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Western & Chinese Cuisine

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OPEN 11am - 10pm 7 Days a Week

## PHYSIOTHERAPY

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E. Kim Hammerstedt BPT  
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For Appointments Call  
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Co-operative  
Association

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

Your Neighbourhood Food Store

## DELI

Head Cheese - 100g...\$1.39  
Prosciutto Boneless Ham - 100g...\$3.99  
Valentine's Chocolates 50% OFF  
Bounty - 3 Roll .....\$5.99  
Campbell's Tomato Soup - case of 12 ....\$9.99  
Robin Hood Flour .....\$9.99  
Whole Wheat - 10kg .....\$9.99  
Trophy Delectable Chocolate  
Cashews or Almonds .....\$4.99  
Money Tree .....\$6.99 each  
Angus Rib Steak .....\$6.99 / lb.  
Angus T-Bone Steak .....\$6.99 / lb.  
Standing Rib Premium Oven Roast \$6.99 / lb.

## BAKERY

Mini Danish - 9 for...\$1.99  
Focaccia Bread - 340 g...\$1.79

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## FREE The little FREE

# McBride



## Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed.. February 18th. 2004

## THANK YOU

We would like to thank everyone who helped our family during Jennifer's extended hospital at GRRH. Marvin, Linda, Nicole & Shane Sarasin, Mary Hooker, Richard & Amy Quam, Steve Hooker & Anne Perrin, Richard Dean Quam, Mike & Glenda Molendyk, and Joey & Jamie Quam.

## ROBSON VALLEY FALL FAIR

Any girls aged 15 to 18 interested in being in the Queen Pageant, August 28, 2004 as part of the Robson Valley Fall Fair, please phone Jennifer at 569-0150.

## SCHOOL NEWS

**McBride Secondary School Sports and Extracurricular Activities** - Single 'A' Senior Boys Basketball Zone Championships at McBride Secondary. McBride Secondary School and Valenmont Secondary School to Co-Host Senior Boys Zone Basketball Championships at McBride Secondary School on February 20th and 21st. The tournament will involve six teams from Fraser Lake, Ft. St. James, Bella Coola, Prince George, Valenmont and McBride. Games run all through the day on Friday, February 20 starting at 9:00AM. Games begin on Saturday, February 21st at 8:00AM with the FINAL set to start at 3:30PM. Come out and support our teams at the NCDSSA 2004 Single 'A' Boys Zone Championships.

## COMING EVENTS

**Soup & Song** Wednesday at the B2 from 5:30-7:00pm. Drop in and enjoy music & food with your family & neighbours. All are welcome, all free.

**Girl Guides** "Thinking Day" February 19 from 2:30-4:30 at the Elks Hall. Remembrance of Guiding beginnings. All girls & families welcome. Free.

**Baby Shower** for Brigette Trask and baby Darrell on Saturday, February 21st at 1:00pm. Pad #7 - 151 Columbia Street. For more information call Mellany at 569-2339.

**Panckes for Parents** - The last Monday of every month, next on Monday, February 23rd - 8:30 to 10:30, Robson Valley Home Support Society Kitchen, 942 3rd Ave., McBride. Everyone Welcome. **Dunster Community Hall** bookings can be made by contacting Nancy Taylor at 250-968-4358 in the evenings.

**McBride Figure Skating Club Carnival** - Theme - "Our Favorite Things" will be held on Saturday, February 21st, 7:00pm at the Arena and we have 'surprise guests'. Pre-sold tickets are available at Home Hardware, Stedmans and the Rose Garden Boutique. Prices are Adult \$5.00, Seniors & Students \$3.00, 3 and under Free. Family Pass \$15.00. There will also be 50/50 Draw and Raffle table. If you have any questions or concerns, the Carnival Chairpeople are Mike Jackman 569-2595 and Dawn Hickey 569-3410.

## SENIOR'S EVENTS

Friday, February 20 - 5 p.m. Dinner at Kiln Restaurant  
Wednesday, February 25 - 12 p.m. Lunch at the Beaverview Lodge.

## CHAMBER OF COMMERCE

Get those brooms out of the closet, curriers!! McBride and District Chamber of Commerce Annual Logger's Bonspiel will be held April 2 - 4, 2004. To enter a team please contact Jesse Patterson @ 569-0186, or Susan Kolida @ 569-2415.

## 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 OPEN Tuesdays from 1-3pm. Phone 569-3186 • New contact for the Foodbank is 569-3225 • **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 11:30 a.m. Phone 569-3206 or 569-3386. Hall Rental contact Dorothy Simpson 569-3343 • **Evangelical Free Church**-Sunday School at 9:45 a.m. and Worship Service at 11:00 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 11:00am Ph:569-2606. "Catholic Faith for Adults" inquiry class. Contact St. Olive.

Phone 1-888-842-7245

**Via-Rail Schedule**  
Going West - Sunday, Wednesday & Friday, 2:40pm  
Going East - Monday, Thursday, Saturday, 12:47pm  
Seniors (55+) take a friend for free (any age)  
(in economy class) Nation wide

## Important Phone Numbers

EMERGENCY ..... 9-1-1  
R.C.M.P. .... 569-2255  
Hospital ..... 569-2251  
Health Unit ..... 569-2251  
K to 7 School ..... 569-2721  
High School ..... 569-2295  
Dunster School ..... 968-4414  
School District 57  
1-800-256-7857  
569-3110  
Inquiry B.C.-1-800-663-7867 - For Toll Free Calling to provincial departments  
Dial this Number 1st and ask operator to connect you to provincial departments

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

## HEARTLAND

### RESTAURANT HOURS

Sunday - Thursday 6a.m. to 8p.m.

Friday & Saturday 6a.m. to 9p.m.

### THOUGHT OF THE WEEK

Unquestionably, there is progress. The average Canadian now pays out twice as much in taxes as he used to get in wages.

## NADINE SHOVAR

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

## THE HAIR SHOPPE

803 3rd Ave. - side entrance  
569-3359 We Carry JOICO Supplies

McBride Old Fashioned Broom Factory

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

**Tarot card reading at the CN Station**

In the afternoon on Friday, February 20  
Call 569-0133 and ask for Dora to book  
an appointment. No one under 16.

## PRIVATE DANCE LESSONS

Fox trot, waltz's, jive, 2-step, polka, etc.  
Nadine Shovar @ 569-2503

## SASQUATCH

Beauty Barn

## OPEN

Thurs. 1-5, Fri. & Sat. 10-5

Fully Licensed Esthetics

1102-4th Ave Call 569-2294 for Appointment

McBride

## JENNY'S Shop N Wash

569-0095  
- FRESH SUBS -  
- Daily Soup & Sandwich Specials -  
- WINGS & PIZZA -

\* Friday Night Special \*  
Lasagna  
with Caesar Salad & Garlic Toast

## Wahoo Enterprises

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820-1st Ave.

We are now open in our NEW location  
at 820-1st Ave.

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

Cartridges to fit most Tractors • Alternators • Starters •  
3 Point Hitch • Front End Parts • Hydraulic Lines made to order

## RmR Recreation

Sled & ATV

Rentals & Tours

569-2354 1-877-868-7288

Parts - Repairs - Avalanche Gear

## 5TH AVENUE HAIR

Call Vicki

OPEN MON., TUES., THURS. & FRI 10AM-5PM  
946 - 5TH AVENUE  
569-0067

## WHISTLE STOP GALLERY

A Beautiful Selection of Local Arts and Crafts  
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**DSD**  
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P.G. LITE  
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289 MAIN STREET  
**CHESTERS COMING TO TOWN!!!**  
FINALLY!!

**\*\*\* NEW RELEASES \*\*\***

\* **Runaway Jury** \* **Dickie Roberts** \*  
Mondays are \$1.49 days for all VHS & DVD Rentals  
OPEN Mon.-Sat. 10-8 Sun. 12-7

**Advantage Insurance Services Ltd.**  
Rosemary L. Hruby, CAIB  
250-569-2264

**OPEN**

**Monday to Friday**  
8:30am - 6:00pm

**Saturday 10:00am - 3:00pm**



**BRIMMY**  
FOODS

PHONE #  
569-2326

• Mon.-Thur. 8am-6pm  
• Sat. 9am-6pm

• Fri. 8am-7pm,  
• Sun. 10am-6pm

**PILSBURY MINI PIZZA 8.99**  
Deluxe or Hawaiian - 12's -

**MINUTE MAID PUNCH 3.99**

Assorted Flavors - 10 x 200 ml -

**DEL MONTE CREAM CORN 6.99 / lb.**  
398 ml - .89

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Call Jack Hoy



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It's Income Tax Time!

- Call to set up an appointment and enjoy these benefits:
- Personal & Small Business Income Tax Preparation
  - INSTANT Tax Refund \*
  - Quick Turn-Around Time on Regular Refunds
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  - Up-To-Date Tax Saving Solutions
  - Reasonable Rates

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## THE COOKIES

This sure keeps everything in perspective.

At an airport one night With several long hours, Before her flight, She hunted for a book In an airport shop, Bought a bag of cookies, And found a place to drop.

She was engrossed in her book But happened to see, That the man sitting beside her, As bold as could be, Grabbed a cookie or two From the bag in between, Which she tried to ignore To avoid a scent.

So she munched the cookies And watched the clock, As the gutsy cookie thief Diminished her stock, She was getting more irritated As the minutes ticked by, Thinking, "If I wasn't so nice, I would blacken his eye."

With each cookie she took, He took one too, When only one was left, She wondered what he would do, With a smile on his face, And a nervous laugh, He took the last cookie And broke it in half.

He offered her half, As he ate the other, She snatched it from him And thought....ooh, brother! This guy had some nerve And he's also rude, Why he didn't even show Any gratitude!

She had never known When she'd been so galled, And sighed with relief When her flight was called, She gathered her belongings And headed to the gate, Refusing to look back At the thieving ingrate. She boarded the plane, And sank in her seat, Then she sought her book, Which was almost complete.

As she reached in her baggage, She gasped with surprise, There was her bag of cookies, In front of her eyes.

If mine are here, She moaned in despair, The others were his, And he tried to share, Too late to apologize, She realized with grief, That she was the rude one, The ingrate, the thief!

How many times have we absolutely known that something was a certain way, only to discover later that what we believed to be true....was not? "Always Keep An Open Mind And An Open Heart, Because.....You Just Never Know...." You might be eating someone else's cookies."

### FITNESS CONSULTING

Anyone interested in a fitness I on I with a fitness consultant please sign your name on the sheet at the Fit Pit.

**Barb Heine**, fitness consultant, has a Bachelor of Physical Activity Studies from the University of Regina. Registered Kinesiologist with the British Columbia Association of Kinesiologists. Professional Fitness & Lifestyle Consultant. Canadian Society of Exercise Physiology. **Who needs a fitness consultant?** Are you a beginner? Are you bored with your training program? Have you hit an exercise plateau? Not achieving the results you desire? Do you need a new challenge? Do you need some motivational support?

**What can I expect from a fitness consultant?** A personal and professional program that addresses your needs and goals. Safe and effective training techniques. Constant encouragement and motivation.

**What type of programs are available?** Gym or home based exercise programs. Active injury rehabilitation. Weight loss. Lifestyle counselling. Sport specific training. Cardio fitness. Flexibility training. Physical fitness and body fat assessment.

### BIRTHDAY WISHES FEB. 18 - 24

Kayla Niemi, Kathy McLeod, Mitch Shawara, Christine Monroe, Matt Elliott, Pat Cousineau, Rebecca Ellement, Kathy Peterson, Levon Johnson, Jessie Owen, Rick Harte, Tony Vizza, Cindy Kelley, Sandi Carmichael, Alex Mercuri, Jim McClair, Tracey von der Gonna, Charles Charlier, Robert Johnson, Daisy Adamowicz, Janice Mercuri, Faron Lipke, Denis Duguay, Debbie Kohn, Emmalee Chitupka, Charrell Hough, Devyn Kelly, Cathy Greenhough, Crystal Fitzpatrick, Brenda Bodnaruk, Ron Brown, Bette Bowron, Carol Littlechild, Shane Bressette, Donna Garneau, Chris Lesieur, Ken Redman, Della Marsh, Amy Hammerstedt, Melissa Lesieur, Lyle Elliott and to anyone we missed Happy Birthday.

### COMMUNITY ANNOUNCEMENTS

**Community Badminton** - McBride Secondary School every Tuesday - 7:00 - 9:00 p.m. Must supply your own racquet. Open to all ages (FREE).

Every **Wednesday night** come and join a Sing-a-long with Elsie Stanley and enjoy free soup at the Beanery 2 from 5pm-7pm.

**The Hiking Club** meets on the last Monday of every month from 7-8pm at the Beanery 2.

### BUY, SELL, RENT & MISC.

For Sale-Set of Leather couches (Couch, Love Seat & 2 Chairs) \$2500.00 o.b.o., Glass China Cabinet, Dining Table & 6 Chairs \$2000.00 o.b.o. Phone 569-2305•**Babysitter wanted** for in-home, 23 month old, 7 hours per day, Monday to Friday. Call 569-0334 or 569-0189•**Looking for a Mature Responsible Employee** for a permanent position. Duties include gas-jockey, parts person, customer service. Drop resume at Race Trac Gas. Ask to speak to the manager. •**For Sale**-2002 Neon. Call 569-8866 evenings•**For Sale**:Medium Sized Black Bear Rug - Full Head Mount. \$600 (250)569-2444 / 2 piece Sectional Chesterfield with 2 foot rests. As new \$950. Ph:(250)569-2444•**For Sale**-Snow Blade for Quad \$250.00, Youth Saddle \$350.00, 1997 Ford Explorer Sport-Very Good Condition. Various Tack. Phone 569-0033•**House For Sale**-102 Dominion Street. \$35,000. Phone 569-2277•**For Rent**-3 Bedroom House. Call 569-2531 Evenings•**House For Sale** on 3rd Avenue. Phone 569-2531•**To place an ad here call 569-3110 or drop info + \$'s at 981-5th Ave. (\$3/week + GST).**

**Greyhound Bus Schedule** McBride Husky 569-2441  
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, 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!!  
Scott & Susan Glines - Oscar & Broom

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**Husky**  
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## Health Heart & Home

Health Products, Gifts & Antiques  
246 Main Street, McBride, B.C.

Ph: 569-2559

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Monday - Friday 7am-4:30pm  
Saturday 8am - 12pm  
Via Train Departs

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THE PIE BOOKS ARE COMING...



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\$5.00 - (2) PIE & COFFEE  
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GET ONE FOR YOUR SWEETHEART  
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APPLE • CHERRY • LEMON • CHOCOLATE •  
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Saturday - 2 to 5  
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Employment Assistance Service  
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Canada

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Please print on legal sized paper  
Complete the application and return it by mail to  
Human Resources Development Canada  
1363 4th Avenue  
Prince George, BC

V2L 3J6

by the deadline: March 26, 2004