

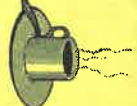


Main St., McBride
569-5166

Extra Savings All Week Long

- Spartan Apples 4.79 / lb.
- Navel Oranges - 6 for \$1.00
- SunRype Okanagan Blend Apple or Orange Beverage 4.94
- Hostess Tostitos - 375g - 2 for \$4.00
- Boneless Skinless Chicken Breast ... \$4.99 / lb.
- All Betty Crocker \$1.99
- Hamburger Helper \$1.99
- Assorted General Mills Cereals \$3.59
- All Coke Products -
- 12pk cans \$3.99 + dep.
- All Primo Pasta - 900g \$1.59
- West Best Tomato Soup 0.39
- Tide Laundry Detergent
- 34 use or 37 use \$9.99
- Purex Bathroom Tissue - 24 roll \$8.49

And Many More Unadvertised Specials



JENNY'S SHOP 'N WASH
McBride
569-0095

Espresso Bar

Ask about our Coffee Cards are available
STUDENT MEAL CARDS, Buy 5 Espresso Specialty Drinks and get the 6th
"TAKE OUT"
FREE
Pizza - Chicken
"Hot or Cold Subs" and mini pizzas
Restaurant & Much More

POWERHOUSES PUB SLEDDERS SPECIAL

Take the Taxi (569-3344) to the Pub and we will pay for the ride
Back to your Hotel/Motel
(in town only)
Daily Food and Beverage Specials

FOR RENT

Furnished Apartments
Utilities included
Large one bedroom
Large two bedroom
with laundry
Balcaen Electronics
Phone 250-569-2244 or 250-569-3121

AAAMIRON

COMPUTER SERVICES
We Repair, Upgrade & Sell Computers
Lease To Own Your Dream Computer for less than \$100.00 a month.
Give us a call for a free quote.
(SHOP LOCALLY & SAVE)
569-8805
aaamiron@mcbridebc.net

The Soup & Sandwich Shop
569-0045
(located beside the Liquor Store)
where good food and good friends meet



WE'RE STILL HERE!
The Same Great Food!
Fresh Home-made Soups!
Great Sandwiches!
Monster Burgers!

Fresh Baked Goods!
Remain a Smoking Establishment.
NEW WINTER HOURS
7am to 4pm Monday to Friday
Closed Weekends
Come on in and try our Five Alarm Chili!

FREE The little FREE

McBride

Paper



Serving BC's Friendliest Town and Area!!
For the week of **Wednesday, Jan. 19th, 2000**

COMMUNITY ANNOUNCEMENTS

OPPS - Broom has to make a huge apology to Edna Russel who I forgot to put her ad in last week. "Sorry". - LOST a Black Garbage Pail (December 24th) it blew away on her when we were having that strong wind storm. It happened by 946 5th Ave. If you have seen it please phone Edna at 569-0343.
To Give Away - One Left - 9 week old puppy. Black Lab Cross. Will Deliver. Call 569-8805.

McBride Figure Skating Club wishes to CONGRATULATE Daylene Bodnarchuk in passing the Harris Tango to complete her Jr. Silver Dances and Alesha Kelley for passing the American. Test day was held in Prince George, January 8th.
Grief Support Groups - Grief support groups are being formed in the McBride and Valemount Communities. Purpose: To provide support and information for grieving individuals. All interested persons are welcome to attend. *Weekly groups to begin FEB. 1, 2000 *Daytime and evening groups are being scheduled. *To be held in the communities of McBride and Valemount. *No cost to Participants. *Pre-Registration Necessary *For further information or to register, Please Contact: Barbara Wells - McBride Office: 569-3387 or Valemount Office: 566-9107
Northern Interior Regional Health Board next meeting will take place Wednesday, February 9 at 3pm. at PERH. The public is invited to attend.
Cross Country Ski Equipment Swap - Anyone wanting to buy or sell childrens' XC Ski Equipment please call Elaine Gillette @ 569-2643.

AROUND THE SCHOOLS

The McBride Secondary Grapfruit, Orange and Apple Sales- The McBride Secondary School's Annual Orange and Grapefruit sales which will include the sale of Spartan, Macintosh, Red and Golden Delicious apples is back! You won't want to miss out on these juicy seedless navel oranges and pink grapefruit or the fresh ripe apples. The boxes are approximately 12-14 lbs. each. The cost will be \$14.00/box for apples and \$16.00/box for oranges and grapefruit. The deadline for orders will be 9:00am. Friday, February 4th and should arrive the following week. Orders can be phoned in to the McBride Secondary School at 569-2295.

McBride Secondary Senior Mustangs Boys Basketball Team went undefeated in Jasper in the January Tournament. They defeated Jasper in the finals to take 1st Place in the Tournament. This brings the team record to 8 wins with only 2 losses. Come out to watch an exciting rematch as McBride hosts Jasper in our gymnasium this Wednesday at 5:00p.m. - The McBride Secondary Senior Boys travel to Tumbler Ridge this weekend to take part in a "A" Tournament.
McBride Secondary Senior Girls Basketball Team travelled to Hinton on the weekend for a tournament. The girls continue to improve as a team with each tournament.
The McBride Secondary Parent Advisory Council (PAC) meets in the library this Wednesday at 7:00p.m. All parents are invited to attend.

Dunster Fine Arts School - Primary children are integrating P.E. and Music. This week they have focused on two dances: Jump Jim Crow, and a Danish Greeting Dance.

CHURCH NEWS N' THINGS

The Downtown Thrift Store on Dominion Street winter hours are: 10am. to 2pm. Saturdays. Thanks to everyone for their donations of clean clothing. Due to limited space we are unable to accept large furniture, magazines or large books (e.g. Encyclopedias etc.) Drop off when not open at 1153 Dominion Street or the Health Hut. **Increases-OPEN** Tuesdays starting Sept. 7 from 1pm to 3pm. For more information call 569-3186-**Seventh-day Adventist Church**-Meet Saturdays at 9:30am Ph:569-2539-**Memonite Church**-Meet Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph:569-3302-**Mountain Chapel (PAOC)**-Sunday School & Adult Classes-10am, Services-11am. Ph:569-3350-**Anglican United Church**-Meet Sundays at 11:30am. Dominion St. Ph:569-2580-**Evangelical Free Church**-Sunday School 9:45am. Sunday Services at 11:00am. Ph:569-2537-**Robson Valley Christian Centre**-Meets in home Sundays 11am. Dunster Ph:968-4335-St. Patrick's Catholic Church-Meets Sundays at 10am Ph:569-2606.

Visa-Rail Schedule Phone 1-800-561-9630
Going West - Sunday, Wednesday & Friday...2:40pm
Going East - Monday, Thursday & Saturday...12:47pm
40% Savings on Coach Fares booked a week in advance
Additional Savings for Seniors, Children & Students

Please Call The Little McBride Paper with all coming events, news, trivia, comments, anything!! Ph:569-3110 or Fax:569-0220. If we don't know about it, we can't write about it!! Susan & Scott Ghines - Broom & Oscar - Box 441 McBride
Take a Break in McBride... B.G.s Friendliest Town!!

Need Auto, Truck or Snowmobile Parts?

CRUISE AUTOMOTIVE

(located in the rear of the Cruise In Cafe)

KLEEN FLO

Supreme

Gasoline Anti Freeze - 150ml

Reg. \$1.29 Sale \$0.99

Monday - Friday 8:00am to 6:00pm
Saturday 9:00am to 4:00pm Sunday 10:00am to 2:00pm

ROBSON VALLEY ESSO SERVICE



We are currently upgrading our Work Wear stock...
Boots, Pants, Etc.
AUTOMOTIVE, SMALL ENGINE & HEAVY DUTY REPAIRS

REGULAR - DIESEL - PROPANE -
MON. - SAT. 6AM TO 8PM & SUNDAY 7AM - 7PM
ROBSON VALLEY FARM SUPPLY
8814 Horsey Creek Road (250) 966-4453
Bearhubs and Seals • U-Belts • Baller Chains • Clothes to fit most Tractors • Alternators • Starters • 3 Point Hitch • Front End Parts • Hydraulic Lines made to order.

THE HAIR SHOPPE 569-3359

Open 9am - 5pm Monday to Friday

JOICO Perms and Colors

ADAMASTER COMPUTER SERVICES

Need a lesson on your computer?

569-8805 odom@mcbridebc.net

SIN MOO HAKPIDO

Mondays & Thursdays at the Elementary School
Children: 6:15 - 7:15
Adults: 7:30 - 8:30
Contact Instructor: M. Jacques 569-2487 or CREDA 569-3379

FOR RENT

2 and 3 Bedroom Mobiles. Both have

Large Additions, Wood Stove and Fridge & Stove Mountainview Trailer Park. 569-0231

If interested in having a biweekly or

monthly AUCTION in McBride please

call Wade at 569-2504 or Bob at

569-3344. Please let us know as soon

as possible for more information.

(Licensed Auctioneer)

ADVERTISE IN THIS

SPOT FOR ONLY \$5 + gst

SASQUATCH

Beauty Barn

Treat Yourself Today

Back Massage - \$35.00

Facial - \$30.00

OPEN TUESDAY - SATURDAY 10am - 5pm

1102 - 4th Ave. Call 569-2294 for Appointment

Employment Assistance Service

Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?

Contact Bob Thompson 569-2266

569-2464

C-R-U-I-S-E - I-N - C-A-FE-E

Good Food at Affordable Prices
Stop in for your VALENTINES
GIFT CERTIFICATES
today

MOM SAID

**IF YOU WANT SOMETHING DONE RIGHT,
DO IT YOURSELF.**

**DON'T HAVE TIME? DON'T KNOW HOW?
CALL THE NUNNS AND WE'LL DO IT RIGHT.
GUARANTEED**

Reg. # 20255 **MCBRIDE ELECTRIC 569-2395**



**MCBRIDE REALTY
CENTER LTD.**
277 Main Street
P.O. Box 729
McBride, B.C. V0J 2E0
Bus: (250) 569-2719 or 569-2735
Res. - (250) 569-2787
Fax: (250) 569-2787
E-mail: podger@mcbriderealty.com
www.mcbriderealty.com



Roger L. Peterson
Owner / Agent

IGA

233 Main Street
McBride, B.C.
569-2712

HOMETOWN PROUD

DELL
Chicken Snack Pack - \$2.89
We have SOUP again - \$1.89 per bowl
Fletcher's Smoke House Bacon - 500g \$2.99
Pork Shoulder Butt Steak \$2.29 / lb.
Pacific Skim Milk Powder - 1 kg \$5.99
Kellogges Honey Rice Krispies - 525 g \$4.49
Kellogges Brown Sugar Frosted
Mini Wheat's - 725 g \$5.49
Post Shredded Wheat - 600 g \$3.99
Red & Green Seedless Grapes \$2.99 / lb.
Nectarines \$2.99 / lb.

PRICED RIGHT

Christies Premium Plus Crackers

- 900 g...\$3.88

Croissants - 4 for...\$1.69

Assorted Bagels - 6 for...\$2.49

MCBRIDE CREDA NEWS

The McBride CREDA Course Brochures should be out in the mail by this weekend. (You won't get one if you don't get "junk-mail") You can also pick them up around town, or at the McBride CREDA Office at 964 2nd Ave. We have lots of great courses already lined up but are still open to suggestions for courses in March or April. Some are starting soon, so please register early!!!

AMATEUR RADIO: This 20 hour course will prepare you to write the exam for a Basic Amateur Radio Licence. Frank Turner will instruct. The \$95.00 fee will include a \$40.00 manual and your membership in the Amateur Radio Club (\$40.00). Please register by Feb. 1st so we can order manuals.

GETTING READY FOR GOODBYE: Linda Fry will take you through two evening sessions (Feb. 3 and 10) to inform you about wills, estate planning, power of attorney, living wills, funerals, being an executor, etc. A useful course for people of all ages!! \$15.00 course fee with lots of handouts.

UNDERSTANDING COMPUTERS: If you have never used a computer and think a mouse is a brown fuzzy rodent, this is the class for you! You will learn the parts of a computer, how to turn it on and off correctly, how to open a program, how to use the mouse, and other basic skills. This is a two-evening course (Feb. 9 & 16) with Jerry Stanley as instructor.

**PLEASE REGISTER AS SOON
AS POSSIBLE!!! 569-3379**

A.C. & T. CONSTRUCTION

CARPENTER - HANDYMAN
• Renovations • Additions • Siding •
• Basement Suites • Windows • Doors •
• Asphalt Re-Roofing • Kitchens • Baths •
• Drywall • Painting • Finishing •
• Drafting & Design •

Home Repair •
• Minor Electrical & Plumbing Repairs •
• Free Estimates •

Odd Jobs •
• Free Consultations •

Call Art
At 569-2519

THANK YOU

We would like to THANK everyone for their kind expressions of sympathy and prayers for us in the sudden passing of our mother and grandmother, Ruth Newman of Greatfall Saskatchewan (Jan. 5). Special Thanks to Rose and Kevin O'Brien for keeping Cherie, and looking after our homes while we were in Saskatchewan. Evelyn Dallow, Rhonda, Tracy Bodnaruk & Families.

LIBRARY NEWS

Fine Free February!! The McBride & District Public Library would like to remind everyone that February is amnesty month at the Library. So if you have any overdue items lurking around the house, in the closet, under the bed, wherever, now would be a perfect time to bring them back.

If you think you may have an overdue book, but you're not sure, just give us a call at the Library. We'll be happy to let you know what items you have checked out.

After February our fines are going up. The new rate will be 5 cents per item per day on materials from our library collection.

POLICE REPORT

During the first two weeks of the year the majority of calls received have been for general assistance and motor vehicle incidents with the bulk of these as a result of motorists colliding with moose. Again the R.C.M.P. would like to remind motorists to reduce their speed particularly at night.

On 2000-01-17 at 8:15pm, McBride R.C.M.P. received a report of an overdue/lost snowmobile on Lucille Mountain. Local search and rescue were notified and they made a patrol up the mountain. Search and rescue were able to locate the lost individual who was stuck down a steep embankment however due to the terrain and darkness were not able to evacuate him at that time. The lost male from Hinton was subsequently rescued by his friends at 0630 hrs. the following morning just as search and rescue was organizing to go back up the mountain.

Police would like to remind snowmobilers to have emergency equipment and dress appropriately. Should they become lost or stranded they should be prepared to spend at least one night in the elements.

BIRTHDAY WISHERS JAN. 19 - 25

Larry Stamm, Barb Marian, Barry Shawara, Cheri Lewis, Byron Murin, Ida Vecchio, Lars Kormmacker, Tim Dunn, Kelly Douglas LaRochele, Sharon Doertsen, Cathy MacMaster, Kimi Yungen, Nolan Edwards, Andy Keim, Tiara Rich and to anyone we have missed. Special Birthday Wish to Clint Collins on January 20. Love Mom, Bob & Family.

BUY, SELL, RENT & MISSG.

For Sale-2 Pizza Ovens. One 110 volt and One 220 volt. Phone Ed at 569-0045 or 569-0122-For Sale-1994 Ford Acrostar 4WD. Air Tilt, Cruise, Running Boards, 1 owner, immaculate condition. \$12,000. Phone 569-3325-For Sale-Steel Office Desks. With laminated top and wood dryers. \$75.00-Quick Sale-50'x125' Vacant Lot. Excellent location, close to school/shopping. Phone 569-0033-For Sale-2 Sunnaming Beds. Good Condition. Ph: 566-4704-For Sale-1979 Dodge 1/2 ton. Good Running Condition. Includes dry box. \$1300.00 Ph:566-9798-1986 Chevy S-10, Ext Cab, 4x4, 5 sp, v-6. \$3000. Ph: 569-2496-For Rent-2 Bedroom House Available December 16. Ph:569-2712 or 569-2531-For Rent-3 Bedroom Clean Mobile Home for rent in McBride. Fridge, Stove, Propane Heat, Fenced Yard, Pets Negotiable. \$450/mth includes pad rent. Until extra. Damage Deposit required. Ph:250-674-2484-For Sale-Carved wooden Ram and Carved Wooden Wolf - Offers / Girls Book Case Hutch for top of a desk - White. Power Trowel, Bow Mag. Must Sell. Ph: 569-2672-For Sale-by motivated owners: 1157-4th Ave. Approx. 1200 sq. ft. home. Built in appliances. 3+1 Bedroom. New carpet and lino. Finished basement with wood stove, pool table, 4 pec. bath, beautiful landscaped. Detached garage. \$97,500 o.b.o. Phone 569-2478-To place an ad here call 569-3110 or drop off info and \$'s at 981-5th Ave. (\$3/week).

NIGHT LIFE TIME-UP

McBride Hotel-Superbowl Sunday we will be having a pool tournament. Cash & Prizes. We now have Satellite T.V. for all your Sports Entertainment. Beverage Specials. Room Rates-Best Rates in Town Single or Double starting at \$40 tax incl. or a Double for 7 nights for \$150 tax incl. Watch for our IN HOUSE SPECIALS. McBride Restaurant is open 7 days a week 11am. - 11pm. Free Pool on Wednesday Evenings & Sunday Afternoons. Phone 569-2277.

Greyhound Bus Schedule
Country King
Depart to East-9:35am & 2:35am • Edmonton
Depart to West-8:05pm & 5:30am • Prince George
Depart to South-9:35am • Kamloops

Important Phone Numbers

EMERGENCY	9-1-1	Forestry	569-3700
R.C.M.P.	569-2255	Village	569-2229
Hospital	569-2251	Reg'l Dist'	1-800-667-1959
Health Unit	569-3765	Home Support	569-2266
K to 7 School	569-2721	Tourist Booth	569-3366
High School	569-2295	Fire Hall	569-3117
Dunster School	968-4414	Greyhound	569-2570
School District 57	1-800-256-7857		

The Little McBride Paper.....Phone 569-3110 or Fax 569-0220
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 Finestest Town!!!

GRIEF SUPPORT GROUPS

are being formed in McBride and Valemount meeting weekly, daytime or evenings beginning early February. For more information, or if you wish to register, please phone Barb Wells 569-3387

MARSH BROS.

Farm Supplies - Building
Supplies - Lumber
And More!!

50 lb Bag Striped Sunflowers
for Bird Feeding \$24.00
Duraflex Blue Muck Bucket \$22.95
48"x50t Orange Plastic Snowfencing \$64.99
Dealer For Red Snap'r Fences

Located only 7 min. up Mountain View Rd. at 5269
Phone 569-2795 Fax 569-2247

STEDMANS

Main St. McBride 569-2415
Our CLEARANCE SALE

Continues Until Monday, January 31

15% OFF - Bird Seed & Feeders
25% OFF - Boxed Chocolates & Nuts
25% OFF - Comforters & Bed-In-A-Bag Ensembles, Towels, & Cushions
30% OFF - Running Shoes & Slippers
30% OFF - Colognes & Perfumes
30% OFF - Gloves, Toques & Scarves
30% OFF - Children's Winter Clothes & Footwear
40% OFF - Men's & Ladies Winter Clothes & Footwear
50% OFF - Covergirl Lipsticks, X-Mas Stock
50% OFF - Selected Yarns, Crystal Giftware
Watch for In-Store Specials on Selected Toys, Picture Frames, Appliances & More!
This Sale does not apply to already "Sale or Clearance" Items.
All Sales Are Final!

Learning For Life!

McBride Secondary School
in partnership with
Continuing Education, School District No. 57
operates the

Adult Learning Centre At McBride Secondary School.

If you would like:

- Advice about course planning
- Assessment Testing
- To work toward completion of your BC Certificate of Graduation (Regular or Adult Dogwood)

Call McBride Secondary at 569-2295 to set up an appointment or visit the Adult Learning Centre during the following times:

Monday and Thursday 3:00pm - 4:30pm
Tuesday 6:30pm - 8:30pm



CONTINUING EDUCATION
SCHOOL DISTRICT - NO. 57
2955 THIRD AVENUE
PRINCE GEORGE, B.C. V2M 1H4
TELEPHONE: 564-6574 FAX: 563-5447

Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB
250-569-2264

BUSINESS HOURS

Monday to Friday 8:30am - 6:00pm
Saturday 10:00am - 3:00pm

Teradon

Power Equipment 569-3203

Main Street, McBride

LADIES SNOW PANTS

50% OFF

OPEN 8:30 A.M. - 6:00 P.M.

FARNSWORTH ACUPUNCTURE

Your Health Alternative
Treating...



Colds, flues, asthma, headache, hypertension, palpitation, heart disease, peripheral circulation, carpal tunnel, arthritis, sciatica, muscle pain, stroke, M.S. Gastric, Urinary &

bowel problems, impotence, P.M.S. & Gyn. problems, menopause, allergies, eye & ear disorders, depression, exhaustion, insomnia, anxiety, panic attacks & more.

MCBRIDE CLINIC

Jan. 28/79 Feb. 25/26 Mar. 24/25

APPOINTMENTS CONTACT

Edrah Carmichael 569-2559

Robson Valley Health Hut

TRADITIONAL CHINESE MEDICINE

IF YOU WANT TO GIVE THAT SPECIAL SOMEONE A HAPPY VALENTINES MESSAGE TAKE OUT A \$5.00 AD IN THE LITTLE MCBRIDE PAPER.

JUST GIVE US A CALL AT 569-3110 OR

FAX US AT 569-0220

Northern Interior Regional Health Board

Board Adopts Clean Air Policy - Members of the Northern Interior Regional Health Board adopted a clean air policy at the January meeting. The policy ensures the Regional Health Board will take a leadership role in reducing and or eliminating tobacco use and will exceed the requirements of this regulation. Regional Medical Health Officer Dr. Lorna Medd pointed to statistics that show the health of people in our region is among the worst in the province, especially in areas such as lung cancer, respiratory system, and chronic lung disease. "We are pleased to support the WCB regulations," says Medd. "Second hand tobacco smoke is the most serious environmental cause of death and disease facing British Columbians.

FLU Season - Dr. Lorna Medd reported that the flu (influenza - A) is well established in our region. She noted that in December, school absenteeism rates have exceeded 20-25%. She reports there have not been any outbreaks in any of the care facilities in our region. She says the flu season began earlier this year. The most common flu is A/ Sydney, which this year's vaccination provides some protection against. She says that although final counts are not available, she is happy to say that immunization rates are up. Over 1200 doses were given to people who were considered high risk.

Y2K - Wrap Up - In the final Y2K report to the Board, Director of Information Systems, Joseph Mendez reported Regional facilities experienced no disruptions related to Y2K. "We are very pleased that all our preparation work paid off".

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

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• AND MUCH MORE •

• CHECK US OUT FOR ALL YOUR IROPHY NEEDS •

Force of the Little McBride Paper

Scott & Susan Glines Ph:569-3110 Fax:569-0220

981-5th Ave.

RESTLESS WHEELS CAFE

IF YOU ARE TRAVELLING THROUGH MILLET ALBERTA STOP IN AT THE RESTLESS WHEELS CAFE.

GREAT FOOD!!!

Monday / 6:30a.m. - 3:00p.m.

Tuesday-Friday / 6:30a.m. - 5:30p.m.

Saturday / 8:00a.m. - 3:00p.m.

Sunday / CLOSED

THOUGH OF THE WEEK

Computers are not intelligent. They only think they are.

QUOTE OF THE WEEK

A conversation is a vocal competition in which the one who is catching his breath is called the listener.