

FARNSWORTH ACUPUNCTURE

Your Health Alternative

Over the centuries, Chinese diagnosis has developed an extremely sophisticated system of correspondences between outward signs and the internal organs and is summarized in the statement "Inspect the exterior to examine the interior." Practically everything, such as skin, complexion, bones, channels, smells, sounds, mental states, preferences, emotions, tongue, pulse, demeanor, body build reflects the state of the internal organs and can be used in diagnosis.

Basic premise is that a part reflects the whole which is based on the strength of centuries of accumulated clinical experience.

CLINICS	Robson Valley Health Hut
March 28/29	569-2559

IGTA

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

DELLI Old Fashioned Ham - 100g...\$1.29

Roast Beef -

with or without Garlic 100g...\$1.49

Breaded Chicken Burgers, Cutlets

or Nuggets \$1.99 / lb.

Old Dutch Tortilla, Nacho, Corn Chips

or Crunchy \$2.79

Hot House Tomatoes \$2.49 / lb.

Honey Tangerines \$1.49 / lb.

Russet Potatoes \$1.39 / lb.

Twizzlers - Nibs, Pull-n-Peel, Strawberry, Licorice or goodies \$1.99

PRICED RIGHT

Pacific Canned Milk - 2 for...\$1.89

BAKERY

Dinner Rolls - 12 for...\$1.89

MCBRIDE CREDA NEWS

INTERNET AND E-MAIL FOR BEGINNERS:

Adam Miron will introduce you to all the basics of using Internet. Lesson 2 will introduce you to e-mail. Mar 29 & Apr. 5. Fee: \$55.00.

STARTING YOUR OWN BUSINESS???: This

two hour session with Jean-Marc Lacasse will give you a chance to see if you are an entrepreneur at heart. If there is interest in this course we will run it on Tuesday, April 18 from 7:30-9:30pm and the cost will be \$15.00.

INTRODUCTION TO ORGANIC GARDENING:

This course will give you all the basics of getting started in Organic Gardening. The last two evenings will cover vegetables from Asparagus to Zucchini. The classes will be at Dunster Hall from March 28 to April 5th. The cost is \$33.00. Pete Amyoony instructs.

BASIC FRAMING: Art Charterier will teach you how to build and level a floor, layout and build walls, make basic trusses, etc. The class project will be the construction of a garden shed. Thurs. Apr. 6 - 27. Fee \$40.00.

FOODSAFE LEVEL 1: Laverne Remmelg teaches

this course for food handlers (cooks, waiters, concession workers and those who cook at home). Reduce the chance of passing on food-borne illness! The \$50.00 fee includes the manual and certificate. Saturday, April 1. McBride Secondary School. **COMING SOON:** Intro to Word Processing, Composting, Raised Bed Gardening, Gardening with Perennials. Call 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 •
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 - Free Consultations •
- Call Art
At 569-2519

FREE The Little FREE

McBride



Paper



Serving B.C.'s Friendliest Town and Area!!

For the week of *Wednesday, Mar. 22nd, 2000*

SEX

ARE YOU READY TO TALK ABOUT SEX: To address this issue, the McBride and Valemount Teachers Association has made arrangements to bring a Sexual Health Educator, Meg Hickling, to the Robson Valley April 13/14, 2000, as a speaker during a professional development day. Meg Hickling is one of the foremost sexual health educators in British Columbia. By taking advantage of Meg's presence and arranging an evening seminar open to the public, her expertise with communicating on issues of sexuality can be shared so that parents will be able to answer the questions their kids may ask.

Open to all interested persons - Free of Charge - • PRESENTER: Meg Hickling • LOCATION: McBride Secondary School, Roundhouse Theatre • DATE: Thursday, April 13th, 2000. • TIME: 7:30 - 9:30 **THANK YOU**

* We would like to say a big "THANK YOU" to the community for all the well wishes, hugs, phone calls, money and thoughtful words during Tom's accident and recovery. A BIG THANK YOU goes to the "Sled Recovery Crew" Matt Elliott, James Shawara, Byron Murin, Terry Raymond, Jamie Sansom, and Larry MacMaster. An extra big Thank You goes to Mom & Dad, Wade & Serens, Vicki, Annette & Steve, Marg & Rod, the crew at the Chevron, Kelly and Heather from McBride Forest Ind., and Gail's Childcare. THANK YOU all, we are lucky to have you in our lives.

Tom & Lisette

* The grades 7 - 10 class and staff of Robson Valley Jr. Academy would like to say a huge "THANK YOU" to all of you who supported our fund-raising for "Mission Fiji". With your help, the funds are raised, and we are off to Fiji on March 26. Special THANKS to the following corporations who supported our endeavour: T.R.C., CREDA (PETE AMYOONY), DR. MOSELEY & STAFF, CARRIER LUMBER (P.G.), DR. LAURENE DISTEFANO (GASPER), SAWRIDGE MOTEL, VIA RAIL, ROGERS FOODS, B.C. FERRIES, ARMSTRONG CHEESE, MT. WEST STUDIOS, T&T SEEDS, SLOCAN (VALEMOUNT) & HIGH RIVER CONTRACTING.

Also a SPECIAL THANKS to Dean at I.G.A. who was such a good sport, letting us sell our baked goods outside his store! THANKX also to Sue at STEDMANS for the price-cuts on gifts for the Fijian children.

* Eugene and Susan Runtz and Capital Financial Securities Inc. would like to Thank the Community of McBride for the excellent support and feedback at last Wednesday's Community Meeting.

For further information on financial planning and or the Proposed acquisition of the McBride Forest Industries Ltd. Please call Elles Peleskey, John Kasgn or Rodger Ollenberger at IDF Financial Services Incorporated/ Comprehensive Financial Services Inc. in Prince George at 1-888-561-5885.

MCBRIDE ROUNDHOUSE THEATRE SOCIETY

The PUCKS formerly "Group du Jour" were the first artists to perform for the Roundhouse Theatre Society back in 1994. They return six years later for an evening of great music and "April foolery." This will be fun so don't miss it. Saturday, April 1st 8:00p.m. \$12.00 & \$6.00

COMMUNITY ANNOUNCEMENTS

THE PAST CAN BLOOM EVERY SPRING. The Royal Canadian Legion's 75th Anniversary Tulip Campaign is under way until June 15, 2000. A package of 10 bulbs is \$6.00 and a package of 100 bulbs is \$55.00. Contact Legion members for additional information and to place orders. 569-0066 or 569-2641.

GAURGH NEWS N' THINGS

The Downtown Thrift Store on Dominion Street winter hours are: 10a.m. to 2p.m. 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. •Dorcas-is OPEN Tuesdays from 1pm to 3pm. For more information call 569-3186•Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11a.m. and Wednesdays at 7p.m. Phone: Ph:569-0244•Mennonite 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.

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

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 Glines - Broom & Oscar - Box 441 McBride

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

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(for ICBC customers with comprehensive)

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Res: - (250) 569-2793
Fax: (250) 569-2787



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The Center of Real Estate Action in the Robson Valley!!

McBride Chamber Of Commerce LOGGER'S BONSPHEL

April 7th, 8th & 9th

Each Rink must have a female as 3rd or Skip

\$140.00 per rink entry fee

Registration Deadline is April 5, 2000

To Register Call 569-0191 or 569-2639

Phone 569-0007

SUN

Fax 569-0004

RESTAURANT

NOW PRESENTS

SPECIALS SPECIALS

COFFEE \$1.93

Monday to Thursday
BREAKFAST
\$3.99

6AM TO 10AM

Monday to Thursday
UNBEATABLE
LUNCH SPECIAL
Soup & Sandwich
\$4.99

THIS MONTH ONLY
Monday to Thursday

Any 2 Topping Pizza Special
1st 10" - \$11.50 2nd 10" - 1/2 Price
1st 12" - \$14.50 2nd 12" - 1/2 Price

(Pick-up only)

Spagetti With Meat Sauce
1st one \$9.00 2nd one 1/2 Price

Monday to Thursday 10% Off for Seniors

WATHOOP

FINALLY! The Office Supplies & School Supplies are beginning to arrive! Come and check us out and let us know what you would like to see stocked.

927-2nd Avenue, McBride

569-2464

-C-R-U-I-S-E - IN - C-A-F-E-



Good Food at Affordable Prices

Come In And Try Our

DAILY SPECIALS

We Now Do PIZZA



JENNY'S SHOP N.Wash.
McBride
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"TAKE OUT"
Pizza - Mini Pizzas
"Hot or Cold Subs" and Chicken
Restaurant & Much More

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& ESPRESSO CARDS**

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SLOPPY JOES**

Farm Supplies - Building
Supplies - Lumber
And More!!

Come In & Check Out Out Seed Displays
Perennial "Viola Toyland Mix" \$2.00 pkg
Virginian Stocks "Mixed" \$4.99
18 Litre Vermiculite \$4.99

We Also Have A Selection of Trays, Peat Pots
& Liners

Located only 7 min. up Mountain View Rd. at 5269
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COMPUTER SERVICES
We Repair, Upgrade & Sell Computers
STOCK ITEMS FOR SALE
Black Ink Cartridges:
HP-20, HP-51526A, Lexmark 13400HC,
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569-8805 aaamiron@mcbridebc.net

**CORPORATION OF THE
VILLAGE OF MCBRIDE
2000 LOCAL BY-ELECTION**

NOTICE OF NOMINATION
Public Notice is given to the electors of the
Village of McBride that nominations for the
office of:
MAYOR - one person to be elected
For the remainder of a 3-year term

(December 1, 1999 to December 1, 2002), will
be received by the Chief Election Officer or
a designated person designated as follows:

McBride Village Office
100 Robson Square, McBride, B.C.
9:00 am March 28, 2000 to 4:00 pm April 7, 2000
Excluding Statutory holidays and weekends

Nomination documents are available at the
Village Office during regular office hours.
QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected,
and to hold office as a member of local
government if they meet the following
criteria:

- Canadian citizen;
- 18 years of age or older;
- resident of British Columbia for at least 6 months immediately before the day nomination papers are filed; and
- not disqualified by the *Municipal Act* or any other enactment from voting in an election in British Columbia or from being nominated for, being elected to, or holding office.

FURTHER INFORMATION on the foregoing may be obtained by contacting:
Laird Irvine,
Chief Election Officer (250)569-2229
Ekhana Clements,
Deputy Chief Election Officer
(250)569-2229

BIGWAY Main St., McBride
FOODS 569-3166

- Extra Savings All Week Long
 - English Cucumbers\$1.39 each
 - Cello Fresh Spinach\$2.49
 - Spartan Apples..... 4.89 / lb.
 - Campbells Tomato Soup - 284ml 4.65
 - Robin Hood All Purpose Flour - 10kg .. \$7.99
 - Boneless Skinless Chicken Breast\$4.99 / lb.
 - Strawberries \$3.39 per basket
- And Many More Unadvertised Specials

COMING EVENTS

McBride & District Hospital Auxiliary Spring Strawberry Tea will be Friday April 7/00 @ Beaverview Lodge from 12:00 - 2:00p.m. Cost is only \$3.50. For deliveries to home or work, phone 569-3288 (Pat) 569-3305 (Hilda) 569-2582 (Eileen). All proceeds go towards the Fetal Heart Monitor for the Hospital.
MCBRIDE HOMECOMING 2000 - Change of Date from March 22, 2000 to March 29, 2000. If you or a group you belong to would like more information regarding the plans for the upcoming homecoming celebration, please attend the meeting to be held in the Curling Rink Lounge on March 29, 2000. You will have received a 'flyer' last week in your mailbox which stated that this meeting was to be held on March 22 at the Forestry Office. Due to Spring Break and the subsequent unavailability of a number of people, we have changed the date. Please contact any of the committee members to find out what's planned or what you can do to help. Committee members - Maurice Bonneville, Dona Stapley, Phyllis Sivecki, Lori Kimpton, Fern Sansom, Eleanor Johnson, Robyn Fleck, Isabelle Bonneville, Jennifer Johnson, Charlene Lanning, Linda McCarty, Tim Alexander and Kelly Vizza. Or contact Dona via E-Mail at setter@mcbridebc.net or chamber@mcbridebc.net.
Valenmount Community Choir will be performing a short recital at the Beaverview Lodge March 31 at 7p.m. This is free and everyone is welcome.
McBride & District Chamber of Commerce Annual Loggers Bonspiel is April 7, 8 & 9. To register contact 569-0191 or 569-2639.

BIRTHDAY WISHES MARCH 22-28

Aaron Seymour, Rachel Kent, Jim Humphreys, Teresa Caputo, Peter Bickford, Ole Quam, Mark Ondang, Hans Remmelg, Kaycee McLennan, Gaelan Glenn, Logan Jeck, Carsten Hooker, Elizabeth Hruby, Sheri Pepper, Miranda Popper, Darian Niblett, Elysha Aspeslet, Rodger Lirette, Nai Swets, Ian Niblett, Dian Monroe, Natalie Marsh, Lilly Hill, Jaimie Gahner, Anna Chiccoine, Brenda Monroe, Penny Shawara and to anyone we have missed.
**HAPPY 11th BIRTHDAY, PETE!! Love Mom, Eric & Alysa
BUY, SELL, RENT & MISC.

For Sale-1988 GMC Pickup. Many new parts. Open to offers. Phone 569-0078**For Sale-1972 Mobile Home 14'x70'. New flooring & paint, dishwasher, fridge, stove, and Hoover wash/spin dryer. Propane furnace and hot water tank. Excellent starter home. \$12,000.00 open to offers. Phone 569-3325**Garage For Rent-can be seen at 807-5th Avenue in McBride**For Sale-Kenmore Portable Dishwasher, good condition. Make an offer Ph:569-2280 after 6:30p.m.**For Sale-1988 Toyota 4x4 ext. cab with canopy. Runs exc. \$3000. Ph: 569-8821**Wanted-5 to 50 Acres within 15 to 20 minutes of McBride. Developed or Underdeveloped. Phone 569-0353 anytime**For Rent-2 Bedroom Cabin. Available towards the End of March. 1330 Museum Rd. Ph: Les at 569-0143**For Sale- 1992 F250 7.3L Diesel Ext. Cab. \$9800 / Assorted double size mattress \$20. Ph: 569-0312**For Sale-1986 F350, steel flatdeck Diesel. 4spd. \$3,500 / 1968 Fargo 4x4, duals, welding deck. Front PTO winch. \$1,500 / 1956 Ford 3 ton w/dump box. Roadworthy. \$3,000 / 668 Clark Skidder. \$11,000. May Rent. Ph: Del Fry 569-0127**For Sale-1 Knitting Machine - Computer. Punch Card New Paid \$1500.00- Asking \$1200.00 OBO / 1 Double Oak Bunk Bed Set with Desk Light & Drawers Paid \$1000.00- Asking \$800.00 OBO / 1 Sewing Machine- Singer Approx. 20 YRS. Old- Working Needs Tune Up -Asking \$50.00 / 2 Upright Vacuums- Different Models Approx. 2-3 YRS. Old Working Condition -Asking \$100.00 Each / Grass Trimmers, New Still in Box -Paid \$80.00 each -Asking \$50.00 Each / Phone 250-569-2728**For Sale-2 Bedroom renovated house in McBride. Trades for down payment welcome. Phone 569-2712 or 569-2531**Quick Sale-50'x125' Vacant Lot. Excellent location, close to school/shopping. Phone 569-0033**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-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 pce. 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 LINE-UP

We will be having a Karaoke Night April 7th at the Powerhouse Pub. Don't miss out on all the fun!!!
THOUGHT OF THE WEEK

Do not believe in miracles -
rely on them.

Via-Rail Schedule Phone 1-800-561-8630
Going West - Sunday, Wednesday & Friday...2:40pm
Going East - Monday, Thursday & Saturday...12:47pm
Savings on Coach Fares booked a week in advance.
Additional Savings for Seniors, Children & Students

Important Phone Numbers

- EMERGENCY 9-1-1 Forestry..... 569-3700
 - R.C.M.P. 569-2255 Village 569-2229
 - Hospital 569-2251 Reg 1 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 1-800-256-7857
 - 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 in and ask operator to connect you to provincial department.
- Take a Break in McBride... B.G.s Friedfish & Toppin'!!**

NEED SOME MENDING DONE?

Drop off items at Odds & Ends for
Linda McClinton to mend. Please clean garments beforehand.

ADVERTISE IN THIS SPOT FOR ONLY \$5.00 per week + GST

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Excellent small farm livestock
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FARMLAND

available to rent. Prefer long term leasee.
Approx. 125 acres on Eddy Road, fenced
pastures with water, small hay field.
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SIN MOO HAPKIDO

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

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CALL MARGRIT 968-4432

SASQUATCH
Beauty Barn
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
POWERHOUSES
Hitch a ride, Come on inside,
Play to your hearts content.

When it's time to go,
Don't you know,
We'll pay for the cab if your bent.
((\$5 maximum)

Daily Food & Beverage Specials

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TIRE DEALER
AUTOMOTIVE, SMALL ENGINE &
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MON. - SAT. 6AM TO 8PM & SUNDAY 7AM - 7PM