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# WEEKEND REGIONAL

THURSDAY, JANUARY 18, 2018

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Kuper Hiltz of the Brooks Junior Bandits B team takes a refreshing drink to get ready for his next shift on the ice during novice hockey tournament play at the Sparrow Arena Saturday morning against the Okotoks Blasters. | BRUCE PARKER PHOTO

## No leniency for missing tax deadline

SANDRA M STANWAY  
THE REGIONAL

County councillors Thursday denied a motion to reverse tax penalties.

Layne Johnson, the county's director of corporate services, told council there have been requests in the past to reverse penalties.

"You've had the odd one come in the past and there's been fairly consistent direction provided. We don't recall any that have been relaxed. I would suggest that be the case with this one as well," he said.

According to information provided to council the request came from a property owner who asked the county to reverse his 2017 late payment fee because he did not receive

his notice until June 14, one day before taxes were due.

He said he contacted the county the day before the payment was due and again five days later but neither time did he receive a return call.

On June 23 he received a late notice which was promptly paid.

The county states the notices were mailed on May 4. They were due on June 15.

In his response to the property owner, Matt Fenske, the county's manager of finance wrote, "County council receives requests from time to time to reverse penalties on tax accounts and have not entertained any of these requests to date."

The property owner asked for a refund of \$1,195.

## Temperatures created few problems for NRSC

SANDRA M STANWAY  
BROOKS BULLETIN

There have not been too many weather related problems for utilities in the county.

Kole Steinley, operations manager at Newell Regional Services Corporation (NRSC), told county councillors last Thursday there was a water break in Rolling Hills that was found during the first weekend of the month and repaired on Jan. 8.

A second repair job was at Lake Newell Resort where a sewage force main broke.

"That is the fourth one since I started with Newell Regional five years ago. The first one and this last one were not due to any operational issues. It was a rock," he said.

Steinley said a rock was backfilled on top of a pipe. The motion of the liquid going through the pipe vibrated and caused a

pinhole break.

"We saw some (water) come to the surface in the ditch. It wasn't a big spill by any stretch of the imagination," he said.

The repair was easily completed, however, it was discovered that some of the 2003 as-built drawings are incorrect which made it difficult to find the exact location of the line.

"We spent a little bit of hydrovac time trying to find it," he said.

NRSC and the county are working on correcting the information for mapping so there are no future location issues.

Last week the corporation underwent an Alberta Environment water inspection for the Tilley-Kinbrook area.

"It went well but I expect to see the final report in the next week or two. From all the feedback I've received we did really well on that," he said.

We are a small and large mixed clinic taking ALL kinds of animals domestic and exotic.

*Accepting new patients!*

SATURDAY WINTER HOURS: 9 am to 3 pm

1103 - 2nd Street West • Brooks, AB. • Phone 403-362-3273

Hours: Monday to Friday, 8 am to 5:30 pm • Saturday 9 am to 5 pm

NEW  
SATURDAY HOURS:  
9 am to 5 pm



01-05c



**6**  
Brooks Junior High Lady Roadrunners came away with top spot in basketball tournament play at Seven Persons this past weekend. The team consists of Ray Koochin, Nyemuon Padhal, Ayen Mobor, Sipora Lusambya Adut Mobor, Suhana Akbar, Chelsea Good, Brynn Bremner, Lauren Trembecki, Kayla Duckett, Jessica Philpott and Cali Fiset-Hofer. | SUBMITTED PHOTO

## BJHS Lady Roadrunners earn tournament wins

**BRUCE PARKER**  
BROOKS BULLETIN

Brooks Junior High senior girls basketball team are riding a nine game winning streak that began before the Christmas break.

Assistant coach Jaret Hofer said the streak began with two Grasslands league wins and continued with a tournament victory in Hanna.

"In that Hanna tournament, we really figured out what a strong defence will do to opposing teams," he said.

The girls opened play with a 67-6 win over Strathcona/Tweedsmuir.

The Roadrunners used a zone press at the start of the game and the opposition did not know how to respond to it, he said.

Game two against Trochu Valley had the Roadrunners rolling to a 46-12 victory.

The girls once again started with a zone press which resulted in the Trochu girls having a hard time getting the ball across the half.

The win pushed the girls into the finals against host

Hanna.

Hofer said the girls played solid man-to-man defence and did not give up any uncontested shots.

With solid defensive play, the Roadrunners came away with a 46-1 win.

He said the tournament was weaker than the coaches anticipated but at the same time the Roadrunners attended the same event last year and lost.

This year's team has lots of depth and speed and this proved too much for the other teams.

The Lady Roadrunners picked up their second tournament win this past weekend in Seven Persons.

The girls opened play with a 50-44 victory over Parkside from Redcliff.

Redcliff had one girl who scored on seven three point shot attempts but the Roadrunners countered with well balanced scoring.

Next up was a game against Irvine who is one of the top two teams in the Medicine Hat area.

Irvine beat the Roadrunners three times last season so it was a great challenge for the girls, said

Hofer.

The girls responded by winning a physical contest 36-32.

He said the exciting part about the contest was the play of the grade eight girls who gave the team momentum. These girls were responsible for giving the Roadrunners an eight point lead at one point in the game.

Tournament final play against Roy Wilson School of Medicine Hat had the Roadrunners coming out on top 48-26.

Again, it was solid defence by the Roadrunners that proved to be the difference in the game.

The next big test for the girls will be this weekend when they take part in tournament play at St. Mary's in Medicine Hat.

The girls will not only play St. Mary's who has a strong team but Barnwell. Barnwell handed the Roadrunners a 14 point loss earlier in the season.

"That will be a real measuring stick for us to see how far we have come," he said.

## Unresponsive swimmer pulled from city's pool

SUBMITTED

The city reports at approximately 3 p.m. on Sunday an unresponsive female was pulled from the lap pool in the EID Aquatic Centre.

The staff and a bystander began performing CPR and by the time EMS arrived, the patron was breathing on her own.

She was transported to Brooks Health Centre.

The pool area was closed for about one hour following the incident.

"In order to respect the privacy of the patron and their family, no additional information will be released by the city," states the release.

The City of Brooks would like to thank the bystanders that assisted staff in the emergency response and the EMS members that attended the facility and assumed care of the patron.



DONATIONS

Loretta Darago of the Brooks and District Health Foundation, accepts \$1,000 from Brooks Knights of Columbus members, Willie Darago, left, and Dan Klein. The funds will be put towards the foundation's dialysis unit project which has raised over \$775,141 of its \$1.5 million goal. | SANDRA M STANWAY PHOTO

## Resilience of local union inspires new book, Defying Expectations

Jason Foster's new book is an account of the resilient United Food and Commercials Workers (UFCW) Local 401, a union that defied the odds in Alberta, a province that previously had some of the most anti-union labour laws in Canada.

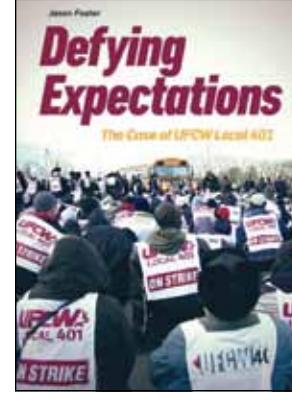
In *Defying Expectations*, Foster, associate professor at Athabasca University and former director of policy analysis at the Alberta Federation of Labour, argues that the innovative organizing tactics, active engagement with workers, strong leadership, and a willingness to take on employers are what make UFCW Local 401 a useful case study for labour historians, activists, and politicians alike.

*Defying Expectations*

revisits some of Alberta's most unforgettable strikes — from the 1997 Safeway strike to the 2002 Shaw Conference Centre strike and the 2005 Lakeside Packers strike.

Foster's book contains lessons about experimentation, the importance of perception, integrating new members, and centralized leadership.

UFCW Local 401's story is about workers in Alberta who fought for their rights and it is a story of hope. By highlighting Local 401's ability to reach across racial, ethnic, and gender divides, Foster shows how unions are not relics of the past, but complex organizations capable of building new expressions of solidarity and meeting the challenges of the twenty-first century



workplace.  
As Alberta's NDP continues their focus on workers' rights in 2018, stories like that of UFCW Local 401 become increasingly important for understanding the role of unions in meeting the needs of a diverse group of workers.

**ATCO**

**BLUE FLAME**  
KITCHEN



about 3 - 4 minutes.

2. Add garlic, cinnamon, coriander, cumin, ginger and allspice; cook, stirring, until fragrant, about 1 minute.  
3. Add chickpeas, broth, apricots, dates, lemon juice, lemon peel, pepper and salt. Bring to a boil. Stir in couscous. Remove from heat and let stand, covered, for 10 minutes.  
4. Fluff couscous with a fork. Add cilantro and mint; stir to combine.  
5. Transfer couscous mixture to a serving dish. Sprinkle with almonds and green onion. Serves 6.

**CHICKPEA SALAD WITH FETA**

3 tbsp (40 mL) fresh lemon juice  
1 tbsp (15 mL) olive oil  
1/4 tsp (1 mL) salt  
1/8 tsp (0.5 mL) cayenne pepper  
2 cans (19 oz / 540 mL each) chickpeas, rinsed and drained  
1/3 cup (75 mL) finely chopped red onion  
1/4 cup (50 mL) chopped fresh parsley  
1/4 cup (50 mL) sliced pitted kalamata olives  
1/4 cup (50 mL) shredded feta cheese  
To prepare dressing, whisk together lemon juice, oil, salt and cayenne pepper until blended. Combine chickpeas, onion, parsley, olives and cheese in a bowl. Add dressing and toss to combine. Cover and refrigerate for up to 48 hours. Serves 4.

**ATCO Blue Flame Kitchen** has provided Albertans with reliable answers to everyday household questions for many years. Visit us online for great recipes, how-to videos, kitchen safety tips and more at [www.atcoblueflamekitchen.com](http://www.atcoblueflamekitchen.com) or call 1-877-420-9090 toll free.



Early morning fog Monday left trees throughout Brooks and area covered with hoar frost. | BRUCE PARKER PHOTO

# Who's Who in Alberta

©2018 Western Canada Press (403) 288-8828

## BROOKS COLLISION

*A full-service collision repair shop*

**341-8th St. E., Brooks** **403-793-8200**

If you're looking for the best in auto body collision repair services in the region, we suggest you contact **Brooks Collision**.

**Brooks Collision** is an award winning business that will work closely with you and your auto insurance company in order to keep you updated on the collision repair process. This means that they will keep in touch with you throughout the entire vehicle bodywork process in order to inform you about when you should expect the vehicle restoration to be completed.

When your vehicle becomes involved in a collision, you have the right to choose the facility that will provide the repairs. Not all shops operate to the standard of excellence you can expect when you take your damaged vehicle to **Brooks Collision**.

The painters at **Brooks Collision** can provide expert colour matching. Their state-of-the-art spray booth keeps dust and contaminants from spoiling the desired factory-like finish. They use environmental friendly Glasurit 90-line waterborne paint system, plus they have state-of-the-art measuring and diagnostic equipment, and offer a great warranty on all collision repairs. They can provide auto glass installations, paintless dent repair, (PDR), hail damage repair, fiberglass and aluminum panel repair, etc.

**Brooks Collision** install Durashield™ paint protection film that is transparent urethane providing exceptional protection against stones, bugs, sand and other road debris. It's a good investment for your vehicle, boosting its resale value.

Local owners, **Pat and Terina Stenger** with years of experience in the trade, along with their I-Car factory trained technicians at **Brooks Collision** recognize the importance of customer service, responsiveness and vehicle turnaround time, and work hard to get you back on the road, with no hassle.

Visit their website [www.brooks-collision.ca](http://www.brooks-collision.ca) to learn more about this exceptional business who are a member of the BBB with an A+ rating, and come highly recommended. Like them on Facebook.



*Fresh Air Since 1980*

**403-362-5818**

**Brooks**

[www.brooksfurnaceandduct.ca](http://www.brooksfurnaceandduct.ca)

In today's airtight buildings indoor air quality is a growing concern. Your air duct system functions as the respiratory system of your home or business. When it becomes contaminated and congested, it should be cleaned so it can "breathe" normally and efficiently, again. If your home's respiratory system gets contaminated, so does your body.

In an average home up to 40 pounds of dust is created annually through normal living. Contaminates re-circulate 3-6 times through your HVAC system per day. Eliminating the dust, debris, mold, and other contaminates will help with allergies, odors, and dust amounts in your home.

If anyone in your home or office suffers from allergies, breathing or respiratory problems, or if you happen to notice dust inside your home or office, you should consider having your ventilation system cleaned by the professionals at **Brooks Furnace & Duct Cleaning**.

The most effective method of ridding your system of these contaminants is to have your ductwork professionally cleaned by **Brooks Furnace & Duct Cleaning**. Using high-powered, truck-mounted vac system, along with high-pressure air agitation tools they can thoroughly clean your entire duct system.

Family owned and operated **Brooks Furnace & Duct Cleaning** is certified, licensed and insured with services including the cleaning of furnace and air ducts, HRV units, central vacuum units, fire box and chimney sweep service, and dryer vents. They also provide video inspections, eco-friendly sanitizing, deodorizing and smoke seal.

We suggest you call Steve at **Brooks Furnace & Duct Cleaning** for a free no-obligation estimate today, and start breathing easier. Like them on Facebook.



*Friendly Service & Quality Products Since 1995*

**728 Railway Ave. E., Brooks**  
**403-362-3228**

Eating good food is certainly one of the remaining worldly pleasures that almost everyone can still afford. It seems that the majority of consumers choose their meat

more carefully than any other grocery related item. For some, price alone determines where they shop. However, the overwhelming majority places such factors as quality and consistency of meat cuts as the top priority.

**Brooks Meat Packers** have always attempted to afford an uncompromising balance, whereby the best in meat values can be obtained each and every time you visit the shop.

**Brooks Meat Packers** mission is to provide their customers with outstanding service and the Highest Quality products with the best value possible. They want customers to leave their store completely happy about their purchases and to know that their products are guaranteed after the sale.

**Brooks Meat Packers** feature a provincially inspected selection of beef, steaks, lean ground round, ground beef, blood pudding, white pudding, pork cutlets, turkey, pork chops, ground pork, pork roasts, ham, bacon, Jerky, plus in-store made sausages including Jalapeno smokies, pepperoni, smoked, Italian, breakfast, cheese smokies, garlic, summer, Chorizo, honey garlic, and dinner.

Along with their custom cutting and processing of inspected meat they also provide custom cutting and processing for uninspected wild game.

Drop by and talk to owner **Paolo (Paul) Chiacchia** or one of the staff. If you don't see what you are looking for in a particular cut of meat, then just ask, as they take pride in honoring your requests for custom cuts and trimming.

If you're looking for the best in quality products and service **Brooks Meat Packers** comes highly recommended to all of our readers.

Also visit their website at [www.brooksmeatpackers.ca](http://www.brooksmeatpackers.ca) to learn more about **Brooks Meat Packers** or to read the testimonials from satisfied customers. Like them on Facebook.



*We've got the flooring to fit your lifestyle*

**4-645 S Railway St. S.E., Medicine Hat** **403-527-9900**

Since its inception in 1985, **Main Floor Carpets** has been providing expert flooring advice and exemplary customer service. Owner, **Ken Straarup** and his son **Jason** and the team of knowledgeable experts, design-savvy flooring consultants and passionate craftsmen can tackle the most demanding flooring projects and unique decors.

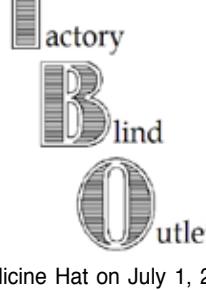
Whether it's resurfacing one room in the home, a set of stairs, or bringing increased value and style to an entire home, or flooring for commercial spaces **Main Floor Carpets** has the right selection of products for the job.

In addition to beautiful carpeting made from premium stain and crush resistant fibres, the showroom at **Main Floor Carpets** features resilient vinyl sheet flooring, LVT (Luxury Vinyl Tiles and Planks) and laminate flooring which is great where high traffic areas call for a cost-effective, low maintenance finish. Gorgeous ceramic tile, and natural stone are also available. Numerous customers have chosen the natural warmth and warm rich glow of solid hardwood flooring and engineered hardwoods. They also carry beautiful area rugs.

**Main Floor Carpets** feature all the major brands including Armstrong, Beaulieu Canada, Philadelphia, Bruce, Kraus, Mannington, Shaw Floors, Ascend, American Olean, just to mention a few.

Qualified installation crews from **Main Floor Carpets** take pride in their workmanship for exceptional fit and finish second to none.

So, if you're in the market for a no-pressure, design-oriented, one-stop floor shopping experience where quality and personal attention matter, drop by **Main Floor Carpets** where their focus is on your total satisfaction. Visit their website [www.mainfloordcarpets.com](http://www.mainfloordcarpets.com) or Like them on Facebook.



*Quality Window Coverings Locally Manufactured at Outlet Prices!*

**549 17 St. S.W., Medicine Hat**

**403-525-4209**

Whether it's remodeling your current home or planning an interior for a new home, a cottage or chalet, choosing the right window coverings are decisions that stay with you for a very long time. **Factory Blind Outlet** opened in Medicine Hat on July 1, 2015 and has developed a reputation for having an unsurpassed variety of window coverings and treatments combined with customer guidance second to none. The staff realizes the importance of such a powerful design element in a home, so their window treatment advice is given careful consideration.

Window fashions add colour and texture, plus control over light, privacy, and insulation. For many area residents and businesses, visiting the window treatment specialists at **Factory Blind Outlet** can be the best place to start. Through their training, experience and design expertise, they'll be able to work within your budget and help eliminate costly mistakes.

Owner, **Andre Lemire** and his son and co-owner **Ryan** and Store Manager **Chris Harty** and the helpful staff will guide your choice to achieve the desired effect that best complements your home's character and your tastes.

**Factory Blind Outlet** feature window fashions for both residential and commercial applications, with roller shades, cellular shades, faux and wood blinds, solar blinds, panel tracks, pleated shades, roman shades, custom logo shades, shading and valances. Motorization is also available for a variety of window coverings. They feature products from Blinds by Vertican, including the Louvolite system, plus they offer specials on discontinued items.

Stop by the showroom of **Factory Blind Outlet** to inspire your creativity, or bring in favorite magazine clippings and photos, and let them show you where experience really counts.

Call today to book an appointment, or visit them online at [www.factoryblindoutlet.com](http://www.factoryblindoutlet.com). You can also Like them on Facebook.

*Working Hard to Keep You Rolling*

**1160 Steel St.  
S.E., Medicine Hat**  
**403-526-7080**

Many area motorists are looking for the exact same thing--a technician they can rely on and trust to do automotive repairs right, at a fair price. The team at **S & E Automotive Ltd.** has built the reputation of this business on the premise that if they perform repairs and factory-scheduled maintenance, replacing only what is needed; they will earn the customer's trust.

Local owner **Tyler Schlepp** and his staff know that if they treat the customer with respect, fairness and honesty, they will have loyal customers who will gladly refer friends and family.

Today's technicians must constantly improve upon their knowledge as vehicles become increasingly computerized. The friendly, knowledgeable service team at **S & E Automotive Ltd.** has the experience, state-of-the-art equipment diagnostic, plus access to up-to-date reference materials that are needed to troubleshoot and repair today's complex computer-controlled vehicles.

Established in July 2015, **S & E Automotive Ltd.** is a full-service shop providing preventative maintenance services for your car or truck. Their services include brakes, steering, suspension, fluid flushes, engine repairs, electrical diagnostics, wheel alignments, fuel injection repairs, timing belt replacement, transmission replacements, differential repairs, tires sales and service, inspections, general repairs and fleet services.

When your Check Engine Light comes on, we suggest that you stop into **S & E Automotive Ltd.** They have the most advanced computerized diagnostics to retrieve the fault code from your car's onboard computer, analyze the findings and provide you with a game plan to get your car back on the road.

Appointments are preferred, but emergency situations will be addressed in a timely manner, at this exception shop that we highly recommend to our readers. You can also visit their website at [www.seautomotive.ca](http://www.seautomotive.ca) to schedule an appointment online, or learn more about this exceptional business. Like them on Facebook. Ask about Armed Forces, Veterans and seniors discounts. Call for a quote today!



**1023 Trans Canada Way S.E.** **403-529-6020**

**Medicine Hat**

**toll free 1-844-529-6020**

**Adapt Mobility** is a leading provider of Home Medical Supplies and Equipment helping the ones you love receive the most out of life! They help you enjoy your home longer and more safely with their products and services.

**Adapt Mobility** are your neighbours and it is their pleasure to help those experiencing disabilities, injuries, surgeries and the effects of aging.

The role of the staff at **Adapt Mobility** is to provide the home medical equipment and mobility devices best suited to a client's needs and evaluation, and to ensure that product is properly fitted.

**Adapt Mobility** specializes in products that will enhance the client's independence, comfort and personal freedom.

**Adapt Mobility** features numerous aids to daily living including wheelchairs and scooters at affordable prices, plus walking aids, lift chair recliners, handrails, adjustable beds, mattresses, bed rails/security poles, ramping, ceiling and lifting devices, Home Accessibility and compression garments. Other offerings include bathroom aids, home accessibility solutions, plus vehicle accessories. Financing is available.

More than just great sales, they provide expertise in equipment parts replacement, providing amazing top-notch service.

**Adapt Mobility** also provides rental equipment including wheelchairs, bath lifts, patient lifts, knee walkers, scooters, wheelchairs, walkers and crutches, for long or short-term periods.

Established in 2017, **Adapt Mobility** is guided by Owner/Operator **Trevor Eichelbaum**, RESNA Certified ATS (Assistive Technology Supplier), Certified Technician, with over 18 years in the industry. **Trevor** is assisted by **Ricki Young**, Client Care Specialist/Reception.

Stop by, call soon, or surf their website online at [www.adapt-mobility.ca](http://www.adapt-mobility.ca) for further information on this exceptional business. Like them on Facebook.



*Lower Food Prices*

**731 Alberta St. W., Brooks**  
[www.shopnofrills.ca](http://www.shopnofrills.ca)

**403-794-4354**

The team at **nofrills** realizes that significant turmoil and upheaval in the economy have affected the lives of many in the community. At **Terashita's nofrills**, they are dedicated to doing everything possible to help customers through challenging times and good times alike by providing the best value possible, without sacrificing quality or service.

At **Terashita's nofrills**, they are dedicated to providing an array of products and convenient services that never let you down, and all at money saving prices.

Launching its first stores in 1987, the **nofrills** network now has more than 200+ franchise locations under the umbrella of Loblaw Companies, Canada's largest food distributor founded in 1919. **Terashita's nofrills** is locally owned and operated by **Steve Terashita** who is assisted by a very friendly and helpful staff.

The freshest fruits, vegetables and organic produce arrive regularly to their produce department. **nofrills** also features a large selection of fresh meats, seafood, baked goods and treats, frozen foods, deli and grocery items, health & beauty products, plus pet food, bottled water and more.

In addition to the national brands, **nofrills** also carries President's Choice®, PC® Organics™, PC® Blue Menu®, environmentally friendly PC® Green™ products; no name® brand products; and Club Pack® large size or multi-pack items.

You can earn Free groceries by using your President's Choice PC Financial® MasterCard® or bankcard to pay for purchases at **Terashita's nofrills**. Gift cards are available.

The PC Plus and Shoppers Optimum programs will become the PC Optimum program. One card. One App. All your points in one place. On February 1st, your points will be converted to PC Optimum points at their full value.

At **nofrills** their prices "Won't Be Beat." If you find a cheaper price, simply show them, and they will match it.

Stop in soon and "Get The Frill Out Of Your Bill." at **Terashita's nofrills**, the store in Brooks we are pleased to review and recommend.

**Jayman Auto Wreckers**  
**Jayman Metals Inc.**

**4422 Township Road 125, Cypress County**  
(East of Medicine Hat on Hwy 41 at the intersection of Hwy 41 and Hwy 41A)

**403-581-0454**

**Free car removal Medicine Hat** **403-548-5576**

**Calgary area 1-888-344-8212**

**Mobile car crushing Western Canada 1-403-813-2392**  
**Jayman Auto Wreckers** also known as Jayman Metals Inc. is a green alternative to buying new auto parts or the removal of scrap iron. Recycled auto parts save you money, provide the perfect fit for your vehicle, and help the environment.

Whether it's from an end-of-use vehicle or one recovered from an accident, recycled late model auto parts from **Jayman Auto Wreckers** are already road tested, and sold at a fraction of the price of new OEM parts. These parts were made for your exact vehicle model, so you always get the right fit and performance. They sell quality used auto parts for all makes and models for cars, trucks and vans.

Recycling helps to keep additional waste from entering the landfill. It also eliminates the energy needed to locate and refine iron, oil and other raw materials needed to make new parts.

As an environmentally conscious automotive recycler, **Jayman Auto Wreckers** uses environmentally friendly procedures when dismantling vehicles and removing parts. They are proud member of Alberta Automotive Recyclers & Dismantlers Association (AARDA), and Automotive Recyclers of Canada (ARC).

Looking to retire your end-of-use or accident vehicle? **Jayman Auto Wreckers** offer free pick up of scrap cars and farm equipment scrap. They also have a convenient mobile car crushing service, and buy all types of metal including scrap auto bodies, farm machinery, industrial scrap steel, cast iron, plate/ structural steel, tin, and pipes etc.

Owner **Jay Gill** guides **Jayman Auto Wreckers**, and has a large inventory of recycled parts, at money saving prices.

A computerized inventory makes it easy for the staff at **Jayman Auto Wreckers** to get you back on the road in a cost- and time-sensitive fashion.

# EDITORIAL

*Don't try to rush things: For the cup to run over, it must first be filled.*

- Antonio Machado

## poet's CORNER

### I Have Lived

*Anonymous*

I have lived and I have loved;  
I have walked and I have slept;  
I have sung and I have danced;  
I have smiled and I have wept;  
I have won and wasted treasure;  
I have had my fill of pleasure;  
And all these things were weariness,  
And some of them were dreariness,  
And all these things – but two things –  
Were emptiness and pain;  
And Love – it was the best of them;  
And Sleep – worth all the rest of them.



# WEEKEND REGIONAL

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Published Every Thursday by Nesbitt Publishing Co. Ltd.

124 - 3rd St. W.

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## TIME CAPSULE



Homesteader Ralph Barron and his prairie shack in Wardlow area north of the Red Deer, about 1916.

## How to spot bad dietary advise

Happy New Year's resolutions! It's that time of year again when we all make promises to ourselves to improve some part of our lives. 2008 data found that 62.1% of Canadian adults were overweight or obese so it is not surprising that weight loss is one of the most common resolutions each year. Well, here's a big pat on the back to you for caring about yourself enough to get healthier. However, don't be tempted by all the quick fix fad diets that are out there.

A fad diet is a very restrictive diet that relies on only a few foods or an unusual combination of foods for a short period of time. As fad diets are so restrictive, they often result in very quick short term weight loss. They are not safe to follow long term and once you start eating the way you did before, you will regain the weight back and then some. What are some red flags for unsafe diet advice?

Stay away from diets that:

- Promise fast

weight loss (more than 1 kg or 2 lbs per week)

- Promise a quick fix without having to change your lifestyle
- Sell you products or supplements
- Restrict or avoid whole food groups (eg. milk products, grain products)
- Promote only one type of food (eg. grapefruit or cabbage soup)
- Promote detoxing, eating foods in certain combinations, or eating for your body type or blood type
- Promotes the latest newly discovered weight loss secret (eg. starch blockers, fat-burners, herbs, supplements, amino acids)

Be wary of unqualified people who offer unproven nutritional treatments or quick fixes.

In general, if it sounds too easy or too good to be true, it probably is. Fad diets can be tempting as they offer a quick fix. However, there is no wonder-diet, magic herbs, or supplement that will give you long

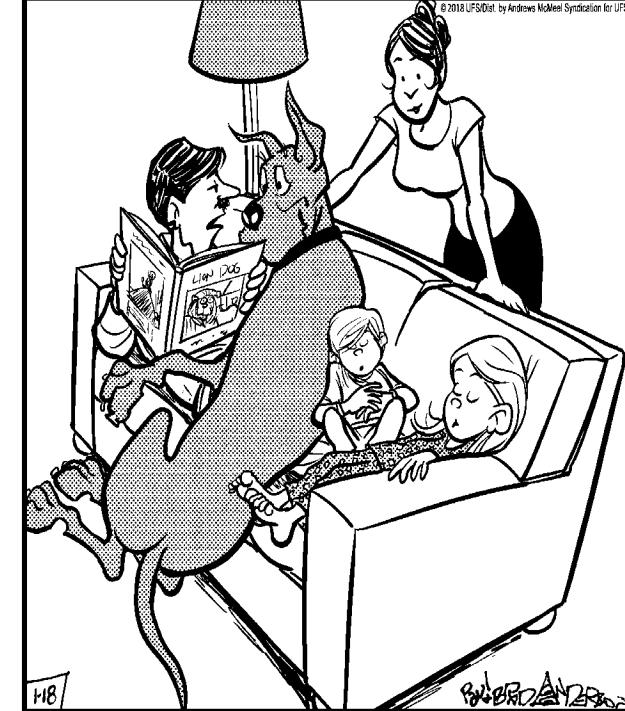
term weight loss.

The only way to see a change is to make a change in your lifestyle choices. Eat a variety of healthy foods in appropriate portions and stay active.

Talk to a Registered Dietitian who can help you lose weight in a way that suits your lifestyle. Book an appointment with your Outpatient Dietitian or register for the weight management

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Pat MacIntosh is a Registered Dietitian with Alberta Health Services, Nutrition Services. She can be reached by e-mail, pat.macintosh@ahs.ca.



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WHERE FACILITIES EXIST



## GWYNNE DYER

If you had a million dollars to spend (but not on yourself), where would it do the most good? Well, the cost to cover morphine or a morphine-equivalent pain relief treatment for all the sick children younger than 15 years who are in really serious pain in low-income countries would be just \$1 million per year. About half of them of those children are going to die, but with morphine at least they wouldn't die screaming.

That's how a great many people died in the past: no pain relief, or aspirin at best, and so

cancer victims, gravely injured people and many others spent their last days, weeks or months in agony. Everybody still dies in the end, but now they die with far less pain – in the richer parts of the world. Elsewhere, however, it's still the Bad Old Days.

This is not because the pain-relief drugs are expensive: they are all off-patent and quite cheap. Yet according to a study published in October by *The Lancet*, one of Britain's two leading medical journals, almost half the people who die each year are still dying in 'serious health-related suffering' (SHS), as the experts call it. Or agony, as the rest of us call it.

*The Lancet* went to the trouble of setting up a commission to look into this phenomenon because it just doesn't make sense. Of the 56 million people who died in the world last year, 25 million experienced short- or long-term SHS before they died. And four out of five

of those who died in great pain lived in developing countries. Yet it's not just happening because they are poor.

All the rich countries except the United States have an average life expectancy above 80 years, but that's not really a big deal. Middle-income countries like Jamaica, Vietnam and Algeria are all in the mid-70s and even half the countries of Africa have average life-spans above 70 years. It's not their health services in general that are failing; it's their palliative care and pain management in particular.

The contrast between rich countries and lower-income countries is far greater in pain control than in any other facet of medical practice. The average annual amount of morphine-equivalent opioids given to patients worldwide in 2010-13 was 298.5 metric tonnes. Of that small mountain of morphine, only 0.1 metric tonne – that is, one hundred kilograms – was given to patients in

low-income countries.

So 25 million people die in great pain each year, and another 35 million live on in chronic pain and distress – all of which could be prevented for a very modest investment in pain-killing drugs and would require almost no new medical infrastructure. It is an astounding failure that at first seems almost impossible to explain. But there are explanations, of course.

Morphine is three or four times more expensive in most lower-income countries than it is in the rich countries. It doesn't have to be that way, but the governments of those countries have not intervened to force prices down in the same way they did, for example, with the cost of retrovirals to control AIDS.

Why not? "I don't think we have cared enough about poor people who have pain," said Prof. Felicia Knaul, co-chair of the *Lancet* commission. "It doesn't make them live any longer. It doesn't make

them more productive. It is simply the human right of not suffering any more pain, and we don't care about that for people who are poor."

There are other reasons too, of course, like 'opiophobia' – the fear that allowing the drugs to be used in hospitals will lead to addiction and crime in the community. It's also known that some nurses are uncomfortable giving high doses of narcotics even if ordered to do so, for fear of being held responsible for the patient's death (even when the patient is terminal). But Knaul is right: the fundamental reason is that we don't care enough.

Okay, but who's "we" in this case? It's not the traditional suspects: selfish people in the rich countries. Nobody is getting rich from this massive and needless neglect. Those to blame are the political and medical leadership in the poor countries themselves, who have failed to give any priority to reducing the horrendous pain suffered

by their poor fellow-citizens because that is not one of the metrics by which their success is measured.

Get the death rate down, and you're a hero. Cure glaucoma and give people back their vision, or eliminate some parasite and get thousands of people back on their feet and working, and you'll get honours and promotions. End the almost invisible distress of millions of humble people living out their last days in agony, and nobody will even notice. They're not watching that.

The *Lancet* commission has proposed an Essential Package of drugs, equipment and training that would cost only \$2 a year per capita and provide pain control for every citizen in lower-income countries, but it's governments that actually have to do it, in collaboration with their own medical professions. Get your priorities right, and the rest will follow.

## The most irrational, damaging or downright dumb beliefs of 2017

A look back at 2017 shows far too many instances in Canada where we got it all wrong

By Gwyn Morgan  
Contributor  
Troy Media

For my first column of the New Year, I've dipped into my collection of irrational, damaging or downright dumb happenings in 2017.

The year saw major breakthroughs in the use of genetically-modified human cells to treat diseases, including retinal dystrophy and blood cancer. Human genetic re-engineering is an emerging science but there has been little public concern.

By contrast, baseless fear-mongering by activists opposed to genetically-modified organisms has turned GMO food into a public pariah.

In reality, genetically-modified foods, such as Canadian canola oil, have been consumed by humans for more than two decades without a single substantiated case of harm.

How can it be that people are OK with GMO being injected directly into our bodies, while eating plants derived from the same technology is feared?

Environmentalists escalated their campaigns to end British Columbia's important salmon farming industry. Yet virtually all credible scientists, including those with Fisheries and Oceans Canada, have found no evidence that fish farms harm wild salmon.

Even though 70 per cent of salmon consumption comes from farms, the wild

population remains under pressure from overfishing. Removing farmed salmon supplies would increase that pressure dramatically.

Environmentalists, Indigenous tribes and Quebec politicians united to kill TransCanada's Energy East Pipeline project, which would have moved Canadian oil to eastern refineries and international markets.

Instead, foreign-flagged tankers continue to make their way up the St. Lawrence Seaway and billions of Canadian dollars continue to flow to countries with appalling environmental and human rights records.

Meanwhile, Alberta continues to help fund Quebec's annual \$10-billion equalization grant.

After Prime Minister Justin Trudeau tells Albertans that the fossil fuel industry must be phased out, a 2017 International Energy Agency report predicts daily global oil demand will increase by 10 million barrels to 104 million barrels by 2040.

Meanwhile, Canada pursues unilateral decarbonization, an ideologically-driven form of economic hara-kiri that hands the market for our most economically important industry to others.

Ironically, the biggest 'other' is the United States, which is expected to supply

a substantial portion of the growing global demand despite possessing smaller oil reserves than Canada.

A Fraser Institute report finds that federal, provincial and municipal government employees earn an average of 11 per cent more than comparable private sector workers whose taxes pay the cost. On top of that, public sector workers enjoy much more generous pension and retirement benefits.

Another Fraser Institute study finds the average Canadian family will pay more than \$35,000 in taxes in 2017, more than they spend on housing, food and clothing combined.

Despite Canada's escalating taxes, Trudeau is on track to increase the country's national debt by more than any other prime minister who didn't face a world war or major economic recession.

Personal income tax rate increases lifted top combined federal/provincial rates to more than 50 per cent in seven of 10 provinces, higher than other developed countries.

While Canadian politicians tout advanced technological innovation as key to our country's economic future, these tax escalations made Canada uncompetitive in attracting and retaining the best and brightest workers needed to accomplish that.

Then, in the closing days of 2017, U.S. legislators passed a tax bill that further widened the rate gap for highly mobile

skilled workers.

- In response to challenges Canadian entrepreneurs have long faced in attracting venture capital investment, the federal government announced a new \$400-million fund.

Then came an announcement that seemed too farcical to be true. The struggling entrepreneurs who the plan is supposed to help will now have to demonstrate how their strategies will "advance

the objective of achieving gender balance" in the Canadian startup scene.

Hence, fund allocations were transformed from supporting the highest potential ideas to a \$400-million political correctness fund.

- The final weeks of 2017 saw dangerously cold weather in much of Canada and the United States. I can't help but wonder what all those who advocate replacing fossil fuels with wind and solar

are thinking as tens of millions suffer through the deep freeze with only fossil fuels keeping them safe and warm.

It's time for those green power disciples to prove faith in their rhetoric. I propose that utilities offer customers the option of no fossil fuels green power service. It would be interesting to see how many of the loudest phase-out-fossil-fuel set would subscribe.

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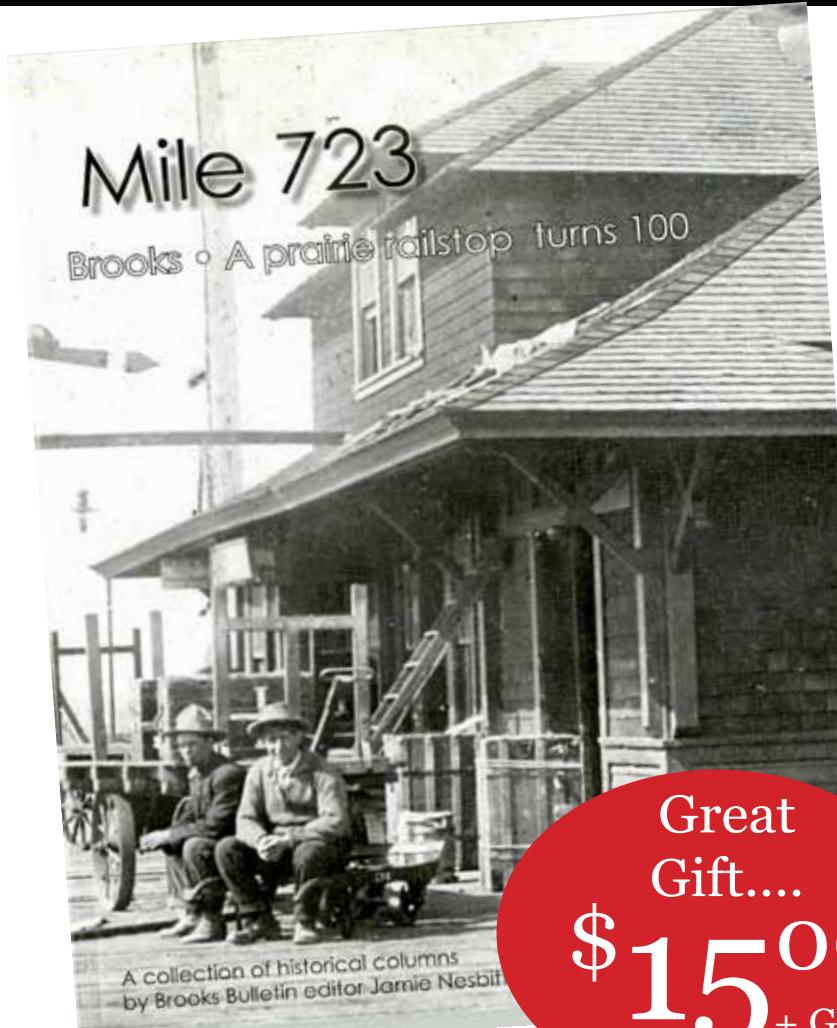
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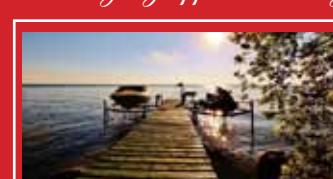
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