

Coffee Talk Express

MONDAY NOVEMBER, 26 2018


THE RED LION 
 Restaurant 4812 N Access Rd
Don't miss out!
Book your
Christmas Party
NOW!
250-788-2755

The Lion Inn
250-788-9990 & Suites
 Weekly & monthly rates available
 thelionsuite.com 5132 46th Ave

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 IT'S 50% OFF MONDAY!
50% OFF
ALL PIZZAS
 MONDAY ONLY ORDER NOW ONLINE ONLY
USE PROMO CODE: MON50P
250-788-9898
 OPEN UNTIL MIDNIGHT ON
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 MAMA® BUDDY® UNCLE®

 Employment opportunities
 apply within to www.aw.ca
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 HORMONES OR STEROIDS**

 **Mushroom
 MOZZARELLA
 Burgers**
 Real melt-in-your-mouth marvelousness.
 The Mushroom Mozzarella burgers are back. Sink your
 teeth into the deliciousness of crimini mushrooms,
 real mozzarella cheese, grilled onions and grainy Dijon
 aioli, all topped on succulent beef. Enjoy it as a Buddy,
 Mama or Uncle Burger. © Available for a limited time.

 Dawson Creek Realty
 Chetwynd Branch
250 788 9909

 ALMA WALTER 250 788 5168	 DAN GRODZUIK 250 788 6435	 JODIE ETHIER 250 788 5043	 MYRA GRODZUIK 250 788 6365
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Results from the 18-wheels of Christmas



The Rosenau Transport 18-wheels of Christmas took place into Dawson Creek last weekend, and people from the Peace Region demonstrated tremendous support.

The event which took place at Dawson Co-op collected approximately 21,000 pounds of food and nearly \$4,000 worth of toys.

Over \$1300.00 in cash donations were received as well, which will be put towards purchasing hams and turkeys for Christmas hampers for those in need.

The event is thought to be the most successful to date. All donations collected benefited the Salvation Army.

Another event was held in Dawson Creek on Friday and Saturday with proceeds from that event going towards Network Ministries and the St. Mark's Food Bank.

The 18 wheels of Christmas will roll into Chetwynd on December 1st.

-story courtesy of PeaceFM



 Chetwynd
Dental Clinic
FREE WHITENING
 VALUED AT \$440
 with a complete exam and cleaning
 5032 49th Avenue - Chetwynd BC
250-788-1997
 chetwynddental@gmail.com

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SERVING CHETWYND AND AREA- CHECK OUT OUR WEBSITE COFFEETALKEXPRESS.COM

PH: 250.788.3422
FAX: 250.788.3405

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Paul Paquette Paul Paquette & Sons Contracting Ltd. IS HIRING

experienced lowbed/log truck driver
class 1 with air endorsement

contact Chris at
250-556-4305
ppscsafety@outlook.com



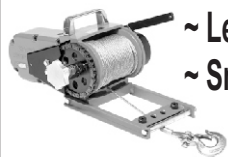
Congrats to all our Bingo Winners!
The color of cards this week is Green!



Bingo Prizes:
1 Line: \$400
2 Lines: \$800
Picture Frame: \$1600
Blackout: \$4000



PAT'S SAW & WINCH



~ Lewis Winch Sales
~ Small Engine Repairs

2831 Jackfish Lk Rd
Chetwynd, BC

250-401-1859

HELP WANTED

YOUNG'S MILLS
(1980) LTD



Equipment Maintenance & Parts Manager

For stump to dump logging operation
in Chetwynd area
Must have mechanical experience,
preferably logging equipment
Must stay in camp
Wages negotiable with experience
Health/Dental/Pension Benefits Provided

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

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VEHICLES/PARTS/FARM EQUIP/HEAVY EQUIP.

2007 IHC Tridem truck 350,000km.
2014 Arnies clamp pump tridem.
Graven trailer. 55,000km on trailer.
Call 250-401-1199

For Sale Honda Pilot 2005 AWD
SUV sunroof, power everything,
224,000 Kms Grey Metallic, no rust,
excellent condition, \$6,600 O.B.O.
CALL 250-786-5157 or
email vforce1@shaw.ca

2002 Chevrolet Alero, 4 door, runs
well, good winter car, needs a few
minor things, \$1050 OBO,
Call 250-401-3092

Grader tires, 1500x2400 radial
Bridgestone. Call 250-612-1790

4 Continental 225/65 R17 tires in
decent condition \$350. Call
250-467-2060

2002 Toyota Sequoia, needs a timing
belt, asking \$500. Call or text
250-874-1004

Nordic 235/60R16 tires for sale, set of
4- \$260, 235/75R15. Nokian suv tire 1-
\$40. Call 250 601-0147

2011 BMW 328 X1, 2 sets of rims,
new winter tires, approx 160,000km.
\$15,000. Call 250-788-2223

Joe Martin Hammerhead 6 black
wheels. Very rare and have a unique
look. 285/45 R22 Nexan Rodian HP
rubber with 75% tread. Fit any 6 bolt
chevy truck. \$1400 OBO. May
consider trades
Call 250-401-1038

4 Good year Wrangler Tires
265x70xR17 mud & snow lots of
tread. Call 250-788-2632

Pressure washer, 1800 psi, bought at
Canadian Tire, like new, \$200. Please
call 250-401-7160

Antique 1949 mercury 5 horse outboard
motor \$250 call Stan 250-242-8235

For sale in Tumbler Ridge, 5 aluminum
Jeep rims. 5 hole, 16" \$400 OBO. Call
250-242-5558

225/60R16 Hakkapelitta 4 winter tires
on rims plus 1 spare, off Chrysler
minivan, \$450. 225/60R16 Michelin x-
ice 4 winter tires \$200,
Call 250-788-6504

Set of 4 summer/winter Goodyear grip
tires, lots of tread on tires in excellent
condition, Call 250-788-2632

4 winter tires, aluminium rims, low
mileage, 235/55R18, fit Chevrolet
Equinox SUV. Call 250-788-5479

1994 Chevrolet extended cab, 2 wheel
drive, canopy, \$2500 or \$3500 with
camper, camper in nice shape. Please
call 250-401-7160

4 LT 245/75R 17" load range E,
Michelin tires, 10ply, 90%, LTX A/T2,
M&S, asking \$600, regular price is
\$1400 without taxes. Please call
250-401-7215



FOR RENT

Single female, no pets, non smoker
looking for a one bdrm suite or
apartment to rent. Please call
250-710-3259

Free room and board for occasional
babysitting and 14 days a month pet
sitting. Call 250-874-0655

Bachelor unit available December 1.
Newly renovated, quiet and close to rec
center. NP and NS. \$600/month.
Call 250-401-8685

2 rooms for rent, full bathroom, full
kitchen, wifi and satellite TV. Please call
250-556-4370

3 bedroom, 2 bathroom, newer mobile
home in aspen, avail to rent Nov15.,
utilities not included. Non smoking, no
dogs, must be clean, quiet and
respectful. 1250\$/month 625\$dd. More
info text 250-401-1204. Send
applications to rent to
tutulovers@yahoo.com

Chetwynd Industrial Fenced
1 acre lot available for rent
December 1st, located at far
east end of Industrial Park
4415-44th ave. 250-788-9445

Room for rent in Chetwynd near A&W.
Internet, tv, separate entrance, non
smoker, \$475/month. Please call
250-788-2482

Hutterites are coming
Friday, Nov 30th at 9am
to the Hart Hi-Way Laundromat with

• Chickens
• Turkeys

Last Delivery Before Christmas

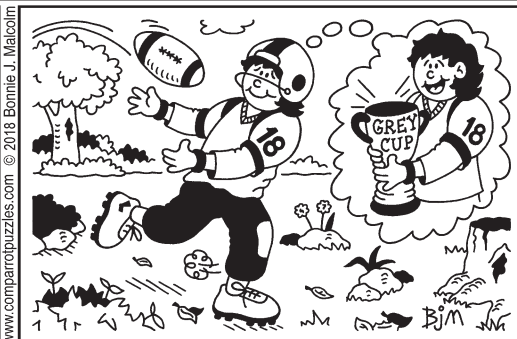
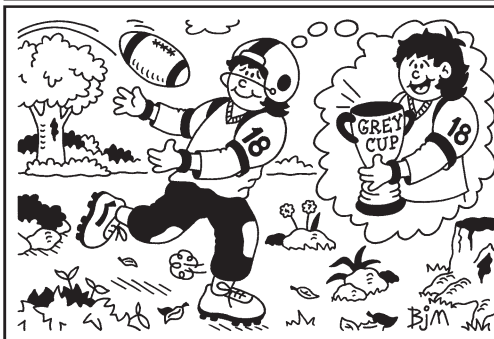
FOR BIG AMOUNTS, PLEASE PRE-ORDER

To order call

250.788.2567

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Branch on tree is missing. 2. Grass behind stump has moved. 3. Tuft of boy's hair is missing. 4. Extra shine from trophy. 5. Hand appears on trophy. 6. Bush behind boy is colored in. 7. Knee patch is colored in. 8. Stitching on ball has moved. 9. Leaves on bush have moved. 10. Grass behind stump has moved. 11. Leaves behind foot are reversed. 12. Design on shoe is different.

Free Classifieds

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MISCELLANEOUS

2 Mountain bikes, supercycle and Infinity. Call for details 250-874-0170

Welder & helmet with welding rod. 2900 watt Generator. Call 250-242-5888

2 lrg Canoe floatation bags \$10ea. 1 North face 4 person, 4 season tent \$100. 1 2pc 30" shower stall \$100. 1 space saver cabinet and sink with tap \$75. 1 exhaust ceiling fan \$15. 1 28" door with frame and hardware \$15. Call 250-788-2432

Trophyelite Climber \$300 obo, Tree stand with screw in steps \$120 obo call Barry - 250-788-2344

Bell Tv, multi sat upgrade kit 2for1, bell tv 51cm dish, 2 dual LNBF \$120 obo call Barry 250-788-2344

Brookstone Max 2 massager, like new, \$200. Electric stove in good condition, \$100. Call 250-788-2944

Firewood for sale. Please call 250-874-9535. \$200 a cord, split or not

Classic 1983 white Fender stratocaster guitar with Fender Vibrolux amp asking \$3500. Call 250-782-5026

Posturematic adjustable bed with massage \$700 obo call 250-788-5235

4 camper jacks \$100 each, folding aluminum camper steps \$125, antique snoopy ski school kids water ski, good condition \$100, 16' coleman canoe \$350 Call Stan 250-242-8235

Free, you pick, crab apples. Free truck canopy, fits 8ft Toyota or similar. Call 250-788-2482 between 4:00-6:00

6 Christmas tea pots, \$20 ea or \$100 for all. Call 250-783-5535

Total trainer by Life Gear exercise unit, good for small spaces, folds up, \$50. Call 250-788-2365.

Hay for sale, no thistle, no nettle, heavy weight, just over 1200lbs. Call 250-719-6142

3 LG Refrigerator water & ice filters, NO5231JA2006A, New. 250-788-2365.

2 Outdoor christmas trees for sale. \$50 each. Call 250-788-8819

Propane or natural gas range with self clean and digital display. Over the range microwave hood combo. \$500. Call 250-503-7735

Unpasteurized honey for sale, 1L jar (approx. 1.4kg) for \$15, 0.5L jar (approx 0.7kg) for \$8. Call or text 250-788-6935

Bernat Chunky Softee yarn 100g, 2 balls lavender same dye lot and 21 balls hot pink same dye lot. \$3.25 ea or \$120 for all. Call 250-783-5535

Two metal filing cabinets \$80ea, older oak desk \$75. Please call 250-788-5582

Queen mattress with box spring, excel condition, \$70. Call 250-788-2944

Ab twister exerciser- \$65, Lexmark printer/fax machine- \$60, Dr. Scholls Seat massager pap- \$25, used 19"tv- \$10 call 250-788-3099

Dark Brown Allen Chenille Sofa from the Brick. Like new, less than a year old, smoke/pet free home. Comes with throw pillows. \$500 OBO. Call 250-401-8470.

Microwave- \$30, Microwave stand - \$50 call 250-788-2183

Massive wood stove for sale. 3ft 8" in length, new never used, very heavy. Call 250-719-6142.

Hay for sale, fresh crop of new square bales, \$5.00 each, excellent horse feed, brome-timothy-alfalfa. Please call Jed at 250-788-9421, 250-401-3431 or Jere at 1-250-788-2944.

Pine Inn Hotel
HIRING

Housekeeper Position (Full-Time)
Front Desk Position (Full-Time)
WAGES DEPEND ON EXPERIENCE
Please drop off resume
-no phone calls-



Funeral Announcement

Tanya Moore, a long time resident of Chetwynd, BC, passed away with family and friends by her side on Tuesday, November 20, 2018, in the Dawson Creek & District Hospital, at the age of 53 years.

A memorial service will be held on Tuesday, November 27, 2018 at 1:00 pm at the Chetwynd Fellowship Baptist Church. Pastor Bill Evans will officiate. Tanya will be laid to rest in the Tuscoola Mountain Cemetery following the service.

For friends so wishing, donations may be made in memory of Tanya to the Dawson Creek & District Hospital, Palliative Care Unit, 11100 13 Street, Dawson Creek, BC V1G 3W8.

Very Respectfully Reynars
Funeral Home & Crematorium



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Rick Noble Installations
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¹Monthly service fee includes rental cost of equipment, except Xplornet WiFi router. Taxes apply. Offers valid until November 30, 2018 for new customers and are subject to change at any time. ²If installation requirements go beyond the scope of a basic installation, additional fees may apply. See dealer for details. Packages subject to availability. A router is required for multiple users. Xplornet® is a trade-mark of Xplornet Communications Inc. © 2018 Xplornet Communications Inc.

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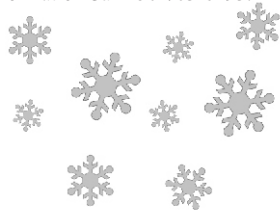
PROPERTY

2 bdrm mobile home for sale or consider rent to own. Call 250-874-0655

Cleared land on 0.9 acres, 53 Ave. Most utilities, \$60,000. Call 250-788-5319

New house for sale, 4 bedroom, located by Little Prairie School, 2 minutes from town, must see, to view please call 250-788-5198

5 bedroom, 2 bath home on 5 acres for sale. Backs on to crown land and is only 2 minutes from town. Great view of Chetwynd and the mountains to the west and north. Includes 2 outbuildings and a 32x45 two storey shop that needs to be finished. Great location for a family looking for immediate access to the surrounding area by quad. Within the fire district boundaries. For more information Call 250-703-6293.



PETS/LIVESTOCK

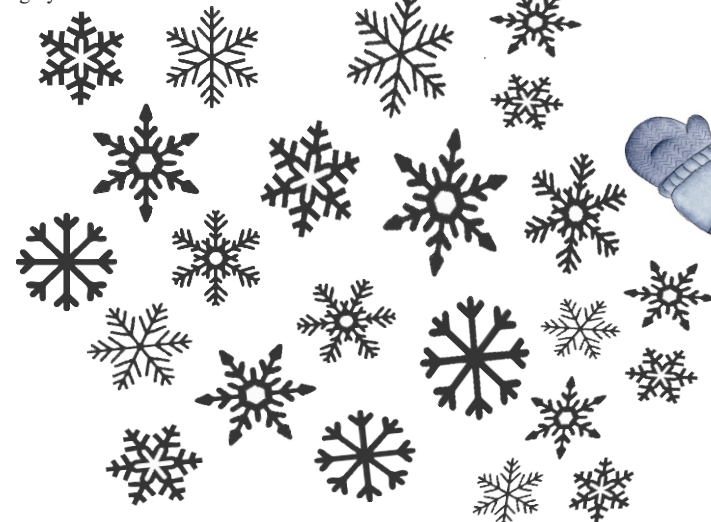
Two Alpine bucklings, \$125 each. One 3 year old Alpine buck, \$300 or trade for unrelated. Call 250-788-2789

Female Staffy Bull Terrier. \$400. Call for more information 250-874-5878

Male kitten 2 months old, black and white short hair, to give away text only 519-808-9769

Pixie-Bob X Bengal kittens, fully vetted. \$600. Avail Oct 12th. Text 250-329-5482 or email flashover1972@hotmail.com

4 male kittens, free, 6 weeks old, 3 tabby, 1 grey. Call 250-401-7346



LOST & FOUND

Lost: Two 5 month old kittens at Centennial Road West, Moberly Lake. One is grey, the other is black and white. Please call 250-788-3563

Found: iPhone by 7/11 come to Pencil Box to identify.

Lost: 6 month old cat, grey striped, female. Please call 250-788-5387

REC VEHICLES

1986 24' frontier motorhome 120,000km \$4500, stored indoors call 250-788-2253

5th wheel box hitch \$500 obo, hardly used call 250-788-2253

Canam 800 Outlander max 1000km comes with blade and utility box \$6000 firm call Andrea 250-788-1679

2008 Citation, 5th Wheel Holiday Trailer. Is suitable for winter living, has the arctic pack, large slide, solar on roof, built in vacuum, many extras, ready to live in. Very good condition. \$25,000 OBO. Parking available. 250-788-9408 or 250-788-5099

2013 Harley Davidson Ultra Classic Anniversary Edition. Call 867-334-5866 or email wcl2@telus.net

04 Sportsman 800 Twin AWD. Seat is ripped. Fun machine. Winch works, storage in front. Has a power programmer it's in the quad just not plugged in. \$3200obo. Call or Text Sean 250-793-3596

2004.5 Polaris 500 Sportsman Quad \$2200. Call 250-782-5026

2015 800 Summit T3 163" Good shape, new crank and pistons last year. Linq Gas can, Grip and Rip radiator and Blow Hole \$7,000 OBO. Call 250-556-4135

WANTED

Wanted: Headache rack to fit 2010 Ford short box truck, must have rails 250-788-3371

Wanted: Firewood split and delivered, call 250-788-2845

Wanted: iPhone 6 plus or 8 plus in good condition. Text 250-401-7081

Wanted: FREE old oat straw for compost, will pick up. Please call 250-788-9931

Looking for a full time babysitter for toddler. my place or yours. days and evenings. 250-401-7513

Wanted: Electric Stove in good condition. Please call 778-874-1643 or 250-788-868-4131

Wanted: Set of 4 mud and snow tires 265/75r16 load range E, 70% or better, call Ernie 250-788-9484

Wanted: Want to buy New Holland 499 cutter, running or not running. Please call 250-719-6142

KPA Oilfield Services Ltd

4325 HWY 29 North Chetwynd, BC

Serving the Peace Country Region

Services including but not limited to

- Potable Water Services
- Gravel Trucks
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- Vac and Tank Truck Services

For Pricing & Scheduling Call

250-788-6933

Box 1295, Chetwynd BC V0C 1J0

Please email resumes to hr@kpaoilfieldservices.ca



250-788-2938 24 hour answering service
Cell: 250-788-5070

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Locally Owned and Operated **Don McKee**

MCKEE VACUUM TRUCK SERVICES LTD

Septic & Oilfield Services
Tel. 250-788-9106 Cell: 250-788-5070

PINE VALLEY SENIORS

HALL RENTAL

For more info & hall rental call Bernice

250-788-2307

MCKEE VACUUM TRUCK SERVICES LTD

IS HIRING Needed Immediately

- Looking for class 3 driver
- Vacuum truck Operator
- Full-time position
- Will train applicant if needed
- Competitive wages

CONTACT DON MCKEE
250-788-5070



REMEMBER TO PURCHASE YOUR 2019 DOG LICENSE AND GET YOUR DOG HOME FASTER

The purchase of a dog license is not only required by bylaw, it is a lifesaver. Dogs that have tags are returned home often within the same day, avoiding the stress on both the dog and owner.

Spayed/Neutered dog- \$12
Intact dog- \$36

Discounted rates from Nov. 15, 2018- Dec 31, 2018 for 2019 tags

Spayed/Neutered dog- \$9
Intact dog \$27

You can purchase your tag at the District of Chetwynd Office at 5400 Hospital Rd.

8:00 am- 4:30pm Monday through Friday

Call 250-401-4119 for more information

Ten water-rich fruits and vegetables to help you stay hydrated

Health professionals advise that you drink approximately eight glasses of water a day to prevent dehydration. Do you find it hard to consume the recommended amount? Or maybe you just plain forget? If so, you'll be happy to know that many fruits and veggies can provide you with the hydration you need. Here are ten types of produce that have a high water content:

1. Cantaloupe
2. Celery
3. Cabbage
4. Cucumber
5. Zucchini
6. Strawberry
7. Lettuce
8. Watermelon
9. Apple
10. Tomato



These foods are perfect to eat on their own as snacks but can also be added to soups and smoothies.

AT THE BREAKFAST TABLE

For breakfast, try oatmeal with berries, especially strawberries — 91 per cent of their weight comes from water.

If you add a splash of low-fat milk or unsweetened soy beverage, on top of staying hydrated, you'll also be packing in additional nutrients and protein.

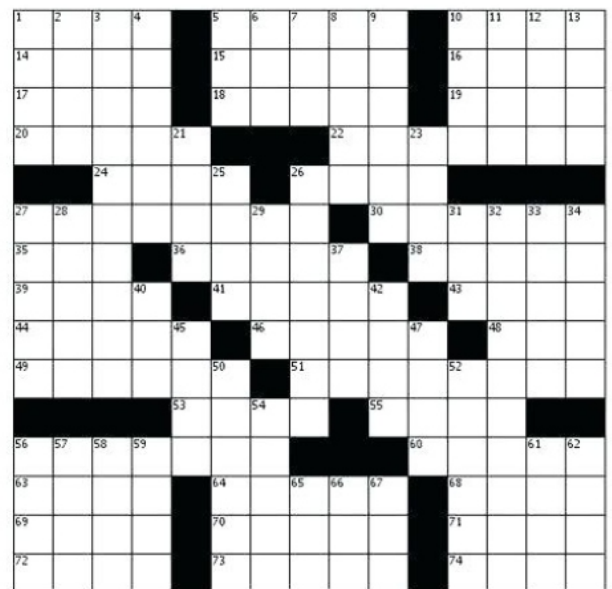
BUT REMEMBER TO DRINK

Though eating water-rich foods can help you stay hydrated, be sure to remember that 70 per cent of your water intake needs to be consumed in liquid form. If plain water bores you, try adding some lemon. Alternatively, choose carbonated water, tea or juice. Whatever your beverage of choice, be sure to drink enough of it to stay hydrated and healthy.

CROSSWORD

Across

1. Wilts
5. Perspire
10. Outer edges
14. Sunburn remedy
15. Chicago's airport
16. China's continent
17. "___ Window"
18. Termite, e.g.
19. Actor Sean ___
20. Small landmass
22. Savings (2 wds.)
24. Understand
26. Relaxation
27. Most precipitous
30. Changes
35. Before, to Shakespeare
36. Hard metal
38. Phase
39. California valley
41. Disrobe
43. Dummy
44. San ___
46. Nose
48. It follows Oct.
49. Took long steps
51. Poison remedy
53. Face shape
55. Group of players
56. Went inside
60. Grin
63. Had on
64. Roaming tribesman
68. Passed effortlessly
69. Wicked
70. Wash away
71. Mob
72. Ewes' mates
73. Property documents
74. Or ___!



Down

1. Indian robe
2. Malt drinks
3. Soccer position
4. Unruffled
5. Wail
6. Owl's question?
7. Pitcher handle
8. Sports venue
9. Mother ___
10. Completely absorbed
11. "___ dead people!" (2 wds.)
12. Chinese dynasty
13. Harmonized
21. Lids
23. ___-service
25. Moistens
26. Ceaseless
27. Mails
28. Quality
29. Movie backdrops
31. Smidgen
32. Thrifty
33. Plant again
34. Comic ___ Martin
37. Big cat
40. Long, long ___
42. Golf stroke
45. Smell
47. Neckwear items
50. Leveled
52. Harm
54. Love greatly
56. Water container
57. Certain star
58. Slender
59. Slippery creatures
61. Telescope part
62. Cliff's brink
65. "Simpsons" bartender
66. Do sums
67. French preposition

HOROSCOPE

ARIES (Mar. 21- April 20)

Don't go hog wild when it comes to entertainment or you could find yourself short of funds at the end of the month. Confusion could result when communicating with others. Leave things as they are for the moment and focus on reaching your highest potential at work. You could be disillusioned if you let relatives in on your emotional thoughts.

Your lucky day this week will be Friday.

TAURUS (Apr. 21- may 21)

You must make them stand on their own two feet regardless of how much you want to make things better for them. Plan a day of enjoyment with them. Do not overspend on entertainment. You could find that children will be a handful. Take the time to do something nice for your friends and relatives.

Your lucky day this week will be Wednesday.

GEMINI (May 22-June 21)

Talk to someone you trust in order to see the whole picture. Be aware of any deception on the part of those you deal with. Don't let relatives get the better of you. Changes will not be easy for the youngsters involved.

Your lucky day this week will be Tuesday.

CANCER (June 22-July 22)

Do not hesitate to help elders with legal documents that are too confusing for them. You will have to check your cash flow before you decide to indulge in hobbies or entertainment that may be beyond your budget. Organizations may cost you more than you can afford. Your ability to charm others will put you in the limelight at social functions. Your lucky day this week will be Thursday.

LEO (July 23-Aug 22)

Your romantic inclination should lead to a committed relationship. Put financial speculation with family members or friends on the back burner for now. Finish up any correspondence by early afternoon. Check your project over carefully if you were not the only one contributing to the end result.

Your lucky day this week will be Saturday.

VIRGO (Aug. 23 -Sept. 23)

Your hard work and dedication will pay off, so stick to your guns and do your job well. You will be able to pick up on future trends if you keep your eyes peeled for unique ideas. Secret information will be eye opening. Try not to push your philosophies on others.

Your lucky day this week will be Friday.

LIBRA (Sept. 24 -Oct. 23)

Take time to catch up on gossip and make plans to do a little adventure travel. Visitors may relieve the tension. Don't let your mate talk you into going somewhere you'd rather not go. Voice your opinions and contribute to the debate.

Your lucky day this week will be Friday.

SCORPIO (Oct. 24 - Nov. 22)

Insurance payouts, tax rebates, or just plain luck. Don't expect romantic encounters to be lasting. You won't get the reaction you want from your mate this week. You could overreact to emotional situations regarding your relationship.

Your lucky day this week will be Thursday.

SAGITTARIUS (Nov. 23 -Dec. 21)

Accommodate others but not before you do your own thing. Do the proper safety checks before you go out. You will feel compelled to do some traveling. You can easily wrap up overdue personal legal matters that have caused problems for you. It's time to make professional changes.

Your lucky day this week will be Sunday.

CAPRICORN (Dec 22.- Jan. 20)

If it can make you extra cash, it will be even better. Colleagues may try to undermine you when talking to superiors. Be sure that the person you're drawn to is not already involved. Most partner problems are a result of both people not living up to their promises. Your lucky day this week will be Thursday.

AQUARIUS (Jan. 21 -Feb. 19)

Love could develop with someone of a different cultural background. Do not ruffle feathers if possible. Spend time by yourself to avoid any conflicts with family members. Try to curb your bad habits, and compromise if your partner gives you an ultimatum.

Your lucky day this week will be Thursday.

PISCES (Feb. 20-Mar. 20)

Try not to be too emotional with those around you. Although it does look promising, be careful not to overextend yourself or you will lose in the long run. Things will be emotional with your mate. You need an energetic outlet that will help you dissipate your anxiety.

Your lucky day this week will be Sunday.

COFFEE TALK EXPRESS

is starting our Christmas issue
and we are wanting to bring back
our Memorial Christmas Wishes

If you would like to put in a
Memorial Christmas Wish

for a friend or family member
contact us today 250 788-3422

or email us at

advertising@coffeetalkexpress.com

It's That Time Of Year Again!

**Coffee Talk Express is now
accepting all Christmas
Wishes**

and Holiday Greetings!

Business OR Personal!

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or email us at

advertising@coffeetalkexpress.com

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REINDEER EXPRESS SERVICE
OVERNIGHT DELIVERY
DO NOT OPEN UNTIL
DECEMBER 24TH
SPECIAL DELIVERY
PLEASE DELIVER ENCLOSED PRESENTS TO
Tanya
IF UNDELIVERABLE RETURN TO
SANTA CLAUSE, NORTH POLE

Custom made to order
Santa Bags
\$16.99

only at
The Pencil Box

RUDOLPH EXPRESS
a special delivery for
Jennifer
SPECIAL DELIVERY

now taking orders
not exactly as shown

Fortis BC reporting good news in regards to natural gas supply

Fortis BC is reporting good news in regards to the natural gas supply. The company says that due to warmer than average weather, efforts to strengthen the natural gas supply, and Enbridge increasing the pipeline operating pressure to 85% of its normal capacity, the company is seeing improvements in the province's gas supply outlook since last month's pipeline rupture near Prince George.

In a statement on their website, Fortis BC CEO and President Roger Dall'Antonia states that while the picture looks brighter than it did a week ago, people are still being urged to conserve natural gas in order to ensure a sufficient natural gas supply throughout the winter. The company also warns that in the case of a prolonged period of colder than average weather, the province could find itself in a position where demand is outpacing supply.

-story courtesy of PeaceFM

Christmas gift ideas for dogs and cats

Want to spoil your furriest family members this Christmas? If you're looking for something to put under the tree for Mittens or Fido, here are several gift ideas your pets will appreciate.



FOR YOUR DOG

Does your pup get chilly? A doggy snowsuit will keep him warm from head to tail. Add some booties to protect his paws from the salt on the ground and he'll be all set for long winter walks.

What about indoor fun? There's nothing better for keeping your pooch occupied while you're at work than an educational puzzle that requires that he navigate assorted compartments, lids, knobs, ropes and flaps to win hidden treats.

FOR YOUR CAT

If your cat loves lounging in the sun, she'll probably enjoy a window perch. Held up by suction cups, this shelf-like device is likely to quickly become your feline's napping spot of choice.

If Mittens needs to shed a few pounds, a cat exercise wheel will help keep her in shape.

Or, if you have an adventurous cat that likes to wander near and far, a collar with GPS will allow you to keep tabs on her.



Five holiday hazards: is your pet safe?

Did you know that the holidays are the time of year when pets are most at risk of chewing or ingesting things that can harm them? Being conscious of the following five hazards will help you protect your own four-legged companions from poisoning, burns and other potential health complications.

1. DECORATIONS

A cat will go to great lengths to get its paws on an object it's drawn to. This might be a LED light, a hooked ornament or tinsel. To keep your animal from swallowing such objects, place them as high up on the Christmas tree as possible, or better yet, opt for safer decorations.

2. ELECTRIC WIRES

Both dogs and cats, especially when they're young, like to chew on things that lie on the floor. Prevent potential burns and electrocutions by blocking access to cords. Alternatively, deter your pet from chewing on them by applying an unpleasant-tasting substance like bitter apple spray. Also, be sure to unplug devices when they're not in use.

3. DECORATIVE PLANTS

When swallowed or ingested, certain popular holiday plants can cause serious health repercussions or even death. The most

dangerous plants for your pets are poinsettias, lilies, Jerusalem cherries, yew, mistletoe and holly.

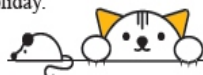
4. FOOD

Chocolate, nuts, garlic, onions, grapes and raisins can make your animal very sick. Equally toxic are xylitol — notably found in sugar-free gum — and uncooked dough containing yeast. In addition, you should avoid giving your pets table scraps. Foods like turkey, ham and meat pie are too salty and poultry bones can puncture the esophagus.

5. LIQUIDS

If alcohol is ingested by your four-legged companion, health complications can arise — even if it's merely an ingredient in a dessert or a sauce. Essential oils are also problematic. When diffused into the air, these products can cause your animal to have convulsions and respiratory problems.

This Christmas, avoid putting your pet in jeopardy. Take the above precautions and you'll ensure your furriest family members have a merry and safe holiday.



November

Men's health: five good practices to adopt

The Movember Foundation encourages men to attend to their health, not only this November, but throughout the year. Here are

some of the best ways men can take care of themselves.

1. GET MOVING

Regular physical exercise boosts your overall health and wards off a host of medical problems. So get active! Both low-intensity and high-intensity exercise offers an array of benefits; simply choose the type of sport or activity that suits you best. Yoga, hockey, running and swimming are among the many possibilities.

2. SPEAK UP

When times are tough, many men suffer in silence. If you're feeling anxious or down, talk with someone you can trust. Consider reaching out to a non-profit organization, a counselling centre or a mental health service provider nearby.

3. GET INFORMED

Know your family's medical history: you'll

be able to adopt a lifestyle that keeps potential health problems at bay. In addition, this information will be invaluable to your doctor, as it will give him or her a more complete understanding of your health.

4. STAY CONNECTED

Keep in touch with friends and family. This will help to stave off or combat mental health problems like depression and generalized anxiety disorder.

5. SEE A DOCTOR

Don't delay in attending to health concerns. If you have symptoms that are worrying you, visit your doctor right way. In the case of a serious illness, an early diagnosis can significantly increase your chances of making a full recovery.

To learn more about the Movember Foundation and about men's health, visit the site ca.movember.com.

