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The Press

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Canada

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From Texas to Alaska with purpose: Student riders stop in Whitecourt

A group of young adults from the University of Texas are on the mother of all bike rides to raise money and awareness for cancer research. Last week, the team stopped in town and slept overnight at the Whitecourt Taekwondo gym before jetting off further north.



By Serena Lapointe

The longest charity bike ride in the world is underway. On Wednesday of last week, the cyclists on the Ozark Route of the Texas 4000 made a stopover in Whitecourt as they travelled from Austin, Texas, to Anchorage, Alaska, approximately 4,100 miles (roughly

continued on page 2

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The devour-worthy Western Canada Rib Fest Tour is stopping in Whitecourt next month

By Serena Lapointe

The Western Canada Rib Fest Tour is making a pit stop in Whitecourt next month. The long-running event zigzags along this side of the country from Winnipeg to Yellowknife and northern BC, starting in May and ending in early fall. On August 15-17, four extra-large food trucks will be at



Photo: Western Canada Rib Fest

continued on page 3

One of the chef's behind Buckeye BBQ's ribs.



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Recipes

Cozy up to some country cooking

Grillmasters are always looking to push the country cooking means different things to different people. For many, it is the comfort foods they grew up with. From fried chicken to mac and cheese to meatloaf, there are plenty of dishes that fall under the country cooking umbrella. But a pot of chicken and dumplings may be one of the most popular and recognizable country cooking staples.

Chicken and dumplings is flavorful, feeds a crowd and appeals to everyone from adults to children. This recipe for "Quick Chicken and Dumplings" from "Lord Honey Traditional Southern Recipes with a Country Bling Twist" (Pelican

Publishing) by Chef Jason Smith speeds up the process of making traditional chicken and dumplings with the use of rotisserie chicken. **Quick Chicken and Dumplings**

Serves 4

- 1 rotisserie chicken
- 1 32-ounce box chicken broth
- 2 cans cream of chicken soup
- 1/2 cup butter
- 1/2 teaspoon ground white pepper

Dumplings

- 2 1/2 cups biscuit mix
- 4 tablespoons, butter, melted

- 1/3 cup whole milk
 - 1/3 cup chicken broth
 - Chopped fresh parsley
1. In a large Dutch oven, add the chicken broth, cream of chicken soup, and butter. Turn to medium heat, and bring to a slow boil. Then add the pepper and chicken. Bring to a full boil.
 2. In a mixing bowl, stir the dumpling's ingredients until combined; the dough should be the texture of drop biscuits.
 3. When broth is boiling, drop dough into broth using a teaspoon. Make sure to use all the dough; you may have to push the dough around to find spots.
 4. Once all of the dough is in, put on lid and reduce heat to low. Cook for 5 to 10 minutes. Transfer chicken and dumplings to a serving dish, and sprinkle with chopped parsley.

Tip: Never stir dumplings. Always push them; this keeps them from breaking up.



Chicken-fried finger foods

Country-fried or chicken-fried are terms given to breaded and deep-fried poultry and meat. In fact, chicken-fried steak is an institution in the American south, where thinly sliced cuts of cubed steak are prepared in this way and served with country gravy and biscuits. There's not much room for improvement in this classic... or is there?

In "Best-Ever Steak Fingers," chicken-fried steak gets a makeover into easily picked up finger foods tailor made for dipping in a savory sauce. They are perfect for picnics and meals on the go. Dig in, courtesy of "Lord Honey Traditional Southern Recipes with a Country Bling Twist" (Pelican Publishing) by Chef Jason Smith. **Best-Ever Steak Fingers**

Serves 6

- Veggie oil for frying
- 2 cups all-purpose flour
- 2 tablespoons all-purpose steak seasoning, divided
- 1 cup buttermilk
- 1 egg
- 4 pounds beef cube steak

Dipping sauce

- 1 cup mayo
 - 1/2 cup sour cream
 - 2 tablespoons yellow mustard
 - 1 package dry Italian salad dressing
 - 2 tablespoons dried dill
1. Preheat oven to lowest temperature.
 2. Pour 1 inch oil into a large cast-iron or



other thick-bottomed skillet. Turn heat to medium low. Place the flour in a shallow pan. Sprinkle half the steak seasoning over flour, and mix together.

3. Cut steak into 1-inch strips. Add the rest of the steak seasoning, rubbing into each piece. Turn heat to medium on skillet. Place each strip in the flour mix, then into the milk and egg mix, then back into the flour. Shake off excess and place each strip on a plate. Repeat until all strips are coated.
4. Sprinkle a few drops flour over oil. If it sizzles, it's ready to fry. Using tongs or a fork, place strips side by side in hot oil. Don't crowd the pan, or it will cool the oil.
5. After about 2 to 3 minutes, when strips start to brown on bottom, turn over. When second side is brown, remove and place on a cooling rack that has been set on a cookie sheet. Set the sheet in the preheated oven. Repeat until all fingers are cooked.
6. In a bowl, whisk together all dipping sauce ingredients.

Banana-filled breakfast for school days

When a new school year is on the horizon, that means families once again must adjust to getting out of the house to the school bus or carpool on time. It is important to begin busy days with a breakfast that will facilitate learning, but parents know convenience is important as well. Parents may want to incorporate some new breakfast options into the mix, particularly ones kids will enjoy.

This tasty recipe for "Banana and Pecan Granola Bowl with Caramelized Bananas" from "Rainbow Bowls" (Sourcebooks) by Niki Webster relies on bananas in two different ways to impart a sweet taste that is hard to beat. The granola makes about four to six portions, so there will be leftovers to enjoy as a snack later in the day or stored away for another time. **Banana and Pecan Granola Bowl with Caramelized Bananas**

Serves 2

- 2 tablespoons coconut oil
- 4 tablespoons maple syrup
- 2 very ripe medium bananas
- 1 teaspoon almond extract
- 100 grams (3.5 ounces) oats of your choice
- 3 tablespoons unsweetened shredded coconut
- 2 tablespoons ground almonds

- 3 tablespoons sunflower seeds
- 3 tablespoons chopped nuts, such as hazelnuts or almonds
- 40 grams (1.4 ounces) pecans
- Pinch of sea salt

For the caramelized bananas

- 2 unpeeled bananas
- 1 tablespoon coconut oil

To serve

- Coconut yogurt
 - 1 teaspoon maple syrup (optional)
 - Pinch of thyme (optional)
1. Preheat the oven to 180 C (350 F).
 1. Blend the coconut oil, maple syrup, bananas, and almond extract in a blender until smooth.



2. Add all the dry ingredients to a large bowl and mix well. Add the wet mixture to the bowl and stir well to combine.
3. Line a large baking tray with baking paper and then tip the granola mix on to the tray and flatten out. Bake for 25 minutes, until starting to brown. Carefully flip over on the tray, then return to the oven and bake for a further 15 minutes (until you get a nice brown color).
4. Leave to cool before breaking into smaller chunks, then store in an airtight container for up to 1 week (if not eating straight away).
5. To make the caramelized bananas, chop off the top end of each of the bananas, then carefully slice through the middle lengthways. Now, peel the bananas.
6. Melt the coconut oil in a pan on medium heat. Add the banana slices and fry in the oil on one side for 1 to 2 minutes until browned, then flip over to caramelize the other side for another 1 to 2 minutes.
7. Serve the granola with yogurt, caramelized bananas, a drizzle of maple syrup, and a pinch of thyme if you fancy.

continued from page 1

6,600 km). A journey that takes 70 days to complete.

Each year, students from the University of Texas apply to join an 18-month program to cultivate the next generation of leaders in the fight against cancer. Riders are empowered to raise \$5,000, ride 2,000 training miles, volunteer, and help plan the ride. Three teams set off, taking different routes (Sierra, Rockies and Ozark), and meet altogether at the finish line on July 25, in Anchorage. Their mission is to raise awareness and money for cancer research, share and hear stories with new friends they meet and spread hope.

The crew rolled into Whitecourt just after 4 pm on Wednesday, July 2, with an RCMP escort to the Whitecourt & District Taekwondo Association headquarters on 41 Avenue. The first smiling faces they saw were volunteers from the Whitecourt Cancer & Wellness Society: Janice Milligan, Joanne Belke, Lesia Hleck, Deb Dizak, and Sam Reid.

Thanks to Mike & Rebecca's No Frills, Crown & Anchor Pub, Violet-Mae's Bakery and Mountain Pizza & Steakhouse, society volunteers were able to feed the hungry group before they hopped over to the Allan & Jean Millar Centre, which provided passes.

Before that, though, the students had fun with Master Jim Rennie and a few of his taekwondo students. With some practice and advice on hand placement, the group broke boards, cheering each other on as the pile of boards grew larger and larger.

Having fun is part of the journey, as they see and try new things, while bringing a message of hope to those facing cancer and a reminder of the importance of early detection and prevention.

Each rider has their reason for wanting to be part of the gargantuan event, whether they are riding for a loved one or riding to join a fight worth fighting.

John Kangos, 22, from Austin, Texas, said his reasons for wanting to do it stemmed from family.

"I have had a couple of people in my family pass away from cancer, namely my grandma and my Uncle Jim. It took a big toll on my family. With more support and help, it could've been a lot better for them," said Kangos, a realization that now drives him forward.

Claire Levan is twenty and from Dallas. Her neighbour took part in the Texas 4000. "She rode in the early 2000s, and she always told me that if I went to the University of Texas, I had to do it. It sounded kind of crazy to me,

continued on page 4



Fun was definitely had.

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Festival Park vying to win an award from the local and visiting audience.

Each town or city the tour stops in is a chance for one of the four food trucks, Billy's BBQ, Blazin' BBQ, Silver Bullet and Buckeye BBQ, to win one of the prizes up for grabs, including Best Sauce, Best Ribs, Judges' Choice, and People's Choice. Those who attend and buy some ribs will have a chance to choose who wins the Whitecourt bragging rights.

"Western Canada Rib Fest Tour reached out to the town to host this event, and the town suggested that the Chamber take it on. We said absolutely, because it sounds awesome. I believe we are the smallest community they are coming to, and it will be Whitecourt's first time hosting. We hope to make it an annual event," said Alyssa Calliou, Executive Director at the Whitecourt & District Chamber of Commerce.

The three-day-long event will be family-friendly and offer more than just delicious, award-winning food. "There will be

live entertainment all weekend long, and it will be licensed. Where we are planning to set up, you should be able to enjoy the ribs and music and still watch your kids if they are at the playground," added Calliou.

To help support the event, the Chamber of Commerce applied to the Town of Whitecourt's Tourism Enhancement Grant Program and recently received \$5,000 in financial assistance and \$3,500 for in-kind support, including tents, garbage cans, tables, chairs and the use of Festival Way.

The Town Council voted unanimously to dole out dollars during their June 9 Regular Meeting, following the recommendation of the Economic Development Committee. Rhonda Woods, Economic Development Officer for the Town of Whitecourt, said the event was pretty big. "They bring in semi-trucks and do a rib fest cook-off. It's a great event to bring into our community that will draw a lot of people in."

Calliou said receiving local dollars is significant. "Most of us nonprofits can't do



Are you ready for ribs? The award-winning, highly popular, lip-smacking, droolworthy Western Canada Rib Fest Tour is coming to Whitecourt next month. Pictured are huge award banners flanking the Blazin' BBQ rib truck at the Lethbridge event.

things without that extra support. It's also important for tourism. We need events like these to get people into the community, staying at the campgrounds and hotels, spending money at the gas stations and stores and hopefully at other food venues as well."

She said it's also important because the help they receive enables them to turn around and help oth-

ers. "It's always a good way for nonprofits to raise money. We have some nonprofits helping us out that we will be donating to, so that's part of what the grants and sponsorships are used for."

When asked why the Chamber jumped at the chance to host the event, Calliou chuckled.

"Everybody loves ribs. They are delicious. It sells itself!" She hopes the community supports it.

"Please come out and enjoy it. If it isn't successful, there won't be another one, and we really want to keep things like this coming to our community."

Those not interested in the ribs can still enjoy the festivities, listening to live music and enjoying the sights. "It's free to be there

and enjoy yourself, and then you can order what you want and pay at the trucks. But to hang out and enjoy the music, that's free," said Calliou. "Thank you to the Town of Whitecourt and Woodlands County for partnering with us on this fun event."

She said they still have room for volunteers to join. "We need approximately 22 volunteers per day. That's for site clean-up, runners, selling non-alcoholic drinks, beer gardens, people to direct guests or stand at the gates," explained Calliou. Nonprofits can apply to volunteer and receive a donation from the Chamber.

Calliou said the Chamber was also hoping to have a special Fresh Community Market at Festival Park on Sunday, August 17,

to add to the fun. "We are holding our regular market on Saturday, August 16, in our regular spot over by Walmart, but we want to hold one on Sunday at Rib Fest too." She said they were accepting applications for vendors. For more information, join the "Whitecourt RIB-FEST" Facebook event page.

The Canadian Motorcycle Tourism Association also received funding through the Tourism Enhancement Grant Program this year, receiving \$1,000 towards its provincial ride, Ride for Vision & Valour 2025: Liberation of Netherlands Commemorative Journey. The four-day event took place from June 27 to July 1 and included an overnight stay in the community.



Photo: Town of Whitecourt

Mayor Tom Pickard presenting the check to Alyssa Calliou.



Town of Whitecourt photo

Diesel Worx stepped up in a big way, donating 300 pounds of non-perishable items to the food bank and fulfilling its entire wish list. The contribution has helped restock shelves and support those in need.



RCMP escort.



Learning about taekwondo.

continued from page 2

but, like a lot of people on the team, my family has a complicated history with cancer. My mom beat breast cancer twice, and she's such an inspiration and light to me."

After applying on a whim, which she says was one of the best decisions she's ever made, Levan said the experience has touched her. "The people we meet give us so much faith and hope for the future of cancer research. Love and community are what we've seen throughout this journey, and how quickly strangers open up their homes to us. The amount of love we are shown is inspiring. We carry their love and their stories with us to Alaska," smiled Levan.

Her teammate, Nicholas Mitri, 22, of Houston, said what drew him to the race was a desire to do something about the big things in life, like cancer. "I was born and raised in Houston, but I moved to Morocco for six

years. Over there, I saw a lot of poverty and issues, and I knew that when I grew up, I wanted to do something about it. At the same time, my grandpa was going through prostate cancer, fighting it on and off for ten years. I wanted to find an outlet to do something."

The word hope is one he uses often. "We hear lots of stories from people in the communities we visit, heavy stories with emotion. That's what we think about when things get hard on the bike."

We have personal connections, too, but we've met so many people. They believe that we inspire them and that we are a symbol of hope, but what I've learned is that they are symbols of hope for us. They make us believe."

Kangos said the longer they ride, the more they can see the impact it has. "Each community that we pass through, we only go through it once. It's a little moment in history that some people will

remember for a long time. It lends a special power to each day and the ride. We are in a flow state, and sometimes it's hard to stop and appreciate that. After this is all over and we process it, I think we will all realize that we were part of something special."

Mitri agreed. "The network of what we are doing spreads so rapidly when what you're doing is out of love." One of his favourite moments came in Chicago. "We had three events, and one of them was a presentation from Dr. Kyle MacQuarrie, who works to fight cancer in children at Northwestern University. It's a specific role that has some highs, but in my opinion, lots of lows."

It takes a certain kind of person to do that. At the end of the presentation, I asked him how they instill hope in the children. And he said you don't. They have to do it for us. I thought about that for the rest of the week."

He said finding the strength to keep going

seemed to come easier after that. "I've tried to tell myself to never look down negatively on things I do or that other people do, or to believe that things are always going to end up negative. Every single day, it has echoed in my head."

For Kangos, one of his favourite moments came early in the trip, as they worked through the Ozark Mountains. "I was going up this very steep mountain with two other riders, and we had to dig deep inside of us." He said the riders suddenly started talking about the people they were riding for. "For me, that's my mom. She suffers from bad arthritis and lives in pain." As they fought the intense burn in their legs, Kangos said he felt something he hadn't before. "In that moment, we were

riding for them. Those people were there with us on the bike, going up that hill. I don't know if I've ever felt a more powerful sense of connection with those people and my teammates than at that moment." To support

the Texas 4000 riders and their message of hope, visit www.texas4000.org. To support those suffering from cancer locally, contact the Whitecourt Cancer & Wellness Society at www.wtcancerwellness.com.



A pre-board-break giggle from Claire Levan, before winning the women's medal.



The Texas 4000 support van.



Happy waves!



Whitecourt Royals 11U AA photo

Coach Jason Harper proudly holds his well-deserved Coach of the Year award from Whitecourt Minor Hockey. Presented on June 28, the honour celebrates his passion, humour, and heart. As head coach of the Whitecourt Royals, Harper is valued just as much for his mentorship off the field as his sharp instincts on it.

LAND USE BYLAW

HIGHLIGHTS

Woodlands County is finalizing a draft of its updated Land Use Bylaw (LUB) and invites all residents, business owners and ratepayers to attend any upcoming Public Information Sessions.

This is your opportunity to:

- Review the draft bylaw
- Learn about proposed changes
- Ask questions and provide feedback

Before the bylaw is considered for first reading from Council.

Where to find the draft LUB bylaw?

The draft Land Use Bylaw is available on the Woodlands County website at <https://woodlands.ab.ca/p/lub-update>

Scan the QR code for more information about the land use bylaw update



We want to hear from you!

Your input helps shape how land is used and developed across Woodlands County.

Questions?

email: planning@woodlands.ab.ca
phone: 780-778-8400

INFORMATION SESSIONS

Tuesday, July 15, 4:30 - 6:30 pm

Anselmo Hall
AB-647, Woodlands County

Wednesday, July 16, 4:30 - 6:30 pm

Woodlands County Council Chambers
1 Woodlands Lane, Whitecourt

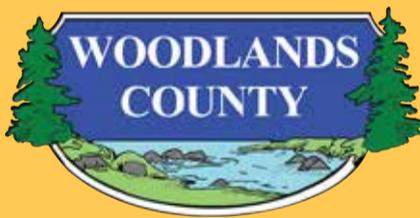
Thursday, July 17, 4:30 - 6:30 pm

Fort Legion (Memorial) Hall
32 State Ave, Fort Assiniboine

What's Changing?

Woodlands County is exploring updates in the following key areas.

- Reduce number of Land Use Districts
- Streamlined definitions and land use classifications
- County will no longer consider the concept of Cooperative Living District based on public feedback
- Alignment with the Municipal Government Act and Municipal Development Plan
- Modified Land Use classes for more efficient permit approvals



If you are unable to attend any of the information sessions, please contact the Planning & Development department to arrange a meeting before August 1.

More online: <https://woodlands.ab.ca/p/lub-update>

Email: planning@woodlands.ab.ca

WOMBANIA™

by PETER MARINACCI



Historic moment for Canadian energy: First LNG Canada shipment departs to Asia

By Mark Parsons,
ATB ECONOMICS

On June 30, a tanker named GasLog Glasgow left Kitimat, B.C. for Asia carrying the first cargo of liquefied natural gas (LNG) from Canada's West Coast.

This is a major milestone for the energy sector and the Canadian economy. Canada is the fifth largest natural gas producer in the world, but has not been exporting to markets outside the U.S. and Canada.

The shipment comes 15 years after the application to export LNG from B.C. was submitted to the federal government.

LNG Canada made a final investment decision to build Canada's first large-scale LNG export facility in October 2018. Fed by the new Coastal GasLink pipeline,

the facility has a 40-year export license and a total capacity of 14 million tonnes per year. A second phase of the project that would double its capacity is under consideration.

The Haisla Nation was a key joint venture participant in the project, highlighting the importance of strong Indigenous partnerships to energy sector development in Canada.

The U.S. quickly emerged as the world's largest exporter of LNG, followed by Australia and Qatar.

The importance of Canadian gas making its way to Asia is three-fold:

1. It diversifies Canada's natural gas industry's customer base away from what was once essentially

just the United States.

2. It will help balance the over-supplied North American natural gas market. This, combined with growing demand for gas-powered electricity generation, will support stronger prices for Alberta natural gas and bodes well for the sector going forward.

3. It will increase Canadian exports and help Asia reduce its dependency on higher-emitting coal.

In addition to LNG Canada, Cedar LNG is constructing a US\$3.4 billion floating LNG facility with operations to begin as early as 2028; Woodfibre LNG is constructing a natural gas liquefaction and export facility near

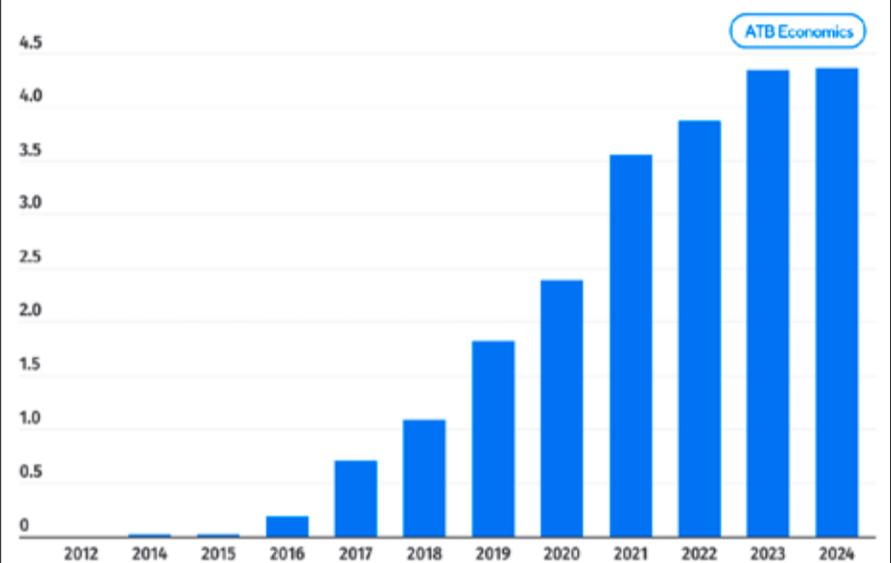
Squamish; and Rockies LNG Partners is collaborating with the Nisga'a Nation and Western LNG to develop the Ksi Lisims LNG floating liquefaction project north of Prince Ru-

While the Canadian energy sector remains heavily dependent on the U.S. market, the latest news on LNG is part of a recent shift towards Asia that we have been tracking closely. Oil exports to Asia have jumped fol-

lowing the completion of the Trans Mountain Expansion project. Since 2019, propane shipments to Japan and South Korea have surged following the completion of export infrastructure at Ridley Island.

Annual liquefied U.S. natural gas exports

Trillion cubic feet



Source: U.S. Energy Information Administration and ATB Economics

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Idea

The Press

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- PHARMASAVE
- Rexall



PUZZLES

SEE SOLUTIONS PAGE 15



SUDOKU

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

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

- 50 percent
- Records electric currents
- Charlize Theron flick "___ Flux"
- More frosty
- Disfigure
- Sky color
- A thoroughfare in a town or city
- Actress de Armas
- Spend time in a relaxed way
- California peak
- Lodging option
- Small amount of a thing
- Expresses sorrow
- Keeps an ear warm
- Babies (Spanish)
- A conceited and self-

centered person

- No seats available
- Pouches
- Hip joints
- A place to bathe
- Evading
- Minute, one-celled unit
- Losing one's hair
- A country in W Africa
- One point north of northeast
- Pointed end of a pen
- Extreme
- Norse personification of old age
- Doctors' group
- Member of U.S. Navy
- Mens' fashion accessories
- A way to allow
- Gloomy
- Grads wear one

CROSSWORDS

1	2	3	4		5	6	7		8	9	10	11		
12				13				14			15			
16					17			18			19			
20								21			22			
					23			24			25			
26	27	28	29					30						
31								32						
33									34	35	36	37	38	
					39	40	41		42	43				
									46					
					44	45								
									48					
49								50			52	53	54	55
56									57					
59											61			
62														64

63. Between south and southeast

64. Jaguarundi cat

CLUES DOWN

- Snakes do it
- Hormone
- The standard monetary unit of Turkey
- Fixed charges
- Electronic communication
- Artilleries
- "Strangers on a Train" actor Farley
- Burning
- Makes ecstatically happy
- Greek liqueurs
- Tropical Old World tree
- Someone who takes vengeance
- Style of cuisine
- Select
- Immunized against disease

26. Old world, new

27. Honorable title (Turkish)

- Court case: ___ v. Wade
- Supervises interstate commerce
- Not divisible by two
- Twelve
- Commentator Coulter
- Encourage
- Plumbing fixtures
- Early
- One point north of due east
- King of Thebes
- Short-tailed martens
- Impose a penalty on
- Consort of Poseidon
- A way to lessen
- Brooklyn hoops team
- Female of a horse
- Do as one is told
- A way to prepare meat
- Unit of measurement

HOROSCOPE

ARIES

(March 21 - April 20)



Fill your mind with positive and motivational thoughts and you'll be much happier in the long run, Aries. It's easy to focus on negatives, but a change of perspective is liberating.

TAURUS

(April 21 - May 21)



It is possible that a lack of energy is affecting your ability to do the things that you normally enjoy, Taurus. Figure out ways to get more rest so you will not lack energy.

GEMINI

(May 22 - June 21)



It seems your social skills have been less consistent than in the past, Gemini. Do you have a reason why you have been pulling away from others lately? Get back on track.

CANCER

(June 22 - July 22)



Cancer, someone might recommend you for a leadership position and you could be inclined to take it. This is something that is out of your wheelhouse, but you'll make the most of it.

LEO

(July 23 - August 23)



Leo, trusting someone else right now is something you might find challenging. It could be because you don't trust your instincts. You'll have to find a way around these feelings.

VIRGO

(August 24 - September 22)



Virgo, you haven't been available for some key people, and you'll find they've pulled away. You may miss their presence, but you can mend fences if you hope to.

LIBRA

(September 23 - October 23)



Libra, you have been making excuses for someone in your life in the hopes that the relationship could be salvaged. But the other person must make an effort as well.

SCORPIO

(October 24 - November 22)



Scorpio, you have been putting your goals aside due to overwhelming circumstances and general procrastination. Now is the time to get things back on schedule.

SAGITTARIUS

(Nov. 23 - Dec. 21)



It's time to engage with the activities that you are passionate about, Sagittarius. There is never a "right" opportunity to get things started; you just need to take that first step.

CAPRICORN

(Dec. 22 - Jan. 20)



Someone who understands you may enter your life, Capricorn. It may feel like you already know and understand this person, even though you have just met.

AQUARIUS

(January 21 - February 18)



It's possible that you might feel stuck with someone in a situation that is not to your liking, Aquarius. You can be a catalyst for change if you start taking action.

PISCES

(February 19 - March 20)



You are about to have a eureka moment, Pisces. Everything you have been fretting about will then fall into place. It will be some smooth sailing afterwards.

BEACH TIME WORD SEARCH



T	T	T	I	U	S	M	I	W	S	A	M	R	F	A	S	H	V	F	D
N	O	R	B	G	R	F	K	S	P	R	A	S	N	B	H	U	B	T	B
S	B	W	U	V	D	E	F	E	N	G	A	T	A	L	A	R	V	E	K
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Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

BARRIER
BEACHCOMBER
BERM

BOARDWALK
BREAKWATER
BUCKET
COAST

COOLER
DOLPHIN
LIFEGUARD
RIPTIDE

SAND
SANDBAR
SEASIDE
SHARK

SHORE
SUNSCREEN
SURFBOARD
SWIMSUIT
TAN

TIDES
TOWEL
UMBRELLA
WAVES

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

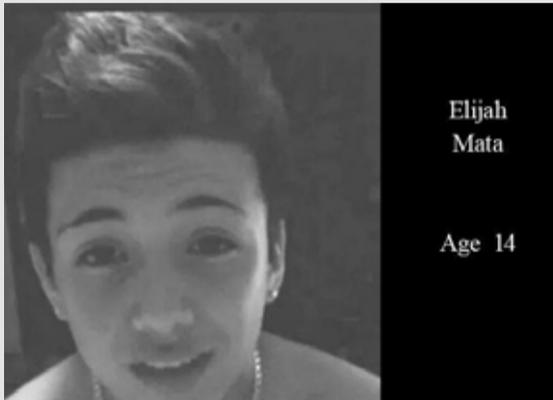
Canada to access crisis support by phone, in French or English: toll-free 1-833-456-4566 Available 24/7

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



Elijah Mata

Age 14

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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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

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

- 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

- 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
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How to Apply: Send resume to hr@eaglerivercasino.ca, mail, or fax.

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 Registration opens: June 16th, 2025
 Registration deadline: July 31, 2025

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Job#: 25-037 – Human Resources/Payroll Clerk II, Permanent, Full-time position.

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- Executive Assistant (Full-time) - Whitecourt

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Apply Online: woodlands.ab.ca/p/careers

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Whitecourt, AB | **Whitecourt, AB**

Canada Day in Whitecourt: Family fun, fireworks, and a lightning-fueled finale



A young child has their face carefully painted by an artist, while several other children eagerly wait in line for their turn during the family-friendly Canada Day celebrations in Whitecourt.



A young child shares a warm hug with Lilo, reluctant to let go during Whitecourt's Canada Day celebrations.



Spectators at Festival Park enjoyed a dazzling fireworks display during Canada Day celebrations. Lightning in the area forced organizers to end the live music early and start the fireworks ahead of schedule. The mix of thunder, lightning, and fireworks made for an unforgettable show in the sky.

By Haylee Winger

Festival Park came alive on Tuesday, July 1, as the community of Whitecourt came together for a full day of Canada Day festivities. The celebration featured everything

from live music and games to fireworks and face painting—though the night ended with an unforgettable mix of fireworks and lightning as stormy weather brought the evening to a dramatic close.

The day began at the Seniors' Circle, where residents were welcomed by Whitecourt Town Council for a pancake breakfast from 9:00 a.m. to 11:00 a.m. Locals gathered to enjoy a hearty meal

and connect with their community leaders in a relaxed, festive setting.

At 10:00 a.m., spirited teams gathered to compete in the Triples Co-Ed Sand Volleyball Tournament, enjoying the sunshine and friendly competition. Meanwhile, the Crib Tournament began at the Seniors' Circle at 1:00 p.m., welcoming card players of all skill levels.

As the afternoon rolled on, Festival Park turned into a hub of excitement for families. A highlight for many was the surprise appearance of Lilo and Stitch, who posed for photos and shared hugs with delighted children and fans. Lines quickly formed as eventgoers waited to meet the beloved characters.

Entertainment and activities were everywhere. Children had the chance to get their faces painted in vibrant colours, take on fun obstacle courses, and test their aim at the

dunk tank, which featured volunteers from the Whitecourt Fire Department. The dunk tank in particular drew laughs and cheers as brave firefighters took the plunge for a good cause—and good fun.

From 1:00 p.m. to 6:00 p.m., the Youth Chalk Art Competition transformed pathways in Festival Park into a gallery of colourful, temporary masterpieces. Meanwhile, the broader Family Fun Zone ran from 2:00 p.m. to 6:00 p.m., offering crafts, games, performances, and hands-on activities that kept kids—and parents—entertained all afternoon.

At 4:00 p.m., crowds gathered for the singing of O Canada, followed by cupcakes shared among attendees in a show of national pride and community spirit. Live music kicked off at 6:00 p.m., filling the park with energy and anticipation for the fireworks finale.

However, as eve-

ning set in, the weather shifted. Lightning strikes were spotted in the area, prompting organizers to make the difficult decision to end the live music performances early for safety reasons. In response to the incoming storm, the fireworks display was launched ahead of schedule.

What followed was a rare and visually stunning blend of natural and staged spectacle. With lightning flashing across the sky and fireworks bursting overhead, spectators witnessed a dazzling, high-voltage conclusion to the day's celebrations. The unexpected combination of thunderstorm and fireworks created a moment many won't soon forget.

While weather cut the night short, Whitecourt's Canada Day celebration delivered a full day of memorable experiences, joyful moments, and community pride.

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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**



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Aimee Grierson 780-262-0222
<https://wctcancerwellness.com/>



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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

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

Preventative Education:

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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.

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Four things you need to know about cyberbullying

(NC) Today, youth face dangers from more places than ever before. Every new technology that helps them communicate or find community can also be abused to harass, intimidate and bully. Cyberbullying is a difficult subject to talk about, but silence only creates more opportunity for the danger to grow. Making online spaces safer starts with educating ourselves on just what youth are facing—here are four things you might not have known about cyberbullying:

1. It's more common than you think. Cyberbullying can take as many forms as there are ways of communicating online. Targets may experience private harassment like threatening or demeaning emails or text messages; the cyberbullying may also be public, like embarrassing photos being released online, or a website or social media page built to make fun of the target. 31 per cent of Canadian youth report

having been cyberbullied, but the real figure may be even higher.

2. It leaves a lasting impact. Unlike in-person forms of intimidation and harassment, cyberbullying can follow a target everywhere they go, 24 hours a day, seven days a week. The effects it has on someone experiencing it vary, but can include anxiety, hopelessness, shame, impacted school performance and even self-harm.

3. It can cross borders.

While most cyberbullies and their targets know each other, the online nature of the harassment means that it can come from anywhere. It also means that efforts to address cyberbullying in one region can potentially have a global impact.

4. Spreading awareness is key. It empowers targets and those around them to take action which has been found to significantly cut how often it happens. A Canadian communications agency recently found success with a campaign that raised awareness around cyberbullying in Tu-

nisia. The campaign, "Don't Feed the Monster," aimed to equip teenaged girls and boys with tools to resist and prevent cyberbullying, while raising awareness among, teachers and parents about the dangers waiting for youth online.

You can learn more about this effort to fight back against cyberbullying, as well as hear other stories of Canadian changemakers making a global impact in a new podcast at tap-pat.ca/canadian-changemakers.

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Pot exchange

If you need a garden pot or you're swimming in them and need to get rid of some, there's a spot for that. On the left-hand side of the Transfer Station, just past the large square bins by the fence, off from the pile of grass clippings, there's a sign that says, "Plant Pots: take it or leave it." Below the sign is a wide array of different pots, including hanging ones, patio-sized options, and mini-sized ones, perfect for starting seeds. Take and place as needed.



Amanda Elizabeth photos



A Jurassic Park fan rolled up in style for the opening night of Jurassic World: Rebirth at Vista Theatre. The vehicle, covered in Jurassic Park-themed decorations, brought prehistoric flair and plenty of smiles to the movie premiere.

2026 BUDGET SURVEY

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SHARE YOUR THOUGHTS ON THE CURRENT AND FUTURE SERVICE LEVELS AND PROJECTS.
YOUR FEEDBACK WILL HELP GUIDE DECISIONS FOR THE 2026 BUDGET AND BEYOND.

COMPLETE THE SURVEY ONLINE
bit.ly/4IH0wAp

SURVEY CLOSING
FRIDAY, AUGUST 1



Photo by Melissa Hill

On July 2, a tornado warning and severe weather alert were issued across parts of Alberta, with Whitecourt among the areas under threat. Just outside of town, powerful winds from the storm system brought down towering 120-foot poplar trees, leaving a dramatic scene in their wake. The intense gusts tore through the area, causing property damage but, fortunately, no reported injuries. Residents described the storm as sudden and forceful, with winds that shook buildings and littered the ground with debris.

Whitecourt launches summer construction season with major infrastructure upgrades

By Haylee Winger

Whitecourt's summer construction season is in full swing, with several infrastructure projects underway across the community. These initiatives include sewer line replacement, road resurfacing, pathway enhancements, and various smaller-scale improvements—all aimed at maintaining and upgrading essential town services.

One of the major projects currently in progress is the 47 Street Sewer Line Replacement, which began on July 1 and is scheduled to continue until August 8. The work involves replacing 160 metres of aging sewer pipe to restore proper gravity flow and improve the performance of the town's sewer collection system. Crews are operating daily from 7:00 a.m. to 7:00 p.m.,

and eastbound traffic on 49 Avenue has been reduced to a single lane near the intersection of 49 Avenue and 47 Street. Sidewalks in the area remain open for pedestrians.

As part of the 2025 Street Improvement Program, resurfacing of a section of 42 Avenue and the traffic circle on Sunset Boulevard was completed between July 1 and July 3. During construction, 42 Avenue south of Highway 43 was closed to all traffic, and traffic along Sunset Boulevard was limited to a single lane with a flag person managing flow. Although sidewalk access remained open, drivers were advised to use alternate routes through the hill-top area.

Another phase of the street improvement program began on Dahl Drive, between 52 Ave-



Photo by Serena Lapointe

The traffic circle near the Allan & Jean Millar Centre is bumpy no more! Those ginormous, nasty potholes on the right-hand side, when heading towards Highway 43 on 42 Avenue? Gone. Things are now as smooth as smooth can be thanks to a recent resurfacing job part of the 2025 Street Improvement Program.

nue and 55 Avenue, and is expected to continue until July 18. This work has reduced traffic to a single lane, with a flag person directing vehicles at intersections. Milling and paving operations are taking place during nighttime hours to minimize traffic disruptions through-

out the day.

Work also began on July 4 to enhance pedestrian pathways in Festival Park, focusing on the pond-side pathway and access to 57 Avenue. These improvements are scheduled to be completed by July 17. While pedestrian access has been

temporarily interrupted in some areas, the town has ensured that access to the River Slides remains available.

In addition to the larger projects, several miscellaneous construction activities took place throughout the community between July 1 and July 6.

These included temporary lane closures managed by flag personnel and signage in affected areas.

Residents are reminded to continue exercising caution near construction zones, follow posted signage, and plan alternate routes where necessary.

Public Notice

As part of Canfor's Whitecourt and Fox Creek 2025 Vegetation Management Program, we are proposing to apply glyphosate on cutblocks located within our Forest Management Area and timber licenses in the Whitecourt, Fox Creek, Fort Assiniboine, and Edson areas. A maximum of 4500 hectares are proposed for treatment throughout the following locations:

Township	Range	Meridian
53	11	W5M
58	13,14,25,26	W5M
59	13,15,17,18,23	W5M
60	13,14,15,17,18,22,23	W5M
61	13,14,15,18,19,21,23	W5M
62	14,15,18,19,21,22	W5M
64	4,5	W5M
65	7	W5M
66	6,7,14,15	W5M
67	10,11,12	W5M
68	10,11,12	W5M
69	11	W5M

This treatment, part of our forest renewal program, will temporarily control herbaceous, shrub and deciduous competition, to improve the growth and survival of tree seedlings and saplings. Herbicide will be applied through either aerial or ground-based application.

Application of herbicides is scheduled to begin on or around August 10, 2025, pending approval from Alberta Forestry and Parks. The planned completion date for the program is September 15, 2025.

For more information, please contact our Silviculture Supervisor at (780) 778-2221 Ext 2402, or WCTSilviculture@Canfor.com

NEED HELP? CALL ANYTIME! (24-7)

• Mental Health Helpline 1-877-303-2642 • Addiction Helpline 1-866-332-2322 • Health Link 811

A look at the local weather	Wed., July 9	Thu., July 10	Fri., July 11	Sat., July 12	Sun., July 13
P.O.P. High Low Wind 24-Hr Rain / Snow	 Mainly sunny 20% 25°C 14°C W 16 km/h	 Sunny 10% 26°C 15°C SW 6 km/h	 Sunny 10% 26°C 14°C NW 8 km/h	 Sunny 10% 25°C 14°C NW 18 km/h	 Sunny 20% 24°C 14°C SW 12 km/h



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Odds of a child becoming a top fashion designer: 1 in 7,000

Odds of a child being diagnosed with autism: 1 in 50

Some signs to look for:

- No big smiles or other joyful expressions by 6 months.
- No babbling by 12 months.
- No words by 18 months.

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

AUTISM SPEAKS™
It's time to listen.

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One Canadian Dollar = 0.73 US Dollar
at an exchange rate of **0.7354** (using nominal rate).

Dollar Values as of July 9, 2025

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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.

PUZZLES SOLUTIONS

WORD SEARCH

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

CROSSWORDS

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

SUDOKU

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

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