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Miles for smiles - Nicole Troyer's Mental Health Awareness Run

A nineteen-year-old is running or biking somewhere between here and Demmitt, Alberta, right now to raise awareness about mental health. Nicole Troyer stayed in Whitecourt Thursday last week, and The Press caught up with her before she hit the road again. Pictured is Nicole with her signs.



Her first stretch of Highway 43.

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By Serena Lapointe

Mental health struggles look different depending on who is struggling, and even though many people face the hardships mental illness brings, it doesn't make those suffering feel any less alone. Inspired by loved ones who've suffered and from her personal experiences, 19-year-old Nicole Troyer is currently running across Alberta to help raise awareness for mental health and to remind Albertans that they aren't alone.

"I've had some of my friends attempt suicide in the past, and that made me want to raise awareness for mental health because it can

happen so fast.

Sometimes, it comes out of nowhere, and sometimes, you see it coming, but you don't think it'll reach that point. It's something that probably every single person will deal with, at some degree, at some point in life," said Troyer.

Her trek began at 10 am on June 10 in Lloydminster, where Nicole, joined by her dad, Phil, took off from City Hall on an adventure to share a powerful message with as many people as possible. Their ending point is Demmitt, Alberta. Her plan, which she decided on a year ago as she crossed the stage at her graduation ceremony,

is now well underway.

Rather than try and find a place to park their camper each day, the pair devised a plan. Every four days, they drive their camper an hour and a half up the highway and park it. Then, each day, after she runs 40+ kilometres, they drive to the camper for the night. In the morning, they head back to where she stopped the day before and continue, repeating the process.

On June 17, the pair parked their camper at Sagitawah RV Park as Nicole worked on the stretch between Rochfort Bridge and Whitecourt. At lunchtime on

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Construction advances at the new Culture and Events Centre

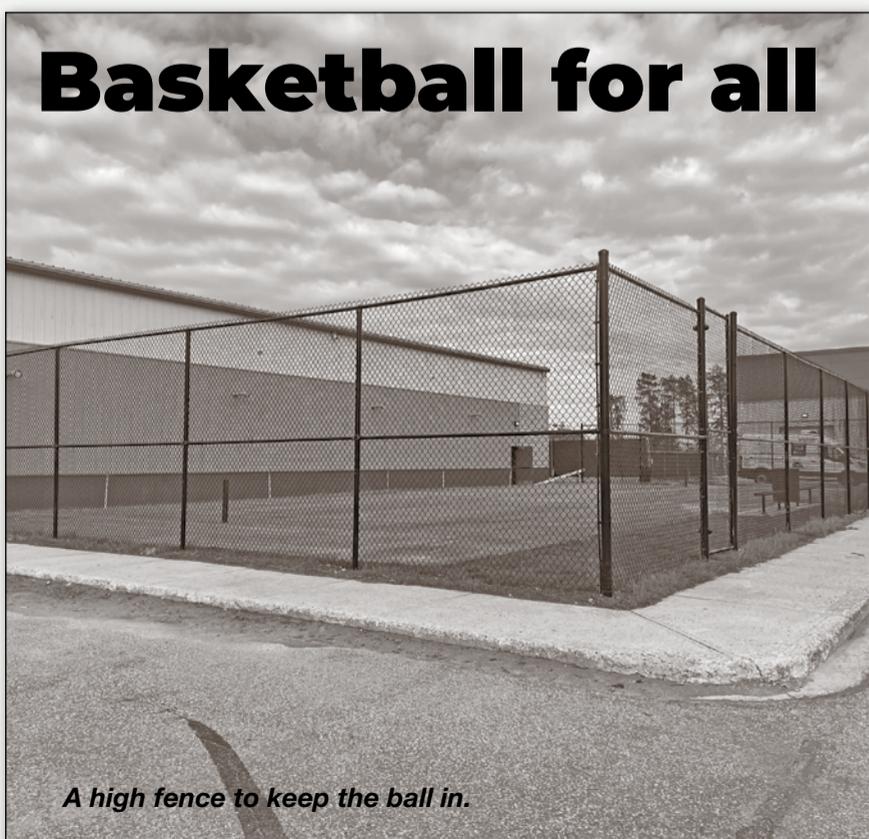


Town of Whitecourt photos



Construction advances steadily at the new Culture and Events Centre, with most of the roofing work now complete and window frame installation well underway. Site grading on the north side is set to begin in early July, followed closely by the start of interior wall framing. Landscaping efforts and curb installation in the south parking lot are also scheduled to begin mid-July, marking a significant step forward in the project's development.

Basketball for all



A high fence to keep the ball in.



The court is near the Carlan Community Resource Centre and the Whitecourt Food Bank.

The new and improved basketball net in front of JDA Place, near the Whitecourt Food Bank, is coming together. The fencing is up, protecting the court from would-be parkers who have used the space as a parking lot for years, with only a few more pieces needed before kids and adults can get back on it to play.



Nicole and her dad, Phil, at Whitecourt Subway on Thursday.



A rainy day with Whitecourt in her sights.

continued from page 1

June 19, they reached the base of the big hill by No Jack and decided to pop into Whitecourt for lunch at Subway (one of their sponsors) before heading back to battle it. A few hours later, just before 5 pm, the pair crossed the boundary into Whitecourt by the Lions Campground.

Running is something the pair have done together since 2019. Phil is an avid racer, having started years ago on a bet that he couldn't complete a half marathon. "I did the half marathon, then I did a 60 km race and then 125 km one, and then I did a 200-mile race. I just wanted to keep pushing myself to see how far I could go," he explained.

Nicole started small, going around the block at first, but quickly progressed to running long marathons like her dad. Her longest completed marathon to date is 55 kilometres, and she's blowing that out of the water. But, more importantly, this race is touching people.

"We've had people reach out to us and say that because of this run, they've started talking about mental health, and they've gotten to open up. That makes my dad and I cry because we are both tired and emotional at this point," laughed Troyer, adding, "That's the stuff that helps me go another day and even just another step. It means a lot." Her dad agreed. "We've had so many conversations over the last two weeks

or so, just an unbelievable number of conversations about mental health, and that's the whole point of this."

The gruelling work that Nicole has put in for days on end is testing her mental health, too, including dealing with agonizing straight stretches that take forever. "You want to talk about mental toughness? There's a 28-kilometre straight stretch west of Vermillion. It would've taken about five hours to do it. Running on a road is very different than trail running," explained her dad.

She also had to deal with body breakdowns. Her Iliotibial band (upper leg) was giving her grief, which changed things up. A last-minute decision to bring a bike along proved to be a lifesaver but also presented a problem.

"She hasn't trained on a bike at all, and she's not a biker. Now she has soreness in different muscles and places," laughed her dad. For Nicole, getting on the bike was tougher than running. "It's not easier. I didn't know how to change gears, so I was like, why's it so hard going downhill," she laughed. As she figured things out, the bike became a break for her leg.

She hopes to run for most of the final push.

Dealing with her leg pain was another poke to her mental health. "I trained for the mental part of it, and I was ready for that, but then it was my body that was giving out on me. It was defeating because it wasn't something I could've trained for."

She's using every honk, cheer, donation, love-filled story and perogy (yes, someone donated perogies in Manville) to fuel her and propel her forward, especially through the cold, pouring rain and thunderstorms that come along. "I think that's a great symbol for life because we have to keep going no matter how hard things get. The only way you get strong enough to do that is by doing hard things. There's no question in my mind. She's finishing it," said her dad.

"I've cried more on this run in the last ten days than I have in a long time.

For me, seeing her push herself has been the hardest. It's hard as a dad to keep pushing your kid, and we're just starting to get into

the big hills," said Phil, speaking of the big hills between Whitecourt and Fox Creek.

Although the run originally began as an awareness campaign, donations started coming in above and beyond the fundraising efforts for the gas and groceries needed to complete it. The pair discussed what to do with the remaining money and decided on the Solstice Integrated Wellness Center in Clairmont.

Solstice House offers programs like voluntary and court-mandated detox and stabilization and educational programs for teens, including life skills, work experience, and social skills training. Having known people who went there and received life-changing help, they knew it was the

best spot to put leftover dollars.

"Some close friends have gone there, and we didn't know about the program before that, so it needs to be supported more. We've heard success stories from close friends and people sharing with us. We want people to know that if their kid is struggling, this is an option for them," explained Nicole. "We want to give it to a project, like renovating a bathroom or buying a kitchen appliance, depending on how much is raised," added her dad.

As the pair get closer to Grande Prairie, they expect to see more friends and family supporting them as they reach the hardest days, pushing towards the finish line of Demmitt, Alberta. "I want people to let themselves feel

emotions and to get out and talk about it. With something mental, you can't get stitches. It's not a scratch. If you let your feelings out with a therapist, a friend, or even yourself, it helps. That's what I do when I run because I have nothing else to do, so I talk to myself," smiled Nicole. "Don't be afraid to talk. Struggling is normal. It happens to so many people. You are not alone."

To follow Nicole's journey, check out her Instagram at Mhawarenessrun or follow her dad's public Facebook updates by searching for Phil Troyer. To join their fundraising efforts, search Miles for Smiles - Mental Health Awareness Run on GoFundMe's website. Most of the pictures shown are credited to Phil Troyer.

Show & Shine draws over 30 vehicles



Lana Ulbricht Miller photo

On Sunday, June 15, car enthusiasts gathered at the Canadian Tire parking lot for a lively Show n Shine event featuring more than 30 registered vehicles. From classic rides to custom builds, the event offered something for everyone. Spectators enjoyed a sunny afternoon of chrome, conversation, and community spirit.

From Whitecourt to the CFL: Morgen Runge's football journey



Photos Submitted

By Haylee Winger

Whitecourt native Morgen Runge continues to make strides in his professional football career with the CFL's Saskatchewan Roughriders. Since joining the team, Runge has shown steady progress on the field. His recent contract renewal further solidifies his position with the Roughriders, marking another step forward in his journey as a professional athlete.

When he's not training or studying, Runge enjoys spending quality time with his family and hopes to take advantage of any free moments on the golf course. However, for now, all his energy is devoted to football — a sport that has been a central part of his life for over a decade.

Runge's football journey began in the spring of 2013 during Grade 10, when he attended spring camp with the Whitecourt Cats. At that time, hockey was still his main passion, but football gradually gained ground as he explored

his athletic potential. "Growing up I was more of a hockey guy," Runge explained. "It wasn't until I started playing junior football with the Edmonton Huskies in 2015 where I was kind of more thinking football was, you know, more of what I was doing. When you have the opportunity to play at a higher level, you get to see how the game branches out and all the possibilities."

Runge spent five seasons with the Edmonton Huskies, starting in 2015 and completing his junior eligibility in 2019. His time with the Huskies gave him valuable experience and helped shape his skills, discipline, and understanding of the game. After finishing his junior career, he transitioned to university football, dedicating five seasons to the University of Alberta Golden Bears. His years with the Golden Bears further developed his abilities and prepared him for the challenges of professional football.

Reflecting on his progression to the CFL,

Runge speaks with pride about the journey that brought him to the Roughriders.

"It's been a very long football journey for me. I started in 2013 in high school and played five years of junior with the Huskies and then five years with the Golden Bears. So now having the opportunity to play at the highest level with the Saskatchewan Roughriders and being part of the culture is just incredible. Being able to be a part of that while chasing our goal to win the 112th Grey Cup is quite special. It's awesome."

As someone who has worked his way through every level of Canadian football, Runge offers practical advice to young athletes who dream of making it to the professional ranks.

"Number one: take care of school," he said. "Most of the players who go on to play at the professional level, who are Canadians, go to university. It's not easy to get into university

continued on page 6

William Fincaryk "Bill"

August 5, 1934 – June 13, 2025

Try not to grieve to long, I am no longer in pain I am free. But for me once in awhile look back at the window when you drive away you will see me waving, and softly whispering "You take care of yourself".

It is with tremendous sorrow the family of Bill Fincaryk will no longer hear his laughter fill the room or see the sparkle in his eyes when he smiled. Bill closed his eyes for the last time with his loving family surrounding him on Friday, June 13, 2025. Bill is now reunited with his wife Mary. He leaves behind a legacy of warmth, tradition, and enduring love. Bill will be deeply missed and lovingly remembered by all who knew him.

Bill's memory will be forever cherished by his daughters, Trudey (Darren) and Milly (Darin); grandchildren, Marie-Lynn and Jesse; great-grandchildren, Mckynlee, Azalea, and Hadlee; special cousins, Jerry and Gerald; sisters-in-law, Pearl and Annette and many nephews, nieces, cousins, family and friends.

Bill was predeceased by his wife, Mary; parents, Margaret and Mike Fincaryk; brothers, Art and Metro; special cousin, James; mother and father-in-law John and Katie Hryhchuk; sister-in-law, Katie; brothers-in-law, Elmer and Nick and a dear niece, Gracie.

Bill made his way to Alberta from Sturgis, Saskatchewan and began working in the Whitecourt area in 1957, he then met and married the love of his life Mary in 1961; and here in Whitecourt they made their home, raised their family and put down deep roots for almost 70 years.

Bill was a proud Ukrainian-Canadian who found immense joy in his heritage and passed that pride on through everything he did—especially through food. He loved nothing more than gathering his family around the table for a big homemade Ukrainian meal. His borscht was legendary, his apple pies unforgettable, and his kitchen always open. Feeding his loved ones was his love language; to be fed by Dad/Gedo was to be loved by Dad/Gedo. Lunches and suppers at his home were more than meals—they were memories in the making, and everyone felt welcomed and cherished there.

Family was everything to Bill. He took great pride in watching his grandchildren, Marie-Lynn and Jesse, grow and pursue their interests, and he often said that

watching his great-grandchildren brought him even greater joy. He celebrated every milestone, every small win, and every ordinary day shared with them.

Bill loved his garden, whether sitting in the backyard admiring the trees, listening to the birds, or (good-naturedly) scolding the ones who snuck a bite of his berries, his garden was a place where he felt life continuing and moving forward.

He was a devoted Blue Jays fan and had the thrill of watching them play live in Toronto. A loyal Oilers fan as well; Bill enjoyed all kinds of sports. In his younger days, he played baseball and fastball and later enjoyed bowling and floor curling.

Bill enjoyed traveling, especially with his family and on Senior Circle trips. He visited places like Mexico, British Columbia, Jasper, Barkerville, and Head-Smashed-In Buffalo Jump—each trip adding to the blessings of his life.

Up to 3 weeks before his passing, Bill lived in the home he loved, surrounded by the life he had built. His 90 years were full—of love, laughter, purpose, and family. He was a man of kindness, quiet wisdom, and unwavering respect for himself and others. He believed in helping when you can and being good to others.

The family would like to thank the staff from Homecare for the compassion and care shown to Bill each day, and to the Aging in Place ladies who just recently came to the house to help Bill stay and enjoy his home. Also, there are no words to express how grateful we are for the care dad received from the Nurses, Doctor Uzo, the other doctors, the lab technician people, the nutrition-food people and the cleaning staff at the Whitecourt Health Care Center. Your kindness will never be forgotten.

Donations can be made to directly to the Whitecourt Health Care Center for their greatest need, or to The Friends of Whitecourt, or a Charity of one's choice.

A private family interment will take place in the future.

A Celebration of Bill's Life is being planned for his family and friends and will be announced a later date.



Condolences may be sent to www.affinityfuneralservice.ca.

Funeral Arrangements in the care of Terri Shtmenosky at:

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Notice of applications Sunbeam Meadows Solar Project

Dutta Energy Corporation has filed an application for a solar power plant within the municipal limits of the town of Whitecourt, Alberta



Proceeding 30003 Application 30003-A001

The Alberta Utilities Commission (AUC), the independent utilities regulator, will be considering the solar power plant development application in Proceeding 30003. If you feel you may be affected by this application you can request to participate and provide input to the AUC before it makes its decision.

You can request to participate by registering and filing a statement of intent to participate by July 14, 2025.

Dutta Energy Corporation has applied to construct and operate a 24.97-megawatt solar power plant to supply a data centre. The power plant would be sited on 49 acres of private land within the municipal limits of the town of Whitecourt, specifically in the northeast quarter of Section 32, Township 59, Range 11, west of the Fifth Meridian. The application has been filed under the *Hydro and Electric Energy Act*.

Additional information about the applications

The application and any associated documents are publicly available and can be accessed from the eFiling System on the AUC website www.auc.ab.ca. Alternatively, for more information about what is being applied for, or for a copy of the application, please contact:

Dutta Energy Corporation
Debasatwa Dutta
Phone: 647-537-3389
Email: info@duttaenergy.com

Participant information

For more information about how you may become involved in this proceeding, please contact us or visit our website and review the information under "Get involved."

Register to participate by filing a statement of intent to participate

If you wish to participate in this proceeding, please visit our website and log in to the eFiling System, go to Proceeding 30003, and register to participate under the "registered parties" tab. You will be prompted to fill out a statement of intent to participate. For guidance on how to use the eFiling System, please visit www.auc.ab.ca/how-to-use-e-filing. Alternatively, please contact us at 310-4AUC (310-4282) in Alberta or info@auc.ab.ca for more information or assistance with filing your statement of intent to participate. The lead application officer, Victor Choy, can also be contacted at victor.choy@auc.ab.ca or 403-592-4439.

The AUC may make its decision without further notice or process if no statements of intent to participate are received.

Privacy

To support an open and transparent process, information you send to the AUC will be publicly available through the AUC's eFiling System. If there is confidential information you would like to file, a request must be made in advance of registering to participate.



63% of wildfires are caused by people.

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Labouring under tariffs: Job vacancies on the wane in Alberta

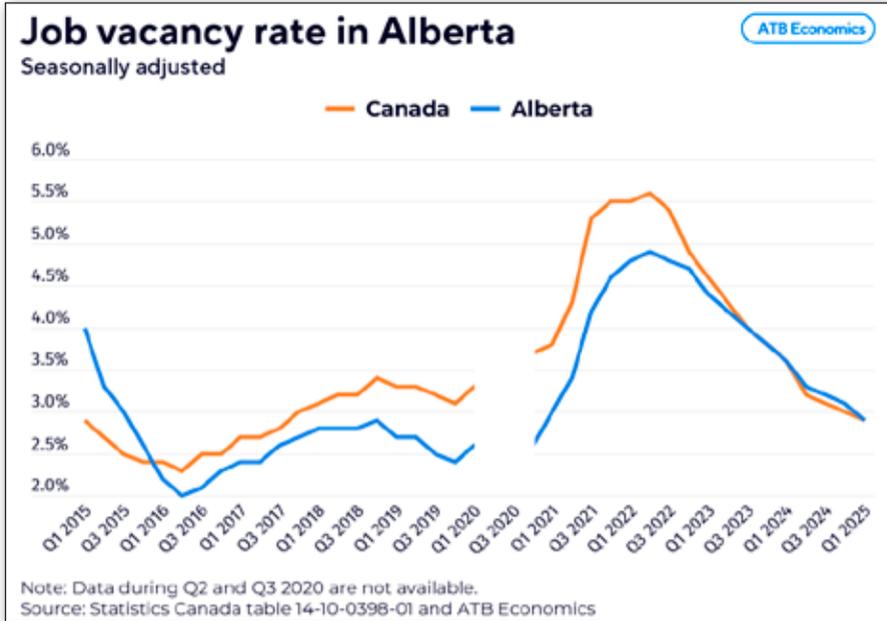
By Rob Roach,
ATB ECONOMICS

In another sign of labour market softening in Alberta, the job vacancy rate* has fallen for the 11th quarter in a row.

After reaching a high of 4.9% in the second quarter of 2022, the rate has come down by two percentage points to land at 2.9% as of the first quarter of this year.

The rate averaged 2.7% between 2015** and 2019 before ratcheting up in 2021 and 2022 as the disruptive impact of the pandemic and subsequent recovery worked their way through the economy.

In absolute terms, the number of vacancies has fallen from over



100K in 2022 to under 62K today.

It is essentially the same story for Canada as a whole, with the national vacancy rate also

falling for 11 quarters in a row to 2.9%, albeit from a slightly higher peak of 5.6%.

An interesting development is that Alberta's

job vacancy rate has now converged with the national average after spending over seven years below it from 2016 to mid-2023. Un-

like the rest of Canada, the vacancy rate still remains higher than pre-COVID levels in Alberta.

Regionally within Alberta, the west side of the province (Banff-Jasper-Rocky Mountain House and Athabasca-Grande Prairie-Peace River) has the highest vacancy rate in the first quarter at 3.7% (down from a high of 7.8%) and the Red Deer region the lowest at 2.4% (down from a high of 5.0%).

While the overall vacancy rate has moderated, it is higher in some sectors than others. Two sectors continue to stand out in this regard: specialty construc-

tion trade contractors and food services and drinking places.

With tariffs and on-going trade war uncertainty dampening economic growth, we expect the labour market both nationally and provincially to continue to remain soft this year.

*All data in today's Twenty-Four have been adjusted for seasonality. The job vacancy rate is the number of vacant positions expressed as a percentage of labour demand (occupied positions and vacant positions).

**The data series available from Statistics Canada begins in the first quarter of 2015.

The Press

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continued from page 4 — and not only that, but it's also not easy to continue to do well in school so that you can continue to play at that level. So, take care of your studies and get to the gym. Find all the

ways to improve your skills. It's not just a matter of being a good athlete. Building your body up and being able to compete with guys at the higher levels is also very important." The community of Whitecourt is im-

mensely proud to see one of their own reach the professional level. Runge's dedication, perseverance, and humble attitude have made him a role model for young athletes throughout the region. Local coaches,

teammates, and family members have watched his journey with admiration, inspired by his commitment both on and off the field. As Runge continues to forge his path in the CFL, his hometown remains firmly behind

him, eager to cheer him on every step of the way. His story serves as a powerful reminder that with hard work, passion, and determination, dreams that begin in small towns can indeed lead to big stages.





PUZZLES

SEE SOLUTIONS PAGE 15



SUDOKU

8		9		7				
	3		9					
			4		1			
7		2			5	4		
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Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

Sudoku puzzles are formatted as 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!

Crossword Clues

CLUES ACROSS

- Computer manufacturer
- Noted space station
- Kurt Russell film "Captain"
- Automaton
- Everyone has one
- Incline from the vertical
- Fights
- Dunn & Bradstreet (abbr.)
- Finishes off
- Places to store things
- Dutch painter Gerard
- Smaller quantity
- There's a North, South and Central of these
- In an early way
- More spacious

- Short-term memory
- One who possesses
- Sesame
- Forbid
- A way to explain
- Not around
- Evoke or suggest
- Ancient kingdom near Dead Sea
- Dekameter
- Fencing sword
- "Luther" actor Idris
- Affirmative (slang)
- Afflicted
- One point north of northeast
- Born of
- Arabic name
- Hong Kong food stall: pai dong
- Not the start
- Post

CLUES DOWN

- Creative expression
- Fiber from the outer husk of a coconut
- City in ancient Syria
- College army
- More disturbed
- Pays no attention to
- Restored
- Competitions
- Lyric poems
- Famed American lawman
- Expression of disappointment
- Scars
- Satisfy
- Central European river
- Brass instrument
- One who gets paid to perform
- Propel with oars
- Long period of time
- Woman (French)
- Type of plane
- Pitching stat
- Pointed end of a pen
- Pro sports league
- Body part
- Inoffensive
- Yellowish cotton cloth
- Feline
- Does not tell the truth
- Set out to attract
- Spiritual leader of a Jewish congregation
- Abba __, Israeli politician
- Repair
- Genus of flowering plants
- Tributary of the High Rhine
- Prejudice
- C. European river
- Restrain
- Father

29. Type of plane
34. Pitching stat
35. Pointed end of a pen
36. Pro sports league
37. Body part
39. Inoffensive
40. Yellowish cotton cloth
41. Feline
42. Does not tell the truth
44. Set out to attract
45. Spiritual leader of a Jewish congregation
46. Abba __, Israeli politician
47. Repair
48. Genus of flowering plants
51. Tributary of the High Rhine
52. Prejudice
53. C. European river
54. Restrain
58. Father

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59												61			
62															64

HOROSCOPE

ARIES

(March 21 - April 20)



Nothing is too much for you to handle right now, Aries. But don't take on even more as a way to prove something to someone. That could be a recipe for trouble.

TAURUS

(April 21 - May 21)



Your physical energy is strong right now, Taurus. This may work to your advantage regarding your relationship. Your desire for love and passion is intense right now, so explore it.

GEMINI

(May 22 - June 21)



Matters of the heart may need a little work right now, Gemini. If things haven't been going too smoothly, you might have to examine the dynamics of the relationship and make changes.

CANCER

(June 22 - July 22)



You have an incredible passion for life, Cancer. It's attracting friends and family members into your circle. Partner with someone who shares your energy.

LEO

(July 23 - August 23)



Leo, if things aren't going smoothly at work, be careful about blaming yourself. You need to look at the bigger picture and figure out who all the players are in this situation.

VIRGO

(August 24 - September 22)



Virgo, even when others may count you out, you can be full of surprises. Do not let a recent success go entirely to your head, however. You still have a lot of work to do.

LIBRA

(September 23 - October 23)



Libra, even though you may like to plan ahead and take things slowly, sometimes you need to throw caution to the wind. When an opportunity all but falls in your lap, run with it.

SCORPIO

(October 24 - November 22)



Scorpio, recent conflicts may ignite some mixed feelings, which could prove confusing. Think about solutions that potentially benefit all around you, including yourself.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You might not be having the best luck right now, Sagittarius, but things can change quickly. Keep your chin up and your eyes set on your goal.

CAPRICORN

(Dec. 22 - Jan. 20)



Capricorn, if you have any health questions, make an appointment to talk to someone right away. It is important to stay ahead of things.

AQUARIUS

(January 21 - February 18)



Something that has been taking up a bulk of your time is finally coming to a close, Aquarius. This will be a big relief and a lot of stress will be lifted in the process.

PISCES

(February 19 - March 20)



People keep coming up to you expecting all of the answers, Pisces. Don't feel pressured to please everyone. Right now you may be content to enjoy some alone time.

DIPS AND FLIPS WORD SEARCH



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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

AIRTIME
ANGLED
ASCEND

BANKING
BARREL ROLL
BOOMERANG
BRAKES

CAMELBACK
COASTER
COBRA ROLL
CORKSCREW

CURVES
DIVE
DROP
ELEVATED

FLOORLESS
GRAB BARS
INVERSION
LAUNCH

LOOPS
STANDUP
TURNAROUND
TWISTER
WOODEN

If your life is in danger or you know someone's life is in danger DIAL EMERGENCY NOW 911!

If you are experiencing suicidal thoughts, you need to know that you're not alone. You can also call if you are not in crisis, seeking additional information. The new Canada Suicide Prevention Service (CSPS), by Crisis Services Canada, enables callers anywhere in

Canada to access crisis support by phone, in French or English: toll-free 1-833-456-4566 Available 24/7

Crisis Text Line (Powered by Kids Help Phone) Canada Wide free, 24/7 texting service is accessible immediately to youth anywhere

in Canada by texting TALK to 686868 to reach an English speaking Crisis Responder and TEXTO to 686868 to reach a French-speaking Crisis Responder on any text/SMS enabled cell phone. KidsHelpPhone Ages 20 Years and Under

in Canada 1-800-668-6868 (Online or on the Phone). First Nations and Inuit Hope for Wellness 24/7 Help Line 1-855-242-3310 Canadian Indian Residential Schools Crisis Line 1-866-925-4419 Trans LifeLine – All Ages 1-877-330-6366

Putting a face on suicide



**Savanna
Age 13**

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

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Hard-working acreage boy available for hire and looking to take on odd jobs this summer. Reliable, motivated, and ready to help with yard work (push mowing, weed whacking, clean-up), as well as general labor, moving items, helping with animals, or other household and acreage tasks. He's working hard to earn money for his first year of hockey this upcoming season. Support a young person with a strong work ethic and a big goal. Serving local homes and acreages with honesty and determination.

Call or text 780-706-5731 or email michelleorisia@hotmail.com to book or ask questions.



Eagle River Casino & Travel Plaza Sous Chef NOC 62200

Primary Responsibilities

- Supervise activities of specialist chefs, chefs, cooks and other kitchen workers
- Demonstrate new cooking techniques and new equipment to cooking staff
- Prepare and cook complete meals or specialty foods, such as pastries, sauces, soups, salads, vegetables and meat, poultry and fish dishes, and create decorative food displays for special events such as banquets
- Instruct cooks in preparation, cooking, garnishing and presentation of food
- Create new recipes
- May plan menus and requisition food and kitchen supplies
- May prepare and cook meals or specialty foods.
- May requisition food and kitchen supplies.
- Supervise cooks and other kitchen staff

Employment requirements

- Cook's trade certification or equivalent credentials, training and experience are required.
- The certifications of Certified Working Chef (CWC) and Certified Chef de Cuisine (CCC), administered by the Canadian Culinary Institute (CCI) of the Canadian Culinary Federation (CCF) preferred.
- Red Seal endorsement preferred.
- Sous-chefs, specialist chefs and chefs require several years of experience in commercial food preparation.
- Completion of secondary school preferred.

Experience: 3-4 years
Education: Completion of secondary school preferred
Language: English
Terms of Employment: Permanent, full-time (44 hours/week)
Benefits Package: Vision, Dental, and Health after 90-day probation period.

Visit our website www.eaglerivercasino.ca
Address: Twp Rd 602A, HWY 32N Whitecourt, AB T7S 1N3
Phone: 780.779.2727
Fax: 780.706.7451
How to Apply: Send resume to hr@eaglerivercasino.ca, mail, or fax.



Eagle River Casino & Travel Plaza Restaurant Assistant Manager NOC 60030

REPSONSIBILITIES

- Plan, organize, direct, control and evaluate the operations of a restaurant, bar, or other food or beverage service
- Determine type of services to be offered and implement operational procedures
- Recruit staff and oversee staff training
- Set staff work schedules and monitor staff performance
- Control inventory, monitor revenues and modify procedures and prices
- Resolve customer complaints and ensure health and safety regulations are followed
- Negotiate arrangements with suppliers for food and other supplies
- Negotiate arrangements with clients for catering or use of facilities for banquets or receptions.

QUALIFICATIONS

- Completion of a college or other program related to hospitality or food and beverage service management is usually required.
- Responsible beverage service certification is usually required
- Several years of experience in the food service sector, including supervisory experience, are required.

Experience: 3 – 4 years.
Education: Completion of secondary school is usually required. Terms of Employment: Permanent full-time 44-hour work week.
Language: English
Employment Conditions: Shift work, Day, Evenings, Weekends, Holidays, Nights. Wage: \$26.00/hour
Benefits Package: Vision, Dental, and Health after a 90-day probation period. Location: Twp.Rd.602A, Hwy 32 North, Whitecourt, AB Canada.
Address: Eagle River Casino & Travel Plaza P.O Box 10 Whitecourt, Alberta Canada T7S-1N3. Contact: 780-779-2727 or Fax 780-706-7451
Visit our Website: www.eaglerivercasino.ca
How to Apply: Send resume to HR@eaglerivercasino.ca, mail or fax.



Eagle River Casino & Travel Plaza Executive Chef NOC 62200

Responsibilities:

- Plan and direct food preparation and cooking activities of several restaurants in an establishment, restaurant chains, hospitals or other establishments with food services
- Consult with clients regarding weddings, banquets and specialty functions
- Plan menus and ensure food meets quality standards
- Estimate food requirements and may estimate food and labour costs
- Supervise activities of sous-chefs, specialist chefs, chefs and cooks
- Arrange for equipment purchases and repairs
- Recruit and hire staff
- May prepare and cook food on a regular basis, or for special guests or functions.

Employment requirements

- Cook's trade certification or equivalent credentials, training and experience are required.
- The certifications of Certified Working Chef (CWC) and Certified Chef de Cuisine (CCC), administered by the Canadian Culinary Institute (CCI) of the Canadian Culinary Federation (CCF) preferred.
- Several years of experience in commercial food preparation, including two years in a supervisory capacity and experience as a sous-chef, specialist chef or chef.
- Red Seal endorsement preferred.
- Management training preferred.

Experience: 3-4 years
Education: Completion of secondary school preferred
Language: English
Terms of Employment: Permanent, full-time (44 hours/week)
Benefits Package: Vision, Dental, and Health after 90-day probation period.

Visit our website www.eaglerivercasino.ca
Address: Twp Rd 602A, HWY 32N Whitecourt, AB T7S 1N3
Phone: 780.779.2727
Fax: 780.706.7451
How to Apply: Send resume to hr@eaglerivercasino.ca, mail, or fax.

PUBLIC NOTICE

www.whitecourt.ca | facebook.com/TownofWhitecourt | 780-778-2273



NOTICE OF DECISION

The following decisions were made by the Development Authority:

Application No. 25-048 – Administrative Variance for an over-height fence 6' on a corner lot – Lot 52, Block 5, Plan 072 2657, 31 Reeves Street – Approved with conditions.

Date of Decision: June 12, 2025 **Appeal Closes at 4:00pm:** July 3, 2025

An Appeal of the above decision(s) may be made by submitting a written appeal and appeal fee (\$310) to the Office of the Secretary of the Subdivision and Development Appeal Board, Town of Whitecourt Administration Building, Box 509, Whitecourt, Alberta, T7S 1N6 prior to 4:00pm on the above noted date. Any person(s) affected by the said proposal(s), has the right to appeal prior to the above date.

NOTICE OF DECISION

The following decisions were made by the Municipal Planning Commission:

Application No. 25-029 – Variance Request to Reduce Front Yard Setback – 3335 33 Street – Approved with conditions.

Date of Decision: June 12, 2025 **Appeal Closes at 4:00pm:** July 3, 2025

An Appeal of the above decision(s) may be made by submitting a written appeal and appeal fee (\$310) to the Office of the Secretary of the Subdivision and Development Appeal Board, Town of Whitecourt Administration Building, Box 509, Whitecourt, Alberta, T7S 1N6 prior to 4:00pm on the above noted date. Any person(s) affected by the said proposal(s), has the right to appeal prior to the above date.

REQUEST FOR PROPOSALS

Current opportunities are posted on the Town's website and when required, opportunities are posted on purchasingconnection.ca. Currently, Whitecourt has the following opportunities:

- Project Number: **2025-06-04** – Engineering Services for Flood Mitigation & Infrastructure Protection. Closes: June 26, 2025 at 2:00 p.m. MST.
- Project Number: **2025-06-05** – Pembina Gas Infrastructure Aquatic Centre Water Features/Pool Toy Replacement. Closes: June 27, 2025 at 2:00 p.m. MST.

For further details on any of these opportunities visit www.whitecourt.ca and search the project title.

Traffic volumes are up, but two areas in Whitecourt saw big decreases in collisions last year



Things being on the decline isn't usually seen as a good thing unless you are talking about collisions. Last year, some areas increased, but two hot spots for collisions saw double-digit decreases in frequency. Pictured is the intersection of 52 Avenue and 47 Street, which ranked second for collisions on town-controlled streets.

By Serena Lapointe

Whitecourt's 2024 Collision Report shows a favourable decrease in incidents along the Highway 43 corridor and town-controlled streets, the most significant decrease in the yearly report. On June 9, the Whitecourt Town Council reviewed the numbers with Jennine Loberg, Director of Planning and Development, and Corrina Marusyk, Asset Manager and Development Engineer-in-Training. "Data is collected with the help of the RCMP and emergency services, and it helps us look at trends throughout the community," said CAO Peter Smyl before turning things over to Loberg and Marusyk.

"In 2024, we saw 175 collisions compared to 176 in 2023. A hundred and four of these occurred in the winter, whereas 71 occurred in the summer, which is consistent with previous trends, except for

in 2023. Despite these similar total numbers, the locations of these collisions have shifted slightly," stated Marusyk.

"We are seeing a fourteen percent decrease in collisions on Highway 43 corridor, a fourteen percent decrease on town streets, a seven percent decrease at town intersections and a sixteen percent increase on private property," she explained, adding that the increase was still below the averages from 2015.

In terms of severity, Marusyk detailed that most incidents fell into the category of Property Damage-Reportable. "We were fortunate to see no fatalities this year. However, sixteen percent of the collisions resulted in injury. All of this is very consistent with prior trends."

Another positive was that although the collision numbers are either consistent with past years or slightly lower, the volume of traffic

isn't. Traffic volumes rose by 16 percent from 2023, yet collisions did not take the same trajectory.

In 2019, collisions were higher, like in the previous five years (2015-2019).

The five-year chart provided in the council package showed that collisions on town-controlled roads in 2019 totalled 108, Highway 43 corridor collisions totalled 36, and town-controlled intersections totalled 49. "The 108 was consistent with prior years when things were higher for collisions, but those numbers have come down since then and have remained lower in subsequent years," added Loberg.

Last year, collisions on town-controlled roads dropped to 36, town-controlled intersections dropped to 39, and Highway 43 corridor collisions dropped to 30. Between 2019 and 2024, there was, of course, a slowdown

in traffic as pandemic policies forced lockdowns, keeping people at home instead of out and about.

As things opened up, volumes increased. Now that levels are back to where they were pre-pandemic, one would expect collisions to go up, but that hasn't happened. Marusyk said it was nice to see the switch from high collisions to lower ones, even though traffic counts were where they typically would be.

As mentioned, the one area that increased last year was in private property parking lots. From 2020 onwards, the numbers have slowly increased. In 2020, there were 35 incidents. In 2021, there were 40. In 2022, there were 55. In 2023, there were 57 and in 2024 there were 66.

Councillor Derek Schlosser questioned why. Marusyk said it might be because of increased traffic. "Now that we are seeing more

traffic, we are seeing more people perhaps stopping in town using these parking lots more frequently, so that could contribute perhaps to the higher portion of that." Councillor Paul Chauvet asked if statistics showed how many accidents involved residents compared to visitors. Marusyk said that the data is collected but not shared due to privacy.

Other highlights from the report showed an increase in drivers failing to stop or remain at the scene of an accident. In 2021, 49 drivers failed to stick around, but those numbers dropped significantly during the pandemic, with 22 in 2022 and 18 in 2023.

Unlike collisions, which didn't rise with the rebound in traffic volumes, this was one category that did, with 48 drivers failing to stop or remain at the scene following an incident last year, which could coincide with the rise in issues in private

parking lots.

On average, there were fifteen collisions per month last year. January was highest with twenty-four, followed by October with twenty-one.

As for types of collisions, striking an object and hit-and-runs remain highest, with 42 and 41, respectively, followed by rear ends with 24.

Collision types that have dropped over the last few years include sideswipes, backing up and left turns across the path.

Last year, the Dahl Drive and 49 Avenue intersection was the hot spot for collisions, with five, followed by 47 Street and 52 Avenue, with four. On the highway, 51 Street and Highway 43 had four collisions, followed by a three-way tie with three a piece for the 33 Street, Dahl Drive/Pine Road and Mill Road/Govenlock Road intersections on Highway 43.



The 51 Street/Highway 43 intersection saw four collisions last year.



Parking lot incidents have risen.

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5027 - 51 Avenue, Open: Monday to Friday 10am - 4pm **780-396-8777**



Recover Out Loud

- Mondays are in person, at the Family Worship Center upstairs, and online (hybrid) at 7:30pm
- Fridays 7:30pm at the Whitecourt Baptist Church in person only.

ZOOM ID: **818 413 483** PASSWORD: **gratitude**



WHITECOURT
CANCER & WELLNESS SOCIETY

Providing timely and easily accessible financial support for Whitecourt patients and their families who are dealing with a cancer diagnosis.

This can include help with parking costs for hospital visits, living expenses and unforeseen medical expenses.

Applications can be made through the Drs at both Whitecourt Medical Clinics or (office hours, can leave a message): **Kim Nendsa** (President of Whitecourt Cancer & Wellness Society) **780-778-0932**
Aimee Grierson 780-262-0222
<https://wctcancerwellness.com/>



"Serving the community for over 30 years"
The Food Bank relies on donations of cash or food in order to help families in need.

Open Mon, Wed & Fri 11:00am to 2:00 pm
Phone: 780-778-2341

Located within the Carlan Services Community Centre

The Whitecourt Food Bank is operated by the Town of Whitecourt Food Bank Coordinator and dependent on volunteers to operate. The Food Bank relies on donations of cash or food from individuals and organizations. Local grocery stores drop off baked goods including bread and pastries weekly. Other corporations and schools schedule food drives throughout the year.

Open: Mon, Wed, & Fri 11 a.m. to 1:00 p.m. Phone: 780-778-2341

LORNE'S BLANKET

is transitional housing for men.

We exist to help homeless men get back on their feet.

If you know of any male requiring assistance, please Call Lorne's Blanket at 780-778-0952



24/7 CRISIS LINE
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1.800.467.4049



WELLSPRING FAMILY RESOURCE & CRISIS CENTRE



@whitecourt_shelter

Shelter:

Wellspring Provides a Safe, Short Term, Supportive Residential Environment for Women With or Without Children, Fleeing Family Violence & Experiencing Crisis.

Outreach Support Program:

Ongoing Support, Advocacy, Follow-Up & Support Groups for Women, Men and Youth in Whitecourt and Surrounding Communities.

Child Support Program:

Child Care & After School Programs - Age Appropriate Programs & Support for Children Who Have Been Affected By Family Violence

Preventative Education:

Provides Workshops, Information and Awareness to Schools, Community Organizations, Agencies and Businesses



Family Resource & Crisis Centre

www.whitecourtshelter.ca

Whitecourt Alcoholics Anonymous Group



Meetings are three times each week

- Monday 8:00 pm - 9:00 pm
- Wednesday 8:00 pm - 9:00 pm
- Friday 8:00 pm - 9:00 pm

Located at the United Church Basement on Legion Street (formerly 5201 - 50 Street)

Please Leave a Message for Our AA member or Contact Addictions Helpline @1(866)332-2322



Support group on Tuesdays 6:30pm - 8:30 pm. Our next series starts Tuesday, February 4 at Crossroads Community Church, 4419 44 Ave, Mayerthorpe. \$35 includes 12 weekly sessions.

Pre-register by calling 780-786-2533.

Page sponsored by



For all open career opportunities, please check out our website at albertanewsprint.com → Careers.

**2025 TAX NOTICES
REMINDER TO ALL RATEPAYERS OF WOODLANDS COUNTY**

Woodlands County mailed the 2025 tax notices the week of May 12 - 16. Payments are due **Monday, June 30, 2025**. Penalties will be applied on payments made after June 30th.

A portion of property taxes go directly to the provincial government to help pay for the operations of Alberta's education system. The increased school requisition for 2025 is 12.5% higher than in 2024.

The portion that is used by the County to fund core services like road maintenance, fire protection, snow clearing, waste management, parks, community programs and more is increasing by 2.9% for 2025.

The Municipal County office in Whitecourt will be open from 8:15 am to 4:30 pm including the lunch hour from Monday, June 23 to Monday, June 30.

If you have not received your **2025 tax notice(s)**, please contact either Woodlands County office to request a copy.

Woodlands County Municipal Office
#1 Woodlands Lane, Whitecourt, AB
780-778-8400
1-888-870-6315

Woodlands County Regional Office
61053A Highway 33, Fort Assiniboine, AB
780-584-3866
1-866-584-3866

Office Hours
8:15 am – 12:00 noon
1:00 pm – 4:30 pm



DAVE KUSCH
Reeve
Councillor for Assiniboine
Division 1
dave.kusch@woodlands.ab.ca
Phone: 780-778-9337



JOHN BURROWS
Councillor for Whitecourt West
Division 2
john.burrows@woodlands.ab.ca
Phone: 780-706-4747



ALAN DEANE
Councillor for Whitecourt
Central Division 3
alan.deane@woodlands.ab.ca
Phone: 780-778-0834



JEREMY WILHELM
Councillor for
Whitecourt East Division 4
jeremy.wilhelm@woodlands.ab.ca
Phone: 780-779-6584



BRUCE PRESTIDGE
Councillor for Blue Ridge
Division 5
bruce.prestidge@woodlands.ab.ca
Phone: 780-779-3917



PETER KUELKEN
Councillor for Goose Lake/
Freeman River Division 6
peter.kuelken@woodlands.ab.ca
Phone: 780-284-2425



DEVIN WILLIAMS
Councillor for Fort Assiniboine/
Timna Division 7
devin.williams@woodlands.ab.ca
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- Reception Catering /Flowers
- Monument Tributes
- Grief Support
- Assistance with CPP Applications



Park Memorial Ltd. Funeral Home & Crematorium www.parkmemorial.com

Whitecourt mayor Tom Pickard (centre) hands over an Enhancement Grant cheque outside the Town Administration Building to two of this year's recipients in early June. Through the 2025 program, the Town awarded five local groups a combined \$29,999: Brighter Futures Fundraising Society – \$7,501.17 for new soccer goal posts; Whitecourt Cornhole League – \$271.48 for transport carts; Whitecourt Minor Ball (Baseball/Softball) – \$3,874.23 for a pitching machine; Whitecourt Minor Soccer – \$13,056.91 for its Equip for Excellence initiative; and Whitecourt Whiskey Jacks Junior Forest Wardens – \$5,296.21 for stand-up paddleboards.



Photo by Town of Whitecourt

Showers bring flowers



A colour explosion.



Bee decor surrounded by an abundant lettuce patch.



Almost ready to eat.



A little baby bush bean plant.



Passionfruit scented flowers.

After significant rain last week, gardens and flower beds across the community sure seem happy. From bush beans to lettuce, zucchini, strawberries and an abundance of flowers of all shapes, sizes, smells and colours, the moisture certainly brought out the bloom in backyards throughout Whitecourt.

EMPLOYMENT OPPORTUNITY
 www.whitecourt.ca | facebook.com/TownofWhitecourt | 780-778-2273

If you enjoy a fast-paced, progressive work environment and you have a passion for serving the local community, then this may be the opportunity for you! We believe that our values of diversity, collaboration, innovation and mutual respect bring out the best in our team, and we are currently looking to fill the following positions:

Job#: 25-036 – Guest Services Associate II, temporary, Full-time position

Please visit www.whitecourt.ca for all employment opportunities and details on how to apply.

HELP WANTED

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

Food Service Attendant
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Food Service Supervisor
Full Time / Shift Work

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Whitecourt, AB | Whitecourt, AB



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Odds of a child being diagnosed with autism: 1 in 310

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 No babbling by 12 months
 No words by 18 months

To learn more of the signs of autism, visit autismspeaks.org

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1-844-453-5372.

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Services

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types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228; www.firststand-secondmortgages.ca.

Employment Opportunities

THE LAKESIDE LEADER is hiring a reporter/photographer for an ongoing, full-time position in Slave Lake. Must have own car and camera. Email resume to: joemc@lakesideleader.com.

SCHOOL NEWS



Photo by Pat Hardy School

On June 12, future kindergarten students at Pat Hardy Elementary School were welcomed with open arms as they got a sneak peek of what school life will look like this fall. The visit was filled with crafts, costumes, and plenty of smiles as the children explored their new classroom and met future classmates, bringing joy and excitement to the hallways.

NEED HELP? CALL ANYTIME! (24-7)

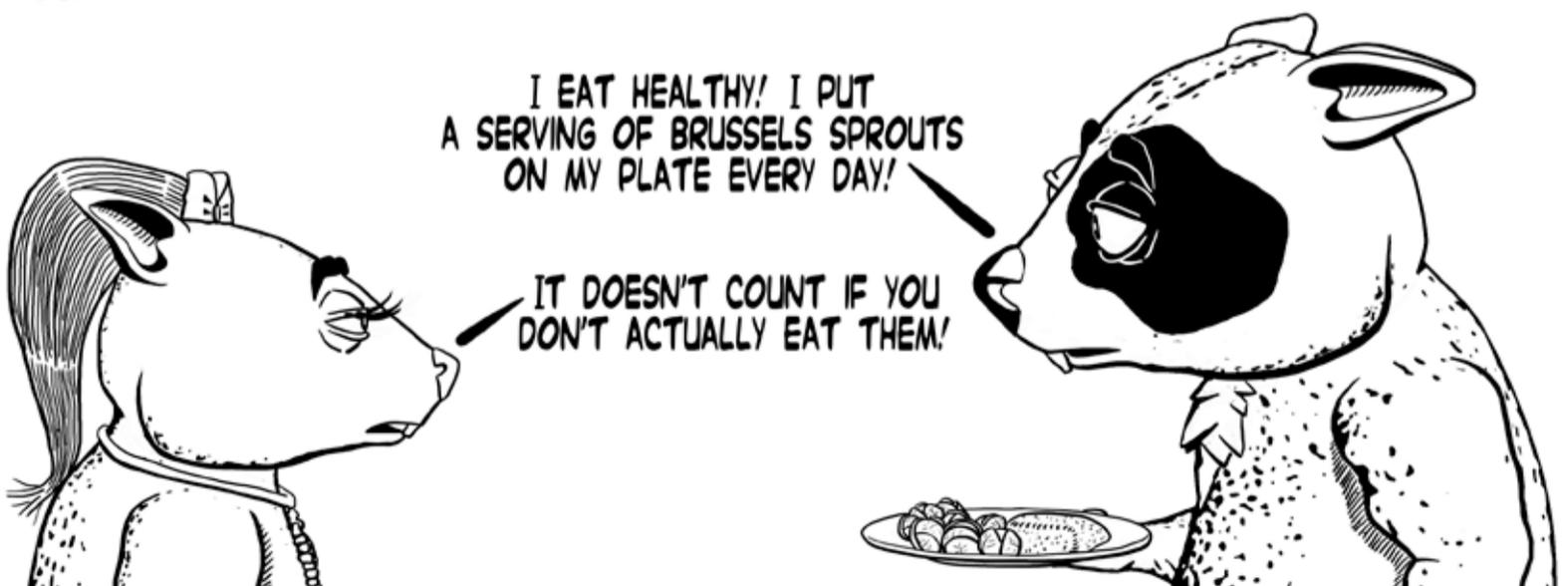
Mental Health Helpline
 1-877-303-2642

- Addiction Helpline 1-866-332-2322
- Health Link 811

WOMBANIA™

by PETER MARINACCI

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www.wombania.com

A look at the local weather	Wed., Jun. 25	Thu., Jun. 26	Fri., Jun. 27	Sat., Jun. 28	Sun., Jun. 29
P.O.P.	Rain	Rain	Cloudy with rain	Mainly sunny	Mainly sunny
High	40%	60%	60%	30%	10%
Low	21°C	22°C	20°C	19°C	21°C
Wind	11°C	11°C	11°C	11°C	12°C
24-Hr Rain / Snow	SE 11 km/h <1mm	E 9 km/h 1-3mm	NW 20 km/h ~5mm	NW 24 km/h	W 19 km/h

Seniors: don't leave out this key to better health

(NC) As we age, staying healthy can start to feel like a bit of an uphill battle. One surprising thing that makes a big difference is maintaining good oral health. Brushing up on how you take care of your teeth and gums can benefit your whole body—for instance, did you know that bacteria from your mouth can find their way into your heart or lungs? Here are some tips for keeping those pearly whites shining:



- Oral health-care tips for all seniors:**
- Regularly visit a dental hygienist to receive preventive care.
 - Have a consistent daily oral care routine that includes brushing twice a day with fluoride toothpaste and cleaning between teeth.
 - Use an antibacterial mouthrinse to help prevent issues like gum disease, cavi-

- ties, and tooth loss.
- For people with cognitive or physical challenges, caregivers can assist with these tasks to ensure proper oral hygiene.
- Additional things for those with dentures to know:**
- Your dentures require just as much

- care as natural teeth and should be cleaned after each meal.
- Plaque can still build up, which can cause cavities, malodours, sores, and irritation.
 - Rinse and brush dentures using a soft-bristled den-

ture brush and mild liquid soap. Then, brush the gums, tongue, and roof of the mouth with a soft-bristled toothbrush.

- It is critical to remove dentures overnight to allow the gums to breathe. Place dentures in a container of water or mild denture-cleansing solution and rinse them well in the morning before putting them back in your mouth.

Good oral health isn't just about keeping your mouth and teeth clean; it also affects overall well-being. Poor oral health can lead to eating difficulties, malnutrition and even serious health conditions. So it's crucial for seniors to prioritize their oral care to maintain their quality of life.

Learn more about ways to protect your oral health at dentalhygienecanada.ca.

Money Matters

One Canadian Dollar = 0.72 US Dollar
at an exchange rate of **0.7281** (using nominal rate).

Dollar Values as of June 25, 2025

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Letter to the Editor policy

The 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 email letters to wctpress@gmail.com.

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

CROSSWORDS

A	C	E	R		M	I	R			R	O	N				
R	O	B	O	T		A	G	E		H	A	D	E			
T	I	L	T	S		D	N	B		I	C	E	S			
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SUDOKU

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

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