

Coffee Talk Express



MONDAY JANUARY 7, 2018

THE RED LION 
Daily Dinner Specials
 Check out our **MENU**
 on our website – redlionrestaurant.ca
 MON - SAT: 5:00PM - 9:30PM
 Closed on Sundays & Stat Holidays
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50% OFF
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 Dawson Creek Realty
 Chetwynd Branch
250 788 9909

			
250 788 5168	250 788 6435	250 788 5043	250 788 6365

No significant increase in property tax assessments in the Peace



Owners of more than 247,500 properties throughout Northern BC can expect to receive their 2019 assessment notices, which reflect market value as of July 1, 2018 in the next few days. These assessment values will be used to determine taxes to be paid this year.

Chetwynd residents will find that the assessed value of homes as of July 1, 2017 to July 1, 2018 did not increase significantly. The average assessed home in 2017 was at \$222,300 and \$221,900 in 2018.

Pouce Coupe increase was by only 1% as well as Hudson's Hope.

Dawson Creek values did not increase either – an average home of \$253,100 in 2017 only increased by an assessed value of \$400.

The assessed values did increase in 100 Mile House by 20%, Burns Lake by 13%, Fort St. James by 6%, Fraser Lake by 17%, Kitimat by 20%, Prince George by 10%, Stewart by 13%, Wells by 11% and Valemount by 18%.

Property values declined in Fort St. John by 2%, and Northern Rockies by 23%

ROYAL LEPAGE
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250-788-9225

*If you're
 thinking of
 buying, selling
 or renting,
 call us!*

 JULIA NELSON 250-788-6707	 KAREN BOOS 250-788-6598	 ANTHONY BOOS 250-719-5454
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-story courtesy of PeaceFM

 **Chetwynd Dental Clinic**
FREE WHITENING
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 5032 49th Avenue - Chetwynd BC
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chetwynddental@gmail.com

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SERVING CHETWYND AND AREA- CHECK OUT OUR WEBSITE COFFEETALKEXPRESS.COM

PH: 250.788.3422
FAX: 250.788.3405

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Free Classifieds

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To submit your personal classified ad email: classifieds@coffeetalkexpress.com

VEHICLES/PARTS/FARM EQUIP./HEAVY EQUIP.

Grader tires, 1500x2400 radial Bridgestone. Call 250-612-1790

4 Continental 225/65 R17 tires in decent condition \$350. Call 250-467-2060

2002 Toyota Sequoia, needs a timing belt, asking \$500. Call or text 250-874-1004

Nordic 235/60R16 tires for sale, set of 4- \$260, 235/75R15. Nokian SUV tire 1- \$40. Call 250-601-0147

2011 BMW 328 X1, 2 sets of rims, new winter tires, approx 160,000km. \$15,000. Call 250-788-2223

Joe Martin Hammerhead 6 black wheels. Very rare and have a unique look. 285/45 R22 Nexen Rodian HP rubber with 75% tread. Fit any 6 bolt Chevy truck. \$1400 OBO. May consider trades Call 250-401-1038

4 Good year Wrangler Tires 265x70xR17 mud & snow lots of tread. Call 250-788-2632

Pressure washer, 1800 psi, bought at Canadian Tire, like new, \$200. Please call 250-401-7160

2006 Ford F 350 Super Duty, new 38" rubber, new injectors, high pressure oil pump, cooler, heavy duty bush bar, \$22,000 OBO or partial trade for excavator. Call 250-788-6604

2010 Toyota Matrix standard, low mileage, 3 sets of tires two sets on rims, asking \$13,000 OBO. Please call 250-788-2049

2012 Argo on track, very little use, \$16,500. 2005 Argo 8 wheeler \$6,500 both in storage last 5 years. 1999 International tandem water truck 3,500 gallon has brand new engine \$24,500 . 2017 John Deere tractor as new only 46 hrs. 55hp diesel 4 cyl. PTO 3pt hitch but no front end loader new cost / \$440,000 asking \$24,900 call 250-788-3868

4 LT 245/75R 17" load range E, Michelin tires, 10ply, 90%, LTX A/T2, M&S, asking \$600, regular price is \$1400 without taxes. Please call 250-401-7215

1993 Toyota Corolla, 300,000km, \$500 OBO, new battery, 4 good summers, new 2 winters, stalls but diagnosed as needing ignition distributor assembly. Please call 250-601-0104

16' Flat deck trailer, tandem axels 7000lbs, needs lights done, \$3000 OBO Call 250-788-6604

Cement mixer mounted on a trailer, heavy duty unit, electric or gas driven. \$900 OBO. Call 250-788-6604

1988 4 cylinder Chevy, runs excellent, \$400 OBO. Please call 250-401-1210

Pulin pro electric start snow blower, 27 inch, like new, \$800 OBO. Power belt 5 gallon compressor, 3 horse power, good shape, \$100 OBO, Please call 250-782-5553 or 250-219-4171

2006 Jeep Liberty 4x4 \$4,950, 2006 Ford Ranger club cab 4x4 w/ canopy, standard only 117,000kms; mint \$6,990, 1989 F250 4x4 w/ canopy, 302 motor, standard \$2,100. Various 1st aid units, 4x4 ambulance and gear excluding SCBA's, 4 head gas monitors; satellite phones all in pelican cases. call 250-788-3868

FOR RENT

Bachelor suite for rent, fully furnished, bathroom and kitchen, self contained, utilities, cable and internet included, \$1250/month. Please call 250-784-5085

2 bdrm suite for rent, located at Moberly Lake across from golf course with good view of the lake, comes with fridge, stove, washer, dryer. Hydro and water included and pets are welcome. Security deposit required. \$1000/month. Available Jan 1st. For more info call 250-788-6339

Three bedroom home for rent in Aspen Place. Available early January. Will consider renting by the room. Call Julie @ 250-401-1985 for more info.

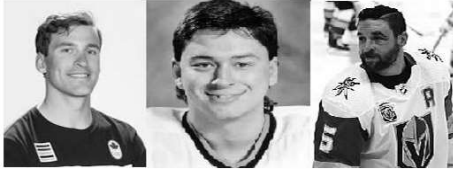
Bed sitting room for rent, own entrance, T.V and internet, own bathroom, laundry, no kitchen. Available on January 1st. Please call 250-788-3577

2 Bdrm home for rent. Lockable 4 season toy storage, quad or sled. Other lockable 4 season storage, raised garden beds, private fire pit and deck for BBQ's. Gas and certified woodstove. Additional storage in attached addition. Large driveway, small starter greenhouse. No need to load your sled or quad, trails from your backyard lead to town, hiking, fishing, or hunting. To view or get an application, please call Randy : 778-766-5000 or email : NB_Customs@outlook.com

For Rent: Located at Pinewood Mobile Home Park, Chetwynd. 2 Bedroom furnished mobile home. Available immediately. \$1500/month which includes utilities. Non-smoking and no pets. Please call 250-401-3408



Make sure to come on down to Spirit Park
January 12th to skate with some local
Chetwynd Heroes! Starts at 1pm!



1 Line: \$400

2 Lines: \$800

Picture Frame: \$1600

Blackout: \$4000



LIKE US ON FACEBOOK!

HELP WANTED

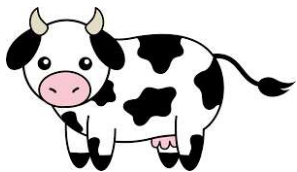
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What do cows read?



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ppscafety@outlook.com

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Handle on pirate's hat is missing. 2. Grass behind pirate is missing. 3. Startish is different. 4. Part of sandcastle is missing. 5. Feather appears on pirate's wing. 6. Stripe on sail is colored in. 7. Back of pirate's hat is colored in. 8. Musical note has moved. 9. Coin behind treasure chest has moved. 10. Wharf post is taller. 11. Flag on sandcastle is lower. 12. Shell behind pirate is reversed.

PINE VALLEY SENIORS
HALL RENTAL
For more info & hall rental call Bernice
250-788-2307

Free Classifieds

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MISCELLANEOUS

Bernat Chunky Softee yarn 100g, 2 balls lavender same dye lot and 21 balls hot pink same dye lot. \$3.25 ea or \$120 for all. Call 250-783-5535

Dark Brown Allen Chenille Sofa from the Brick. Like new, less than a year old, smoke/pet free home. Comes with throw pillows. \$500 OBO. Call 250-401-8470.

Hay for sale, fresh crop of new square bales, \$5.00 each, excellent horse feed, brome-timothy-alfalfa. Please call Jed at 250-788-9421, 250-401-3431 or Jere at 1-250-788-2944.

2 Wood Stoves 1 with solid door and 1 with glass door, come with accent tile bricks for surround, \$500 ea. Please call 250-503-7735 (local number).

Willing to babysit full time, days + nights in my home. Please call 250-401-1225

Gorgeous vintage string of pearls, strung with silk, 14k gold clasp 66 pearls with stunning luster \$300. Beautiful solid 14k gold cross and chain. Purchased many years ago from Lothar Triebel \$300. Solid 14k gold wedding band \$150. Text 250-329-5482

Nikon d7000 digital camera, comes with Nikon dx AF-5 Nikkor 18-105mm lens, Great starter lens, carrying case and tripod \$1200 call Bruce 604-795-0232

Home theatre system bluetooth hd5.1, 2500watt/mp4/hdmi/hdtv/ 6 spkrs. android LED smart projector v-550. New in box, would make a great gift \$500. Please call 250-788-3868

10ft ploughing blade w/ adjustable angle or tractor/skidded approx 30" high \$750. Call 250-788-3868

Good round hay bales for sale from summer. Approx. 1100 lbs. Fescue, timothy, reed canary grass. No alfalfa. \$35 each. Call 250-788-9445

2 Outdoor christmas trees for sale. \$50 each. Call 250-788-8819

Unpasteurized honey for sale, 1L jar (approx. 1.4kg) for \$15, 0.5L jar (approx 0.7kg) for \$8. Call or text 250-788-6935

Two metal filing cabinets \$80ea, older oak desk \$75. Please call 250-788-5582

Ab twister exerciser - \$65, Lexmark printer/fax machine - \$60, Dr. Scholls Seat massager pap - \$25, used 19"tv - \$10 call 250-788-3099

Microwave- \$30, Microwave stand - \$50 call 250-788-2183

Massive wood stove for sale. 3' 8" in length, new never used, very heavy. Call 250-719-6142.

Inglis Dryer white, like new, has a large drum, \$150. Call 250-317-3567

Washer and dryer for sale, please call 250-788-3951.

Queensize bed, Sealy mattress w/box spring, \$300-\$400. Call 403-891-9471

Brand new 32" flat t.v. HDMI Cords and everything included, 1 week old. \$275 OBO. Never been used brand new dvd + blueray player, \$75 OBO. Please call 250-788-6502 or 250-556-9300

Women's medium Royal Distributing snowmobile jacket and bib, black with yellow call 519-808-9769

Unused 500gal west steel dbl wall fuel tank, new was \$3,400, asking \$2,400. mega trapping gear, traps, boxes, baits, tools, boards. call 250-788-3868

Room and board for older lady, in exchange for light house and yard work. call George 250-788-2482

Quick and affordable snow removal with snowblower. Call 250-719-3923

Invitation to Custodial Tender:

Custodial services at the location(s) listed below for School District no. 59 (Peace River South).

A school district representative will be at the school on the date and time listed to answer questions regarding the duties and responsibilities required of this service.

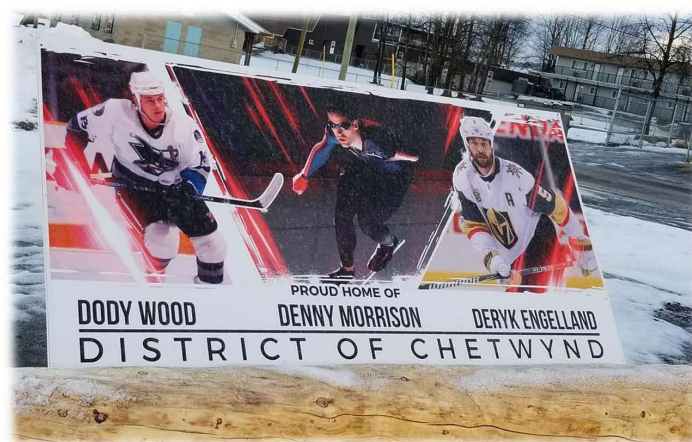
Tumbler Ridge Secondary School January 28, 2019 11:00 AM

Custodial Service document with details of services required are available from the Facilities Department Office at **11600-7th Street, Dawson Creek.**

For further details, contact **Wade Simlik at 250-782-2417.**

Written, sealed tenders containing a résumé of past experience and at least 3 references will be received until **1:00 p.m. on February 1, 2019** at which time the tenders will be opened.

The School District shall not be obligated to accept the lowest quoted proposal and may reject any or all proposals. Tenders must be clearly marked on the outside of the envelope "Custodial Tender" and addressed to **Mr. Wade Simlik, Facilities Manager, School District No. 59 (Peace River South), 11600-7th street, Dawson Creek, BC V1G 4R8.**



Come out to celebrate with DODY WOOD / DENNY MORRISON / DERYK ENGELLAND's FAMILIES for a skate and celebration of our local Sport Heros. We have invited them or a representative to attend and the District of Chetwynd will present them with a small gift to celebrate their success. We will also be recognizing Shell Canada for the grant we received for the Outdoor Skating Rink.

Saturday, January 12th, 2019

1:00pm

Outdoor Skating Rink

Spirit Park

CT AND LOGGING

IS HIRING

Processor Operators
for work in Chetwynd

Email: troy@pris.ca

CALL OR TEXT TROY 250.788.5062



Free Classifieds

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PROPERTY

5 bedroom, 2 bath home on 5 acres FOR SALE OR RENT available Dec 1. Backs on to crown land and is only 2 minutes from town. Great view of Chetwynd and the mountains to the west and north. Includes 2 outbuildings and a 32x45 two storey shop that needs to be finished. Great location for a family looking for immediate access to the surrounding area by quad. Within the fire district boundaries. For more information Call 250-703-6293.

3 bdrm, 3 bath, house for sale. Fireplace, single car garage in house with car port beside, double door garage in second building in back 24x28ft lrg. Located in Chetwynd in the Crown Sub, 4728 Centurion Crescent NE. Want offers. Call 250-788-2606 or 780-897-0730

Three bedroom modular home on two serviced lots in tumbler ridge, nice place, good location, price \$120,000, open to offers and trades. Please call 250-401-1127

Renovated 3 bedroom mobile home #59 6549 Wildmare sub \$29,000. Please call 250-874-0655

3 bedroom mobile home for sale. Text only please 250-874-0655

PETS/LIVESTOCK

Pixie-Bob X Bengal kittens, fully vetted. \$600. Avail Oct 12th. Text 250-329-5482 or email flashover1972@hotmail.com

4 male kittens, free, 6 weeks old, 3 tabby, 1 grey. Call 250-401-7346

LOST & FOUND

Found: iPhone by 7/11 come to Pencil Box to identify.

Found: Key found for GM with faub. Found in the Dokkie sub. Pick up at the Pencil Box.

Lost: Black Sony phone with red case. Please call 250-401-1676 or bring to The Pencil Box.

REC VEHICLES

2013 Harley Davidson Ultra Classic Anniversary Edition. Call 867-334-5866 or email wc12@telus.net

04 Sportsman 800 Twin AWD. Seat is ripped. Fun machine. Winch works, storage in front. Has a power programmer it's in the quad just not plugged in. \$3200obo. Call or Text Sean 250-793-3596

2004.5 Polaris 500 Sportsman Quad \$2200. Call 250-782-5026

1992 18.5ft searay skiboat, V6 chev, ex load trailer, new rubber, very good condition. \$6500 OBO. Please call 250-788-6604

Polaris 700 quad, 4x4, good condition, comes with brand new snow blade. \$2800 OBO. Call 250-788-6604

Skiidoos- 3-tundra II's trapper style 2006 apec1000cc \$4,400, 2006 tundra 300cc \$4,400 (both stored last 9 years) call 250-788-3868

2006 Arctic Cat M7, \$4000 OBO, excellent condition, Please text or call 250-601-0221

WANTED

Looking for a full time babysitter for toddler. my place or yours. days and evenings. 250-401-7513

Wanted: Electric Stove in good condition. Please call 778-874-1643 or 250-788-4131

Wanted: Set of 4 mud and snow tires 265/75r16 load range E, 70% or better, call Ernie 250-788-9484

Wanted: Want to buy New Holland 499 cutter, running or not running. Please call 250-719-6142

Wanted: Want to buy F-250 Ford pick-up truck, 1993-98, must be R8 transmission, diesel, must be good shape. Please call 250-719-6142

Wanted: Second hand washer in good working condition. Please call Jasmine Davis at 250-788-8885

I'm a single, working guy. looking for either an apartment or small house to rent for FEB in Chetwynd. I don't smoke or party and I have no pets at this time. Preferably furnished or semi furnished but non furnished is ok. will consider Tumbler Ridge or Hudsons Hope too. Please call/text 807-620-2429

Wanted: Seeking live-in position: Christian, vegan, sabbath keeper, non-smoking, non-drinking, looking for drug-free, kosher, and environmental caring work environment. Duties of work can be housesitting, childcare, light housekeeping/cooking. Position has to be at least until the end of June 2019. Please phone 250-262-7714.

The future is called "perhaps,"
which is the only possible
thing to call the future.

And the only important thing
is not to allow that to scare you.

—Tennessee Williams

DOG OBEDIENCE CLASS

Starting January 16th

TUESDAY'S

7:30 pm - 8:30 pm

Pine Valley Exhibition Park
Lobby

Fee: \$95.00

Handbook available

Contact Bonnie

250-788-2529 or 250-788-5351



250-788-2938 24 hour answering service
Cell: 250-788-5070

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Once a luxury, smartphones are now an essential part of life

Smartphones are now ubiquitous, and for the more than 25 million Canadians who own one, they are the single most important device they own.

A recent survey by Google noted that smartphones are so engrained in our lifestyles, most of us check our phones within five minutes of waking up. Not surprisingly, younger demographic groups, like the 18 to 24-year-olds, are way ahead of this curve – checking their smartphone is the first thing they do when they wake up.

"A smartphone is a direct connection to the social worlds we all live in today," explains Paul Dayco, chief technology officer at Huawei, which commissioned the survey. "For many users, especially younger ones, the smartphone keeps them connected, informed and aware of what's going on – whether that's through texts, posts or actual phone calls."

As smartphone usage changes, a fully-charged battery is taking on increased importance. The same survey found that almost 80 per cent of Canadians charge their smartphone at least once a day, with over a quarter charging their device multiple times.

"A couple of years ago, most people would wake up, check their messages and send and receive a few texts with their friends," says Dayco. "Today, we're seeing people who commute on mass transportation tuned into their smartphones listening to podcasts or music as they travel to work."

On average, the typical smartphone user checks his or her device as often as 150 times a day. Dayco's not surprised by the number.

"With all of the apps, all of the programs, all of the social channels and all of the services that are available on your smartphone, I'm a little surprised it's not higher."

GP Salvation Army Kettle Drive Beats Last Year's Total

The Grande Prairie Salvation Army Christmas Kettle Drive had a record breaking year in 2018. My Grande Prairie Now reports over a five week period the group surpassed it's \$500,000 goal by raising \$504,298.17. Captain Peter Kim says " this is the largest amount raised since the Sally Anne started in Prince George 99 years ago."

Captain Kim is grateful that Grande Prairie is able to help with the Salvation Army's work. This year's total beat last year's final number of \$473,000. All money raised will go towards the Salvation Army's operating costs for 2019. Thanks to this year's increase the group will be able to purchase a food truck canteen to provide meals to first responders and people staying in places like the Rotary House.

-story courtesy of PeaceFM

CHETWYND FOREST INDUSTRIES
A Division of West Fraser Mills Ltd

Immediate Opening for the position: Receptionist/Accounts Payable Backup, Administration Office

We are seeking an experienced Receptionist to fill a full-time position effective immediately.

Minimum Qualifications:

Grade 12 or equivalent
1 year reception / accounts payable or similar processing/data entry experience
Shipping/receiving experience an asset but not required

This position is fast paced and requires an organized individual. The primary functions of this position include, switchboard duties, word processing and spreadsheet assignments, processing incoming and outgoing mail, fax and photocopying, as well as other office related duties. The Receptionist manages the reception desk as well as provides backup to the Accounts Payable clerk.

The successful Candidate will possess the following:

Excellent communication skills, both verbal and written
Exceptional organization skills
Competent accurate data entry
Excellent proof reading skills
Able to work with minimal supervision
Exhibit good problem-solving skills

If you meet the minimum qualifications and feel you possess the skills and abilities as noted above, please submit your application attention Sharon Loberg, Division Accountant, via one of the following methods:

Email: sharon.loberg@westfraser.com or hayley.huberdeau@westfraser.com

Canada Post: PO Box 330, Chetwynd BC, V0C 1J0

Fax: (250) 788-2474

January



WORK WEAR



We have men and women's high visibility coveralls, long and short sleeve shirts, sweaters, thermal underwear and more!

HOROSCOPE

ARIES (Mar. 21- April 20)

Your creative ability will surface, giving you good ideas for ways of making money. Don't blow situations out of proportion or you could find that others will misinterpret what really happened. You can make professional decisions this week that will affect your position. Do not lend money or belongings to friends.

Your lucky day this week will be Monday.

TAURUS (Apr. 21- May 21)

Take time to visit someone who has been confined due to illness. Spend some time on yourself. Someone you work with may be emotional. Exhaustion combined with overindulgence could result in minor health problems.

Your lucky day this week will be Thursday.

GEMINI (May 22-June 21)

Focus your efforts on details, and keep to yourself in order to finish your work. Help children with important projects. You could lose money or precious belongings if you aren't careful. You can learn from those who have had similar experiences.

Your lucky day this week will be Sunday.

CANCER (June 22-July 22)

You may have more people on your domestic scene than anticipated. This week will be hectic. You will be in a high cycle regarding work. You can beautify your surroundings by renovating or redecorating.

Your lucky day this week will be Sunday.

LEO (July 23-Aug 22)

You are best to avoid confrontations. Try spending the day catching up on any responsibilities that need to be taken care of. You might have a problem hanging on to your money this week. This is not the day to be extravagant.

Your lucky day this week will be Saturday.

VIRGO (Aug. 23 -Sept. 23)

Be sure to take advantage of the opportunities that exist. You will have no problem getting your point across to those in a position to help you. You may find that someone you live with is not too happy, but you can't really do anything about that right now. Friends from your past may come back into your life.

Your lucky day this week will be Friday.

LIBRA (Sept. 24 -Oct. 23)

You will find your personal partner taxing this week. A better diet, exercise, or a change to a relaxed atmosphere could be ways to soothe your nerves. You could be drawn to events that concern children. You can change your living arrangements.

Your lucky day this week will be Monday.

SCORPIO (Oct. 24 - Nov. 22)

Love can be yours if you get out and about. Your ability to ferret out secret information will lead you to an inside scoop on an amazing financial deal. Keep the promises you've made or you can expect to be in the doghouse. Sudden trips will take you by surprise.

Your lucky day this week will be Monday.

SAGITTARIUS (Nov. 23 -Dec. 21)

Get involved in fitness programs that will bring you in contact with new friends. Try to visit a country that excites you. Your leadership ability will enhance your reputation. Don't let your boss make you feel guilty enough to take work home with you.

Your lucky day this week will be Friday.

CAPRICORN (Dec 22.- Jan. 20)

Partnerships will be successful. You can find out interesting information if you get a chance to talk to people you respect. Concentrate on work and on making money. Put your efforts into making constructive improvements to your environment and to your state of mind.

Your lucky day this week will be Friday.

AQUARIUS (Jan. 21 -Feb. 19)

Don't make any rash decisions that may affect friendships. You need to clear up some important personal documents before the end of the year. Close deals that have been up in the air and move on to new ones that appear to be profitable. Romantic opportunities will flourish through travel or communication.

Your lucky day this week will be Sunday.

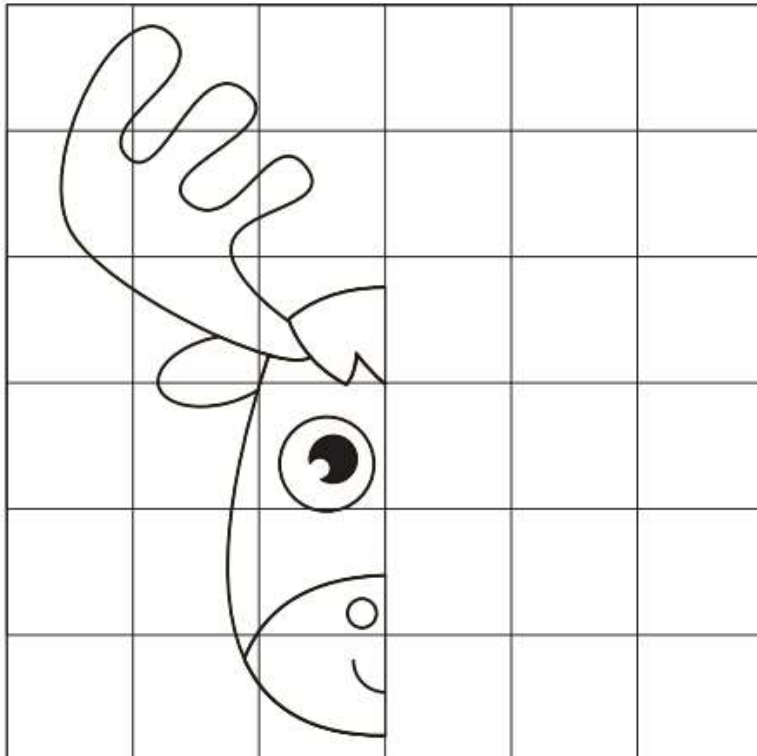
PISCES (Feb. 20-Mar. 20)

Travel opportunities should be your first choice. Your self esteem will come back if you take part in organizational functions that allow you to be in the lime light. Too much talk will lead to disputes. You will be inclined to make unwise investment choices.

Your lucky day this week will be Tuesday.

MIRROR IMAGE

Draw the mirror image of the picture!



BCUC approves ICBC rate hike on interim basis

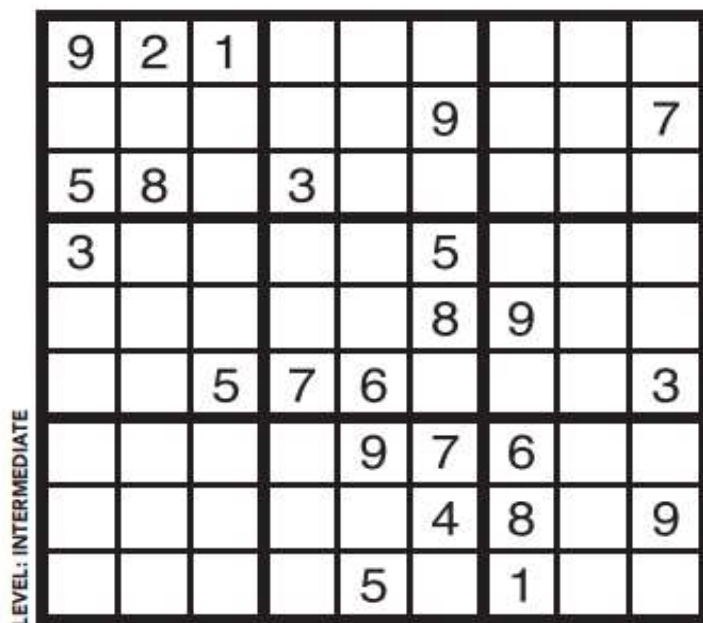


The British Columbia Utilities Commission has approved ICBC's proposed rate increase of 6.3% on an interim basis.

The increase will apply to basic insurance rates for all new and renewal policies effective April 1st, 2019. Once the regulatory process is complete, a final decision on the rate increase will be made.

In a release on their website, ICBC states that the increase is necessary due to a record number of crashes, and increases in the amount of claims and costs.

-story courtesy of PeaceFM



HOW TO PLAY:

Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: you must not repeat the numbers 1 through 9 in the same line, column or 3x3 box.

ANSWER

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

KPA Oilfield Services Ltd

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Services including but not limited to

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- Gravel Trucks
- Gravel Sales
- Vac and Tank Truck Services

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Box 1295, Chetwynd BC V0C 1J0

Please email resumes to
hr@kpafieldservices.ca



PAT'S SAW & WINCH



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~ Small Engine Repairs

2831 Jackfish Lk Rd
Chetwynd, BC

250-401-1859

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items available.

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Seven tips for effectively managing your medications

Medications need to be taken correctly in order to work properly and not jeopardize your health and safety. When you have multiple prescriptions, this can become difficult. Here are seven things you can do to simplify managing your medications.

you've forgotten a dose, don't double it: speak to your pharmacist.

1. To reduce the chances of missing a dose, synchronize taking medication with a daily activity such as brushing your teeth or eating breakfast.

6. Properly store your medications: keep them in their original container, far from heat sources or moisture and out of reach of children.

2. Take advantage of services and products offered by your pharmacy. This may include the following:

7. Regularly check the expiry dates on your medication. Return expired medication to your pharmacy.

- Daily call reminders for taking medication
- Online or preauthorized prescription renewal
- Delivery of medication to your home
- Synchronization of renewal dates for your various medication
- Large-print labels
- Easy-to-open packages
- Pillboxes

For further advice on how to safely and effectively manage your medications, talk to your pharmacist.

When seeing a health professional, always bring with you an updated list of the medications you're taking.

3. Consult your pharmacist before buying over-the-counter medication (including natural health products) in order to prevent reactions with other medication you're taking.

4. Gain a thorough knowledge of your medication by asking your pharmacist about it.

5. When taking medication, respect the prescribed dosage and treatment period. If



What food banks actually need

Good things can happen when you have the food you need to thrive. Jason and Jonah would be the first to tell you this. When an injury forced Jason off work several years ago, he struggled. As a single dad trying to feed his young son Jonah, Jason soon found himself at the doors of a local food bank—a critical resource where he received the food support they needed to help get through a rough patch.

Today, Jason and Jonah run a small print shop, and donate a portion of their profits to their local food bank. “Knowing that the work that I put in can help other kids and other families going through what we went through means a lot to me,” says Jonah.

Many of us include donating to our local food bank on our holiday to-do list. But you want to make sure you give items that are useful and in demand, so that they don’t go to waste. Here are some tips and ideas to consider.

1. Think about the nutritional value. People want healthy, nutritious food for themselves and their families. Thinking about donating cereal? Pick a low-sugar option. Pasta? Think whole grains. Soup? Find something with low sodium. Food is fuel and everyone deserves good fuel.
2. Helping new parents. Infant formula and baby food are always needed and go a long way to relieving the worry of parents struggling with food insecurity.
3. Protein, protein, protein! Protein is a staple for good health, but it can be expensive and hard to keep on the shelves at a food bank. That’s why it’s always on the list of most-needed food items. Think canned meat and fish, canned and dried legumes, ancient grains like quinoa, and peanut butter.
4. Think about your own family. It’s a simple concept, but an important one. Donate items that you’d be happy to feed yourself or your family. Think about what you like to eat when you sit down together at the table.

Keep these tips in mind when donating to your local food bank. Food items and financial contributions collected will go to local food banks and meal programs right in your community.

The facts on gingivitis

Gingivitis is one of the most common oral diseases. Here’s what you need to know to prevent, detect and treat it.

WHAT IS GINGIVITIS?

Gingivitis is a common and mild form of periodontal disease that exhibits the following symptoms:

- Redness, swelling and irritation in the gums
- Tender gums
- Receding gums
- Bleeding gums when brushing or flushing
- Bad breath

WHAT CAUSES IT?

Poor oral hygiene leading to plaque formation is the main cause of gingivitis. Plaque is a transparent, sticky film that forms on the teeth and is composed of bacteria. It’s the

product of starches and sugars interacting with the bacteria naturally found in the mouth. If plaque remains on teeth, it hardens and turns to tartar. Both plaque and tartar irritate the gums, leading to gingivitis.

HOW IS IT PREVENTED?

Prevention involves good oral hygiene. Brush twice a day, floss daily and get your teeth professionally cleaned every six to 12 months. Healthy eating plays an important role too.

HOW IS IT TREATED?

As soon as tartar begins to form on the teeth, professional dental cleaning is required, as tartar can’t be removed with brushing alone. To prevent its reappearance, one needs to change oral cleaning, and perhaps dietary, habits. More advanced cases might require antibiotic medications or even surgery.

WHAT ARE THE COMPLICATIONS?

If left untreated, gingivitis can cause serious complications such as swollen lymph nodes and tooth loss. Prevent this disease: practise good oral hygiene and have your teeth professionally cleaned on a regular basis.

