

Coffee Talk Express



Tuesday November 12, 2019

Chetwynd Weather

3 day forecast



Tue 11/12	Wed 11/13	Thu 11/14
Snow-rain showers	A mix of sun and clouds	Scattered flurries
		
5°	2°	4°

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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 cancer.

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.

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2007 Chev Stock front bumper. Came off Chev 1 ton truck. Lights, wiring and brackets included. Asking \$495.00 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. 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 250-601-0033

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

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

2011 Dodge Ram 1500 V8 4x4 four door model with spray in box liner, tow pkg, A/C, CD Player, Auto trans, 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 7.3l 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. call 250-788-2632

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 2.3l, 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 Park- washer/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

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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

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MISCELLANEOUS

Propane heater 50,000 btu, brand new \$800
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2- 600ltr tidy tanks with pumps, red - \$200
each. call 250-878-2817

Tow rope for sale \$800 call Fred
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Brome and clover round bales.
call 250-784-4220

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
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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
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First aid supplies and units for sale.
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Diesel furnace, forced air 600 ltr tank +
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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 anti-
fatigue \$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
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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.
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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-shop-for list is set in stone, know this: it's okay to reassess each year. Buying for kids instead of adults in a family-and-friends 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.



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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

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4.8 acre treed lot 2km west of Chetwynd on Kurjata rd. front and back access, natural gas and power at edge of property, 50' untested well \$89,000 call or text 780-830-6320, 780-538-9685

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3 bdrm/ 2 bath 2010 16x80 mobile on .08 acres in Progress. Completely fenced, 2400 gallon water tank \$204,900 call 250 843 7086 for more info.

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

LOST & FOUND

Reward for lost RAM keys with Fort city Chrysler fob on it and other keys, call 250-788-9931 or 250-261-3588

Iphone found in front of Fields come to the Pencil Box to claim.

Lost: Ipad touch (pink) - case is white with flower in back call 780-213-0056

Lost: Sony phone - case white return to Pencil Box please come to the Pencil Box

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

WANTED

Wanted: clean land fill 250-788-6256 250-788-2880

Wanted: Lots of clean fill. call 250-401-8646

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 join 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 250-788-9740

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

REC VEHICLES

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

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

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Karaoke

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no cover no minors

Christmas Family Fun Day

FREE Dec 1st from 12-3pm

★STEAK NIGHT★
November 23rd

BOARD ROOM & HALL RENTALS

CALL Karen: 250-788-5582 or
Vickie: 250-788-6449

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Tomato on vine is shorter. 2. Leaf on vine is missing. 3. Crest on cap is colored in. 4. Inside of man's sleeve is colored in. 5. Pepper in basket has moved. 6. Pepper in basket is different. 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.

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Coffee Talk Express

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We Now Carry A5 High Impact Cut Resistant Gloves!



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Spotlight on SAD



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 about it.

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 likelihood 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 symptoms will differ.

WINTER-ONSET SAD

Around 90 per cent of SAD sufferers have the winter-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

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.

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
- Weight loss
- Anxiety and feeling agitated



TREATMENT

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.

Snow? Bring it on!

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
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apprentice automotive
technician.**

Please bring resume to Johnson industrial
4536 45th ave.

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experience preferred but willing to train*
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Tim Hortons

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must be available for
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Benefits (for full time employees)

Starting ASAP

3-5 years experience

High School graduation certificate

Please contact for job description

How to Apply:

In Person to Chetwynd location

By email: chetwyndtimhortons@gmail.com

By phone: 250-788-8857

0957016 BC Ltd. o/a Tim Hortons

Tim Hortons

Is currently looking for **8 Food Service Supervisors**
4809 51st Avenue, Chetwynd, BC V0C 1J0

Permanent, Full-Time, Part-Time
must be available for
Weekend, Morning, Day, Night & Evening

\$14.25/hour

Benefits (for full time employees)

Starting ASAP

No experience required

No degree, certificate or diploma necessary

Please contact for job description

How to Apply:

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By phone: 250-788-8857



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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
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
4. Sleeved garment
5. Sharpen
6. Listen to
7. Horse breed
8. Spuds
9. Stench
10. Green citrus fruit
11. Missing
16. Serving aid
20. Inlet
21. Similar
22. Dancer ____ Astaire
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
44. Zodiac sign
45. Allow



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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
- Arthritis
- Chronic pain
- Epilepsy
- Inflammation
- Insomnia
- Migraines
- Nausea
- Parkinson's disease

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.

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.

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