

What goes zzub, zzub, zzub?  
A bee flying backwards!

## Robson Valley Septic

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"Your business is our business!"  
Now Closed for the season.  
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MCKALE HOUSE is proud to be a Friend of the McBride Roundhouse Theatre Society  
Come in and enter to win a pair of tickets to see Alee, Alberta Country Music Star!  
Store Hours W- F 10-5, Sat 10-4  
Closed: Sat. Nov 7, Wed. Nov 11 and Fri Nov 13 (due to concert)



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**DAWGS Assorted Slippers**  
**DAWGS Assorted Winter Boots**  
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## Country Chic Beauty Salon

As of February 1st, 2016 the salon will no longer offer ESTHETIC services!! Any Esthetic gift cards MUST be redeemed by FEBRUARY 1, 2016, no cash refunds! Thank you to those who have supported me!  
-Jennette  
As a result there will be a room for lease in Country Chic starting FEBRUARY 1st.  
Contact for details.

250-569-2344

Follow us on facebook!

## ROBSON VALLEY PHARMACY



OPEN Mon.-Fri. 9-5, Sat. 9-3  
250-569-8811  
1136 - 5th Ave. inside the McBride Hospital  
SAVE \$2.20  
eos pomegrante raspberry shaving cream  
7 fl oz \$3.79

eos vanilla bliss shaving cream 7 fl. oz. \$ 3.79  
VALUE SIZE

Ann 87 Hammer Advance Antiperspirant \$2.99  
COMPARE & SAVE  
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MIRACLE THERAPY \$4.99 each  
Intusium 23 Step 1 Shampoo with morninga oil  
Intusium 23 Step 2 Conditioner with morninga oil  
Intusium 23 Step 3 Moisture Replenisher with avocado & olive oil

FREE The little FREE

# McBride

## Paper



Serving BC's Friendliest Town and Area since 1996!!!  
For the week of *Wednesday, November 4th, 2015*

## NOTICE

Due to Remembrance Day landing on a Wednesday, we will be delivering the paper on Tuesday, November 10 in the afternoon. If you need anything put in the paper for next week it must be submitted by Monday, November 9, before 6:00pm.

## MOVIE NIGHT

Please come out on November 6th and support the LIVE DIFFERENT students that are traveling to Mexico in March to build a house for a family in need. The proceeds are used toward airfare for the trip. Our appreciation goes out to Diversified Transportation for the donation of a bus for the ground transportation portion of the trip!

4:30 - The Minion Movie...The story of Universal Pictures and Illumination Entertainment's Minions begins at the dawn of time. Starting as single-celled yellow organisms, Minions evolve through the ages, perpetually serving the most despicable of masters. Continuously unsuccessful at keeping these masters - from T. Rex to Napoleon - the Minions find themselves without someone to serve and fall into a deep depression. But one Minion named Kevin has a plan, and he - alongside teen-age rebel Stuart and lovable little Bob - ventures out into the world to find a new evil boss for his brethren to follow. The trio embarks upon a thrilling journey that ultimately leads them to their next potential master, Scarlett Overkill (Academy Award winner Sandra Bullock), the world's first supervillainess ever. They travel from frigid Antarctica to 1960s New York City, ending in modern London, where they must face their biggest challenge to date: saving all of Mankind...from annihilation.  
7:00 - Mission: Impossible - Rogue Nation...CIA chief Hunley (Baldwin) convinces a Senate committee to disband the IMF (Impossible Mission Force), of which Ethan Hunt (Cruise) is a key member. Hunley argues that the IMF is too reckless. Now on his own, Hunt goes after a shadowy and deadly rogue organization called the Syndicate.

## CURATOR POSITION

The Valley Museum and Archives, in conjunction with the Dunster Community Association, is looking to hire a qualified person to act as curator for both the McBride and Dunster Museums. This position will be for \$20/hour for an average of 20 hours per week for a full year. Duties will include: -Establishing a show at the Dunster Station Museum, -Designing and setting up multiple shows at the McBride Museum (up to 6), -Record elders in both Dunster and McBride in order to capture the lives and stories of early settlers, -Coordinate volunteers, -Assist with archiving, -Oversee a museum host and gift shop at the Dunster Station Museum, -Establish and Maintain a Dunster Station Museum website, -Create a Dunster Station Museum brochure for wide spread distribution, -Establish and oversee monthly interactive workshops highlighting traditional skills and knowledge for both museums, -Coordinate with other museums and Golden Raven staff, -Apply for grants, -Oversee the design and management of a gift shop at the McBride Museum, -Oversee any restorations at the Museums in both McBride and Dunster, -Report back to both boards at regular meetings. Candidates wishing to be considered, should submit their resume, along with a cover letter expressing their experience, education, and what skills they can bring to the position by November 6th, 2015, to Donna Hampson (donnahampson@live.ca). The successful candidate will be expected to be able to start by mid-November.

## McBride Secondary News

McBride Secondary's Live Different Group is having a Bottle Drive on Sunday, November 8th. We will be coming around your neighborhood asking for any recyclable cans or bottles for donation or you may drop off your recyclables at the High School at the back beside the shop between 10 to 2pm. All proceeds go towards the travel expenses of the group's trip to Mexico to help build a home for a family in need this coming March 2016.  
Attention Crafters...it's time to book your table for the Christmas Craft Fair at McBride Secondary School - an important fund raiser to support students at the school! Where: In the gym at McBride Secondary School. Date: Saturday, November 21 - 11:00-3:00. Time: 11:00AM - 3:00PM (doors open at 9:00AM for vendors). Costs: \$25 per table (flat fee). Booking: call Kathy at the high school at 250-569-2295. Reminder: No food prep on site and all baked goods must be wrapped!

## BIRTHDAY WISHES NOVEMBER 4-10

Marg Johnson, Michael Joyal, Pierson Amerl, Giovanna Clements, Quinn Franke, Rozina Shaw, Bradley Quan, Evan Carnont, Morgan Matwick, Rose Anne Forster, Scarlett Sullivan, Trevor Jones, Fred Wall, Ingrid Stengler, Jordan Froese, Jordyn Summerhays, Teagan Trask, Conner Forman, Jason Shantz, Niah Scarlett, Sean Reichert, Tony Vecchio, and to anyone else we missed, Happy Birthday!

Greyhound Schedule (The Farm Store) (Closed Sun.) 250-569-0425  
Depart to East - 2:45am Daily (Valemont, Jasper, Edmonton)  
Depart to West - 7:40am Daily (Prince George)

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax:250-569-0220, email:sglines3@telus.net, P.O. Box 441, McBride, B.C. V0J 2E0 or drop off at 455 King St. If we don't know about it, we can't inform the public about it! Scott & Susan Gilnes (Oscar & Brian)

All articles and ads are not the expressed opinion of this paper or its owners.  
Take a Break in McBride...B.G.'s Friendliest Town!!

## Frankie and Sons Automotive Ltd.

Winter tires 20% off!

RV Storage \$25/month  
975 Airport Road - 250.569.8830

Glass Cutting, Picture Printing,  
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call Bill Arnold 569-3381

## REALLY NICE STONEMARK!!!

Call Adam Rati Stonemasonry  
250-569-6809 adamrathventures@gmail.com  
"Rocking the Robson Valley!"

## Cougar Den Cabins

250-569-7308  
Daily, Weekly & Monthly Rates  
1800 samson rd. mcbride (bottom of lucille mountain)

CLOSED November 11th  
for Remembrance Day  
250-569-0133

## Odds 'n Ends

250-569-2645  
Ins and outs of cables knitting class  
Wed., Nov. 18 10am - noon  
Cost \$5.00 Register at the shop

**HORSESHOEING**  
Gary Schwartz  
Farrier Service  
250-569-3319  
McBride, BC

Order & pre-pay by phone for pickup in McBride at Sears  
**Infinity**  
Vitamin's  
Specialty Foods & More  
info@relius.net

## Quiet Breeze Creations

will have a table at this years Craft Fair on November 21st at the High School.

## ROBSON VALLEY PHYSIOTHERAPY

McBride - Monday, Tuesday & Friday.  
Valemont - Wednesday  
Phone 250-569-0053



**Robson Valley  
Pet Hostel**  
Grooming & Boarding

Ann Schwartz - Animal Health Technician  
250-569-3319 Website with information and galleries:  
www.pethostel.ca

## PAINTING

Call Phil @ 250-569-0205

## THE HAIR SHOPPE

569-3359 803 3rd Ave. - side entrance

## PAUL HEIGHT

## CHARTERED ACCOUNTANT

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Telephone 1-780-852-4000  
Email height@incentre.net

## Meraki Builders

Construction and Renovations  
250 569 7885 (Mitch) 250 569 4109 (Brenden)  
or email at merakibuilders@outlook.com

## MOBILE SMART PROCESSING

Now Taking Bookings For The Fall  
Mark Roth 250-569-7805 "Serving the Robson Valley"

It PAYS to Recycle!  
McBride Bottle Depot: 569-7760  
HOURS: Thursday, Friday, and Saturday  
10 am - 12 pm and 1 pm - 4 pm

## Alaina Chapman RMT

Registered Massage Therapist  
Ph: 250-566-1040 To book an appointment

## DRYWALL SERVICES

250-569-0320

M4 CONSTRUCTION Gerald Moore  
(250) 569-7147





The Valley's

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<https://www.facebook.com/ThreeRangesBrewingCompany>

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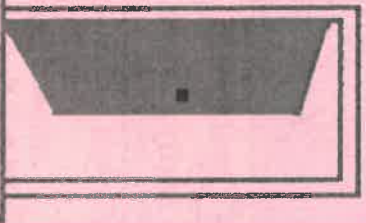
Sharon Reichert

**210 Main Street**

McBride

**250-569-7230**

[thepurpledoor@outlook.com](mailto:thepurpledoor@outlook.com)



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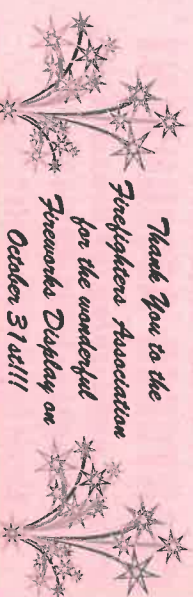
Irene Berndsen  
(250) 569-7397

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Rosemary L. Hruby, CAIB

250-569-2264



**MCBRIDE HOTEL**

569-2277

NEW HOURS...

Sun. - 11am - 11pm

Mon. - Closed

Tues. - 4pm - 12am

Wed. - 4pm - 12am

Thurs. - 4pm - 12am

Fri. - 11am - 2am

Sat. - 11am - 2am

McBride Employment Services Centre

**NOVEMBER WORKSHOPS**

Thursday, November 12<sup>th</sup> 10-12 noon

**Resume Ready**

*Resumes that stand out.*

Thursday, November 20<sup>th</sup> 10-12 noon

**Invincible Interviews**

*Tips for confidence.*

Robson Valley Support Society - Everyone welcome!  
Just follow us on Facebook @ rvsupportcenter

## REMEMBRANCE DAY

The Royal Canadian Legion Branch #75 Invites You to Remembrance Day. Parade 10:30 a.m. from Legion Hall. Service: at 11:00 a.m. at Cenotaph in the Village Park. Roast Beef Dinner 12:15 p.m. (by donation). Socialize for the afternoon with old friends and make new ones. Everyone Welcome.

### COMMUNITY ANNOUNCEMENTS

**ELKS/CANADIAN PURPLE COMMUNITY GAMING GRANT APPLICATIONS ARE DUE!** If your Club or Organization is in need of funding for the 2016 year, please submit your letter of application to McBride Elks #247 Box 65, McBride, BC V0J 2E0 or Canadian Purple, Box 336, McBride, BC V0J 2E0. **NO LATER THAN FRIDAY, NOVEMBER 6TH.** Letters must include: What funding will be used for, cost, how many people it will benefit, how long your club or organization has been established. For more info, call either Al Birnie at 250-569-4101 or Kathy Molendyk at 250-569-3239.

**Royal Purple** will be ordering Purdy's Chocolates as a fundraiser this season. Orders must be in by November 18th. You can order on our Web page customer number 32441 - web page [www.purdysgpp.com](http://www.purdysgpp.com) or you can pick up a brochure from Florence Myrto 250-569-3254 or Dawna Hickery 250-569-3210. There is a 25% discount on the chocolates. Orders will be delivered December 1, 2015. Thank you for helping us help our Community Children. **Ever wondered how you would respond if your child were choking?** How to treat a burn? What to do if your little one stepped on a nail? Saturday, November 7th, 10:00 a.m. to noon, Kids First Aid Q and A at the Dunster Schoolhouse. Join nurses and doctor to answer your questions regarding children's first aid. General and preventative health questions will be covered also. Something specific you're wondering about? E-mail your questions ahead of time to [stunstor@gmail.com](mailto:stunstor@gmail.com). Free on-site child care and refreshments provided care of the Dunster playgroup and Success by Six. Questions contact Nancy Taylor 250-986-4358 or Susan Umstot 250-569-4033. **Community Christmas Day Dinner...** Please join us on December 25 at 4p.m. in the Evangelical Free Church for a FREE Turkey Dinner. No reservations necessary. Volunteer help and cooks needed (call Betty 250-569-3386). -Sponsored by Community members and Churches of McBride.

**McBride Pickleball** - McBride High School gym at 7:00pm and continue every Wednesday that the school is open. For information about Pickleball contact Sharon Schiefelbein 250-569-2583.

### BUY, SELLS, RENT & MISC.

**Moving Sale:** 28" Flat screen tv Sony Bravia, works fine. \$150 obo. Fine wolf skin with mask \$1400 obo. Single axle trailer Ubilt roadworthy, \$600 obo 250-569-0351. **For Rent-**3 Bedroom House on 4th Ave. \$500/month plus utilities. Phone 250-569-3374 or 250-569-7310. **For Sale-4** Hankook I-Pike 235/70/16 studded winter tires on winter rims for sale. Wheel lug pattern is 5x114. Tires have the snowflake and have lots of tread left. \$240.00. 250-569-0078. **Wanted-**2 double or larger beds, microwave, dressers and utensils. Phone 250-569-2266. **For Sale-Duramax** vinyl waterproof storage shed 8' x 10.5'. New condition on heavy pallet base. \$1000. Phone 778-258-0353. **For Sale-4** Goodyear Wrangler AT/S L17275-6SR18, studded, 80 percent left. \$400 Ph:569-7769. **For Sale-5** young goats, 3 doelings and 2 buckings. \$2.25/lb live weight with a package deal available. Also one 3 yr. old Alpine cross doe and 1-1/2 yr. old proven Oberhasli billi for sale. 250-569-7800. **For Sale-2003** Toyota Tacoma. Green, extended cab, 4 cyl auto, 165k, clean, new battery & exhaust system, extra set of tires on rims. Winch, locking canopy, boat rack, electric boat loader, 10' boat. #13,000 OBO. Contact Mick @ 250-968-4332. **For Sale-2007** Pontiac Vibe, 230,000 kms. Comes with summer & winter studded tires. Very good condition and ready for winter. \$4000 OBO. Call Sharon Stearns 250-968-4544. **For Sale-Push** type lawn mower, 15" cut, \$10. Wheeled garbage can, \$4. Older, orange secretary's chair, \$4. Contact D. Simpson 250-569-3343. **For Sale-08** Skidoo Summit 800, \$5800 o.b.o. Call Mark. Ph:250-569-7811. **For Sale-13** Lambs, males & females. 5-7 months old, ready to go any time. Please call Lisa 1-250-553-2365. **Wanted-Chest** Freezer, leave message at 569-0311. **For Sale-RSF** Wood Furnace, good for garage or green house \$200. Propane cook stove with oven, needs no electric \$200 Ph:250-569-2488. **For Sale-Used** older BodyBreak 218 Elliptical Trainer. \$50. Phone 250-569-3110. **For Sale-Sickle** mower, restored. \$600 obo. Ph# 250-569-0351. **For Rent-1** bedroom apartment across from hospital. \$550 & \$600 a month. N/S, N/P, Fridge/stove included. Call 250-569-0208. **For Sale-13** Young Muscovy Ducks, \$15 each. 10 Berkshire/Yorkshire cross Weiner Pigs - 8 weeks old, \$100 each. 20 New Zealand/Flemish giant cross meat Rabbits. 8-12 weeks old. \$20 each. Phone Sarah 250-569-7427. **For Sale-Jackson** Figure Skates Size 5 (\$50.00) worn twice. Call 250-569-3210 or text 250-569-7484. **For Sale-Hella** Rally 3000FF driving lights, new, asking \$200 for pair. 100 ft. x 3/8" capacity hand crank air hose reel, new, asking \$50. Phone 250-569-3380. **Commercial Space** for Rent: 411 Main. St., 420 sq. feet. Please call Nathan for details at 250-569-7852. **For Sale-1-1/2** Fire Hoses, 100', \$15 each. Pedestal Tables various sizes \$10 and up, stereo chairs \$5 and up. 3 point hitch farm attachments. Ph:569-7469. **For Sale-4** Acre Property on Dore River Road with renovated 14 wide Mobile & Shop. Gravity water. Price: 137,000.00 Ph:250-569-2471. **To place an ad call 569-3110, Fax 569-0220 or drop info at 455 King St.**

**Important Phone Numbers**  
Via-Rail Schedule [viarail.ca](http://viarail.ca) Phone 1-888-842-7245  
Going West - Sunday, Wednesday & Friday...2:44pm  
Going East - Monday, Thursday, Saturday...1:48pm  
Discounts for 1 or 3 days advance booking.

**EMERGENCY** ..... 9-1-1 Gov't Serv. BC. 250-569-3760  
R.C.M.P. .... 250-569-2255 Village ..... 250-569-2229  
Hospital ..... 250-569-2251 Reg'1 Dist' ..... 1-800-667-1959  
Health Unit ..... 250-569-2251 Home Support ..... 250-569-2266  
K to 7 School .. 250-569-2721 Food Bank ..... 250-569-3186  
High School ..... 250-569-2295 Fire Hall ..... 250-569-3117  
School District 57 Denial Office The Little McBride Paper  
1-800-256-7857 250-569-3434 250-569-3110  
Report Forest Fires - 1-800-663-5555  
Inquiry B.C.-1-800-663-7867 - For Toll Free Calling to Provincial Numbers ...  
Dial this Number 1st and ask operator to connect you to provincial department.

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

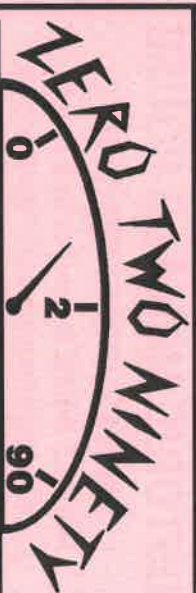
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**FRESH FISH FRIDAY!!!**

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**HUSKY**

569-2441



The McBride Roundhouse Theatre Society

Presents

2015 ACMA Female Entertainer of the Year



Friday November 13 2015

Doors 7:00PM Show 7:30PM

at the McBride Roundhouse Theatre 1300 Second Avenue McBride BC

Tickets available at Home Housewares in McBride  
Advance \$30 Day of Show \$40

## WHAT TO DO IN McBRIDE...

How many times have you been asked, "What is there to do in McBride anyway?" Robson Valley Tourism, a committee of the McBride and District Chamber of Commerce, invites you to join us for an informative fun filled evening and find out some of what the Robson Valley has to offer! We will have presentations from several recreation tourism groups as well as several community service groups and clubs on hand to help enhance your knowledge of what we have! Wednesday, November 4th 7-9pm at the Robson Valley Community Centre. Any questions, or to add your group to the event e-mail manager@mcbridetchamber.ca

### COMING EVENTS

**Save the date!** December 5th McBride and District Hospital Auxiliary Christmas Extravaganza at the E-Free Church from 7-9pm. Cake walk, crafts, pie and coffee, silent auction, kids activity table, bake table and raffle.

**Birthday Party**-Come out on November 11 and help Niah Scarlett celebrate her first birthday at the Riverbend Trailer Park, 2-3pm. RSVP by November 8 at 778-258-0314.

**Bingo Wednesday**, 1st, 3rd & 5th Wednesdays of the month at the Legion Hall. Early Bird 6:30pm. Everyone Welcome!

### LIBRARY NEWS

**Lego/Minecraft Club**, Ages 5+. Wednesdays at 3:00pm. Lego, Minecraft, Crafts & Games.

**Tuesday Night Jam**, 7pm in the Annex. Like to play rock, bluegrass, folk and more? Come meet with local musicians and learn new music. Contact Dave Marchant at 569-2569 with questions.

**Fibre Arts Group**, Thursdays at 10am. The group that previously met at Odds & Ends is now meeting in the Annex. Bring your knitting, crochet or needlework project and come hang out!

### RVSS NEWS

**The Robson Valley Support Society Book Club**: ~Monthly meetings ~A New book each month ~Discuss characters, plots, innuendos, etc. ~Choose books in turns. Call Stacey at RVSS, Thursdays and Fridays: 250-569-2266. Let's Make It Happen!

**The Robson Valley Support Society Adult Literacy Games Day!** Join us at RVSS, 942 3rd Ave. Thursdays at 1:00pm. Brings Your Friends! ~18 and older please. Light refreshments provided.

-Chess -Clue -Backgammon -Yatzee -Crib -Card Games and more...

**The Robson Valley Support Society Craft Club**: Come on Out and Create! ~New projects each week. Quick, fun creations. Join us and free your inner artist! Fridays from 1:00 - 3:00pm., 18 and older. Contact Stacey at RVSS for more information, 250-569-2266.

### CHURCH NEWS N' THINGS

**Anglican United Church** - Downtown Thrift Store on Dominion Street. Clothes and Household Goods. Open: Tues. 1:00-3:00 & Fri. 1:00-3:00 •Dorcas is OPEN Tuesdays 1pm-3pm. Contact number 569-2479 Terri or 569-4031 Carol •Foodbank contact number is 569-3186 •Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11am. and Wednesdays at 7pm. Phone: Ph: 569-3370 •Memorite Church-Meet Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph: 569-7297 •Mountain Chapel (PAOC)-Sunday School & Adult Classes-10am, Services-11:10am. Ph:569-3350 •Anglican United Church-441 Dominion Street. Meet Sundays at 10:00 a.m. Phone 569-3206 or 569-3386 •Evangelical Free Church-Worship Gathering at 10:30am. Ph:569-2378 •Robson Valley Christian Centre-Meets in home Sundays 11am, Dunster Ph:968-4335 •St. Patrick's Catholic Church-Meets Sundays at 11:00am. Ph:569-2606. Call to Confirm.

Take a Break in McBride...B.G.'s Friendliest Town!

You Are Invited to Attend

# "Foods for Thought"

When: November 10, 17, 24, and December 1, 2015

Where: McBride Seventh-day Adventist Church

Time: 6:30 pm

## Did you know that:

- Dietary choices can affect the brain's ability to produce important mood-regulating hormones.
- A healthful diet can improve your mood, help you think better, and lower your risk for dementia.
- Powerful food cravings and addictions can be overcome with simple dietary changes.
- Lifestyle disorders such as diabetes, heart disease, obesity, high blood pressure, and elevated cholesterol are linked to an increased risk for dementia.
- Low levels of certain nutrients are linked to depression, fatigue, slower thinking, and poor mental processing.
- FAT is not spelled BAD; certain fats are essential for optimum mood and brain function.

"Foods for Thought" is your guide to understanding how to grow and keep a healthy brain, with plenty of practical tips, helpful charts, and lots of delicious recipes to help your mental engine purr... instead of ping!

Contact Phyllis Krueger 250-968-4493 for more information, and to arrange transportation. \$20 per family. Sponsorships available. Plan to come now!

# MOVEMBER

I V L J F H T P N S M N X S G  
 F N I I H A R W R M O O N E Z  
 K E T S F O M A A D U V R G O  
 G N B E S S E C I E Z S E S D L  
 O D G T R S S P L I T M I E G  
 N G A J O N E R T Y A B S L A  
 N T Q M N E A N Y B C E O P X  
 E E E G S O E T Y I L H R N E W  
 W A M S F M I Y I B E N G C V  
 T U I J T D X T T O S T A H F  
 Y O C A N C E R C I N V I A I  
 N Z E H T L A E H E R A D N M  
 O R Y R O T L A E H B T A L G E  
 T W S S E N A E I R A W A E H E C  
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DIAGNOSIS	PLEDGES
FAMILY	PROSTATE
HEALTH	TREATMENT