

# DSD Computers

289 MAIN STREET  
(Previously Traders)

Computer Sales, Service & Repairs  
Consignment Clothing  
Superior Welding - Air Liquide  
U-Haul and P.G. Life Depot

Open 10am-5pm Monday to Saturday  
569-0189 or after hours at 569-0334

# A.C. & T. CONSTRUCTION

JOURNEYMAN-CARPENTER

- New Construction • Framing •
- Renovations • Additions • Siding •
- Basement Development • Windows • Doors •
- Concrete Work • Roofing • Kitchens • Baths •
- Decks • Stairs • Drywall • Painting • Finishing •
- Drafting & Design •

• Home Repairs • • Odd Jobs •  
• Free Estimates • • Call Art  
• Free Consultations • • At 569-2519

# Health Heart & Home

Health Products, Gifts & Antiques  
246 Main Street, McBride, B.C.  
Ph: 569-2559



OPEN Daily till 5:30pm

Friday till 6:00pm

- \*Antiques\*
- \*Gifts\*
- \*Vitamins & Minerals\*
- \*Bulk Spices\*
- \*Bulk Herbs\*

McBride

# JENNY'S Shop N Wash

569-0095

## FRESH SUBS

- Daily Soup & Sandwich Specials -
- WEDNESDAYS ARE WING NIGHT -

\* Friday Special \*  
Chicken Caesar  
with Garlic Toast

- SATURDAY IS PIZZA NIGHT -
- Home-made Pizza Crust -



- Soft Ice Cream
- Creamers
- Slushy
- Hard Ice Cream



OPEN  
Monday - Friday 7:00pm to 8:00pm  
Saturday 8:00am to 8:00pm  
Sunday 8:00am to 5:00pm

# BIGWAY FOODS

Mon.-Thur. 8am-6:30pm, Fri. 8am-7pm, Sat. 9am-6pm, Sun. 9am-5pm  
PHONE: 569-2526

## Frozen Chicken Breast

1 kg bag only **8.99**

Lean Ground Beef  
Family Pack  
1.99 / lb.

Prime Rib Steak  
6.99 / lb.

Gatorade  
710 ml - 3 for  
4.00 + dep. & GST

# MCLENNAN TRUCK STOP

IT'S HERE - THE

## "YOU ASKED FOR IT"

BUFFET

ALL YOU CAN EAT UKRAINIAN & ETHNIC FOODS

SUNDAY, AUGUST 3RD

\$12.95

(SENIOR & CHILD DISCOUNT AVAILABLE)

# FREE The little FREE

## McBride

# Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed., July 30th, 2003

## COMING EVENTS

Sundays - ice cream on the deck of the CN station 6:30-8:00 come crank 'n eat.  
Tuesday 7:00-8:00 Hiking Club - all welcome B2 - Free.  
Saturday 7:00-3:00pm B2 - Free.  
Saturday - chess tourney 1:00-3:00pm B2 - Free.  
Community Market - Every Friday from 12pm to 3pm in the Park Pavilion from June 27th to September 5th.  
Dunster Farmers Market - Saturdays 10 a.m. - Noon. Starting July 12 to September 13th.

## THANK YOU

Thank you to all the locals, the paving crew, and all the extra people who helped out at the fire that happened on Tuesday, July 22nd here in town. People willing to help is what makes a community great. This is one of the best reasons we live in McBride, people who care and are concerned for others in the town.

Thanks Again,

David Hruby, Volunteer Fire Department

For those of you that haven't heard yet, we have sold the Bell Mountain Motel and we will be returning to Alberta. We would like to thank the community for all the support, kindness and generosity over the last four years. A special thanks to everyone who offered their help two years ago when Carlee was in the hospital, it was overwhelming to see how many people would disrupt their lives to help us out. We will deeply miss the friends we have made and will be visiting frequently. We would like to extend our best wishes to Mandep, Indejit and their family and hope they will be welcome as we were.

Thank You!

Wade, Serena, Shea, Carlee & Pete. A special thank you to all the people, including, but not limited to, the Krinkes, the Lucius, the Blains, the Gunsters, the Harts, Pete the Heat and anyone else involved in the fighting of the fire at the Cunningham farm on Hinkleman Road, where a mobile home burned last Saturday night the 26 of July. Thank you also to Forestry, who brought water and pumps, to contain this fire. I/we are extremely grateful that this fire was contained and did not get into the dry brush or someone else's property. A very hot stinger to whomever is responsible for lighting this fire in this mobile home, which was not resided in.

Will & Karen Cunningham  
Don & Shirley Cunningham

## ICBC NEWS RELEASE

**Raise your head rest to reduce risk of injury** - Want to reduce your chances of suffering whiplash in a rear end collision? ICBC says it's as simple as raising the head rest in your vehicle. "When a vehicle is hit from behind, it accelerates forward. If you've raised your head rest so the top of it is at least level with the top of your ears, the head restraint will stop your head and neck from extending backwards when that impact occurs, decreasing your chances of experiencing a soft tissue neck or back injury," says ICBC's Regional Loss Prevention Manager Dave Dickson. Whiplash injuries are a costly and painful problem for B.C. drivers and passengers, costing ICBC policyholders more than \$350 million a year. ICBC estimates that soft tissue neck and back injuries account for more than 70 per cent of all bodily injury claims. Up to 28 per cent of those injuries could be averted by proper head restraint adjustment. When ICBC driver examiners conduct class five and seven road tests, they routinely conduct a head restraint check and discuss the importance of proper head restraint adjustment with their clients. "Road tests provide a valuable opportunity for our driver examiners to educate motorists about the fact that simply raising their head restraint may protect them from a painful and often debilitating injury," says Regional Driver Services Manager Nella Chamberlain. "At the same time, the head restraint checks they're conducting give us a clearer picture of how big of a problem improperly adjusted head restraints are. In the first three months of 2003, ICBC driver examiners checked 1,956 vehicles in the North Central region, finding that 996, or 51 per cent, of the head restraints were correctly adjusted. That figure is lower than the overall provincial rate of 60 per cent, and ICBC would like to see it increase. "If more motorists would just take a few minutes to make sure their head restraint is in the right place, I'm confident we'd see a real reduction in soft tissue injuries and the pain and costs associated with them in our region. The thing people need to remember is that higher is better when it comes to saving your own neck," points out Dickson. ICBC is a world leader in head restraint research. A head restraint measuring device developed by ICBC has helped set the world standard for automobile head restraints. Auto manufacturers around the world use the ICBC device to help design safer head restraints.

### Greyhound Bus Schedule

McBride Husky  
Depart to East-9:50am & 2:35am • Edmonton  
Depart to West-8:05pm & 5:40am • Prince George  
Depart to South-9:50am • Kamloops

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220, E-Mail: forever@mcbridebc.com, write to Box 441, McBride, B.C. V0J 2E0 or drop off at 981 - 5th Ave. If we don't know about it, we can't write about it!! Susan & Scott Glines-Broom & Oscar

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

# Beaurety 2

M-F 7-4:30  
Sat. 7-5:00

"Whatever I'd like want, locals get it!"

B2 is here to serve you!

- Specialty diet needs: come check-out Anna Marie's "gluten-free" baked goods.
- Ever changing, healthful menu with "bistro size" portions.
- The hottest coffee and coldest beverages, Allison's coffee and smoothie creations are awesome.
- We now have "guest chefs" preparing their lunch specialties for you to enjoy.
- "McBride MelceCream Ambassadors" are local students serving ice cream to the VIA passenger trains. Come check it out under the green umbrella Mon., Thurs., Sat. 12:47 - Wed. & Fri. 2:40

call 569-0133 for "delivery" or "to go"

## Employment Assistance Service

Robson Valley Home Support Society  
**NEED A JOB?**

## NEED A WORKER?

Contact Bob Thompson 569-2266  
Funded by the Government of Canada

Canada

## WHISTLE STOP GALLERY

A Beautiful Selection of Local Arts and Crafts  
Open Daily/at the end of main street

## THE HAIR SHOPPE

We Carry JOICO Supplies

569-3359 OPEN Monday to Friday

McBride Old Fashioned Broom Factory

Beautiful Hand Crafted Brooms  
Add pleasure to your sweeping chores  
5 Km West, on Lanning Pit Road 569-2377

ROBSON VALLEY FARM SUPPLY  
8814 Horsey Creek Road (250) 968-4453

Bearings and Seals • U-Bolts • Roller Chain •  
3 Point Hitch • Front End Parts • Hydraulic Lines made to order

## RELIEF FROM ACHES & PAINS

\*BOWEN THERAPY\*\*REFLEXOLOGY\*\*MASSAGE\*  
CALL MARGRIT 968-4432

## FOR RENT

Older 3 Bedroom Mobile Home - Includes Satellite TV  
\$325.00 per month - No dogs - References required  
Phone 963-9737 or 569-3343

## NADINE SHOVAR

25 Years Experience  
\*Bookkeeping & Payroll\*  
(Manual & Computerized)  
\*General Office Services \* Business Plans\*  
\*Office Temp Service\*  
\*GST, Receiver General Remittances\*  
\*Fuel Tax Rebate\*  
For appointment Call 569-2503

## FURNISHED CONDO FOR RENT or

Unfurnished. By the Day, Week or Month  
Call 569-2594

## DEER MEADOWS GOLF RESORT TWILIGHT SPECIAL

Two green fees and a cart for \$32.00  
Starts at 7:00 p.m. - golf 'til dark!  
Come early and eat at the Meadows Cafe!  
(open 7 days per week) 569-0191

## Whiskey Jack Holdings

Crane / Backhoe / Dump Truck  
Services

Call Mike 569-2642

## THOUGHT

## OF THE WEEK

Monday is an awful way  
to spend 1/7th of your  
life.



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

Your Neighbourhood Food Store

### DELI

- Beef or Chicken Pot Pie...\$2.49
- Outlaw Beef Burgers -
- 5 lb. box ..... \$10.99
- Boneless Loin Chops -
- Center cut ..... \$3.99 / lb.
- Corn - 3 for ..... \$2.00
- Champagne Grapes ..... \$2.49 / lb.
- Asian Family Coconut Milk -
- 400ml ..... \$1.88
- Greek Ouzo Candies - 454g ..... \$4.99

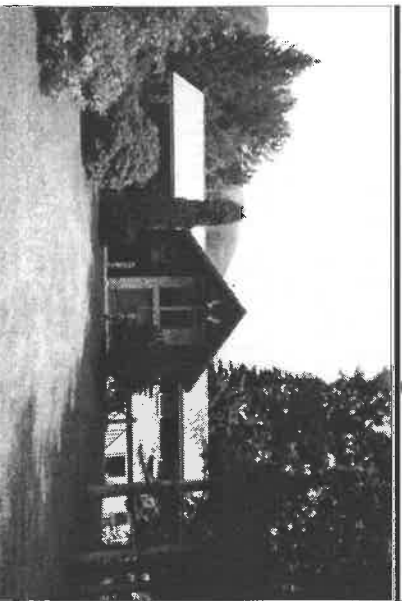
### BAKERY

Assorted Cookies - 12 for...\$2.99  
Dinner Rolls - 12 for...\$1.99

Advantage Insurance  
Services Ltd.

Rosemary L. Hruby, CAIB  
250-569-2264

**We will be Closed on  
Monday, August 4th  
Have a Safe and Happy  
B.C. Day**



**EXECUTIVE STYLE - EXECUTIVE SIZE**  
2480 Sq. Ft. Main Floor - Similar Bottom Level including Double Garage & Double Car Port, Two Huge Stone Fireplaces, 5 Bedrooms,  
3 Bathrooms, Large Patio, New Roof, Many Upgrades, Nice Landscaping Fronts to Reg. Dist. Park. 2.44 Acres in Dorval Park Subdivision. Clear Title - No Agents Asking \$150,000  
Phone 569-3320 Evenings & Weekends.



### Internet Courses

The McBride Public Library is offering free Internet, email and general computer courses this summer. The sessions will be held every Tuesday night from 7:00pm to 8:30pm by Jeremy Holland, the McBride Library's Youth@BC student.

If you are interested please phone the library @ 569-2411.

Internet Access Hours

Monday 10-3, Tuesday 10-5 & 7-9, Wednesday 10-2, Thursday 10-3, Friday 2-9 Dollar per half hour



M-F 7-4:30  
Sat. 7-5:00

- Wed. Gnocchi & Linguine w Scallops
  - Thurs. Tomato Soup & Salmon Pasta Salad
  - Fri. Tacos
  - Sat. Chef Salad & Grilled Hamburgers/Hot Dogs
  - Mon. Chicken Casserole & Calzones
  - Tue. Lamb & Vegetarian Curry
  - Wed. Pizza (regular, lactose-free cheese, gluten-free crust)
- call 569-0133 for "delivery" or "to go"

## ROBSON VALLEY AUTO SERVICE

569-2418

Race Trac Gas

AUTHORIZED STEEL DEALERSHIP  
& REPAIR FACILITY

AUTOMOTIVE, SMALL ENGINE & HEAVY DUTY  
REPAIRS - PROPANE  
MON-SAT. 6AM TO 9PM SUNDAY - 8AM - 8PM

## ARTISTS EXHIBITING

Forest - A group exhibition of artwork from the Fraser-Fort George region 9th September - 4th November - Valley Museum and Archives/McBride Library (Reception: 9 September at 7:30p.m.)

### BIRTHDAY WISHES JULY 30 - AUGUST 5

Walter Yungen, Gina Vecchio, Brianna Kent, Korri MacMaster, Elsie Stanley, Marilyn Hewitt, Sheila Watson, Cecile Kraby, Justin Kelly, Becky Jeck, Loreta Dawson, Donna Perkins, Matt Barnes, Aleeshia Dickson, Brendon Butkva-Desormeau, Clint Wall, Shawn Molendyk, Linda McClinton, Reed Jones, Gordon Molendyk, Brendan Mason, Aaron Jacques, Willow Chapman-Glenn, Warren Patterson, Noel Silva, Daeoah Glenn, Rachel Baker, Megan Teering, Tovi Thiel, Kayla Silva, Samantha Phillips, and to anyone we missed Happy Birthday.

### ROBSON VALLEY FALL FAIR

It's that time of Year - Yes time to start thinking and getting ready for Fall Fair 2003 which will be held on August 22nd & 23rd. This year we are welcoming local artists and crafters to show exhibits at the Park. For more information call Linda at 569-0321. We will also have the 1st Annual Scarecrow Competition, our Chicken competition, and of course the Fall Fair Parade. Robson Valley Fall Fair Raffle Tickets are now out - 1st Prize is a painting donated by Shelagh Foster, 2nd Prize is a Wood Intarsia donated by Dael Macdonald, 3rd Prize is a Quilted Pillow donated by Joyce Godfrey. Tickets are on sale at Steadmans, Rose Garden Boutique and Country King.

One of our biggest parts of the Fall Fair is the Cheryl Sanson Memorial Trophy. Each year at the Robson Valley Fall Fair, we award a trophy in memory of our friend and long time member of the Fall Fair Association, Cheryl Sanson. The Criteria are Citizenship & Community Service. Do you know anyone who, like Cheryl, made this Valley a better place to live? She always had a cheerful word, and was very involved in the Fall Fair, Minor Hockey, Ball, School, events and other organizations. She made our valley a more enjoyable and diversified place to be. If you know anyone like this that you would like to nominate, send a written submission listing this person's attributes by August 20 to the Robson Valley Fall Fair Association, Box 134 McBride, B.C. V0J 2E0. Nominees will be judged by the Sanson Family.

### BUY, SELL, RENT & MISG.

**House For Rent-1 Bedroom, washer, dryer, fridge, stove & dishwasher.** Phone 569-3459\*\***For Sale-6' 6" Brown (velour?) Chesterfield, excellent condition. Corn Organ Minomatic, does Hawaiian, Honkey Tonk & more.** Phone 569-2336\*\***For Sale-Brand New Fridge \$650 / Stove \$600 / 5 Queen Size Beds with Frames \$200 each / 13" TV \$150 / 2 Used Hide A Beds Couches \$50 each.** Phone: 569-2594 (Sherry)\*\***For Sale-11 ft. PU Camper. \$1000 o.b.o.** Phone 569-3320\*\***For Sale-Frigidaire Washer & Dryer - like new, \$600 for the pair. Camper rear the down (for GMC 1/2 ton) \$50 & Extended Mirrors \$50.** Phone 569-0288\*\***For Rent-Ground level 2 bedroom suite for mature individual(s). Fridge, stove, heat, hydro incl. \$500 /mo. No PETS.** Ph:569-2478\*\***For Sale-30' 5th Wheel Trailer Ph:569-8881\*\*For Sale-Camper for import truck. Guns - Rem 721-3006 bolt w/ scope mounts & 1 extra stock. Saw 110E 3006 bolt, 788-243 bolt, Saw 24D Shotgun over under 22mg & 20ga Mg. Win 72-22 bolt. Phone 968-4426\*\***House For Sale-Mountainview Road. Call Val (250) 442-2192\*\*For Sale-1989 Ford Econoline 350 cube van. 106,000 km. Asking \$2500.** Phone 569-8866 evenings\*\***For Sale-800 sq. ft. house. Recent renovations, close to town. \$12,500.** Phone 569-0090\*\***For Rent-3 Bedroom House.** Call 569-2712 Days or 569-2531\*\***House For Sale or Rent-Mobile Home.** Phone 569-0059\*\***House For Sale on 3rd Avenue.** Phone 569-2712 or 569-2531\*\***To place an ad here call 569-3110 or drop info + \$'s at 981-5th Ave. (\$3/week + GST).****

### CHURCH NEWS N' THINGS

**Anglican United Church - Downtown Thrift Store** on Dominion Street. - Mens, ladies and children's clothing -Open: Tues. 1:30 - 2:30 - Sat. 10:00 - 12:00•**Dorcas** is CLOSED for the summer but the **Foodbank** is still OPEN Tuesdays from 1-3pm. Phone 569-3186•**Seventh-day Adventist Church-Meet** Saturdays at 9:30 & 11am. and Wednesdays at 7p.m. Phone: Ph:569-0244•**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-441** Dominion Street. Meet Sundays at 9:00 a.m. Phone 569-3206 or 569-3386. Hall Rental contact Dorothy Simpson 569-3343•**Evangelical Free Church-Worship Service** at 10:30 a.m. Ph:569-2378 or 569-8845 Pastor Dan Carlaw•**Robson Valley Christian Centre-Meets** in home Sundays 11am, Dunster Ph:968-4335•**St. Patrick's Catholic Church-Meets** Sundays at 10:00am Ph:569-2606. "Catholic Faith for Adults" inquiry class. Contact Sr. Olive.

**Via-Rail Schedule Phone 1-800-561-8630**  
Going West - Sunday, Wednesday & Friday...2:40pm  
Going East - Monday, Thursday & Saturday...12:47pm  
Seniors (60+) take a friend for free (any age)  
(in economy class) Nation wide

### 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	Food Bank .....	569-3186
High School .....	569-2295	Fire Hall .....	569-3117
Dunster School .....	968-4414	Greyhound .....	569-2570
School District 57		The Little McBride Paper	
	1-800-256-7857		569-3110


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!!


**Frank's Roofing & Sheet Metal**  
Specializing in: New & Repaired, Flat or Sloped  
TORCH ON • SHINGLES  
CEDAR SHAKES  
CURBS, VENTS, FLASHINGS  
SKYLIGHTS INSTALLED  
Free estimate 250-566-4050  
VALEMOUNT, BC

**THE LOGGER AND THE LADY**  
**NEW RUNNING SHOES**  
**IN STOCK**

**WE WILL BE CLOSED**  
**FRIDAY, AUG. 1ST TO MONDAY, AUG. 4**  
MONDAY TO FRIDAY 10 - 6 SUNDAY CLOSED  
569-0077 AFTER HOURS CALL 569-2539  
Number Cruncher Accounting Services  
Amy Vause  
569-0171

  
• Computerized Accounting/Bookkeeping  
• Monthly Financial Statements  
• Payroll  
• Income Taxes  
• GST  
4 Years Post-Secondary Education; Major in Accounting  
Experience Specializing in Small Business  
References Available  
Serving McBride & Valenmount

**OPEN 24 HOURS**  
**Gatorade**  
710ml  
2 for \$3.00 + dep. & tx  
**Dasani Water**  
591 ml  
2 for \$2.00 + dep.  
  
569-2441

  
**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) 569-2793  
Fax: (250) 569-2787  
E-mail: roddger@mcbriderealty.com  
www.mcbriderealty.com  
  
Rodger L. Peterson  
Owner / Agent

**SASQUATCH**  
**Beauty Barn**  
**OPEN**  
**Tues., Wed., Fri. & Sat. 10-5**  
There will be No Hairdresser Saturdays until further notice.  
Fully Licensed Esthetics & Hair Salon  
1102-4th Ave. Call 569-2294 for Appointment

**NOTICE**  
I shall be away from my medical practice from Wed. 6th Aug. until Mon. 8th Sept. The office in McBride will be closed during this period as it has not been possible to obtain the services of a locum.  
Please leave requests for future appointments on the office answering machine and these will be dealt with by the office staff.  
Thank you for your patience.

**Dr. G. Cowburn**  
**Ride**  
**McBride**  
watch for details coming August 6