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# The Press

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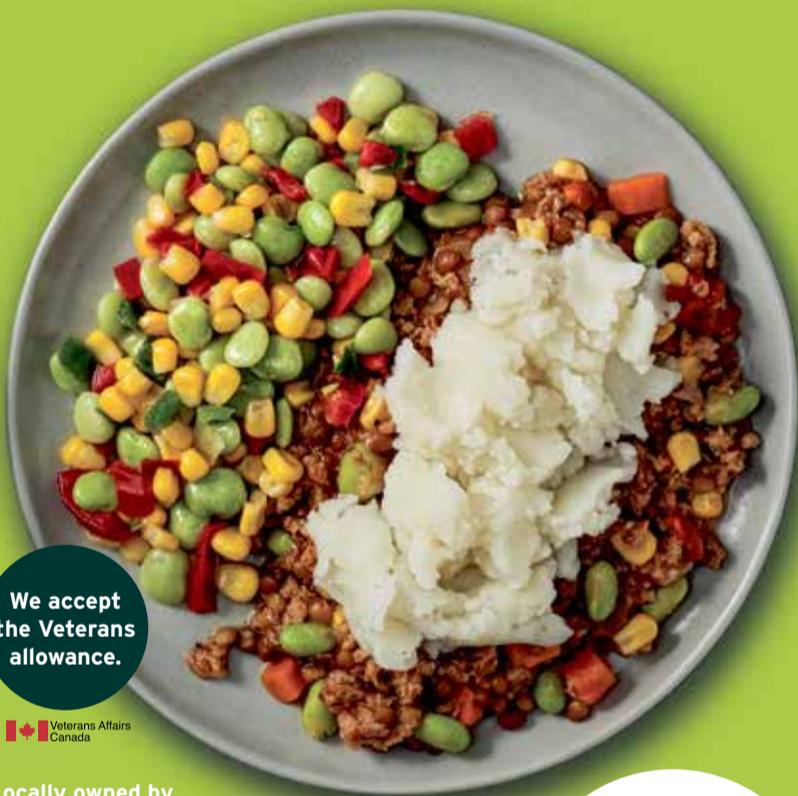
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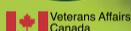
Vol. 14 - Issue 31 | Wednesday, August 20, 2025

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## Dancing in the streets at Summer Street Fest



Cheering for the performers.



Family fun.

The third annual Summer Street Fest took place earlier this month in downtown Whitecourt. A sunny afternoon made for a good day to be out walking, enjoying the sights and sounds of one of the community's growing festivals. See story page 8.



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# Reminiscing with Residents: Spruce View Lodge edition featuring Phillip Bell

By Serena Lapointe

Phillip 'Flipper' Bell is a resident at Spruce View Lodge, and he turned 84 years old on August 20. He's lived at the lodge for the last seven years and has lived in Whitecourt much of his life.

An old farm truck is how he landed in Whitecourt back in June 1958. A 1950 International, to be specific. He was nineteen years old and eager to forge his path. He spent his early years on a farm twelve miles or so from Athabasca, just outside the Hamlet of Meanook. There were five kids: Fredrick, Patrick, Phillip, his twin sister, Daisy, and Violet Marie. "She wacked me good to get out first, bugging up my eye," laughed Bell, sharing his favourite version of why he was born with his damaged eye.

His family worked the land, including

selling cream from their cows to the Co-op creameries, making three trips a week by horse to get their cream to Meanook and onto the train. "All we had was the team of horses, and it took you over a day to get to Athabasca. You would start early in the morning and go to town. If you were lucky and started early enough, you might arrive before suppertime. By the time you did what you had to do and got out of town, you wouldn't get home until late. That was a long way to go for a team of horses," explained Bell.

So much so that they only went to Athabasca once or twice a year, preferring to go to Meanook instead, which was smaller but closer. The road they took was gravel, which was tough on the horses. "They would always get a little stone

in their feet, and you would have to stop because they would start to limp. You would lift their foot and take a little screwdriver to pry the rock out.

The only time they ran was if it was cold, and they would only do it for a little way to get warmed up," chuckled Bell.

His dad, a veteran of the First World War, who was born in Kildare, Ireland, preferred horses and later their tractor but didn't like the old truck he bought for the farm. Bell and his siblings drove it, and he remembered why his dad wasn't a fan. "One time, coming back from town, I told my dad to drive. He did alright on the road, but as soon as we got to the farm, there was a gate across the driveway to make sure nothing got out, horses or cattle," said Bell, already giggling.

"Dad pulled up towards the gate and he's holding on to the steering wheel and starts saying whoa, whoa, whoa, thinking he was driving a team of horses, but it didn't stop him, and he went right through the gate," said Bell, now belly-laughing. "I tried to get him to drive after that, but no, sir. He said he wasn't touching that thing again," laughed Bell. And that explains why he was able to take the truck with him to Whitecourt.

His first job in town was swamping for Curly's Transport. "I did that for a few months. Then, I got a job at Atlas Lumber, which later changed to Revelstoke Lumber. I worked there until they folded up in 1967, and I went to work for Millar Western." He also did some odd jobs in the evenings to help bring in more money, in-

cluding laying the first sidewalks on Blueberry Drive. "I would take two weeks off in the spring, usually April, to go home and help my dad plow and work the field and get everything in," he explained. "We had early springs then. We always get our wheat and stuff planted before the end of April. Now you're lucky if you get on the land by the end of April," he added. When he worked at Atlas Lumber, he shared a bunkhouse with seven other men, and Bell was the cook. He didn't have a kitchen, but he did have an electric frying pan and a hot plate. And boy, did he have a hilarious story to tell. "I couldn't buy a pot big enough to cook potatoes for eight men. On a hot plate, you only have room for one pot. I went to the Western Store, and they had pots and pans there. But they didn't have a

big enough pot either. I took another look around and I found a big enamel pot. I didn't look at the name on the sticker, though. I told her (the saleswoman) I found one, and I took her down to where it was in the store. She leaned over and whispered in my ear; You don't want that. I said Why not?"

At this point, Bell was laughing pretty hard. "She said, That's a chamber pot. I said, So what? It's brand new, or have you used it? She said no, I wouldn't do a thing like that here," laughed Bell.

"So, I bought the pot." Eventually, someone noticed what it was because Bell didn't remove the sticker. "We had this Englishman with us, Kenneth Jackson. I made a stew in the pot, and everyone was saying how good

continued on page 3



Our latest installment of Reminiscing with Residents features Spruce View Lodge resident Phillip Bell. For those who've visited the lodge and heard giggles down the hall, there's a good chance it was him. Pictured is Phillip pointing to his younger self, lined up for a school bus ride.



Two pictures, both featuring Phillip cuddling cats.

continued from page 2

it was. He went to get a second helping," detailed Bell.

"He came out and in his English accent he said, No wonder that stew tastes good. He's cooking it in the pee pot. He had everybody roaring in there when he said it. I didn't even notice that the paper was still on it," laughed Bell. But by that point, the pee pot had proved worthy of a spot in the kitchen, and Bell kept using it for years, even once he was married. "Everyone knew I was having a hard time finding a pot to cook enough potatoes for everyone," laughed Bell. "It was a great pot!"

In 1967, Bell began his employment at Millar Western, staying until his retirement in 2001. He was married to his first wife, Linda, in 1963, and had five children: Leonard, Thomas, Harold, Frederick and Laura. His

son Harold tragically drowned in the summer of 1975, during a picnic near the cutbanks on the McLeod River. Over the years, Bell continued to return to his family's farm in Meanook to help in the spring and fall. In fact, his second son, Thomas, was born in Athabasca since they were there in April.

His second wife, Ethel, who lived with him at Spruce View Lodge until her passing in December 2021, is also part of Bell's story. Their home, 5404 45 Street, is currently for sale and features the ramp Bell lovingly built for her after she broke her leg on, of all days, February 14 in 2014.

The last chuckle Bell shared was from when he retired from Millar Western. His co-workers played a trick on him, resulting in a meaningful gift that Bell cherishes to this day. Just before he re-

tired, in April of 2001, his favourite chair disappeared from the office. "They told me they threw it out. A few months later, they called me up for a retirement get-together. "We had pizza for dinner, and then two guys took off and came back with my chair. It was my going-away present.

They reupholstered it and put my nickname, Flipper, on one side and the year I started, 1967, and the year I retired, 2001, on the back. So, at least I got it back," laughed Bell.

Those who've had the pleasure of seeing Bell's big, inviting smile and hearing his infectious giggles will understand why it was an absolute joy to interview him. The Press is grateful he was willing to sit down and share some of his favourite stories with our readers. Thank you, Phillip.

You're a gem. Happy birthday to you!



Flipper's chair.

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The Press

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Whitecourt Wolves Community Basketball celebrated their dedicated coaches, who each volunteered 80 to 100 hours over three sessions during the 2024/25 season. Pictured top row from left are Trish Duffy (U7/9), Tyler Bulmer (U15 Boys), Nate Dodman (U11), Jordan Bourlon (U15 Boys, U18 Boys). Bottom row from left are Joleen Power (all teams coverage), Misty Locke (U13/15 Girls), Jordyn Favreau (U11), Kim Ratzlaff (U13 Boys), and Adam Connell (U13 Boys). Missing from the photo is Candace Halverson (U13/15 Girls).



Whitecourt Wolves Community Basketball photo

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## NOTICE OF DECISION

The following decisions were made by the Municipal Planning Commission:

Application No. 25-077 – Discretionary Use Application for Equipment Sales, Rental and Repair, Heavy at 3321 37 Avenue – Approved with conditions.

Application No. 25-079 – Discretionary Use – Home Occupation, Family Day Home, at 3551 55 Avenue – Approved with conditions.

Application No. 25-081 – Variance Request to Reduce Front Yard Setback for a Detached Garage at 2 Feero Drive – Approved with conditions.

Date of Decision: August 14, 2025

Appeal Closes at 4:00pm: September 4, 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.

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by PETER MARINACCI



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A new, temporary sign in the downtown.

Two local pharmacies have joined forces with Shoppers Drug Mart, just over a month away from the store's grand opening, slated for September. Pharmasave and Life Medical Pharmacy both fell under the Shoppers umbrella as of July 23, allowing the store to build a client base before it opens its doors. The sign above Pharmasave, which now reads Shoppers, pictured, was up shortly after the takeover. The friendly local staff inside have mostly remained unchanged, and will be moving over into the new location beside No Frills once it opens in the fall.

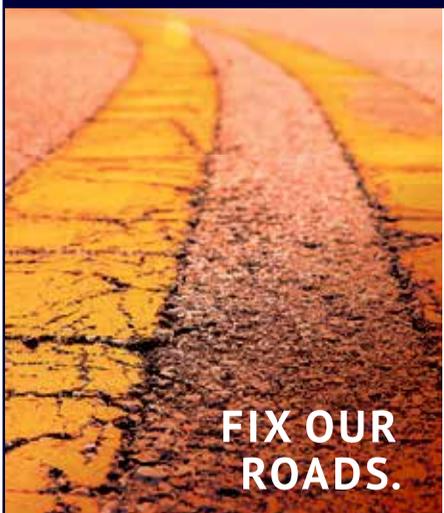
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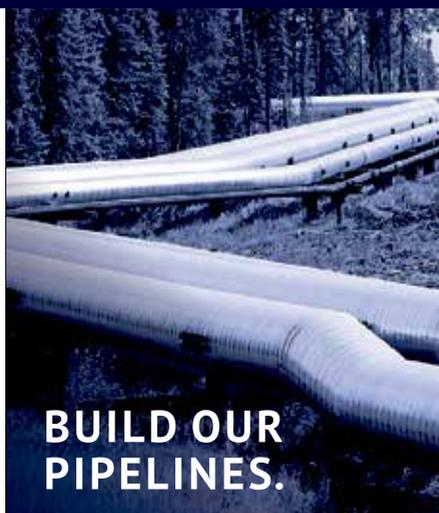


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In launching a trade war with Canada, Donald Trump has done two things which will outlast the immediate pain of tariffs that make our products more expensive to American businesses and consumers.

First, he has destroyed Canadians' confidence and trust in the United States government to honor the deals they negotiate. Once burned, twice shy.

Second, he has set in motion a profound reshaping of Canada's economy which can create new opportunities but will surely require sacrifice by all Canadians. This is a challenge we can and must rise up to meet.

What he cannot do is destroy the promise of Canada's future. While today the USA is by far the richest country in the world, 95.8% of global population live elsewhere and these consumers also need Canadian resources. We have abundant deposits of oil and gas, minerals, fertilizers, metals, and we sustainably grow food and forests.

We must now act to create possibilities for trade with other countries.

Warnings about Canada's lagging productivity and need for investments in our transportation system have gone unheeded by governments for too long. Our infrastructure deficit is in full view.

There is no question whether we need more pipelines to coastal ports. And with the right policies and regulations, pipeline construction and energy development will attract private investment.

However, roads are owned 100% by governments and taxpayers are on the hook for reconstruction costs as timely repairs continue to be put off. Bridges and roads have a lifespan. Their deterioration is predictable. Good fiscal planning allocates appropriate annual upkeep to extend their useful lifespan and minimize costly replacements. Alberta needs to invest in our road network now to improve the productivity of our resource-based economy.

It's not just provincial highways that are falling into poor condition. Alberta's rural municipalities require \$2.29 billion for bridges and \$12 billion to restore local roads\*.

Highway twinning and interchange construction makes roads safer and improves our economy. It's one of the few things governments can do that provide a return on their ratepayer's investment. For the most part, road materials and labour are found right here in Alberta.

Given the crisis we now find ourselves in, we need to be open to all solutions that improve efficiency in the construction and financing of roads. Alberta can and must lead by example.

Now is the time to fix our roads, build our pipelines and secure Alberta's future.

**Ron Glen**  
CEO  
Alberta Roadbuilders and Heavy Construction Association

\* <https://rmaalberta.com/wp-content/uploads/2024/08/08-16-24-RMA-Bridge-Asset-Deficit-Report-At-a-Glance.pdf>



# CANADIAN

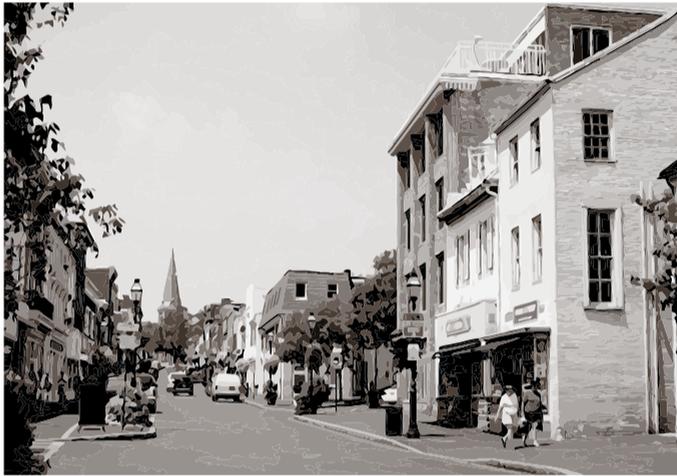
## Kids Corner



### What's the Difference?

Find the four differences between the two pictures.

A



B



Answers: 1. Missing sign on left 2. Cat crossing the street 3. Man on balcony 4. Spire on church

### CANADA



### HISTORY

1954

Marilyn Bell becomes the first person to swim Lake Ontario.



### Money FACT:

Shopping at this type of store keeps 67 cents of every dollar spent in the community.

Answer: Small, local business

### NEW WORD

### RETAIL

sale of goods to the public in small quantities

### How they say that in...

- English:** Retailer
- Spanish:** Minorista
- Italian:** Rivenditore
- French:** Détaillant
- German:** Einzelhändler



### Did You Know?

Small businesses employ around 50% of the total private labour force in Canada.




### Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Main St. street sign



# PUZZLES

SEE SOLUTIONS PAGE 15



## SUDOKU

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

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

- 1. Taxis
- 5. Space Systems Command
- 8. Plant seed by scattering
- 11. Alliances
- 13. Fiddler crabs
- 14. Heroic tale
- 15. Yemen capital
- 16. Misleading gesture
- 17. Cain and \_\_
- 18. Simple shoe
- 20. Hundredweight
- 21. Children's toy in the snow
- 22. Gets rid of
- 25. Free of deceit
- 30. Performed a dance
- 31. Chinese philosophical principle

- 32. Exaggerated
- 33. Refrain from inflicting
- 38. A doctrine
- 41. Can be subdued
- 43. A place to bathe
- 45. Land used for pasture
- 48. Curved piece of iron
- 49. Automobile
- 50. Fencing sword
- 55. Breezes through
- 56. Child
- 57. NBA legend Iverson
- 59. Horsley and Iacocca are two
- 60. Midway between northeast and east
- 61. Spiritual leader of a Jewish congregation
- 62. U.S. leader during much of WW2
- 63. Lair

## CROSSWORDS

1	2	3	4		5	6	7		8	9	10
11				12				13			14
15								16			17
											21
											24
											23
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											7
											6
											5
											4
											3
											2
											1
											0

### 64. Fibrous material CLUES DOWN

- 1. Home of "60 Minutes"
- 2. Expression of sorrow or pity
- 3. \_\_ fide: legitimate
- 4. Immune response
- 5. Assistance and support
- 6. Glared
- 7. Spanish saloon
- 8. Pitch black
- 9. S-shaped lines
- 10. Statistical test
- 12. \_\_ Paulo, city
- 14. Graduation garb
- 19. A way to record
- 23. Not good
- 24. Weather events
- 25. A pituitary hormone
- 26. Jamie Foxx film
- 27. Rocker's accessory
- 28. One point east (clockwise) of due north
- 29. One who obtains

- pleasure from another's pain
- 34. Consume
- 35. Licensed for Wall Street
- 36. Sick
- 37. Israeli city \_\_ Aviv
- 39. Removed the husk
- 40. Mass of rocks and sediment
- 41. Two-year-old sheep
- 42. Area units
- 44. Prison overseer
- 45. Walked
- 46. Wartime escort aircraft carrier
- 47. Tax
- 48. 50 percent
- 51. Swiss river
- 52. Tattle
- 53. Actor Idris
- 54. Resist authority (slang)
- 58. Egg of a louse

## HOROSCOPE

### ARIES

(March 21 - April 20)



You are likely to experience a week full of thoughtfulness and introspection, Aries. You are searching for a new source for self-fulfillment, and may be inspired by another's ideas.

### TAURUS

(April 21 - May 21)



Taurus, now is the time to identify your priorities. Figure out what you want or would prefer to do before you start taking any steps forward. This is the only way to get satisfaction.

### GEMINI

(May 22 - June 21)



Prepare for a week that will pose some challenges, Gemini. A last-minute project at work may test your mettle.

### CANCER

(June 22 - July 22)



The plan may have been to stay isolated until you get all of your tasks done, Cancer. But those closest to you have some other ideas; they might invade your quiet cocoon.

### LEO

(July 23 - August 23)



Leo, there's more than one way to approach a project. Remain receptive to new ideas and take time to think things through before choosing a path forward.

### VIRGO

(August 24 - September 22)



Virgo, your independent streak may need to be tempered in the days ahead. Teamwork is the name of the game so make a concerted effort to be a good team player.

### LIBRA

(September 23 - October 23)



Right now you might not feel you are in the correct place in your profession, Libra. Is your current role too restrictive or does it not challenge your skills?

### SCORPIO

(October 24 - November 22)



Scorpio, now is a great time to take the bull by the horns. An opportunity to be assertive and take on a leadership role presents itself this week. You're ready.

### SAGITTARIUS

(Nov. 23 - Dec. 21)



Sagittarius, you may be taking stock of your professional life and goals. Be sure you plan accordingly to balance the work side with your personal needs.

### CAPRICORN

(Dec. 22 - Jan. 20)



Something unusual may happen to you this week, Capricorn. Be ready for the unexpected. This also is a good time to tie up some loose ends that you have been overlooking.

### AQUARIUS

(January 21 - February 18)



There is nothing to stop you from asking for help from time to time, Aquarius. While you certainly enjoy the satisfaction of getting things done, assistance is necessary from time to time.

### PISCES

(February 19 - March 20)



Hard work is starting to pay notable dividends, Pisces. Enjoy the fruits of your labors, but remember to keep your nose to the grindstone.

## STATE FAIR WORD SEARCH



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

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

### WORDS

BLUE RIBBON  
BOOTH  
CAROUSEL

CORN  
CORN DOG  
COTTON CANDY  
DEEP-FRIED

ENTRY  
FAIRGROUNDS  
FERRIS WHEEL  
FIREWORKS

FUNHOUSE  
FUNNEL CAKE  
GRANDSTAND  
JUDGES

MUSIC  
NACHOS  
PARADE  
RACES

RODEO  
STAGE  
TICKETS  
TRACTOR  
WRISTBAND

# Dancing in the streets at Summer Street Fest



*A busy street.*

**By Serena Lapointe**

From 12 to 5 pm on August 9, the Town of Whitecourt and Woodlands County held Summer Street Fest in downtown Whitecourt. The event began in 2023 as a way to bring the community together in the heart of the downtown to have some fun while encouraging residents to see what the businesses have to offer.

“The goal for this specific event is to engage businesses in the community as well as provide a good, fun Saturday for people looking for something to do. Most of the things to do here at the event don’t have a cost associated with them, like the face painting and glitter tattoos or just sitting down to listen to the live music,” explained Andrew Malmquist, Arts and Culture Coordinator for the Town of Whitecourt.

A portion of 51st Avenue and 50th Street was closed to traffic during the event, allowing booths to be set

up pretty much anywhere, stretching the fun from one end to the other. The Farmer’s Market took place inside the Whitecourt Legion, with many vendors to peruse, and there were even more vendors outside, both from businesses like Vista Theatre MLT, who gave out free popcorn and coupons, and from various small business owners. There were also a couple of food trucks. “We have lots of different vendors down here,” said Malmquist.

One of the fun additions typically spotted at Whitecourt events is the special characters roving around the area, interacting with attendees. In the past, organizers have brought in life-sized cartoon characters, hula hoop artists, stilt walkers and silly magicians. “Today we have disco rovers. They are mirrored characters with a disco ball head, and there are two of them roving around together

continued on page 9



*One of the competitors in action.*



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continued from page 8

er, dancing and engaging with different audience members,” said Malmquist.

Another staple at community events is the live performers. “We have Wanda’s Dream, Travina Robinson, Zander Ness, Sweet Disasters, and Analog Smokeshow. We try to focus on local bands and those from the area. They are all relatively local to Whitecourt.” Travina Robinson, pictured, is a local musician from Barrhead. The singer-songwriter performed some of her original music before scooting up the highway to Cardiff for an event there.

Following Robinson’s act was Zander Ness from Edson, a self-taught fourteen-year-old with a voice for country music and good old-fashioned rock ‘n’ roll. The teenager performed at Party in the Park earlier this summer, bringing his energy to the stage at Festival Park, and he brought the same to Whitecourt’s downtown for Summer Street Fest, pictured.

Event goers either sat at the provided benches or lined the curb to listen and cheer on the performers. Malmquist said the beauty of events like this is that people can come and go as they please. “You don’t have to be here at a certain time,

and you don’t have to come spend the whole day down here either. You can come down, interact, engage, spend as much time as you want and then continue on your way. And, if you want to come back later on, you can do that too.”

Other communities, where events are gated, have a cost associated with walking around and enjoying the sites. For the most part, events in Whitecourt aren’t set up that way. “If you’re participating in the market, there would of course be some expenses there or the food vendors, same thing, but other than that, there’s no cost associated with it. It’s an affordable and accessi-

ble event for all,” said Malmquist.

Other events through the afternoon included a chalk art competition, which filled the sidewalk in front of Whitecourt Stationery and White Wall Wood with beautiful colours and imaginative designs, from under the sea and outer space perspectives, various animals, movie characters, mountain vistas, and a field of flowers under a bright, blue sky.

“In the past, we have had pre-registration for the chalk art competition event, but this year we wanted to open it up a bit more so that people could drop in and participate,” explained Malmquist. Attendees were en-

couraged to vote for their top three favourites to help crown the winners.

Across from the chalk displays were the Whitecourt & District Public Library and the Whitecourt Fire Department. Library staff had a suncatcher painting kit and a Rubik’s Cube to give away to passing kids. Those wanting to get crafty right there could pull up a chair and get creative.

Next door with members of the Fire Department, kids could grab a fire hat and some other swag items before hopping into the old fire truck, Beulah, and use their imagination to rush to a fire scene to help. The blaring of

the truck’s horn could be heard throughout the downtown as both the young and young-at-heart hopped into the front seat, taking their turns pretending to be firefighters.

“It’s a great experience. It’s nice to see people come out and have fun. My job, as Arts and Culture Coordinator, is very privileged in the fact that I think it has a meaningful impact on a lot of people, especially being able to offer accessible events that are not only accessible for people with disabilities but those with socioeconomic difficulties as well,” smiled a thankful Malmquist, as he looked out over a busy downtown.



A youngster receiving a fire hat.



Travina Robinson performing.



A cute turtle in the chalk art competition.



Fourteen-year-old Zander Ness.

# BOOK YOUR AD NOW

Call Valerie Winger at 780.706.1858  
or email [wctpress@gmail.com](mailto:wctpress@gmail.com)

The Press



Representatives from 1st Choice Truck and Car Wash, the Whitecourt & District Chamber of Commerce, and Petro-Canada cut the ribbon to celebrate the business's grand re-opening as a Petro-Canada location.

For all your advertising needs,  
**CONTACT HAYLEE**  
at [thepresswct@gmail.com](mailto:thepresswct@gmail.com)

Idea

# The Press

Purchase your weekly copy of the Press at the following locations:



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## Soaring Eagle Support Society

Offering support services for marginalized individuals

- Outreach worker, laundry and shower facilities by appt
- Tax program & Bag Lunch Program

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/>

Whitecourt and Mayerthorpe Legions are presenting a **Joint Legion Golf Tournament**, 23 of August at the Mayerthorpe Golf Course. Cost is **\$60.00** per golfer. Shotgun start at 10 a.m. No Legion membership required.

For more information and to sign-up, contact **Steve** at **swilsona@telus.net** or Doris at **williams\_d60@hotmail.com**.



Support group on Tuesdays 6:30 pm – 8:30 pm, September 16 – December 2, Crossroads Community Church, 4719 44 Avenue Mayerthorpe, Pre-registration is required

**CALL Ruth 780-674-7182**



"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  
780.778.6209  
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.whitecourtshester.ca](http://www.whitecourtshester.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

# 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



Ralph Winn

Age 19

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 RV Park Supervisor (NOC 62029)

This position is responsible for the day-to-day operations of Eagle River Tourism RV Park near Whitecourt. The incumbent must have a solid customer service orientation, be business-minded, conduct themselves professionally, and have a strong respect for the environment and wildlife. Working weekends, holidays, and evenings will be required.

In addition to providing excellent customer service to our guests, the responsibilities include:

- Processing payment from guests
- Preparation of morning and evening reports
- Reconcile daily / monthly receipts.
- Maintaining grounds and facilities:
  - Ensure maintenance of safety and sanitation standards and policies
  - Oversee maintenance of buildings and sites
  - Cleaning of all washrooms and communal areas
  - Sweeping and mopping floors
  - Moving of furniture during routine cleaning
  - Ensuring playground is maintained
  - Mowing grass and weed trimming
  - Shoveling snow
- Lifting 30-50lbs during maintenance of grounds
- Understand and carry out the security requirements.
- Work with fellow staff members as a team to ensure all guests receive the proper care and attention.
- Working with the broader team to develop promotions for the property.
- Understand the basic workings and operations of the RV Park
- Be punctual, professional, and knowledgeable regarding all functions and available services of the RV Park
- Understand security requirements to look after guests and property
- Any other duties as required

**QUALIFICATIONS**

- Experience in the customer service industry
- Strong mathematical skills for processing cash, credit or debit transactions
- Excellent written and oral communication skills
- Good physical fitness
- Ability to work independently
- Manual dexterity and mechanical aptitude
- Good problem-solving skills
- Valid class 5 Driver's License
- Must be 18 years of age.
- Current Standard First Aid & Level C certification, Pro serve, Protect, Deal Us In Phases 1 & 2, AML
- Must be able to obtain AGLC Security license

This is a full time, permanent position. Wage \$24.00/hr. Health benefits available. Interested applicants should apply with resume and cover letter to [hr@eaglerivercasino.ca](mailto:hr@eaglerivercasino.ca)



### 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](http://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](mailto:hr@eaglerivercasino.ca), mail, or fax.



## Eagle River Casino & Travel Plaza

### Restaurant Assistant Manager NOC 60030

#### RESPONSIBILITIES

- 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
- 3 – 4 years.
- Completion of secondary school is usually required. Terms of Employment: Permanent full-time 44-hour work week.

#### 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](http://www.eaglerivercasino.ca)

#### How to Apply:

Send resume to [HR@eaglerivercasino.ca](mailto: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](http://www.eaglerivercasino.ca)

#### Address:

Twp Rd 602A, HWY 32N Whitecourt, AB T7S 1N3

#### Phone:

**780.779.2727**

#### Fax:

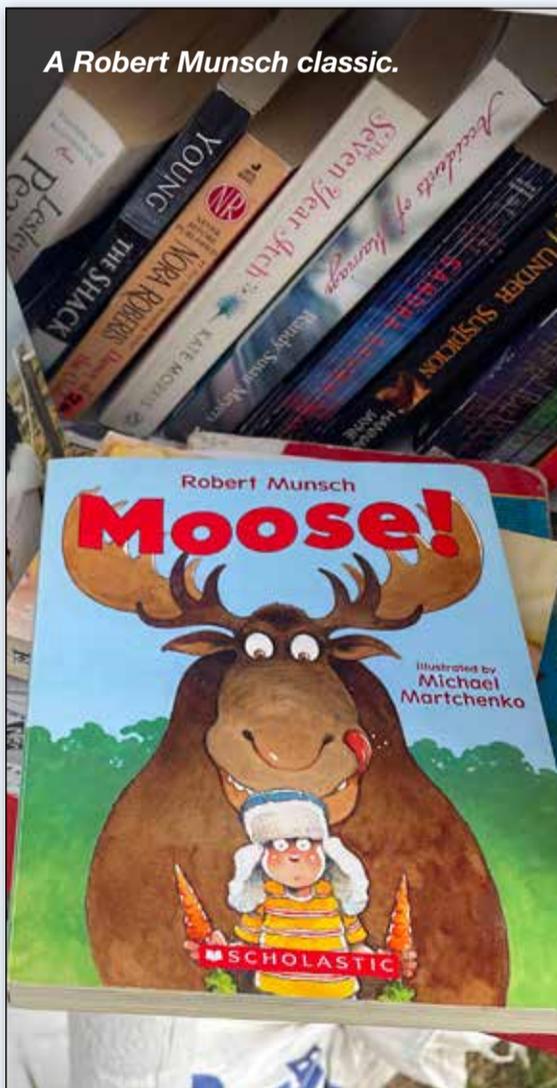
**780.706.7451**

#### How to Apply:

Send resume to [hr@eaglerivercasino.ca](mailto:hr@eaglerivercasino.ca), mail, or fax.



The fire engine red paint job makes it stand out.



A Robert Munsch classic.

The mini library located outside at the Whitecourt Fire Department has all kinds of goodies inside it waiting to be read and enjoyed. Families out for a stroll should make a point to walk by and check out the selection. A quick peek last week saw something for all ages, including a classic from Robert Munsch, MOOSE! There are several of these libraries in the community, which are filled with an ever-changing assortment of books. Residents can take a book, swap a book or leave a book. The appropriately painted, fire engine red library is definitely worth a stop.

## EMPLOYMENT OPPORTUNITY

[www.whitecourt.ca](http://www.whitecourt.ca) | [facebook.com/TownofWhitecourt](https://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#: 25-046**, Planning Assistant III, Permanent, Full-Time Position.

**Job#: 25-047**, Economic Development Assistant, Permanent, Full-Time Position.

Please visit [www.whitecourt.ca](http://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**  
Full Time / Shift Work

**Food Service Supervisor**  
Full Time / Shift Work

### SHIFT INCENTIVE FOR OVERNIGHTS

Please apply in person at the restaurant.



4331-52 Ave Unit 1  
Whitecourt, AB

4216 Elko Drive  
Whitecourt, AB

# New food allergies after 50? What you need to watch for

(NC) It's one thing to be cautious about cholesterol and blood pressure after 50, but what if a favourite food suddenly leaves you gasping for breath or covered in hives?

Surprisingly, adult-onset food allergies are more common than you might think, according to Dr. Harold Kim, an allergist and immunologist. "It's not unusual to

see someone in their 60s react to shellfish or nuts. Your immune system evolves with age, and that can mean new sensitivities."

### Common triggers and symptoms

The most common food allergens include crustaceans, tree nuts, peanuts, milk, eggs, soy, wheat, sesame and fish. "Shellfish and fish are particularly common in adults

developing allergies for the first time," says Dr. Kim. "You could have enjoyed lobster your whole life and suddenly develop an allergy at 58."

Symptoms can vary from mild to severe, typically appearing within minutes to two hours after eating. Watch for tingling or itching in the mouth, hives or rash on the face or throat, vom-

iting, or shortness of breath or wheezing.

If you've recently experienced these symptoms after a meal, don't shrug it off—experts recommend seeing your doctor promptly. "Don't wait for a second reaction," urges Dr. Kim. "The next one may be more severe."

### What to do next

Diagnosis involves food history, blood tests and sometimes supervised food challenges. While avoidance is key, having an emergency plan is crucial, including carrying a safety device like an EpiPen, which delivers epinephrine used to treat a severe or life-threatening allergic reaction.

For anyone at risk of anaphylaxis, quick access to epinephrine is critical, but especially for older individuals with other health conditions.

You can also make

lifestyle adjustments, including reading labels, wearing a medical ID and asking about ingredients when you eat out. You can find more tips and information at [epipen.ca](http://epipen.ca).



**NEED HELP? CALL ANYTIME! (24-7)**

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

**TRL Gas CO-OP Ltd.**

**19th ANNUAL MEETING**

**Wednesday, August 27, 2025**

**Anselmo Hall**

Join us for a complimentary Dinner Starting at 6:00 p.m.

Meeting to follow

Financial Statements  
Election of Directors

3 Door Prizes of \$100.00 Credit on Member's Gas Account

All TRL Members are invited and encouraged to attend.

**LIVE ON SITE AUCTION**  
**FOR: ESTATE OF GEORG FRIK**  
**LOCATED: 3 LOCATIONS IN THORHILD**  
**ENTER THORHILD FROM HWY 18. TURN N ON HWY 827 TO CENTRE OF TOWN. GO E ON 7TH AVE TO COMMUNITY CENTRE/SKATING RINK. PLEASE REGISTER. THEN WALK E TO**  
**LOCATION 1- MAIN SALE SITE STARTS AT 5PM**  
**LOCATION 2- 4 BLKS W AT 705-2 ST BACKYARD**  
**LOCATION 3- 110- 6TH AVE IN BACK ALLEY**

**DATE: SEPTEMBER 4 THURSDAY EVENING 5 PM**

**LOCATION NO 1 AT 5 PM**

**PARKED VEHICLES/TRAILERS/EQUIPMENT** \*1995 Mountain Aire 40 ft Motor Home w Slide\* Chevy Van 30 Vandura Motor Home\* Tyler Challenger Skid Steer w forks (All 3 Parked for Some Time)\*(Balance of Units require work or used for parts or storage)\* 3 ft Pace Arrow M/Home\* 22 ft Triple E/M Home\* 24 ft Alum Storage Van\* Gmc Vanduro 3500 w 14 ft Van\* Chevy Van 30 School Bus for Storage\* 24' Old Storage Van on 2 Axle Trailer\* 28 Ft holiday Trailer\* 27 Ft Trailer Frame w 2 axles\* 20' GN Trailer w 2 axles\* 2005 Ford E450 Super Duty Truck w Sleeper, 20' Deck\* 1999 Ram 250 Truck\* Good Body Cars But Require Mechanical Work (2004 VW 4 Dr Sedan) (2003 BMW 4Dr w No Keys) (2002 Mercedes Benz 4 Dr)

**HD SHOP AND WOOD TOOLS** \* Morgan Milling and Drilling Machine\* 52 in Sheer Metal Brake\* 52 in x 3 in Sheer Press Brake w Slip Roll\* HD Shop Fan\* CT Band Saw\* Rigid Mitre Saw\* De Walt Table Saw\* Table Saw w Extension\* Roller Feed Table\* Shop Dust Collector\* LG Portable Air/Cond\* 6 Metal Storage Cabinets\* 2 Floor Stand Drill Press\* Nice Rolling 18 W x 12 Hi OH Shop Hoist

**BUILDING AND CONSTRUCTION MATERIAL** \* NEW (40 Boxes of Fake Rock Wall Décor) ( 22 Boxes Floor Tile) (7 Boxes Lino Flex Flooring) (Variety of Drywall, Lumber, Plywood, Windows) \*Good Re Usable Material (110 of 8ft Adjust/Screw Metal House/ Basement Supports) (14 of 4' x 11' Alum Frame Glass Panels) (38 of 4x8 Meat Cooler Panels) \* Plus Other Materials\* 16ft O/H Door w Eltc Chain Lift\* Lots of Windows and Doors for Cabins and Greenhouses\* Insulation

**YARD ITEMS** \*40 Ft Red Sea Can\* 10x16 Plywood Shed\* Good Plastic Water Tanks (2@1250 and 1@500 gl) \*9' x15' Cedar Cabin\* New Jacuzzi Tub\* 4 Rolls of 4ft Insulation\* 4x6 Plastic Tank w Cover\* Eltc Breaker Boxes\* Wacker Dirt Tamper\* Hyd Cement Levallor Auger\* NEW Tires, Rims, 4 Light Duty Axles\* Lots of Office and Hospital Items

**BUILDINGS** \*24' x 40' Work Shop \* 17' x 5' Open Ceiling Cabin

**LOCATION NO 2 AT 6 PM**

**HOUSE FULL OF FURNITURE** \*Variety of Art, Collectables, Antiques, Wood Furniture, Storage Chests, Wall Units\* Other Household and Interesting Items  
Sold in Large Groups + Quantities

**LOCATION NO 3 AT 6:30 PM**

**53 FT HI WAY DRY VAN** \*Plus More Misc\* Some Building Material \* And more  
PLEASE NOTE\* Georg was a unique and interesting person. He accumulated a lot of items, tools, building materials, and equip that will be interesting to see and maybe buy. The Motorhome and vehicles were vandalized while parked for years but the bodies look good. This will be a very fast paced auction. Buyers will have all of September to remove their purchases.



## PARSONS AUCTIONS



**CHARLES PARSONS:**  
780-674-7704

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

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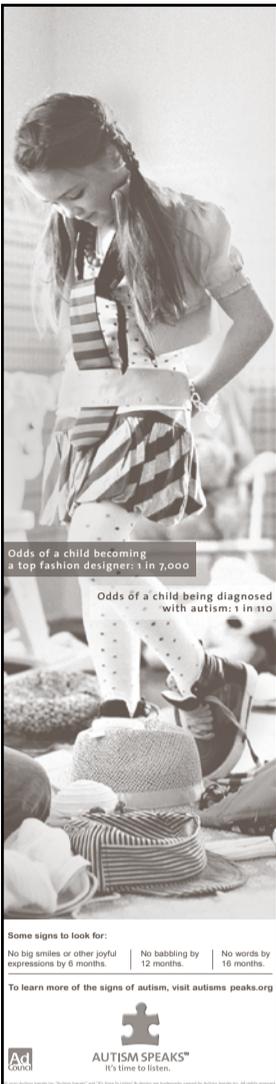
A look at the local weather	Wed., Aug 20	Thu., Aug 21	Fri., Aug 22	Sat., Aug 23	Sun., Aug 24
P.O.P.	30%	Mainly sunny	Thunderstorms	Cloudy	Mainly cloudy
High	21°C	30%	40%	30%	30%
Low	10°C	20°C	20°C	19°C	20°C
Wind	W 8 km/h	10°C	9°C	10°C	11°C
24-Hr Rain / Snow	-	NW 11 km/h	E 9 km/h	SE 13 km/h	E 12 km/h
		1-3mm	1-3mm	-	-



## Blanket Classified Ads

Alberta and NWT for \$269 (up to 25 words) \$8.00 each additional word. These ads are placed in over 100 community newspapers throughout Alberta. We can also place ads in other provinces throughout Canada.

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



### Auctions

MEIER 2-DAY LIVE ON-SITE AUCTION for Grant Yeske, Saturday, August 23 & Sunday, August 24 (10am #409, 67325 Churchill Park Rd., Lac La Biche. Selling Bobcat S300, Trucks, Classic Cars, Trailers, ATVs, RVs, Oil Field Buildings, Full Mechanics Shop, New Mopar Parts, Engines, Lawn Tractors, Attachments, Firearms, Sportsman Items, Antiques. Visit [www.meier-auction.com](http://www.meier-auction.com).

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### Coming Events

FIREARMS WANTED FOR OUR 2025 AUCTION PROGRAM: Firearms, Ammunition, Accessories, or Militaria. Collections,

Estates or single items. For Auction, or Possible Purchase: Contact us: 1-800-694-2609, Email: [sales@switzersauction.com](mailto:sales@switzersauction.com) or Visit us @ [www.switzer-sauction.com](http://www.switzer-sauction.com) for Auction Dates & Details.

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\*1989 8460 COMBINE - 2901 hours; \*1984 860 Massey Combine - 2367 hours; \*885 Massey Swather - 18 Ft. Ull Header, Crop Lifters - 2636 hours. Ph: 780-829-2270; email [jlinhondo@gmail.com](mailto:jlinhondo@gmail.com).

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com for more information. Call 1-800-282-6903 or 780-434-8746 or visit [www.awna.com](http://www.awna.com).

### Livestock

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### Services

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PRIVATE MORTGAGE LENDER. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228; [www.firstand-secondmortgages.ca](http://www.firstand-secondmortgages.ca).

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Coins, Royal Canadian Mint sets  
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US 1964 and earlier 10, 25, 50 & silver dollars

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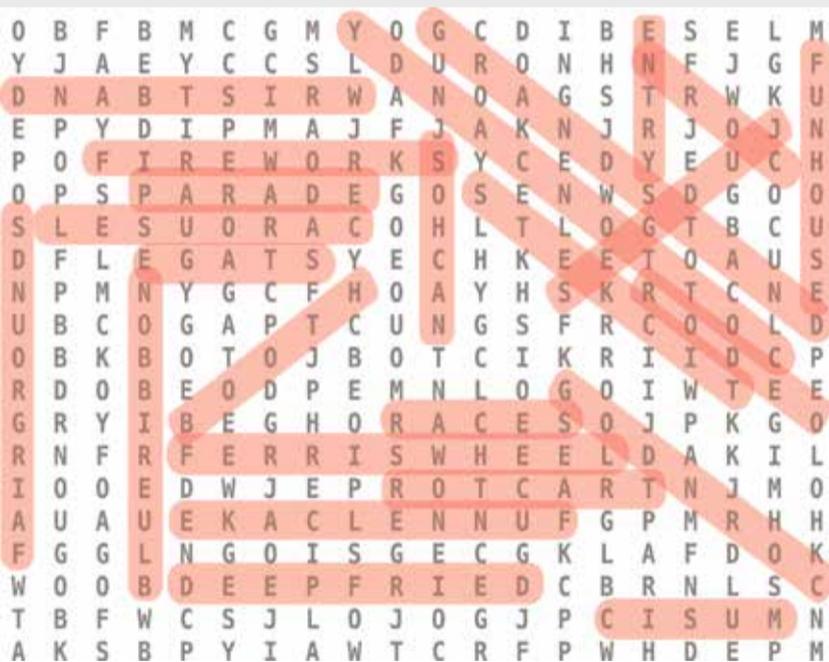
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### WORD SEARCH



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

### 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](mailto:wctpress@gmail.com).



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