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Tuesday May 4, 2021



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**Chetwynd 3 Day Forecast**

Tue 05/04	Wed 05/05	Thu 05/06
Mainly sunny	A mix of sun and clouds	Cloudy with sunny breaks
14°	17°	17°

## ENFORCEMENT MEASURES BUILD ON SUCCESS OF NON-ESSENTIAL TRAVEL RESTRICTIONS

To help keep communities safe and protect British Columbia's health-care system from COVID-19, the Province has authorized site-specific road checks on travel corridors between regions to help enforce the non-essential travel restrictions that were announced on April 23, 2021.

On the advice of B.C.'s provincial health officer (PHO), Mike Farnworth, Minister of Public Safety and Solicitor General, issued an Emergency Program Act order to prohibit non-essential travel between three regional zones in the province. The regional zones are:

1. Lower Mainland and Fraser Valley (Fraser Health and Coastal Health regions);
2. Vancouver Island (Island Health region); and
3. Northern/Interior (Interior Health and Northern Health regions).

During the first weekend of the new travel restrictions, BC Ferries vehicle traffic was down more than 25% fleet-wide, and passenger traffic down more than 30%, compared to the weekend before. Resort communities and accommodation businesses have contacted the Province to note significant declines in out-of-region visitors and bookings, and BC Parks has reported more than 5,000 cancellations in the past few weeks. Building off this success in limiting non-essential travel, the province will authorize site-specific, clearly marked police road checks to further curb recreational travel.

The road checks may be put in place at any time until the order is lifted at 12:01 a.m. on May 25, 2021, (after the May long weekend). The road checks may be set up on highway corridors that connect different regions of the province to remind travellers of the order.

"These restrictions on non-essential travel are saving lives, it's in the best interest of all British Columbians to follow them, and I know most are given the significant drop we've seen in out-of-region travel," Farnworth said.

*Continued inside paper*

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Queen size mattress in mint condition, stored in cover. Made to go in platform or on boxspring. Call 250-788-7931

Firewood, \$150/load, \$50 extra if split. Leave a message at 250-556-4642

Brand new Kel Tec 12 guage 14 round capacity shot gun. \$1640, must have PAL to purchase. Call 250-874-0655

Large round hay bales, \$35/ea. Call 250-219-2002

Firewood. Cord of split and delivered pine/spruce. Call 250-875-1023

Square bales, \$6. Some round bales also available. Call 250-788-9421

Tuffport & Sundowner First Aid units; First Aid supplies/gear. Call 250-788-3868

Medela breast pump, lightly used with extra attachments, \$375 retail with out attachments, asking \$200; baby crib with mattress, \$75; Fisher Price baby swing, \$50; Little Tikes toddler desks, \$20. Call or text 250-401-7091

Mastercraft tile cutter with dividers. Used but great condition. \$125. Pick up preferred. Call 250-317-3567

White China cabinet; small snow blower; homemade DVD & CD stand. Call 250-788-5799

Mountain cariboo horns in velvet, acquired from the Narowdy herd when seasons were allowed, about 2 1/2' tall, \$150. Call 250-788-2482

Furnace-High Fidelity, Bryant Plus, 90I. Comes with air conditioner hook up. Very good condition. Asking \$1000 or OBO. Call 250-457-9337 or C: 250-556-4118

2 mountain bikes - 1 Marco, 1 Supercycle; parts for a Ford 1988 pickup. Call 250-874-0170

Kenmore refrigerator in good cond looking for a new home, white, top freezer, quiet, signs of wear, 30"wide x 66" high x 30" deep. Older Whirlpool built-in dishwasher in good cond, signs of wear. Make a reasonable offer for one or both. Call 250-401-7366

25lb cashew bags, \$80. Call 250-401-7091

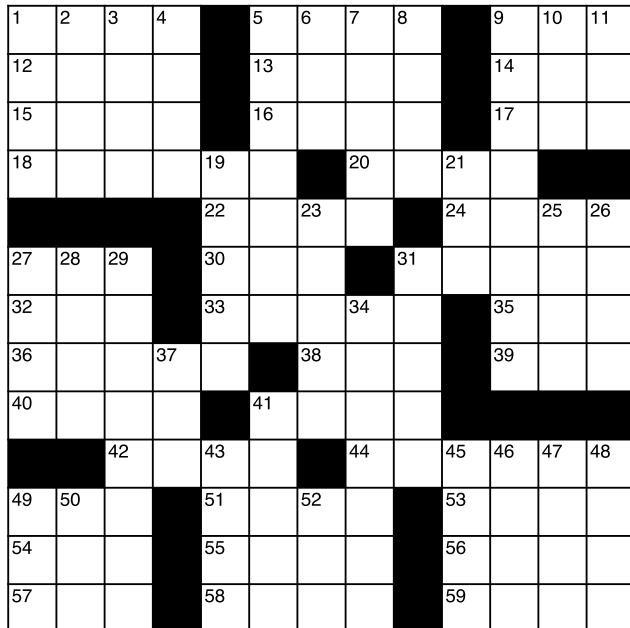
2x6x12 lift of lumber, 100 pieces; 2x6x14 lift of lumber, 100 pieces; 2x6x16 lift of lumber, 100 pieces. Call 250-788-5116

Hot water tank, space saver, 30 gal, 208-220 volt, \$250 OBO; window slider - 36 1/2 x 69 1/2 with screen, \$350 OBO. Call 250-788-5905

Model 700 30:06 case/lots of shells, \$600 OBO; new Springfield 300 mag, case, bipods, shells, \$1300 OBO. MUST HAVE PAL; nice older Browning compound bow, new sight system/case, \$600 OBO; Pume collectors' knife, \$600 OBO. Call 250-613-2946

## CROSSWORD

### Puzzle no. 746



Answer to puzzle no. 747 (ran on Fri, Apr 30)

S	I	P	S		H	E	M		R	I	P	E
O	R	A	L		A	P	E		E	V	I	L
N	A	V	Y		T	I	S		S	E	E	K
A	T	E		E	S	C	A	P	E			
R	E	S	A	W					A	W	A	R
				G	E	Y	S	E	R		R	A
A	C	R	E		O	E	R		A	C	N	E
D	U	E		G	U	A	R	D	S			
S	E	D	A	N					U	P	S	E
				L	U	M	P	E	D		P	L
N	O	M	E		O	L	D		S	O	U	P
O	D	O	R		L	O	G		A	I	D	E
W	E	P	T		D	Y	E		P	L	E	D

*He enjoys true  
leisure who has  
time to improve  
his soul's  
estate.*

### ACROSS

1. Drifter
5. Male singer
9. Bizarre
12. Grew older
13. Chorus voice
14. Lad
15. Spruce, e.g.
16. Shortage
17. Comprehend
18. Felt
20. Dawn's direction
22. Slammer

24. Chess piece
27. TV promos
30. Chicken-to-be
31. Hidden supply
32. Chinese chef's item
33. Violin's cousin
35. Cured salmon
36. Decree
38. Long paddle
39. Have a pizza
40. Fly alone
41. Be stuck (on)

42. Ear projection
44. Baby bed
49. Quilting \_\_\_\_\_
51. Hasten
53. Calf meat
54. Gallery exhibit
55. Throb
56. Scamps
57. Ford fuel
58. Legal paper
59. Medicine measure

### DOWN

1. Bonnets
2. Grimm monster
3. Has-\_\_\_\_\_
4. Lyric poems
5. Cover to protect
6. Malt brew
7. Strong metal
8. Fizzy water
9. Stumbling block
10. Gentle animal
11. Tint

19. Throw out
21. Hot spring
23. Arctic house
25. Stop!
26. Nearest
27. Astonishes
28. Extinct flightless bird
29. Frying pans
31. Kitchen tool
34. Bolted

37. Pigeon call
41. Playing card
43. Slender nail
45. Eager
46. Test model
47. Circuits
48. Alternative word
49. Sack
50. Historical epoch
52. Ship's pronoun

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2006 Western Star logging truck, Tri drive MXS Cat deleted to single turbo, 18 speed trans, 46,000 lb, 4:30 ratio diff with locks, rear sleeper, ready for work; 2001 Superior hayrack log trailer with 4 packages, 3 are ext 9'6 bunks, comes with wrappers and cinches, \$6500.00 for both. Call 250-788-5163

265/70/R17 Yokohama Geolander A/T/ tires. Two are brand new, two are used. \$200 for all 4. Call 250-788-5123

LT275/65 R20 Goodyear Duratrac tires studded for winter, like new, \$850. Call 250-467-2060

5-17inch steel rims for sale for 94 chevy 3/4 ton pickup; 4-16 inch winter tires; 1997 ford 1/2 ton supercab v8 5 speed 4x4. Call 250-401-7215

2005 Chevy Trail Blazer, rear wheel drive, low km, well maintained, new tires, \$5900. Call 250-556-4068

4 Goodyear LT 275/65/R18 tires, \$600. Call 250-467-2060

2003 Argo 8 wheeler roll bars, top windshield, very low hours, \$6,500 call 250-788-3868

Husqvarna 54" cut riding lawn tractor. Comes with new 48" snow blade & tire chains. Excellent condition. Only 56 hrs from new. 24hp Kawasaki engine. \$5350 OBO. Text 780-617-0046 for pictures

4 Chevy Cobalt alum 16" 5 stud rims, complete with TPMS P255 tires included, \$300 OBO. Call 250-788-3419

P245/70/R17 Goodyear tires, \$300 OBO, 80% tread. Call 250-401-1012

JD 350B dozer. 6 way blade & winch. Under carriage in very good condition. Runs well. 3 cylinder. \$24,900. Call 250-788-3868

Bear 8' utility trailer with spare tire and tongue jack, \$500; tires and styled rims for 2001-2007 Dodge caravan, all season, good condition, \$120 for 4. Call 250-788-6808

Two chrome rails for ZD71 short box, paid \$1700, asking \$400. Call 250-401-1210

2006 Sundowner 28' angle 3 horse hauler weekend package. \$15,000. Call 250-788-4840 or 250-401-1869

5th wheel hitch, 20,000 lb DGS. \$275 OBO. Call 250-788-5905

Older Johnsered 920 chainsaw, \$450 OBO; quad wagon, solid aluminum, tandem axle, locking lid, \$2250 OBO; used 35" tires, Duratrac, used one season, \$400 OBO. Call 250-613-2946



## PRRD WINS AWARD FOR FINANCIAL REPORTING FOR SECOND CONSECUTIVE YEAR

The Peace River Regional District, for the second year in a row, has been awarded the Canadian Award for Financial Reporting by the Government Finance Officers Association of the United States and Canada (GFOA) for its 2019 annual financial report.

The Canadian Award for Financial Reporting Program was established to encourage municipal governments throughout Canada to publish high-quality financial reports and to provide peer recognition and technical guidance for officials preparing these reports. Its attainment represents a significant accomplishment by a government and its management.

"We strive for transparency in our processes and reporting, so we are pleased to receive this recognition for the second year in a row," says PRRD board chair Brad Sperling. "It's a testament to our Board and our staff's commitment to providing accessible financial information for PRRD residents."

The annual financial report has been judged by impartial Canadian Review Committee members to meet the high standards of the program, including demonstrating a constructive "spirit of full disclosure" designed to clearly communicate the municipality's financial story and to motivate potential users and user groups to read the report.

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2 houses on 5 acres. 1 house not finished. 1 cabin. Call 250-788-6625

## LOST & FOUND

Found: Ring at Kal Tire. Claim at Coffee Talk Express by reciting the inscription inside the ring.

Found: Key & headphone charging case on trail between Crown & Rodeo sub on Apr 16 around 5pm. Pick up at Pencil Box with description of item.

## WANTED

Wanted: Pasture for 5 or 6 horses, preferably in the Moberly Lake/Chetwynd area. Call 780-864-9475

Wanted: Professional long-term live-in position as a child caregiver. Working place needs to be in a country setting between Prince George and Williams Lake, BC. **I have a disability with one foot.** Contact: Chris, PO Box 1286 (Mackey), Ignace, Ontario, P0T 1T0

Wanted: Excellent tenants looking to rent a 2+ bdrm suite starting May 1 or 15. Clean, quiet, non-smoking married couple. References available if needed. Email kandkevans1@gmail.com

## FOR RENT

1 room for rent in Chetwynd area, \$500/week, includes food and laundry. Email roca33@live.com

Bedroom with own door, bathroom & shower in Rodeo Sub. Sitting room, queen bed, TV, internet, microwave, parking. Call 250-788-3577

1 bdrm for rent 5 mins from town. Shared accommodation, utilities included, key entry bdrm, laundry, wifi, parking space. Weekly/monthly. Call 250-874-0488

Super clean and respectful living for \$350/week, includes 3 steak dinners/week. Very private, no visitors, short term employed only. Email telfordbrent89@gmail.com

Room for rent, weekly & monthly, clean & quiet, wifi, kitchen, own bath; cabin for rent, utilities included, wifi, new furnishings. Call 250-788-5905

Room for rent in Chetwynd at 5129-56 St. Fridge, microwave, utensils, equipped for housekeeping. \$560/mo with security deposit. Phone at 12pm 250-788-2482

Avail May 1 – All inclusive 3 bdrm 2 bath house across from golf course at Moberly Lake. 5 appliances, oak hard wood floor. Wifi, satellite, heat & hydro included. Call 250-788-6339

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I called a customer the other day. Reading from my printout,  
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Barred Rock laying hens, approx 50 hens & 1 rooster. \$15/ea or OBO for all. Call 250-788-5901

## STATEMENT FROM MIKE BERNIER, MLA PEACE RIVER SOUTH

Peace River South MLA Mike Bernier issued the following statement today:

"My family and I have tested positive for COVID-19. We are all presently self-isolating and currently everyone is doing well. This came as a shock to all of us as we have been following all the public health guidelines, such as physical distancing, wearing masks, and avoiding indoor gatherings.

"As many of you may have seen on social media, I was vaccinated the week of April 26. The BC Centre for Disease Control told me I was exposed before I was vaccinated and that I was not infectious when I was at the Legislature from April 19-22.

"I want to encourage everyone to get their vaccination as soon as possible. I caught the virus while following all protocols. The vaccine – any of the vaccines available – offer an added layer of protection. It will help all of us get back to a normal life.

"For the coming days I will be spending my time with my family, following all the directions of public health officials. My family remains my priority and I will not be available for media requests for the time being."



## REC VEHICLES

1998 Triple E Topaz 5th Wheel Trailer, Touring Edition. Has Slide out & Air. 27.5' long, asking \$10,000. Call 250-788-2131

2013 Yamaha Striker 1200 cruiser. Very low km, beautiful shape, \$11,000 OBO. Call 250-787-0320

1988 Fleetwood 24' – 5th wheel holiday trailer, comes with hitch, excellent condition. Air, heat, stove, oven, fridge. \$5000 OBO. Located in Dawson Creek. Call 250-219-0556

2015 Can Cam 1000cc side by side Commander XRT, only 2500 miles, winch; Arctic Cat Prowler 700cc side by side. Only 1100 kms. Full cab, heater, winch front and back, special rims & tires, windshield wiper, mint cond, new cost \$24,000, now \$13,900. Call 250-788-3868

Skidoo toboggan, 16 1/2' wide x 61" long. Made with galvanized steel & lined with plastic bottom. Shock absorber, 41" itch. \$300. Call 250-788-2482

## Health For Your Home

by Linda Franklin



This column is designed to address economical discoveries that will affect your health in a positive way.

### The Gut-Immune Connection

To build up immunity against respiratory infections, take advantage of the gut-immune relationship. A healthy intestine will have over 2000 species of 100 trillion bacteria. This is termed our microbiome—a very individualized planting necessary to enable our immune-response mechanism. An unhealthy imbalance will not fight damaging bacteria, while a well-balanced fauna bouquet is well-equipped to inflict fatal wounds to unwanted invaders.

Probiotics play an important role, but should not be taken on a regular basis; better to get your probiotics from eating a wide range of whole organic plant-based foods. An imbalance in the normal flora of either gut or lungs, can lower one's threshold to a secondary bacterial infection. A healthy defense against disease can be built by healthy nutritional choices (fruits, vegetables, legumes, and grains), water, exercise, and 8 hours of rest (including 2-3 hours before midnight for cell regeneration). A diet that includes animal products, increased salt, sugar and refined carbohydrates, will build up a conglomerate of disease-causing bacteria that imbalances the gut.

Rather than introducing more food, however, the very best medicine for a restless tummy, foggy mind, or ongoing illness is complete rest from digestion for 12-17 hours (including hours of sleep). Take only pure water between meals. There should be a minimum of 4 1/2 to 5 hours between meals. Most people who suffer either gut or immune related discomfort are better off taking two meals a day rather than three, with the last food taken several hours before bedtime.

A word about night shift; recent studies seem to be proving that those who work night shifts should eat before coming to work, and then nothing until breakfast after returning home. A brisk half hour walk before bedtime will help induce a more restful sleep. However, night shift workers may experience somewhat shortened lifespan.

## CLEARANCE GARAGE YARD SALE

MAY 5 - 6, 9AM - 6PM

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FIRST LEFT DRIVEWAY DOWN JACKFISH

ACROSS FROM WEST FRASER TURNOFF - WATCH FOR SIGNS

# SUDOKU

No. 464

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

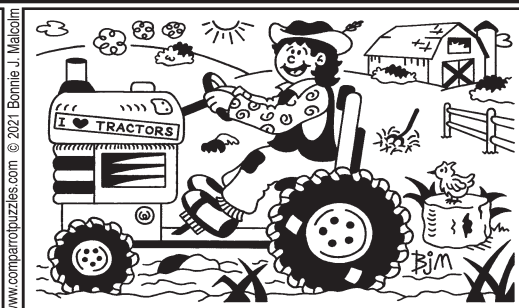
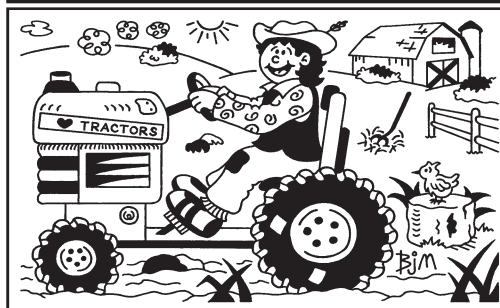
Answer to no. 463 (Apr 30)

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

*A man can never be idle with safety and advantage until he has been so trained by work that he makes his freedom from times and tasks more fruitful than his toil has been.*

**ComParrot**  
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Stripe on shoe is missing. 2. Cloud appears behind silo. 3. Grass by stump is missing. 4. "I" appears on tractor sticker. 5. Hat is colored in. 6. Gas cap on top of tractor has moved. 7. Patch on tire has moved. 8. Arm opening in vest is larger. 9. Exhaust pipe is taller. 10. Bottom of tractor is longer. 11. Handle on plowfork is shorter. 12. Rocks under tractor are different.

## ENFORCEMENT MEASURES BUILD ON SUCCESS OF NON-ESSENTIAL TRAVEL RESTRICTIONS

Continued from front page

"But it is also important that we get enforcement right, and consider concerns raised by the public and incorporate the feedback received from racialized communities. I want to be clear that the intent of this order is not punishment, but rather education around non-essential travel prevention to protect us all from the spread of COVID-19. My hope is that every British Columbian realizes the tremendous progress we can make if we stay close to home, and we can give the heroes in our health-care system a fighting chance at putting the current spike in cases behind us."

When stopped at a road check restricting non-essential travel, police will only have the authority to request:

- A driver's name, address and driver's license
- Any available documentation regarding driver's name and address (for example, secondary identification that confirms a driver's residential address if recently moved)
- The purpose of the driver's travel (documentation regarding travel is not required)
- Police cannot engage in arbitrary vehicle or street checks. Site-specific enforcement measures will be informed by ongoing discussions with stakeholders on limiting the impacts to the public and racialized communities. If police have reasonable grounds to believe that a person has travelled for a non-essential purpose, they can direct the traveller to turn around and leave the region. These measures will be limited to site-specific and authorized police operations on travel corridors between regions.

The goal of these road checks is education and further discouraging people from travelling for non-essential reasons. If compliance measures are deemed necessary by police, fines can be handed out. At the discretion of police, a contravention of this Emergency Program Act travel order may be subject to a \$575 fine. The RCMP will deploy a trained, dedicated team to manage and enforce road check locations, and ensure interactions are in line with the intent of the order and all existing police policy and police standards. While the travel order puts legal limits only on travel between regional zones, the PHO's guidance remains unchanged throughout B.C.: everyone should continue to stay within their local community – essential travel only.

Story from news.gov.bc.ca

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# Greener Pastures – A Conversation with Payge Fortier

By Haley Bassett, May 2nd 2021

Haley writes a weekly arts column as part of her position with the Dawson Creek Art Gallery, where she covers regional arts news.

This week, I spoke with 2021's Bin Top Artist in Residence Payge Fortier about her exhibition *Bos Taurus*, as well as her experience working as an artist in our small, Northern community. The Bin Top Artist in Residence is organized by the Dawson Creek Art Gallery, stay tuned for updates on how to apply for next year's program.

There are elements of Payge's story that may be familiar to many artists in our area. It is a stellar example of a born artist's resilience and determination to pursue what many may perceive to be an unlikely career path. Fortier was raised on a small cattle operation outside of Dawson Creek, BC. Creatives are found on both sides of her family including spinners and weavers, as well as skilled builders and draftsmen. However, her family's blue collar background necessitated that they express their creativity through practical projects such as quilts and garments. Payge inherited this inner drive to create, and describes herself as an artist in her core. Her artistic spark ignited as early as she can remember. As a young child, she was "mesmerized" by her older sister's drawings, which she worked to emulate, and soon enough she was trading her drawings at school for better lunches. At nine years old, she took her first art class at the Dawson Creek Art Gallery, where she discovered her voracious appetite for all things art-related.

Thereafter, she attended every art class she could throughout her elementary and high school years, after which she enrolled in Laine Dahlen's Visual Arts Program at Northern Lights College, which was sadly discontinued in 2014. Laine's program was pivotal for so many local artists, including Payge and myself. Its absence highlights the dire need for post secondary arts education in our community. After completing the Northern Lights program, Fortier transferred to Alberta University of Arts in Calgary. This was a difficult process for her, as no one in her family had pursued post secondary education before, let alone art school out of province. Navigating university and city life on her own was overwhelming for the artist, and she returned home before completing her second year. Payge remembers her time at Northern Lights fondly, and preferred NLC's small class sizes and hands on approach to AUAC's theory-based curriculum, stating, "Just because it's a big institution, doesn't mean it's better quality." Leaving Calgary in the rearview mirror, she was determined to forge her own path as an artist in the North.

Soon after returning, she began working at Picture It! Custom Framing, a position that situated her well within the local arts community, and introduced her to its many vibrant creatives. Ever industrious, Fortier bought the Picture It! in 2011, but found it a struggle to maintain her art practice while running a business. She describes this time as a somewhat dormant period, wherein she could only sporadically attend painting classes after work. She was able to practice techniques, but because of time constraints, she felt she was not able to produce work she could authentically call her own. After becoming more established in her business, Payge was able to regain her artistic footing and created a body of work for *Peace Roots*, a group show with Caily Oldershaw and Justine Bouchard held at the Dawson Creek Art Gallery in 2019. Since the pandemic, Payge has moved her business to DCAG, which has allowed her the time and freedom to push her practice further.



*Community Pastures, acrylic on board by Payge Fortier.  
Photo by Kit Fast.*

As the Gallery's 2021 Bin Top Artist in Residence, Fortier has created *Bos Taurus*, an impressive series celebrating the way of life of traditional cattle ranchers in the Peace Region. In *Bos Taurus*, Payge solidifies her own visual language using expressive brush strokes, bold colours and clever layering. Through her skilled hand, Fortier brings out the liveliness and unique characteristics of her bovine subjects. Rendering them with a gentleness and warmth that originates from the true affection the artist holds for these animals, which are so central to the lifestyle and traditions of her family and community.

When Fortier encounters an obstacle in her painting, she reverts back to her drawings, which are the foundation of her art practice. Likewise, when she experiences hardship in life, she holds fast to art, which is her guiding force. "Art has always been who I am," states Payge, and it is with this clear drive and surety of self that she is bound to find great success in her artistic endeavours.

*Bos Taurus* is on display now at the Kiwanis Performing Arts Centre until June 4th. KPAC is open to the public during regular hours, so please stop by and experience the show in person. Do you have an artistic endeavour you would like to promote? Is there a topic you would like me to discuss? I would love to hear from you! Please email me at [programs@dcartgallery.ca](mailto:programs@dcartgallery.ca).



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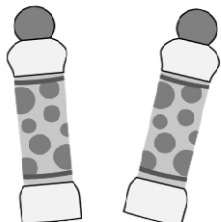
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## A Parent & Caregiver Networking Event

The Chetwynd Public Library and Family Support Institute of BC are reaching out to the community (a call out) to join us for information sharing around the Northern Health Assessment Network process.

**Thursday, May 13th at 1pm**  
Information Sharing Zoom Session

We would like to know what kind of supports you as parents and community members would like to see offered in Chetwynd and help meet those needs, no matter where in the process you are.

Everyone welcome! Email [resourcecorner@chetwynd.bclibrary.ca](mailto:resourcecorner@chetwynd.bclibrary.ca) or call the Library **250-788-2559** to sign up. Zoom link will be emailed to you.

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One of my fourth-grade students told me he had trouble with math. His explanation summed it up well: "The guy next to me always gets ten out of ten on his quizzes, and I get only ten out of four."



I have a head but no body, a heart but no blood. Just leaves and no branches, I grow without wood. What am I?

A: Lettuce!

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