



A sister publication to **The Review**, Redwater, Alberta

## Morinville business owner prepares for kidney donation with community support behind her

By Shelley Winger



Morinville massage therapist and small business owner Tiffany Santos is preparing for a life-changing surgery later this month – one that she hopes will not only help a stranger in need, but also raise awareness about living organ donation.

Santos, owner of TLC Mobile Massage, is scheduled to donate a kidney on Jan. 28 through Canada's

living donor program. Living kidney donation allows a healthy person to donate one of their kidneys to someone whose kidneys are no longer working properly.

Most donors can live normal, healthy lives with one kidney after surgery, following a period of recovery.

In Canada, donors go through extensive medical and psychological screening to ensure the process is safe.

The decision follows more than a year of medical testing, uncertainty and waiting – a process she chose to continue even after the original recipient



Tiffany Santos will soon become a living kidney donor, a life-changing decision she made after learning more about the impact of organ donation. - Tiffany Santos photo

she hoped to help receive a transplant from another donor.

After first reaching out to learn how living

donation worked, Santos felt compelled to stay involved when given the option to withdraw or remain

in the program. She ultimately entered the kidney paired donation system, which matches multiple donors and recipients when direct matches are not possible.

The process often involves several tentative matches before a final surgery date is confirmed.

As a registered massage therapist, Santos views helping others as central to both her work and her values.

Donating a kidney felt like a natural extension of a life spent caring for people, and she hopes sharing her experience will help others understand that living donation is

possible. While preparing for surgery, Santos has been surrounded by support from the Morinville community. Fellow business owners, clients, neighbours and friends have stepped in with practical help and encouragement as she prepares for several weeks away from her physically demanding work.

Local businesses have found creative ways to support her recovery, while others have offered help with meals, transportation and household tasks. Santos said these gestures – both

Continued on page 5

## Morinville Public School expands kindergarten options to support local families

By Shelley Winger



Morinville Public School is expanding its kindergarten offerings to better serve families in the community, introducing three kindergarten program options designed to reflect the diverse needs of local children and

households. By offering multiple scheduling and program choices, the school aims to support families with different work schedules, childcare needs, and learning preferences, while keeping play-based learning at the heart of early education.

All Morinville Public School kindergarten programs follow the Alberta curriculum and focus on building early literacy and numeracy skills

alongside confidence, independence, and social development.

Learning is guided through play, exploration, and hands-on experiences in a supportive classroom environment.

The full-time kindergarten program runs five days a week and provides children with a consistent, full-day routine.

This option is designed for families seeking daily structure and continuity.

The cost is \$350



Morinville Public School photo

per month, with Alberta Education funding half-time kindergarten.

Families looking for greater flexibility can choose kindergarten with alternating full

days, which allows children to attend school on alternating days while still participating in full-day, play-based learning aligned with the provincial curriculum.

Morinville Public School also offers French immersion kindergarten with alternating full days, giving children an

Continued on page 3

YOUR SMILE DESERVES THE BEST CARE!

Book your appointment today!

- Comprehensive Family Dentistry
- Cleanings, Checkups & Preventive Care
- Cosmetic & Restorative Dentistry
- Emergency Appointments Available



780-809-1212

www.westmordental.ca

with  
Westmor Dental

We Accept All Major Dental Insurances Direct Billing

# MCHS celebrates student excellence at 2024-25 Achievement Awards Night

By Haylee Winger



Morinville Community High School (MCHS) celebrated student achievement during its 2024-25 Achievement Awards Night on January 8 at the Morinville Community Cultural Centre (MCCC).

The evening opened with a prayer, land acknowledgement, and greetings delivered by MCHS Principal Corinna Cormier, Tara Ricioppo, and Morinville Mayor Simon Boersma.

Additional greetings were shared by Ward 2 Trustee Kelsey Hynes on behalf of the Board of Trustees of Greater St. Albert Catholic Schools, and



Ashleigh Ethier and Finlay Michaud received the Zachary DaSilva Memorial Award for kindness, leadership, and resilience.

Cathy Giesbrecht, Assistant Superintendent of Learning Services.

This year's ceremony recognized student excellence through awards and scholarships totaling more than \$29,000.

A sincere thank you was extended during the event and in the program to all sponsors for their generous contributions and

continued support of MCHS.

The awards presentation was led by Master of Ceremonies Vice Principal Laurent Beaudoin and Learning Support Facilitator Amanda Bulger.

Awards were presented across a wide range of categories, beginning with Career and Technology Studies, followed by Fine Arts Awards, Cultural



The Coach Rowing Alumni Basketball Scholarship was presented to Aden Grams.

and Religious Awards, the Turner Goldsmith Award, Leadership Awards, Service Awards, Grade 12 Business Community Awards and Scholarships, Grade 9, 10 and 11 Academic and Achievement Awards, Merit and Honours Awards for Grades 9 through 12, the Alexander Rutherford Scholarship, and the Outstanding Student Awards.

Among the six Outstanding Student Awards was the MCHS HOWLS Award.

This award recognizes a student who walks the talk and demonstrates Honour, Ownership, Welcoming, and Leadership in all they do at school.

The recipient this year was Shayne Demchuk. She also received a Merit and Honour Award, the Morinville Lions Bursary, the Peter Gibeault Lion Quest Award, and the Grade 10-12 Media Award.

The MCHS Above and Beyond Service Award was presented to Ethen Deren.

The Janae Tulloch Memorial Award was presented to Dianne Bueta.

This memorial scholarship is presented to a student who exhibits constant positivity, uplifts those around them, bridges gaps between groups, and makes everyone feel included; a loyal friend with a sunshine soul who puts smiles on people's faces.

The Kadence Miller Memorial Award recognizes and supports



Aubrey Letourneau, 2025 Provincial Skills Canada Junior High Culinary Challenge gold medalist and multiple award recipient.



Klaas (Renze) Wierenga earned bronze in Cabinet Making at the 2025 Provincial Skills Canada Competition and received multiple academic and honours awards.

Marie Roy Photos



Dianne Bueta, recipient of the Janae Tulloch Memorial Award, which honours constant positivity and kindness.

students in Grades 10-12 who demonstrate exceptional strength, perseverance, and a positive attitude in the face of significant personal challenges.

The recipient of this award not only faces adversity but also shows remarkable resilience and determination to overcome it.

This year's recipient was Alexis Arndt, who passed away on November 10, 2025, after a bravely fought battle with cancer.

Alexis was a cherished member of the MCHS family and embodied the spirit of this award. MCHS expressed great pride in having had her as a student.

The funds from the award will be presented to her family.

The Zachary DaSilva Memorial Award, presented to graduates of MCHS who demonstrate kindness, leadership, and resiliency, was awarded to Ashleigh Ethier and Finlay



Shayne Demchuk received the MCHS HOWLS Award for demonstrating Honour, Ownership, Welcoming, and Leadership, along with multiple additional awards.

Michaud.

The Coach Rowing Alumni Basketball Scholarship was presented to Aden Grams.

Additional presentations included Skills Canada Awards.

At the 2025 Provincial Skills Canada Competition, Klaas (Renze) Wierenga earned a Bronze Medal in Cabinet Making, while Aubrey Letourneau captured Gold in the Junior High Culinary Challenge.

Letourneau also received the Grade 9 Home Economics Award, French Award, Academic Awards in Math, Art, and Social Studies, Honours and Merit Awards, and the Knights of Columbus Top Honours.

Wierenga also received a Computer Science Award, Craftsmanship Award, Grade 10 Merit and Honours Awards,

Continued on page 3

**Support local. Advertise local. Grow local.**

Our newspaper connects your business directly with engaged readers—and every print ad is also posted online for added exposure.

For all of your advertising needs, contact **Haylee** at **780-222-2016** or email **freepressreview@gmail.com**.  
Let's make your business shine.

**Achievement Awards**

Continued from page 2

and Knights of Columbus Top Honours.

The Governor General's Academic Medal was presented to Kaylee Huntington. She also received the Frank Nigro Memorial Scholarship, Grade 12 Merit and Honour Awards, Knights of Columbus Top Honours, and awards in Chemistry, Math, English, and French.

The MCHS Respectful Inclusive Supports for Education (RISE) Program Award was presented to Michael St. Onge, and the Fred

Scharmann Spirit Award was presented to Sydney Eckersley.

Music Awards were presented to Sebastian Spila, Jordan Klassen, Victoria Ak-senova, and Danica Elliott.

The Turner Goldsmith "Kaizen" Award for Excellence in Writing for Grades 10, 11, and 12 was presented to Amelia Barabi, Lauren Andrews, and Johanna Wierenga.

Wierenga also received a Biology Award, the Frank Nigro Memorial Scholarship, and Merit and Honour Awards.

The Grade 10 Personal Growth in Humanities Award was presented to Sonja Matecki for Social Studies 10 and 20 and English, along with the Grade 11 Knights of Columbus Achievement Award.

With more than 300 awards presented to over 200 students, MCHS noted that it was not possible to recognize every recipient individually.

Congratulations were extended to all students for their outstanding achievements and contributions to the MCHS community.

**Morinville Public School**

Continued from page 1

early introduction to French through songs, stories, play, and hands-on activities.

This program supports early language development while helping children build confidence and communication skills.

School staff say the expanded kindergarten options reflect a commitment to strengthening the community by supporting children and families during an important stage of



Morinville Public School photo

development.

"At Morinville Public School, kindergarten is about more than academics," the school notes.

"It's about building a strong foundation for learning, confidence, and connection

– not just within the classroom, but within the community."

Families interested in learning more about the kindergarten programs are encouraged to contact Morinville Public School directly.

# Resilience under the surface: 2026 global market outlook with ATB Investment Management

By Siddhartha Bhattacharya, ATB ECONOMICS

While it is often said that "the market is not the economy," the two are certainly related.

2025 was a year dominated by U.S. tariff news and trade turmoil, and many Canadians are now looking ahead with a sense of unease – especially if they're following the news.

Our latest Quarterly Alberta Economic Outlook highlights significant crosscurrents for 2026, where the momentum from lower interest rates and easing inflation is being countered by ongoing trade uncertainty and lower oil prices.

Despite these factors, the positive alignment that propelled financial markets in 2025 is expected to persist.

The result is a disconnect between unsettling geopolitical headlines and the steady resilience shown by global equity markets.

To help make sense of this environment, I recently sat down with Steve Xu, Senior Portfolio Manager at ATB Investment Management (ATBIM).

We discussed the key takeaways from the inaugural ATBIM Global Market Outlook and why, despite a world that feels increasingly volatile, his team is maintaining a bullish outlook.

**The U.S. "earnings machine" vs. the noise**

Even amidst the constant drumbeat of trade policy shifts, corporate earnings remain the most powerful driver for investors.

Steve notes that the U.S. is still the "earnings capital of the world," with double-digit gains fueled by the artificial intelligence (AI) and data centre boom.

"At the end of the day, the one indicator we focus on above all else is earnings," Steve explained.

He said that this "earnings machine" is enabling investors to look past the news cycle, even with

Continued on page 6

## RCMP ROYAL CANADIAN MOUNTED POLICE



### Morinville RCMP Weekly Round-Up

Morinville RCMP members responded to several calls for service throughout the past few weeks (January 10th, 2026, to January 20th, 2026):

- During this reporting period, the Morinville RCMP handled 195 new occurrences, including calls for service and traffic-related interactions with the public.

- **January 12, 2026:** Morinville RCMP received a call from a concerned citizen regarding a possible impaired driver. The complainant reported that they had witnessed the suspect drinking a beer while operating his vehicle.

Members located the suspect at his residence, where he failed the IRS demand.

The male was charged with Illegal Consumption in a Motor Vehicle under the Gaming, Liquor and Cannabis Act, and he had his vehicle seized and towed.

- **January 13, 2026:** Morinville RCMP responded to a two-vehicle collision at the intersection of Highway 44 and Highway 642 in Sturgeon County.

A northbound vehicle crossed into the southbound lane while making an unsafe left turn and collided with an oncoming vehicle.

The driver of the southbound vehicle was transported to hospital with non-life-threatening injuries. Neither speed, drugs, or alcohol were determined to be factors in the collision.

- **January 15, 2026:** Morinville RCMP received a report of a stolen truck.

A 2023 Ford F-150 Lariat, grey in colour, bearing AB license plate: CRG2643, was stolen overnight from a residence in Sturgeon County. There are no known suspects at this time, and the truck has yet to be recovered.

- **January 15, 2026:** Morinville RCMP responded to a theft from the Shopper's Drug Mart in Morinville.

It was reported that a female suspect had stolen a large quantity of items on two separate occasions.

With the assistance of neighbouring RCMP detachments, the suspect was quickly identified. A 43-year old female from Westlock, AB has been charged with two Criminal Code offences.

- **January 19, 2026:** Morinville RCMP assisted Parkland RCMP in a high-risk file involving a stolen vehicle.

With the guidance of Edmonton Police Service Air1, Morinville RCMP were able to get ahead of the stolen vehicle and deploy two spike belts.

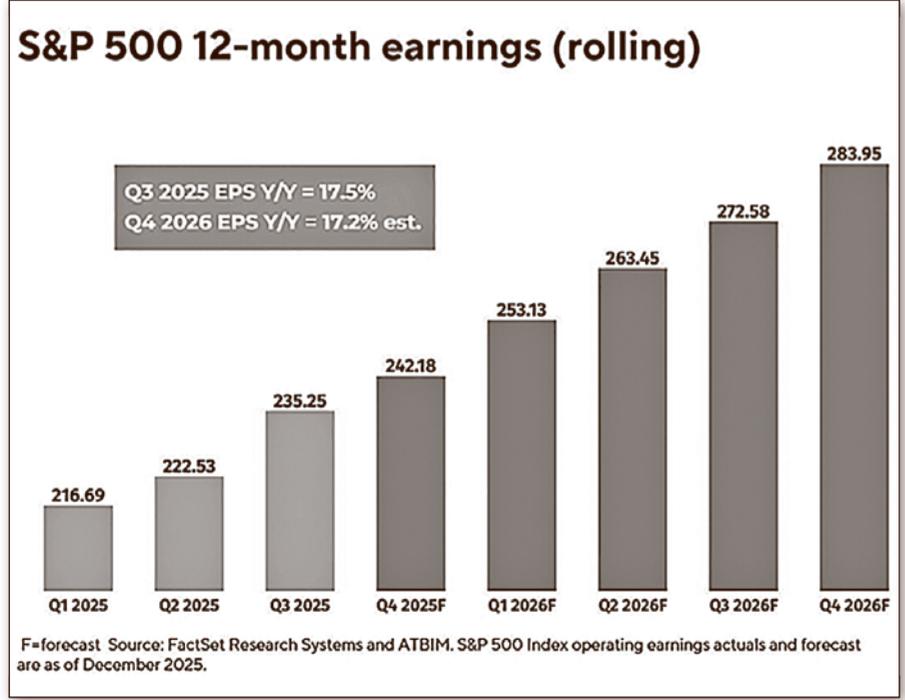
The deployments were successful, and the truck came to a stop a short distance later. A 32-year old male and a 25-year old female, both from Edmonton, were charged with numerous Criminal Code offences.

Police continue to remind motorists that safe driving practices, including driving according to road conditions and obeying traffic laws, play a critical role in preventing serious collisions.

Morinville RCMP remains committed to ensuring the safety of our communities through proactive patrols and enforcement.

Do not attempt to interrupt a crime in progress or approach any suspicious person(s) or vehicle(s).

Call 911 for any activity in progress and mention the call is in response to a RAVE alert. For events that are not in progress, call 1-833-547-RAVE. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), or online at www.P3Tips.com.



## Six-plex for sale in Keremeos, British Columbia

# \$850,000

Be a land baron for under 1 Million ... 4 two-bedroom and 2 one-bedroom units on 2 levels. 1974 construction on a .331 AC lot. Well organized property with tons of future potential. Metal roof, 20 years old, new on demand hot water system 2 years old, Electrical is the responsibility of the tenants, parking is ample and open. Storage available for all units. City water, private septic. Private lot with tall hedges. Investment-wise, Cap rate in the range of 6% and with increase in rents you will be laughing all the way to the bank. This is a smart opportunity worth looking into.

**Call or text for more info 780-706-1858**

## PUBLIC HEARING – BYLAW 1674/25 TO CLOSE A PORTION OF RANGE ROAD 230

### Sturgeon County Council requests public input on proposed Bylaw 1674/25.

This bylaw proposes to close a portion of Road Plan 1408CL that is within the SW-7-56-22-W4. The Sturgeon River has migrated into the road allowance, and now the existing road as constructed encroaches across private land.

This portion of the road effectively serves as a private driveway to the residential parcel on the SE-12-56-23-W4.

Learn more: [sturgeoncounty.ca/public-hearing-bylaw-1674-25/](http://sturgeoncounty.ca/public-hearing-bylaw-1674-25/)

### Questions? Contact us!

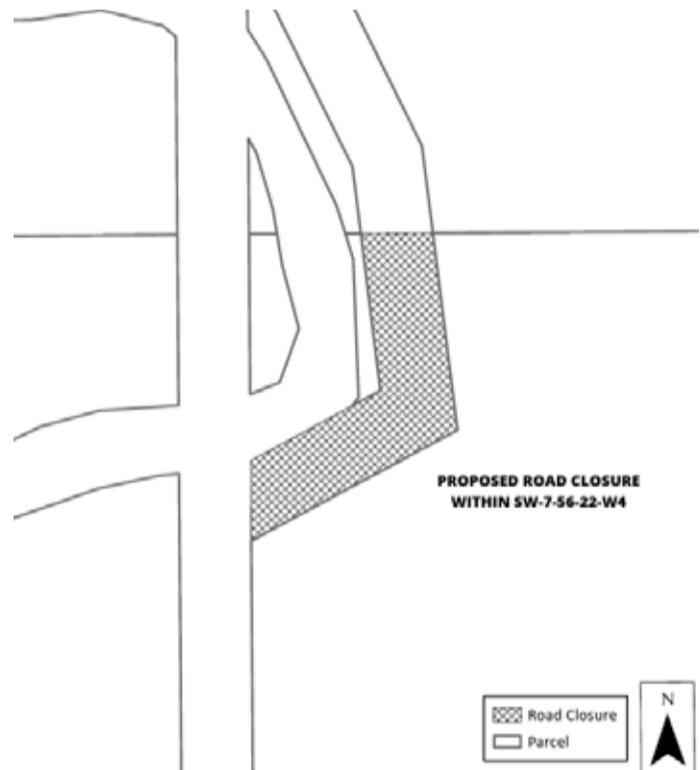
**Kyle Schole**

Senior Planner, Land Management; Development Engineering and Land Services  
780-939-1397, [kschole@sturgeoncounty.ca](mailto:kschole@sturgeoncounty.ca)

### Public Hearing details

The Public Hearing will be held in person and via videoconference on:  
**Tuesday, February 10, 2026 at 1 p.m.** (or as soon as practical thereafter)

Sturgeon County Council Chambers (9613 100 St. in Morinville)



### Important information about Public Hearings

#### Requirements for speakers

All speakers have five minutes to speak and are encouraged to provide a written copy of their submission before the Public Hearing.

#### Speaking in person

To speak at the Public Hearing in person, contact Legislative Services at **780-939-0620** to pre-register.

#### Speak via video conference (phone or video call-in)

To speak at the Public Hearing via videoconference, you must register by **February 9, 2026 at 1 p.m.** by contacting Legislative Services at **780-939-0620**. This ensures you receive instructions to access the videoconference.

#### Written submissions

Email your written submission to Legislative Services at [legislativeservices@sturgeoncounty.ca](mailto:legislativeservices@sturgeoncounty.ca).

Written submissions are accepted up to the close of the Public Hearing. If making a written submission, you must include your name, state your interest in the matter (such as a County resident directly impacted by the proposed bylaw), and indicate if you are in favour of or opposed to the proposed bylaw.

#### Watching the Public Hearing

You can view the Public Hearing in person or online at [sturgeoncounty.ca/CouncilMeetings](http://sturgeoncounty.ca/CouncilMeetings).

To view the livestream, click on the meeting date on the calendar, then click on the video link.

*By submitting comments on this bylaw, either orally or in writing, the personal information you provide may be recorded in the minutes of the public hearing or otherwise made public. This information is collected under section 4(c) of the Protection of Privacy Act (POPA). If you have any questions about the collection, use or disclosure of your personal information, please contact the Sturgeon County Access and Privacy Advisor at 780-939-1306 or [accessandprivacy@sturgeoncounty.ca](mailto:accessandprivacy@sturgeoncounty.ca).*



**Living kidney donor**

*Continued from page 1*  
big and small – reflect the strength of the Morinville community. Understanding and compassion from her clients have also played a meaningful role. With her surgery date shifting several times and personal responsibilities at home, clients remained

patient and flexible, continuing to prioritize their own health while supporting her through the process.

Through conversations sparked by her journey, Santos has heard many stories from people affected by organ donation, whether as donors, recipients or loved ones still waiting.

She hopes that by sharing her story locally, more people will take the time to learn about living donation and consider whether it might be right for them. As she prepares for surgery, Santos said she feels grateful to be part of a community that continues to show up with compassion and care.



Students and teachers from Morinville Public School face off during a high-energy indoor soccer game at lunch hour last week, with classmates cheering on the action as part of the school's intramural program. – Morinville Public School photo

**Legal Alfalfa Products Ltd**

**WE ARE HIRING**

**Equipment Operator & Labourer**

To apply email [marty@alfatec.ca](mailto:marty@alfatec.ca) or call/text Marty (780-905-6985)



**YOUR CAREER AD AT**  
**WWW.MORINVILLEPRESS.COM**

**PUBLIC HEARING – BYLAW 1693/25**  
**CLOSURE OF UNUSED PORTIONS OF BOYSDALE RD. LAMOUREUX DR.**

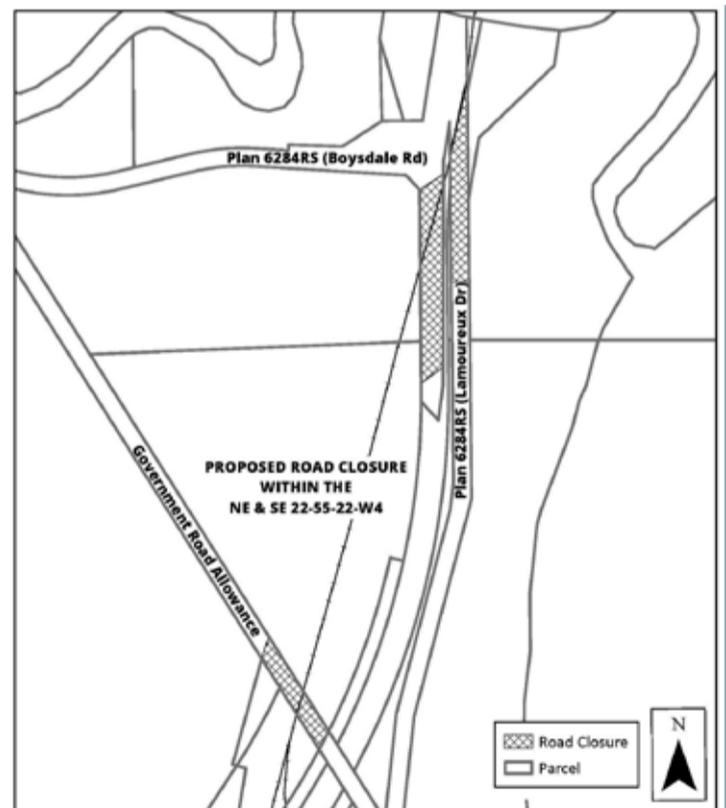
**Sturgeon County Council requests public input on proposed Bylaw 1693/25.**

This bylaw would close and legally align three separate portions of Township Road 553A (known as Boysdale Road) and Range Road 222 (known as Lamoureux Drive) within the NE & SE 22-55-22-W4. **The roads as constructed encroach across private lands, and the road right-of-way area to be closed are not used for public travel.** A proposed land swap would resolve the encroachments.

Learn more: [sturgeoncounty.ca/public-hearing-bylaw-1693-25/](http://sturgeoncounty.ca/public-hearing-bylaw-1693-25/)

**Questions? Contact us!**

**Kyle Schole**  
Senior Planner, Land Management; Development Engineering and Land Services  
780-939-1397, [kschole@sturgeoncounty.ca](mailto:kschole@sturgeoncounty.ca)



**Public Hearing details**

The Public Hearing will be held in person and via videoconference on: **Tuesday, February 10, 2026 at 1:30 p.m.** (or as soon as practical thereafter)

Sturgeon County Council Chambers (9613 100 St. in Morinville)

**Important information about Public Hearings**

**Requirements for speakers**

All speakers have five minutes to speak and are encouraged to provide a written copy of their submission before the Public Hearing.

**Speaking in person**

To speak at the Public Hearing in person, contact Legislative Services at **780-939-0620** to register.

**Speak via video conference (phone or video call-in)**

To speak at the Public Hearing via videoconference, you must register by **February 9, 2026 at 1:30 p.m.** by contacting Legislative Services at **780-939-0620**. This ensures you receive instructions to access the videoconference.

**Written submissions**

Email your written submission to Legislative Services at [legislativeservices@sturgeoncounty.ca](mailto:legislativeservices@sturgeoncounty.ca).

Written submissions are accepted up to the close of the Public Hearing. If making a written submission, you must include your name, state your interest in the matter (such as a County resident directly impacted by the proposed bylaw), and indicate if you are in favour of or opposed to the proposed bylaw.

**Watching the Public Hearing**

You can view the Public Hearing in person or online at [sturgeoncounty.ca/CouncilMeetings](http://sturgeoncounty.ca/CouncilMeetings).

To view the livestream, click on the meeting date on the calendar, then click on the video link.

*By submitting comments on this bylaw, either orally or in writing, the personal information you provide may be recorded in the minutes of the public hearing or otherwise made public. This information is collected under section 4(c) of the Protection of Privacy Act (POPA). If you have any questions about the collection, use or disclosure of your personal information, please contact the Sturgeon County Access and Privacy Advisor at 780-939-1306 or [accessandprivacy@sturgeoncounty.ca](mailto:accessandprivacy@sturgeoncounty.ca).*



## Resilience

*Continued from page 3*

persistent uncertainty over tariff policy. ATBIM's base case expects this multi-year rally to be sustained for the foreseeable future.

### Policy pressures

A significant factor for the U.S. market is the anticipated impact of the One Big Beautiful Bill Act (OBBBA). This legislation will inject hundreds of billions in fiscal stimulus through tax refunds, stimulus cheques, and tariff-revenue dividends. Steve views this as a powerful consumer tailwind, though cautioned that too much stimulus too quickly could risk overheating the economy.

When asked about global instability, Steve suggested that, while headlines are jarring, they often reflect strategic shifts rather than imminent market collapse.

### The emerging market wake-up call

Perhaps the most significant shift in ATBIM's strategy looking at 2026 is increased optimism toward emerging markets (EM).

After more than a decade in a slumber relative to the U.S., Steve sees EM nations as the key drivers of sustained global growth, beginning to compete with developed markets.

"Emerging markets are finally waking up," Steve said, noting that improved governance and a burgeoning middle class are creating levers for global growth.

Leading EM nations are moving away from producing low-value goods for the West and pivoting inward to serve their own domestic consumers, creating more opportunities for investors.

### Sluggish sentiment in Canada

The outlook for Canadian equities remains neutral.

While the S&P/TSX Composite posted strong gains in

2025, those returns were largely fueled by global factors – such as soaring gold prices – rather than internal domestic strength.

Steve highlighted the productivity emergency facing Canada, where a decade of lagging investment and difficulty in attracting capital has created a significant gap compared to the United States. While positive signals have been sent to improve Canada's performance, including the nation-building projects, progress depends on execution. Until changes are implemented in favour of Canada's growth, investor sentiment will likely remain subdued.

### The bottom line for 2026

The underlying economic story for this year is one of structural transition. As Canada moves beyond headline volatility, economic resilience will depend on the tangible execution of major projects,

the narrowing of the productivity gap, and the diversification of export markets.

Recent market volatility serves as a reminder that momentum has been led by an AI-driven productivity surge. To navigate this, the ATBIM team advises a disciplined approach where active asset allocation and a diversified portfolio serve as the cornerstones for managing the risks of an evolving global market.

By remaining risk-aware, long-term growth opportunities can continue to be captured while protecting capital against short-term headline pressures.

Looking ahead, the global bull market appears supported by robust profit generation. While trade and geopolitical uncertainty remains a drag on headline GDP growth, under the surface, the global landscape is supported by accelerating U.S. earnings and the structural catch-up in emerging markets.

### Sturgeon County Family and Community Services (FCS)

provides preventive social programs designed to support the well-being of individuals, families, and the community.

Residents can access services in person at **9608 100 Street in Morinville** or by phone during weekday business hours, **from 8:30 a.m. to noon and 1:00 to 4:30 p.m.**

For urgent assistance, the **Distress Line** is available at **780-482-4357 or 1-800-232-7288.**

FCS initiatives are funded through a partnership between the **Government of Alberta and Sturgeon County**, with a focus on strengthening community health and resilience.

# I PAY CASH!!

FOR ALL GOLD & SILVER COINS, JEWELRY, BARS, INGOTS, NUGGETS, GOLD Dust, Dental Gold, Bullion, Sterling Silverware, plus anything made of gold or silver!

Covering **ALL OF ALBERTA**, and I can come to you!

I also purchase coin collections!

CALL TODD  
**780-504-7995**



**RE/MAX**  
advantage (Whitecourt)

MLS® #: A2271610



**24 BIRCH LANE**  
**WHITECOURT**  
**AB T7S1E3**

**\$349,900**

### 2008 HILLTOP HOME - PRIME LOCATION !!

This 2008 built bi-level offers a beautiful open floor plan and is located at the end of a cul-de-sac in a family friendly hilltop neighborhood. The large kitchen has new quartz countertops, large pantry, tiled backsplash and plenty of cabinets and counterspace. The adjacent dining area is extra large. The kitchen and dining area are open to and overlook the huge 15'x12' living room. The primary bedroom offers a walk-in closet and has its own 3 piece ensuite. There is a full 4 piece bathroom and 2 more bedrooms on the main level as well. On the lower level, there is a massive 24'x12' partially finished family room, laundry/utility room, 2 framed future bedrooms, and a large closed-in storage area. All the flooring (except bathrooms) has been replaced with durable laminate flooring, no carpet at all, and the fridge, stove and dishwasher are only 1 year old. This home has a fenced back yard and a convenient 14'x12' covered back deck, accessible from the kitchen or back yard. There is back alley access, this home is close to the hospital and schools and Centennial Park. Great option if you're looking for a more affordable newer home.



**Patrick Carew** 780-778-0053 • pdcarew@telus.net

5114-50 Street, Whitecourt AB 780-778-6678 Each office independently owned and operated



# Highway 2 – Cardiff Road Interchange Project revived after more than a decade

By Haylee Winger



Plans to construct an interchange at Highway 2 and Cardiff Road near Morinville are moving forward once again.

The project, originally planned more than a decade ago, was removed from the provincial capital plan in 2013 despite significant progress having already been made.

Prior to its

cancellation, land acquisitions were completed, detour routes were constructed, and detailed design work was finalized. When funding was withdrawn, traffic signals were installed at the intersection as an interim safety measure which have remained in place ever since.

The province has now confirmed a tentative schedule to advance the long-delayed project.

Tendering is expected to take place in winter 2026, with construction

anticipated to begin in May 2026.

The overpass is projected to open in fall 2027, with full project completion targeted for summer 2028.

The interchange is intended to address growing traffic volumes along Highway 2, which are significantly higher than they were when the project was first paused.

The current signalized intersection has long been identified as a congestion point and a safety concern for motorists travelling through the area.

Because much of the planning and design work was completed prior to 2013, restarting the project is expected to take less time than initiating a new interchange from the beginning.

The renewed timeline marks a significant step toward replacing what was always intended to be a temporary traffic control solution.

After 13 years, the signalized intersection may finally be nearing the end of its role at one of the region's busiest highway crossings.



**Canadian Agriblend Inc.**  
Morinville Alberta

**JUNIOR MILLWRIGHT/  
PRODUCTION WORKER THAT  
IS MECHANICALLY INCLINED  
TO START IMMEDIATELY.**

On the job training will be provided. Successful applicants will be contacted for an interview where salary will be discussed based on experience. This is a full-time position. Apply by email with a complete resume to [christina@canadianagriblend.com](mailto:christina@canadianagriblend.com).



**Canadian Agriblend Inc.**  
Morinville Alberta

**FULL TIME WAREHOUSE  
PRODUCTION LABORER  
TO START IMMEDIATELY.**

Salary to be discussed based on experience. Apply by first submitting complete resume to [christina@canadianagriblend.com](mailto:christina@canadianagriblend.com). Interview to follow if qualifications are satisfactory.

\$\$\$ \$\$\$  
**CASH FOR COINS**  
\$\$\$ \$\$\$

WANTED ROYAL CANADIAN MINT COINS, FRANKLIN MINT, US MINT, WORLD SETS ETC, COLLECTOR'S COINS, NUMISMATICS, OLYMPIC COINS, OLD COINS, OLD \$, GOLD COINS, SILVER COINS, BARS, INGOTS, JEWELRY, NUGGETS, STERLING SILVER & ENTIRE COIN COLLECTIONS!

Call or text Todd  
Numismatist/Gold & Silver Dealer  
**780-504-7995**  
I MAKE FREE HOUSE CALLS  
ALL OVER ALBERTA+



**BROAD REACH at an AFFORDABLE PRICE**

Advertise  
Province-wide  
with a combined  
circulation of  
over 500,000 for only... **\$599** plus GST/HST

Ask about the  
**Value Ad Network**

Alberta Weekly Newspapers Association  
toll free 1-800-282-6903 x225  
email [classifieds@awna.com](mailto:classifieds@awna.com)  
or visit your community newspaper



## SMALL ADS BIG REACH

Classified Word Ads require Payment with Order. Low cost - high circulation. Your ad will also run free in the Redwater Review. Up to 25 words: \$15.00 per week, GST included.

Additional words: 50c/each. Deadline: Thursday 2:00 p.m.  
Phone: 780-222-2016 E-mail: [morinvillepress@gmail.com](mailto:morinvillepress@gmail.com).

### Announcements

"THINKING OF YOUR DREAM VACATION?" How about the Knights of Columbus Airdrie Dream Vacation Raffle. BUY YOUR TICKET TODAY! at [airdriedreamvacation.ca](http://airdriedreamvacation.ca)"

\$269, \$299 or \$599 to share your message in over 70 Weekly Community Newspapers. Contact THIS NEWSPAPER today or email [classifieds@awna.com](mailto:classifieds@awna.com) for more information. Call 1-800-282-6903 or 780-434-8746 or visit [www.awna.com](http://www.awna.com).

causing TROUBLE WALKING or DRESSING? The Disability Tax Credit allows for \$3,000 yearly tax credit and \$30,000 lump sum refund. Take advantage of this offer. Apply NOW; quickest refund Nationwide: Expert help. 1-844-453-5372.

### Autos

**BLANKET THE PROVINCE** with a classified ad. Only \$269/wk (based on 25 words or less). Reach 75 weekly newspapers. Call NOW for details. 1-800-282-6903; [www.awna.com](http://www.awna.com); email [classifieds@awna.com](mailto:classifieds@awna.com).

**1 BEDROOM APARTMENT** in quiet adult building for rent. Smoke free and pet free. Utilities, wifi and winter plug ins included. Power not included. \$1150 / month. Located in Redwater. Call or text 780-983-2733.

### For Rent

### Grazing Lease for Sale

**SW 28-63-19-W4.** Approx 3 Miles from Long Lake Provincial Park. Fenced dug out corals and holding pens. \$25,000 OBO. 780-576-3333.

### Buildings For Sale

**INTEGRITY POST FRAME BUILDINGS** since 2008 BUILT WITH CONCRETE POSTS. Barns, Shops, Riding Arenas, Machine Sheds and more, [sales@integritybuilt.com](mailto:sales@integritybuilt.com) 1-866-974-7678 [www.integritybuilt.com](http://www.integritybuilt.com).

**READY TO BURN FIREWOOD.** Birch, spruce/pine and tamarack. We also have log truck loads of spruce/pine and birch. We can also deliver up to 5 cords of split dry wood with our big dump trailer. Delivery to your farm, residence, cottage or cabin. Red Baron Firewood. Call or text 780-849-1168. Email [red\\_baron\\_firewood@hotmail.com](mailto:red_baron_firewood@hotmail.com).

### For Sale

### Services

**SCRIBBLY:** a whimsical, monthly writing program mailed to your home! Experience new levels of writing skill & joy. Starting at \$57 Cdn. Members in 18 countries. [www.kimdukewrites.com/Scribbly](http://www.kimdukewrites.com/Scribbly).

### Commercial Property

**PROMOTE YOUR MESSAGE THROUGHOUT** Alberta. The Blanket Classifieds or Value Ads connect with more than 400,000 readers in the province each week. Choose from three packages beginning at

### Health

**HIP/KNEE REPLACEMENT.** Other medical conditions

### Travel

**EXTRAORDINARY VILLA IN OSOYOOS, BC,** breathtaking lake views, just 3 minutes from town. Vacation in Canada's warmest destination. Or warmer weather, two luxurious 5-star resort units in Phoenix, Arizona. Doug 306-716-2671; [osoyooslakevilla.com](http://osoyooslakevilla.com).

**Copyright:** No material - news, graphics or advertising may be reproduced without the written permission of the publisher. Failure to obtain consent may result in legal action. Advertising is accepted on the condition that, in the event of a typographical error, that portion of the advertisement occupied by the erroneous item will not be charged for, but the balance of the advertisement will be paid for at the applicable rate. The publisher reserves the right to accept or refuse any or all material whether editorial or advertising submitted for publication, and maintains the right to exercise discretion in these matters. All material submitted is accepted on the understanding that it may also be posted to the internet in a digital form of the newspaper or supporting information.



SU403 U11 Mustangs celebrate their 10-2 gold medal victory at Edmonton Minor Hockey Week (Jan 10-19) – teamwork, skill, and Mustang pride on full display! – **Sturgeon Hockey Club photo**

**STURGEON**  
PLUMBING & HEATING  
STURGEONPLUMBING.CA  
780.266.6887

- WATER TREATMENT
- GAS FITTING
- DRAIN CLEANING
- AND SO MUCH MORE!

**ALFREDO'S**  
plumbing & gasfitting inc  
780-964-3079 or 780-942-3245  
alfredosplumbingandgas@gmail.com

Service, Reno's, New Housing, In-Floor Heating  
Drain Cleaning, Furnace and Hot Water Tank Replacement

Box 254, Redwater AB T0A-2W0  
We accept

**REDLAC**  
PUMP SERVICE 2019 INC.  
"PROFESSIONAL SERVICE"

- Submersible Pumps • Jet Pumps • Sump Pumps
- Sewage Pumps • Pressure Tanks • Water Treatment
- R/O Systems • Well Inspections

**DEALER OF GOULDS WATER SYSTEMS**  
**TERRY BERGSTREISER** Ph: (780) 939-4944  
Cell: (780) 243-4032  
E-mail: redlac2019@hotmail.com

*Family & Cosmetic Dentistry*

**Dr. Darren Romanowski & Dr. Dave Yuen** *General Dentists*

Box 3010 Office: 780-939-1288  
10407 - 100 Ave. Cell: 780-916-5845  
Morinville, Alberta T8R 1S1 Res: 780-921-3114

**HIGHLAND SURVEYS**  
Jon Miersma, ALS, MSc.  
Professional Surveying for your Land

- Subdivisions
- Real Property Reports
- Property Lines
- Consulting

(780) 996-5739  
RR1, Sturgeon County, AB T0A 1N5  
jon@highlandsurveys.ca  
www.highlandsurveys.ca

**RobinWood CONTRACTOR**

Over 25 Years Experience To Serve You

- Water & Sewer
- Weeping Tile
- Road Building
- Septic Tank, Cistern
- Demolition
- Sand & Gravel, Top Soil
- Replacement, Repair
- Site Preparation
- Compaction
- Design Sewer System
- Site Reclamation
- Building Approach
- Basement Digging
- Dug Outs, Trenching
- Farm Work

Residential & Commercial  
Ph: 780-961-4079 Cell: 780-206-0297  
robinwood68a@hotmail.com

For advertising contact us at:  
780-222-2016 or email  
[morinvillepress@gmail.com](mailto:morinvillepress@gmail.com)

## How protein can give your year a healthier start

(NC) For many of us, the new year is a time to set new wellness goals.

Adding activity into your routine is a great way to meet those goals, but your body needs support if you're going to stick to it and enjoy the benefits.

A lifestyle that includes plenty of protein helps those starting a new active routine, as well as other everyday athletes. Here's how:

**Protein gives you energy.** One key to creating a healthy routine you can stick to is maintaining your energy level. It keeps you motivated to stay active and helps power that activity. As a fuel, protein actually isn't your body's first

choice. It prioritizes carbs, including sugars, but can burn through them quickly. Protein is a sustainable fuel, providing a backup source of energy, which can help keep you alert and active throughout the day.

**Protein supports muscle growth.** This is the most commonly known benefit of protein. A diet with plenty of protein helps your body make the most of an active, healthy routine that puts your muscles to work regularly. Increased physical activity sends signals to your body to grow those muscles, and they use the amino acids from the protein in your diet to do so. In turn, that makes you better able to keep

up with your routine, or push yourself to do even more.

**Protein helps keep you satisfied.** One sometimes-overlooked health benefit of protein-forward meals and snacks is that they're filling. There are two reasons for this:

- Protein lowers a hormone called ghrelin, one of your two "hunger hormones." Ghrelin is the hormone that tells your body it's time to eat – the other, leptin, tells your body it's full.

- It takes more time and energy to digest protein than it does with fats or carbs. This means that the feeling of fullness from eating protein lasts longer.

By keeping you satisfied longer while

reducing your impulse to keep eating, protein can help you eat less without hunger pangs or a crash in energy. That also allows for more flexibility around when and how protein fits into your meal and snack schedule, letting you fit it in on the go.

There are options like the new Fresh Fit menu at Subway restaurants in Canada, which has a variety of high-protein, better-for-you sandwiches that are also full of veggies.

Surveys have found that as many as 71 per cent of Canadians are actively trying to get more protein. Given how well it can support a healthy, active lifestyle, it's easy to see why.

YOUR CAREER AD AT WWW.MORINVILLEPRESS.COM

**Sturgeon Memorial Inc**  
Funeral Home & Crematorium

**Direct Cremation \$1290 + GST\***  
Includes  
Transfer to funeral home within 50 KM, cremation tray, plastic urn, 12 death certificates, Executor's checklist

**Traditional Burial \$2990 + GST\* + Casket**  
\*Price subject to change

Pre~planning~ International Shipping~ AISH Accepted

Funeral Director on call 24 hours a day  
In office by appointment

**780-921-3900**  
5016 - 47 Avenue, Bon Accord, AB  
smemorial.ca