Tuesday November 12, 2019

Chetwynd Weather 3 day forecast









Phone: 250-788-3422 Fax: 250-788-3405

Office Supplies Office Furniture Photocopying Faxing Service Laminating Custom Printing Work Wear Safety Supplies

Cell Phones & Accessories Gaming Accessories

Computer Sales & Service



PROMOTIONAL PRODUCTS







You ARE at Higher Risk of Developing Cancer from Processed Foods

It is pretty alarming to find out that the chances of developing or dying from cancer, based on 2015 estimates are-1 in 2 Canadians (45% of men and 43% of women) is expected to develop cancer during their lifetime. 1 out of 4 Canadians (26% of men and 23% of women) is expected to die from cancer. There is a wide array of research studies that show lifestyle factors, including diet, are among the most modifiable and important risk factors for

A 2019 study published in the British Medical Journal (BMJ) suggested a possible link between "ultra-processed" foods and cancer.

The study defined ultra-processed foods as those lacking vitamins and fibre, which also contain high levels of sugar, fat and salt. They often represent as much as half of the daily energy intake in several developed countries. These types of food are often linked to obesity as well.

The list includes:

packaged bakery products

snacks

sugary cereals

fizzy drinks

deli meats and reconstituted meat products

The BMJ study showed that a 10 percent increase in the proportion of ultra-processed foods in the diet was associated with a 12 percent risk of overall cancer and an 11 percent risk of breast cancer. These findings add to the strong body of evidence linking poor diet with overweight/obesity and cancer risk.

We can all start eating healthier by setting specific nutrition goals:

Eat more whole and minimally processed foods like seeds, legumes, grains, fruits, and vegetables.

Work toward eating a plant-based diet. A good start toward eating a plant-based diet would be to fill two thirds of your plate with colourful fruits, vegetables and whole grains. Fill the remaining third of your plate with fish, poultry, lean meats, low-fat dairy products, or plant-based proteins and legumes (e.g. black beans, chick peas, lentils, tofu, hummus), nuts, seeds.

Go meatless when you can. Otherwise, limit cooked red meat to no more than three portions per week, with each portion measuring between four and six ounces.

Try to avoid processed meats such as cold cuts/sandwich meats, bacon, hot dogs and chorizo, ham, pastrami, pepperoni, and salami.

Limit "energy dense foods." These are foods that are high in added sugar and fat, and include French fries, potato and other chips, pastries, donuts, candy, and sugar-sweetened beverages. Enjoy fresh fruit and fruit infused water instead as a snack.

Choose whole grain breads, pasta, and cereals such as oats, barley, and brown rice. Use these in place of foods made from refined flour like white bread, pasta, low fibre breakfast cereals, and white rice.

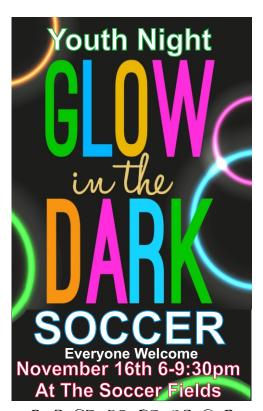
Try to aim for a healthy weight. Avoid inactivity. With the approval of your physician aim for a minimum of 30 minutes of exercise five days per week.

You too can start a healthy eating journey with help from Linda Franklin's Free seminar Called "Health and Comfort from your Kitchen". The presentations will take place on Sunday afternoons at the Chetwynd Public Library on November 17 and again on December 15.



advertising@coffeetalkexpress.com • classifieds@coffeetalkexpress.com SERVING CHETWYND AND AREA- CHECK OUT OUR WEBSITE COFFEETALKEXPRESS.COM

PH: 250.788.3422 FAX: 250.788.3405



Little Acre Boarding Kennels

- Individual heated pens with runs
 - Personal time with each pet
 - Close to town

250-788-7866 michelehitchcock@ymail.com 753535353535



We are looking for **Early Childhood Educators!**

We are offering a \$1000.00 recruitment bonus after 6 months on top of our amazing benefits, including paid sick days, training opportunities and starting 6% vacation pay (which is equivalent to 3 weeks)!

To apply, please visit

nbc.ymca.ca

Classifieds are for personal use only and are published on a first-come, first served basis To submit your personal classified ad email: classifieds@coffeetalkexpress.com

VEHICLES/PARTS/FARM EQUIP./HEAVY EQUIP

2007 Chev Stock front bumper. Came 2011 Dodge Ram 1500 V8 4x4 four off Chev 1 ton truck. Lights, wiring and door model with spray in box liner, brackets included. Asking \$495.00 tow pkge, A/C, CD Player, Auto trans, OBO. Call 250-788-3925

10 large hydraulic rams, various sizes. 6' x 18', 5' x 24', 4' x 60' 3' x 48' etc. Offers. Call Vic @250-783-5535

1997 F-250 3/4 ton Ford PARTS ONLY. Motor, tranny, 4x4 in good shape. \$500 obo call 250-788-2805

2017 Dodge Ram 1500 crew cab short box 67,000 kms \$22,900. 2017 John Deere tractor cost \$42,000 new now only \$29,000 obo only has 48 hrs on it. call 250-788-3868

FREE for hauling away- well used NH 847 chain baler, NH 9' hay bine, MF SQR baler, Balarus 520 Tractor. call 250-788-2514 between 7-9pm

1986 544 John Deere Loader, comes with angle snowblade and bucket. asking \$27,000 call 250-788-9268

1997 Ford Arrowstar van that runs well. call 250-788-2632 For sale, Taking offers. Must sell. 250-556-4188

4-215/60/r16 m+s tires on Toyota rims. Can sell separately if needed. \$250 for all. 250-401-1454

'06 GMC Duramax diesel, white, automatic, 4x4, new tires, new brakes, flat deck 374,000km good shape PRICE DROP \$8000 now \$5000 call 250-801-8308 or 250-317-3567

'08 Volkswagon Passat- Motor Blown, Free. asking \$500 for tires and rims. Call

4 Bridgestone Blizzak tires 245/60 r-18 very low mileage 250-788-2511

16' Car hauler in good condition call 250-788-3342

seats 6 142,000km, \$14,000 OBO 250.401.3490 for more info

2002 Ford F-350 4x4 7.3L manual 6 speed, 186,000. Canopy, well maintained, good tires \$15,000. call 250 788 2944 or 250 788 9421

1995 Ford Explorer, 300 000km, driveable, located in Chetwynd, \$250. Call or text 506-323-8405

1999 F-350 7.31 6 speed- new battery, runs good, comes with wood rack. call 250-788-2908

Ride on lawn mower 13 HP 38 inch shift on the go in excellent condition, well cared for, in good working order. Everything works stored in garage. 4 Good Year wrangler tires P265x70R-17 inch Radial tires, steel corded 5ply tread, lots of rubber.

1994 Chevy Blazer for parts, 2004 Mazda 6 4 door, 1997 F-150 supercab longbox v6 5 speed standard. 4 225/50r/17 winter tires new low profile and 4 265/75516 Goodyear wranglers on chrome mags for 3/4 ton Chevy. 250-401-7215

2007 Mazda 3 hatchback, black 2.31, 268,000km asking \$1,200 call 250-788-2628 or 250-874-1959

2011 Toyota Rav 4. 207,505km, reliable vehicle in good running order, comes with set of winter tires. \$9500 obo 250-788-2360

Snow tires 185/60/r15, fairly new \$300 call 250-782-3996

M/S 225/75/r16 Cooper tires on rims \$200 obo 40% tread 250-401-1210

FOR RENT

House for rent in Tumbler Ridge, \$1000 a month plus utilities, no pets, no smokers call 250-242-1943

3 bdrm furnished Crew house in Lone Prairie. All ammenities included call 250-788-3123

Room for rent near A&W. TV internet, microwave, sml fridge, hot plate, \$525 a month and 50% damage deposit call 250-788-2482

2 rooms for rent, everything included except food. \$750 a month each room. Call Tammy at 778-874-1643

2 bedroom mobile for rent in Pinewood Mobile Home Parkwasher/dryer/fridge, furnished non furnished. Available nov 1. And another 2 bedroom mobile for rent in Pinewood washer/dryer/fridge, furnished non furnished no smoking/no pets . Available nov 1. Call 250-788-5202

Room for rent, Furnished, WIFI, private bathroom, entrance. No kitchen, 250-788-3577

Home on acreage 4 bedroom, 2 bath, 2 living rooms, 2 kitchens \$2500 per month, must have good credit and references call 250-401-7091

For rent- a 2bdrm basement with power, water and snow plowing across from Moberly Golf Course \$900 call 250-788-6339



Monday to Thursday 9am to 4pm closed Fridays

5208 N Access Rd, Chetwynd, BC 250.788.3638

24 hour 250-788-2938 24 hour answering service Cell: 250-788-5070 Specializing in Oilfield Fresh Water Delivery Services

CHETWYND FRESH WATER (2011)

Septic & Oilfield Services Cell: 250-788-5070



Classifieds are for personal use only and are published on a first-come, first served basis. To submit your personal classified ad Email: classifieds@coffeetalkexpress.com

MISCELLANEOUS

Propane heater 50,000 btu, brand new \$800 call 250 788-6625

2- 600ltr tidy tanks with pumps, red - \$200 each. call 250-878-2817

Tow rope for sale \$800 call Fred 250-261-3133

Brome and clover round bales.

11 - 3 x 4 feet cement blocks \$ 300.00 each very good condition. please call or text 250-401-1147

18 swivel lounge chairs - black leather upper back - \$ 10.00 each call or text 250-401-1147

2 work lights \$75ea, 3-doors \$20ea, 100ft 4" drain tile \$100, DVD player amp and sub woofer-Kenwood \$200, Motion Light \$20 250-788-5582

Hay baler \$500 obo 250-788-3288

Treadmill free spirit- hardly used has workout programs thread truck rise up for harder workout, folds up for moving \$150 obo. Antique rocker needs recovering beautiful carve \$50 obo. Massage chair- back up and lower legs feature with remote, hardly used \$150 obo call after 4 pm 250-788-2795

Large round bale for sale 250-219-2002

Large metal water trough \$200, round bale feeder \$200, 4 large chicken feeders \$50 each 250-788-2805

LG G4 cell phone \$80.00 250-719-7158

Husqvarna 343 R Heavy duty trimmer like new condition \$500 (2 blades, wire-string cassette, harness, manual) Linda 788-2944.

Single bed complete with bedstead, mattress and box spring \$100 OBO. 788-2944

First aid supplies and units for sale. call 250-788-3868

Diesel furnace, forced air 600 ltr tank + thermostat asking \$450 call 250-878-1647 or 250-878-2817

Tilting wheelchair with accessories text 250-556-9839 or call 250-788-3258

Boys 16-inch Dunlop bike. \$25. Brand new condition. Call 250-788-2229

Many full boxes of white vinyl siding for sale-brand new still in box. Call Shelly to view 250-788-6565

Water proof shoes- timberland antifatigue \$75- was \$125. Large goat hide tanned with blue felt backing \$200. call 250-788-2482

Square hay bales \$5.50 each. Call 250-788-2944 or 250-788-9421

303 British rifle for sale, new clip, nearly full box of shells, great condition, asking \$450 obo call 250-261-0804

15 cu. GE fridge-Good condition \$200 Please Call 250-788-5655

Firewood- 200\$ a cord, \$150 for long box pickup load call 250- 874-0644

Winchester model 70 rifle. 30:06 with Bushnell scope. includes 7 boxes of ammo. You must have a valid permit to show before purchase 250-788-1860

Brand new boxspring, mattress and bedframe for double \$400 call 250-242-5888

Hay for sale, 1100lb. no rain, alfalfa mix hay. \$50.00 per bale. Cow feed/bedding \$15.00 per bale. can deliver. 250-788-9229

4 EASY WAYS TO MINIMIZE GIFT-GIVING STRESS

Being tasked with finding a great gift for a friend, family member or office Secret Santa can prove challenging. Sure, there's the worry of the gift selection itself – even the best gifters can find themselves stumped when attempting to buy for the person who has everything, or for someone they barely know. Factor in the stress of gift wrapping, timely delivery if you're ordering online and trying to score a just-right item that also suits your budget, and you've got a perfect holiday-anxiety storm.

Fortunately, alleviating the aforementioned stress is very possible. Here are four ways to help:

Whittle your list. Even if it feels like your people-to-shopfor list is set in stone, know this: it's okay to reassess each year. Buying for kids instead of adults in a family-andfriends dynamic is a great way to minimize spending and incorporating an ornament exchange with hard-to-buy-for types will keep the spirit of giving alive without sacrificing your sanity in the process.

Be a purposeful shopper. A great way to avoid buying items your recipients don't want or need? Make a list. Whether you prefer to shop in-store or online, being prepared before you buy will help.

Minimize unnecessary purchases. And making a list early will also help you determine if you're planning on buying too many gifts, period.

Get emotional. A study published by the Journal of Consumer Psychology found that many participants chose to give a personal but predictable present, assuming the recipient would prefer it. Interestingly, the study found gift recipients valued emotional gifts that tugged at their heartstrings instead. The takeaway: choosing a gift that's meaningful and gives back is never wrong.

Shop early and shop smart. Sometimes it's not possible to finish your holiday shopping by September. So, whenever possible, make a plan to set aside a few hours on a weekend or after work to chip away at your list online or in person to avoid the chaotic last-minute rush. And for those



who prefer to shop online but are concerned about delivery dates? Shopping early (and with reputable retailers) is even more important.



CHETWYND PUBLIC LIBRARY

more than books



5012 46th Street 250-788-2559

www.chetwyndpubliclibrary.ca

M - F 9am to 8pm Weekends 12-4pm

Classifieds are for personal use only and are published on a first-come, first served basis. To submit your personal classified ad Email: classifieds@coffeetalkexpress.com

PROPERTY

2800sq/ft Fully Renovated house, 5 bed, 3 bath, 20X30 garage. Asking \$425,000, make an offer. To View call 250-788-6962 or 250-788-3841

Three bedroom modular home on two serviced lots in Tumbler Ridge nice place good location price \$99000 call or text for more info @250 401 1127

Home and acreage on Sukunka River, 3 bed 2 bath 1520sq ft. on 63 acres. 5 outbuildings including huge shop. 1/2 mile of river front. call 250-401-3298

4.8 acre treed lot 2km west of Chetwynd on Kurjatard. front and back access, natural gas and power at edge of property,50' untested well \$89,000 call or text 780-830-6320, 780-538-

For sale 3 bedroom house on 5 acres, with shop, located on Guillet rd. For more info contact 250-719-7376Please leave a msg \$200,000

3 bdrm/ 2 bath 2010 16x80 mobile on .08 acres in Progress. Completely fenced, 2400 gallon water tank \$204,

call 250 843 7086 for more info.

PETS/LIVESTOCK

Looking for an outside only mouser cat call 250-788-3133

1 yr old female dog, large coyote chaser asking \$400 call 250-788-2805

yr old wether alpine/nubian goat. 250-788-5848 friendly pet, good with kids. Downsizing-in Chetwynd. Call/text 250 549 0267 must go to good home \$150 OBO.

2 yearling ewes \$200 each. Perfect for meat right now. Will butcher if needed call 250-317-3567

LOST & FOUND

city Chrysler fob on it and other keys, call 250-788-9931 or 250-261-3588

Iphone found in front of Fields come to call 250-401-8646 the Pencil Box to claim.

Lost: Ipod touch (pink) - case is white

with flower in back call 780-213-0056

Lost: Sony phonoime the case return to

Lost: GMC keys with house keys on white & blue keychain, return to Pencil

REC VEHICLES

Sunseeker motorhome white -2012, slightly used, gas engine, net weight 5,280 lbs asking \$50,000 obo call 250-788-2428

'79 holiday trailer 18 ft. \$1500 obo sleeps 4, everything works call 250-788-8804

FREE Older camper, hunter special, you pick it up call 250-788-5871

24' Jayco trailer 2006 \$7000 obo. call 250-463-3556

1990 Kustom Koach motorhome 28' f350 chassis 460 motor

2005 Honda Foreman, with winch \$4000. 788-9421 call 250-788-2232 or

Reward for lost RAM keys with Fort Wanted: clean land fill 250-788-6256 250-788-2880

Wanted: Lots of clean fill.

Wanted: Bookkeeper for small business- Must be in Chetwynd and know how to process Work Safe BC and GST returns contact 780-933-7710

Looking for a 2 bdrm apartment will be looking for long term, must allow pets. Responsible couple in our 30's. call 226-268-4960

Wanted: lady to do light housework in exchange for room and board, and a little pay. preferred to have drivers license. phone 250-788-2482. Call between 4-5pm

Looking for contractor/painter to ioin our reno team. Please call 250-401-8900

Looking for a housekeeper to help out with duties including food prep, approx 5 hrs 1-2 times a week. \$40/hr. must be reliable and trustworthy, call to apply 250-826-9461

Wanted: a fuel tank for a Tundra skidoo call 250-788-8153

Wanted: 24" split firewood 250-788-

Looking for cozy room to rent in Chetwynd \$600 a month. Quiet, clean, non smoker working at Willow Creek mine. Open to shared bathroom/kitchen. Need by December call or text 604-362-1126

Looking for someone to watch my 9 year old daughter for 2 weeks out of every month while I'm at work from 2:45-7pm call 250-556-4184

Looking for class 1 driver. local coal haul job. Ful time please email drivers abstract and resume to herbr1953@gmail.com

Services - Gravel Trucks

- Potable Water

- Gravel Sales

- Vac and Tank Truck Services

For Pricing & Scheduling Call 250-788-6933

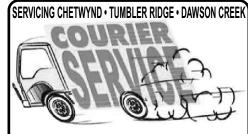
Box 1295, Chetwynd BC V0C 1.

Please email resumes to hr@kpaoilfieldservices.ca



Services Ltd

4325 HWY 29 North Chetwynd, BC



Licensed and Insured **OAKENPRIDE VENTURES LTD** 250-788-5351

OFFICE SPACE FOR RENT - HIWAY FRONTAGE AVAILABLE APRIL 1, 2019 CONTACT BEELYNE EXECUTIVE SERVICES LTD 250 788 3638



Thursdays 5-9pm - Fri/Sat 5-10PM Open Wednesday's Again

Thursdays 5:30 - 8:00pm Everyone Welcome

Karaoke gpm- 1am no cover no minors

🎇 Christmas Family Fun Day 💥

FREE Dec 1st from 12-3pm

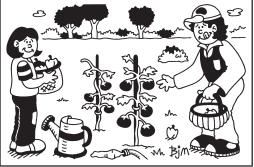
vember 23_m

BOARD ROOM & HALL RENTALS CALL Karen: 250-788-5582 or

Vickie: 250-788-6449

ComParrot Can you spot 12 differences between these pictures?





Solution: 1. Tomato on vine is missing. 2. Leaf on vine is missing. 3. Crest on cap is colored in. 4. Inside of man's sleeve is colored in. 5. Pepper on ground has moved. 6. Pepper in basket has moved. 7. Stripe on girl's sleeve is different. 8. Top of watering can is different. 9. Vine stake is shorter. 10. Top of vine is different. 11. Cloud is upside down. 12. Puddle by hose is larger.



The facts about seasonal affective disorder



Seasonal affective disorder (SAD), also known as seasonal depression, is a misunderstood and serious condition that's often trivialized. Here's what you should know

SAD ISN'T THE "WINTER BLUES"

SAD is a form of clinical depression that affects around three per cent of the Canadian population. The illness is precipitated by changes in season and marks those who live far from the equator. The like-lihood of developing SAD increases for anyone who has a family history of it. Symptoms typically include the following:

- · Persistent feelings of sadness
- · Loss of interest in hobbies and activities
- Sleeping problems
- · Trouble concentrating
- Feelings of guilt, hopelessness or worthlessness
 Intrusive thoughts about death or suicide

Depending on the cause and time of year, the symp-

WINTER-ONSET SAD

Around 90 per cent of SAD sufferers have the win-ter-onset version. While the precise cause isn't clear, factors such as reduced levels of sunlight can disrupt one's internal clock and decrease serotonin levels, both of which can lead to feelings of depression. People who experience SAD during the winter are likely to experience these characteristic symptoms:

- Increased appetite especially for foods high in carbohydrates
- Weight gain Oversleeping
- Lethargy and fatigue

SUMMER-ONSET SAD

Since seasonal changes alter melatonin levels, some people experience SAD in the summer. Only about 10 per cent of those afflicted with seasonal depression. have this particular type. Symptoms may include:

- Insomnia
- Poor appetite
- · Anxiety and feeling agitated



Seasonal or otherwise, untreated depression can lead to complications such as social withdrawal, substance abuse, problems at work or school and suicidal thoughts or behaviour.

If you or someone you care about is affected by SAD, consult a doctor. Treatment often includes medication, psychotherapy and light therapy, which can reverse the metabolic changes caused by a lack of sunlight. Proper treatment helps prevent complications and makes symptoms easier to manage.

Symptoms of major depression and bipolar disorder may also become worse seasonally, particularly in the winter. Sufferers should take care to guard their health and well-being during the darkest months of the year.



4 ways to help snow removers get the job done right

Thanks in part to the size of their tractors, snow removal service employees need your help to ensure that they're able to do their job. Here are four things you can do to make certain you get the service you deserve.

1. KEEP YOUR DRIVEWAY CLEAR

Make sure your driveway is free of clutter. Shovels, sleds, hockey equipment and other winter accessories can prevent snow removers from clearing your driveway and may even damage their equipment.

2. BE CAREFUL WHERE YOU LEAVE YOUR BINS

Trash, recycling and compost bins should be removed from your driveway as soon as they've been emptied. Avoid leaving them in areas where snowbanks are likely

to form. If you can't keep them out of the way entirely, try to position them so they won't be an encumbrance.

3. MOVE YOUR VEHICLE

If possible, park your vehicle at least two-and-a-half metres away from your driveway so the plow can remove snow from it without having to manoeuvre around your car.

4. REMOVE ICE

If your driveway is icy, you should use ice melting products or abrasives. Doing so will reduce the risk that you or someone else will slip and fall. It'll also prevent the snowplow from sliding on the ice and potentially losing control. This is especially important if your driveway is sloped.



Snow removal service employees do their best to ensure your driveway is kept free of snow. This winter, help them help you by doing your part.



Is looking to hire a
Journeyman automotive
technician or
apprentice automotive
technician.

Please bring resume to Johnson industrial 4536 45th ave.







Health/Dental/Pension provided

Fax: 250-788-2848
Email: admin@youngsmills.com

Stone Creek Ventures Ltd.

WANTED IMMEDIATELY

EXPERIENCED LOGGING TRUCK DRIVER

BENEFIT PACKAGE

Please send resume with driver's abstract to stonecreekventures@hotmail.com.

Call Troy at (250) 788-5062

or Travis at (250) 788-6388



part and full-time flexible hours experience preferred but willing to train Bring resume to 5413 South Access Road Chetwynd, BC Call 250-788-3388



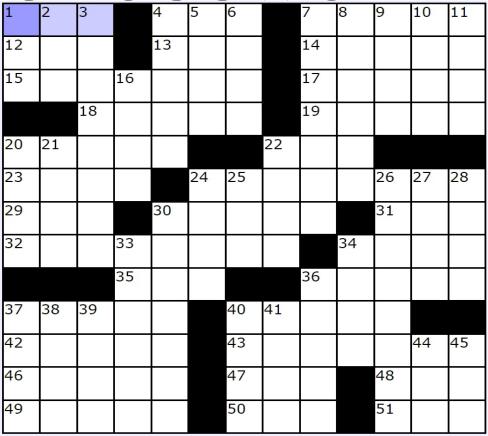
AUTOMOTIVE MECHANIC

Please send resumes to resume@hiskyenterprises.com











- 1. Superlative ending
- 4. Hush!
- 7. Lagoon's boundary
- 12. Recent (prefix)
- 13. Gardener's tool
- 14. Car accessory
- 15. Soup cracker
- 17. Small particles
- 18. Made mistakes
- 19. Flat cap
- 20. Gem weight
- 22. Evergreen tree
- 23. Give approval to
- 24. Florida city
- 29. Wine (Fr.)
- 30. Warning signal

- 31. Slender pole
- 32. Gave a right to
- 34. Mexican water
- 35. Informant
- 36. Frighten
- 37. Boundary
- 40. Buffalo
- 42. Ascend
- 43. Impart gradually 9. Stench
- 46. Traveler's stop
- 47. Flying hero
- 48. Understand
- 49. Fidgety
- 50. Perched
- 51. Little kid

DOWN

- 1. Printing measures
- 2. Adriatic, e.g.
- 3. Open-minded
- Sleeved garment
- 5. Sharpen
- Listen to
- 7. Horse breed
- 8. Spuds
- 10. Green citrus fruit
- 11. Missina
- 16. Serving aid
- 20. Inlet
- 21. Similar
- 22. Dancer
- 24. River sediment

- 25. Right you
- 26. Church instrumentalist
- 27. Travel
- 28. Eve's partner
- 30. Majestic
- 33. Showy flowers
- 34. Loads (2 wds.)
- 36. Item of value
- 37. Tibetan monk
- 38. Golf club
- 39. Catcher's glove
- 40. Prejudice
- 41. Machu Picchu resident
- Astaire 44. Zodiac sign
 - 45. Allow

Congrats to all of our bingo winners! The next Bingo Card color is

Orange!

PEACE FM 94.5 CHETWYND 104.1 DAWSON CREEK

> Bingo Prizes: 1 Line: \$400 2 Lines: \$800

Picture Frame: \$1,600 Blackout: \$4,000





We have child care spaces available!

Our caring and experienced staff will laugh and play with your children as we become your child's home away from home, helping them reach their potential. Join us today!

For more information, please visit

nbc.ymca.ca



IRERUS PLA

RENT INCLUDES:

Little Prairie Haven - Independent Living

-Hydro and heating -Lunch and dinner -Weekly housekeeping -Weekly flat linen laundry

-Social and recreational activities -24 hour Lifeline emergency response

Check out our new website @ chetwyndseniorshousing.ca



For Vacancies Call 250-788-3736

PRIORITY W HEALTH

How to prevent food poisoning

According to the Public Health Agency of Canada, one in eight people are affected by foodborne illnesses every year. Most are caused by E. coli, listeria, norovirus and salmonella. These infections can often be prevented. Here's how.

PREPARE AND STORE FOOD PROPERLY

Health Canada recommends that you rinse fruits and vegetables under cold running water. This includes those you peel before eating. It's also recommended that you keep lettuce and leafy vegetables in the refrigerator for no more than seven days.

When handling meat, make sure to take steps to prevent cross-contamination. Never use the same cutting board for both raw meat and vegetables, and always wash your hands afterwards. Additionally, it's best to adhere to the Health Canada recommended cooking temperatures and storage guidelines.

OPT FOR LOCAL PRODUCE

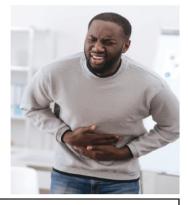
If your produce is contaminated by bacteria like E. coli, rinsing it under tap water won't get rid of it. However, one way to reduce the risk of food poisoning is to privilege local products, as Canada has some of the strictest food safety rules on the planet.

SYMPTOMS OF FOOD POISONING

Food poisoning symptoms resemble those of gastroenteritis. They'll typically include abdominal cramps, vomiting, nausea, diarrhea, fever and headaches. Rest, proper hydration and a progressive return to a healthy diet is often enough to get you through a case of food poisoning. However, if your symptoms are severe, persist for several days or you notice the presence of blood in your stool or vomit, seek medical attention immediately.

KEEP AN EYE OUT FOR PRODUCT RECALLS

The best way to protect yourself and your family from foodborne illness is to stay informed about product recalls. Food poisoning can be serious, and that's why the Canadian Food Inspection Agency maintains an active social media presence by informing consumers about recalls through Facebook and Twitter. In addition, you can download the Recalls and Safety Alerts mobile app for free from the App Store, Google Play or the Amazon Appstore.



Medical marijuana: what you should know about CBD oil

Cannabidiol (CBD), a molecule extracted from cannabis, is making waves in the medical community. Unlike tetrahydrocannabinol (THC), CBD is a non-psychoactive substance. Its therapeutic virtues, however, have caught the interest of researchers. Here's what you should know about CBD, which is available in oil, gel cap and capsule form.

POSSIBLE USES

CBD oil can be used to help with a number of health conditions. Doctors may prescribe it for the following:

- Anxiety
- Insomnia
- Arthritis
- MigrainesNausea
- · Chronic pain
- Nausca
- EpilepsyInflammation
- Parkinson's disease

Several high-level athletes, including cyclists and runners, feel that CBD allows them to perform better. This is because it helps them to manage the pain associated with their strenuous workouts.



SIDE EFFECTS

A number of people have reported digestive issues, dry mouth, drowsiness, fluctuations in blood pressure and other effects from consuming CBD. While everyone reacts differently, these side effects are often mild and temporary.

If you'd like to try CBD oil to improve your quality of life, consult a health care professional. They'll make sure that the product you use is right for you and compatible with any medication you're taking.

To learn more about the effects of cannabis on your overall health, visit canada.ca/en/services/health/campaigns/cannabis.



You're invited to the YMCA Chetwynd Care and Learning Centre Grand Opening!

November 14th Begins at 3:00 pm 4916 52nd Street

The YMCA of Northern BC is proud to announce the grand opening of our newest child care facility in Chetwynd, BC! Join us in the official ribbon cutting and key handover from the Little Lights Parent Advisory; marking a turn over of command and impact of the in Northern BC's Peace Region. There will be an open house of the newly established YMCA Chetwynd Child Care and Learning Centre following the ceremony.

Join us and learn what makes YMCA child care different! nbc.ymca.ca