

**THE LOGGER AND THE LADY**  
**INDOOR SIDEWALK SALE**  
**THURSDAY, JULY 10TH**  
**10%-70% OFF**  
**SELECTED CLOTHING, SHOES, & MORE**  
 MONDAY TO FRIDAY 10 - 6 SUNDAY CLOSED  
 569-0077 AFTER HOURS CALL 569-2539



**AUTHORIZED STIHL DEALERSHIP  
 & REPAIR FACILITY**

**HELP WANTED**

**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.

Drop off or mail to  
 Box 70, McBride, B.C. V0J 2E0, Attn. Tanya

AUTOMOTIVE, SMALL ENGINE & HEAVY DUTY  
 REPAIRS - PROPANE

MON-FRI 6AM TO 6PM SATURDAY - 9AM - 5PM

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

Your Neighbourhood Food Store

**NEW ITEM**

- Black Forest Chicken Breast - 100g...\$1.79
- New Zealand Top Sirloin
- Grilling Steak ..... \$3.99 / lb.
- Chicken Legs - Family Pack ..... \$1.79 / lb.
- Boneless Pork Loin Chops - Family Pack - Fast Fry or BBQ ..... \$4.99 / lb.
- B.C. Cherries now in ..... \$1.99 / lb.
- Mottis Clamato Cocktail - 2.54 L ..... \$4.99

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.)  
 Family Dance on Canada 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 Dorrval Park Subdivision. Clear Title - No Agents  
 Asking \$150,000  
 Phone 569-3320 Evenings & Weekends.



**FREE The Little FREE McBride Paper**

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

*For the week of Wed., July 9th, 2003*

**COMMUNITY ANNOUNCEMENTS**

**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 Chiuipka, 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 Sheilaigh 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 Stehmans, Rose Garden Boutique and County King.

**COMING EVENTS**

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

**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.

**Tuesday Evenings** 7 - 8 p.m. Come join us at the Beavery 2 - Glen Stanley "niking / 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!!!

**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 to register.

**BIRTHDAY WISHES JULY 9-15**

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

**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-Doreas 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 7pm. 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:569-22378 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

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

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.

**POWERHOUSE PUB**

569-2504  
**WESTERN NIGHT**  
 AT THE POWERHOUSE PUB  
 (Powerhouse Ball Tournament Weekend)

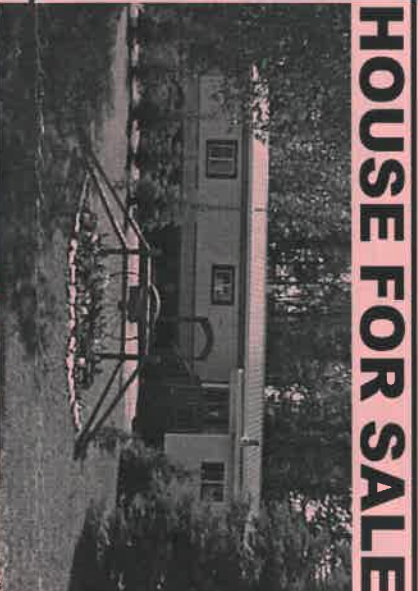
SAT., JULY 12th - STARTING AT 9:00

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\*\*

**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  
 VALDEMOUNT BC



1355 DYKE Road

**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.**

Owner motivated.  
**David Birky 569-0028**

**OPEN 24 HOURS**

Aquafina Water  
 591 ml  
**2 for \$2.00 + dep.**  
 Coca-Cola Products  
 591 ml  
**2 for \$2.59 + tx & dep.**  
**HUSKY**  
**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**

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



# 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 sub-meridians 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 - tinnitus - 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 - neuasthenia. **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 - menstrual regulation - dysmenorrhea - facial neuralgia - facial paralysis - neurologia - 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

SCARE  
CROW  
INN

Bed & Breakfast Accommodations

(Highway 16) 15km West of McBride

Saturday Afternoons and Sunday Mornings

PHONE FOR APPOINTMENT

1-250-565-0267 - ROY SAVARELLA