada? By choosing adoption we can all work together to decrease this number.

2. Spay/neuter your pets. Unplanned litters are the main source of pet overpopulation. By increasing access to spay/neuter services and spreading the word about how important fixing your pet is, you can re-

duce pet overpopulation from the start.

3. Help stray pets. If you notice stray cats in your neighbourhood, call your local animal welfare organization to see if they offer trap-neuter-return (TNR) programs. TNR is an innovative program that allows street cats to live out their normal lives without the risk of being euthanized in shelters.

4. Donate to animal welfare organizations: Championing this effort is PetSmart Charities of Canada, for example. It funds hundreds of local animal welfare groups that offer adoption and spay/neuter programs.

5. Spread the word: By helping pet lovers get more involved with local shelters and rescues, we can help find a lifelong, loving home for every pet.

Shelter and rescue groups say that if communities work together we can all end pet homelessness in a generation. More information is available online at petsmartcharities.org.

Flight Word Find

AIRPORT	FUEL	LAUNCH
ATMOSPHERE	HELICOPTER	PARACHUTE
BALLOON	JET	PLANE
ENGINE	LANDING	RUNWAY

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CANADA



HISTORY

2012

The government closes the Canadian embassy in Iran and gives Iranian diplomats five days to leave Canada. Iran is cited as a "Threat to global peace."

GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: PROPELLER

New word

THRUST

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Whitecourt PRESS **Contact Valerie Winger:** Phone: 780-706-1858 Fax: 1-866-647-4105 (Toll Free) Email: wctpress@telus.net **Whitecourt PRESS**

Water conservation is a top priority for agriculture

(NC) Over one billion people live without access to a safe water supply and sanitation. With predictions that one in five developing countries will face water shortages by 2030, finding ways to conserve water is imperative.

Given that 70 per cent of the world's water supply is used for agriculture, the industry has a responsibility to assist in its protection. New re-

search and technologies have helped by paving the way with recently developed crops able to withstand droughts.

The development of drought-tolerant crops through biotechnology is an important step towards easing the pressure on water supplies globally. These crops provide economic security for farmers as they assist in securing the world's food supply.

"Drought-tolerant crops can help address the worldwide water crisis," says Ian Affleck, managing director, science and regulatory affairs, plant biotechnology at CropLife Canada. "These innovations in biotechnology are crucial for agriculture as they allow crops to survive when water is scarce. This allows farmers to produce when Mother Nature is not co-operat-

ing." Field testing of drought-tolerant corn and canola is already underway in Canada, and these crops are expected on the market in the near future. Along with maximized protection against drought, these specialized varieties will contribute 15 to 25 per cent more to global yields where previously they would not have survived, without requiring more land or higher inputs.



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CLASS 1
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OPERATOR**

Please call **780-268-4448** or
email: **Dwayne@TransferOS.ca**



Northwell Oilfield Hauling is committed to attracting highly qualified individuals and developing those with the strongest potential, we consider our personnel to be our greatest asset. Our company's reputation is built on team performance and the belief in a mutual respect towards co-worker's, vendors and customers.

Operating out of a 7.2 acre facility in Acheson Alberta, Terra Core Rentals Ltd. is a privately held corporation that has invested many man hours and capital dollars into acquiring quality rental equipment for the Oil and Gas Industry. Through solid partnerships with professional vendors, we can now supply the highest class of well site units available.

The following positions are available with our group of companies:

- 1. SALES PERSON WITH OILFIELD EXPERIENCE FOR WHITECOURT, SWAN HILLS AND FOX CREEK AREA.** Must have experience and safety tickets.
- 2. LICENCED PICKER OPERATOR.** Must be certified and have safety tickets
- 3. EXPERIENCED HEAVY EQUIPMENT TECHNICIAN** with experience in engine and gears!
- 4. EXPERIENCED WINCH TRUCK and BED TRUCK DRIVER FOR NORTHWELL OILFIELD HAULING.** Experience and safety tickets are preferred.

All positions include competitive wages and full benefits.
Please submit your resume by fax to 1-780-960-4888 or email to jobs@northwelloilfield.ca

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**is looking for:
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- **Valid H2S and First Aid required**
- **Benefits Package**
- **Drug Test Mandatory**

**Please Fax Resume To:
780-778-6882**

WANTED IMMEDIATELY

**Labourer's, Carpenters,
Equipment Operators, and Steel
Erectors for vacant positions.**

We will train but experience would be a asset. There will be opportunity for advancement and long term employment. We offer a comprehensive benefit package.

**Please email resume to
admin@eliteholdings.ca or fax to
780-778-6954**



Are you ready to be a part of our company's continuing efforts to improve paper quality and production?

Millwright

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

Visit our website: www.albertanewsprint.com



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

WE'RE ALL EARS

Questions? Comments?
Story Ideas?
Let us know how we're doing.

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Call us at:
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AUTOMOTIVE SERVICE ADVISOR
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We are looking for someone who is passionate about the automotive industry and is willing to learn. The ideal candidate must be coachable, able to problem solve, work well with others, have strong customer service/organizational skills, be good at decision making, able to work in a fast paced environment, have a clean drivers abstract and must have computer knowledge. Willing to train the right candidate - attitude is your best asset.

Duties would include:

- Assisting customers & other Team members
- General office duties - cleaning/sorting/organizing, etc.
- Receiving/collecting payments
- Estimating • Answering general inquiries
- Ordering parts, maintaining inventory, etc.
- Data entry • Booking appointments

**Apply in person with resume
or fax or email to:**

AUTOPRO

Whitecourt Autopro

3708 Kepler Street, P.O. Box 1591

Whitecourt, AB T7S 1P4

Tel.: (780) 778-8485

Fax: (780) 778-8486

Email: wctautopro@yahoo.ca



NOW HIRING

Lounge Server:

days, nights, evenings, weekends.
Must be available most weekends.

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Seeking qualified drivers for immediate openings in Whitecourt, AB. for Wood Fibre hauling.

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You possess:

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- References

We are an equal opportunity Employer.

Email: jobs@arrow.ca, Fax: 250-314-1750

Phone: 1-877-700-4445



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

Canadian Tire, 4721 51 St, Whitecourt, AB T7S 1P1



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

Automotive Technician

- Perform maintenance and repair vehicles as requested by customers
- Perform road tests using safe driving standards
- Providing written, prioritized quotations for necessary additional work
- Notify service advisor and customer of additional maintenance work required to be recorded
- Explain procedures and repairs directly to customers, as required
- Perform daily bay inspections
- Instruct apprentices: monitor and verify their work for accuracy
- Maintain company and personally-owned equipment and tools in good repair
- Develop and maintain up-to-date knowledge of the operation, maintenance and repair of most domestic and imported cars
- Maintain professional appearance (uniform, hygiene, grooming & name tag)
- Follow company, store and department policies
- 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.



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**for their Whitecourt, Fox Creek,
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Excellent equipment to operate
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Please send resume including drivers abstract to:

grussell@northwelloilfield.ca

or Fax to: 780-778-5099

3624 - 36 Avenue Whitecourt

Northwell Oilfield Hauling Whitecourt Office

Phone 780-706-2000

RAM Oilfield

Services & Supply 1981
1st Avenue, Fox Creek, AB

is currently hiring for a shop manager,
\$26.87/hour, 40 hrs/week, full time,
permanent, benefits included.
At least 1 year experience.
Please mail your resume to:
Elizabeth Mostowich
Box 1199,
Fox Creek, AB T0H 1P0
or fax: 780-622-4241

RECRUITING FRAC WATER OPERATORS

Frac water heater operators required for busy winter in north central Alberta. We are an aggressive, growing company that offers a broad range of oil field services. We offer competitive wages, flexible schedule, and full benefits.

POSITION:

Frac water heater operator

REQUIREMENTS:

Experience in operating, frac water heaters, hot oilers, or super heaters
H2S Alive, CPR, First Aid, Clean drivers Abstract

PLEASE APPLY AT:

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HELP WANTED

FACILITY AUDITOR REQUIRED

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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

Your Voice Matters

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

Email: wctpress@telus.net

Phone: 780-706-1858

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

SUE'S LISTINGS OF THE WEEK

SMALL TOWN LIVING AT IT'S FINEST!



13 Ibister Ave, Swan Hills • 1979 • 1325 sq ft • 4 Bed
• 3 Bath • mature trees & shrubs • great curb appeal • large open living room • maple kitchen cabinetry • fully developed basement • single detached garage
\$215,000 • MLS# 31212



21 Hollinger Drive, Swan Hills • 1988 • 1216 sq ft • 3 Bed
• 2 Bath • amazing views • wood fireplace with gas assist
• new fridge, stove, washer & dryer
• new shingles, hot water tank & a few new windows
• main bath completely renovated
\$224,900 • MLS# 30122



47 Tressa Street, Swan Hills • 2010 • 1430 sq ft • 5 Bed
• 2 Bath • vaulted ceilings • hardwood flooring • beautiful dark cabinetry • granite countertops
• fabulous ensuite • partially developed basement
\$225,000 • MLS# 34253



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Cell: 780-268-3948

Bus: 780-779-0090 • Fax: 780-779-2375

sue.chauvet@gmail.com



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AUTOS FOR SALE

2011 Equinox all wheel 99,000 km, \$14,900
 2006 Ford Taurus leather, fully loaded, \$4,500
 2008 Chevrolet Equinox, AWD, 4 CUV, black, 125,000 km, SUV Crossover, \$9,900
 2006 GMC Envoy XL 4x4, 9 passenger, \$7,900
 2006 GMC 1500 SLT Leather, Dvd, fully loaded 149,000 km, 1 owner, Asking \$14,500
 2002 Chevy Cavalier 4 door, 5 speed transmission, \$1,900
 Light Tower 2010 Terex RL 4000 6 KLW, 4 lights, \$8,500
 2006 Chev Trail Blazer LT 4x4, power windows, power door locks, power mirrors, air, tilt, cruise, V6. 147,000 km., Asking \$7,900.00
 2008 EZ Go Golf Cart, \$2,600.00
 2007 FORD F-150 XLT, extended cab 4x4, power windows, power door locks, power mirrors, air, tilt & cruise, 5.4 L, V8, 100,000 km., Asking \$10,500.00
 2005 Chev Monte Carlo car, power windows, power door locks, power mirrors, air, cruise & tilt, sunroof, V6, 156,000 km., Asking \$4,500.00

Phone 780-706-6953

ROOM FOR RENT

\$550. per month, shared kitchen and laundry. Private bathroom, private living room, free Wi-Fi. Available May 1st. Call 780-778-4240

FOR SALE

2- 1950-60 Antique tables One red one grey w/extension leafs.
 2- Antique Singer sewing machines one with case
 Phone 780-785-2765

FOR RENT

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

FOR SALE

Kimball full keyed upright piano w/bench. Can lock top and key cover. Good condition. Asking \$1400. Phone 780-785-2765

Ask Valerie about video/audio/banner/print packages at...

780-706-1858 or
wctpress@telus.net



Do-it-yourself insulation will keep your home warmer

(NC) The worst of winter is the feeling of waking up in the morning afraid to leave the warmth of our blankets. If that sounds familiar, now is the time to rid your home of the cold by winterizing your walls.

The best way to keep the cold out is to install good quality insulation, or replace older insulation, say specialists in this field. If an easy-to-install, professional grade sounds right for you, retailers tell us that very popular right now is an insulation product (by Roxul) called ComfortBatt. It is a semi-rigid batt that has a unique flexible edge designed to compress as the batt is inserted into walls, attics, ceiling and floor frames. The bendable edge springs back, expanding the batt against the frame studs to give a complete fill.

This mineral stone wool insulation is also fire resistant and water repellent, giving homeowners extra safety features that many other commonly used insulations cannot claim. It also has the added benefit of blocking hot air from coming in during the humid summer months, keeping you cool and refreshed.

Are you ready to be a part of our company's continuing efforts to improve paper quality and production?

Assistant Controller

A permanent, full-time position exists in our Accounting Department for an **Assistant Controller**.

Qualifications and Responsibilities:

Part of the senior accounting team reporting to the Controller, this position is primarily focused on the preparation of cost statements and other analysis for the Company. Applicants must be able to demonstrate:

- A valid accounting designation;
- Five years' experience in cost accounting, preferably in forestry;
- Three years' experience in the leadership of others;
- Experience in using an enterprise financial accounting system;
- Proven ability to build models and perform analysis using Excel; and
- A proven commitment to accuracy and timeliness with reports.

Preference will be given to applicants who can also demonstrate some or all of the following:

- Experience in pulp and paper mill accounting and related operating methods and terminology;
- Experience in joint venture accounting;
- Experience in coaching or mentoring others;
- Excellent communication, interpersonal, and organizational skills;
- Comfort with working in a fast paced, dynamic and complex organization;
- Commitment and desire to be actively engaged in the business of the company.

The successful candidate will:

- Lead three accounting staff;
- Prepare month-end cost statements, annual budgets, and other models and analyses as required using our Agresso financial software and Microsoft Excel;
- Be involved in company capital projects, business opportunities, and operations.

The Company:

ANC maintains a unique team environment built by committed and skilled employees. A competitive salary and comprehensive benefit and pension package is provided, as well as an attractive work-life balance. The successful candidate will also be included in the company wide bonus plan.

The Community:

Located less than a 2 hour drive from Edmonton, Whitecourt is thriving community of 9,000 that is home to many young families and offers a wealth of business and cultural amenities. Its extensive recreation opportunities including the Allan & Jean Millar Centre, numerous parks and trail systems make Whitecourt a great place to call home.

If you would like to explore this career opportunity and be part of our team, please submit your covering letter and resume by **November 14, 2014** to:

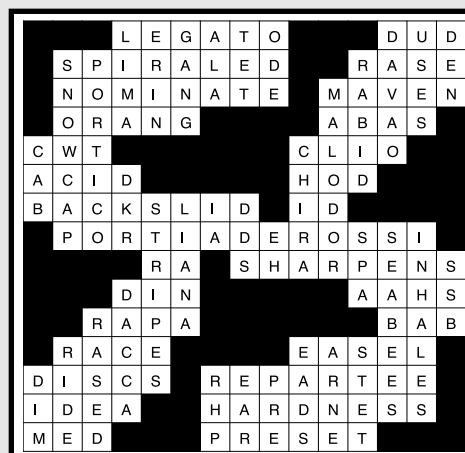
Alberta Newsprint Company
 Postal Bag 9000
 Whitecourt, Alberta T7S 1P9
 Attn: Personnel Services Coordinator
 Fax: 780-778-7070
 Email: career_accounting@albertanewsprint.com



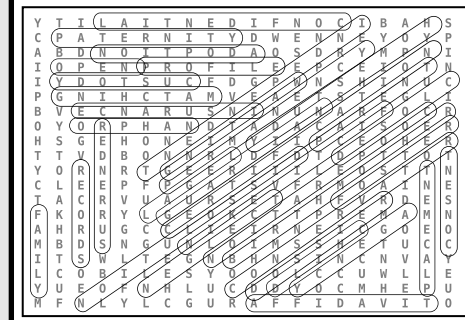
Visit our website: www.albertanewsprint.com

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

Puzzle Solutions, did you solve the puzzle?



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



How to submit classifieds:



Email: 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)

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

Remove snow in comfort and safety with a trendy home plow

(NC) The forecast is calling for another bad winter, which means there will be lots of snow to remove from your driveway. Will you shovel it, blow it, or

jump into a home plow? Decide with this overview:

Shoveling is great exercise, if done properly and by someone who is physically able and ad-

equately prepared. On the other hand, it can also result in painful and even fatal consequences. Along with the obvious risk of pulled muscles, plus back and shoulder

pain, shoveling can lead to heart attacks. That's because cold temperatures cause blood vessels

in the heart to constrict, minimizing blood flow at a time when the heart is beating harder due to

physical exertion.

Snow blowing gets us away from shoveling, but it is still hard work for people concerned with health risks. Although less strenuous than shoveling, the use of a snow blower (or snow thrower) still requires physical labour in cold, snowy conditions that can result in slips, falls or over-exposure.

Home plowing now is the latest trend. In recent years, manufacturers have made great strides in reducing the size and weight of snow plows so that they represent a viable, safe and convenient snow removal option for homeowners and small business owners.

A popular seller, for example, is the Home-Plow by Meyer. Known to be easy to install and operate, this plow weighs less than 113 kilograms, and it quickly mounts to almost any standard SUV, light pickup truck, or utility vehicle to allow even the longest driveways to be cleared in a matter of minutes. From a health and safety perspective, the Home-Plow does its job with you inside the vehicle and sheltered from exposure to the cold, snow and ice.

A newer, more compact version called the HomePlow Basic has also arrived. Affectionately called the Plow-in-a-Box, it comes in an easy-to-transport carton that fits into an SUV or pick-up. The Basic offers a highly cost-effective alternative for snow removal with a model priced under \$2,000. Like the larger, pre-assembled and full-powered HomePlows, it offers a patented system called Auto-Angling. This controls the direction of the blade without need for any manual adjustment, automatically pushing snow off to the side. Once assembled, it can be connected or disconnected in less than a minute without the need for any tools.

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

EMPLOYMENT OPPORTUNITY | Job #14-062

Landfill Operator II



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 now has an opening in the Infrastructure Services Department for a part-time, permanent Landfill Operator.

Four days per week, the individual will contribute to the daily operational and maintenance functions at the Landfill and Transfer Station.

QUALIFICATIONS:

- Must be able to operate heavy equipment
- Valid Class 5 Driver's Licence

The applicant must be physically fit for heavy labour related tasks and be prepared to do any overtime as required by the supervisor. The successful applicant will be a person who is willing to work outside the parameters of the position description and be able to work with minimal supervision.

The position requires an individual who exhibits accuracy, neatness and completeness in all functions and relates in a positive manner to the general public, contractors and other staff members.

Job descriptions are available upon request. The rate of the position is between \$26.62 and \$28.78 per hour pending experience.

If you feel that you have the qualifications and desire to be a part of the Town Team, please submit your resume prior to **12:00 noon on Friday, November 14, 2014** to the following address:

TOWN OF WHITECOURT

Attention: Legislative Coordinator
Box 509, 5004 - 52 Avenue,
WHITECOURT, AB T7S 1N6
Fax: 780-778-4166
Email: hr@whitecourt.ca
Re: Job #14-062

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



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

• 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

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



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

Boreale 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 FirstAid.

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 or by fax to 780-532-4811.

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



Create your own job with entrepreneurship skills taught at universities

(NC) Ontario universities are responding to the sluggish economy by teaching students to be entrepreneurs.

More and more, graduates are creating jobs for themselves and for other people.

No longer content to rely on employers to hire them, many university students – across all disciplines – are turning to campus start-up incubators to learn what it takes to invent the next big thing, attract investors and take their creation to market.

It's paying off with

the highest employment rates and income of any educational group.

A new survey of recent graduates of Ontario university undergraduate programs shows more than 87 per cent of university grads were working within six months, and 93 per cent were employed within two years.

These are high-paying jobs or start-up positions, with graduates reporting earning an average \$42,636 in the first six months and \$49,398 within two years, according to the 2013 Graduates Survey conducted

for Ontario's Ministry of Training, Colleges and Universities.

"The high employment rates and earnings are despite the fact that

the economy hasn't fully recovered from the 2008 recession," says Bonnie M. Patterson, President and CEO of the Council of Ontario Universities.

"The data also confirms that university graduates are the most recession-proof of any educational group."

In a survey of Can-

ada's postsecondary students by Pollara for BMO, 46 per cent said they see themselves starting a business after graduation.

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Getting into the spirit



By Susan Hofforth
Whitecourt Press

Halloween is over! And, you know what that means. Just seven more weeks until Christmas. Is it too early to start planning? No. The more you can get done now, the less stress you will have in the final hours. It's hard to start this early, though, unless you get into the Christmas spirit. Here are some ideas for getting you in the mood.

The first thing you can do is to start watching

movies. There are some great Christmas movies, and getting people into the spirit is their job. Try picking out a few of your old favourites from childhood and watch one or two a week. That way, you can start out slowly and let the spirit build. Do the same with Christmas carols. Make a playlist of some of the best, and listen to it.

Start doing some shopping now. You will be able to get to the stores before the crowds frustrate you and pick every-

thing over. This way, you will not feel in a rush, making it easier to shop locally where things are much more relaxed than they are in the city. Starting now also gives you time to browse around online and order things. Starting early lets you be more creative with finding ingredients for Christmas cooking. Do you want kumquats? Goat meat? You may need to start looking now.

Once you have started

to amass a pile of gifts in your house, you will start to feel Christmas-y. Then, it will seem like time to decorate. If you start early, you will have time to de-clutter and clean up the house before you start filling it with your Christmas memories. Try bringing out Christmas deco-

rations just a few at a time so you can build up slowly to the big tree moment.

Another way to get into the spirit, and get a big job out of the way is to start writing Christmas cards early. You can do them slowly, and it won't seem like it takes time you don't have in

December.

Saving time is the key. Keeping the Christmas spirit means keeping the joy in the holiday and keeping the stress out. If you start now, you can get a lot of things done before you feel too rushed to do them, and you can take time to enjoy the holidays.



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