

Twin Meadows Organics

Certified Organic
PACS # T-16-362

Wendy & Garry Lowe and family have a limited amount of produce available.

We will deliver to the McBride Park on Friday afternoon, **September 19th and October 4th.**

Certified Organic:

Beets \$1.50/lb

Packaged in 5# perforated plastic bags

Rutabagas \$1.25/lb

Packaged in 5# perforated plastic bags

Cabbage \$1.25/lb

Sold by the head

Daikon \$1.75/lb

Packaged in 5# perforated plastic bags

Scorzonera \$3.25/lb

Sold by the bunch - about 1#

Potatoes** \$1.00/lb

Packaged in 25lb or 50lb burlap bags

Varities: Yukon Gold, Reds, Green Mountain, Kennebec

Butcher Pigs \$1.65/lb

Sold live on the hoof

Only a few left for delivery late November

Grown on pasture and our own grains only!

**Naturally Grown without Herbicides/Pesticides or Synthetic Fertilizers, but NOT Certified Organic this year.

To reserve your produce - call 569-7810
or send email to info@twinmeadowranch.com



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SPRUCGE KINGS NEWS

Spruce Kings Roster Down To 25

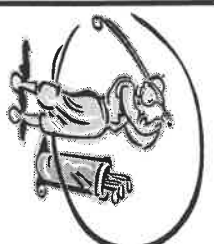
The hard reality of life in the hockey world is that one day you are as likely to be cut as you are to make it and for 25 hockey players their name still stands on the Spruce Kings roster. Following the 8-0 victory over the Quesnel Regency Millionaires, the Prince George Spruce Kings had to do the unenviable task of reducing their roster down to the allowable size of 23 for the start of the regular season. The Spruce Kings roster includes the 23 players identified through the process of the main training camp, intra-squad game and exhibition season and it also includes two names from last year: Damien Kello and Grant Toulmin are still away at WHL camps. Players that arrived at the Spruce Kings main camp with no guarantee of playing for the team this season included Brad Anderson, Tyson Hall, Geoff Morgan and Jordan Simpson. Those four join off-season acquisitions and signings Alex Allan, Sean Ambrosie, Adam Baldassare, Joe Becker, Rlay Barra, Nick DeSousa, Justin Fillion and Michael Nardi. The eleven returning players that round out the roster are Brandon Busse, Dan Corrae, Zach Davies, Colten Derickson, Kevin Genoe, Laine Keyes, Matt Lees, Wes McLeod, Joe Morgan, Sam Mutchalla and Johnny Van Sicken. **Eight Is Enough For Final Pre-Season Game**

On Sunday afternoon the Prince George Spruce Kings did everything right in their final pre-season game and came away with an 8-0 win over the visiting Quesnel Regency Millionaires. Down to the last game before the start of the regular season, the Spruce Kings came out with a mission to prove that they are ready to play and did they ever. A total of nine players finished with two points and another four picked up single points. Goal scoring was led by Rlay Barra - who was the only player to register two goals in the game, defencemen Zach Davies and Justin Fillion both had a goal and an assist as did Johnny Van Sicken, Joe Becker and Matt Lees; Alex Allan tallied the other goal. Colten Derickson, Nick DeSousa and Adam Baldassare all had a pair of helpers each with Sam Mutchalla and Brandon Busse picking up single assists in the game.

Sponsorship Opportunities Still Available

With the start of the regular season less than a week away, a limited amount of sponsorship opportunities exist for people and businesses looking to offer their support to the Prince George Spruce Kings for the 2008-09 season. The Panago Spruce Kings Broadcast is a full feature play-by-play broadcast of every Spruce Kings game with pre-game and post-game analysis, player profiles, contests, trivia and many other features. The broadcast is heard on Prince George's Community radio station, CHIS-FM 93.1 and is also available as an online audio stream from the Prince George Spruce Kings website. For inclusion as an advertising partner with the Panago Spruce Kings Broadcast, please contact Ron Gallo through the Spruce Kings office - 250.564.1747.

Take a Break in McBride...B.G.s Fiercestest Town!!



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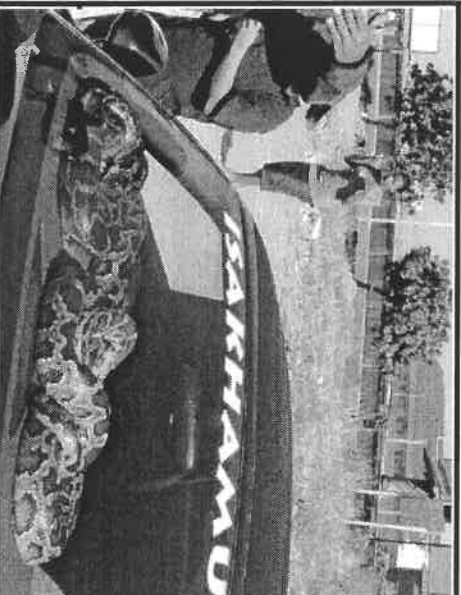
GOLF & WINTER CLUB
ROBSON VALLEY B.C.

Please excuse our mess while we remodel

For Sale at

Odds 'N Ends

- Pegboards - Various sizes
- Free Standing Wooden Shelving Units
- 2 Video Surveillance Cameras
- 25" Convex security mirror with mount
- Misc. hooks for pegboards
- Gift racks, ect. Many "free items"
- Come in during business hours.



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