

Coffee Talk Express



Tuesday March 3, 2020

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Local Chetwynd Resident on Big Brother Canada

Chetwynd's own Rianne Swanson has been chosen as one of the 16 new houseguests to appear on season eight of Global's 'Big Brother Canada'.

A reality show of scheming, showmancing and strategizing, in the hopes of winning this season's grand prize

BIG BROTHER
CANADA



29-year-old Rianne Swanson, an operating room nurse from Chetwynd, will be living in a custom-built home under constant video surveillance along with 15 other houseguests from across Canada.

The houseguests all share different ideals, beliefs, or prejudices, and will be contained between 4 walls with no access to the outside world for weeks on end. Each week, one of the contestants is voted out of the house. Until the fate of the final two is decided by a jury of fellow houseguests.

The Season 8 houseguests are competing for a grand prize of \$100,000; \$10,000 worth of groceries courtesy of Summer Fresh; and an unforgettable trip for two anywhere in the world from Expedia.

Season eight of Big Brother Canada will begin with a two-episode premiere on Wednesday, March 4, at 8:00 p.m. ET/PT on Global. Tune in to watch Rianne and the other houseguests battle it out for the grand prize.

Kelsey Roberts- Reporter, Coffee Talk Express

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Can you spot 12 differences between these pictures?



Solution: 1. Lady's earring is missing. 2. Split in leaf above hammock. 3. Flag on sandcastle is colored in. 4. Knob on radio is longer. 5. Leaf beside sand is colored in. 6. Label on sandal has moved. 7. Wave behind hammock has moved. 8. Gecko's tail is longer. 9. Flag on sailboat is reversed. 10. Straw in drink is reversed. 11. Radio antenna is reversed. 12. Leaf by radio is different.

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5x5 round hay bales, mixed hay, NH solid core, approx 1000lbs \$60 each, can load, Pouce Coupe call 250-719-4967

Hay for sale approx 1200lbs round bales, \$40 - \$70 depending on quality. Located 80 km from Chetwynd Jackfish lake rd. text tor call 250-262-9092

308 Savage for sale comes with Bushnell scope and two clips. Only used for target practice. Must have proof of PAL call 250-556-4087

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Lost Iphone 8 in black otterbox between legion and 711 call 250-788-6282

Found: One Touch diabetes test. found near thrift store, claim at the Pencil Box

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


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Chetwynd 3
day forecast

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When should wisdom teeth be removed?

Wisdom tooth extractions are common in most dental offices. While not everyone needs to have these molars removed, there are cases in which your dentist may suggest you do.

THERE'S NOT ENOUGH ROOM

Some people don't have enough space in their mouth for their wisdom teeth. When this occurs, the teeth may not be able to break through the gums, or they could grow in the wrong direction.

Sometimes, wisdom teeth do come in despite the lack of space. When this happens, they can cause crowding and problems with the surrounding teeth.

THERE'S DECAY

Because wisdom teeth are located at the back of the mouth, it can be hard to properly brush and floss them. This makes them more prone to decay.



In a situation where these teeth have cavities, many dentists suggest removing instead of repairing them. This is because the tooth is likely to become decayed again in the future.

If your wisdom teeth have become a problem, see your dentist. They'll help you decide whether or not an extraction would be beneficial.

How to take care of your dental implants

Dental implants are commonly used to replace missing teeth in adults. However, these prostheses require sufficient care in order to remain in good shape. Here's how to properly maintain your dental implants.

BRUSH

Brush your teeth twice a day using a soft-bristled toothbrush and fluoridated toothpaste. Be sure to use a toothpaste that isn't too abrasive as it can scratch and damage the surfaces of prosthetic teeth.

FLOSS

Once a day, floss your implants the same way you do your natural teeth. You may also need to use an interdental brush to clean underneath and around them.

VISIT YOUR DENTIST

At least twice a year, visit your dentist's office for a thorough cleaning and checkup.

If you have dental implants, it's important to avoid chewing on hard candies, ice or anything else that might damage the prosthetic tooth. This is especially true if the implant is made of ceramic or porcelain since these materials are much more brittle than natural teeth and therefore more susceptible to damage.





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Make sure to check out the Children's Art Gala at the Chetwynd Arts & Cultural Centre
 March 6th at 6pm! CHET TV will be there taking some pictures!



Bingo Prizes:
 1 Line: \$400 2 Lines: \$800
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Learn why we get sick and how to treat sickness and disease naturally, with homeopathic remedies without side effects, as opposed to allopathic medicine which is virtually guaranteed to result in side effects that are in many cases, debilitating and/or toxic to the point of causing cancer and other life threatening illnesses.

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Ready for spring



Spring cleaning tips for your car

You might associate spring cleaning with your home, but your car could also use a thorough clean-up at this time of year. Here are some tips to ensure that the job gets done right.

- **Wait for a cloudy day.** Bright, sunny days can cause water to evaporate off your car too quickly, leaving behind unsightly water marks. In contrast, warm but cloudy days allow water to dry more slowly, thereby giving you enough time to manually dry the car.

- **Use a specialized soap.** Dish soap is mild but can leave deposits behind. Harsher detergents, however, may damage the finish on the vehicle.

The best cleaning product for your car is one that's specifically designed for this purpose.

- **Pay attention to the undercarriage.** This is the part of your car that's most exposed to dirt, grime and road salt. Thoroughly rinse the bottom of the car by pointing your hose upward. Don't forget to clean your tires and wheels.

- **Apply wax.** Once your car's clean and dry, apply wax to make it shine and to protect it from the sun and other elements.

- **Clean the inside.** Vacuum the floors and upholstery, dust all hard surfaces and throw out any garbage. Use a stiff brush to clean the floor mats. Finally, use a small air compressor (like the sort used to clean keyboards and other electronics) to clean vents and hard-to-reach spots.



Many people love to wash their car. If you're not one of them, consider taking your car through an automated car wash or having it professionally detailed.

Check the AC in your car before summer

You may not have used the air conditioner in your car for a few months, but you'll probably need it soon. The last thing you want is to discover that it isn't working on the first hot day of the year. To avoid frustration, test the system before you need it.

HOW TO INSPECT YOUR AIR CONDITIONER

The simplest way to make sure your air conditioner is working is to turn it on. Cold air should come out of the vents and the temperature and flow should increase and decrease when you adjust the settings. If everything's working well, all you'll need to do this spring is change the filter to ensure you breathe clean air all summer long.

SIGNS YOUR AIR CONDITIONER ISN'T WORKING

Air conditioning problems are most commonly caused by leaks. Either the coolant is dripping or damaged seals are allowing air and water to seep into the air conditioner's components. Signs of an issue include the following:

- There's no air at all
- The cooling is sporadic
- The air isn't cold enough
- It makes loud noises when it's on

If there's a problem with your car's air conditioner, you'll be happy to have caught and fixed it before the start of summer.



7 foot health issues you shouldn't ignore

April is foot health awareness month, and a great opportunity to take care of your feet. But if you're experiencing an issue, it may be time to visit a podiatrist. Here are seven foot-related conditions you shouldn't ignore.

1. Pain, numbness or swelling. A bit of discomfort after being on your feet all day or running a race is normal. However, sudden pain, swelling and numbness in your feet with no apparent cause should prompt a call to the podiatrist.

2. Persistent heel pain. Heel pain that's worse in the morning or after long periods of inactivity is a symptom of plantar fasciitis. It can also indicate other conditions, but in any case, it needs to be assessed by a podiatrist.

3. Injuries. If you think you may have broken or sprained your ankle, you're better off seeing a podiatrist than an orthopedist. They have more expertise in treating these kinds of injuries.

4. Athlete's foot. If over the counter products haven't been able to rid you of this common fungal infection, consult a podiatrist. They can prescribe more effective treatments.

5. Diabetes. Type 1 and type 2 diabetes significantly increase the risk of developing foot problems. Diabetics

should see a podiatrist at least once a year to monitor the health of their feet.

6. Bunions. These growths can get extremely painful if not treated. There's a wide range of available treatments, but only a podiatrist can recommend the best one and implement it.

7. Joint pain. If you notice persistent pain in the joints of your feet or ankles, you should consult a professional. Even if the pain goes away with over-the-counter painkillers, identifying the cause is important to ensure that the problem doesn't get worse.

Seventy-five percent of Americans will experience foot issues within their lifetime.



Left untreated, these issues can make it harder to stay active and lead to a decline in your overall health. If you have one or more of these conditions, visiting a podiatrist is the best way to manage it.