Oct 27 ~ Nov 2, 2017

(250) 301-6453 pgx@commduit.ca



Stop Smoking!

- external
- non-invasivepain free
- pain free
 drug free
- Health Canada approved.no medication
- no side effects







The World of Weird & Wacky

No Clowning Around

On Saturday night, September 16, in Boardman, Ohio, a clown chased a 6-year-old girl from an apartment on Aravesta Avenue, through traffic, and into to an apartment on Lemans Drive. According to a police report, a woman driving called 911 and said that a little girl ran "in front of her car and jumped into it screaming she was being chased by a clown." The clown then pulled the girl out of the car and the woman wasn't sure if it was a prank or not.

The child then ran screaming into an apartment and asked the family living there if she could stay because a clown was chasing her. Dion Santiago, a member of the family, looked out the window and saw a man wearing a clown mask standing outside of the building. 48-year-old Santiago fired his gun toward the yard of the building next door to scare off the clown.

A responding police officer found a man in the driveway of a nearby apartment wearing the clown mask. Upstairs, Santiago was hollering out a window: "That's him right there officer."

So who is this clown? It turns out the clown is 25-year-old Vernon Barrett Jr., the father of the little girl he was chasing around the neighbourhood.

Barrett Jr. told the officer that he'd been playing a prank on his daughter and she ran into Santiago's home through an unlocked door. He "decided to use the clown mask into scaring [his daughter] to behave" because her mother was in jail for child abuse and



he "cannot discipline his daughter," so "they have been having behavior problems with [her] at school and home."

An officer tried to explain that the clown was her father, but the girl still ran and hid in the back bedroom.

Barrett Jr. was charged with child endangerment and inducing panic. Santiago, who had a few beers before the incident, was charged with using weapons while intoxicated.

Mother in jail for child abuse, and father chases the girl around the neighbourhood, at night, through traffic, in a clown mask. Hard to believe she is having behavior problems...

Riddle

At what temperature, in Celsius, does ice freeze? (Riddle answer on next page)







DeBug 'Em Pest Solutions

We solve your pest problems All pests, all rodents

250-552-9670

debugempestsolutions@gmail.com www.debugempestsolutions.com

Northern BC's Best Team at a Fair Price

Did you know...?

Keeping your landscaping around your house and yard cut back away from the perimeter will keep insects and mice from nesting.



DeBug 'Em Pest Solutions is just one call away...

- What are a ghost's favorite Fred: rides at the fair?
- George: I don't know. What?
- Fred: The scary-go-round and rollerghoster!



- \Rightarrow BC Certified Faller
- ⇒ OFA3 First Aid
- ⇒ Stump Grinding

250-614-8157 Free Estimates We also rescue cats!

Canadian Taxpayers Federation reacts to federal Fall Economic Statement

By Aaron Wudrick

CANADIAN TAXPAYERS FEDERATION www.taxpayer.com

The Canadian Taxpayers Federation (CTF) Federal Director Aaron Wudrick released the following statement in response to October 24th's federal Fall Economic Statement:



"Once again, the Trudeau government has shown its commitment to fiscal prudence to be all talk and no walk. After breaking their commitment to run three 'modest' deficits before returning to a balanced budget, they have repeatedly refused to lay out a plan to get back to balance, even though a strong economy has provided them with higher than expected revenues. If they can't balance the budget when the economy is doing well, when can they?

If the government feels that more spending is required in priority areas, it should do what Canadians families must do: reduce spending elsewhere and live within their means. For example, their boost to the Canada Child Benefit next year will cost an estimated \$400 million, and yet this past spring, corporate welfare handouts to Bombardier and Ford alone totalled \$472 million.

Canadians should be very concerned that this government continues to kick the can down the road and saddle their children and grandchildren with billions in new debt."

Consider a Western Canada holiday for your next vacation

(NC) Wondering where to go for your upcoming holidays? With more people choosing to stay in Canada lately, an escape to our coastal provinces is a popular idea. From historic spa resorts to glacier-fed rivers, British Columbia's hot springs are as varied as the landscapes they spring from.



The province's biggest concentration of natural hot springs is in the Kootenay Rockies region located in South East British Columbia. One of the most popular spots is Fairmont Hot Springs Resort, where vacationers have taken to the odourless waters for close to a century. It boasts golf, skiing, riding, restaurants, a spa and several swimming and mineral pools of various temperatures.

At Radium Hot Springs, just north of Invermere in Kootenay National Park, two outdoor mineral pools, including one of Canada's largest hot springs-fed pool, are tucked against the sheer walls of Sinclair Canyon. Keep a sharp eye out — bighorn sheep frequent the site.

Find more information at www.travelcolumbiavalley.com.

www.newscanada.com

Riddle Answer - Ice doesn't freeze because it's already frozen.



Profit Yourself Healthy

Dave Fuller, MBA, Author of the book Profit Yourself Healthy, is a Certified Professional Business Coach who helps small business owners earn more and worry less. Email dave@profityourselfhealthy.com

It's better than Average!

I always ask my clients if they can tell me what their average sale is. Some have no clue, and others have it down to the penny. If you are in business you have an average sale. This is the total of your sales in a time period, divided by the number of customers in that period.



If you had \$1,000 in sales and your total customers was 10, then your average sale would be \$100.

Why is this important? Most business people I know are trying to increase their sales; they spend money trying to find new customers instead of taking care of the ones they have. Think about it this way, if you can improve what you do so that your customers buy more from you, your sales go up without any more expenses! Imagine what your life would be like if your customers bought 10% more. If your margin was 33%, you would make an extra \$33,000 right in your pocket for every additional \$100K you sold!!! What would you do with \$33,000? Instead of trying to get new customers all the time, consider working on trying to increase your average sale. It's easier, and cheaper, to get your existing customers to buy more, than to find new ones all the time. Think Average Sale this week.

Trivia Master

- 1) What turns blue litmus paper red?
- 2) How many days after John F. Kennedy's assassination was Lee Harvey Oswald shot?
- 3) In which Canadian city would you find Rainbow Bridge?
- 4) How many colours are there in a rainbow?
- 5) List all the rainbow colours.
- 6) What was the first book printed in type?

think outside

www.culligan.com

- 7) What four evangelists wrote the Gospels?
- 8) What do the four Hs stand for in 4-H Clubs?
- 9) What actress earned 1 million dollars by the age of 10?
- 10) Who was the first woman to fly solo across the Atlantic Ocean? (Trivia answers on next page)

Bourcet Music Studio.ca Private Piano Instruction

Now accepting New students Limited spaces available!



Rita 250-962-5866 **Therese 250-962-1853**



McDonald's[®] in Prince George is now hiring full-time staff starting at \$12/hr. Visit us today or apply online at mcdonalds.ca/careers

©2017 McDonald's



Wise sayings:

- Forbidden fruits make many jams.
- He who cannot describe the problem will never find the solution to that problem.
- He who has a sharp tongue cuts own throat.

vocationaltrainingcentre.com





Time to change the batteries in your smoke detectors!!!

250-561-0236 ssaul@atechsecurity.ca Scot Saul

Authorised Test Centre

egg egg Using the clues inside the box, CANADIAN VOCATIONAL figure out the word or phrase. F7 TRAINING CENTRE (Answer on page 6) Programs Offered: Original hand-crafted puzzles by Joe Defries Office Assistant the box Visit www.joe-ks.com Bookkeeping Light Warehousing Cooking Up Jobs Special Education lligan. Teachers Assistant 250-563-4458 250-596-1575 521 1st Avenue 201 Victoria Street Bottled Water & Water Treatment

think outside

the box



- Q: At what type of restaurants do vampires not eat?
- A: Stake houses.



www.whitegoosebistro.ca

Put A Smile On Your Face

So have you tried the great food at NorthCity Donair & Poutine yet? If not, you are missing out on some of the best - DONAIR & POUTINE



food ever created in Canada. Poutine originated in Quebec in the 1950s; and the Donair was invented in Halifax, Nova Scotia in the 1970s.

This week I invited a friend to lunch. He had never eaten a donair, and he is a lover of good food, so I was curious about his reaction to the food at NorthCity.

We both ordered the classic Halifax Style Beef Donair with tzatziki and sweet donair sauce. NorthCity is not a fast-food restaurant; they begin to build your meal once you order it. After only about 8 minutes our lunch arrived at our table, and we settled in to enjoy.

My friend's first comment was: "I'm not sure how to eat this." He was staring at a large-handful of beef, tomato, onions, and sauces inside a pita, and all wrapped in foil-paper and stuffed into a plastic bag.

I warned that this could get messy and explained he should unwrap only a little at a time to keep it all together. Otherwise he might find the ingredients spilling out onto the table. And, yes, as you probably guessed, he made the classic rookie mistake and unwrapped the whole donair. And I, of course, had much fun watching him try to combat the pull of gravity on his donair.

So, what did my friend think about his introduction to the donair? "It's really tasty," he said smiling. "But I wouldn't want to be answering the telephone while eating this!" He then excused himself to go wash his hands. When he returned, he was still smiling.

Don't you think it's time you put a smile on YOUR face?

This Week in World History

27 Oct 1925 - Fred Waller received a patent for water skis.

28 Oct 1922 - The National Fascist Party, led by Benito Mussolini took control of the Italian government.

29 Oct 1863 - The International Committee of the Red Cross was founded.

30 Oct 1938 - Orson Welles' The War of the Worlds aired on CBS radio, causing panic among listeners who thought it was a real, live news event about a Martian invasion.

31 Oct 1517 - The Protestant Reformation in Germany began when Martin Luther posted his Ninety-Five Theses on the door of the Wittenberg Palace Church.

1 Nov 1959 - Jacques Plante, of the Montreal Canadiens, became the first goalie in the NHL to wear a mask.

2 Nov 1947 - Howard Hughes flew the "Spruce Goose" for 26 seconds during the plane's first and only flight. It was a wooden airplane with the largest wingspan of any aircraft that has ever flown, built to transport troops during World War II.

Trivia Answers: 1) Acid; 2) Two; 3) Niagara Falls; 4) Seven; 5) Red, Orange, Yellow, Green, Blue, Indigo, Violet; 6) The Gutenberg Bible; 7) Matthew, Mark, Luke, John; 8) Head, Heart, Hands, Health; 9) Shirley Temple; 10) Amelia Earhart.



New York Burger Company believes in fitness. And fitness starts with great food. So come into NYBC and fit a burger into your mouth.



1375 2nd Avenue 250-563-8999 www.thecelt.ca



www.shiraz-cafe.com

A photographer went to a haunted castle on Halloween, determined to get a picture of a ghost. He wandered around in the semi-darkness until he saw a ghost floating towards him down the hallway. It turned out to be a friendly ghost who happily posed for snapshot.

The photographer went back to his studio to download the photos but discovered that thev were all underexposed and completely blank.

It turns out that the spirit was willing, but the flash was weak.



Sports

Oct 27 UNBC Timberwolves basketball vs Calgary Dinos UNBC Northern Sport Centre; women 6pm; men 8pm.

Oct 28 Cariboo Cougars vs South Island Royals BCMML hockey; Kin 1, 2187 Ospika Blvd; 4pm.

Oct 28 UNBC Timberwolves basketball vs Calgary Dinos UNBC Northern Sport Centre; women 5pm; men 7pm.

Oct 29 Cariboo Cougars vs South Island Royals BCMML hockey; Kin 1, 2187 Ospika Blvd; 10am.

Nov 3, 4 PG Spruce Kings vs Langley Rivermen BCHL hockey; Rolling Mix Concrete Arena, 888 Dominion St; 7pm.

Activities & Entertainment

Oct 27, Nov 1 Dance North Ballroom & Social Dance Every Fri and Wed; Judy Russell's Enchaînement Dance Centre, 3540 Opie Cres; 7:30pm. \$5/person. www.dancenorth.ca

Oct 27 Oktoberfest

Oompah polkas, waltzes, yodelling, and country two-stepping music by *Sound of the North* band. European-style lunch included. Senior Activity Centre, 425 Brunswick St; 8pm. Tickets \$20.

Oct 27, 29, Nov 3, 5 Public Skating

Elksentre Arena, 4833 Heather Rd; Friday 7:30-9pm; Sunday 2-3:30pm

Oct 28 ECRA: Craft Fair and Bake Sale

Great selection of things you may need to help with your Christmas shopping; Bake Sale; Concession; Elder Citizens Recreation Assoc.; 1692 10th Ave; 9am-4pm; info call 250 561-9381.

Oct 28, 29 Artisans of the North Fair

Visit 95 vendors and artisans from throughout northern and central BC selling unique, hand-crafted gifts, sweets, fashion, housewares and more at this popular annual fair; UNBC, 3333 University Way; 10am-4pm. Free parking on campus.

Oct 28 Family Halloween Dance

Family event, all minors must have a supervising adult; Pineview Community Hall, 6470 Bendixon Rd; 7pm-midnight; Tickets \$6 available at Pineview General Store (9820 Old Cariboo Hwy).

Oct 29 Kidney Walk

10th Annual Kidney Walk fundraiser; Northern Sport Centre, 3333 University Way; Registration starts 1pm; walk starts 2pm.

Oct 30, Nov 6 Northern Twisters Square Dance Club

Every Monday; Knox United Church, 1448 5th Ave; 7pm. www.northerntwisters.ca

Nov 3, 4, 5 41st Annual Studio Fair

Northern BC's original juried art fair is an important fundraiser for the Prince George & District Community Arts Council; Civic Centre, 808 Canada Games Way; 10am; Tickets \$5, Under 12 free.

Nov 3, 4, 5 ECRA: Drama Show

Elder Citizens Recreation Association; 1692 10th Ave; Friday 7pm, Saturday & Sunday 2pm; Tickets \$10, Children (under 12) \$5.

More events information at http://www.tourismpg.com/events





More wise sayings:

- He who sticks head through closed window gets pane in the neck.
- Man who eats cookie in bed wakes up feeling crumby.
- Man who falls in vat of molten glass makes spectacle of himself.



PGXPRESS is made possible by local businesses that either advertise with us or display our paper. THANK YOU

for supporting them with your business!





Yet more wise sayings:

- Man who runs behind car gets exhausted.
- Man who runs in front of car gets tired.
- Man who leaps off cliff jumps to conclusion.
- Man who pees on electric fence receives shocking news.

Do you or someone you love suffer from **ADDICTION** or **SUBSTANCE** related issues?

Let us help you develop an effective, individualized plan. Several outpatient options available.

 $\overset{\mathbb{B}_{a}}{\overset{}_{\mathcal{A}}}$ BRAZZONI & ASSOCIATES

EDGEWOOD HEALTH

Working together to meet the unique needs of the north.

Call today for a FREE consultation: 250-614-2261



Now we can send it directly to your email in-box.

Email **pgx@commduit.ca** with the word **subscribe** to sign up.





Treats Are Better Than Tricks

Remember Tuesday, October 31st is Halloween. The Exploration Place is wishing you an eerie, spooky, hair-raising, spell-binding Halloween.

This means many youngsters will be represented by their fun costumes and will be going door to door for their annual trick or treats. The Prince George Citizen reminded readers in 1959 to "be aware though, too many tricks, especially if they amount to hooliganism can prove costly with the RCMP".

This week's throwback post features an image of young trick-or-treaters from Halloween 1959 in Prince George.



Quips and Quotes

- I had been terrified of Halloween my entire adult life. Loved it as a kid, but the minute I got out of college, there were little kids at my door demanding candy, which, No. 1, I couldn't afford, and, No. 2, if I had candy, it would be mine.
- Some people are born for Halloween, and some are just counting the days until Christmas. ~ Stephen Graham Jones
- Charlie Brown is the one person I identify with. C.B. is such a loser. He wasn't even the star of his own Halloween special. ~ Chris Rock
- This Halloween, the most popular mask is the Arnold Schwarzenegger mask. And the best part? With a mouth full of candy you will sound just like him.

~ Conan O'Brien

Think Outside The Box Answer - Two eggs over easy.

The Lighter Side

How To Get Blood From a Stone

A vampire bat came flapping in from the night covered in fresh blood, and hung himself upside down from the ceiling of the cave to get some sleep.

Pretty soon all the other bats smelled the blood and started hassling him about where he got it. He told them to leave him alone and let him sleep.

However, they persisted until he finally gave in. "Okay, follow me," he said as he flapped out of the cave with hundreds of bats behind him. Down through a valley they went, across a river and into a forest of trees. Finally he slowed and all the other bats excitedly milled around him.

"Now, do you see that cabin over there with the big stone chimney?" he asked.

"YES, YES, YES!" all the other bats screamed in a frenzy.

"GOOD," shouted the bat, "BECAUSE I DIDN'T!"

Vampire Drinks

Three vampires walk into a bar. The waitress comes up to them and asks them what they'll have.

The first vampire says, "I'll have a glass of O Positive."

The second vampire says, "I'll have a glass of AB Negative." The third vampire says, "I'm the designated driver. I'll just have a glass of plasma."

The waitress turns toward the bartender and yells, "Gimme two bloods and one blood lite!"

No Guts, No Glory

Sudoki

Q: Why didn't the skeleton cross the road? A: Because he didn't have any guts.

> For more laughs visit Joe-ks.com #1 humor site on the 'net. 8 3 9 Original, Hand-crafted puzzles by Joe Defries SuJoKu.com Puzzle Difficulty: Mild 5 3 4 6 9 6 8 3 2 5 6 1 1 2 7 1 4 8 5 7 6 2 3 7 9 5 2 8



- Q: What happens when a
 - ghost gets lost in a fog?
- He is mist. **A**:

ENTION DENTURE WEARERS!

Did vou know...

It's possible to smile with confidence when wearing dentures?

Our in house lab means you can have your n<u>ew dentures within</u> **3 APPOINTMENTS!**

Esther Schwenning R.D.,D.D.

Call today for your **FREE** consultation

Northern Lights Denture Clinic Ltd. 250-562-2620 f 701 Victoria St. www.nldenture.ca



NOW OPEN NEXT TO WENDY'S **AT 1090 VICTORIA STREET**

NT & MERCANTILE

(236) 423-2022 victorypaintandmercantile@gmail.com



Discuss your financial goals, spending, budgeting, and credit use with your significant other. Make it a joint effort, you will hold each other accountable and stay within your budget.



A: He wanted to learn how to draw blood.





Rebecca Sinclair, CFP & Gordon Plewes, CFP, CPCA, BComm Financial Advisors, Raymond James Ltd.

Phone: 250-564-4865

www.raymondjames.ca/sinclairplewes



Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey

No retirement cash at 58

Dear Dave,

I'm 58 years old and have nothing set aside for retirement. My wife and I are on Baby Step 2 of your plan and paying off debt. We have \$37,000 in debt not counting our home, and five kids still at home. We have a household income of \$73,000 a year, and were wondering if we should go ahead and start Baby Step 4, investing for retirement, instead of paying off the debt.



Dan

Dear Dan,

Your most powerful wealth-building tool, both mathematically and factually, is your income. The most powerful way to build wealth — whether it's playing catch-up at 58 or starting at 28 and becoming wealthy over the long haul — is to have your income available. That means it's not flying out the door every month to make debt payments.

Fifty-eight is not old, but you do have to get busy if you want to retire with dignity. I'd really lean into this debt and make it disappear in the next 18 months. I'm talking about sticking to a tight budget, living on rice and beans, and selling so much stuff around the house those kids think they're next!

After that, you'll have to throw every dime you can into building an emergency fund of three to six months of expenses. And after that, you'll have to spend 10 years going crazy saving for retirement by pouring about \$12,000 a year into good mutual funds.

Can you do that and win, and by "win" I mean retire with some dignity? Yes, you can. But it's not doable if you've got \$37,000 in debt hanging around your neck!

Sudoku

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

~ Dave

It's a Fact!

Solution

4-H is one of the largest youth organizations in the world. Known for engaging youth in agriculture, the organization also promotes citizenship, healthy living, science, technology, engineering, and math. National 4-H day is November 1, 2017.

