### LOGGER AND THE LADY

INDOOR SIDE WALK SALE THURSDAY, JULY 10TH

SELECTED CLOTHING, SHOES, & MORE %0%

Monday to Friday 10 - 6 Sunday Closed 569-0077 After Hours call 569-2539

ROBSON VALLEY AUTO SERVICE



AUTHORIZED STIHL DEALERSHIP & REPAIR FACILITY

### HELP 8 ANTED

Robson Valley Auto Service
(formerly Esso Station)
in McBride will be re-opening it's Gas-Bar in
association with Race Trac Fuels on July 15th, 2003
with up-dated equipment as well as offering
Full and Self Serve.

WE ARE NOW ACCEPTING RESUMES IN PREPARATION

AUTOMOTIVE, SMALL REPAIRS ON.-FRI. 6AM TO 6PM Drop off or mail to Box 70, McBride, B.C. V0J 2E0, Attn. Tanya ENGINE & HEAVY DUTY
- PROPANE
SATURDAY - 9AM - 5P 9AM - 5P

Your Neighbourhood Food Store

MARKETPLACE

233 Main Str McBride, B.0 569-2712 Street, B.C.

DELI

Black Forest Chicken Breast - 100g...\$1.79

New Zealand Top Sirloin CHECK OUT OUR FRESH FLOWERS

CANNING JARS NOW IN

ENTER TO WIN A BARBECUE
(Details In Store)

BAKERY

Mini Danish - 6 for...\$1.99
Potato Rolls - 6 for...\$1.09
Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB

250-569-2264

Thanks for supporting the Advantage Insurance & ICBC Autoplan Broker Road Sense Team (insuring a safer B.C.)



EXECUTIVE STYLE - EXECUTIVE SIZE 2480 Sq. Ft. Main Floor - Similar Bottom Level including Double Garage & Double Car Port, Two Huge Stone Fireplaces, 5 Bedrooms, Garage & Double Bottom

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. Dorval Agents Fronts

Weekends.

FREE The Little FREE

McBride Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed. July 9th, 2003

# **GOMMUNITY ANNOUNGEMENTS**

McBride - You Rock! Thanks to everyone who came out and supported the Chamber of Commerce Canada Day Celebration. You know how to have a great time!

Special Thanks to:

The Tree Toads - Greg Clements, Kevin Chuipka, Shane Bressette

The Tree Toads - Greg Clements, Kevin Chuipka, Shane Bressette & Steve Gillette. Great Music!

McBride & District Chamber of Commerce - Great food!

Barbara & Mike Jackson - Super ice cream!

Leslie Joice and associates - Great grins & faces!

McBride Ambulance Crew - Tender loving care for the teddy bears!

McBride Elks & Royal Purple - A dry spot for the Dance!

RCMP & McBride Volunteer Fire Dept. - Gathering a great crowd!

Village of McBride - Great Cake!

Ruby Horinek - for baking the cake for the Council!

McBride Husky - For Ice!

Advantage Insurance Services Ltd. & ICBC Autoplan Broker Road

Sense Team and their commitment to making Our Roads a Safer

Place - for the Pop at the Dance!

Robson Valley Fall Fair Raffle Tickets are now out - 1st Prize
is a painting donated by Sheilagh 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 Stedmans, Rose

Garden Boutique and Country King.

## GOMING EVENTS

BABY SHOWER - You're invited to a shower for Linda Venter and baby Charel on Thursday, July 17th, 7:00pm at the McBride E-Free Church. All Ladies Welcome! Any Questions? Call Val Keim at 968-4415.

ommunity 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. **Tuesday Evenings** 7 - 8 p.m. Come join us at the Beanery 2 - Glen Stanley "hiking / climbing, locally" Slides and discussion. FREE, All Welcome!!!

### YARD SALES

Multi Family Yard Sale. Something for everybody. July 19, 2003. 1490 Eddy Road, McBride. Gerald & Amanda Moore's place. 10:30 a.m. - 2:30 p.m. See you there!!!

Yard Sale - Sat., July 12, 9 a.m. - 4 p.m. 902 Dominion Street.

GOLF LESSONS

Deer Meadows Golf Resort - calling all Junior Golfers - Lessons for young golfers July 15 - 18 incl. from 9:00 - 10:30 a.m. Given by a licensed pro from the Jasper Golf Course. Cost is \$70.00 for members & \$100.00 for non-members. Price includes all equipment, and a hot dog, fries, pop and 9-hole pass on last day. Call 569-0191

# BIRTHDAY WISHES JULY 9-15

Fran Chiupka, Bill Lipke, Giselle Monroe, Carol Greer, Marion Cousineau, Joanna Sansom, Kyle Hunt, Marlene Walchuk, Kirk Goodkey, Laverne Remmelg, Les Craigue, Michael Balcaen, Darlene Koncar, Scott Keim, Jane Harstad, Stephen Harstad, Teresa Smith, Kim Elliott and to anyone we missed Happy Birthday.

## **GHURGH 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 & 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-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.

Via-Rail Schedule Going West - Sund Going East - Mond West - Sunday, Wednesday & Friday...2:40pm
Fast - 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
 56

 R.C.M.P.
 569-2255
 Village
 56

 Hospital
 569-3765
 Reg'l Dist'
 1-800-66

 Health Unit
 569-3765
 Home Support
 56

 K to 7 School
 569-2721
 Food Bank
 56

 High School
 569-2295
 Fire Hall
 56

 Dunster School
 968-4414
 Greyhound
 56

 School District
 57
 The Little McBride
 Pa

 Village
 569-222

 Reg'l Dist'
 1-800-667-195

 Home Support
 569-226

 Food Bank
 569-318

 Fire Hall
 569-311

 Greyhound
 569-257

 The Little McBride Paper

 569-3110
Free Calling to Provincial Numbe to connect you to maximized dares 569-3700 569-2229 1-800-667-1959 1.569-2266 569-3186 569-3117 569-2570

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

### POWYRHOUS Y PUB 569-2504 **WESTERN NIGHT**

AT THE POWERHOUSE PUB (Powerhouse Ball Tournament Weekend)

SAT., JULY 12th - STARTING AT 9:00

D.J. SERVICES: "SQUIRT"

\*\*Come on out for some

2-steppin' fun!!!!\*\*

\*\*FREE DOOR PRIZE DRAWS ALL NIGHT!!!\*

\*PRIZES FOR BEST DRESSED COW-POKE AND COW-GIRL\*\*

\*\*PRIZE FOR BEST COUPLE\*\*



### HOUSE FOR SALI



Excellent Buy. Country living close to town.

2 Acres beautifully landscaped.

Ranch style 3 bedroom 2 bathroom mobile with nice addition. Open floor plan.

Wood/oil heat. New metal roof and new windows. Gravity fed water. Wood and storage shed. Suitable for couple or family.

This is a must see to appreciate.

ASKING \$77,000 - offers considered.

**24 HOURS** 



**Aquafina Water** 591 ml

2 for \$2.00

N **Coca-Cola Products** for \$2.59 + tx & dep. 591 ml



McBRIDE REALTY
CENTER LTD.
277 Main Street
P.O. Box 729
McBride, B.C. V01 2E0
us: (250) 569-2719 or 569-2735
Res. - (250) 569-2787
Fax: (250) 569-2787



Rodger L. Peterson / Agent

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### Beauty Barn ATC

Sorry for any inconvenience OPEN Tues., Wed., Fri. & Sat. 10-5 Fully Licensed Esthetics & Hair Salon 1102-4th Ave. Call 569-2294 for Appointment There will be No Hairdresser from July 1st to July 15th.



SMOKED SAUSAGE

Olympic - 1 kg - 6.29

West Best Pop 2 Ltr - .69 + dep.

T-Bone Grilling Steak

7.99 / lb.

Kelloggs Cereal Mickey's Magix

Family Pack - 1.99 / lb.

Lean Ground Beef

Schneiders All Beef

Weiners

Rogers White Sugar 4 kg - 3.99

450g - 2.59

375 g - 1.99 (reg. 4.89)

SLICED COOKED HAM
West Best - 175 g 1.99

0

need a man??

## MANY MORE UNADVERTISED SPECIALS our Community Grocer - Everyday Low Pric

For an Hour, Day or Steady!!

\* Class 2 License with Air

\* Centract Bucking

ave Saws, Pick-up, Own Compo, Experience)

\* Carpentry

\* Farm and Yard Work

\* General Labour

eed a Hand? Give Me a
We accept V/S/A & C
wres, McBride - Darrell R

### S 7(17



CHECK US OUT FOR • AND MUCH MORE • SOUT FOR ALL YOUR TROPHY NEEDS

Home of The Little McBride Paper Scott & Susan Glines Ph:569-3110

569-3110 :569-0220

lealth H 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\*

\*Vitamins & Minerals\*

\*Bulk Spices\*

\*Bulk Herbs\*

JENNY'S Shop N Wash

FRESH SUBS
- Daily Soup & Sandwich Specials -- WEDNESDAYS ARE WING NIGHT -- \* Friday Special \*
3 Piece Chicken Dinner with Fries, Potato Salad & a Dinner Bun
- SATURDAY IS PIZZA NIGHT -- Home-made Pizza Crust --

- Soft Ice Cream - Screamers

-Slushy

- Hard Ice Cream

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

# McBride & District Ghamber of Gommerce

Much has been happening with your Chamber News Much has been happening with your Chamber of Commerce over the past few months. The new edition of the travel guide will soon be completed and sent to over 150 tourist information booths throughout the province. In partnership with McBride Secondary, students and supervisors have installed new identification signs at HorseShoe Lake. They have also cleaned and stained the bear carvings. Many thanks to the supervisors and the students. We just celebrated Canada Day and the committee that organized this community event did a wonderful job. Many thanks to all whom were involved and worked this event. Thanks to Advantage Insurance and ICBC for funding this wonderful day.

The Chamber Golf Tournament will be available again this year and plans are underway to make it a day to remember. Dale Stephens will hopefully construct the new town identification signs so even though he no longer resides in our area he is still a big part of our community. We have had good communication with our Village council and continue to try to work with them as much as possible. The Chamber continues to work to improve the services offered to our snowmobile visitors as the season is once again just around the corner.

would just like to take this opportunity to express our gratitude all the volunteers who have dedicated so much of their time to the shade the Chamber programs a success. -Kevin Hallgate

## POLICE REPORT

June 29, 2003 - A report of a single vehicle crash with a moose 20 km west of McBride on Highway 16 was received. The vehicle

July 01, 2003 - A complaint of an attempt break and enter to the Royal Purple mobile food both located at the Village Park was reported. The door was kicked in. Nothing was taken from inside the booth. If anyone has any information that could assist the investigation, please call the McBride RCMP at 569-2255.

July 02, 2003 - A minor vehicle crash was reported to happen in the parking lot of the Sun Valley Restaurant. A vehicle backed into a parked vehicle.

July 03, 2003 - A motor vehicle crashed with a deer was reported 20 km east of McBride on Highway 16. Over \$1000.00 damage was done to the front passenger side of the vehicle. There were no injuries

July 03, 2003 - McBride RCMP responded to a single motor vehicle crash 67 km west of McBride on Highway 16. The driver fell asleep and drove into the ditch. The female passenger suffered injuries and was taken to Prince George Regional Hospital by Ambulance. The driver received a violation ticket for Driving without July 03, 2003

July 03, 2003 - A report of a vehicle in the ditch 24 km west of McBride on Highway 16 was received. Patrols were made and the vehicle was not located.

July 03, 2003 - Another crash involving a car and a deer occurred 8 km west of McBride on Highway 16. The 4 occupants of the vehicle were not injured. The car sustained approximately \$5000.00 in damage and the deer was salvaged.

July 02, 2003 - A complaint of speeding vehicles was reported on the Dore River Road area. Police would like to remind motorists to buckle up, and slow down.

July 04, 2003 - A camera was found near the Purden Lake Restaurant area. The owner can claim it by identifying same.

The remainder of the calls were of a general nature and routine in service.

# BUY, SELL, RENT & MISG.

Sale-11 ft. PU Camper. \$1000 o.b.o. Phone 569-3320•For Sale-Frigidaire Washer & Dryer - like new, \$750 for the pair. Sale-Frigidaire Washer & Dryer - like new, \$750 for the pair. Sale-Frigidaire Washer & Dryer - like new, \$750 for the pair. Camper rear tie down (for GMC 1/2 ton) \$50 & Extended Mirrors \$50. Phone 569-0288•For Rent-Ground level 2 bedroom suite for mature individval(s). Fridge, stove, heat, hydro incl. \$500 - \$550 / mo. No PETS. Ph:569-2478•For Sale-Ladies vagabond 15 speed 26° bike \$50.00 / Single Girls Brass Bed \$75.00 Ph:569-2478•For Sale-Maytag Washer \$250 Ph:Days 569-2611 or Evenings 569-2234••For Sale-Piano - excellent condition \$3500 / Small Dresser \$10 / Futon Bunk bed - Double on bottom, Single on top - Excellent Condition \$375 / Captains Bed \$75 Ph:569-2745••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, Sav 110E 3006 bolt, 788-243 bolt, Sav 24D Shotgun over under 22mg & 20ga Mg, Win 72-22 bolt. Phone 968-4426••House For Rent-in McBride. Price Negotiable. To handy, sober person. Call 569-2637 or 1-403-746-0085•For Sale-1989 Ford Econoline 350 cube van. 106,000 km. Asking \$2500. Phone 569-8866 evenings••For Rent in McBride-2 - 2 Bedroom Apartments with fridge, stove, security entrance, and a washer & dryer on the premises. References required. Phone 569-2694 or 569-3389••For Rent-3 Bedroom Mobile - Lot 17 in McBride. Excellent Condition - Rent Negotiable. Reference Required. 569-0033••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 Evenings••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 + 4057). Greyhound Bus Schedule McBride Husky

Depart to East-9:50am & 2:35am • Edmonto Depart to West-8:05pm & 5:40am • Prince 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.G.s Friendliest Town!!

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)

FOR RENT

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

## THOUGHT OF THE WEEK

He who hesitates is probably right.



Tuesday - 10 to 5

Wednesday - 10 to 2

Friday - 2 to 9

http://www.mcbridebc.org/library

library@mcbridebc.org
Dominion St. (250)5 (250)569-2411

Time for coffee

Time for tea

Time for smoothies

Something to eat? Beane M-F 7-4:30 Sat. 8-1:00

Wed. Turkey & Veggies in a Pita - Bean Salad
Thrs. Corn & Red Pepper Salad - Chicken Quesadilla
Fri. Rice Bowl & Sauces
Sat. Seafood Lasagna & Green Salad
Mon. Fallafel - Pasta with Pesto
Tues. Cucumber Avacado Soup - Spanish Omelette
Every day: bagel sandwiches, healthful snacks and juices 569-0133

Employment Assistance Service Robson Valley Home Support Socie Turkey Sandwiches - Empanadas - Ham Sandwiches Always Available

WORKER? P JOB?

Contact Bob Thompson 569-2266 vaded by the Government of Casada

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

McBride Old Fashioned Broom Factory

Beautiful Hand Crafted Brooms VISA

Add pleasure to your sweeping chores

5 km West, on Lamming Pit Road 569-2377 569-3359 OPEN Monday to Friday

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

Guitches to fit most fractors - Afternators - Starters - 3 Point Mitch - Front End Parts - Mydraulic Lines made to order RELIEF FROM ACHES & PAINS \*BOWEN THERAPY\*\*REFLEXOLOGY\*\*MASSAGE\*

CALL MARGRIT 968-4432
FOR RENT

Three bedroom mobile home in Riverbend Mobile Home Park. 6 inch walls, fridge, stove, washer, dryer, fenced yard. \$450 per month. 968-4375 in Riverbend Mobile

### YET ANOTHER THOUGHT OF THE WEEK

Hard work pays future. Laziness now. off in the pays

\*GST, Receiver General Remittances\*

\*For appointment Call 569-2503

FURNISHED CONDO FOR RENT or Unfurnished. By the Day, Week or Month Call 569-2594

### **ACUPUNCTURE**

### WHAT IS ACUPUNCTURE?

Acupuncture is one of the oldest forms of healing known. It has its origin in China nearly 5000 years ago and is still used by over 50% of the world's population. It functions as a complete system of medicine for many, including prevention, diagnosis, and the treatment of illness. Treatment is performed by the insertion of Stainless surgical steel needles at designated acupuncture points. This may be followed by stimulation of the needles.

### HISTORY OF NEEDLES

Needles were first made of stone, bamboo, or bone. Later, gold or silver were used. These metals were thought to have magical powers. Today the needles are made of stainless surgical steel and do not have any special magical powers.

### HOW ACUPUNCTURE WORKS

Acupuncture is based on the principal of a continuous generation and flow of "life energy" throughout the body. This force has negative and a positive flow that alternates every 24 hours. When the body flow is in balance, there is health; if the balance is disturbed, there is illness or pain. This life flow originates from the major body organs flowing in a continuous circle along paths called meridians. The twelve main meridians are interconnected by submeridians which allow the life energy to be sent to other meridians as it is needed. This energy flow passes through designated points along the meridians called acupuncture points. It is at these points that the energy flow can be stimulated along with the organ itself.

### METHOD OF INSERTION

The needle is inserted while being rotated between the thumb and forefinger. When the acupuncture point is reached, there is a feeling of soreness, swelling, heaviness or numbness. The speed and angle of rotation as well as the time involved both have an effect on the intensity of stimulation. Sometimes, the acupuncturist will use an electric stimulator instead of his fingers. The stimulator is a battery-operated unit that provides a vibrating sensation.

### HOW LONG ARE THE NEEDLES?

They vary in length from 1/2 inch to 6 inches. The acupuncturist uses the size best suited to the patients build, and the location of the point to be used. The depth of insertion depends on the point being used and the layer of fat to be penetrated.

### DOES THE PATIENT BLEED?

No! . . . unless the acupuncturist purposely presses out a drop or two.

### DOES IT HURT?

Sometimes there is a sharp prick as the needle passes through the skin, but only for an instant. It is less painful than when you prick yourself with a pin. The needle is much finer than the needle used by your M.D.

### NUMBER OF TREATMENTS

Each human is unique; therefore, the number of treatments depend on the individual and the seriousness of the condition. A series of treatments vary from 6 to 12 or more. Each series is followed by a rest period from 2 weeks to one month. We recommend at least 2 treatments per week for the average case.

### EFFECTS AND REACTIONS

Most patients find the treatments very relaxing which brings on a feeling of well-being. In fact, many patients fall asleep during the treatments. There is no pain and every effort is made to make the patient feel at ease. After the first two or three treatments, the patient may experience a mild discomfort. This will pass quickly as it is an indication of a positive response. The condition usually starts to respond during the first 6 treatments, in rare cases, sooner. There may be a worsening of the symptoms, but this will not last long. Natural medicine indicates that disease must go from within outwards, from above to below, and that symptoms will return in reverse order from which they came if one is to be cured.

### **PROCEDURE**

The patient is asked to bring whatever information is available concerning the condition. A written diagnosis is acceptable if it is confirmed by our M.D. A set of medical history forms are to be completed to assist in the initial examination. This is followed by the first treatment if the patient is accepted. Any patient not accepted is referred back to his own M.D.

### CONDITIONS WHICH CAN BENEFIT FROM ACUPUNCTURE

EAR, NOSE & THROAT Sinusitis - tinnitis - nerve deafness - meniere's disease - toothache. GASTROINTESTINAL hyperacidity - colitis - spastic colon - indigestion - diarrhea - gastrodynia - obesity. PHYSICAL INJURY acute sprains - post operative pain - phantom pain - painful scars - tennis elbow - strained neck. NERVOUS SYSTEM headaches (migraine) - tics - parkinsonism - tremors - post stroke syndrome - multiple sclerosis - neuritis - shingles - numbness - hemiplegia - neruasthenia. PSYCHIATRIC anxiety-general - nervous tension - insomnia - depression - drug addiction - nicotine withdrawal. MUSCULOSKELETAL arthritis (all types) - tendonitis - low back pain - lumbar pain - shoulder pain. OTHER common cold and influenza - hypertension (usually along with meds.) - enuresis - amenorrhea - menstral regulation - dysmenorrhea - facial nerualgia - facial paralysis - neurolgia - zona climacteric troubles - libido and impotence (sexual disfunction)

Medical Insurance & Med-Cal Accepted

Dr. Ping He PH. D., M.D. (China), Reg. Acupuncturist, B.C.

### A Government Certified Acupuncturist

will be at the

Bed & Breakfast Accommodations (Highway 16) 15km West of McBride

Saturday Afternoons and Sunday Mornings

PHONE FOR APPOINTMENT 1-250-565-0267 - ROY SAVARELLA