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VOL. 3 - ISSUE 48

Proud to be your newspaper serving Whitecourt and our surrounding communities

Tuesday, December 9, 2014

## — A handmade Christmas! —



Photo Whitecourt Press

On Saturday, December 6, the Whitecourt District Preschool put on a wonderful holiday Bake Sale and Gift Fair. Some of the items available were fresh, homemade bread and buns, cookies, muffins, popcorn twists/balls, and pumpkin pies. There were also a lot of handmade gifts. All proceeds go to the preschool. See page 17 for more photos.

**Domino's Pizza** **ONE DAY ONLY!!**  
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The most widely distributed weekly newspaper in Whitecourt and area.  
The Press is available in over 100 locations.



# Become a snow star

By Susan Hofforth  
Whitecourt Press

One thing we know about winter around here is that snow always needs moving. The popular Snow Stars Program is in full swing again this year, connecting those who need snow moved

with those who are willing to lend hands to move it.

Snow Stars is a volunteer-based program to help seniors and people with mobility issues clear the snow from their steps, sidewalks, and driveways. The program

has been in Whitecourt since 2001, but it's not only registered volunteers who help out, said Fay Arcand, program coordinator at FCSS. "Just be aware of your neighbours," she said. "If you see someone who could use some assistance with

snow removal, be that good neighbour and help that person out. Community spirit is a powerful attribute and that's what we want to promote."

Registering, however, means there is a pool of volunteers to call upon when someone needs assistance, so there is always a need for more volunteers, Arcand says. "We have 10 people in need right now, and that number always grows throughout the season."

Volunteers are nomi-

nated at the end of the year for recognition, and Arcand is pleased to see that Whitecourt has so many kind neighbours willing to help out when

needed.

If you need a snow star or would like to volunteer to be one, contact Arcand at FCSS. Call 780-778-6300.

## Shopping like Santa



Photo Desiree Emperingham

The children at Central School were able to enjoy buying gifts for their friends and loved ones on their own this week.

The Christmas Gift Shop is an event put on each year by the school with an array of gifts for all ages, giving the kids a sense of independence in buying their own inexpensive gifts and allowing them to express themselves in their own unique way through the gifts they buy for loved ones. Grade five student, Layla Perrin, arrives at the shop while volunteer mom, Corry Pepper, mans the counter.

### Farewell!

Please join us for a retirement tea and snacks for Dr. Siegfried Zierath  
Sunday, Dec. 14  
2 p.m. - 5 p.m. at  
Sky View Alliance Church



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All Diamond Pendants

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## 50% OFF

All Chamilia Beads & Bracelets

## 50% OFF

All Giftware

## 50% OFF

All Watches

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# Ready, set, bake: round two of The Rig's community bake-off

By Nerissa McNaughton  
Whitecourt Press

The Rig will be holding its second annual Community Bake-Off on December 15 at 11 a.m. at the Rig Studios, 5118 - 50 Street in Whitecourt.

This year marks the continuation of the 'Mayoral Bake-off' tradition, following last December when Woodlands County Mayor Jim Rennie challenged Whitecourt Mayor Maryann Chichak to a cookie competition. The challenge was extended to community businesses and groups, and Apex Oil Services and Community Futures Yellowhead East got involved as well.

Despite Mayor Rennie's best efforts with his barbecued cookies, the judges, who included 96.7 The Rig's Devin McNeil and Kasi Johnston, along with representatives from Whitecourt Press and Whitecourt Star, named Mayor Chichak winner of the 2013 bakeoff.

This year, Mayor Chichak is continuing the tradition by challenging everyone to a gingerbread cookie bake-off.

The event involves more than just mayoral pride at being named cookie champion. Each participant provides a \$100 buy-in to enter, and this money will go directly to the Christmas Hamper.

The Christmas Hamper is an organization that offers assistance to those who find themselves less fortunate at Christmas time. They provide such items as non-perishable food items, clothing, vouchers, toys, and gifts for the children. Gifts usually include an outfit,

a sizable gift, a hat and mitt set, and a family game.

Families are encouraged to register so the Christmas Hamper will know what size clothing the children wear or what they may need.

The Christmas Hamper's biggest year so far was in 2009 when 185 hampers were made for children.

The Christmas Hamper accepts donations of non-perishable food items as well as new, non-wrapped toys. Any

cash donations, including the bake-off's entry buy-ins, are used to purchase items that are still needed to ensure all registered children get Christmas Hampers.

The Rig's Community Bake-Off is free for the public to come watch. The deadline to register for participation in the event is December 8. Call the Rig on the pipeline at 780-778-5105 to register or contact kjohnston@newcap.ca for more information.

## Press Christmas Schedule

December 23 last  
publication for 2014.

No paper on  
Dec. 30 and Jan. 6.

First paper for 2015  
January 13.

Office will be reopen on January 12, if you  
need anything for the Jan. 13th issue please  
call Valerie at 780-706-1858  
or email wctpress@telus.net

Whitecourt  
PRESS

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Whitecourt  
PRESS

# Wendy's open for business



Photo Whitecourt Press

December 5 was chilly but "frosty" was a good thing for those who gathered to witness the opening of Wendy's in Whitecourt. Councillor Darlene Chartrand cut the ribbon and patrons entered to see the food and drink offerings including Wendy's signature Frosty. Whitecourt's Wendy's has three kinds of iced coffee on the menu - that's an exclusive to this location! Stop by Wendy's and say hello to Operations Manager Santosh Menon and his team, and enjoy the famous menu.

Whitecourt  
Festival  
of  
Trees

Only 5  
Days Left!

View trees and support  
our community  
@ Allan & Jean Millar Centre

**Tickets 1 for \$5 or  
Bid on 1 of 4 trees**

**Ticket sales: Dec. 12 & 13 noon to 6 pm at IGA**

**Winners drawn  
11:00 a.m. Monday, Dec. 15/14,  
you may not need a tree, but you can give  
the gift of Christmas by donating your tree.**

2013 Proceeds donated to: Little Big Fort, Whitecourt Lunch Box Program,  
Whitecourt Christmas Hamper, and Whitecourt Social Experience Club

In Partnership with the  
Rotary Club of Whitecourt

Whitecourt  
PRESS

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Whitecourt  
PRESS

## WHITECOURT TOWN COUNCIL December Meeting Schedule

Town Council will hold the following meetings during December 2014:

- **Regular Meeting of Council**  
Monday, December 15 at 7:00 p.m. Council Chambers at the Forest Interpretive Centre
  - **Special Meeting of Council**  
Monday, December 22 at 11:30 a.m. Large boardroom at the Town Office
- \*The purpose of the Special Meeting is to adopt the 2015 Interim Budget

Members of the public are encouraged to attend Council meetings. If you would like further information, please contact the Town Administration Office at 780-778-2273 or visit [www.whitecourt.ca](http://www.whitecourt.ca).

## HOLIDAY HOURS OF OPERATION

The Town of Whitecourt wishes you and your loved ones a safe and happy holiday season!

### Residential Waste Collection:

- Collection service will proceed per the normal schedule (pickup in the hilltop area on Tuesdays, and Wednesdays in the valley area)

### Curbside Recycling Collection:

- Will proceed on Fridays per the normal schedule

### Town Office, Forest Interpretive Centre, Public Works Shop, Utilities Department:

- December 24, 25 & 26: Closed
- January 1: Closed

### Allan & Jean Millar Centre:

- December 24: 5:30 a.m. to 4:00 p.m.
- December 25 & 26: Closed
- December 31: 5:30 a.m. to 4:00 p.m.
- January 1: Closed

### Whitecourt Regional Landfill:

- December 24: 9:00 a.m. to 3:00 p.m.
- December 25, 26 and 27: Closed
- December 31: 9:00 a.m. to 3:00 p.m.
- January 1: Closed

### Whitecourt Transfer Station:

- December 24: 10:00 a.m. to 4:00 p.m.
- December 25 & 26: Closed
- December 31: 10:00 a.m. to 4:00 p.m.
- January 1: Closed

### Scott Safety Centre:

- December 24 to 26: Closed
- December 31: Closes at 3:00 p.m.
- January 1: Closed

### Whitecourt Transit

- December 24: Service from 7:00 a.m. to 5:00 p.m.
- No service December 25, 26 and January 1

### Whitecourt Food Bank:

- December 24 & 26: Closed

Please note that snow and ice control activities will be conducted throughout the holiday season, as required, for your safety. If you have an after-hours emergency please call 780-778-7707.



## BUDGETING 101

Are you feeling the stress of Christmas?



Develop your personal spending plan so you're more prepared financially next year. This Budgeting Workshop you'll learn how to:

- control your money,
- save for the future,
- set and meet financial goals.

**When: Monday, January 12**

**Time: 7:00 - 9:00 p.m.**

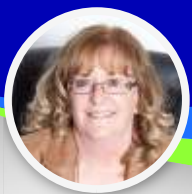
**Cost: \$5.00**

**Where: Allan & Jean Millar Centre**



## PUBLIC NOTICE

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



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**DEPUTY MAYOR**  
Norm Hodgson  
780-396-9034  
[normhodgson@whitecourt.ca](mailto:normhodgson@whitecourt.ca)

Peekaboo!



Photos Whitecourt Press

Kids aged five to Grade 5 stayed warm at the Whitecourt Baptist Church over the weekend. They enjoyed a Christmas story, games, crafts, and snacks.

Dominos pizza party winners

These winners received recognition for their part in the Fire Prevention Poster Contest.



Photo submitted

Whitecourt Central School winner: Grace Boudreau from Mrs. Martel's class.



Photo submitted

St. Joseph School winner: Zusana Fehr from Mrs. Despina's class. (Holding gift certificate).

Whitecourt  
Christmas Parade

Friday, December 12 • 7 pm

Carolers and Hot Chocolate behind Legion Hall from 6:30pm.

Hot Chocolate also at :

- The Brick
- Sunlife
- If Hearts could Speak (Down Town Mall)
- Skyview Alliance Church (Behind Legion Hall)



Come out and enjoy the fun!

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\$114,900 • MLS# 35040



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## FROM THE FIREHALL Candle fire safety

By Susan Hofforth  
Whitecourt Press

Candles add a warm and welcoming feel to any holiday decorating, but they must be used carefully so holiday decorating doesn't become holiday disaster.

Unfortunately, December is the most common month for fires started by candles. The most common days for candle

fires are Christmas Day, Christmas Eve, and New Year's Day. Over half of these fires began because some combustible material was too close to the open flame. Not surprisingly, in a lot of cases, the ignited materials were Christmas decorations so would not have been available at other times of the year to catch fire.

A child playing with candles is another common cause of fire along with keeping candles in improper containers making them unstable and easy to knock over.

Light candles carefully keeping clothing and hair away from the flame and be sure to blow out all the candles when you leave the room or



go to bed. Also, be sure that the candle is at least 12 inches away from anything that burns. Use good candle holders that don't topple, and place them on a sturdy, uncluttered surface. Don't let a candle burn all the way down. Put it out before it gets too close to the container it is in.

As for children, don't forget that flame is a source of fascination for them, and they love to experiment. Christmas is an exciting time for children but, of course, the same fire rules do apply. Never leave a child alone in a room with a burning candle, store matches and lighters

out of reach, and always have very clear rules about the consequences of fire misuse.

Make sure you decorate with care this Christmas. Consider using flameless candles in your home. They look just like the real thing, but if you do decide to use real ones, always be careful with them.

## Meet the Boys and Girls Club of Whitecourt & District – Part 3

Last week we discussed the Boys and Girls Club of Whitecourt & District's Before and After School program. This week we explore the club's role in Whitecourt's future.

We need to grow and adapt to meet the community's future needs.

Whitecourt and district is expected to double in population over the next six years. We need to grow our programs to provide support for our youth so they maintain safe, healthy, and constructive lives.

We are helping children in a safe, caring environ-

ment by "bolstering literacy, healthy lifestyles, pride in community, and connectedness with others along with caring, mentoring relationships that instill confidence, create a sense of self-worth, and bring out potential," says Liz O'Neill, ED, Boys &

Girls/Big Brothers, Big Sisters of Edmonton and area.

### Funding

Receiving funding from businesses in Whitecourt will assist us in supporting our programs so we can continue to improve the quality of life of children and youth in our community. Internally, we raise 50 per cent of our

funds through programming fees and fundraising activities in the community. The remaining 50 per cent is from the grant process and financial assistance from local companies. Although the Town of Whitecourt gives us positive support, we are not funded through the Town or the County and we pay rent to operate out of the

Carlan Community Resource Centre.

Your donations, along with participating in our fundraisers, helps us create a community of hopeful young people. On behalf of the children and their families we are so honoured to serve. Thank you for your generous support.

Learn more by visiting [whitecourt.bgccan.com](http://whitecourt.bgccan.com).

## Santa party countdown

By Rechell McDonald  
Whitecourt Press

Looking for festive fun the whole family can enjoy? On December 13, the Allan & Jean Millar Centre will be having a Santa Party and, you guessed it, Santa will be there! The whole family will be able to enjoy several activities including a bouncy castle and sleigh

rides. There will be hot chocolate available, and the kids will get a chance to chat for a moment with Santa himself.

The event is running from 4 to 6 p.m. with Santa arriving early. The Whitecourt Hamper will be available for those wishing to donate non-perishable food items. Members will have free

access to the event, with non-members being able to attend for \$2 or a donation to the food bank. Make sure the whole family is dressed for the weather if you plan to take advantage of the sleigh rides. The sleigh will be going through a planned route in the Hilltop area, and things could get chilly.

## Allan & Jean Millar Centre - leisure pool closure notice

Due to unforeseen circumstances, the leisure pool, lazy river, and waterslide in the aquatic centre at the Allan & Jean Millar Centre are

closed until further notice. Maintenance crews are working to identify the issue.

The lane pool, tot pool, and hot tub remain open

to the public.

The Allan & Jean Millar Centre thanks you for your patience and understanding during this closure.

## Your Voice Matters



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

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

*Warm Up for the Holidays*

**BROGAN**  
SAFETY SUPPLIES

As we all know, the Winter season in Alberta can be brutal! With this in mind, members of your local Brogan Safety staff have volunteered to go "homeless" for 24 hours in support of local charities who serve those less fortunate.

Join us in giving this holiday season to take a little of the chill out of the air for those in need.

Cash donations, corporate sponsors and donations of new or gently used Winter clothes are all gratefully accepted.

YOUR DONATIONS WILL BE ACCEPTED BY OUR "HOMELESS" STAFF:

DEC. 15TH 12 NOON  
UNTIL  
DEC 16TH 12 NOON

COME OUT & DONATE ON  
DEC. 15TH & 16TH  
AT THE  
FAMILY WORSHIP  
CENTRE  
Across the street from Tim Horton's

*In support of:* Lorne's Blanket  
Tennille's Hope  
*...and families less fortunate in our community!*



## How I see it

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

As Christmas draws ever nearer and we double check our naughty and nice lists before we dash off to the store to buy presents, it's easy to get caught up in the joy of the season and forget those who won't find the next few weeks to be merry ones.

There is no doubt that Alberta is booming. It's one of the most prosperous places to live in Canada, but that doesn't mean homelessness has been eradicated in our province. According to Alberta Human Services, recent studies indicate:

- 14 per cent of the homeless are living on the street
- 40 per cent have some form of mental health problem
- 50 per cent have some history of substance abuse
- 25 per cent are employed
- 10 per cent are young adults
- 11 per cent are families with school age children

Those numbers don't include the "at risk of becoming homeless" (those spending more than 30 per cent of their income on housing) or those who avoid shelters and other homeless-serving options due to misplaced fear and shame.

Christmas offers a big push for donations to shelters, food banks, etc. Take a moment or two to give a donation to help those who need a little assistance getting through this holiday season.

*Have a wonderful week everyone!*

**Valerie Winger**  
Owner/Publisher

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



## Strong emotional reactions a clue to something



By **Gwen Randall-Young**  
Special to the Whitecourt Press

Sometimes we respond to situations in ways that others consider over-reactive. We may have very strong feelings that we need to express only to feel hurt and negated when someone says it's no big deal or tells us to chill out. If a reaction is, indeed, out of proportion to the situation, it means that something else is bothering us, or that old emotions are being triggered.

If a woman gets angry at her partner and accuses him of being controlling, it may be that she was controlled by her father (or mother) and she's had enough. As a child she could do nothing about it but as an adult she will not put up with it.

A man may feel that his partner is never satisfied. No matter what he does, it is just not good enough. This may upset him deeply if he spent his childhood trying to be "good enough" for his parents, but never succeeded.

If one feels that his or her partner has little time to give to the relationship, this may trigger feelings of neglect and abandonment from earlier years. If one was

constantly criticized by parents or siblings, there may be difficulty hearing honest feedback from friends or employers.

While we should not have to take the brunt of someone's unresolved feelings, we can try to bring some compassion to the situation. No-one can change the past, but simply feeling understood and supported can go a long way towards healing it. Really listening to the reasons why someone is so upset can allow them to release old hurt.

In order to do this we have to set our egos aside temporarily. Generally, showing that we care will defuse another's hurt or anger. Validating someone's feelings makes things even better. Then you are both in a more positive position to discuss the contentious issue.

Mocking someone and accusing him or her of being just like the parent or of acting out childhood issues, is one of the worst things you can do. That would be like abruptly awakening a sleepwalker. If the person is not conscious of the connection with deeper emotional issues, such comments could

escalate that person's emotional reaction dramatically.

In close relationships, you have the power to profoundly assist in healing but, also, the power to hurt the individual even more. That is why it is so important to be aware of our own unhealed parts, and those of others. Some will take the stance that they have dealt with their past, and it is no longer an issue in the current relationship. Unfortunately, past hurt is like radioactive waste, and does tend to seep up into our lives no matter how well we think we have stowed it. It also tends to operate through the unconscious parts of our being so we may truly be unaware that it is still affecting us.

Strong emotional reactions to current life situations are often a clue that there is something coming to the surface so it can be healed. It's best to tend to that healing before it contaminates our present, and leaks into our future.

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



# Whitecourt PRESS

An Independently owned newspaper serving Whitecourt and area.

Published every Tuesday.  
Box 2395, Whitecourt, AB, T7S 1W3  
STREET ADDRESS:  
4919-51 Avenue, T7N 1N5

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Whitecourt, Mayerthorpe, Fox Creek,  
Rochfort Bridge, Blue Ridge, and Sangudo.

## Candy cane checkstop



Photos Whitecourt Press

**This is one time you want to be pulled over for a checkstop!** “Candy cane checkstops are a chance for emergency and protective service agencies throughout the Peace Region to wish the travelling public a safe holiday season while delivering important safety tips,” says JoAnn Cazakoff, paramedic and Public Education Officer for Alberta Health Services EMS, in a statement on the Life Regional EMS Foundation’s website. Rather than a ticket or a warning, a candy cane checkstop nets you a treat and a reminder about seat belt wearing, not drinking and driving, and winter hazards.

## Business Profile

### Raw Edge Pro Shop

By Susan Hofforth  
Whitecourt Press

Tom and Dana McLean have run Raw Edge Pro Shop in the lobby of the McLeod Arena at the Scott Safety Centre for the past two years. Both have full-time jobs as well, but they love working and running a business in Whitecourt. They saw a need for a store like the Raw Edge Pro Shop while their three boys were growing up playing hockey in the community and, as Dana says, “every arena needs a skate sharpener.”

Both have been in Whitecourt for many years -- Dana has been here all her life and Tom has been here for the past 18 years. Tom works in the oilfield and Dana does home visitations but the skate shop is near and dear to their hearts, and is certainly an invaluable service to Whitecourt. “It’s really convenient to have everything that parents and players need on hand,” said Dana. “Someone always forgets something they need.”

Raw Edge Pro Shop is on hand to sharpen skates with their Blademaster 3-station sharpening machine. They also sell all hockey essentials like stick tape, neck guards,

mouth guards, socks and sock tape, skate laces, water bottles, grip tape, and de-odorizer. And, they are the only place in Whitecourt to carry Gongshow clothing. If you need something, they can order it in for you.

The McLeans appreciate the close knit community in Whitecourt. “It’s a very young town,” said Dana, “and there are a lot of opportunities to

do a variety of sports or other activities. The town has a really great focus on recreation and families.” Raw Edge Pro Shop gives back to the community where they can. They support Whitecourt Minor Hockey by accepting found pucks from kids in exchange for a candy. The pucks are recycled back to reduce equipment costs for the following year. They are also look-

ing into the possibility of opening up a skate rental, and an equipment consignment store sometime in the future.

Whether it’s providing coffee on the weekends and a place to warm up between periods, or helping an elementary school with skate sharpening so the kids can skate in their gym period, Raw Edge Pro Sports is there. Come and visit next time you are in the arena, or check them out on Facebook.

## Horsing around on Main Street



Photo Whitecourt Press

Over the weekend, kids had a blast enjoying their sleigh ride as part of the Christmas is for kids events.

## Haunted BBQ



Photo James Chester

James Chester of Whitecourt woke up one morning last week after the heavy snowfall to find his barbecue had taken on a life of its own.

WHAT WOULD YOU DO IF YOU COULD BREATHE BETTER?

Let us know you would do. Email: care@ab.lungca.org or www.poweredbybreathing.com

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### Letter to the editor policy

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



### Visit us online:

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Whitecourt  
PRESS



Whitecourt Legion presents a  
**New Years' Party**  
**December 31st**  
starting at 6:00 p.m.

Tickets are \$30.00 each which includes dinner at 7:00 p.m., music by Michelle Arcand and Friends, midnight lunch and extras!

Contact the Legion at  
**780-778-3666**  
(can leave a message)  
or Brock at  
**780-778-9035.**

**Get your tickets now!**

## — What does Ferguson mean for Canada? —

By Laura Bohnert  
Whitecourt Press

On August 9, 2014, Michael Brown, an 18-year-old black man, was fatally shot by 28-year-old white police officer Darren Wilson during an altercation in Ferguson, Missouri, a suburb of St. Louis.

The circumstances surrounding the shooting were widely disputed with many claiming Brown was surrendering at the time he was shot. The racial tension involved in the case -- Ferguson is a majority-black community with a majority-white police department -- has resulted in protests and civil unrest throughout the US as well as abroad. The relationship between law enforcement and African American citizens has been brought into debate along with the police use of force doctrine.

More recently, further rioting and incidents of civil unrest have broken

out following the November 24 grand jury decision not to indict police officer Darren Wilson for his involvement in the incident.

The tension surrounding this case falls into two categories: first, the controversial ability of police officers to wield excessive force against its citizens and, second, the racial tension that seems to reveal a bias within the police department where black citizens appear to be met with more disciplinary force than do white citizens.

And the issue is not merely relevant to the US; Canada, at least by the looks of its social media streams, is voicing its opinion on this political controversy as well.

Controversy surrounding what seems at times to be the tyrannical use of force that empowers the police department reaches back to almost

any incident of public disturbance, including the G20 protests in Toronto in 2010. This is an issue which should not be dropped, no matter which cultural group is at the other end of the Taser, gun, choke-hold, or baton.

There is no debate. The issues at stake here need to be investigated, and they need to be investigated thoroughly within Canada's police department as well as throughout the US. No question. My issue is this one: race is a wild card right now (and I say this with all the horror that the statement should invoke).

At the moment, social media is being fed every possible incident of police brutality in which a racial bias is apparent; however, how many of these examples fall outside the tension between black and white? Don't get me wrong, these incidents need to be brought

to light, but consider that this social media trend follows on the heels of a huge surge of racial slander and hate speech that was targeted against Middle Easterners following the death of Corporal Nathan Cirillo in Ottawa. Further, the most recent Facebook meme to circulate has involved reclaiming "our country" by taking a stand and saying "Merry Christmas" instead of "Happy Holidays" (no, really, cultural diversity in Canada is fine -- just as long as they conform).

Our revolutions, in short, are much too fleeting and much too fraught with the volatility of the social media trends they encompass. We can hope that this event will inspire positive change in the battle for social equality throughout the racial spectrum. Of course, this entirely depends on the

next issue to come into the controversy of focus. But, maybe, it will prove me wrong; maybe the next revolution-worthy instance of injustice to hit the media streams won't turn this injustice

on its head before any positive changes can result from it. It is, after all, much more likely that the world will become distracted by the next celebrity scandal instead.



**The Whitecourt District Agricultural Society**

Will be having their AGM on  
**December 15th at 7 p.m.**  
at the  
**Westward Community Centre**

*New members are welcome to attend. Please, bring your ideas, concerns and comments.  
Coffee will be on!*

**Call 780-779-4343 for more information**

### Money Matters

**One Canadian Dollar = 0.88 US Dollar**  
at an exchange rate of 0.8754 (using nominal rate).



**Dollar Values as of December 5, 2014**

## Life is Rosy



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

### Kids Make Live More Rosey

I want to tell you about my kids. I have never had children of my own, and not by choice by the

way, but God blessed me with three amazing step-kids: Chris, Hailey, and Tyson. Chris is now grown and has a child of his own. He is the son any mother would be proud of. Hailey and Tyson are still young children. They are smart and loving, and still need a lot of guidance and nurturing.

Sometime I wonder if I am being a good mom. Sometimes it is really hard! Sometimes I make mistakes and I feel bad, but most times I just do my best like most par-

ents do, I guess, because they certainly don't come with a "manual." I have not had much experience with babies and it shows! My nieces have small babies and, although I love them to pieces, frankly, I really don't know what to do with them.

All of my step-kids came to me when they were young children. Maybe God knew I would be better with them. I love how they think. I love how they have a mind of their own. I love their sense

of humour and outlook on life. Life is so simple for them. What I love most, though, is what I learn from them. They teach me patience and understanding. They teach me how to enjoy life and see it from a child's eyes. They teach me not to be so serious and how to love unconditionally. I would do anything for any of them. They are "my" kids and I am so grateful for them. They make my life so much rosier!

*www.throughthorn-sIthrive.com*

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### RESULTS FOR WESTERN CANADA

<b>Western 6/49</b> December 6, 2014 <b>05 11 12 31 35 38</b> Bonus: 10 Extra: 6446974	<b>Western Pick 3</b> December 7, 2014 <b>8 7 3</b> Western Extra: December 7: 6876504
<b>Lotto 6/49</b> December 6, 2014 <b>15 17 18 19 34 44</b> Bonus: 10 Extra: 6446974	<b>Lotto MAX</b> December 5, 2014 <b>10 14 15 16 42 45 48</b> Bonus: 49 Extra: 5985467

A look at the local weather	Tues., Dec. 9	Wed., Dec. 10	Thurs., Dec. 11	Fri., Dec. 12	Sat., Dec. 13
P.O.P. High Low Wind 24-Hr Rain / Snow	Variable cloudiness 30% 3°C -7°C SE 10 km/h	Variable cloudiness 20% 3°C -2°C S 10 km/h	Variable cloudiness 20% 2°C -3°C SW 10 km/h	Scattered flurries 40% -3°C -6°C E 10 km/h Snow: less than 1 cm	Few flurries 40% -3°C -7°C W 15 km/h Snow: less than 1 cm

# Your Voice Matters

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

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




# Diversify Your Investment Risk



**By Clifford Mertick**  
Financial Advisor  
Edward Jones

All investments carry risk. But, as an investor, one of the biggest risks you face is that of not achieving your long-term goals, such as enjoying a comfortable retirement and remaining financially independent throughout your life. To help reach your objectives, you need to own

a variety of investment vehicles — and each carries its own type of risk.

If you spread your investment dollars among vehicles that carry different types of risk, you may increase your chances of owning some investments that do well, even if, at the same time, you own others that aren't. As a result, you may be able to reduce the overall level of volatility in your portfolio. (Keep in mind, though, that diversification can't guarantee a profit or protect against all losses.)

To diversify your risk factors, you first need to recognize them. Here are some of the most common types of investment risk:

**Market risk** — This is the type of risk that everyone thinks about — the risk that you could lose principal if the value of your investment drops and does not recover before you sell it. All investments are subject to market risk. You can help lessen this risk by owning a wide variety of investments from different industries and even different countries.

**Inflation (purchasing power) risk** — If you own a fixed-rate investment, such as a Certificate of Deposit (CD), that pays an interest rate below the current rate of inflation, you are incurring purchasing power risk. Fixed-income investments can

help provide reliable income streams, but you also need to consider investments with growth potential to help work toward your long-term goals.

**Interest-rate risk** — Bonds and other fixed-income investments are subject to interest-rate risk. If you own a bond that pays 4% interest, and newly issued bonds pay 5%, it would be difficult to sell your bond for full price. So if you wanted to sell it prior to maturity, you might have to offer it at a discount to the original price. However, if you hold your bonds to maturity, you can expect to receive return of your principal provided the

bond does not default.

**Default risk** — Bonds, along with some more complex investments, such as options, are subject to default risk. If a company issues a bond that you've bought and that company runs into severe financial difficulties, or even goes bankrupt, it may default on its bonds, leaving you holding the bag. You can help protect against this risk by sticking with "investment-grade" bonds — those that receive high ratings from independent rating agencies such as Standard & Poor's or Moody's.

**Liquidity risk** — Some investments, like real estate, are harder to sell than others. Thus, real estate is con-

sidered more "illiquid" than many common investments.

Make sure you understand what type of risk is associated with every investment you own. And try to avoid "overloading" your portfolio with too many investments with the same type of risks. Doing so will not result in a totally smooth journey through the investment world — but it may help eliminate some of the "bumps" along the way.

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**Cliff Mertick CFP**  
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# How retirees succeed in making every dollar count

(NC) Retirement often means getting used to living with reduced income, but with a bit of planning, you may hardly notice it.

Raymond Chun, a senior vice president at TD Canada Trust, says the key to keeping our finances in order is to set up a budget before we stop working.

"Creating a post-retirement budget doesn't have to be complicated," he explains. "At its most basic, a budget is a just a plan to match the money going out each month with the money coming in, and there are lots of tools available to help

with that."

Chun recommends that we start by listing of all sources of monthly income, such as pension and investment income, along with any withdrawals planned from savings like RRSPs and RRIFs. Don't forget to include any other income expected, perhaps from taking on a part-time job, or by doing some consulting work. Next, list all of anticipated monthly expenses — which for most people will be lower than what they were while employed — and divide these into essential and discretionary categories.

"Essential spending includes things like rent or mortgage payments, property taxes, utilities and basic groceries," he continues. "Discretionary spending is for the items we want to spend money on, but don't have to, such as dining out, entertainment and recreation, hobbies and vacations."

After subtracting essential expenses from available income, budgeters will have a much better idea how much is left over for these discretionary items.

"Living on a reduced income doesn't mean

going without the things that matter to you, but it's important to plan the budget — and review it

regularly — so your money will last for as long as you need it," says Chun. Additional informa-

tion and budgeting tools are available online at [www.tdcanadatrust.com/budget](http://www.tdcanadatrust.com/budget).

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## What's happening

**Mondays:**

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

**Monday & Wednesday**

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

**Tuesdays:**

- 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.

**RAVE:** Karlzen Court would like to thank the generous man who plowed the whole street and driveways. Koodoos to you mister for going beyond the call of snow! Our faith in doing good deeds has been restored!

**RANT:** On the evening of December 3rd, around 6 p.m. at Humpty's to the female who made a to-go order and fled running out the door before paying for her meal... Well, keeping your head down on the table as you waited for your meal so no one would know what you looked like... yeah, lol, didn't work! But nice try!

**RANT:** I'm a little confused, but I'm pretty sure the Town doesn't stop on Sundays. So why does the transit system have to?! Just saying!

**RAVE:** We would like to send out kudos to Kyle, the ATco Gas representative who came to our house on a very cold day to look after our furnace which had quit working. He was very professional and helpful and did a great job. A very nice young man.

**RANT:** To the snarky, blonde-headed #\$\$%^& who walked into Big Bite: my five-year-old accidentally bumped into you and we both apologized so I think you should shove the disgusted look on your face up your #\$\$% and learn to accept an apology with a smile. That is all.

**RAVE:** To the staff at Wendy's tonight! The lineup was insane but we only waited 10 minutes to be served and only five minutes for our food! Good job dealing with the insane amount of people.

**RAVE:** To the choir group that just showed up and sang at the hospital last evening! Very much appreciated by the staff and patients!

**RANT:** I hate the Christmas season and wish I could just sleep for a week and wake up when it's all over!

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

**Press Christmas Schedule**

**December 23 last publication for 2014.**

**No paper on Dec. 30 and Jan. 6.**

**First paper for 2015 January 13.**

Office will be reopen on January 12, if you need anything for the Jan. 13th issue please call Valerie at 780-706-1858 or email [wctpress@telus.net](mailto:wctpress@telus.net)

## LockTalk



By Jason Kerr  
Special to the Whitecourt Press

With only two week-ends left here are my top tips for reducing the risk of having your Christmas spirit ruined by some thieving Grinch.

• **Use the buddy system** and shop with a friend. You are more likely to become a target if you are alone. Plan those city shopping trips with a friend

• **Park your car in a well-lit area** and keep track of where it's parked. This will get you

in your car and on your way faster. The less time you spend loading your gifts into the car the better.

• **Be careful what you post online.** Don't alert others that you aren't at home. This is especially true of the social media where you cannot really regulate who is watching what you tweet or Instagram.

• **Consolidate packages** so you're a less desirable target for criminals looking to steal your belongings. Try to keep your expensive buys in the bags of thing bought from cheaper stores like Walmart.

• **Wear your purse across the body** to keep your hands free for your keys, both when heading to your car and into your home. If you are a guy try to keep your wallet in

your front pocket as it is much harder to pick.

• **Hide purchases from view** in your parked car to prevent break-ins. Keeping your purchases in the trunk is always the best option.

• **Be just as vigilant about your surroundings during the daylight hours.** A crime can occur at any time. Having your bag picked or car broken into is just as likely to happen in broad daylight as at night.

• **Take extra precautions.** For example, Street Safe is a mobile personal security system that uses your smart phone's GPS technology to connect to help instantly, before a situation turns into an emergency. Street Safe's "Walk With Me" service offers a live connection to a professional safety advisor

to keep you safe when walking in unfamiliar or threatening surroundings and provides instant access to 911 if needed.

• **Stay alert while you are walking to your car.** Talking or texting on your phone or digging in your purse for your keys while walking is a distraction and makes you an easy target. This is true especially in the crowded mall. Watch out for someone trying to reach into your shopping bag

So stay safe and I hope your shopping season will be an easy and uneventful one.

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

## Who's hiring this week;



See our Careers section pages 33 to 39

- ➔ A-Tech N.D.T. Limited
- ➔ Alberta Newsprint Company
- ➔ Arrow Transportation
- ➔ Aurora Transport Ltd.
- ➔ Brad's Picker Services Ltd.
- ➔ Bonnett's Energy Corp.
- ➔ Canadian Tire
- ➔ Devonian Hotel & Suites
- ➔ Furniture Den
- ➔ KW Mechanical
- ➔ Millar Western
- ➔ Northwell Oilfield Hauling Inc.
- ➔ Stone RV
- ➔ The Boys & Girls Club
- ➔ Tim Hortons
- ➔ Town of Whitecourt
- ➔ Transfer Oilfield Services
- ➔ Vencor
- ➔ Whitecourt Press

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



## Featured Friend



I'm Greta and I came into care off the streets in Edmonton, I was found by a lady and she rescued 4 kittens that were with me, so we are thinking that they are mine. They have all been adopted out already. I was really scared at first and they were unsure if I was ever going to turn around. After months and months of dedicated time with me, the lady who rescued me has managed to turn me into a house kitty. I am extremely happy and very affectionate, but on my own terms. I love to sleep curled up with you at night and will push into you for head rubs. I am still a little scared of loud noises and really fast movements but once I get comfortable I am not so jumpy. I am super playful and love to carry my favorite toys around in my mouth, I am great with other kitties as I love to slleep and play with them. I will make hte perfect kitty for you with just a little bit of patience and work.

If you would like to inquire about Greta, please visit our website and click on her link today [www.wharfrescue.ca](http://www.wharfrescue.ca) . . . someone's waiting for you.



## What makes a curious reader?

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

In 2012, a new Canadian definition of homelessness was released by the Canadian Homelessness Research Network:

*“Homelessness describes the situation of an individual or family without stable, permanent, appropriate housing, or the immediate prospect, means, and ability of acquiring it. It is the result of systemic or societal barriers, a lack of affordable and appropriate housing, the individual/household’s financial, mental, cognitive, behavioural or physical challenges, and/or racism and discrimination. Most people do not choose to be homeless, and the experience is generally negative, unpleasant, stressful, and distressing.”*

With the advent of the Christmas season I, and the people I work with, started to look at ways we could possibly give back to the community we all call home. It was our aim to find a way to give something back to those who may be less fortunate than the rest of us.

It was with that in mind that we landed on the idea to raise funds and gather winter clothes for those who, perhaps, don’t have a place to

call home. While the holidays are a time spent with family, there are many amongst us who will spend the holidays simply wishing they were over.

Being homeless in this country is an issue that persists year round and is often misconstrued by society in general.

It is estimated that at least 200,000 Canadians access homeless emergency services or sleep outside in a given year. The actual number is potentially much higher given that many people who become homeless live with friends or relatives, and do not come into contact with emergency shelters.

The number of Canadians who experience homelessness on any given night in Canada is estimated to be approximately 30,000 individuals. This is the best estimate of homelessness developed in Canada to date, and includes people who are:

- Unsheltered (outside in cars, parks, on the street) – 2,880
- Staying in emergency homelessness shelters – 14,400
- Staying in Violence against Women shelters – 7,350
- Provisionally accommodated (homeless but in hospitals, prison, or interim housing) – 4,464

In these numbers we see that 20 per cent are youth, and that many are women and children who have left the traditional home due to violence and/or poverty. Causes can range from domestic violence, a lack of

affordable housing, and catastrophic health issues. It is estimated in Canada that today there are 700,000 people who are one step away from homelessness based on the fact that during the last census many reported that over 50 per cent of their income went to supplying shelter.

Many of those who access soup kitchens or food banks are seniors who have been caught between paying for medications and basic living expenses. Resources such as these serve to augment frugal budgets on a monthly basis.

As I stated earlier, the issue of homelessness is often misunderstood and, in many ways, is hidden in our community.

So, with that said, we decided on a little fundraiser in support of those who work with the less fortunate in our own community. On December 15 and 16, a fellow co-worker and I will be “going homeless” for a period of 24 hours to raise funds in support of Lorne’s Blanket.

For those of you who don’t know, Lorne’s Blanket provides transitional housing to those who have experienced a setback. They work with individuals who are re-entering the work force and assist them with needs such as training, work clothes and, most importantly, a home. Additionally, we are asking you to donate any winter clothing you may have. These items will all go to Tennille’s Hope where individuals who

need it can get it.

So, on Monday and Tuesday in the parking lot of the Family Wor-

ship Centre, we will hang out for 24 hours looking for your donations. Come on by, say

“hi,” and, maybe even, give a little... after all it is Christmas.

It is what it is...

## **I want more than a candy cane this Christmas!**

**By Tracy Dibben**  
Special to the Whitecourt Press

What are you hoping for this Christmas?

Ask this question to a variety of people of all ages, sizes, and backgrounds and the answers will be sure to provide some entertainment. But, what are you really hoping for this Christmas? Christmas is a season that comes with hopes and expectations. We anticipate and look forward to traditions and enjoyable things but, sometimes, we grieve and feel sad if it does not seem that we will get the happy feeling that everyone seems to think Christmas should be!

Our world tries to encourage us to be “lollipop people” or to have a “candy cane” or “chocolate” kind of Christmas. What I mean by this is that we are pressed to have that instant gratification and short-lived happiness similar to a child who wants a lollipop. If we buy the lollipop, we can feel happy for one minute and then are tempted to ask for another one to keep the happiness going. The problem with this type of happiness is that it ends up making you sick after a while. So, this Christmas, if you are tempted to find your satisfaction in only candy canes, chocolates, and goodies, beware that you may get an upset stomach and depressed heart.

Now, there is nothing wrong with candy canes and chocolates, yet the joy of Christmas is something that is so much more. I like the word ‘joy’, because it can describe a deeper and fuller type of happiness than what comes from lollipops. Often to come to a place of joy, feeling despair or grief previously is required. Sometimes Christmas is surrounded by these

things, too. We may feel sad at the lack of connection within marriage or family that we would hope to have at Christmas. We may be grieving the loss of a loved one who is not with us anymore, and doing Christmas without that person is painful. We may wonder what to do with ourselves on a day when others get together with loved ones and we find ourselves alone.

There are just some pains that lollipops, candy canes, and chocolates do not seem to help. But, if you are feeling these sorrows -- take heart because they can lead to awareness that can bring a breakthrough of change and good in your life! The aching of our hearts over the deep things that really bring us sorrow, grief, and stress can lead us to many good things. What are your worries, concerns, and sadness telling you that you need? Are you lonely and in need of supportive people in your life? Are you worried and stressed and in need of help to gain control and self-discipline over different areas of your life? Are you feeling lost and without direction, and needing help to discover your gifts and abilities and future? Have you become numb and hard-hearted because loving and losing love has become too difficult?

The first Christmas ever when Mary was pregnant before getting married and had to make a difficult journey to Bethlehem, and then gave birth to a baby in a barn was definitely not a candy cane and chocolate Christmas! She made the journey with adversity and hardship, but survived and was sustained. She felt the amazing changes in her body of the miracle of a new life, and she experi-

enced the joy of giving birth to a child. What a crazy stress-filled, depressing, chaotic situation! She needed shelter, resources, human support, and connection. None of those things came about in a very glamorous way, but she was able to have enough needs met to continue through! Life doesn’t have to be pretty and comfortable to be good and meaningful.

This Christmas will you be open to the opportunities you do have to have your deeper needs met? Will you look to surprising settings that you never thought would bring you joy, but realize your need for support, love, help, and connection may be met in unusual ways? Life is a mix of good and bad, and hope and despair. Don’t settle for a candy cane Christmas when you can have a deeply meaningful Christmas of tears, crying, loneliness, and aching of heart. All these things lead you to the realization of your need for help and support. These things will lead you to set goals, find solutions, and search for people to help. And, they may cause you to meet others who are crying, lonely, and hurting, and knowing that you are not alone will lead you to find true Christmas joy.

So, this Christmas don’t settle for a candy cane when you can take some time to look deeper and address what is really needed. Even if it is a painful look, press past that to see what options may be around you to bring more meaning and depth of joy!

Tracy Dibben is a Registered Professional Counsellor in Whitecourt offering help and assistance to people with a variety of emotional and life struggles.

findyouroway.counselling@gmail.com  
780-706-6876



• One of the best ways to eat less at a holiday party is to eat something small that is healthy and slightly filling before you head out. You’ll make better decisions when you aren’t starving -- and save yourself a ton of calories. Here are

more ways to keep holiday parties from blowing your calorie budget. -- JoAnn

• “Going potluck? Bring your own healthy appetizer to the party. This way, you’ll be certain to have at least one dish you can pig out on. Go with cut vegetables and dip rather than bringing chips or bread. You can use the veggies to pair with other dips to save more calories.” -- A.R.

• Drinks are full of empty calories, whether

they are cocktails or sugary sodas, so slow down and have water every other drink. At the bar, ask for low-calorie mixers like soda water, not sugary juices, to whip up your cocktail.

• “How much wine is in your pour? Extra-large cups and free-flowing bottles can mean super-sized servings. A serving of wine is 5 ounces. Here’s a tip: Set your wine glass on the table. It will be easier to see how much is in it.” -- Y.O.

## TOP OF THE CHARTS

### Top 10 Pop Singles

#### This Week Last Week

1. Taylor Swift No. 1 "Blank Space"
2. Meghan Trainor No. 2 "All About That Bass"
3. Hozier No. 6 "Take Me to Church"
4. Maroon 5 No. 4 "Animals"
5. Taylor Swift No. 3 "Shake It Off"
6. Tove Lo No. 5 "Habits (Stay High)"
7. Sam Smith No. 9 "I'm Not the Only One"
8. Nick Jonas No. 10 "Jealous"
9. Ariana Grande & The Weekend No. 13 "Love Me Harder"
10. Ed Sheeran No. 11 "Don't"

### Top 10 Albums

1. One Direction new entry "Four"
2. Taylor Swift No. 1 "1989"
3. Pentatonix No. 8 "That's Christmas to Me"
4. Nickelback new entry "No Fixed Address"
5. Garth Brooks No. 4 "Man Against Machine"
6. Pink Floyd No. 3 "Endless River"
7. Foo Fighters No. 2 "Sonic Highways"
8. Black Widow new entry "In This Moment"
9. Michael Buble No. 13 "Christmas"
10. Idina Menzel No. 16 "Holiday Wishes"

### Top 10 Hot Country Singles

1. Carrie Underwood No. 1 "Something in the Water"
2. Tim McGraw No. 4 "Shotgun Rider"
3. Keith Urban No. 3 "Somewhere in My Car"
4. Sam Hunt No. 2 "Leave the Night On"
5. Maddie & Tae No. 6 "Girl in a Country Song"
6. Little Big Town No. 5 "Day Drinking"
7. Brad Paisley No. 11 "Perfect Storm"
8. Blake Shelton No. 7 "Neon Light"
9. Frankie Ballard No. 8 "Sunshine & Whiskey"
10. Jason Aldean No. 9 "Burnin' It Down"



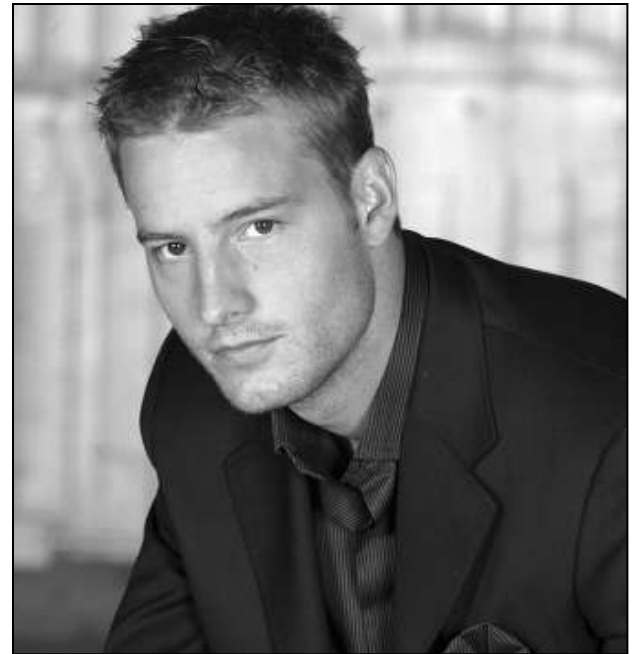
### THE BOLD AND THE BEAUTIFUL

Liam grilled Deacon about how he could remain in a relationship with someone as manipulative as Quinn. Meanwhile, Quinn got a dose of reality when she overheard what the guests were saying about her at Hope's baby shower. Ivy and Hope mutually set aside their differences when they realized that they would always be in each other's life. When Wyatt voiced his concern about how his mom was negatively affecting his marriage, Bill suggested that he take drastic measures to ensure that his family remain intact. As

a promise to Hope, Liam vowed to protect her and her baby from any threat. Quinn made an emotional plea to Deacon to speak to Hope on her behalf. Wait to See: Wyatt severs ties from his past.

### DAYS OF OUR LIVES

Melanie panicked when Daniel told her about the mysterious phone call that he just received. JJ told Paige that he wanted to keep seeing her, but that they must keep their relationship a secret. Nicole tried to clarify matters with Eric. Adrienne gave Sonny some stern advice. Eve enlisted Theresa's help in breaking up Paige and JJ. A furious Rafe confronted Kate about her conniving ways. Ben demanded answers from Clyde about the lie he told. Hope was thrown when she learned an interesting tidbit about



Justin Hartley stars as "Adam" on "The Young and the Restless"

Aiden from Chase. Rafe tried to convince Jordan that she was making a big mistake with Chad. Stefano delighted in rattling Kate's nerves. Daniel realized that Melanie wasn't being completely honest. Clyde and Jordan had another big blowup. Wait to See: Melanie's secret is revealed.

### GENERAL HOSPITAL

Alexis told Molly something important about her father. Madeline threatened to expose one of Obrecht's lies if she didn't help her with her case. Nikolas was furious about a recent finding. Nina and Franco picked a name for the baby. Patrick made a difficult admission to Sam. Spencer demanded answers from Nikolas. Jake recognized a mysterious

visitor at Thanksgiving. Brad had some important advice for Britt. Anna apologized for a recent incident, but ensured everyone that they were safe. Jake found himself in a quandary that could get him into trouble. Sabrina apologized to Michael about pointing him in the wrong direction regarding AJ's murder. Wait to See: Sonny learns who rules the roost at the prison.

### THE YOUNG AND THE RESTLESS

Summer threw Sharon out when she tried to visit Nick. Joe criticized Michael for not keeping up with the details of the real-estate project. Stitch confided in Chelsea that he feared losing Victoria to her ex. Kelly lost confidence in her relationship with Jack after overhearing his conversation with Abby. Hillary tried to play cupid with Devon and her co-worker Gwen. Phyllis and Billy got into an altercation after she boldly told him that she wanted her position back at Jabot. After learning more about Adam's past, Sage warned him not to mess up the deal they had together. Wait to See: Adam crosses paths with Chelsea.



1. **The Hunger Games: Mockingjay -- Part 1** (PG-13) Jennifer Lawrence, Josh Hutcherson
2. **Penguins of Madagascar** (PG) animated
3. **Big Hero 6** (PG) animated
4. **Interstellar** (PG-13) Matthew McConaughey, Anne Hathaway

5. **Horrible Bosses 2** (R) Jason Bateman, Jason Sudeikis
6. **Dumb and Dumber To** (PG-13) Jim Carrey, Jeff Daniels
7. **The Theory of Everything** (PG-13) Eddie Redmayne, Felicity Jones
8. **Gone Girl** (R) Ben Affleck, Rosamund Pike
9. **Birdman** (R) Michael Keaton, Zach Galifianakis
10. **St. Vincent** (PG-13) Bill Murray, Melissa McCarthy



- #### Top 10 VOD Movies
1. **22 Jump Street** (R) Channing Tatum
  2. **Tammy** (R) Melissa McCarthy
  3. **Into the Storm** (PG-13) Richard Armitage
  4. **Maleficent** (PG) Angelina Jolie

5. **If I Stay** (PG-13) Chloe Grace Moretz
  6. **Hercules** (PG-13) Dwayne Johnson
  7. **Jersey Boys** (R) John Lloyd Young
  8. **Frank Miller's Sin City: A Dame to Kill For** (R) Mickey Rourke
  9. **X-Men: Days of Future Past** (PG-13) Patrick Stewart
  10. **A Most Wanted Man** (R) Philip Seymour Hoffman
- #### Top 10 DVD, Blu-ray Sales
1. **How to Train Your Dragon 2** (PG) FOX

2. **22 Jump Street** (R) Sony
3. **Frozen** (PG) Buena Vista
4. **Maleficent** (PG) Buena Vista
5. **Into the Storm** (PG-13) Warner
6. **If I Stay** (PG-13) MGM
7. **Frank Miller's Sin City: A Dame to Kill For** (R) Anchor Bay
8. **Tammy** (R) Warner
9. **Planes: Fire & Rescue** (PG) Buena Vista
10. **Let's Be Cops** (R) FOX



### Ending Thursday, December 11 is: **Penguins of Madagascar**

Rated General ONE SHOW NIGHTLY at 7 p.m.

Starting Friday December 12 until Thursday December 18 is

### **Dumb And Dumber To**

Rated PG (Crude Content, Coarse Language, Not Recommended For Young Children) showing nightly at 7 & 9 p.m. with a matinee on Sunday, December 14 at 2 p.m.



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# 12 Days Of Christmas



DECEMBER 1-3 | DECEMBER 7 - 10 | DECEMBER 14 - 17 | DECEMBER 21

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## 'Twas the season at Eagle River Casino



Photo at left, Sean Hogan's Country Christmas Canada reads the Whitecourt Press before entertaining the crowd at the casino over the weekend.

Right, Shane Chisholm entertained the crowd.



Photos Roy Uttley

## What do you do to remain cheerful during grey winter days?



**Emily Head**

Eat chocolate and watch movies.



**Sabrina Boyle**

We make toques. And we make soup! Mom and daughter.



**Erin Galliot**

Have fun with my kids and go to the Yoga studio.



**Berdine Herrer**  
Shop at Walmart!



**Colvy Foisy**

I have dogs so I go outside and play with them. I drink hot chocolate and think that Christmas is coming and that's why winter's worth it.

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# Whitecourt PRESS





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Photos Whitecourt Press

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**9 a.m. - 12 p.m.**

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# The Rig's fun holiday hangout is December 12 - and it benefits the Whitecourt Christmas Hamper

By Nerissa McNaughton  
Whitecourt Press

The Rig will be throwing open its doors on December 12 and you are welcome to come right on in with a donation to the Christmas Hamper.

Kasi from The Rig explains: "The Rig's Holiday Hangout is one of our favourite events of the whole year! Our doors are open from 6 a.m. to 10 p.m. and we invite members of the community to come and drop off new, unwrapped toys, non-perishable food items, and cash donations, all for the Whitecourt Christmas Hamper."

"This year, we had so much help from the schools in Whitecourt," Kasi continues. "The Central School Choir will be singing carols at the studio at 11:15 a.m. Percy Baxter grade seven students are bringing some donations. They are leaving the school at 11 a.m. and should be at the studio around 11:40 a.m. Little grade one elves from Pat Hardy decorated our studio so you definitely want to come by and see it! St. Joe's is helping us celebrate the event in a

special surprise way!"

That's not all. A special holiday challenge provides a sweet way to increase hamper donations. "We also have a community cookie bake-off on December

15. Mayor Maryann Chichak and Mayor Jim Rennie are challenging each other and community businesses to a gingerbread cookie bake off. To participate, it's a \$100 buy-in that goes straight

to the Whitecourt Community Hamper."

On December 12, Tim Hortons is providing hot chocolate. Be sure to come by, join the fun, and help with the Christmas Hamper.

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[www.whitecourtpress.com](http://www.whitecourtpress.com)





## NOTICE OF PUBLIC HEARING DEVELOPMENT PERMIT APPLICATION 15-158-2014 NATURAL RESOURCE EXTRACTION

PLACE	DATE	TIME
Woodlands County Municipal Office Council Chambers Whitecourt, AB	Tuesday, December 16, 2014	10:00 a.m.

Pursuant to the provisions of Woodlands County Land Use Bylaw and the Natural Resource Extraction Direct Control District, County council is considering an application for development of a Gravel Pit on Pt. NW 35-59-18-W5M (SML 130067) as identified on the map;

Written comments or concerns on the above proposed development may be provided to be included in Council's package **prior to**

**December 11, 2014 to:**

Woodlands County  
Box 60  
Whitecourt AB T7S 1N3  
Attention: Joan Slootweg, Subdivision Officer or by email at [joan.slootweg@woodlands.ab.ca](mailto:joan.slootweg@woodlands.ab.ca)

Or interested individuals may attend the public hearing to voice comments or concerns. **If you have questions with the application please call the Woodlands County office prior to the public hearing date.**

The proposed development permit application may be reviewed during regular business hours at the Woodlands County Municipal Office in Whitecourt located at #1 Woodlands Lane.



**JIM RENNIE**  
Woodlands County Mayor  
Councillor for Whitecourt East  
Division 4  
E-Mail: [jim.rennie@woodlands.ab.ca](mailto:jim.rennie@woodlands.ab.ca)  
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**SYLVIA BONNETT**  
Councillor for Anselmo  
Division 1  
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**CHAD MERRIFIELD**  
Councillor for Whitecourt West  
Division 2  
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**RON GOVENLOCK**  
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Division 3  
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Phone: 780-778-3343



**DANIEL PRITCHARD**  
Councillor for Blue Ridge  
Division 5  
E-Mail: [dan.pritchard@woodlands.ab.ca](mailto:dan.pritchard@woodlands.ab.ca)  
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**DALE MCQUEEN**  
Councillor for Goose Lake/Freeman River  
Division 6  
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**DALE KLUIN**  
Councillor for Assiniboine/Timeau  
Division 7  
E-mail: [dale.kluin@woodlands.ab.ca](mailto:dale.kluin@woodlands.ab.ca)  
Phone: 780-584-2610

## NOTICE OF DECISION

Decisions have been made regarding the following development permit applications:

DEVELOPMENT PERMIT APPLICATION	LOCATION	PROPOSED DEVELOPMENT	DECISION	DATE OF DECISION
15-156-2014	Pt. SE 17-59-11-W5M Lot 3, Block 1, Plan 872-0979	Transport Contractor Business (major)	Refused for reasons	Dec. 3, 2014
15-166-2014	Pt. NE 30-59-12-W5M Lot 5, Block 1, Plan 142-4321	Tank Farm	Approved with conditions	Dec. 3, 2014
15-168-2014	Pt. SW 16-59-11-W5M Lot 3, Block 2, Plan 012-3643	Variance	Approved with conditions	Dec. 3, 2014

Any person affected by these decisions may appeal to the Secretary of the Development Appeal Board by forwarding a written appeal along with a \$200.00 fee to the address listed below, prior to **4:30 p.m. December 29, 2014:**

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

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

## DISCRETIONARY USE DEVELOPMENT PERMIT APPLICATIONS

The Municipal Planning Commission will be making a decision on the following development permit applications, as per the Woodlands County Land Use Bylaw, at a meeting on **Wednesday, December 17, 2014 at the Woodlands County Municipal Office in Whitecourt, Alberta at 7:00 p.m.** If you have any comment or concern regarding these proposals, you may provide a written statement to the undersigned by 12 Noon on December 11, 2014 or you may attend the meeting.

LEGAL DESCRIPTION	DEVELOPMENT PERMIT APPLICATION NUMBER	PROPOSAL
Pt. SE 9-59-11-W5M Lot 1, Plan 752-0842	15-172-2014	Garden Suite

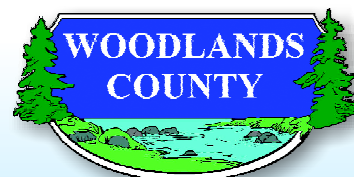
Information regarding this application may be obtained by inquiring at the noted address.

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

## NOTICE OF SPECIAL COUNCIL MEETING

Notice is hereby given a Special Council meeting will be held on December 12, 2014 from 1-3 p.m. at the Municipal Office in Whitecourt for 2015 Budget review.

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



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# Prepare your vehicle now for the deep freeze



(NC) Did you know that even in winter, a neglected cooling system is one of the main reasons for a vehicle break down? Antifreeze/coolant performs three important functions. It protects the cooling system from freezing, from boiling over, and from premature wear due to corrosion.

Even with long change intervals, the coolant level can become too low

– and sometimes due to a leak, it can completely drain away. So be sure to put an antifreeze/coolant check on your pre-winter maintenance list. And to prevent being left on the side of the road in the cold, here are some additional quick tips from Prestone Products Corporation, a leading name in car care:

- Protect your cooling system by choosing antifreeze/coolant with

a high quality corrosion inhibitor, such as the Cor-Guard inhibitor package in the Prestone line. This is particularly important if your vehicle is new. Engine metals are thinner and lighter these days (to meet consumer demands for lower cost and improved gas mileage) so an anti-corrosion agent designed to meet new engine construction is vital. For topping up coolant levels, save time by using a premixed formulation of 50% coolant and 50% demineralized water.

- Change to winter tires. Transport Canada points out that vehicle handling is improved when tires of the same type, size, speed rating and load index, are installed on all four

wheels. As importantly, proper air pressure extends tread life, improves safety, and reduces fuel consumption. Check the pressure once a month as winter temperatures

get colder.

- Inspect the windshield wipers every month, and after six months change them for better performance and safety.

- Fill an emergency kit with a blanket, flash light, extra batteries, warm work gloves, a collapsible snow shovel, a tow rope, lightsticks, and energy bars.

## How to wring an extra 100 kms from every fill-up

(NC) Some call it eco-driving. Some call it fuel-efficient driving. You can call it money in your pocket.

It is an absolute proven fact that you can squeeze a lot of extra mileage from every fill-up at the pumps if you adopt more energy-efficient habits while driving and maintaining your vehicle. You might even squeeze an extra 100 kilometres or so out of every fill-up.

Here are just a few of the ways you can do that from the Office of Energy Efficiency for vehicles at Natural Resources Canada:

- Avoid quick starts, hard stops and aggressive driving. This can increase your fuel consumption by up to 39 per cent.

- Drive at the posted speed limit. Decreasing your cruising speed from 120 km/h to 100 km/h will decrease fuel consumption by approximately 20 per cent.

- Don't idle. Idling for more than 10 seconds uses more fuel and produces more carbon dioxide compared to restarting your engine.

- Use cruise control. On dry, flat, wide-open highways, use cruise control to help improve fuel efficiency by maintaining an even speed. Fluctuations in speed increase fuel consumption so be sure to maintain a steady, consistent speed.

- Take the most fuel-efficient route. Routes with fewer stop lights and less traffic may use less fuel than shorter routes with more stop lights and heavy traffic.

- Maintain your vehicle properly. A poorly maintained vehicle consumes more fuel, produces higher levels of emissions, requires expensive repairs and has a low resale value.

- Measure your tire pressure once a month. A single tire under-inflated by just 56 kilopascals (eight pounds per square inch) can increase your vehicle's fuel consumption by four per cent.

- Calculate your mileage. Set your odometer every time you fill up and challenge yourself to get better and better readings.

You can visit the Natural Resources Canada

website at [vehicles.gc.ca](http://vehicles.gc.ca) or call 1-800-387-2000 to learn more about EnerGuide Label for Vehicles and the annual Fuel Consumption Guide. Both publications have some tips about energy efficiency and driving that are definitely worth the read.

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# Stars were born!



Photos Whitecourt Press

**Dallen Girard starred as Willy Wonka Jr.**

Candy and chocolate was enjoyed by all – on the stage that is. The play *Willy Wonka Jr.* was fun for the actors/actresses and the audience. Dallen Girard donned the iconic purple coat and stately top hat to play the title character, Willy Wonka Jr. When asked if it was hard to remember all those lines, he said, “Not really. If you spend the time and you really work into your



**Jesse Grywacheski starred as Grandma Josephina and an Oompa Loompa and Amy Sutherland starred as an Oompa Loompa and a candy kid.**

character and get into it, it’s not that hard, especially the songs; they are easy because they are so catchy.” Girard has also performed in local productions of *Narnia* and *Seussical*.

Russell Ulliac played both James and a squir-

rel. He also found his lines easy to memorize and plans to become an improv comedian, actor, or rap star. “I’ve been in a lot [of performances],” says Ulliac, although this is his first dramatic performance. “I’ve been in several



**Matthew Smith starred as Mr. Scott.**

Christmas concerts and I am a three-time winner of several air bands here at the school. I’m really honoured to be in this production.”

The role of Mr. Scott was played by Matthew Smith. “It’s pretty hard and challenging,” he says of the memorization. “If you don’t memorize [your lines] at home, you



**Russell Ulliac starred as James and Squirrel.**

won’t remember them for the show.” Smith plans to attend Zones to work on his dramatic performances and see how things progress for his acting career from there.

Jesse Grywacheski and Amy Sutherland played Grandma Josephina and an Oompa Loompa, a candy kid and another Oompa Loompa respectively. Both found the songs and lines came easily, especially having seen the show before. Both girls plan to continue their education and have hopes for future stage and movie work.

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**Christmas is for Kids Saturday Dec. 6th at Legion Hall**

**Ugly Sweater & Late Night Shopping Double Stamp - Dec. 12th**

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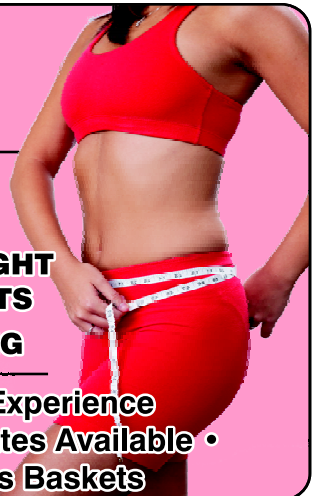
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Whitecourt  
PRESS

# Two Wolverines head to World Junior A tryouts

By **Rechell McDonald**  
Whitecourt Press

The Canada West Selection Camp just kicked off in Calgary on December 7, and will determine the final team for the World Junior 'A' Challenge to be held in Kindersley, Saskatch-

ewan from December 14 to 20. The final roster for the team will be decided between December 9 and 10, and two of the contenders for that team are members of Whitecourt's own Wolverines. Morgan Messenger and James Vermeulen were

both tapped to head to Calgary for tryouts, and both players are looking forward to the experience. Messenger, originally from Nova Scotia, has the added benefit of experience from playing for the eastern team last year, but he admits the

western team is much more difficult to make.

With 60 candidates attending the tryouts for the World Junior 'A' team, these guys are sure to be facing some tough competition. Vermeulen got the news just days after learning he had made the NHL's central

scouting watch list. This opportunity will surely be a great chance to showcase his skills and abilities although he has no plans to do anything other than keep it simple and play smart. Vermeulen has already committed to play for Northern Michigan next year and

has learned a lot from his time under Coach Bouchard.

The Wolverines and the Town of Whitecourt will be waiting with baited breath to find out the results of the tryouts. Congratulations to both young men!

## Wolverines lose to Kodiaks



Photos Whitecourt Press

Last Saturday at the Scott Safety Centre, the Wolverines gave it their all, but their all just wasn't enough against the Kodiaks who are currently in first place in the South Division.

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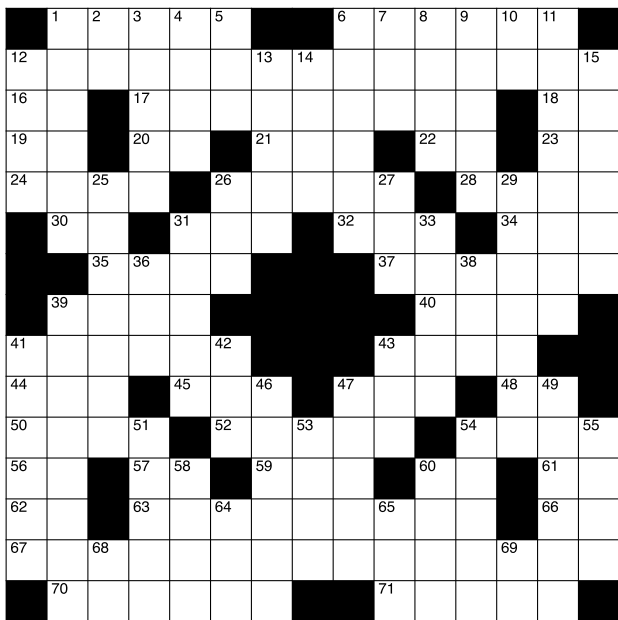
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**Whitecourt PRESS**  
**CROSSWORD PUZZLE**



**CLUES ACROSS**

1. Hindu stratification
6. Least harm
12. Medical confinement
16. Silver
17. In a sick state
18. Belonging to me
19. 1/2 an em
20. ÓMakeoverÓsÓ Pennington
21. Take a seat
22. 1/10 meter (abbr.)
23. Atomic # 13
24. Fallow deer genus
26. Skin lesions
28. Charlie ParkerÓs sax
30. 31st state
31. Disparity
32. Poking stroke
34. Long time
35. Wm. the Conqueror grave
37. Hosts film festival
39. Mend
40. Gear teeth
41. Of cadmium
43. 1618 Reformed synod
44. Fringe-toed lizard
45. Where passengers ride
47. 1/60 hour (abbr.)
48. Initials of TV cartoon father
50. Pack down
52. \_\_\_ and feathered
54. Hyperbolic cosecant
56. Operating system (abbr.)
57. Atomic #99
59. Crown owned Isle
60. Santa \_\_\_ trail
61. Booze support group
62. Footcandle
63. Retaliations
66. Natural logarithm
67. Quality of usefulness
70. Sitting position
71. They turn litmus paper red

**France**

2. Equally
3. Spittles
4. Very small
5. Ethiopia
6. Filled with sediment
7. An antiviral AIDS drug
8. Saudi king to 2005
9. Early word forms
10. Yes in Spanish
11. Ketchup veggies
12. Used to have (Scottish)
13. Old Greek storyteller
14. Den
15. Stockings
25. Scottish road surface
26. Diego, Francisco, Anselmo
27. Bodily cavity
29. Durations
31. About gene
33. ÓFootlooseÓ actor Kevin
36. Supply weaponry
38. Neither
39. Capital of Syria
41. Shortcut
42. Feline
43. Have already done
46. Rifle barrel cleaning tool
47. High IQ group
49. Libra constellation
51. Perch genus
53. Summer precipitation
54. Ancient Roman boxing gloves
55. Silver SkatesÓ Brinker
58. Cobblestone
60. Policeman (French)
64. Pizza, apple or chifon
65. Winglike structure
68. 37th state
69. Potato state

**CLUES DOWN**

1. Brandy region of

**Crossword solution on page 28**

**DEAR ABBY**

by Abigail Van Buren

**Teen hesitates to confront mom over prescription drug abuse**

**DEAR ABBY:** What are the signs of prescription drug abuse? How would you suggest a young person like me (I am 13) confront a close family member about something like this, especially since I'm not sure?

I found an antidepressant prescribed for my mother. As long as I can remember, she has been a happy and upbeat person, and I have no reason to suspect she's depressed. I'm worried she may be abusing the medication.

I have never felt comfortable asking questions, so it would not be easy for me to ask her. Please help. I now have trouble even speaking to her. Any advice would be appreciated. -- WORRIED TEEN

**DEAR WORRIED TEEN:** Perhaps it will lessen your fears to know that antidepressants are sometimes prescribed

not only for depression, but also to help people with sleep problems and other conditions. You have reached an age when it is important for teens to be able to talk to their parents about any concerns they may have, and you should talk to your mom about this. Please don't procrastinate.

\*\*

**DEAR ABBY:** You once wrote that you were allowed to read anything growing up -- nothing was taboo. We can all use good advice and be prepared when we encounter difficult situations.

I took that to heart and decided my children should read your column with me instead of my lecturing/instructing them about life. So now they take turns reading the questions aloud. We have a group discussion, and we all give our answers to the questions before we read your answers. If all of our answers are different, we have a new discussion.

I love it because of the topics that come up. My children are learning how to reason, and that people from all walks of life (and all ages) have

problems and need help. And finally, I love that my children realize that it's OK to ask for help, and they shouldn't worry or feel ashamed to ask in any situation.

Thank you so much, Abby. Your column is a great parenting tool for me and my husband. -- MRS. M.

**DEAR MRS. M.:** Thank you for your kind words. My column may be a useful teaching tool, but you and your husband are using it wisely. While not everyone may agree with everything that's printed in my column, the discussions it often generates are helpful for sharing ideas and clarifying family values. This kind of communication brings families closer together.

\*\*

**DEAR ABBY:** My fiance and I recently

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got engaged, and I was thrilled when he got down on one knee with my great-grandmother's ring. While I love both the ring and the idea that we saved a lot of money we can now put toward our wedding, I can tell he feels awkward when well-wishers congratulate him on having selected such a pretty and expensive ring. What's the best way to respond to these comments and make my fiance feel like he did a great job? -- VINTAGE-LOVING BRIDE

**DEAR VLB:** It isn't necessary to discuss the history of the ring with everyone who comments. Because you know your fiance is sensitive about it, just smile and say thank you.

**BUSINESS WORD SEARCH**

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

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

**WORDS**

- |                |             |
|----------------|-------------|
| ANNUAL         | HIATUS      |
| BACK OFFICE    | INCOME      |
| BENCHMARK      | INSURANCE   |
| CAPITALIZATION | INVESTMENT  |
| COMMISSION     | LENDER      |
| COMMODITY      | LIQUIDATION |
| COMPANY        | MARKET      |
| CONTRACTS      | PAYCHECK    |
| CREDIT         | PORTFOLIO   |
| CUBICLE        | PROFIT      |
| DEBT           | RATIO       |
| DOWN PAYMENT   | SALE        |
| EARNINGS       | SERVICES    |
| EMPLOYER       | SHARES      |
| EQUITY         | STATEMENT   |
| EXPENSE        | TITLE       |
| FINANCES       | VALUE       |
| FUNDING        | WARRANTY    |

**Word Search solution on page 28**

**Press Christmas Schedule**

**December 23 last  
publication for 2014.**

**No paper on  
Dec. 30 and Jan. 6.**

**First paper for 2015  
January 13.**

Office will be reopen on January 12, if you  
need anything for the Jan. 13th issue please  
call Valerie at 780-706-1858  
or email wctpress@telus.net



**Bullycide**  
**Children who committed suicide  
due to bullying**



James  
Scott  
Page  
  
Age  
16

Roughly one in five youth are bullied. Over half of adolescents have been the target of cyber bullying. Youths who are bullied are five times more likely to suffer from depression than youths who are not bullied. Boys who are bullied are four times more likely to be suicidal. Girls who are bullied are eight times more likely to be suicidal. Suicide is the third leading cause of death for youth. These are the faces of our sons, daughters, sisters, brothers, nieces, nephews, grandsons and granddaughters. These are the faces of our youth, our loved ones, who were bullied; who were bullied to the point where their pain felt unbearable and they ended their lives. Being bullied leaves young people with overwhelming feelings of despair, humiliation, and hopelessness. If even one child ends their life due to the pain of being bullied, that is one child too many.

**Puzzle Solutions, did you solve the puzzle?**

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

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## Your

# HOROSCOPE

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

Aries, although you are full of excitement this week, rein in some of those feelings so you can focus on the tasks at hand. Use your energy to your advantage.

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

Taurus, motivation may not be strong this week, so begin with some menial tasks around the house and build up to bigger plans. Eventually you will find a groove.

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

Gemini, try to avoid focusing on just one issue for too long. Sometimes you simply must trust your instincts and forge ahead anyway. Let past experience guide you this week.

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

Cancer, avoid the temptation to take on too many responsibilities this week. If you don't, you might not get much done. Think before you accept more work.

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

Financial matters are looming and a decision must be made, Leo. Don't be overcome with anxiety, as all you need to do is carefully examine your finances to come up with a solution.

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

Spontaneity beckons, Virgo, even though you are a careful planner who puts a lot of thought into your decisions. Overthinking is more hassle than it's worth this week.

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

Someone may catch you off guard this week, Libra. This person will bring a welcome surprise, so look forward to this unexpected encounter.

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

Back up your promises with decisive action, Scorpio. That's the only way to prove to others that your word means something and you are committed to honoring your commitments.

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

There may be more to the big picture than you are seeing, Sagittarius. Gather the facts before you jump to any conclusions. You may just see things from a different perspective.

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

Capricorn, you are riding high and looking to share your good fortune with others. Make the most of this chance to improve the lives of those around you.

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

Aquarius, you have an idea about how to tackle a difficult obstacle, but someone crosses your path with a different agenda. Perhaps there's a way to work together.

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

Pisces, avoid open conflict without being a pushover this week. Find the middle ground and try to understand another's perspective.

## LOVESCOPE

by Eugenia Last



**ARIES (March 21-April 19):** Play around, indulge in conversation and discover who is a good fit for you mentally, emotionally and physically by sharing good times, honest talks and intellectual conversations about your likes and dislikes. Love is in the stars, but holding out for "the one" is in your best interest.

**TAURUS (April 20-May 20):** Getting involved in groups or organizations that are unique or hold your interest will lead to someone pretty special. Don't shy away from someone who comes from a different place, background or who is very unlike you. There is much to learn and plenty to gain if you share one another's knowledge.

**GEMINI (May 21-June 20):** Get out and be active. Participation is the name of the game, and your strategy when it comes to love should be to try new things and interact with individuals just as active and thirsty for knowledge and excitement as you. Let the chase begin.

**CANCER (June 21-July 22):** Don't fear showing off your quirky side. You'll attract someone as unique, interesting and willing to share as you. Working in the same field or studying something you enjoy will be the ideal place to meet someone who can fill your heart with joy and match your every step.

**LEO (July 23-Aug. 22):** Change your routine, visit a new and unfamiliar place or make a point to reconnect with someone you miss, and you will end up in an interesting conversation that will lead to fun and games as well as excitement, adventure and a new beginning. Travel will lead to love.

**VIRGO (Aug. 23-Sept. 22):** When it comes to love, say little and do a lot. You will attract the most interesting and potentially pleasing person if you show what you have to offer. Don't be shy; take the initiative and be responsible as well as eager to take charge and make things happen.

**LIBRA (Sept. 23-Oct. 22):** Your sophisticated, intellectual worldliness will attract plenty of attention. Enjoy entertainment and interactions with people who share the same things as you, and you will be approached by someone who is just as put together as you. Take your time and enjoy the courtship.

**SCORPIO (Oct. 23-Nov. 21):** Learning and love will go hand-in-hand. Physical activities will enable you to show your playful, passionate and intense side along with your competitive drive, attracting only those who are able to keep up with you and give you a stimulating and exhilarating race to the finish line.

**SAGITTARIUS (Nov. 22-Dec. 21):** Put your heart on the line, and do everything in your power to win the heart of someone who playfully entices you. The chase is on, and the changes about to take place in your personal life will not only tempt you but also lead you to a better future.

**CAPRICORN (Dec. 22-Jan. 19):** Avoid getting involved with someone who is carrying too much emotional baggage or is still living or attached to someone else. You need to steer clear of people who will be dependent on you and opt for someone who can meet you halfway, offering an equal and opportunistic relationship.

**AQUARIUS (Jan. 20-Feb. 18):** Your energy and enthusiasm will beckon all sorts of interesting partners. Make adventure your staple, and take part in activities that allow you to show off your spirited and innovative personality and lifestyle. The individual who is willing to experiment with you will also stand by your side.

**PISCES (Feb. 19-March 20):** The person you want to be with and what you need in your life will not coincide. Don't be fooled by someone promising you the world. Empty promises will not lead to a happy outcome. Focus on the partner who can provide greater stability and security, not a roller coaster ride.

*(Eugenia's websites -- [eugenialast.com](http://eugenialast.com), Eugenia's Android app -- <http://bit.ly/ex-horo> and join Eugenia on Twitter/Facebook/LinkedIn.)*

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Do Just One Thing



by Danny Seo

Many homes have their own septic tank, and it's critical to have it regularly maintained. Have it inspected every two to three years, depending on usage. Your septic inspection will show any leaks, cracks or potential problems that can be addressed before a future total breakage or failure. Failing septic tanks aren't just costly to repair, they can also leak pollutants into our waterways, which leads to groundwater

contamination. One way to keep your septic tank happy is to never toss items like dental floss, diapers, cigarette butts, paper towels, paint and harmful chemicals down the drain. They can all cause clogs, erosion and other problems.

Here's an easy way to reuse plastic bubble wrap to help save energy at home: Use it in your freezer. Since bubble wrap has pockets of air that help insulate, wrapping items that need to stay frozen helps them stay ice-cold easier, especially if you open the freezer door regularly. Consider wrapping containers of ice cream and frozen meats in bubble wrap, and even laying sheets of it on the freezer shelves. Every time you open the freezer door,

the bubble wrap helps keep the food frozen longer, so your freezer doesn't have to work as hard to keep temperatures low. You can also use it in the refrigerator to line shelves that hold beverages to help them keep their chill.

If you've boiled or flash-cooked a large pot of vegetables, don't toss the leftover water down the drain. Instead, let the water cool and give your houseplants or garden a nutritionally packed treat to help them thrive. The residual vitamins that come from the vegetables are incredibly beneficial for plants. Just make sure the water is completely cooled and free of any salt, which is dehydrating and damaging to plants. If there are bits of cooked vegetables in the water, strain them out before using the wa-

ter for your plants.

Tired of getting pre-approved credit card offers in the mail that just end up in the trash? It's easy to unsubscribe from these offers with just the click of a mouse. Under the Fair Credit Reporting Act, credit reporting companies are allowed to use your name on lists to creditors to make you offers for preapproved cards, but you can opt out from being on the list -- which eliminates the junk mail offers -- by visiting optoutprescreen.com. You can choose to opt out for five years or forever, and you can even opt back in if you ever want to be back on the list.

Did you know you can cook a pot of pasta without even having the stove on the whole time? Try this energy-saving

and foolproof cooking tip: Bring a pot of water to a boil and add the pasta; cook at a simmer for five minutes, then turn off the stove; cover and let the pasta sit in the hot water for an additional five minutes. Check the pasta: It should be perfectly cooked al dente and ready for your homemade organic pasta sauce. And remember, if you didn't salt the water, the cooled starchy water can be used to water plants outdoors.

When something expensive breaks, it's easy to toss it out and get something new. But in these greener times, the worlds of both ecology and technology are coming together to make repairing items easier, economical and ecological. Download apps like TaskRabbit to see if you can find someone

to help you repair items like broken washing machines, dishwashers and other appliances. You might find a local repairman who is willing to offer his services at a steep discount and fix your appliances for you. If you must replace, find a place to recycle your old item.

Naturally, it makes sense to fill your automatic dishwasher to full capacity before running a load. But did you know that many modern energy-efficient machines also have something called a "delay" feature? You can use this feature to run the dishwasher in the middle of the night, when energy is cheapest (because it's during off-peak hours). It reduces the energy grid load and you save money, all while waking up to freshly cleaned dishes.

Are you or someone you know being bullied?

Call the Bullying Helpline (Confidential)

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

1-888-456-2323

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



Strange BUT TRUE

By Samantha Weaver

It was American industrialist Jean Paul Getty who made the following sage observation: "If you can count your money, you don't have a billion dollars."

You've doubtless heard the term "bigwig" to refer to a person of importance, but you've probably never learned where the word originated. In the 18th century, King Louis XIV of France began wearing large wigs, and the fashion became a trend among the upper classes. At the time, wigs were made from human hair, which was very expensive to obtain; therefore, the larger the wig, the more hair was required and the more money the wearer had to spend to purchase it.

In 1950, a patent was issued for a fork that automatically spins to wind spaghetti onto it.

You might be surprised to learn that painter and sculptor Michelangelo was also a well-known poet in his day.

Medieval times, it seems, were suspicious times. When nobles gathered for social events, each person would pour a little bit of wine from his or her own cup into the cups of others -- this was a way to ensure that no one was poisoning the drinks. The tradition continues today (with less suspicion, one would hope) when people clink

glasses after toast.

It wasn't until 1933 that an act of Congress made the dime legal tender for all transactions. Before that, it could be used only if the item or items being purchased totaled less than \$10.

Besides being former U.S. presidents, what do George Washington, Thomas Jefferson

and John Adams have in common? As adults, they all collected and played marbles avidly.

\*\*\*

Thought for the Day: "I'm all in favor of keeping dangerous weapons out of the hands of fools. Let's start with typewriters." -- Frank Lloyd Wright

Whitecourt PRESS SUDOKU

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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 28



A recipe from Mama Gray's kitchen

MIXED NUT BARS

Base:

1 1/2 cups flour  
1/2 cup butter

Directions:

Mix until crumbly and pat in bottom of 9x9 inch pan. Bake at 350° until a light brown color. Remove from oven and allow to cool.

Topping:

6 ozs. butterscotch chips  
2 T butter

Directions:

Heat ingredients until melted but do not let boil. Set aside. Sprinkle one 350 g tin mixed unsalted nuts (no peanuts) evenly over cooled base. Dribble topping over nut layer and base, then put back in oven at 350° and bake for 10 more minutes. Cut into squares with sharp knife while still warm.

1/2 cup brown sugar  
1/2 cup icing sugar

1/2 cup corn syrup

**TO YOUR GOOD HEALTH**

By Keith Roach, M.D.

**Pitted Nails Reveal Psoriatic Arthritis**

**DEAR DR. ROACH:** I am a 77-year-old male. I had to stop playing golf about two years ago due to joint pain. I had psoriasis from age 15 until I was 40. I am retired from the Navy and had to be hospitalized twice during my time in service due to my skin. Why it disappeared at age 40, I don't know. Is it possible that I could have psoriatic arthritis? One doctor I saw said that I had to have psoriasis in order to get it. I saw that you said that sometimes the arthritis shows up before the skin lesions. Can it

show up after you have quit having the lesions? -- Anon.

**ANSWER:** Indeed, psoriatic arthritis can show up years after psoriasis starts and when there are no skin lesions. Often, pits in the nails or other nail changes are seen in those with psoriatic arthritis.

However, having psoriasis doesn't protect you from other types of arthritis, such as osteoarthritis or rheumatoid arthritis. Since psoriatic arthritis is so destructive, you should see an expert, perhaps a rheumatologist.

The arthritis booklet discusses rheumatoid

arthritis, osteoarthritis and lupus. Readers can order a copy by writing: Dr. Roach -- No. 301W, 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:** About 10 months ago, my husband noticed a small "bleb" on the skin near his right hip area. He used "tag away" and alcohol swabs daily; however, the area is a giant 2-inch-diameter "blotch" with an open

sore in the middle. He insists that it is almost gone. I am afraid that it is skin cancer, very serious and that it needs to be checked out by a dermatologist. How do I get him to go? -- P.K.F.

**ANSWER:** Please tell him that I think it sounds like it might be skin cancer, such as a squamous cell carcinoma, and that he should see a dermatologist immediately. Some people have an immense capacity for convincing themselves that nothing is wrong. The sooner he gets an evaluation, the better.

\*\*\*

**DEAR DR. ROACH:** I am a veteran and have

had digestive problems (GERD and gastritis) since I came back from Vietnam in 1968. How closely related are these disorders? -- J.R.O.

**ANSWER:** GERD (gastroesophageal reflux disease) is very, very common, and refers to the passage of food and acid backward -- from the stomach into the esophagus. The general cause of GERD is a relative weakness in the lower esophageal sphincter, the muscular, valvelike structure at the bottom of the esophagus. Gastritis is an inflammation of the lining of the stomach.

Both of these terms of-

ten are used imprecisely, as a guess at what might be causing nonspecific stomach pains. With such a prolonged course, it would be wise to make sure of your diagnosis, as your symptoms actually might be caused a different condition, such as an ulcer or infection by the bacteria *H. pylori*, which would require different treatment.

Every child born to a parent with Huntington disease has a 50% chance of sharing the same fate.

You can help. [curehd.ca](http://curehd.ca)



**Make a New Year's resolution to stay safe online**



(NC) This is the time of year when we take

stock of the year that was -- and then make our resolutions for the year to come. When it comes to new technology and using the Internet, here are two easy resolutions you can make right now:

1. Think before I app.
2. Keep a clean machine.

Just like resolutions to improve our daily diet or to add more exercise, both resolutions aim at improving the quality of your life. The following 'cyber safe' resolutions, for example, could have an impact on your personal identity, on your online accounts, and

they could even affect your financial activities:

**Keep a clean machine**

- Make sure the software is up to date and use the most recent versions of your mobile operating system, security software, apps and Web browsers. Resolving to do these simple things is

among the best defenses against malware, viruses and other online threats.

- Protect your personal information: Check privacy settings on your online accounts. Use strong passwords, and be careful of what you share online including your name, location, and other personal details like where you go to school or your age.
- Secure your device: Use a passcode to lock your smartphone or tablet.

**Think before you app**

- Before you down-

load it, understand what information the app would access and share like your location, your contacts, social networking profiles, etc. Always download apps from trusted sources.

- Back it up: Sync your contacts, photos, videos and other mobile device data with another device or 'cloud' service on a weekly basis.

Making these resolutions will help to keep you safe online. More information can be found at [www.GetCyberSafe.ca](http://www.GetCyberSafe.ca).

**The pills you pop!**

By Verna Ellis  
Health Solutions

Continued from last week...

Then, on December 12, 2004, the cox-2 inhibiting drug Bextra, produced by Pfizer, added a warning on its label about cardiovascular and blood-clotting problems. In a letter to the editor of the New England Journal of Medicine (December 23, 2004), it is pointed out that seven million patients are taking Bextra. The authors also point out the maker of Bextra, Pfizer, initially felt that it was unethical to test Bextra on patients with high risk of heart disease. The authors also pointed out that most of the people who have musculoskeletal reasons to take Bextra

also have a baseline risk of cardiovascular events. Apparently, Pfizer felt it more ethical to not do appropriate testing and appropriate label warnings, while potentially risking the health and lives of thousands of patients. Most would consider such an approach illogical and driven by profit motive.

As noted above, PGE2 is also associated with cancer. Therefore, reducing the production of PGE2 potentially could also reduce incidences of certain types of cancer. Therefore, in an effort to expand market used of the cox-2 drug Celebrex, Pfizer initiated a study of Celebrex for the prevention of colon cancer. The study was sponsored by the US Nation-

al Cancer Institutes (a taxpayer funded group). The study was supposed to span five years, but was suspended in less than three years because those taking 400-800 mg of Celebrex per day had a 2.5-3.4 fold increase of major cardiovascular events compared with a placebo.iii

This means that all three cox-2 inhibitors that have been approved by the FDA since 1999 have been shown to be quite dangerous, and have subsequently been removed from the market, and had serious warnings added to their labels, or are being investigated for sanctions.

Lastly, as noted above, PGE2 is also associated with Alzheimer's disease. Again, reduc-

ing the production of PGE2 potentially could reduce the incidence of Alzheimer's disease. Another NSAID that reduces the production of PGE2 is Naproxen (prescription Naprosyn, over-the-counter Aleve). Naprosyn has been on the market since 1994. On December 21, 2004, the National Institute of Health (another taxpayer funded organization) announced that those taking Aleve in the Alzheimer's risk study also had significant increased risk of heart attack and stroke.iv The FDA, now quick to respond, advises "no more than two pills per day, and do not take it for longer than 10 days."

Continued next week

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## Common hamster illnesses



Many children cannot resist the cute, furry faces of hamsters, and these lovable rodents are often the first pet a child is allowed to have. However, in some pet stores, hamsters are raised in close proximity with others and, if not properly cared for, can be susceptible to illness. It's only after the pet is brought home that symptoms may appear.

Responsible pet owners must be aware of any behavioral changes a hamster exhibits, as such changes might be indicative of illness. This can be challenging, as ham-

sters are largely nocturnal and only awaken after children go to bed at night.

Hamsters are susceptible to colds. A swollen nose and fluffed fur around the nose from wiping nasal discharge on bedding are some symptoms of a cold. The hamster may also be constipated or suffer from diarrhea.

Just like cats and dogs, hamsters also may host fleas and lice, which they often catch from other pets in the house. You may have to look carefully to determine

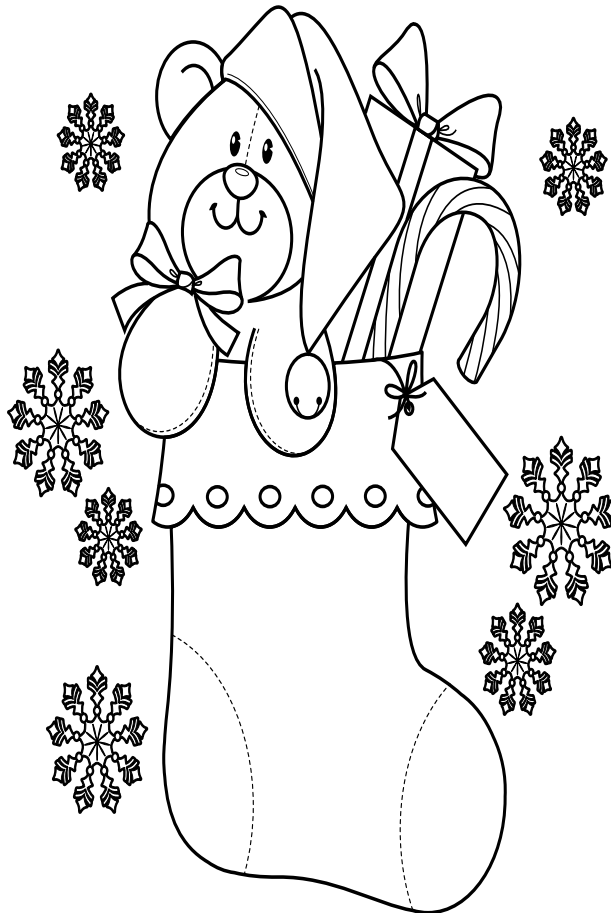
if the hamster has these pests.

One of the biggest concerns of hamster owners is a condition called wet tail. Potentially fatal, wet tail is a highly contagious bacterial disease that causes extreme diarrhea. Stress is a big contributor to the onset of wet tail, which is why it is common among young hamsters getting acclimated to their new homes. Changes in diet, habitat and unsanitary living conditions also contribute to wet tail. Wet tail is best handled by a veterinarian who can offer medical advice for the best treatment possible.

Not all diarrhea is indicative of wet tail. A diet heavy in fruits and vegetables those foods might cause diarrhea. If the diarrhea disappears when these foods are removed from the hamster's diet, wet tail is likely not the culprit.

## Creative Coloring

Celebrate the holiday season.  
Color in this picture to create your own masterpiece.



## CANADA



## HISTORY 1841

The Dawn settlement is established to provide self-help for black people in agricultural communities.

## GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: GINGERBREAD HOUSE

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Valerie Winger  
Phone: 780-706-1858  
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## Plan ahead for quicker airport screening

(NC) The weather outside may be frightful, so why not make your travel more delightful – especially the airport screening?

The Canadian Air Transport Security Authority (CATSA) gives us a few handy tips:

Snowy weather can make getting to the airport a challenge, so give yourself plenty of time to

check in and go through screening. Security wait times for Canada's major airports are listed on CATSA's website or CATSA's app for your convenience.

When you get to the checkpoint, have your boarding pass handy. Be ready to remove all bulky outer layers and belts with large metal buckles. Coins, keys cell

phones and tablets can remain in your carry-on bag.

Remember to put all liquids, aerosols and gels into your checked baggage. Only amounts less than 100 millilitres, placed in a 1-litre clear, re-sealable plastic bag, are permitted through security in your carry-on bags.

More tips to help you breeze through security can be found online at [catsa.gc.ca](http://catsa.gc.ca), on Twitter (@catsa\_gc), or on Pinterest (CATSAGC).



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Is looking for a full-time permanent Accommodation Service Manager. Must have at least 2 years experience.

**\$24.24/hr**

**40hrs/wk benefits included.**

Please mail your resume to:

**Sufean Khan**

Box 1080

Fox Creek AB T0H 1P0

Fax:780-622-4465



### Devonian Hotel and Suites

70, 1st Ave, Fox Creek AB

Is looking for 2 full-time permanent Housekeeping Attendants. Must have at least 2 years experience.

**\$15.00/hr**

**40hrs/wk benefits included.**

Please mail your resume to:

**Sufean Khan**

Box 1080

Fox Creek AB T0H 1P0

Fax:780-622-4465

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The successful candidate must possess a minimum of a Grade 12 diploma (or equivalent), a current driver's license and a minimum of 2 years' industrial experience. Preference will be given to candidates who have experience in mechanical maintenance and who would like to pursue a career in the trades. Computer skills such as Outlook, Word, Excel and CMMS programs are a definite asset.

Alberta Newsprint Company offers a competitive, fully company-funded benefits and pension package. You will also be included in the company-wide bonus plan.

Qualified candidates are requested to forward their resumes, complete with references, by December 30, 2014 to:

**Alberta Newsprint Company**

Postal Bag 9000

Whitecourt, Alberta T7S 1P9

Attn: Personnel Services Coordinator

Fax: 780-778-7070

Email: [career\\_mech@albertanewsprint.com](mailto:career_mech@albertanewsprint.com)

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

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



## SUMMER EMPLOYMENT OPPORTUNITY

Alberta Newsprint Company has summer employment opportunities.

### QUALIFICATIONS:

Candidate(s) **MUST** currently be enrolled in Post Secondary Education **and** be available for **entire contract term**. Good Physical condition is required. A medical assessment may be required prior to employment that is fully paid for by ANC. (Evidence of enrollment in a post-secondary program must be provided).

**TERM: May 4, 2015 – August 31, 2015**

### 2015 Summer Student Rate of Pay

\$21.90/hour (Day Student)

\$22.94/hour (Shift Student)

If you are interested and qualify, please submit your application/resume by **January 15, 2015** to:

Alberta Newsprint Company

Box 9000

Whitecourt, AB T7S 1P9

Attn: Personnel Services Coordinator

Summer Employment

Fax: 780-778-7070

Email: [career\\_summer@albertanewsprint.com](mailto:career_summer@albertanewsprint.com)

**Interviews for all positions will be conducted at ANC on January 31, 2015 at ANC Millsite.**

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



## Laugh those extra calories off

There are a host of ways fitness-minded folks can burn a few extra calories, even if they don't know they're doing it. For instance, those who can't sit still and tend to have a nervous personality may burn more calories than a person who is calm. That's because fidgeting can burn up to 350 calories a day. Laughing more can also burn extra calories. Scientists estimate that laughing 100 times is equivalent to a 10-minute workout on a rowing machine. Remember to get some shut-eye as well. Research has

found that dieters who get adequate sleep can more easily shed weight. For those who are feeling amorous, engaging in intimate behavior can burn up to 360 calories an hour.



### HELP WANTED

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

**Food Service Attendant**  
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**Food Service Supervisor**  
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*Please apply in person at the restaurant.*



**4331-52 Ave Unit 1  
Whitecourt, AB**

## Salesperson

Salesperson position available. No experience required, will train suitable person. Friendly, outgoing person who likes people and getting out of the office. Customer relations experience an asset.

**Send resume to Valerie at  
wctpress@telus.net**



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### 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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**Please send resume including drivers abstract to:  
[grussell@northwelloilfield.ca](mailto:grussell@northwelloilfield.ca)  
or Fax to: 780-778-5099  
3624 - 36 Avenue Whitecourt  
Northwell Oilfield Hauling Whitecourt Office  
Phone 780-706-2000**

## Hugs from Santa



Photos Whitecourt Press

**Christmas is for Kids, sponsored by the Whitecourt District Chamber of Commerce, was very well attended. Kids also enjoyed a free movie provided by Magic Lantern Theatres. As well, kids were all smiles as they enjoyed a horse-drawn sleigh ride. There were also many activities at the Legion which included a cupcake decorating contest, a colouring contest, face painting, and more.**

### EMPLOYMENT OPPORTUNITY | Job #14-066

## Mechanic III



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 for a full-time, permanent, Mechanic III within the Infrastructure Services Department.

Reporting to the Manager of Works, the Mechanic III is responsible for the operation, repair, and maintenance of the Town's fleet and related equipment.

#### QUALIFICATIONS:

- Must be a qualified and licenced Automotive Mechanic, preferably with knowledge and experience with Heavy Duty and specialized municipal mobile and protection equipment.
- Must be willing and capable of obtaining a Journeyman licence in Heavy Duty or other available upgrading in related fields as required by the Town.
- Experience with and knowledge of equipment maintenance programs and parts inventory systems.
- Able to relate in a positive manner to the general public as well as other staff members.
- Must possess a valid Class 3 driver's licence; Class 1 licence is preferred.
- Able to weld and fabricate.

#### PRIMARY RESPONSIBILITIES:

- Responsible for repairs and service work to all equipment as required.
- Responsible to ensure that proper maintenance and records for all equipment, as required, is in place.
- Responsible for developing, updating, and following extensive preventative maintenance programs.
- To assist with required equipment replacement, general repair, and maintenance budget.

The successful applicant must be a self-motivated energetic individual, and will be required to pass a pre-employment physical and criminal record check, and provide a driver's abstract prior to being hired. The rate of the position is between \$33.01 and \$35.72 per hour depending on experience.

Job descriptions are available upon request.

Please forward your resume to the following address by 12 noon on Monday, January 5:

**TOWN OF WHITECOURT**  
Attention: Legislative Coordinator  
Box 509, 5004 - 52 Avenue,  
WHITECOURT, AB T7S 1N6  
Fax: 780-778-4166  
Email: [hr@whitecourt.ca](mailto:hr@whitecourt.ca)  
**Re: Job #14-066**

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



Boreal Pumping, a division of Bonnett's Energy Corp. is an extremely busy oilfield services company that has developed a reputation for delivering excellent results and have become recognized industry leaders in our core service areas! We are looking for committed, high performing individuals who seek opportunities for change and growth to join our growing Pumping team!

#### Base Manager – Whitecourt, AB:

The qualified candidate will have excellent oral and written communication skills, knowledge of office processes, procedures and technology along with the ability to work effectively in a team setting. This position requires a willingness to work a flexible schedule and occasional overnight travel.

Responsibilities include but are not limited to: overseeing day-day pumping operations, dispatching jobs, provide support for all fluid and nitrogen operations, implement the company's HSE program, and will provide leadership and guidance to employees in accordance with company policies and procedures.

The qualified candidate will have a minimum of 8 years in a Pumping Supervisory position and must have Fluid and/or Nitrogen operations experience. Must also possess a valid driver's license with clean driver's abstract.

#### Nitrogen Supervisors – Grande Prairie and Whitecourt, AB

#### Fluid Pumping Operators & Supervisors – Grande Prairie and Whitecourt, AB:

The qualified candidates must have a valid Class 1 driver's license with a clean abstract, current H2S and First Aid certificates and nitrogen and/or fluid pumping experience for the Supervisor roles. Pre-employment testing is in effect. All positions require driving and the operating equipment.

If you are a safety-oriented individual looking to join a dynamic growth oriented oilfield service company, we would like to hear from you. We offer a great working environment, a competitive salary and bonus plan, a comprehensive benefits package, and a company matching RRSP plan.

Please send your resume (indicating job title and location) and driver's abstract to Human Resources at [hr@bonnettsenergy.com](mailto:hr@bonnettsenergy.com) or fax to 780-532-4811.

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



## Establish new roots.

Millar Western is a progressive forest company offering diverse, rewarding careers in great Alberta communities, with excellent advancement opportunities and a healthy work-life balance. **Grow with us.**

### Maintenance Manager

Our Whitecourt Wood Products Division is seeking a Maintenance Manager. Reporting to the Operations Manager, this individual will play a key role in managing a cohesive team of Maintenance personnel, while also developing and managing budgets and maintaining a professional work environment focused on safety and product quality. The ideal candidate will have several years of experience in the wood products manufacturing industry, with a minimum of five years at the Superintendent or Management level. He or she will demonstrate excellent interpersonal and leadership skills, business acumen with the ability to develop and implement processes, and troubleshooting skills with a focus on root cause analysis and preventative maintenance. Experience with SAP business or a similar ERP program would be considered an asset. For more information, visit [millarwestern.com/careers](http://millarwestern.com/careers).

#### Application deadline: December 19, 2014

Send your resume and cover letter to:  
[jlockinger@millarwestern.com](mailto:jlockinger@millarwestern.com)

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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**

**Smoke alarms can save lives**

According to the National Fire Protection Association, 92 percent of all civilian structure fire deaths in 2011, the most recent year for which statistics are available, resulted from home structure fires. Not surprisingly, kitchens are the leading area of origin for home structure fires. Forty-two percent of such fires, which peak during the dinner hours between 5 p.m. and 8 p.m., began in the kitchen. And while smoke alarms may not prevent fires, they can prevent deaths stemming from home structure fires. Three out of five reported home deaths resulted from fires in homes with no smoke alarms or homes with smoke alarms that were not in operation.

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Please apply in person to:  
**3764 - 30 STREET, WHITECOURT, ALBERTA OR EMAIL: jeff@auroratransportltd.com**

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**SILVERLINE Swabbing**  
Silverline Swabbing, a division of Bonnett's Energy Corp. has an immediate opening at their Whitecourt, AB location for a **Rig Assistant**.  
In 2004, Silverline Swabbing Ltd. commenced operations with a single rig. Today, we are a multi-rig operation proud to be recognized as a leading swabbing services company, providing services to our clients in northern Alberta and British Columbia.  
We are pleased at the industry-wide reputation we have developed of being trusted, knowledgeable professionals who combine innovation and creativity to provide the highest possible level of service to our clients. Together, our team of swabbing service specialists' years of experience and training, combined with the latest technology – including tandem and tridem rigs, pressure vessels, tanks and scrubbers – enables us to offer a range of swabbing services throughout the Western Canada Sedimentary Basin  
We are currently seeking qualified candidates who have a valid Class 3 driver's license and a clean driver's abstract and current certificates in H2S and First Aid. Pre-employment testing is in effect.  
If you are a safety-oriented individual, interested in joining a dynamic, growth-oriented oilfield service company, we would like to hear from you. We offer a competitive salary and bonus program, company matching RRSP, and a comprehensive benefit package.  
Interested applicants can email their resume (indicating job position and location) along with a current Driver's Abstract to Human Resources at: [hr@bonnettsenergy.com](mailto:hr@bonnettsenergy.com) or fax to 780-532-4811.  
We thank all that apply; only those under consideration for the position will be contacted.

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Contact for:  
Publisher-Owner / Accounting / Advertising / News / Sales  
**Valerie Winger:**  
Phone: 780-706-1858 Fax: 1-866-647-4105 (Toll Free) Email: wctpress@telus.net

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](mailto:career_mech@albertanewsprint.com)

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

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



The Boys & Girls Club  
of Whitecourt and District

WHITECOURT TEEN CENTRE

## Career Opportunity: Youth Development Coordinator

The Boys and Girls Club of Whitecourt and District has an exciting part-time opportunity for the right individual to join our excellent team. Reporting to the Executive Director, the *Youth Development Coordinator (YDC)* is responsible for developing, facilitating and implementing the broad range of services and programs for the youth of the community. The YDC has the ability to motivate and support staff and volunteers in their efforts to engage and interact with youth in meaningful ways, including social preventative services as well as leisure services.

### Key Duties and Responsibilities

- Use a variety of methods to identify and assess community and youth services and programs
- Oversee all aspects of program delivery which includes effective planning, budgeting, policy development, evaluation and reporting to meet the needs of the youth we serve
- Promote youth related activities through social media and community events
- Maintain records and statistics for the programs and events
- Support and work with the Teen Manager and other Teen Centre workers to ensure coordination and enhancement of all youth programs

### Requirements

- Preference will go to candidates with formal education and training in post-secondary fields such as Social Work, Education, Youth Development, Recreation or Psychology
- Three to five years' experience working with youth especially in partnership with community agencies
- Ability to work flex time between administrative duties and direct program delivery
- Excellent communication and interpersonal skills with the ability to establish good relationships with Youth, Volunteers and Community Stakeholders
- Clean Criminal Record Check and Vulnerable Sector Record Check

The Youth Development Coordinator position will be 18 hours per week; salary will be dependent on qualifications and experience.

To apply for this exciting opportunity please submit your resume and cover letter via email to Cathy Branton, Executive Director, [whitecourtbgc@gmail.com](mailto:whitecourtbgc@gmail.com) or drop off in person at the Boys and Girls Club in The Carlan Community Resource Centre. Applications will be accepted until December 30, 2014.

# BRAD'S Picker Services Ltd

Brad's Picker Service a diverse and progressive oilfield transport company utilizes a wide spectrum of trades and skills. At Brad's we provide ample opportunity and a unique work experience few other companies can match. We are currently seeking ambitious, innovative, and hardworking individuals to join our team. Brad's offers excellent wages, comprehensive benefits, as well as many opportunities for education and career advancement.

### Description

We provide newer equipment and a safe work environment. Our pickers perform a variety of different jobs from service and maintenance work to construction work and rental equipment hauling. Brad's offers plenty of opportunity for advancement, if you are looking for challenging work that will lead into a successful career then we are looking for you. We also have a full service mechanics bay ensuring equipment is serviced and ready to go.

### Qualifications

- Clean class 5 driver's license with air brake endorsement
- Knuckle boom experience and or a picker ticket
- Must have experience pulling trailer with electric brakes
- First Aid, H2S and other safety tickets are an asset
- Motivation to work hard to get tasks done on time, as well as a competitive spirit
- Must be able to pass drug test
- Pride and ownership of work
- Problem solving skills
- Able to work independently and as part of a team

### Job Duties

- Operate 8 ton knuckle picker in a safe efficient manner
- Abide by all company safety policies and DOT policies
- Work with maintenance department to ensure truck is clean and in good working order.

Phone 780-778-6141  
Fax 780-778-6118  
Email [bradsjobs8@gmail.com](mailto:bradsjobs8@gmail.com)

We thank all applicants for their interest; however, only those selected for an interview will be contacted. Preference given to local applicants unless willing to relocate.

### EMPLOYMENT OPPORTUNITY | Job #14-067

## Allan & Jean Millar Centre Finance Clerk



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 has an opening for a part-time (20 hours per week) Allan & Jean Millar Centre Finance Clerk. This position works out of the Allan & Jean Millar Centre, and reports to the Controller and under the direction of the Community Services Department.

This position works closely with other experienced staff in the Town's Corporate Services and Community Services Departments.

### DUTIES INCLUDE:

- Aiding the Guest Services staff with balancing cash receipt reports to cash
- Aiding the bookings staff with accounts receivable reports and collection
- Aiding the Manager of Family and Community Support Services (FCSS) with application and final reporting of FCSS Grants
- Reconciling monthly reports between CLASS and Diamond software programs and electronic fund transfers
- Completing year end audit reports as required
- Other finance duties within the Community Services Department as required.

The successful applicant should have some post secondary accounting education. One to five years experience in an accounting field, preferably with some municipal government experience; an equivalent combination of education and experience may be considered. Familiarity with Great Plains Diamond Municipal Software, CLASS Software, and Excel would be a definite asset. A high degree of efficiency and accuracy is required. This will be a good opportunity for people with good accounting skills to gain experience in a municipal environment.

The Town of Whitecourt is committed to its employees and provides a first rate benefits package. This positions starting pay will be \$26,573 per year. The successful candidate will be required to pass a pre-employment physical and criminal record check, and provide a driver's abstract, prior to being hired. A job description is available upon request.

If you feel that you have the qualifications and desire to be part of the Allan & Jean Millar Centre Team, please submit your resume to the following address prior to 12:00 noon on Monday, January 5:

TOWN OF WHITECOURT  
Attention: Legislative Coordinator  
Box 509, 5004 - 52 Avenue,  
WHITECOURT, AB T7S 1N6  
Fax: 780-778-4166  
Email: [hr@whitecourt.ca](mailto:hr@whitecourt.ca)  
Re: Job # 14-067



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

**Whitecourt  
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or  
Email resume to [kswheel@telus.net](mailto:kswheel@telus.net)**

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

**Mechanical Maintenance Planning Coordinator**

An opening for a permanent full-time position exists in our Mechanical Maintenance department for a Planning Coordinator. You will be responsible for shutdown scheduling and coordination of the mill. You will manage the lubrication and vibration programs for the mill. As well, you will be the area owner of the CMMS program.

To qualify for this opening, the applicant must have a minimum of 10 years experience in a maintenance trade related to the coordinator position. The successful candidate will possess excellent organizing, communication, problem solving and people skills, Grade 12 diploma and a valid driver's license. The candidate must be willing to relocate to Whitecourt.

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 **December 19, 2014** to:

**Alberta Newsprint Company**  
Postal Bag 9000  
Whitecourt, Alberta T7S 1P9  
Attn: Personnel Services Coordinator  
Fax: 780-778-7070  
Email: [career\\_mech@albertanewsprint.com](mailto:career_mech@albertanewsprint.com)  
Visit our website: [www.albertanewsprint.com](http://www.albertanewsprint.com)



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

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

**E&I Technician**

An opening for a permanent full-time position exists in our E&I Maintenance team for a Journeyman Instrument Mechanic. We are looking for a self-motivated individual with a strong mechanical aptitude and technical back ground. This person will develop, manage and grow our valve program from bottom to top; repair, troubleshooting, reliability, loop tuning, maintenance budgeting, valve contractor management, updating documentation and capital projects. Extended maintenance and project experience in pulp and paper is considered a strong asset.

To qualify for this opening, the applicant must hold an Instrument Mechanic Journeyman ticket through an accredited apprenticeship program, a Grade 12 diploma and a valid driver's license. The candidate must be willing to relocate to Whitecourt.

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 **December 12, 2014** to:

**Alberta Newsprint Company**  
Postal Bag 9000  
Whitecourt, Alberta T7S 1P9  
Attn: Personnel Services Coordinator  
Fax: 780-778-7070  
Email: [career\\_mech@albertanewsprint.com](mailto:career_mech@albertanewsprint.com)  
Visit our website: [www.albertanewsprint.com](http://www.albertanewsprint.com)



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

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 Brenda English 780-662-0060	 Crystal Oake 780-622-4628				







Ph.: (780) 706-5081  
Fax: (780) 706-5082  
[info@whitecourtflooring.ca](mailto:info@whitecourtflooring.ca)

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