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Tuesday January 7, 2020

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RCMP Search For Violent Dawson Creek Man



Police are searching for a Dawson Creek man who is described as "extremely violent."

The Alaska Highway news reports that police are on the hunt for 32-year-old Stacy Ray Laglace, who is wanted on over 20 charges included aggravated assault.

He is described as a First Nations, 5'6", 185 pounds, with black hair and brown eyes.

"We want the general public to be aware that he is known to carry firearms. If spotted, you are urged not to approach Laglace, instead we ask the public to call 9-1-1 or their local police immediately."

Anyone with information is asked to call Dawson Creek RCMP at 250-784-3700.

Anonymous tips can be made to Crime Stoppers at 1-800-222-TIPS (8477), or online at www.crimestoppersnbc.ca.



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Chetwynd 3 day forecast

Wed 8 Jan	Thu 9 Jan	Fri 10 Jan
-20°C	-23°C	-24°C
Periods of snow	60% Chance of flurries	Snow

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I am made of plastic or metal,
I am used for play or for work,
and you'll usually see me in a
sandbox but I am mostly out
in the winter months. What am I?

!?!?

!?!?

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VEHICLES/PARTS/FARM EQUIP/HEAVY EQUIP.

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

4 Bridgestone Blizzak tires 245/60-r18 very low mileage 250-788-2511

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

Good year Wrangler 265/70/r17 \$250.00 for a set of 4, 250-788-5123

2010 Kia forte sx 63,750km winter tires, new battery \$4900 obo call 250-788-2614

2013 Kia Rio 141,000km 6 speed, navy, runs excellent asking \$6300 call 250-788-2628

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. 4 225/50r17 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

2017 John Deere tractor 55 hp 4x4 unused \$19,900, 250-788-3868

07 Dodge Ram 2500 4x4 4 door short box 5.9 l cummins, 244,000 kms excellent shape Vancouver vehicle. \$14,900 call 250-788-3868

FOR RENT

Furnished Room Out in Jackfish area. Includes everything satellite. Access to Wi-Fi, kitchen, laundry and living room. Text for details 250-401-3077

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3 Bedroom mobile on private lot, fully furnished, all utilities included \$1800.00 250-874-0655

2 bedroom 1bootroom mobile for rent. \$1200/month+utilities+dmage (\$600) one small pet. 2 vehicle parking 250-401-1200

3 bedroom furnished house, Lone Prairie, some amenities. Call 250-788-3123

Bachelor apartment for rent call 250-401-8570

1 furnished bedroom for rent shared accom, utilities included + wifi. weekly or monthly call for more details 250-874-0488

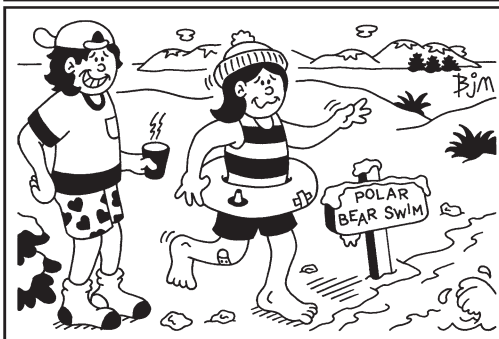
Room for rent, own bathroom TV, Wifi, Qn bed. Quiet and Clean. Call 250-788-3577

Bright one bedroom basement suite for rent. includes heat, light, tv, internet & netflix. Basic furniture available at no extra cost. \$1300/month. No smoking, pets or parties. References required call 250-788-6808

One 3 bedroom mobile on private lot, one 2 bedroom mobile in Aspen for rent call 250-874-0655

ComParrot®
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Tree branch is shorter. 2. Water drop by wave is missing. 3. Snow on mountain is missing. 4. Pom-pom on hat is colored in. 5. Heel on sock is colored in. 6. Pocket on shirt is colored in. 7. Bandage on leg has moved. 8. Design on shorts has moved. 9. Arm opening in swimsuit is larger. 10. Icicle on sign is different. 11. Valve on tube is reversed. 12. Peak on cap is upside down.

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MISCELLANEOUS

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

Magneto for Lincoln SA 200 welder \$150 working condition 250-788-9408 or 5948

Hauling wood, \$130.00 a load or \$165.00 split. 250-401-8991

Ten inch kicker bassworks box. huge mono Kenwood amp just rebuilt. mid tweet combo and 4 channel amp. Cheap. Text 250-618-6165

11 firewood chainsaws for sale, various sizes 250-401-1859

Red potatoes \$25 for 5 gallons call 250-788-2205

Christensen Arms Mega burnt bronze/green \$1400. .300 win mag comes with scope rings. Vortex Viper Rifle Scope 3.5 - 10x50 dead-hold BDC \$200. Vortex Viper HS-T Rifle scope 4 - 16x44 VMR-1(MOA) \$300 call 250-788-5478

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

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

Antique Organ., \$1000.00 OBO , Water cooler (5gal) & \$50.00 OBO Linda 250-788-2944

Fisher price baby swing \$50.00 obo, antique sewing machine \$125.00, step 2 desks (age 2-5) \$10.00 each, MEC bunting suit (winter suit) blue \$30.00 obo, Koalakin baby carrier \$40.00 obo. call or text 250-401-7091

Indoor/outdoor lights-3 boxes \$5 ea. outdoor lights red, 3 bpxes \$5 ea. 2 sets of outdoor lights unopened red \$5 ea. Pinecone lights 10ft. LED. brand new crockpot \$30 call 250-788-9781

Dewalt 1850,000 btu kerosene heater. Brand new in box \$600 obo. 270swift(mag) variable 3x9 weaver scope & sling as new fired 4 times \$550 obo call 250-788-1710

Jackson classic figure skates size 5 like new condition used 1 season \$100. figure skates Size 5 1/2 \$50 call 250-788-9445

Firewood-\$150 a pickup, \$225 split call 250-556-4419

18 cubic feet fridge for sale \$100 call 250-401-1108

PRESENT TRUTH
PRESENTS:

THE TRUTH ABOUT CANCER THE QUEST FOR THE CURES

CHETWYND PUBLIC LIBRARY

TUESDAY, JANUARY 7TH, 2019
6:30 PM

-PART 4- SPOILED ROTTEN

We live in a much more toxic world than we did even just 50 years ago. And while many of us have heard the numerous benefits to detoxing, there is an exact science to it, especially when it comes to treating cancer.

Not only will you learn the best detox methods and why safely detoxing your body is so crucial to keeping your body cancer free, but you'll also learn specific step-by-step instructions on how to detox properly and specifically for cancer treatment.

Dry January: the benefits of abstaining from booze

After imbibing liberally over the holiday season, many people decide to give up drinking in January. Whatever your reasons for taking on this challenge, here are some benefits that are likely to come from abstaining from alcohol.

1. GENERAL HEALTH

Excessive drinking can have a devastating impact on your health. High blood pressure, elevated cholesterol levels, liver disease and certain cancers are all potential consequences of long-term alcohol abuse. If you've been drinking more than you should, quitting for a month won't turn back the clock, but it's unlikely to do you any harm.

The biggest health benefit of abstaining from alcohol, however, is that it allows you to assess how you feel without it and reflect on your normal consumption habits. A month without booze may be the ticket you need to help you reset.

2. SLEEP

Cutting out alcohol is likely to help you maintain a healthy sleep schedule. This, in turn, could allow you to feel more energized, which will help keep you motivated to go to the gym and eat well.

3. IMMUNE SYSTEM

There's no evidence to suggest that abstaining from alcohol for a month will boost

your immune system. However, being intoxicated temporarily suppresses it and leaves you vulnerable. In addition, long-term alcohol abuse causes inflammation throughout the body.

Drinking less is likely to trigger a domino effect leading to better sleep, more exercise and an overall healthier lifestyle, which together will have a positive influence on immunity.

4. YOUR RELATIONSHIP WITH ALCOHOL

Once Dry January is over, you'll be able to take stock of how you felt, both physically and psychologically, without alcohol. You might notice that you're more energetic and motivated without the hangovers. Or, you may notice you don't feel any different.

Remember that a month of abstinence won't be much help if afterward you return to excessive consumption. Overall, it's far better for your health to be a moderate drinker than one who fluctuates from one extreme to the other.

If you feel like you rely on alcohol to function, talk to a healthcare professional. Abruptly quitting on your own could cause potentially serious withdrawal symptoms.



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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

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 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.

0.9 Acres of cleared land on 53rd avenue in Chetwynd, services included. Call 250-788-5319



LOST & FOUND

Reward for lost RAM keys with Fort Iphone found in front of Fields come to the Pencil Box to claim.

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

Lost: Sony phone in blue case return to Pencil Box

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

Lost phone by Chetwynd hospital, Samsung call 250-788-8829

Lost set of Ford keys by A&W or Home Hardware call 250-788-3577

REC VEHICLES

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

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

2005 Honda Foreman, with winch \$4000. 788-9421 call 250-788-2232 or 250-788-5848

1987 Tundra skidoo 280cc long track works well/ runs well \$3000
700cc Summit skidoo, great shape approx 2003 \$2,900 call 250-788-3868

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

2011 Yamaha Grizzly limited edition used very little with 2011 marathon aluminum trailer \$6,500 obo 250-788-2563

Arctic Cat Jaguar Z1 1153cc skidoo asking \$3000 obo new drive belt and new book on machine call 250-401-7215

WANTED

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

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 a 2-4 bdrm furnished rental. Jan 15 or Feb 1st. call Troy 250-219-0903

PETS/LIVESTOCK

2 German Sheppard puppies for sale. From working lines with straight, strong back ends. Black with red/brown markings ready for christmas eve. Vet check up and first vaccinations done. call 250-788-4183

Kittens - 1 black female, 1 grey female, 1 grey male. litter trained, ready to go-Free call 250-556-9142

Pixie- bob x bengal hybrid kittens. 3 males available. beautiful spotted coats, shots, vet check, dewormed. ready Jan 19th. Deposit required. \$650 call 250-261-5831

Black and White female cat, needs a loving home. Extremely friendly and cuddly. Just over 1 year, her name is pebbles. Call 250-874-7453

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We at Peace FM & CHET TV wish you all the best in the New Year! Be safe and enjoy you're New Year Celebrations!



The next bingo will be
January 9th 2020!

We'll see you in the New
Year!



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LEGION EVENTS

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

FAMILY BURGER NIGHT

Thursdays 5:30 - 8:00pm
Everyone Welcome



Karaoke

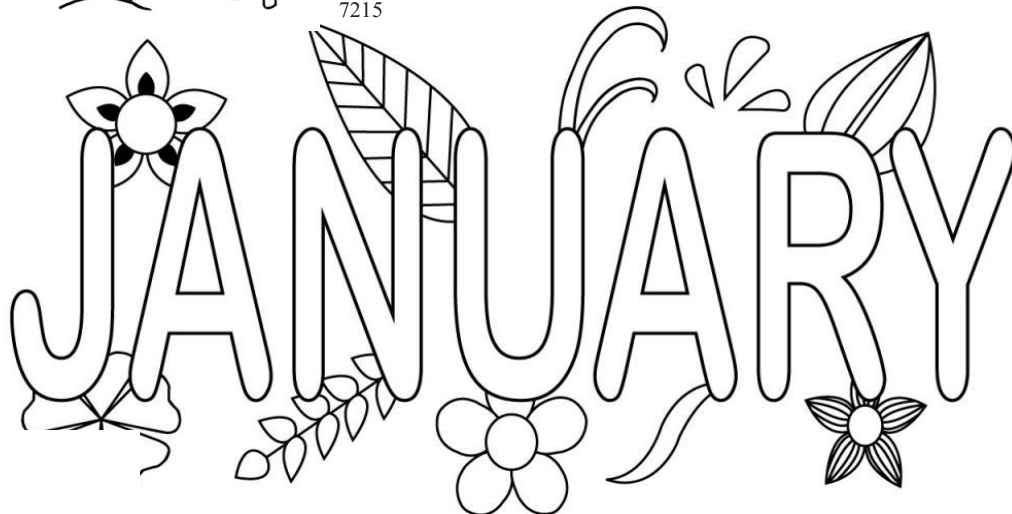
January 18th

9pm -1am *no minors

Open Mic/ Coffeehouse
January 10th • 7pm - 12am

MONTHLY MEETING Monday Jan 20th at 7

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PINE VALLEY SENIORS
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Comfort FOOD

RECIPES
for the winter months



Beef Stroganoff

This classic Russian dish is hearty and easy to make – and perfect when paired with a glass of red wine. It's best enjoyed on a cold and frosty evening but can be made anytime you need to whip together a quick meal.

Start to finish: 30 minutes
Servings: 6

INGREDIENTS

- 700 grams beef sirloin, cut into strips
- 2 tablespoons all-purpose flour
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 large onion, chopped finely
- 450 grams button mushrooms, sliced
- 2 garlic cloves, minced
- 1 cup beef broth
- 1/2 cup red wine
- 1 sprig fresh thyme
- 1 tablespoon old-fashioned mustard
- 3/4 cup sour cream
- Salt and pepper to taste

DIRECTIONS

1. Coat the beef strips with a thin layer of flour. Shake to remove any excess.
2. In a deep pan, heat the butter and olive oil over high heat. Sear the beef on all sides. Remove and set aside on a paper towel.
3. Lower the heat to medium and sauté the onions in the same pan. Cook for 5 minutes or until golden. Add the mushrooms and garlic and continue to cook for 3 minutes. Add the beef and stir to combine.
4. Add the red wine, beef broth, thyme and mustard and stir well. Lower the heat and simmer for 15 minutes.
5. Remove from heat and add the sour cream to the sauce, stir well to incorporate. Salt and pepper to taste.
6. Garnish with fresh parsley and serve over egg noodles.



Start to finish: 5 hours (1 hour active)
Servings: 6

Homemade fried chicken

If you want fried chicken that's crispy on the outside and perfectly cooked on the inside, then try this recipe. You won't regret it!



INGREDIENTS

- 1 whole chicken
- 2 litres 2% milk
- Juice of half a lemon
- 2 teaspoons dried oregano, divided
- 2 teaspoons dried basil, divided
- 2 teaspoons grated fresh ginger, divided
- 2 teaspoons paprika, divided
- 2 teaspoons black pepper, divided
- 2 teaspoons white pepper, divided
- 2 teaspoons salt, divided
- 2 teaspoons garlic salt, divided
- 2 teaspoons celery salt, divided
- 2 teaspoons dried thyme, divided
- 2 cups all-purpose flour
- 1-1/2 litres vegetable oil

DIRECTIONS

1. Cut the chicken into 8 pieces (2 breasts, 2 thighs, 2 drumsticks and 2 wings).
2. In a large bowl, combine the milk and lemon juice to make buttermilk. Let sit for about 10 minutes.
3. Add a teaspoon of each herb and spice to the buttermilk mixture and stir to combine. Put the chicken into the milk to marinate and refrigerate overnight or for at least 4 hours.
4. After marinating, put the flour into a bowl and add

one teaspoon of each herb and spice. Mix well to combine.

5. Remove the chicken from the buttermilk marinade and coat it completely in the flour mixture. Let rest for a few minutes.
6. Heat the oil in a large, deep pot until it reaches 400 °F (205 °C).
7. Carefully put 2 pieces of chicken in the oil, and fry until they reach an interior temperature of 165 °F (75 °C). Repeat until the entire chicken is cooked.
8. Drain on a piece of paper towel and serve with your choice of sauce.



Employment Opportunities

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

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WANTED IMMEDIATELY
EXPERIENCED LOGGING
TRUCK DRIVER

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 Call Troy at (250) 788-5062 or Travis at (250) 788-6388.

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 Camp Accommodations Available

Threat of Climate Change and Aging Demographic to Shape Upcoming Decade, Predicts RBC Report

A new economic report was just released that predicts the next 10 years in Canada will be shaped by the threat of climate change and demographic disruption from an aging population.

"By 2030, Canada's economy could look significantly different," says the RBC report released Monday, called "Navigating the 2020s."

The report says "A country whose economic identity has long been bound to natural resource extraction will accelerate its transformation into a services economy."

The older population in Canada will present governments with challenges including rising health-care costs and elder benefits. The report predicts 650,000 people will be living in Canadian seniors' residences or nursing homes in 2030, up from 450,000 now, and the extra capacity will cost at least \$140 billion to build.

Meanwhile, the proportion of working-age Canadians is expected to fall to 1.7 for every youth and senior by 2030, down from 2.3 in 2010.

A recent federal report found Canada's climate warmed 1.7 degrees C between 1948 and 2016, twice the global rate, the RBC report notes. It says dealing with the growing urgency of climate change could influence Canadian farmers' crop choices, put strains on ports and coastal roads, determine the location of new residential developments and drive up insurance costs.

Photography Word Search

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E O H S T O H R P R O C E S S I N G A

APERTURE	ENLARGEMENT	OVEREXPOSURE	SATURATION
BALANCE	ENLARGER	PANNING	SHUTTER
BELLOWS	FILTER	PANORAMA	SLIDE
BLOWUP	FIXING BATH	PARALLAX	STOP BATH
CAMERA	FLASH	PHOTOFINISHER	TELEPHOTO LENS
CLOSE UP	FOCAL LENGTH	POSITIVE	TINT
COLOR	FRAME	PRINT	TOPE
CONTRAST	HOT SHOE	PROCESSING	TRIPOD
CROPPING	LIGHT METER	RANGEFINDER	UNDEREXPOSURE
DARKROOM	LIGHTING	RETOUCHING	VIEWFINDER
DEVELOPER	NEGATIVE	SAFELIGHT	ZOOM LENS

Creamy corn chowder

This hearty corn chowder is the perfect meal for a cold, wintery night. Indeed, it's a recipe you're sure to come back to again and again.

Start to finish: 45 minutes

Servings: 6

INGREDIENTS

- 6 slices bacon, chopped
- 1 leek (the white part only), finely chopped
- 1 large potato, diced
- 600 millilitres corn kernels (fresh, frozen or canned)
- 400 millilitres creamed corn
- 1-1/2 cups chicken or vegetable broth
- 1 cup milk
- 1/2 cup 15% cream
- 1 sprig fresh rosemary
- 1 bay leaf
- Salt and pepper to taste
- 4 chives, chopped

DIRECTIONS

1. In a large pot, cook the bacon. When it's almost done, add the leek. Continue to cook until the bacon is crispy and the leek is translucent. Drain the bacon grease.
2. Add the potato, corn, broth, milk, cream, rosemary and bay leaf and bring to a boil. Reduce the heat and simmer for 25 minutes or until the potato is soft.
3. Salt and pepper to taste.
4. Garnish with the chives, then serve and enjoy.



Q: Why did Frosty the snowman want a divorce?

A: Because he thought his wife was a flake

Q: Getting a job in the Arctic in the winter is great! Why?

A: When the days get short, you only have to work a 30 minute work week.