

## ROBSON VALLEY PHARMACY



1136 - 5th Ave. inside the McBride Hospital  
OPEN Mon.-Fri. 9-5, Sat. 9-3, Sun. Closed  
250-569-8811

BUY 10 atoma PRODUCTS,  
GET THE 11TH atoma PRODUCT FREE

### HAPPY THANKSGIVING!!!

WE WILL BE CLOSED OCTOBER 10, 2016  
FOR THANKSGIVING

**WOW \$8.99 ea.**  
**BENYLIN \$8.99**  
Cough Liquid 250ml  
OR  
Tylenol \$8.99 ea  
Cold or Sinus Tablets 40's  
**WOW \$7.99 ea.**  
NeoCitrin  
Powder 10's

How do you tell the difference between a  
Labrador and a Marine Biologist?  
One wags a tail, the other lags a whale!

## Robson Valley Septic

(250) 569-7812

"Your business is our business!"  
OPEN for the season.

Give us a shout, we'll come on out!

## R3ACRES, Farm raised beef, naturally.



**Fall Special \$355**

Repeat customers get **10% OFF**

Roasts(8lbs), minute steak(3lbs), beer sausage(5lbs),  
5oz burger patties(5lbs), stir-fry(3lbs), stew(3lbs)  
Bratwurst or Italian sausages(6lbs), & lean burger(10lbs)

All products are All-beef & Gluten free

Visit [www.r3acres.com](http://www.r3acres.com) for a full list of packages.

Call: 250-569-7203 Email: [beef@r3acres.com](mailto:beef@r3acres.com)

## HORSESHOE LAKE VENTURES

Now stocking Industrial Hydraulic  
hose and fittings

Agricultural Parts & Service  
Call 250-569-0075

E-MAIL

[horseshoelakeventures@hotmail.com](mailto:horseshoelakeventures@hotmail.com)

## ROBSON VALLEY ESSENTIALS

250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5:30

**WE HAVE McBride Souvenir!!  
GUTEN FREE AND ORGANIC FOODS AVAILABLE.**

Closed Monday, October 10, 2016.

Have a Great Thanksgiving.

**NEW ADULT COLORING BOOKS HAVE ARRIVED!!**



The Valley's  
Locally

Brewed Beer!!

Open Wednesday - Saturday 3-8pm  
and Sunday 12-6pm

Downtown Valenmount across from the IDA  
250-566-0024

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

## DNG Developments FOR SALE

- 2006 Chev Equinox, AWD, leather, automatic,  
two sets of tires, 95000km, #6521, \$7500.00
- 2007 Ford F150 XLT, 4x4, crewcab, 160000km  
on engine #3448, \$7900.00

Call 250-569-0343 for more information. DL31296  
Prices shown do not include applicable taxes.

## FREE The Little FREE

# McBride

## Paper



Serving BC's Friendliest Town and Area since 1996!!!  
For the week of *Wednesday, October 5<sup>th</sup>, 2016*

## SCHOOL NEWS

BC College & University Advisors will be hosting an open house  
from 10am-11:30am, Wednesday, October 12th in the McBride  
Secondary School gym. Everyone welcome.

Congratulations! The UNBC Scholar for 2015/16 is Dian  
Monroe. Dian has received a four year, fully paid scholarship to the  
University of Northern British Columbia starting in September 2017.  
Ryan Laird will rock the Roundhouse! On October 28th. During  
the day on October 28th, Ryan Laird will be speaking to the students  
and sharing his message of youth empowerment and bully prevention  
through his program known as "Bigger than That"  
([www.biggerthanthat.org](http://www.biggerthanthat.org)) Since he will be in town we have asked  
him to entertain us as well as educate us as a larger community and  
lucky for us, he agreed!!! So get on over to Robson Valley  
Essentials and purchase your ticket to see Ryan Laird who is a 2-  
time Canadian Country Music Awards and Canadian Radio Music  
Awards nominated recording artist. He is currently signed to a  
Nashville Record Label and his live show is something special,  
winning over audiences for over a decade as one of Canada's most  
remarkable singers. From his one-of-a-kind career launching Billboard  
stunt appealing to Taylor Swift. (google it for more info) to his Top  
10 hit "I'm Your Man", to his philanthropic tour impacting over  
300,000 Canadian youth, the man promises not to disappoint! Ryan  
co-wrote, performed and produced his newest single, "Wear Me  
Out" which is currently being played on country radio. You name  
the instrument, Ryan can play it! A limited number of tickets are  
available so don't delay - buy today! Adults \$20, students \$15 and  
10 years of age and under \$10.

**McBride Secondary Grad 2017 Community Calendar** - This  
year's grade 12 students have started taking orders for the "Community  
Calendar" for 2017. Each calendar is \$11.00 and must be paid in  
advance. Due to having such a small graduation class, if you are not  
approached by a grade 12 student, please stop by the school to place  
your order and have your name added to the birthday/anniversary  
list. Deadline to order and pay for your calendar is November 1st.  
If you would like to advertise your business, we do have a couple  
of spots open. They will be filled on a first called in basis. Also,  
if your club or organization would like to put in your meeting times,  
e.g. Elks/Royal Purple meetings, or Legion Bingo or if you know  
of a special event e.g. Grad, you would like listed on the calendar,  
please call the school at 250-569-2295 by November 1st.

**Hello Crafting Vendors**, it's time to start thinking about Christmas!  
McBride Secondary School PAC Craft Fair, Saturday, November 19  
at McBride Secondary. **NEW TIME - 10AM-2PM** (doors open to  
vendors at 8AM). Table prices - \$25 each. All vendors will pay \$25  
even if they share a table. 50 tables available - will fill up quickly.  
No food prep on site please. Free coffee and tea served to vendors  
and there will be a concession. To book your table, please call Kathy  
at the high school at 250-569-2295. This is the PAC's largest  
fundraiser of the year. Table fees, concession profits and the  
admission fee of \$1 goes directly towards supporting the students  
of McBride Secondary - sports, travel, extra-curricular activities,  
yearbook, uniforms, presenters at the school, etc.

## LIBRARY NEWS

Teen Look In, Friday, October 14th at 9pm. Library @ 241  
Dominion Street. Teens, cast your vote for the event near the library  
at the school!

## COMING EVENTS

**Bingo Wednesday**, 1st, 3rd & 5th Wednesdays of the month at  
the Legion Hall. Early Bird 6:30pm. Everyone Welcome!  
**The McBride Curling Club** is having a General Meeting on  
October 6, 2016 at 7:00 pm in the Curling Lounge. All curlers are  
welcome. Dues for the year are \$100 or if paid in full that night,  
the fees will be \$90. A draw of the names of people who pay that  
night and attend the meeting will be made to have their annual fees  
paid by the Club. This is a wonderful sport where you get to make  
new friends, meet old friends, and get some exercise one night of  
the week. The only equipment that you really need to have is a clean  
pair of running shoes. The club will provide brooms and sliders. We  
also provide instruction for those who would like some. We hope  
that you will join us on October 6th. If you can not make the  
meeting and would like to curl, please call Mary Hooker at 250-569-  
2639 or Len McCarty at 250-569-3153 or let Pat Elliott know at  
McBride AG Foods.

**Harvest Supper, Thursday**, October 6th, 5:30pm at the Community  
Hall. This year the Library and Museum will be working with the  
Arts Council to prepare a local food event, celebrating the bounty  
of our Valley in the spirit of the season. We hope that you'll join  
us! Reserve your tickets through the library (569-2411 or  
[library@mcbridebc.org](mailto:library@mcbridebc.org)). Adults \$15, seniors/youth \$12, children 12  
& under pay \$0.50/year.

**Greyhound Schedule** (The Farm Store) (Closed Sun.) 250-569-0425  
Depart to East - 2:45am Daily (Valenmount, 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,  
[emails:sglines3@telus.net](mailto:emails: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 Glines (Oscar & Broom)  
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!!

## REALLY NICE STONEMWORK!!!

Call Adam Roth Stonemasonry  
250-569-6809 [adamrothventures@gmail.com](mailto:adamrothventures@gmail.com)  
"Rocking the Robson Valley!"

CLIFF'S 250-569-7249

BIKE SALES AND SERVICE  
905 3RD AVE. - RESONABLE RATES.



1 855 566 4725  
Vitamins,  
Specialty Foods & More  
[ioffice@telus.net](mailto:ioffice@telus.net)

**Cougar Den Cabins**  
250-569-7308

Daily, Weekly & Monthly Rates  
1800 seanson rd. mcbride (bottom of lucelle mountain)

Glass Cutting, Picture Printing,  
Matting and Framing  
call Bill Arnold 569-3381

M4 CONSTRUCTION Gerald Moore  
(250) 569-7147

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

Closed Sunday, October 9  
8 Monday, October 10  
Have a happy & safe Thanksgiving  
M-F:6a.m.-5p.m. Sat.&Sun.:9a.m.-5p.m.  
250-569-0133  
**Bacony 2  
Presto**

**CLIMB**  
HELICOPTERS LTD.  
250-793-8911

**THE HAIR SHOPPE**

803 3rd Ave. - side entrance

Robson Valley

Pet Hostel

Grooming & Boarding

Ann Schwartz - Animal Health Technician  
250-569-3319  
Website with information and galleries:  
[www.pethostel.ca](http://www.pethostel.ca)

**PAINTING**  
Call Phil @ 250-569-0205

**ROBSON VALLEY  
PHYSIOTHERAPY**

New location in the  
Community Health Services Building  
in McBride

McBride - Tuesday & Thursday.  
Valenmount - Wednesday  
Phone 250-569-0053

**DRYWALL SERVICES**

250-569-0320

**Meraki Builders**

Construction and Renovations  
250 569 7885 (Mitch) 250 569 4109 (Brendan)

**HISTORIC MCKALE HOUSE**

421 MAIN STREET 250-569-7176

Check out our decorative pumpkins!

Cobble Hill Puzzles...

Buy 1..10%off, buy 2...20% off

WED-FRI 10-5, SAT 10-4

**MOBILE MEAT PROCESSING**

Field to Plate Service "Stress free animals  
for domestic and Game make better meat"

Mark Roth 250-569-7805 "Serving the Robson Valley"

**Alaina Chapman RMT**

Registered Massage Therapist

Monday  
Ph: 250-566-1040 To book an appointment

**Frankie and Sons Automotive Ltd.**

Repairs - Tires - Windshields

975 Airport Road - 250.569.8830

**HEAVY HAULING**  
**-Tridem Tilt Deck -Tridem Drop Deck**  
**Best Rates In Town**

- CONSTRUCTION**
- General Construction
  - New Construction
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**BEST PRICES**

- EXCAVATION**
- Excavating Road
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  - 30 YEARS OF EXPERIENCE

P.O. BOX 474  
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 Fax: (250)569-0178

**ROBSON VALLEY CONSTRUCTION**  
**REDI-MIX CONCRETE**

**Antiques & Giftware**  
**WELCOME TO HOME**

**CLOSED MONDAY, OCT. 10 FOR THANKSGIVING**  
**SOUP, SANDWICHES & WRAPS DAILY**  
**TO STAY OR TAKE-OUT**  
**OPEN MONDAY-SATURDAY 10:00AM-5:00PM 250-569-0215**

Wireless Internet Service  
**FOR SALE**  
**\$175,000**

200+ customers McBride to Valemount  
 Irene Berndsen  
 cell (250) 569-7397  
 ROYAL LEPAGE Prince George

**Advantage Insurance Services Ltd.**  
 Rosemary L. Hruby, CAIB  
 250-569-2264

**WE WILL BE CLOSED MONDAY, OCTOBER 10<sup>th</sup>.**  
**HAVE A HAPPY**  
**THANKSGIVING**

**McBride Employment Services Centre**  
**OCTOBER WORKSHOPS**

Thursday, October 13<sup>th</sup> 10-12 noon  
**Pointed Resumes**  
*customized to get the job done.*

Thursday, October 27<sup>th</sup> 10-12 noon  
**Strategic Interviews**  
*Prepared for performance.*

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

**MONSTER, NOS & FULL THROTTLE**  
 444473 ml ~ 2 for ~ \$4.50  
 or 4 pack for ~ \$8.50  
 5X Husky Rewards when you buy 2

**LAYS CHIPS**  
 66 g ~ Buy 1 Get 1 for **\$1.00**  
**SKITTLES & STARBURST**  
 51-61 g ~ 2 for ~ **\$2.00**

**REPAIR WELDING**  
 aluminum • stainless steel • cast iron



www.flatheadcity.ca

**GIRL GUIDE COOKIES**

Girl Guide Cookies - For Sale - ONE DAY ONLY. Saturday, October 8, 2016 10:00a.m. til 2:00p.m. 1037- 5th Avenue. You can Pre-Order: rh\_craig@shaw.ca

**COMMUNITY ANNOUNCEMENTS**

**Attention Quilters or Wannabe Quilters.** The Valley Piecemakers meet on the 2nd Wednesday of the month in the Home Ec room of the McBride Secondary School at 7pm. Please come join in the learning, fun, and service.

**Royal Purple will** once again be ordering Purdy's Chocolates at a 25% discount. Orders and payment must be received by November 10th. If you would like a catalogue call Dawna @250-569-3210 or Florence at 250-569-3254.

**Community basketball** season continuing every Thursday unless notified. 6-8pm. Ages 12+.

The Robson Valley String Ensemble is looking for more violin, viola, and cello players. If you are interested please contact Becky Hulka: phone 250-569-2556.

**McBride Volunteer Fire Fighter** Association is looking for bids for catering for our Christmas Party on November 19, 2016. Please include prices for adult plates, children under 12 plates and children under 6 plates. The meal needs to include meat and vegetarian option. If you have any questions please call Tracy at 250-569-7011. Please submit bids to Tracy at jingle2@telus.net by October 21, 2016.

**SECOND HELPINGS** is offering home cooked meals for seniors in our community two days a week. If you'd like more information please contact RVSS 250-569-2266.

**BIRTHDAY WISHES OCTOBER 5 - 11**  
 Mary Jane Billy, Melissa Shea, Doug Horinek, Tonya Perkins, Allen Littlechild, Danielle Smith, Tara Hamilton, Garth Goodkey, Keith Shawara, Lee Ann Marsh, Dan Littlechild, Jeremy Martin, Bob Sansom, Joe Qnam, Sherri Qnam, Elisabeth Aubrey, Jennifer Enochs, and to anyone else we missed. Happy Birthday!

**BUY, SELLS, RENT & MISC.**

For Sale-Approx. 42' of 5' Green Chain Link mesh with privacy slats and most parts to install. Offers: Call 250-569-3110••For Sale-Horse Hay 5.5x5 round bales. \$75 each or \$350 for all. Phone 250-569-3153/569-2431/3066. Museum Road••FREE-8' Camper, needs some tie but would make a good hunting camper. 250-569-0078••For Rent-1 Bedroom Apartment across from Hospital, n/s. n/p, fridge/stove included. Ph:250-569-7041••For Sale-Brand New Galvanized Steel Chainlink Fence, 5ft tall, 250ft in length, includes everything you need for installation. Call 250-320-2207 or 250-320-1807••For Sale-13" open side thickness Sander. Floor model, power feed, 220 volt single phase. Includes spare sanding belts. \$950 firm. Call Jim Manton 250-569-2334••For Sale-1990 Toyota Tercel Sports Edition, in good condition. \$1000.00. Phone Kyle-Ph:778-878-8869••HAY FOR SALE Suitable for sheep, calves or your special critters. Round bales. fine hay, no rain, stored in barn, 500 lbs., \$40 per bale. Ph. 250-968-4400••For Sale: Craftsman 10/32 Snowblower. (10 inch auger, 32 inch path) 8 hp Tecumseh engine. \$500. In fine running condition. Phone 778-258-0353••For Sale-Alfalfa square bales for sale. Ready for pick up out of the barn. \$5.50 each. Phone 250-569-0351••For Sale-Stihl and Husky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7469••FREE-1 large and 1 small Fish Tank. No cracks or leaks. Phone 250-569-2349••For Sale-Merlin LCD Electronic Desktop system for magnifying reading, writing, etc. Excellent condition. \$1500. 250-569-3380••Wanted-Looking for Old Farm for Rent-to-Own or Long-term Rental, monthly payments approximately \$800.00, for my wife and I, in Dunster or McBride Area. I can repair & fix any old house and more because I am a good carpenter, plumber and electrician and many other trades. If you do have anything, no matter the amount of work, please call Andre or Brenda at Ph:250-968-4370••For Sale-Air Hockey Table \$100.00, 3 piece 4x8 pool table \$500.00. Ph:250-553-2300••For Sale-1999 Ford Escort, needs work on motor. \$800 o.b.o.. Ph:250-569-4334.

**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 reopens Tues., Sept. 6, 1-3. Ph: 569-2479 Terri. 569-2527 **Esher-Foodbank** contact number is 569-3186•**Seventh-day Adventist Church-Meet** Saturdays at 9:30 & 11am. and Wednesdays at 7pm. Phone: Ph: 569-3370•**Memonic 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.

**Via-Rail Schedule** 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.

**Important Phone Numbers**

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'l Dist' .....1-800-667-1959  
 Health Unit ..... 250-569-2251 RV Support Soc. 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 Dental 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!!!**

**D & T INDUSTRIES**

BRUSH, MOW, LIFT, DIG, AUGER, TILL, CONDITION,  
 REMOVE, PLANT, CARRY DELIVER, HAUL, SPREAD



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- Roofing • Specializing in Residential Fencing

We also have backhoe service to do septic tanks, ditch digging, etc. Rate: \$75/hr. with operator.

**JNR AUTO SERVICES** SE Frontage Road  
**LICENSED AUTOMOTIVE & DIESEL MECHANICS**  
**Winter Tires in stock**  
**Winter Wheels available**  
 MONDAY to FRIDAY 8:00am - 5:00pm  
 SATURDAY 9:00am - 12:00pm

**250-569-2666**  
 After Hours call 250-569-2726 or 250-569-7016 1021

**WHISTLE STOP GALLERY**

250-569-8891  
 New hours for the Gallery  
 Open 9-5 daily.  
 Come in and see  
 Bill Ingalls's amazing photography as we  
 welcome him as a new artist to the Gallery.  
 There is always something new at the Whistle Stop!  
 OPEN DAILY 9-5 AT THE TRAIN STATION

Delivering Fuel East to McBride & Valemount  
**CO-OP** Vanderhoof and Districts  
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Our equity allocation based on members' 2015 purchases totalled over \$6.2 million being returned to members in equity and cash back

Prince George: Tel: 250-564-3488  
 Tel: 866-309-2667  
 Fax: 250-564-3433  
 Valemount Cardlock: 1500- 9th Avenue  
 Valemount BC Tel: 866-309-2667  
 McBride Cardlock: 2130 Zedler Road  
 McBride BC Tel: 866-309-2667  
 Fax: 250-567-4490

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**McBride AG Foods**

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 • Ham  
 • Turkey  
 • Fresh Fish  
 ALWAYS CANADIAN

OPEN Mon.-Thurs. 6:30am-6pm, Fri. 6:30am-7pm,  
 Sat. 6:30am-6pm, Sun. 9am-5pm



**REGIONAL DISTRICT  
of Fraser-Fort George**

155 George Street  
Prince George BC V2K 1L8

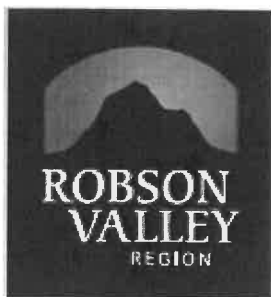
The Regional District of Fraser-Fort George is pleased to announce the

# FREE SKATE

**October 9, 2016 from 2:00 p.m. to 8:00 p.m.**  
at both the **Robson Valley Recreation Centre - McBride**  
and the **Canoe Valley Recreation Centre - Valemount**

Regular Winter Hours will begin October 11, 2016,  
6:00 a.m. to 9:00 p.m.  
at both facilities.

For more information please call:  
Robson Valley Recreation Centre – 250-569-3360  
Canoe Valley Recreation Centre – 250-566-4740



## WORLD SMILE DAY

- ACTS
- BALL
- CHEER
- FIGHTH
- EVENTS
- FACE
- FIRST
- FOUNDATION
- FRIDAY
- GEOGRAPHY
- GOODWILL
- HARVEY
- IMAGE
- INTENT
- KIND
- MEANING
- NINETEEN
- OCTOBER
- POLITICS
- RELIGION
- SIXTY
- SMILEY
- SYMBOL
- THREE
- WORLD

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

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

Heartland 250-569-0032

**RESTAURANT**

**HELP WANTED**

# Part Time

## Servers

Mostly evenings,  
students welcome,  
must be 16, no experience  
required, willing to train.  
Apply with resume attention Kelly.

Open 6:00am-10:00pm Daily



241 Dominion Street McBride, BC V0J 2E0  
Phone: 250-569-2411

### FALL/WINTER HOURS

Tuesdays: 10-5pm, 7-9pm  
Wednesdays and Thursdays: 10-5pm  
Fridays: 2-9pm Saturday: 2-5pm

library@mcbridebc.org www.mcbridebc.library.ca

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LAND CLEARING OR

LANDSCAPING NEEDS CALL  
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250-569-0377

~QUALITY WORK~ ~FREE ESTIMATES~

*A Seminar That Will Help You  
Find Freedom from Habits That Hurt*



## **Living Free**

**Dates:** Tuesdays Oct 18, 25, & Nov 1, 8, 15, 22

**Where:** McBride Secondary School

**Time:** 6:30 pm

“Living Free” shows you how bad habits and addictions develop, and gives you practical guidelines on how to overcome addictions, create a positive mental, spiritual, and physical environment, and change your life – for good!

### *Did you know?*

- When bad habits become addictions, subtle changes take place in the brain.
- Bad habits and addictions can involve food, behaviors, and activities as well as drugs.
- Behavioral addictions such as pornography, internet, television, gambling, or work cause changes in the brain similar to drug addiction.
- The human brain is amazingly adaptive and responds to positive changes with amazing speed.
- Old habits do not need to control you for the rest of your life.
- Simple but powerful lifestyle interventions can break bad habits, curb cravings, and cut the cords of addiction – whatever the addiction is.

**For Information:** Contact Phyllis Krueger at 250-968-4493 for more information, or to arrange transportation.

**Cost:** \$20 per family. Sponsorships available. No pre-registration required.