



MORINVILLE'S Monday Morning News

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The sky is set to light up Saturday night during the Annual Lite Up the Nite Christmas Festival.

Morinville ready to Lite Up the Nite

By Stephen Dafoe

Christmas may still be another month away, but Morinville is getting into the festive spirit this weekend with the annual Lite Up the Nite Christmas Festival, a three-day event that illuminates the streets as well as the spirits of many Morinville residents.

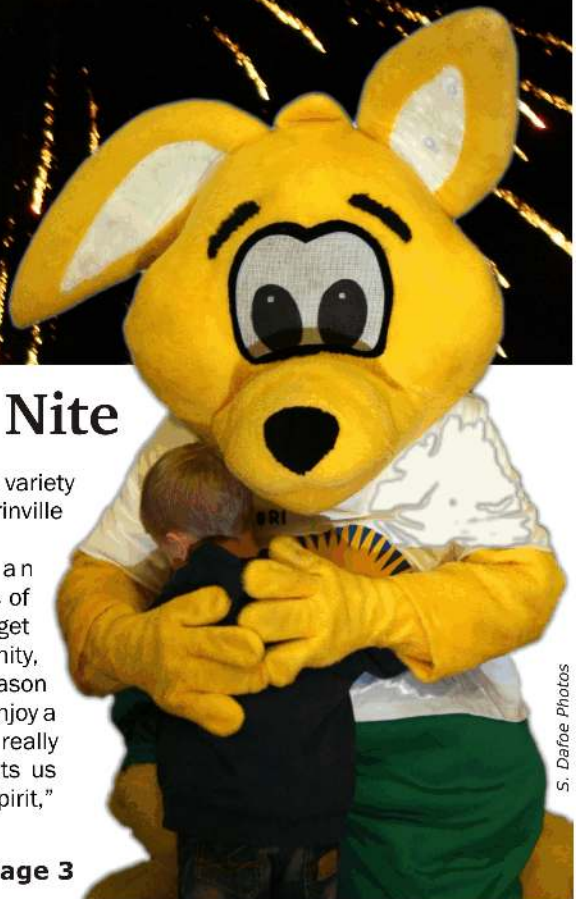
The festival begins Friday with the annual Morinville Fill-A-Bus initiative, kicks into full gear Saturday with a full day of activities, and winds down Sunday afternoon with a free skate at the Ray McDonald Sports Centre.

Community Services Administrative Assistant Melodie Steele is hoping residents will come out

and participate in the wide variety of activities the Town of Morinville has lined up for this year.

"We see this as an opportunity for the citizens of Morinville to come out and get involved with the community, kick off the Christmas season and get into the spirit and enjoy a family-oriented event that really brings us together and gets us going in the Christmas Spirit," Steele said.

Continued On Page 3



S. Dafoe Photos

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Monday Morning Expert

Joel Chevalier B.A., B. Ed.

Crossroads: Pay down your mortgage or invest in your RRSP?

How to decide which course of action is your best long-term alternative

Have you ever wondered whether it makes more sense to pay off your mortgage or to invest in a Registered Retirement Savings Plan? Perhaps you're expecting to receive some extra money from an inheritance or an employment bonus, and you're not sure which route to take.

The truth is, there is no easy answer. There are many variables that must be taken into account. Concentrating on paying down a mortgage may be the best route for one person, while focusing on an RRSP may benefit another.

Here are some factors to consider:

Your age. When you're young, it is wise to make your RRSP a priority. The sooner you get money into a sheltered retirement plan, the longer it will grow on a tax deferred basis. But don't overlook the need to build home equity. It can give you a head start on the expenses of moving to a larger home as your family grows.

Your income. The more you earn, the higher the rate of tax you'll pay. That means you must earn more in before-tax dollars to make mortgage payments. If you're a high income earner you may want to quickly reduce this expensive debt.

Investment returns. Pay attention to the general rate of investment returns you could reasonably expect to earn when you make your decision. Astute investors could be further



ahead by investing their money than paying down the mortgage. The benefits of investing are magnified by an RRSP, with tax-deferred growth within the plan and the tax deductions on contributions.

Your mortgage rate. If your current mortgage rate is low, it may make more sense to invest in an RRSP. In times of good returns for financial markets, low borrowing costs make a compelling case for contributing to your RRSP.

Are you behind on your RRSP? If you have made less than your maximum annual RRSP contribution in the past, a lump sum could allow you to catch up. You are allowed to make up for unused contribution room that you've accumulated from past years which can also generate a healthy tax benefit.

Your pension plan. Those with generous workplace pension plans that provide for a secure retirement may be able to concentrate on a mortgage without giving up financial security in retirement.

Of course, you can focus on both your RRSP and mortgage. For example, you could contribute to your RRSP and then apply the tax refund it generates towards a prepayment on your mortgage.

Before you make a decision, you may want to ask for an assessment of your personal situation. An advisor can help you decide which course of action suits your financial circumstances and objectives.

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Lite Up the Nite Continued from Page 1

Saturday's activities begin with the Pancake Breakfast with Santa, running from 9 a.m. until noon at the Royal Canadian Legion and sponsored by the Morinville Lion's Club.

G. P. Vanier will play host to a number of family activities beginning at 10 a.m. with children's crafts and face painting running until 1:30 p.m.

Steele said the Town has booked the Canadian Acappella Group Hoja to perform from 11 a.m. until noon when magician Brian Lehr will take over the entertainment duties. But there is more in store at Vanier for the afternoon.

"We have a group coming in called Human Canvas," Steele said, noting the company of face painters will be on hand from 1 p.m. to 3 p.m.

But the big event is set for 5 p.m. with the Lite up the Nite Christmas Festival parade. Steele said the route begins on 100 Street near the Sturgeon County building and will travel north to the corner of 100 Avenue where it will head westward past the Town of Morinville offices.

"We've got a fair number of parade entries and they have been encouraged to put lots of lights on their floats to help us Light up the night," Steele said. "At 5:30, after the parade has proceeded by, we have the official ceremony where a member of the Town Council will be setting off the lights that line main street and St. Jean Baptiste Park."

Capping off the day is a fireworks display commencing at 5:45 p.m.

A free public skate will be held at the Ray McDonald Sports Centre Sunday afternoon from 4:30 to 5:30 p.m. sponsored by Tim Hortons.

Fill-A-Bus precedes festival weekend

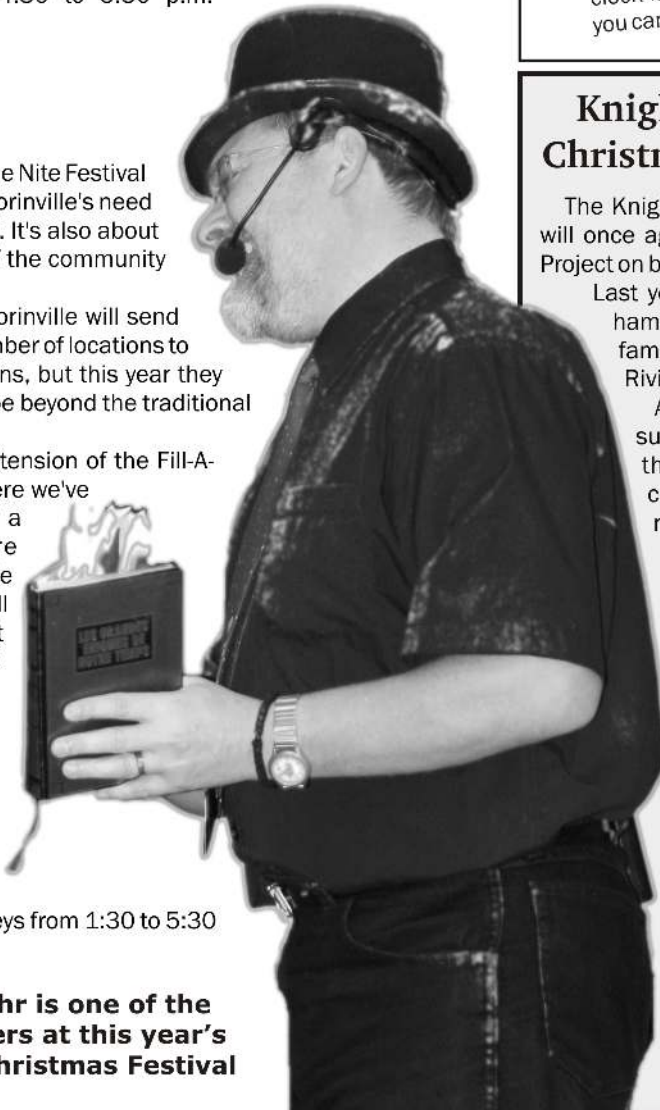
This weekend's Lite up the Nite Festival is not just about feeding Morinville's need for a community gathering. It's also about feeding those members of the community who are in need.

Once again this year, Morinville will send its community bus to a number of locations to be filled with food donations, but this year they have broadened their scope beyond the traditional collection spots.

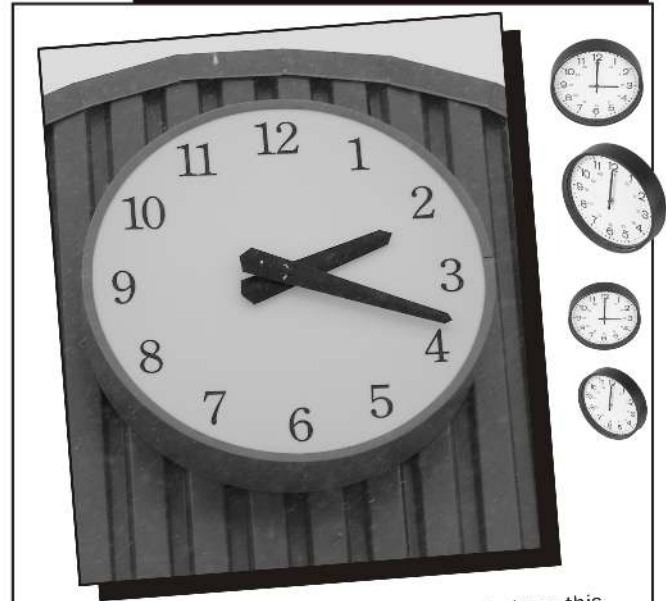
"We've got sort of an extension of the Fill-A-Bus program this year where we've invited the schools to run a program where they're gathering goods," Steele said, adding the Town will pick up the donations at local schools this Thursday. "We'll make sure all of that gets transferred into the bus for Friday morning."

The Morinville Fill-A-Bus will be parked at Chris and Tracy's No Frills from 9:30 a.m. until 1 p.m. Nov. 26 and at Sobey's from 1:30 to 5:30 p.m. the same day.

Magician Brian Lehr is one of the featured performers at this year's Lite Up the Nite Christmas Festival



MORINVILLE Monday Morning Challenge



Take all the TIME you need to figure out where this clock is located in Morinville. If it has you stumped you can turn to page 10 for the answer.

Knights of Columbus launch Christmas Hamper Project 2010

The Knights of Columbus, St. Anne Council No. 5010 will once again be coordinating the Christmas Hamper Project on behalf of St. Jean Baptiste Catholic Parish.

Last year the Knights of Columbus distributed 87 hampers containing food, toys and gifts to needy families in Morinville as well as Mearns and Riviere Qui Barre.

As in previous years, the Knights realize the success of the hamper program is dependent on the generosity and co-operation of the churches, service groups, businesses and residents of Morinville.

They are seeking support for this year's initiative and have established the following drop of locations for food, children's toys and gifts: The Helping Hand Store, Home Hardware / Bumper to Bumper, Our Place, Sobey's, Scotia Bank, Royal Bank, Servus Credit Union and Chris and Tracey's No Frills.

Residents are asked to donate foods that are nutritious and unwrapped children's gifts that are new or in excellent condition. Financial donations may be directed to the office of St. Jena Baptiste Church and cheques are payable to the Knights of Columbus. Income tax receipts will be issued. Those eligible to receive Christmas hampers should phone the Town of Morinville at 780-939-4361 or Joyce at 780-939-3953 prior to Dec. 17.

Monday Morning Editorial

Four more businesses to close in Morinville

Store for lease signs will be going up in four vacant Morinville retail locations this February after retailers were unable to weather another Christmas season without customers. Despite having prices comparable with Edmonton stores and service that was in many cases superior to city stores, shoppers were once again lured by the multi-million dollar advertising campaigns of the major chains and shopping malls.

The preceding headline and opening paragraph is based on neither fact nor speculation. It is designed purely to grab your attention. Clearly it did. We have no idea if any local businesses are planning to close after the Christmas season or not, but we certainly hope we will not have to publish such a headline in the New Year.

But here's what's interesting about the little trick we played on you. You immediately began reading this editorial because you fundamentally care about the success of the businesses in your community. Whether it's the gas station where the part timer always remembers your brand of smokes, the restaurant that always cooks your eggs the way you like them or the retailer who always goes out of his way to bring in what you need chances are you hoped it would not be their name among the fictitious four we had going under in the New Year.

For good or for ill, Christmas is the key time of year for shopping. 'Tis the Season when we all dig into our pockets a little deeper to buy things for others. As such, the Christmas retail season can be a make-it-or-break-it season for many businesses, particularly the small

businesses dotted along Main Street, Alberta.

It's all well and good for people to preach the Shop Local Gospel, but it is a sermon that often falls only on the ears of the converted. The fact that you picked this news-magazine up in a Morinville business proves that you shop locally.

But when sleigh bells ring, are you listening? Or do you head off to the malls in the city only to endure the parking, the crowds, the noise and the stress - always the stress thinking you are saving a dollar or two.

We'd be naïve to think we could start a movement in Morinville whereby every resident spent all their Christmas dollars in town. That just isn't the way the world works. But we'd like to see everyone make a concerted effort to spend 10 per cent of their Christmas dollars in the town they live in.

Sure, maybe you aren't going to find the latest pair of pants kids are wearing three inches below where their underwear begins or the latest version of Kill-10-million-zombies-with-a-chainsaw or whatever the latest popular video game is called this season. But you may just find in our local shops and businesses items that are a little different from those offered in the malls. Or maybe you just might find some of the same items at the same or better prices.

So why not stick your head into some of the Morinville businesses this season, stores and shops you've driven by and thought about going in. Take a good look around and I'm sure you may just find your Christmas gift list and your stress level decreasing in equal measure.

- Stephen Dafoe, editor



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Best Friends
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Chris & Tracey's No Frills
Don's Bistro
Entheos Wellness Centre
Husky (both locations)
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Morinville Public Library
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THE **Art** OF
Conversation
MORINVILLE

The week at a glance in Morinville

MORINVILLE Monday Morning Calendar

Monday Nov. 22

RV City Toy Drive

The local business is hoping to fill an RV with toys in support of the Midstream Support Society's Santa Store and 630 CHED's Santas Anonymous.

RV City invites residents to help fill their Toy Hauler by dropping off a new unwrapped toy from now until Dec. 17.

Drop off hours are Monday through Saturday 9 a.m. until 5 p.m. at RV City, 8704 100 Street (Morinville Business Park) 780-939-2900

Tuesday Nov. 23

Council is out

The regular meeting of Morinville Town council scheduled for 7:30 p.m. has been cancelled.

Wednesday Nov. 24

Book Club

The Morinville Public Library will hold its monthly book club at 6:30 p.m. the current book is Cane River by Lalita Tademy.

Thursday Nov. 25

Playing with Fire

The Morinville Public Library will show the movie The Girl Who Played With Fire at 6:30 p.m.

Festival Meeting

The St. Jean Baptiste Festival Committee will hold a meeting at the Morinville Fire Station at 7 p.m.

Friday Nov. 26

Fill-A-Bus

The Morinville Community Bus will be at Chris & Tracey's No

Frills from 9:30a.m. until 1 p.m. and at Sobey's from 1:30 p.m. until 5:30 p.m. Food items collected will support the Morinville Food Bank Society and the Knights of Columbus' Christmas Hamper Program.

Jets Alumni Game

Jets from the past take to the ice tonight at 5:45, battling it out against one another. See story page 10 for details. The Annual Alumni Game will be followed by a regular season game between the Red Wings and the Morinville Jets.

Saturday Nov. 27

Lite Up the Nite

The Town of Morinville will host its annual Christmas festival today with a wide variety of activities for young and old. See story on pages 1 and 3 for details.

Christmas Craft Fair

The Morinville RC Paris Hall plays home to the Morinville Public Library's Christmas Craft Fair, an annual fund raiser for the library. Admission is \$2 for those 12 and over. The event runs from 10 a.m. until 4 p.m. and offers homemade items suitable for everyone.

Sunday Nov. 28

Skate Free

Tim Hortons is hosting a free family skate at the Ray McDonald Sports Centre from 4:30 to 5:30 p.m.



Attention Community Groups

If you have an upcoming event you would like listed in our weekly community calendar, drop us a line at editor@mondaymorningnews.com



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MORINVILLE Monday Morning Photos



Send your photos to editor@mondaymorningnews.com

Things are stacking up

École Georges P. Vanier School Grade 4 student Andrew Seguin takes a practice run during a cup stacking event held at the school last Thursday. Seguin and his fellow classmates competed with students from Leo Nickerson Elementary in St. Albert via video conferencing. Both schools were participating in the World Sport Stacking Association's Stack UP event, an international initiative to achieve a Guinness World Record.

- Stephen Dafoe Photo



One cuddly house mouse

Librarian April Heppleston puts the finishing touches on a Christmas-themed window display at the Morinville Public Library. The library has visually recreated the poem 'Twas the night before Christmas in a number of displays throughout the library.

- Stephen Dafoe Photo

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What the students are saying

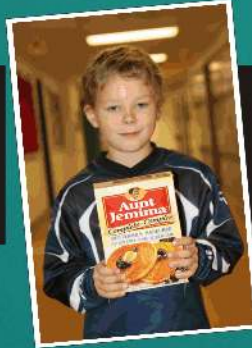
MORINVILLE'S Monday Morning Youth

We asked students at
École Georges P. Vanier School

**WHY DO YOU THINK IT IS IMPORTANT
TO GIVE FOOD TO THOSE IN NEED?**



Brayden Fequet - Grade 2
"Because since they're losing all their food and some people are taking food because they need it."



Ty Melnyk - Grade 2
"Because they're really hungry and they may not ever get food, and this could be their chance to have some."



Bronwyn Boucher - Grade 2
"Because they could starve and they could get very, very sick and die."



Jade Van Lersberghe - Grade 2
"So they can eat and it can help another community."



Editor's Note: Vanier students have been gathering food for Morinville's Fill-A-Bus initiative since Nov. 16. The school-wide food bank is one of several service projects the school does each year.

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Monday Morning Pets To Adopt

Meet Simon and Pepper

The Morinville Veterinary Clinic received a litter of kittens in early September. Although the mother and four of her kittens have been adopted, the clinic still has two males left. They are looking for someone to give them a permanent home.

Simon and Pepper are about 15 weeks old, neutered, vaccinated, de-wormed, and micro-chipped and ready for adoption as a pair or as single pets.

For more information on making Simon and Pepper a part of your family, contact the Morinville Veterinary Clinic at **780-939-3133**



The Morinville Veterinary Clinic has many animals for adoption by families looking to give them a good and loving home.

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RCMP Citizen's Academy nears

The Morinville RCMP are inviting residents 16 and older to participate in the 10th Annual Citizen's Academy, a 10-week program that provides residents with an inside look at the role police play in our community.

Staff Sergeant Mac Richards said the annual sessions are an enlightening experience. "You really get to see what's involved in police work as well as getting a good idea [about] other agencies in the community that are providing services," Richards said, noting that many Citizen's Academy graduates go on to volunteer with many of the organizations. "Our largest goal is to give an idea of what all is involved in policing besides the white car they see driving up and down the road."

But Richards points out that participants in the program will get an opportunity to ride in the white car. Each candidate takes part in an evening ride-along

with an RCMP member, giving participants a street level view of Morinville and area when the lights go out.

Staff Sergeant Richards said often times members of the community are unaware of what their community is like after dark. "It gives you a better idea of what's happening in your community," he said.

In addition to the ride-along, participants take part in a number of weekly sessions addressing a variety of policing issues, including counterfeiting, drugs, major crime and crime scene investigation.

Classes begin Jan. 17 and are held Monday evenings from 7 p.m. to 10 p.m. in the Provincial Building on 107 Street. Cost for the 10-week program is \$40 per person. For more information contact the Morinville RCMP at 780-939-4550.

- By MMN Staff

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MORINVILLE'S
Monday Morning Sports

Three decades of Jets take to the ice for back-to-back games Friday night

By Étienne Thevou

The San Jose Sharks may be taking on the Edmonton Oilers at Rexall Place Saturday night, but the real hockey action is set to take place at the Ray McDonald Sports Centre Friday night with back-to-back Jets games, all part of the Junior B club's annual Alumni Game weekend.

Event organizer and former Morinville jet Roland Blackburn said the alumni game was conceived as a way to rekindle relationships among former Morinville Jets, while creating a bond between the alumni and the current players, both veterans and rookies. "It gives them an opportunity to come back to Morinville, put on a Jets' jersey, and just play a fun hockey game to reminisce and rekindle old friendships," Blackburn said, adding that the fans also like to see the familiar faces. "Many of the fans that are here today were around when these players were playing, so they remember what it was like, and it brings back all those memories from the days when these players were playing for the Jets."

The Alumni game, which will put former players on opposite sides of the ice in home and away jerseys, will consist of three fifteen-minute periods of solid inter club and inter generational rivalry, something Blackburn is sure will get the fans cheering



and warmed up for the club's regular season game against the North Edmonton Red Wings later in the evening.

Blackburn said the evening's activities raise money for the Junior B club because each of the alumni players who take to the ice pay \$65 to do so. In past years the alumni game has run in conjunction with a silent auction; however, a lack of volunteers in the Jets camp this season has forced the team to forgo with the fundraising auction to concentrate on putting on an evening of top notch hockey.

The puck drop for the alumni game is 5:45 p.m. and the CJHL regular season game starts at 8:30 p.m. Admission for more than five-hours of Jets' hockey entertainment is free.

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MORINVILLE'S
Monday Morning Answer

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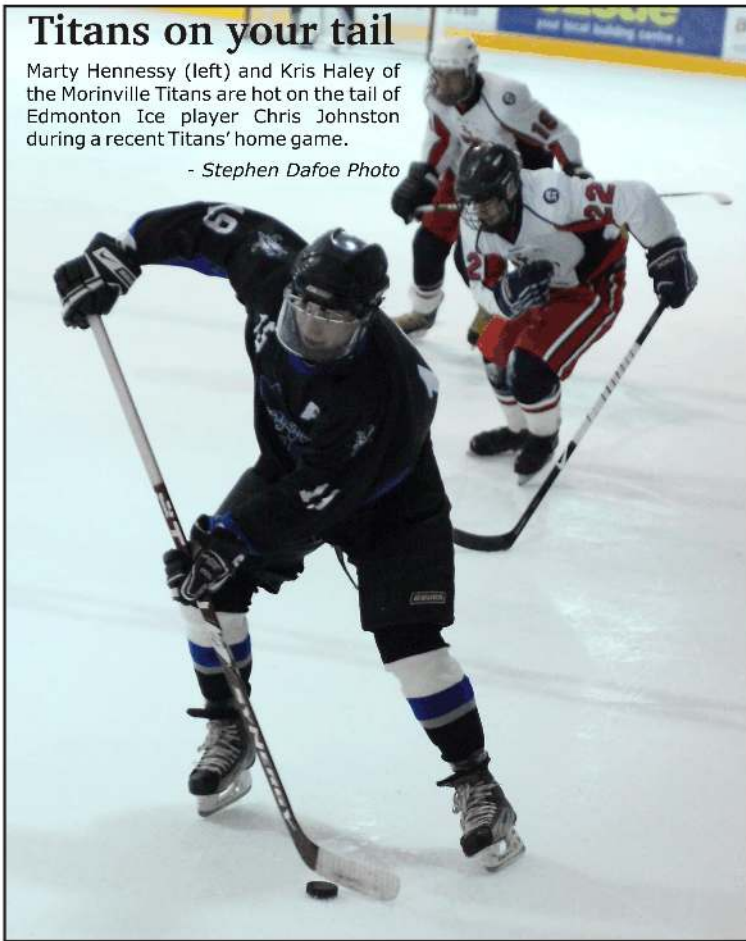
Sports Shot Of The Week

MORINVILLE Monday Morning Sports

Titans on your tail

Marty Hennessy (left) and Kris Haley of the Morinville Titans are hot on the tail of Edmonton Ice player Chris Johnston during a recent Titans' home game.

- Stephen Dafoe Photo



This Week In Sports



**Nov. 26 Alumni Game
Jets Vs. Jets**

Ray McDonald 6 p.m.

Nov. 26 Home Game

North Edmonton

Red Wings

8:30 p.m.



Morinville Warriors

Nov. 27 Home Game

SSAC Lakewood

Chevrolet

7:30 p.m.

Nov. 28 Road Game

Camrose Kodiaks

3:45 p.m.



Nov. 23 Road Game

Edmonton Avalanche

Londonderry Arena 9 p.m.

Nov. 28 Home Game

Beaumont Braves

Ray McDonald 7:30 p.m.



**Capital Junior
Hockey League**

Morinville Jets

8-8-2 record

5th spot in West Division

10th spot in league overall

As of Nov. 20



**Noralta Junior
Hockey League**

Morinville Titans

7-1-3 record

3rd spot in league

overall

As of Nov. 17

KAMHL

**Northern Alberta
Midget Hockey League**

Morinville Warriors

0-8-0 record

7th spot in West Blue

Tied for last overall

As of Nov. 18



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Monday Morning Business Profile

Spotlight on our businesses

Pampering your way to good health

There's a common misconception that good health comes at the cost of giving up a lot of the fun things in life in exchange for hard work and strenuous exercise. The people at Entheos Wellness Center think a little differently. In fact, a lot of what they offer women and men can be considered pampering your way to good health.

"What we offer here is a way to be able to relax," said Entheos Wellness Center Administrator Dianne Calverley, adding the majority of her clients comment on the calming atmosphere of the centre from the fragrance of their natural products to the neutral colour scheme and tranquil music. "There is a peacefulness when you walk in the door and people do feel that."

But the Entheos experience isn't all ambiance and décor. Calverley and her staff offer a wide-range of services from personal grooming, including facials, waxing and manicures to more esoteric health conscious services, including vibration technology, reflexology and infrared body wraps and saunas.

Calverley and her staff are big advocates of removing toxins from the body and offer some fun ways to do that. The centre has three T-Zone Vibration Technology machines that produce the effect of a one hour work out in just ten minutes. All a client need do is stand on the vibrating platform and let the machine do the rest.

"It releases a feel-good hormone, so you feel really good when you're finished," Calverley said, adding the machine also aids in weight loss. "You feel refreshed. You've got more energy and it's helping to move the toxins in the body and helping it to flush through the system."

Calverley said the more toxins someone has in their in the body, the harder it is for their body to function

normally, a situation she believes can lead to increased blood pressure, increased weight and even allow diseases to take root.

But vibration technology is not the only way to move toxins in the body or to lose a few pounds. Entheos has two forms of infrared technology that can assist in helping people shed a few pounds, particularly when they need to fit into this year's Christmas dress or next year's bridesmaid's gown.

Calverley said the Infrared body wraps work by heating the body from the inside out, the deep penetrating system also helping to rid the body of toxins.

Additionally, Entheos has an infrared sauna (big enough for two) where couples or singles can enjoy the benefits of infrared therapy while listening to relaxing music.

Calverley said that the sauna's infrared and light technology is great in the winter time when many people succumb to Seasonal Affective Disorder.

"They can use the light therapy in the sauna to give them more energy," she said, adding that the different coloured lights in the sauna can help with a wide-range of areas, including sleeping and weight loss."

Entheos Wellness Centre is located at 10401 100 Avenue in Morinville (Next to The Flower Stop).



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