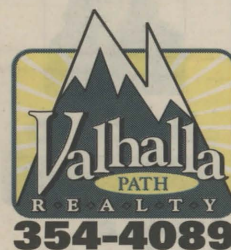


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EXPRESS



WEDNESDAY, OCTOBER 3, 2001

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VOLUME 13, NUMBER 48



Nelson Becker photo

Centre Ben Williamson breaks out of the Nelson zone in recent play. The Nelson Junior Leafs are struggling to hold on to first place in the Neil Murdoch Division and will continue their battle this Friday with Creston Valley ThunderCats coming to Nelson for the first time. On Sunday, Revelstoke also makes a first visit to the Queen City. You'll find a two-for-one coupon in today's Express for Friday's game.

Yellowstone to Yukon gathering in Nelson

NELSON- More than 100 conservationists will descend on Nelson in October for the Yellowstone to Yukon Conservation Initiative's latest Council Gathering and coordinating committee meeting.

The Yellowstone to Yukon Conservation Initiative is a binational network of more than 160 Canadian and U.S. groups, representing almost one million

conservation-minded individuals, who are working to maintain and restore the natural heritage of the Rocky, Columbia, and Mackenzie Mountains north of Yellowstone National Park.

Although Yellowstone to Yukon has been around for more than five years, this will be the first major gathering held in British Columbia.

The weekend will culminate with

Yellowstone to Yukon's annual Council Gathering on Saturday, October 13, at the North Shore Hall in Nelson. During the day, attendees will participate in a series of workshops and field trips focused on cutting-edge conservation that meets the needs of both natural and human communities.

For more information, contact Suzy Hamilton at 354-1909 or Ramona Faust at 229-2223.

Campus life coming back?

Chinese students may come to 10th Street Campus next year; mayor on the way to Beijing and Shanghai

by Charles Jeanes

It could be prosperous times for Nelson, just like the old days when Japanese students boosted the local economy.

New Asia Capital Consultants Inc. has signed a letter of understanding (L.O.U.) with Nelson to explore the possibilities of an English as a Second Language (ESL) program in conjunction with Selkirk College and School District #8 international programs. New Asia would bring Chinese students to the Tenth St. campus, says Mayor Gary Exner, who has been involved in negotiations for this possibility and who showed the campus to the company's representatives.

Marilyn Luscombe, Selkirk College president, and Dr. Bill Reid for SD #8, have met with New Asia executive director Paul Pang.

Pang said an education fair in China from October 20 to 28 will be the key time for the Mayor to make progress in planning for Chinese students to come. Nelson Council voted September 17 to grant \$5,000 for Exner's travel costs to Beijing and Shanghai.

Next July, about 45 Chinese aged 15 to 20 may be able to study English for three weeks and use home-stay in Nelson for accommodations, said Pang. "They want to learn Canadian English because it is a North American standard English, and because study in England and the USA is much more expensive. In England it costs twice as much."

In September 2002, a program could begin for students 18 years and older living in dormitories on the Nelson campus.

Pang said students will enroll in Selkirk College's two-year university transfer program and then go on to Simon Fraser University for a degree.

"These students are often from well-off families. They will return to China because there are many opportunities for them there," said Pang.

The Canadian Consulate in Beijing has agreed to relax previous rigorous standards for student visa applications, said Pang, because Canada is convinced the students pose a very low risk of refusing to return to China after their schooling.

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Back to business

by Anne Stacey

Aveda at Spa Oasis

By definition, an oasis is a place that provides refuge, relief, or a pleasant contrast with everyday existence.

Descending into **Spa Oasis** is truly entering a world of health, purity, and well-being, a welcome refuge from the often rushed and complicated lives we lead.

Whether discovering the art and science of the Aveda product line or the many specialized spa treatments at Spa Oasis, clients are guaranteed a rewarding health and beauty experience.

Recently opened at 448 Baker Street, Spa Oasis is owned and managed by Mickey and Sharon Tarasoff, longtime West Kootenay residents.

The Tarasoffs began their careers in the health and beauty industry 30 years ago with the opening of Mother Nature's, a holistic health shop in Castlegar.

Sharon explains that the first step towards the creation of Spa Oasis was when she and Mickey purchased an ozone sauna for their personal use, which led to a greater interest in holistic and thermal therapies.

Though originally intended to only be a spa offering a variety of sauna therapies, the Tarasoffs eventually expanded their concept to include beauty products and treatments.

Spa Oasis now carries Aveda, an internationally renowned skin care and make-up line that incorporates an environmentally responsible philosophy in-to its products and business practices.

Aveda states that their "mission is to care for the world we live in, from the



Spa Oasis owner Sharon Tarasoff (left) and esthetician/make-up artist Anneli Arrak (centre) spend time with customer Colleen Leishman.

products we make to the ways in which we give back to society. [Aveda] strives to set an example for environmental leadership and responsibility, not just in the world of beauty, but around the world." The Tarasoffs agree with these ideals believing in "being kind to oneself," and are now pleased to offer the 100% natural Aveda products.

Like many existing spas, Spa Oasis includes estheticians and therapists on their staff. It offers conventional treatments such as massages, manicures, pedicures, facials, and body wraps. However, Spa Oasis also presents new and less well known therapies, such as aroma steam cabinets, ozone and far-infrared saunas, raindrop therapy, and some crystal therapy.

As Sharon explains, "The far-infrared sauna can be used as an energizing and revitalizing treatment for so many things — weight loss, pain relief, detoxification and skin care."

The Tarasoffs hope Spa Oasis will eventually become an Aveda Concept Salon, but primarily, they hope it will become a refuge and a retreat to "anyone who is interested in better health." For information, call 354-4487.

Anne Stacey is the Economic Development Intern at Community Futures.

Community Futures is a non-profit organization that assists new and existing small businesses or individuals contemplating self-employment as a career option. For more information about Community Futures, or if you have a business news item you would like featured in this column, call 352-1933 or email cfdcc@futures.bc.ca. Don't forget to visit the website at www.futures.bc.ca/

Waterfront property for sale

VSA lands listed on BCBC Web site

by Charles Jeanes

It's official. Nelson's central waterfront land, where the VSA road maintenance yard is located, is for sale. British Columbia Buildings Corporation (BCBC), owner of the land at 110 Cedar St., has listed the property on its Web site at bcbc.bc.ca.

The process for purchasing includes an initial deposit of \$50,000 with submission of offer, purchase to be in cash, and says under the OCP (official community plan) this area is a "special development zone," calling it a "strategic commercial and semi-waterfront location, ...one of the most desirable development sites in Nelson."

The piece is described as "commercial development" and three different zoning bylaws apply — C-1, M-1 and P-2 (commercial, light industrial and park) on a "net useable area of 119,479 square feet."

More documents on the Web site state the land is a "public offering," and that "the highest or any offer will not necessarily be accepted."

Dyne Torgeson, BCBC real estate analyst responsible for this property listing, said the website is being accessed now by prospective buyers but the identity of bidders is confidential. Although it has been reported that Great West Life Realty (GWL), owner of the Chahko-Mika Mall,

has met beginning July 12, 2000 with BCBC and Nelson's Mayor and Council about acquiring the land for a new stand-alone Wal-Mart, Torgeson would not say if GWL is in the

bidding because the sale start date is not until October 15.

Torgeson can be reached for inquiries about purchase at dtorgeson@bcbc.bc.ca or 1-800-463-7747.

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Red ink on the blackboard

by Charles Jeanes

Nelson area students, teachers and parents will feel the impact of some bad news soon.

School District 8 is running a budget deficit, enrollments are falling across the district, and teacher contract negotiations are stalled on the issue of pay for teachers.

At the Board of Trustees meeting September 25, the news of the deficit and fallen enrollments came as a one-two punch.

An auditor's financial statement for 2000-2001 from Gadick and Minichiello reported a deficit of \$439,484 in the SD # 8 operating budget last year, and Trustee Dina Bambrick pointed out

that there is also a \$216,546 appreciated deficit from a previous budget, bringing the district's total debt load to \$656,030.59.

Then Assistant Superintendent Dave MacKinlay offered the grim news that all over the district, schools have experienced fallen enrollments amounting to a

3.55 per cent decline.

Since school districts are budgeted by the province on a formula of \$6,000 per student enrolled, the drop in numbers has an immediate impact on the budget picture.

Bambrick said the fallen enrollment means "a \$300,000 worth of students. This is tragic."



Nelson Becker photo

Breastfeeding mothers and children from Nelson and area are planning to do their best to set a new world record — the most mothers breastfeeding simultaneously in set geographic area, which is the province of B.C. The event is part of World Breastfeeding Awareness Week, October 1 - 7. You're invited to join them at Family Place, 503 Front Street, at 10:30 a.m. Saturday. For more information, call Helen at 354-6305 or Judith at 505-5392.

Residents win substation battle

by Charles Jeanes

A West Kootenay Power (WKP) substation that was planned for South Slokan will go somewhere else, says Errol Hicks, chair of the South Slokan citizens' committee.

"I was told verbally on September 21 that [the village site] is not their preferred site," said Hicks. "[This site] is no longer of interest; they ran into technical problems."

Miles Godfrey, project manager for the substation contractor Acres International, confirmed that the South Slokan land "does not appear to be the preferred site at the moment."

A citizens' group had been opposing the plan due to environmental and health concerns.

LEGISLATIVE ASSEMBLY OF BRITISH COLUMBIA

WHAT DO YOU THINK SHOULD BE THE REFERENDUM QUESTIONS ON THE PROVINCIAL APPROACH TO TREATY NEGOTIATIONS?

Public Hearings

The Select Standing Committee on Aboriginal Affairs wants to hear your recommendations on questions for a referendum on the principles that should guide B.C.'s approach to treaty negotiations.

The Committee has been appointed to consult with the public and to make recommendations to the Legislative Assembly regarding questions for a referendum on principles to guide the B.C. government in its approach to treaty negotiations with First Nations. The Committee's recommendations will assist the government in preparing questions that will be put to all British Columbians in a one-time, province-wide referendum.

Negotiating workable, fair and affordable treaties with First Nations will benefit all British Columbians. The Committee will be considering only those matters concerning questions for a referendum on principles to guide the provincial approach to treaty negotiations.

We want to hear from you!

Starting the week of October 1, 2001, the Select Standing Committee on Aboriginal Affairs will conduct regional public hearings to hear what all British Columbians have to say about the principles that should guide the B.C. approach to treaty negotiations. A report will be submitted to the Legislative Assembly by November 30, 2001.

Individuals and organizations wishing to appear before the Select Standing Committee on Aboriginal Affairs should contact the Office of the Clerk of Committees. Oral presentations will be limited to 15 minutes. A guide for witnesses and a guide to preparing a written submission are available on the Committee's website

CRANBROOK
Friday, October 12, 2001
10:00 a.m. to 5:00 p.m.

Heritage Inn
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803 Cranbrook St. N.

Further information about the work of the Committee is available on the Committee's web site at www.legis.gov.bc.ca/cmt. The Committee also welcomes written submissions, which must be received by the Office of the Clerk of Committees no later than Friday, November 2, 2001.

WE WANT TO HEAR FROM YOU!

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OPINION

A sturdy building

Non-profit groups have to wean themselves from government coffers.

Government funded ministries can expect to have significantly less money to operate with this year. While education and health are allegedly going to receive their funds without cuts, all other sectors can expect much less support from the government.

The tightening of the belt is also going to affect grants and other subsidies to non-profit groups.

The decision is made in Victoria. It will be felt here.

There is an existing ongoing government debt. Any new government always inherits the debt from the previous government and interest payments must be made. There has also been some tax reduction for the tax payer and this means fewer dollars for the government to run programs.

Our small rural non-profit organizations face big problem. Less financial support will mean that many groups will have to cut back on services. It is likely that many of us will reach into our pockets to pick up some of the slack created by fewer government dollars.

We need long-term solutions.

As long as non-profit groups rely upon government funds, the groups' finances will always be at that whims of the governments in power.

Government money is hard money to get anyway. Grant applications take up a considerable amount of time, are usually not very large and are demeaning because of the justifications that must be made.

A new way to look at the funding of our communities' idealism must be looked at. Non-profit groups must look at ways to become self-sufficient and free of the need for government funding.

There are several possible ways and many groups do rely upon other non-governmental funding.

Some groups will have to become businesses. The Nelson Leafs Bottle depot is one example of how it can be done. The profit they make on the bottle depot goes to supporting the team. They just supply a service and they get paid for it.

Running a business is risky and cannot be done over night. Non-profit groups are experts at what they do. Some will also have to become experts at entrepreneurship. Government funding should be looked at as help to build a foundation.

Upon that foundation can be built a sturdy self-standing building.

The Editor's Mailbag

Let's not forget the Saddam problem

It is gratifying to note that the Director of the Canadian Action Network to End Sanctions in Iraq recognizes Saddam Hussein as a dictator.

However, he should have noted that he is a particularly cruel and brutal dictator.

This was again demonstrated when he was one of the few to celebrate the mass murders of almost 7,000 people by terrorists in New York and Washington.

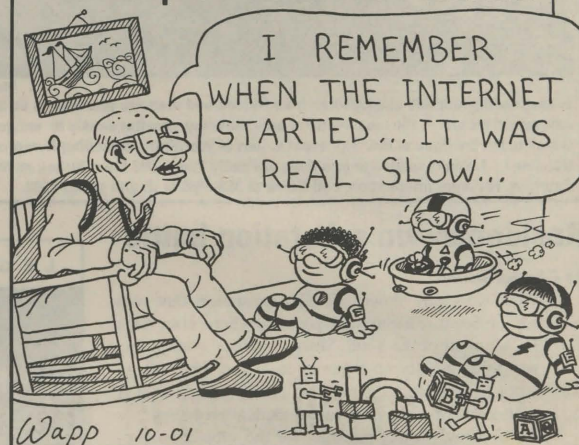
It is true that the U.S. government supplied arms to Iraq, but that was during their war with Iran, which at that time was a threat to the world through terrorism (remember, they took over the U.S. embassy and held people hostage for over a year).

The U.S. government did not supply poison gas or nuclear weapons information. Saddam did that on his own initiative.

It is strange that Scott Ritter,

WAPP'S WORLD BY JOSH WAPP

Grandparents of the Future...



the last weapons inspector in Iraq, would have said that "Iraq has been qualitatively disarmed." Iraq's military is back to full strength, and the UN inspectors were kicked out when they requested to inspect certain sites.

If the UN inspectors were unable to inspect specific sites, how does Scott Ritter know what is, or is not, hidden there? Did he telephone the Psychic Hot Line?

Mr. Shannon, in his letter, did not explain how it is that Saddam

Hussein can spend billions of dollars on building huge palaces for himself, but has no money for food and medicine for children.

We know that Saddam Hussein wants to eliminate Israel and five million Jews. What is CANESI's position on this? Will they make a clear statement saying that the State of Israel has a right to exist at peace behind secure borders? I doubt it.

Roger Pratt
Nelson

Let's take a hard look at reasons behind attacks on United States

It really is something to get one's head around the idea that someone out there would even think about doing such a thing, let alone be angry enough and clever enough and uncaring enough to actually pull it off.

Along with the physical violence there is a psychic and social violence that is difficult to fathom.

Someone is definitely attempting to seriously undermine the stability of the US and every other nation.

I find the absurdity, not only in the carnage, but in the fact they pulled it off on the ninth day of the eleventh month (911) and hit the targets they hit, the banking and military symbols of America. Like a cruel joke they seem to have thought of everything.

Too bad such smarts and attention to detail was not applied to feeding the hungry or housing the homeless.

I have so many thoughts, I cannot write them here. I fear the US reaction will be one of extreme prejudice and result only in more attacks of a similar nature. I fear the US government will not look at their actions and how they have provoked this type of reaction. I fear there will be more killing and more fires and more terror on innocent working people.

And I wonder what the message is: Be very, very afraid, or, Come fight!

I fear this event will be used by the US to commit further acts of violence around the world and will someday be remembered not as a great tragedy but as merely the first volley of a long, long war.

I fear for the young. For the people who are going about their lives, doing the best they can and who will undoubtedly be the victims of what is to come.

I do not believe there is any way to justify what occurred. It is unforgivable. However, I do not believe that going out, hunting down and killing the people behind it is an answer.

Yes, it is important to know who did this, but it is more important to know why. I fear however that what will ensue will not be a measured and careful investigation with a design to ensure it never happens again. Instead, I expect it will be a get-even exercise designed to inspire similar fear and instability.

Looking at this, I cannot help but think things do not bode well for this world. And I can only hope there are enough sane and sober people in the world to urge the sort of caution and restraint and good sense that will be required to put a permanent end to these acts of desperate violence.

Will Webster
Kaslo

Letters to the Editor guidelines:

We encourage our readers to write to us.

Please address letters meant for publication to the Editor. We do not accept open letters. Letters must be short (200 words maximum) and to the point. We reserve the right to edit letters, and the decision to publish or not to publish is completely at the discretion of the Editor and Publisher.

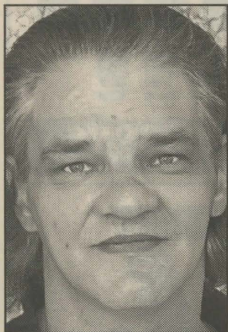
Commentaries can be longer (500 words maximum) and are more in-depth than letters.

If you wish to write a commentary, please contact the Editor.

All letters and commentaries must be signed and include your name, address and phone number. We will not print "name withheld" letters. Opinions in the Express are not necessarily those of the publisher or the Express advertisers.

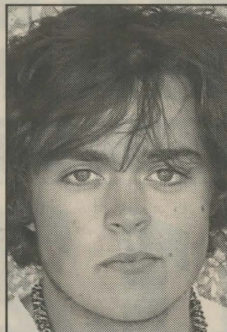
WE ASKED:

Should Canada's armed forces take part in the war on terrorism?



Of course. I think everybody in the world should take part in the war on terrorism. It's a hard war to fight. They come out of nowhere, so I guess they've got to start looking at all of us. Our armies should go overseas if it's necessary.

Dale Grimes
Nelson



No. They should not, because it's too broad. They are not being specific about the enemy, they're just declaring war on everyone.

Reed Bambrick
Nelson



No. I don't think so, not at this point. I think we should get some evidence about what is going on. I don't know what we can or should do at this point.

Brie Faulks
Slocan Valley

GOOD NEIGHBOUR OF THE WEEK



Lori Croteau

Age: 34

Lives in: Nelson

Born in: Edmonton

Occupation: wellness chiropractor

Astrology sign: Gemini

Favourite leisure activity: mountain biking, "West Kootenay's is best, hands down"

Favourite community group: The Women's Centre and ANKORS – they both work very hard with very little resources to improve the quality of life of people who really need assistance and compassion.

Words to Live By: Namasté – The divine in me salutes the divine in you.

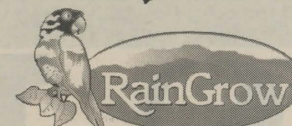
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Lower Columbia Reservoir Updates

Arrow Lakes Reservoir, Duncan Reservoir and Columbia River

This year, water supply in the Columbia River basin is below average. The actual elevation of reservoirs is influenced by the low snowpack and inflow levels, weather patterns and other factors such as load requirements during this period.

BC Hydro's operation of the Hugh Keenleyside (HLK) and Duncan Dam is guided by the requirements and obligations of the Columbia River Treaty and other Treaty and non-Treaty operating agreements.

We will provide reservoir level information in this newspaper on a weekly basis. Please note information is subject to change.

	September 22 Forecast Elevation	September 22 Actual Elevation	Variation From Forecast	September 29 Forecast Elevation	October 6 Forecast Elevation
Arrow Lakes (1378 - 1444 ft)	1401.1	1401.2	+0.1	1399.9	1398.6
Duncan (1794 - 1892 ft)	1851.5	1852.6	+1.1	1846.0	1842.9

Projected average flows for the week of September 29 - October 6, 2001

HLK discharge 39,800 cfs (Range: 20,000 to 70,000 cfs)
Columbia River at Birchbank ... 54,300 cfs (Range: 40,000 to 80,000 cfs)

The Arrow Lakes Reservoir reached a peak elevation of 1412.1 feet on August 3. The reservoir is expected to reach between 1394 and 1399 feet by the end of October.

The Duncan Reservoir reached a peak elevation of 1875.7 feet on August 4. The reservoir is expected to reach between 1832 and 1837 feet by the end of October.

If you would like information on reservoir levels, please call 1-877-924-2444. For further information on our operations or our generating facilities, please call Gary Birch at (250) 365-4569.

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www.bchydro.com



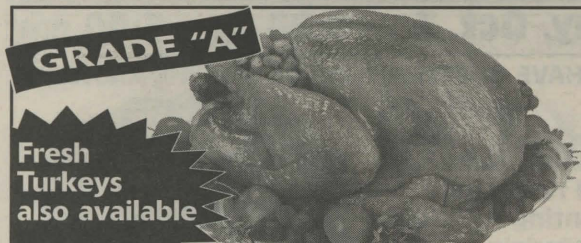
SAFeway
FOOD & DRUG

THANKSGIVING

3 DAYS ONLY!!!

Items and prices effective Thursday, Oct. 4 thru Saturday, Oct. 6, 2001

CALL 1-800-SAFeway (1-800-723-3929) For All Your Floral Needs (Delivery Charges & Minimums apply)



GRADE "A"

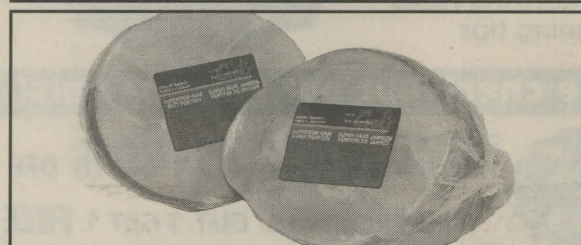
Fresh
Turkeys
also available

Grade "A" Turkey

Under 7 kg.
Frozen. LIMIT ONE.

SAVE at least 26¢/lb.

1.27 /lb.
2.80/kg
Safeway Club Price



Cook's Ham Portions

"Old Fashioned". Butt or
Shank End. Skinless. Cryovac.

SAVE at least 60¢/lb.

1.99 /lb.
4.39/kg
Safeway Club Price



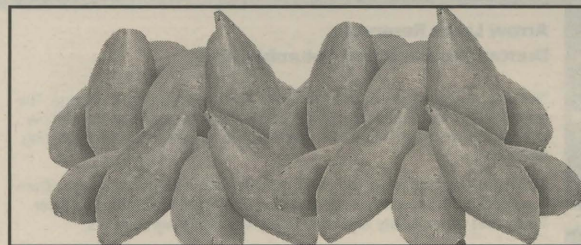
5 lb. BAG

McIntosh Apples

Product of B.C.
Fancy Grade. 5 lb. Bag.

SAVE at least \$2.00

2.99 ea.
Safeway Club Price



Yams

Product of U.S.A.

SAVE at least 30¢/lb.

.29 /lb.
.64/kg
Safeway Club Price

2 lb. BAG

**Safeway
Pre-Peeled
Carrots**

Product of Canada,
Canada No. 1 Grade.
2 lb. Bag.

SAVE at least 78¢ on two

2 for \$6
Safeway Club Price

**Fresh
Cauliflower**

Product of Canada/U.S.A.
No. 1 Grade.

SAVE at least 40¢/lb.

.79 /lb.
1.74/kg
Safeway Club Price

PACK OF 12

**Butterpan
Buns**

White or Whole Wheat.
Package of 12. This special
will run until Monday,
October 8th.

SAVE at least 30¢

1.99
Safeway Club Price

**Tropicana Pure
Premium Juice**

Or Tropic. Assorted varieties.
1.89 Litre. Plus
deposit and/or enviro levy
where applicable.

SAVE at least 98¢ on two

2 for \$7
Safeway Club Price

**Gourmet Meat
Shophe International
Appetizer Party
Pack**

Frozen. 610 g.

SAVE at least \$3.00

9.99 ea.
Safeway Club Price

**Gourmet Meat
Shophe Oriental
Party Pack**

Excluding Potstickers.
Frozen. 800 to 852 g.

SAVE at least \$1.80

8.99 ea.
Safeway Club Price

**Gourmet Meat
Shophe Stuffed
Chicken Breasts**

Cordon Swiss, Broccoli & Cheese or
Chicken Kiev, Monte Cristo, Or Turkey
Breast with Vegetable & Rice or
Cranberry & Sage. Frozen. 284 g.

SAVE at least \$4.58 on two

2 for \$6
Safeway Club Price

**Gourmet Meat
Shophe
Ginger Beef**

Or Original Boneless Dry
Ribs. Frozen. 650 g.

SAVE at least \$1.00

7.99 ea.
Safeway Club Price



Prices effective at all Canada Safeway stores Thursday, Oct. 4 thru Saturday, Oct. 6, 2001. We reserve the right to limit sales to retail quantities. Some items may not be available at all stores. All items while stocks last. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST. — Trademarks of AIR MILES International Trading B.V. Used under licence by Loyalty Management Group. Canada Inc. and Canada Safeway Inc.

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THURS. thru SAT.


SAFeway
FOOD & DRUG

Items and prices effective Thursday, Oct. 4 thru Saturday, Oct. 6, 2001

CALL 1-800-SAFeway (1-800-723-3929) For All Your Floral Needs (Delivery Charges & Minimums apply)

 BUY ANY 2 PARTICIPATING
KRAFT COFFEE PRODUCTS AND
RECEIVE ONE FREE 8 INCH
SAFeway PUMPKIN PIE


Pumpkin Pie

 Or Raisin Pie. 8 Inch.
Prices in effect until Monday,
October 8th.

SAVE at least \$2.98 on two

2 for \$5

Safeway Club Price



Lucerne Ice Cream

 Assorted varieties.
2 Litre.

SAVE at least \$3.30 on two

2 for \$5

Safeway Club Price



Coca-Cola and Pepsi Products

 Assorted varieties, excluding
Iced Teas. 2 Litre. Plus deposit
and/or enviro levy where applic-
able. *At Regular Price, get one
of equal or lesser value.

BUY TWO* GET ONE

FREE

Safeway Club Price



Old Dutch Potato Chips

 Assorted varieties.
270 g.

 *At Regular Price, get one of
equal or lesser value.

BUY TWO* GET ONE

FREE

Safeway Club Price



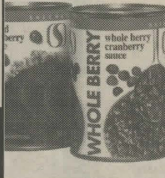
Uncle Ben's Stuff & Such

 Assorted varieties.
120 g. FIRST THREE -
Combined varieties.

SAVE at least \$1.00

.99

Safeway Club Price



Safeway Cranberry Sauce

 Whole or Jelly.
398 mL.

SAVE at least \$2.88 on three

3 for 3.99

Safeway Club Price



Bick's Pickles

 Polski Ogorki, With Garlic,
No Garlic, Hamburger or
Sweet & Sour. 1 Litre.
FIRST THREE - Combined
varieties.

SAVE at least \$2.88 on three

3 for 6.99

Safeway Club Price



Mott's Clamato Cocktail

 Assorted varieties.
1.89 Litre. Plus deposit
and/or enviro levy where
applicable.

SAVE at least \$1.75

2.99

Safeway Club Price



Green Giant Vegetables

 Select varieties.
Frozen. 1 kg.

SAVE at least \$1.98 on two

2 for \$6

Safeway Club Price



Thanksgiving Cornucopia

SAVE at least \$9.00

25.99

Safeway Club Price



Thanksgiving at Gramma's Bouquet

SAVE at least \$5.00

9.99

Safeway Club Price



Deluxe Fall Harvest Bouquet

SAVE at least \$5.00

19.99

Safeway Club Price



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 visit our website at www.safeway.com


Giving our best.

COUPON COUPON COUPON
NELSON LEAFS HOCKEY
FRIDAY OCT. 5 - 7:30
CIVIC CENTRE

Nelson Leafs Vs **Creston Valley Thunder Cats**

BUY ONE LEAFS TICKET AND RECEIVE A SECOND TICKET OF EQUAL VALUE FREE WITH THIS COUPON

COUPON COUPON COUPON

LEISURE & LIFESTYLE

Capitol Theatre
 352-6363
CALENDAR

This space sponsored by
EXPRESS
 YOUR COMMUNITY NEWSPAPER

Wed., October 3 - 8:00 pm
 John Reischman & The Jaybirds

Thurs., October 4 - 7:00 pm
 "Mind the Addiction"
 Ski and Snowboard Extreme Film

Sat., October 6 - 8:00 pm
 Jennifer Ryan and Cash Cow
 A perfect opener to our new season! Nelson's own jazz songstress returns to the Capitol stage.

Thurs., October 11 - 7:00 pm
 Derek Westerlund - Extreme Movies

A&E
around town
 by Fiona Brown

If you have arts-related info that our community would like to know about, send it attn: Fiona - A and E at express@expressnews.bc.ca

Millennium Mural almost complete

For almost half a year, scaffolding and Brian McLachlan have been moving down Hall Street from Baker towards Vernon. They have nearly reached the far edge of a large store-side mural and its scheduled completion date on October 31. The mural features Nelson's diverse and colourful history, which McLachlan captures in the geography of our region and in his renderings of individuals who are recognizable representatives of our community.

McLachlan's own history is as textured and diverse as the history he paints. His brochure, which outlines details of the Mural, also offers highlights of some of his previous and current passions: he was a downhill ski racer, bicycle racer, practical nurse, carpenter, vintage truck restorer, and sign carver. (Check out most of the signs along Baker Street.)

He also has a huge passion for adventure, travel, and pressing human limits. He tells me, "The night before the Giant Slalom Canadian Championships I was hit head-on by a taxi cab. I spent three days in a coma, two months in recovery, and then, with my knee



Jennifer Ryan and Cash Cow play the Capitol Theatre on Oct. 6. The Toronto vocalist has recorded on dozens of albums; Cash Cow's first release won an album of the year award.

swollen like a grapefruit, I cycled from Calgary to Mexico."

He also relates an incident of rock climbing in Johnson's Canyon when he almost lost his life: "I had just finished climbing an ice face when the tree I was roped to was knocked out and fell part way down the face. I fell and landed on the tree, and not 200 feet down."

Brian's life experiences come through as a collage of stories. He drove a rickshaw on his birthday in Indonesia, hitch hiked through Malaysia, which he says "was so unbelievably easy that you don't even have to stick out your thumb because drivers stop and fight to pick you up," and landed a job building condos on Australia's Boudi Beach even though he'd never been a carpenter before.

He "ironed shirts with Filipino women in the basement of the Heathrow Airport Hilton, and worked in Northampton as a farm hand, which I wasn't."

After a month hiking in

Nepal, he says his perception of the wilderness changed because "there, people live up to the snow-line but here nobody does. Canada is the most wild place, there is a sense of space here. When I returned to Montreal in rush hour, I wondered, "Where is everyone?"

When the Millennium Mural project is finished, we hope everyone will be there to celebrate.

Jaybirds play bluegrass

The Capitol

Wednesday, October 3

Info: 505-5233

Top-ranked mandolinist John Reichman and his new band The Jaybirds serve up a scintillating mix of soulful vocals and virtuoso instrumental playing. According to promotional material, their powerful self-titled debut album which features 14 tracks, "deftly melds fresh reworkings of traditional songs...with sparkling and

innovative original instruments."

The proceeds from this concert will be donated to Kootenay Co-op Radio for their planned signal expansion to the Slocan Valley. Tickets are available at Oliver's, Zoom, Packrat Annie's, Holy Smoke, and KCR, or at Pete's TV in Castlegar. They cost \$20.00 in advance, \$25.00 at the door, kids under 12 are free, and KCR members get a \$2.00 discount.

Mendoza shares music and spirit

Old Scandinavian Church (802 Baker St.)

7:30 p.m., Friday, October 12

Info: 825-0104

Pepe Mendoza, a Quichua Indian from Amazonian Peru, is a teacher of indigenous ways and a master practitioner of the healing and revitalizing power of music.

His music, which he accumulated from many

hours of ceremony, storytelling and performance, is a careful presentation of time and space. According to a media clipping, he is "a contemporary musical 'Kokopelli,' the flute player of old that travelled through the Indian country, playing his flute, distributing seeds of every variety, rejuvenating gardens and spirits, minds and hearts."

He makes all his own instruments in the traditional Peruvian style. Tickets for the Nelson concert are \$12.00 for adults, and \$5.00 for children, available at Photon Foods or at the door.

Like to sing?

First Baptist Church Hall (5th and Elwyn)

7 p.m. to 10 p.m., Wednesdays

Info: 352-7199

The Kootenay Lake Chorus of Sweet Adelines International are looking for female voices in alto, tenor, and soprano ranges. The group, which has been meeting for 2 years, offers

vocal training, fun, and local performances in a barbershop style. Their next concert is at 8:00 at the above address on Saturday, October 20.

Mind the Addiction

8 p.m., Thursday, October 4

The Capitol

Info: 505-5264

"Mind the Addiction" is a film for extreme snowsports lovers. This is the tenth feature film by Teton Gravity Research; promotional information describes the content as a "bored-out visual dossier on the lives of 12 globally dominant snowsports athletes."

The riders wear head cams to record their world travels and the travels inside their heads that keep them addicted to the slopes and the riding.

Tickets are available for \$8.00 at the Whitewater office, Mallard's Source for Sports, and Cats Tats.

NELSON CIVIC THEATRE
 24 hour info 352-5833
FRI. OCT 5 THRU THUR. OCT 11

Rat Race

STARRING
 Rowan Atkinson, John Cleese
 Whoopi Goldberg
 Cuba Gooding Jr. **Rated PG**

**SHOWTIME: FRI/SAT 7 PM & 9 PM
 SUN - THURS: 7:30 PM**

see reviews at www.kbs.fm

West Kootenay Taekwon-Do ITF

Drop-In Classes Now in Session
 Classes for
 5-8 yrs. • 9-12 yrs.
 • 13-up

Family Rates

352-3698

International Instructor & Examiner
CAROLINE HETU, B.Sc.
 4th Degree Black Belt,
 1998 Silver Pan-American Brazil,
 1998 National Champion,

Stanley's on Baker

Enjoy one of Stanley's delicious breakfasts, wraps, burgers, organic items and great coffees.

Breakfast served 8 am - 2 pm
 Lunch 11:30 am - 3:30 pm
354-4458

Ryan and Cash Cow bring passion

The Capitol

8:00 p.m., Saturday
October 6

Info: 352-6363

Jennifer Ryan is a Toronto jazz vocalist who has recorded on dozens of albums and commercials. For the past 5 years she has played with Cash Cow, a group made up of pianist Craig Harley, bass guitarist Jordon O'Connor, drummer Jesse Baird, and tenor saxophonist David French.

Ryan's most recent CD, "Found" is a whimsical mix of originals, jazz standards, and discovered snippets of words, recordings, and melodies re woven into a daring new jazz tapestry. Cash Cow's first release "When We Were Little Girls" won the National Post's 2000 Jazz Album of the Year.

The Globe and Mail's Mark Miller declares, "Jennifer Ryan's got it...she sings in a bold, cheery, and gospel-tinged voice..." and the Toronto Star's Geoff Chapman says, "...a genuine, risk-taking jazz voice...a voice that stays in your head."

They perform at the Langham in Kaslo on Sunday, October 7, At St. Andrew's United church in Rossland on Wednesday, October 10, and at Wylie's Pub in Nakusp on Thursday, October 11.

25 years of Trooper is on tour

The Queen's

Saturday, October 6

Info: 352-5351

A quarter century of Trooper coincides with the quarter century anniversary of the Queen's present ownership. There will be door prizes, party favours, ticket giveaways on KCR...and Trooper.

According to a press release, one out of forty Canadians owns a copy of Trooper's 6X Platinum album "Hot Shots." The band has sold 2 million records, had a couple of dozen hits and a Juno Award, and toured the country from coast to coast.

New dance leaders emerge

Nelson Scout Hall

7:30 p.m. to 9:30 p.m.,
starting October 12

Ongoing, on the 2nd
Friday of every month

Info: 352-7187

The Dances of Universal Peace return with Paula Neilson and Terry Morrison who will be leading the classes while their teacher Shemmaho is away. They will present simple, meditative circle dances, with sacred phrases from many different traditions. The fee is on a sliding scale from \$7.00 to \$10.00.

It's a "Taste of the Town"

Rossland

Friday and Saturday,
October 19 and 20

Info: 362-5666

Rossland's annual "Taste of the Town" is a 2-day and night festival of decadent culinary masterpieces. The chamber of commerce and the Rossland Red Mountain Resort invite your participation. Participating restaurants and coffee houses will also feature live music to complement their menus and ambiance.

"Reflections" in charcoal

7-9 p.m., Fri., Oct. 5

Red Moon Rising Gallery

Info: 505-5527

"Reflections" promises to be an evocative and beautiful show featuring drawings of two of Nelson's fine artists, Miro Gabriel and Meghan Hildebrand.

In his spare time, Miro Gabriel of Slovakia makes great crepes at Cafe Danube, but his great passion is his art.

Over the past decade he has exhibited his drawings in Canada and Europe.

Meghan Hildebrand joins him with her signature twist and poignant views of society today.

The show runs until October 18.

Spiritual healing workshop

The Women's Centre in Nelson is hosting an eight-week course on the work of Caroline Myss, "The Energetics of Healing."

Caroline Myss is a medical intuitive and respected figure in the field of holistic medicine. She has developed a unique approach to the study of the spiritual causes of healing and illness.

The workshop starts on Friday, October 12, and spaces will be limited to 12 on a first come, first served basis. The cost is on a sliding scale \$16 to \$40, pay what you can. All proceeds will be donated to the Women's Centre.

For more information and to register, please call Rose at 352-2139.

Last chance for shoppers passbook

The Nelson Shoppers Passbook is now on sale for only \$2 (from \$10)! Last chance to get discounts 10-50% at 30 local merchants and restaurants featured in this coupon book - which expires October 31, 2001.

The Nelson Shoppers Passbook is a fundraising project supporting Gordon Sargent Primary School and Friends of the Family, and they are available at Indigo Road and Through the Looking Glass.

PARK
DOWNTOWN NELSON
NEXT DOOR TO HERITAGE INN
DAILY - HOURLY - MONTHLY RATES
NELSON PARKADE 354-8834

Tree of Life Marketplace
Cottonwood Fall Park
We're Open
Till October 6
Saturdays 9:30am-3pm
Join Us! 354-1458

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INTERIOR LATEX VELVET PAINT
\$23⁹⁷ 3.78L
ALL PAINTING ACCESSORIES
10% OFF*
*With purchase of 1-3.78L paint. Offer in effect thru Oct 13/01
Hipperson Hardware
395 Baker St. Nelson 352-5517
Open Sundays 10 - 4

Circle dancing lessons offered

A Thanksgiving Circle Dance is being offered at the Scout Hall in Nelson on Friday, October 5 from 7 to 9 p.m.

Circle Dancing is a community activity, done in a circle the traditional way. The dances originate from mid European countries such as Greece, Russia, Macedonia, Serbia, France, Armenia, Romania, and Hungary amongst many others and may have been used to ask for a good harvest, celebrate births and weddings, mourn deaths, acknowledge the passage of the seasons, or a host of other reasons.

Rose Stapenhurst is offering this experience in Nelson. "Circle Dancing is

a simple, traditional way for us to be with others in community," states Rose, who is a trained Circle Dance

teacher. The fee is on a sliding scale from \$5 to \$10, pay what you can. For more information, call 352-2139.



MOVIES at the CIVIC

RAT RACE
Showtimes:
Fri. & Sat.

7 & 9 pm
Sun. through
Thurs. 7:30 pm

In this road comedy, a billionaire Las Vegas casino owner sets up a gambling scheme in which bettors wage on which of six candidates can find the \$2 mil-

lion that is hidden somewhere in a locker.

Stars Rowan Atkinson, Kathy Bates, Dean Cain, John Cleese, Whoopi Goldberg, Cuba Gooding, Jr., Jon Lovitz, Paul Rodriguez, Dave Thomas, and others. Reviewed as a modern take on the 1960s comedy classic "It's a Mad Mad Mad Mad World."

FREE SEMINARS



The Seniors' Foundation of British Columbia & BC Securities Commission
are presenting two free seminars at the Heritage Inn
422 Vernon, Nelson

THURSDAY, OCT. 18
9:00 am to 11:15 am

1. Estate Planning Seminar
A panel of professionals will present important information about Wills, taxation and other estate planning issues

11:25 am to 12:30 pm

2. "Investigate Before You Invest"
The BC Securities Commission will present valuable tips to help you protect your investment dollars.

There is no charge but
please call **1-800-377-5566** to register
Refreshments will be served

"DESIGNING COMMUNITY"
LECTURE SERIES
Thurs., Oct 11 - 7 pm. \$8/\$10 at the door
Hume Room, Heritage Inn, Nelson
To register call Selkirk College 352-6601



presents **Moura Quayle, UBC DEAN OF AGRICULTURAL SCIENCES & LANDSCAPE PROFESSOR**
"The Public Realm: Greenways & Publicways, Shaping Urban Form"
Sponsored by Nelson Dist. Community Resource Soc. Funded by The BC Real Estate Foundation



Wed. Oct. 3

SENIOR CITIZENS' ASSOCIATION BRANCH #51 Monthly Meeting, 1:30pm at the Seniors' Centre, 717 Vernon St., Nelson. All seniors welcome.

TODDLER PLAY GROUP: 10am-noon at Nelson Family Place, 503 Front St., 505-5392. Free. Everyone welcome.

BLUEGRASS CONCERT with John Reischman & The Jaybirds, at the Capitol Theatre. Tix \$20 advance, \$25 at door. Call 505-5233 for more info. Proceeds to Kootenay Co-op Radio.

KIDS' CLASSES WITH KERRI I Tues/Weds at Ramsay's Art Supplies, 476 Baker St. Call 352-6031 to register.

BODY DREAMS: Dance classes that utilize Kundalini breathing & stretching as a warm up, moving into free form Ecstatic dance, ending with deep relaxation. A safe place to rediscover the sacred uniqueness of your own body. Women's classes Mon/Wed 10:30-noon; men's & women's class Wed 6-7:30pm, PlaySpace Studio, \$7 per class, please bring a yoga mat, 352-9569.

GUERRILLA MARKETING: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

NELSON FOOD COALITION ACTION GROUP meetings are 2nd Wednesday in the month, 1-3 pm at United Church.

LIFE AFTER BIRTH Dads' Group postponed until more interest expressed. Call Sherry at 352-2911 if interested in attending.

POWER YOGA is dynamic, strength-building & mind clarifying. Gain confidence, self-empowerment, at Shanti Yoga Works, 352-7703.

DROP-IN ECSTATIC DANCE with James: 11:30am-1pm, Aquatic Centre, \$8, everyone welcome, 352-7869.

HANDBELL CHOIR for kids & youth (ages 8+). Check out what it takes to ring in a bell choir. Learn basics & reading music. Weds, 3:15-4:15pm at Nelson United Church, Devon 352-2822.

OVEREATERS ANONYMOUS Winlaw meeting, 7pm. Call 226-7609 or 226-7710.

SOUND OF LIGHT group: releasing blocks through sound, listening & movement, 6:30-8:30pm. Call Maria, 352-7278.

DREAMING UP THE MOON Poetry Night, 7-9pm at Glacier Gourmet. Call DB 352-5337.

NIGHTS ALIVE! Special activities Wed/Fri at Nelson & District Youth Centre. Call 352-5656 for info.

TAI CHI & QI GONG CLASS, 7-8pm (Mon/Wed). Relaxing, gentle exercise. Tai Chi Centre, 444 Baker, Nelson. 352-3714, 352-2468.

YOGA CLASSES in Queen's Bay. Awaken body/mind/spirit. All welcome. 8-10am. Phone Carol Erickson, 229-4793.

AIKIDO, WAY OF HARMONY for body/mind/spirit. Ongoing classes: children, Wed/Fri, 5-6pm; adults, Mon/Wed/Fri, 6-7:30pm, at the Rod & Gun Club. Call 353-7482.

KOOTENAY LAKE CHORUS, Sweet Adelines practice 7pm, 5th & Elwyn. Joey, 352-3393; Dorothy, 352-7199.

KOOTENAY KILTIE PIPE BAND, 7-9pm Wednesdays. Nelson Legion. 825-9225 or 352-7110.

NARCOTICS ANONYMOUS, 7:30pm. 601 Front Street, Rear entrance, bsmt door. 352-7318.

NELSON SHOTOKAN KARATE CLUB, St. Joseph's School. Mon/Wed. 5:30-7:30pm. 352-7905.

BLUE GRASS SLOWPITCH JAM, every other Wed. at the 802 Baker St. Art Space, 7pm. Call Eva DeFoor 505-5233.

CALENDAR

Wed. Oct. 3

PLANNED PARENTHOOD CLINIC: 5:30-8pm. Contraception/STD/pregnancy, 333 Victoria St. 354-1322.

DANCE/MARTIAL ARTS/ YOGA & more- NIA Technique® 7:15 @ Aquatic Centre-bare feet, Sheryl 352-9830.

Thurs. Oct. 4

MOMS' GROUP: "Childhood Illness - When to call the Doctor," with Judith Fearing, RN, Life After Birth coordinator, 1-3pm, Nelson Family Place, 503 Front St., 505-5392. Free including childcare.

MAKING A WINNING MARKETING PLAN: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

NELSON AIR CADETS meet from 6-9:15pm at South Nelson. Call Judy Bourne, 359-2979.

PRE-SCHOOL STORYTIME for 3-5 year olds, 10:30am at Nelson Municipal Library. Pre-register 352-6333.

USANA HEALTH & BUSINESS MEETINGS, 7pm, Heritage Inn, Dr. John Snively or Shannon Anima, 229-5789. All welcome.

RESTORATIVE YOGA, at Shanti Yoga Works, 10-11:30am; at "The Centre," 711-10th St., 5:30-7pm. A gateway to deep relaxation. Call Maureen 229-4661 or Susan 229-5234.

MANTRA & MEDITATION: experiential journey into sound & silence. Everyone welcome! 7-8:30pm, Wellspring Common, 577 Baker St., 354-1998 (Monika).

OPEN STAGE at Glacier Gourmet, from 8-11pm.

GENTLE YOGA at "The Centre," 711-10th St., 3:30-5pm. Great for seniors & those looking for a gentle approach. Call Susan 229-5234 or Maureen 229-4661.

MEDITATION every Thursday 7-8pm at Kootenay Shambhala Meditation Centre, 444 Baker St. 352-1714.

ECKANKAR OPEN HOUSE: Every 2nd Thurs. at 12-1pm; every last Thurs. at 4-5pm, 2C-601 Front St., 352-1170.

CHANCEL CHOIR sings every Sunday. New members welcome, especially men. Practices: Thurs, 7-8:30pm at Nelson United Church, Devon 352-2822.

PARENT SUPPORT GROUP, 10-noon, 312 Silica. Daycare available. For more information call 825-9234.

PRENATAL AQUATIC YOGA CLASSES: Come nurture, relax, & prepare yourself for gentle birth, Tues 1:30-3pm & Thurs 11am-12:30pm, register 352-3280.

OPEN STAGE at Glacier Gourmet, 8-10pm.

SEX & LOVE ADDICTS Anonymous, Nelson meeting, every Thurs., 7:30pm. For information call 354-1789.

TAI CHI & QI GONG CLASS, 10-11am (Tues/Thurs). Relaxing, gentle exercise. Tai Chi Centre, 444 Baker, Nelson. 352-3714, 352-2468.

Fri. Oct. 5

CELEBRATE THANKSGIVING with Circle Dance, Scout Hall, Cedar St., Nelson, 7-9pm, \$5-10. All welcome. Rose, 352-2139.

DEMENTIA Caregiver Education Series: Friday mornings, Oct. 5-Nov. 2 at Trail Health Centre. Advance registration: \$10. Call Alzheimer Society 352-9552 or CU Lodge 364-1271 ext. 221.

RED MOON GALLERY presents drawings by Miro Gabriel & Meghan Hildebrand. Opening reception 7-9pm, runs to Oct. 18, Upper Gallery, 514 Hendryx St., 505-5527.

Fri. Oct. 5

ART OPENING at Redfish Grill, 479 Baker St., 6:30-9pm, featuring Jason Zimmer, Robert Spicer, Christine Young, Emish Oguma.

NELSON LEAFS home game vs. Creston at Civic Arena, 7:30pm. Adults \$6, students/seniors \$5, children \$4. Info: 352-7257.

READING TIME - FAMILY TIME: Parents & pre-schoolers, 10-11am, Anglican Hall in South Slokan. Pre-register: 359-7774/352-6333, Nancy.

POWER YOGA is dynamic, strength-building & mind clarifying. Gain confidence, self-empowerment, at Shanti Yoga Works, 352-7703.

LIVE JAZZ IN THE PLAYPEN at Glacier Gourmet, from 8-10:30pm, by donation.

NIGHTS ALIVE! Special activities Wed/Fri at Nelson & District Youth Centre. Call 352-5656 for info.

CRAFT DROP-IN: Fri. afternoons 12-4pm/Tues. 9:30am, at Maple Rose Store, 265 Baker St. Children welcome.

PRENATAL YOGA CLASSES: 11am-12pm, register 352-3280.

NELSON WOMEN'S CENTRE free store. Open Tues to Fri, noon-4pm. Info: 352-9916.

DO YOU HAVE A PROBLEM with food? Overeaters Anonymous. 1:00 pm, 817 Vernon St., 2nd floor. 226-7710.

AIKIDO, WAY OF HARMONY for body/mind/spirit. Ongoing classes: children, Wed/Fri, 5-6pm; adults, Mon/Wed/Fri, 6-7:30pm, at the Rod & Gun Club. Call 353-7482.

Sat. Oct. 6

"TROOPER" IN CONCERT at the Queen's: 25th Anniversary Tour, plus Queen's 25th Anniversary Party. Tix \$20.

ACRYLIC PAINTING Techniques with Rick Cepella at Ramsay's Art Supplies, 10am-4pm, 476 Baker St., 352-3434.

FREE PIANO/Keyboard Lessons! Today at Kootenay Keyboard Academy. Pop, jazz, classical & beginners, 505-3345.

BREASTFEEDING CHALLENGE 2001: 10:30am at the Family Place, 503 Front St. Call Helen at 354-6305 for info/to pre-register.

OPEN HOUSE for the new Nelson Rowing Club clubhouse at Lakeside Park. Help celebrate this achievement. Mayor Exner will unveil dedication at 3pm. Music & refreshments.

LAST Tree of Life Marketplace of the season! Cottonwood Falls Park. Call 354-1458 for info.

TODDLERTIME for 2-3 yr olds at the Nelson Municipal Library, 10:30am. Pre-register: 352-6333.

DROP-IN ECSTATIC DANCE with James: 3-5pm, Aquatic Centre, \$8, everyone welcome, 352-7869.

ECKANKAR OPEN HOUSE: every 3rd Saturday, 1-2pm, 2C-601 Front Street, Nelson. www.eckankar.org.

EASY LISTENING IN THE PLAYPEN at Glacier Gourmet.

Sun. Oct. 7

NELSON LEAFS home game vs. Revelstoke at Civic Arena, 7:30pm. Adults \$6, students/seniors \$5, children \$4. Info: 352-7257.

"RISKY BUSINESS" plays jazz & blues classics at TNT Pizza in New Denver. 7-10pm.

WORDSHOP: A small feedback group for writers is schlepping along every other Sunday, 7pm, 1323 Stanley St. Call 352-5337.

MEDITATION most Sundays 9am-noon at Kootenay Shambhala Meditation Centre, 444 Baker St. 352-1714.

REIKI MEETING every Sunday, 7-9pm. Call Marie, 352-7878.

GOSPEL ROCK MUSIC 10:30am, Central School gym, 352-7700. Kootenay Christian Fellowship.

JAZZ NIGHT at THE RICEBOWL, 6-8pm, 354-4129.

Sun. Oct. 7

DROP-IN YOGA CLASSES 3253 South Sloan Village Road, above Wee Ones. 4:30pm. Everyone welcome. 226-7871.

UNITY CENTRE of the Kootenays 11:30am. Senior Citizens' Lounge 717 Vernon St. Info: 352-3715. Everyone welcome.

Mon. Oct. 8

BODY DREAMS: Dance classes that utilize Kundalini breathing & stretching as a warm up, moving into free form Ecstatic dance, ending with deep relaxation. A safe place to rediscover the sacred uniqueness of your own body. Women's classes Mon/Wed 10:30-noon; men's & women's class Wed 6-7:30pm, PlaySpace Studio, \$7 per class, please bring a yoga mat, 352-9569.

YOUNG PARENT SUPPORT GROUP (free to age 29): Great snacks and childcare, Mondays, 3-5pm. Call 354-4676.

POWER YOGA is dynamic, strength-building & mind clarifying. Gain confidence, self-empowerment, at Shanti Yoga Works, 352-7703.

BELLYDANCE CLASSES at the PlaySpace, 7:45-9:15pm. Explore veils, sword balancing, choreography. Live musicians. Drop-in. Amanda, 354-3462.

SHAMBHALA CENTRE OPEN HOUSE: Meditation instruction 7pm, meditation 7-8pm, talk 8-9pm, tea 9pm. 352-1714.

AIKIDO, WAY OF HARMONY for body/mind/spirit. Ongoing classes: children, Wed/Fri, 5-6pm; adults, Mon/Wed/Fri, 6-7:30pm, at the Rod & Gun Club. Call 353-7482.

DO YOU HAVE A PROBLEM WITH FOOD? Overeaters Anonymous, 6pm. Call Heather, 352-6813.

CADETS - Upstairs at the Nelson Legion. 7pm. For youths 12-18 yrs. 352-3121.

TAI CHI & QI GONG CLASS, 7-8pm (Mon/Wed). Relaxing, gentle exercise. Tai Chi Centre, 444 Baker, Nelson. 352-3714, 352-2468.

NELSON SHOTOKAN KARATE CLUB, St. Joseph's School. Mon/Wed. 5:30-7:30pm. 352-7905.

Tues. Oct. 9

LANDLORDS' SOCIETY Seminar (Art, Arbitration, Forms, Tenant Relations): 9am-4pm at 310 Ward St. \$12 fee, all welcome. Info? 352-2205.

KIDS' CLASSES WITH KERRI I Tues/Weds at Ramsay's Art Supplies, 476 Baker St. Call 352-6031 to register.

RAPTOR MIGRATION: Nelson Naturalists present the latest data, findings & images from raptor migration surveys in BC & AB, 7:30pm, Selkirk College, Rosemont. All welcome, admission by donation.

"LONGEVITY - It's the Coming Thing" with Bob Wheeler, Longevity League of N. America. Talk to him Oct. 9/10 afternoons at the Co-op, or attend the workshop 6:30pm, Oct. 10. Free to Co-op members. Info: 354-4077.

BUSINESS PLAN WORKSHOP - Part 2: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

ADULT GYMNASIAC CLASSES at Glacier Gymnastics: Come out & play in our exciting facility, 103-719 Vernon St., \$8 drop-in.

BELLYDANCE at Aerofit. All levels class at noon. First class free. Info? Call Aerofit, 352-6667.

KIDS' YOGA! at Shanti Yoga Works with Don Carmichael. Give your kids health & confidence, 352-7703.

CRAFT DROP-IN: Tues. 9:30am/Fri. afternoons 12-4pm, at Maple Rose Store, 265 Baker St. Children welcome.

Tues. Oct. 9

PRENATAL AQUATIC YOGA CLASSES: Come nurture, relax, & prepare yourself for gentle birth, Tues 1:30-3pm & Thurs 11am-12:30pm, register 352-3280.

DROP-IN QI GONG CLASSES with Marianna Heringa, 5:30-7pm, \$10. Everyone welcome! Tai Chi Centre, 444 Baker, Nelson. 352-3714.

CHILDREN'S KUNG FU CLASS, 3-4pm (Tues/Thurs). Confidence, focus, co-ordination. Tai Chi Centre, 444 Baker, Nelson. Phone 352-3714, 352-2468.

YOGA CLASSES. Relax & renew. Experienced students welcome. Nelson Rod & Gun Club. 5:30-7pm. Carol Erickson, 229-4793.

NELSON WOMEN'S CENTRE free store. Open Tues to Fri, noon-4pm. Info, 352-9916.

YOUTH Environmental Group meets every Tuesday, 1:30pm, Ecocentre. Come on out!

OPEN ART NIGHTS at The Nelson and District Youth Centre at 7pm. Create anything with free art and craft supplies.

Wed. Oct. 10

WOMEN AND MIDLIFE TRANSITION morning workshop. Limited spaces, \$3-\$7, at the Women's Centre. Register with Rose, 354-3888.

LA LECHE LEAGUE MEETING: Breastfeeding information & support. New location: 503 Front St., 1pm. Info: 352-3521.

"ALZHEIMER LIFE from the Inside" video, Alzheimer Support Group, 7pm, Nelson Library Basement. Info: 352-9552.

TODDLERS PLAY GROUP: 10am-noon at Nelson Family Place, 503 Front St., 505-5392. Free. Everyone welcome.

"LONGEVITY - It's the Coming Thing" with Bob Wheeler, Longevity League of N. America. Talk to him Oct. 9/10 afternoons at the Co-op, or attend the workshop 6:30pm, Oct. 10. Free to Co-op members. Info: 354-4077.

FRONT PAGE WEB DESIGN - Part 2: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

OPEN COMPUTER LAB (6-9pm) at Community Futures. Call 352-1933 for information.

NELSON FOOD COALITION ACTION GROUP meetings are 2nd Wednesday in the month, 1-3 pm at United Church.

HANDBELL CHOIR for kids/ youth (ages 8+). Check out what it takes to ring in a bell choir. Learn basics & reading music. Weds, 3:15-4:15pm at Nelson United Church, Devon 352-2822.

DROP-IN ECSTATIC DANCE with James: 11:30am-1pm, Aquatic Centre, \$8, everyone welcome, 352-7869.

POWER YOGA is dynamic, strength-building & mind clarifying. Gain confidence, self-empowerment, at Shanti Yoga Works, 352-7703.

SOUND OF LIGHT group: releasing blocks through sound, listening & movement, 6:30-8:30pm. Call Maria, 352-7278.

DREAMING UP THE MOON Poetry Night, 7-9pm at Glacier Gourmet. Call DB 352-5337.

NIGHTS ALIVE! Special activities Wed/Fri at Nelson & District Youth Centre. Call 352-5656 for info.

TAI CHI & QI GONG CLASS, 7-8pm (Mon/Wed). Relaxing, gentle exercise. Tai Chi Centre, 444 Baker, Nelson. 352-3714, 352-2468.

YOGA CLASSES in Queen's Bay. Awaken body/mind/spirit. All welcome. 8-10am. Phone Carol Erickson, 229-4793.

AIKIDO, WAY OF HARMONY for body/mind/spirit. Ongoing classes: children, Wed/Fri, 5-6pm; adults, Mon/Wed/Fri, 6-7:30pm, at the Rod & Gun Club. Call 353-7482.

KOOTENAY LAKE CHORUS, Sweet Adelines practice 7pm, 5th & Elwyn. Joey, 352-3393; Dorothy, 352-7199.

Wed. Oct. 10

KOOTENAY KILTIE PIPE BAND, 7-9pm Wednesdays. Nelson Legion. 825-9225 or 352-7110.

NELSON SHOTOKAN KARATE CLUB, St. Joseph's School. Mon/Wed. 5-7pm. 352-7905.

BLUE GRASS SLOWPITCH JAM, every other Wed. at the 802 Baker St. Art Space, 7pm. Call Eva DeFoor 505-5233.

DANCE/MARTIAL ARTS/ YOGA & more- NIA Technique® 7:15 @ Aquatic Centre-bare feet, Sheryl 352-9830.

Thurs. Oct. 11

MOMS' GROUP: "Introducing Food - Promoting a Healthy Body Image & Preventing Eating Disorders," with Judy Toews, community nutritionist, 1-3pm, Nelson Family Place, 503 Front St., 505-5392. Free including childcare.

NELSON AIR CADETS meet from 6-9:15pm at South Nelson. Call Judy Bourne, 359-2979.

SIMPLY ACCOUNTING - Part 1: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

PRE-SCHOOL STORYTIME for 3-5 year olds, 10:30am at Nelson Municipal Library. Pre-register 352-6333.

USANA HEALTH & BUSINESS MEETINGS, 7pm, Heritage Inn, Dr. John Snively or Shannon Anima, 229-5789. All welcome.

CHANCEL CHOIR sings every Sunday. New members welcome, especially men. Practices: Thurs, 7-8:30pm at Nelson United Church, Devon 352-2822.

MEDITATION every Thursday 7-8pm at Kootenay Shambhala Meditation Centre, 444 Baker St. 352-1714.

PRENATAL AQUATIC YOGA CLASSES: Come nurture, relax, & prepare yourself for gentle birth, Tues 1:30-3pm & Thurs 11am-12:30pm, register 352-3280.

MANTRA & MEDITATION: experiential journey into sound & silence. Everyone welcome! 7-8:30pm, Wellspring Common, 577 Baker St., 354-1998 (Monika).

OPEN STAGE at Glacier Gourmet, from 8-11pm.

PARENT SUPPORT GROUP, 10-noon, 312 Silica. Daycare available. For more information call 825-9234.

TAI CHI & QI GONG CLASS, 10-11am (Thurs/Thurs). Relaxing, gentle exercise. Tai Chi Centre, 444 Baker, Nelson. 352-3714, 352-2468.

Fri. Oct. 12

STUDY CAROLYN MYSS, Medical Intuitive. 8-week morning program begins at the Women's Centre, \$16-\$40, limited space. Call Rose, 352-2139.

"DANCE OF THE BUTTERFLY" concert by Pepe Menoza, Peruvian music, 7:30pm at Old Scandinavian Church, 802 Baker St. Tix \$12/\$5 at Photon Foods,

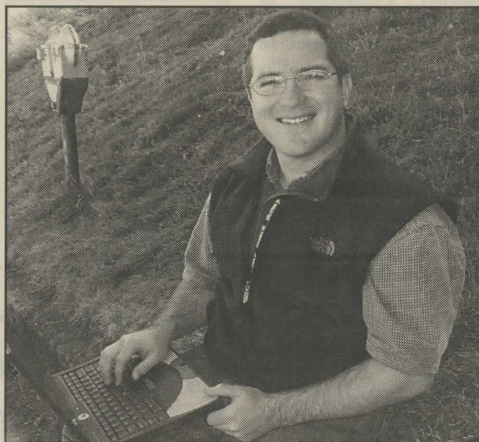
Fast Internet service comes on a beam of radio energy

NELSON — To paraphrase Jim Morrison, "What a long, slow trip it's been." But to the relief of perhaps more than a few Internet users, high-speed is here at last.

The Net Idea, Nelson's oldest Internet service provider, has introduced high-speed 'net service by radio. It's fast, it's big, it'll swallow your image files whole and spit them back out faster than you can say "What's your URL?"

It's called VFi, the Net Idea's name for "Very Fast Internet," and it does indeed promise to be very fast. The Net Idea offers several packages that vary in speed, from 300 kbps to 11,000 kbps. That's six or seven times faster than today's fast modems at the low end and, well, a whole lot faster at the high end.

Also called "Fixed Wireless," the system simplifies the infrastructure process of setting up high speed Internet. "By using radio, we avoid the cost of laying cable, copper, or fibre," says Keith Dunphy, Net Idea president.



Nelson Becker photo

"Speed is life," fighter pilots say. Net Idea president Keith Dunphy would agree with that — and he proves it by bringing high speed radio Internet service to Nelson. 10-4, Keith.

"This allows us to offer a competitively priced product." It also means, says Dunphy, the company can be flexible about where and how fast the VFi system is expanded.

The Net Idea has been supplying high speed Internet service to Nelson City Hall and a few local businesses for the past year and a half, "with great success," the company says.

Presently, the service is only available to customers in a limited coverage area, but the company plans to serve all of Nelson and some outlying areas, they say.

They also have plans to set it up in Castlegar and Trail.

So what's the point? By using radio waves to transmit Internet data, the service provider can offer a

connection to customers in some outlying areas that aren't connected to phone lines. It also frees up a telephone for use the way telephones were meant to be used.

High speed means large files can be uploaded or downloaded without actually watching your fingernails grow longer. And because radio is synchronous, meaning it works equally well for sending data from your computer as for bringing stuff into your computer, both uploads and downloads occur with the same high speed — not a point that other systems can boast of.

"There will be a dramatic change in the way people use the Internet," says Dunphy.

On another note, the Net Idea has set up a program that allows employees to take one paid day per month and use it working for a charity.

"It's our way of saying thank you to the community for supporting us over the years," says Janice MacPherson, CEO.

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507 Baker St. Suite 201
354-0242

Millennium Mural
Campaign



Shop at Pharmasave and help leave a lasting tribute to the history & culture of our community. For every purchase of \$15 or more between Sept. 10 & Oct 15, 50¢ goes toward the Millennium Mural.

PROCESS OPERATOR

A looming shortage of skilled industrial workers make this an excellent opportunity for women as well as men. This 10 month certificate program prepares graduates for employment in industrial processing operations. "A process operator controls the series of actions necessary when material and/or energy is modified.

Applicants should have Grade 12 graduation with a mark of C+ or better in Math 12, English 12, and credit for a grade 12 science course. Mature student entry is possible with Chemistry 11, English 12 and Math 11 or equivalent. Applicants will be required to complete aptitude testing and physical assessments as administered by local industry partners.

Trail Campus at (250) 368-5236
Visit our web site: www.selkirk.bc.ca



Helping
People
Achieve
Their
Potential
Through
Education

OCTOBER IN THE PRODUCE DEPARTMENT

Come in and enjoy the bounty of our local harvest and choose organic produce for Thanksgiving.

SQUASH

Tons (yes we mean **TONS**) of locally grown, certified organic squash available at only **.99¢/lb** All the popular varieties plus a few more exotic ones. The produce staff and customer service have great recipes that even the kids will like.

CASE LOT SALE

Watch for the produce case lot specials (Oct 25 - Nov 3)

Mixed Squash and Potatoes in 20 lb boxes.

BULLETIN Local Fruit...

5 kinds of plums...apples by the case... pears... Come see what else!

Kootenay Co-op
295 Baker St., Nelson
354-4077



Open: 9:30 - 6:00
Mon to Sat; Fri till 8 pm
www.kootenayco-op.com

WOMEN'S VOICES FOR HEALTH: A Community Action Forum

Mark
Your
Calendar

SATURDAY, October 13*

Registration at 8:30

9:30 AM - 3:30 PM

Sponsored by the Nelson and Area Health Council,
Nelson & District Women's Centre, and
Women's Health Bureau, Ministry of Health

Location

**L V Rogers High School
1004 Cottonwood St.
Nelson, BC**

Who Should Attend

- ✓ Women!
- ✓ Women of all ages and perspectives, including outlying communities!
- ✓ Any individuals interested in women's health issues (open to all genders)
- ✓ Health Professionals
- ✓ Social Service Organization Representatives
- ✓ Women's Organization Representatives
- ✓ Health Authorities

Description

COMMUNITY ACTION SESSIONS ON WOMEN'S HEALTH

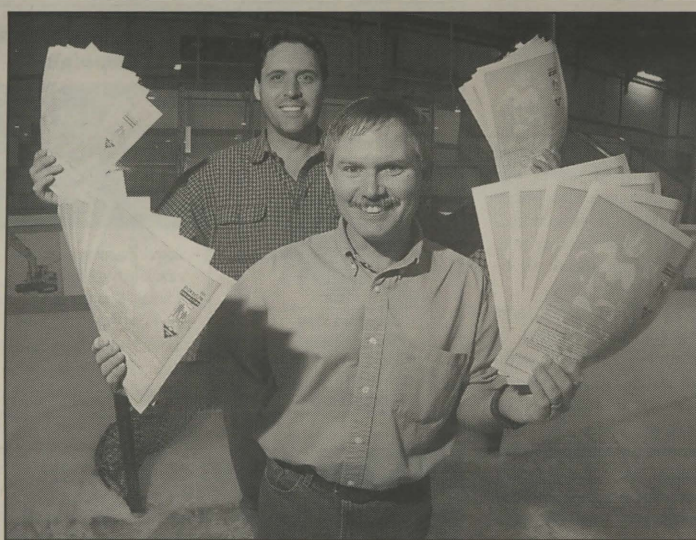
Complementary and Traditional Health Working Together;
Midlife Women's Health; Maintaining Independent Living; Birthing and Maternity Services; Staying Healthy; Promotion and Prevention;
Staying Healthy: Outreach to Rural Areas;
Envisioning a Community Health Centre

- Keynote speaker: Dr. Elizabeth Whynot, VP Women's and Family Health Programs, Children & Women's Health Centre of BC on "Health Care Reform as if Women Mattered"
- Linda Basran, Nelson and Area Health Council CEO, on "Opportunities for Women to Influence the Local Health System"
- Judy Toews, Nutritionist, on "Healthy Eating"
- Facilitator: Ruth Beck, Kootenay Boundary Community Health Services Society

PLEASE CONFIRM YOUR ATTENDANCE WITH:

Barb Dante, NAHC Project Coordinator
OR Rose Jacullo, Administrative Assistant
Community Based Services, Nelson and Area Health Council
PHONE: (250) 352-2911 FAX: (250) 352-7242 e-mail: barb.dante@nahc.hmet.bc.ca

**NO CONFERENCE FEE - TRAVEL AND CHILD CARE SUPPORTS AVAILABLE
COMPLIMENTARY LUNCH.**



Scoring for Kids: Nelson Minor Hockey president Peter Wood (front) and Roy Heuckendorff, co-chair of the Nelson Regional Sports Council, hold up certificates for 20 new sets of free hockey equipment from the HockeyLife Foundation. The equipment is used by NMH to help offset the expense of playing hockey for kids who might otherwise be unable to play.

Junior Leafs face tough battle for first place standings

by Virginia Crough

Some say that at the heart of Canada there is a hockey puck.

Then at the heart of Nelson you will find the Nelson Leafs junior hockey team.

Since 1827 Nelson's Junior Leafs have brought a vibrant game to their vibrant city. And this year, says head coach Mario DiBella, gesturing toward championship banners hanging above the Civic Centre rink, "We have the players to bring another league championship to Nelson."

What they need, says DiBella, is another defenseman – and fans to cheer them home.

"We really do have a good club here," he says, noting the amount of dedication, service, and money it takes to ice a team like this year's Leafs.

A team whose talent, consequently, is mostly homegrown.

This year the team boasts 10 players from Nelson, but the stands, which can

accommodate approximately 2000 but-tocks, remain unfilled.

DiBella notes that the crowd who witnessed September 23rd's hometown victory for the Leafs over the Grand Forks Border Bruins totalled about 150 souls.

"That's probably the number of relatives of the 10 kids right there."

Ben Williamson, 20, and Justin Pickerell, 18, two Leafs Centres who played together on the team that brought the Leafs' last league championship banner to the rink in 1999, agree it's not easy to play in an empty building.

"The home opener (lost to Beaver Valley) was pretty dead," says Pickerell.

The Leafs continue to struggle to stay in first place. They play Creston on Friday and Revelstoke on Saturday, and you'll find a coupon for two-for-one tickets for Friday's game in this week's Express.

It's good old time hockey in Nelson.

Put your boss in the hoosgow!

The 10th annual RoundUp for Research, a Kidney Foundation of Canada project, will be held in Nelson on Oct. 10 and 11 at the Chahko Mika Mall.

You can put your boss in jail for an hour and then, while business associates and friends (hopefully) raise bail, money is made for the Kidney Foundation's research and treatment programs.

Call Kathryn Edmonds at 359-7883 for further information.

AIDS walk a success

Clear skies and sunshine accompanied more than 70 people who participated in the 7th annual ANKORS Regional Walk for AIDS.

The annual fund raising event brought in more than \$3,000 in corporate sponsorship and individual pledges. The Nelson United Church retained the first place team award, and first place walker award went to Garry Fahlman.

Boathouse opens on Sat.

The Nelson Rowing Club will hold an open house to celebrate its new boathouse on Saturday from 2 to 4 p.m. in Lakeside Park.

The boathouse is essentially completed and the club is finally able to open it and show it to the public in Nelson.

Read the Express and feed your brain!

DON'T DELAY!
Register **NOW** for
Leisure Guide
Fall programs

Nelson and District Recreation
352-7257

MORNING STRETCH

A relaxing way to start your day!

Tues/Thurs - 10:30 a.m.

For more information contact NDAFC

354-4044

Nelson and District Aquatic and Fitness Centre

BREAST FEEDING IS A GIFT OF LOVE

Support World Breastfeeding Week
October 1 - 6



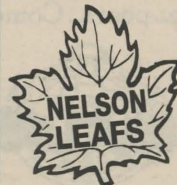
509 Baker St., Nelson 352-1789
1-888-990-2292
www.comfortandjoy.net

IMPORTANT NOTICE

Starting October 1, 2001 the Nelson Jr. Leafs' Bottle Depot is accepting liquor and wine bottles (glass, plastic & bag-in-a-box) for full deposit returns. With this new service, the Jr. Leafs' Bottle Depot will become the most convenient one-stop beverage container recycling facility in the Nelson Area. We also accept beer bottles and cans, pop bottles (glass and plastic), pop cans, and juice containers (including tomato juice cans). We'd like to remind customers to please ensure all containers have been rinsed out, that all lids have been removed, and that original labels are left on and intact. A little preparation ahead of time will expedite your time spent at the depot. If you'd like to pre-sort your recyclables at home rather than at the loading dock, or if you have an upcoming bottle drive, please drop by the depot for sorting instructions and supplies.

Remember: When you support the bottle depot you support the Nelson Jr. Leafs.

Thanks for your support.



Nelson Jr. Leafs' Bottle Depot
On Hall St. just off
Front by the railroad tracks.

Open seven days a week

10am to 4:30 pm

Ph: (250) 354-4922



REGIONAL DISTRICT OF CENTRAL KOOTENAY PUBLIC NOTICE

Public and Special Interest Representative PLAN MONITORING ADVISORY COMMITTEE

The Regional District of Central Kootenay (RDCK) invites applications from persons who are interested in serving as a Public and Special Interest Representative on its Plan Monitoring Advisory Committee with respect to the Regional District's regional Solid Waste Management Plan.

The Plan Monitoring Advisory Committee (PMAC) is an integral part of the RDCK's public consultation, plan monitoring and review program for its regional Solid Waste Management Plan. The PMAC is intended to be representative of broad public interests within the RDCK, therefore, there are four separate categories for which a person can apply to serve as a Public and Special Interest Representative on the PMAC.

Application forms as well as copies of the Membership and Governance policies for the PMAC are available from the undersigned upon request.

Applications must be submitted on the form provided and must be received in the RDCK office no later than 4:30 pm on Wednesday, October 17, 2001.

Carol A. McGowan
Secretary / Assistant Administrator
Box 590, 202 Lakeside Drive
Nelson, BC V1L 4R5
Phone 352-6665 Fax: 352-9300
Toll Free 1-800-268-7325

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- ✓ Battery Discount Program ✓ Accessories
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FREE CLASSIFIEDS

Deadline: Thursday noon!

"Reader ads only"

(Not applicable for businesses or associations)

First 15 words are FREE, each additional word 25¢.

Free classifieds not taken by phone.

MUST be submitted in person, mail, e-mail or fax.

Ads accepted for buying, selling, giving, renting, lost & found, etc.
All ads must have a phone number. One ad per phone number per week.

Print your word ad clearly.

Please include: category, your name, phone # & address.

Payment can be made with Visa, Mastercard, money order, cheque or cash. Please do not send cash through the mail.

FORWARD YOUR AD TO:

554 Ward St., Nelson, BC V1L 1A9

Fax: 250-352-5075 Phone: 250-354-3910 Email: express@expressnews.bc.ca

BUSINESS AND ASSOCIATION CLASSIFIEDS

\$5 for the first 15 words, 25¢ each additional word + GST
Bold or italic are 50¢ more per word

We accept business and association classified ads by mail, email, phone or in person.

CLASSIFIED OF THE WEEK

Misc. Wanted

WANT TO BUY 10-15 cushions
for sitting on and leaning against.
Leave phone message, 352-7908 Shayla.

Each issue we pick the most interesting
classified ad of the week. Could yours be next?

Art

BASIC MASK MAKING for kids & adults, Oct. 13/20. Just in time for Halloween. Call 505-5185 for details.

Business Opportunities

A REAL HOME BUSINESS, with real products, real people, AND real expectations: <http://www.havemoreincome.com/owner/jshaw>.

Childcare

DAYCARE AVAILABLE at 6-Mile/North Shore. Reasonable rates include a hearty lunch, snacks, music, crafts & story time, 825-9588.

Children

NOTICE: We still have space in 2 children's Music programs at Nelson United Church: Handbells (Grade 4 & up) will practise 3:15-4:15pm Weds starting October; Bashful Balcony Balladeers start Oct. 14; Baby Balladeers for expectant parents & up to six-month-old infants starts Oct. 12. To register call Devon, 352-2822.

Education

CERTIFIED, EXPERIENCED English teacher available for tutoring, reading, writing, grammar & communication skills, all levels & ESL, references, reasonable rates, Bobbie 352-3337.

Employment Wanted

HIGH LEAD LOGGER looking for work: yarding engineer, hooktender, chaser, contract or hourly, 354-3888 (352-6019 fax).

WRITING SPECIALIST will help you with proofreading, editing, essays, school assignments, ads, letters, gift memoirs/biographies, etc., Bobbie 352-3337.

FALLER - OWNER OPERATOR, certified resumes available, 15 years experience, heli - high lead, 250-635-7620.

Events

WENLIDO Women's/Teens' Self Defense Course: Oct. 13 & 20, 10am-6pm. For more info/registration, call 352-9916/352-6597.
"DANCE OF THE BUTTERFLY" Concert by Pepe Mendoza Peruvian Music, Fri. Oct. 12, 7:30pm at Old Scandinavian Church, 802 Baker St. Adults \$12 /children \$5, tax at Photon Foods, Conejo Blanco or at door.

Farm Produce

OUR CHICKENS DON'T USE DRUGS! The best free-range, chemical-free meat chickens. Nutritious & delicious. We deliver. Heart's Heritage Farm, 250-545-4771.

Furniture

BLUE WOOL OVAL RUG, approx. 5'x8', excellent condition, \$80, Lisa 825-9282.

ENTERTAINMENT centre \$100; black headboard \$60; 2 end tables \$25 each; black lamp \$25, 354-4430.

POULIN AGENCIES LTD. INSURANCE

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421 Baker St. Nelson



Your Insurance
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* SENIORS DISCOUNT *

Garage Sales

SAT. OCT 6, 8am-2pm, 820 Tenth St. Tenth Street Campus Post Renovation Garage Sale. Doors, windows, fluorescent fixtures, sinks, desks, tables, etc.

Health & Fitness

JUNIOR BADMINTON: Tues/Thurs 7-8pm, Sun 12-1pm, age 8-14, birds provided, \$2 drop-in, began Sept 27, Selkirk College gym, 10th St. Campus. Info: call Guy 352-6330.

NELSON BADMINTON CLUB: Tues/Thurs 8-10pm, Sun 1-3pm, over 14 years, began Sept. 27 at Selkirk College gym, 10th St. Campus. Info: call Guy 352-6330.

DISCOVER THE BENEFITS of therapeutic essential oils, holistic, unaltered. Jeanne Shaw, Certified Aromatherapy Educator, 250-226-7750.

ARE YOU SUFFERING from Chronic Pain? Exhaustion? Depression? or Auto Immune Disease? Try complementary medicine. There are answers. Yang Sheng Health Centre 250-352-0459.

Help Wanted

VOLUNTEERS WANTED for new E-magazine, The Kutenai Rapport. Video, computer and journalists wanted. Box 67, Kootenay Bay, BC V0B 1X0.

TRAIL BUILDING CREW, supervisor required immediately, Meadow Creek area. Fit, enthusiastic, received EI in last 5 years. Phone/fax 366-4372.

ATTENTION!! Access to a computer? Work at home online. \$500-\$5000/mo. P/T, F/T. www.reachablefreedom.com, 1-888-834-0565.

PART-TIME NANNY for one preschooler in my home. Experience, D.L. preferred. References required. Call 352-0663.

ABSOLUTELY FREE INFO online. Work from home on your computer. Earn \$25-\$75 hr P/T. www.123dreambig.com.

CANADA WORLD YOUTH: Six month international volunteer youth exchange program; it's a great opportunity to learn about the world and yourself. Deadline for applications is Nov. 9/01. Programs start summer 2002. Applicants must be: 17-20, healthy, willing to work hard and eager for a cross-cultural experience. Info: toll-free 1-800-889-6069, www.cwy-jcm.org or e-mail: bc@cwy-jcm.org.

House-sitting

HOUSE-SITTING OPPORTUNITY SOUGHT by responsible male. Will tend garden and care for cats. 229-5611.

Instruments

FOR SALE: Affordable 12-string guitar and hard shell case, \$125. Phone 354-4565.

WANTED: TENOR SAX. 352-6799.

THOMPSON GUITARS: New & used, parts & accessories, custom work & repairs since 1972. 359-7724.

Lost & Found

LOST: Treasured silver infinity chain necklace with Egyptian ankh symbol attached, Olwen 353-7190.

LOST: Sat. Sept. 22 at pay phone by Overwaitea entrance, Eagle Creek khaki-coloured canvas travel pouch/wallet. Reward. Please return. 354-3949 (message).

FOUND: near the Medical Clinic, woman's well-worn gold ring with stone. Phone 352-6384 to identify.

Lost & Found

FOUND: Camera at Sproule Creek trailhead on Sunday, Sept. 16. Call 352-6399 in evenings.

Misc. For Sale

USED 51:50 SNOWBOARD w/Burton boots & Preston bindings, excellent condition, \$350. Inquire: 825-4372.

UPRIGHT FREEZER, works great, \$150, 352-4630.

SNOWBOARD: 161 cm, Lib-Tech w/bindings, like new, \$225; men's medium full wetsuit, brand new, \$150, 229-4238.

NEW 50' 4" green Saniflex sewer pipe, 1/2 price; Shaw Cable digital box \$170, 365-5608.

550 STIHL BRUSH SAW, used two months, with equipment, great condition, blades included, \$500 obo, 354-2094.

REFRIGERATOR, works great, \$125; sewing machine, zig zag, \$30; air filter \$35, 359-8089 (after 6pm).

Misc. For Sale

CHEST OF DRAWERS \$40; dresser with mirror \$85, 352-2759.

TRAILER, like a U-Haul, with 4' sides; mountain bike, 24", needs tune-up, \$35, 359-8103.

ROLLS RAZOR; twin bed; Jeep mud flaps; trailer tow mirrors; nine-drawer, large mirror dresser, 352-2961.

OLD WORN OUT 18 ft. yacht \$50; metal two-drawer filing cabinet \$25, 352-2307.

NEW MARIN Shoreline Trail full-suspension mountain bike, \$850. Owned since March 2001, 354-4886.

1972 HONDA 500 FOUR, runs excellent, 15,000 original miles; chainsaw, Husky 288, recent rebuild, \$450 obo, 354-8939.

VERTICLE BLINDS for 6 patio doors, dusty rose fabric, used briefly \$45, 250-226-7172.

MICROWAVE, built-in stove & oven, galvanized fence gates, 16 feet, 352-6259.

TOYS AND WHEELS

4x4 QUAD, 1991 Yamaha Big Bear 350, good condition, high/low range, \$2900, 825-0122.

4- BLIZZACKS on Taurus off-set rims., 205-70R14 mounted & balanced, \$300 obo; also 4 Honda 13" rims, \$25 each obo, 825-4307.

BRA FOR 91-93 Honda Accord; 1981 Cadillac Fleet-wood Braughm D'Elegance; 19-ft. fibreform boat, 305 OMC, 352-3435.

FOR FREE: 1972 Dodge Van, tranny, motor - good, 318, auto, windshield new, by Sept. 29, 359-7784.

1973 COUGAR XR7, good condition, \$2200; 1979 Mustang Cobra, V8 - 4-spd, good condition, \$1800, 825-0025.

1976 GMC 4x4 PICK-UP, 3/4 ton, liner, canopy, 8 tires & rims, \$1400 obo, 359-7922.

1977 CT 70 TRAIL BIKE for parts, 825-4307.

1978 CHEVY, camperized, good condition, \$1000, call 352-3232 (leave message).

1986 FORD ESCORT for parts, body, interior good, motor shot, \$200 obo for car, Tony 352-6238.



1986 TOYOTA
4-RUNNER SR5
5-Speed
Special \$5,900

DL#5970
Nelson Toyota
We Care.
42 Ymir Road, Nelson
352-2235

1987 48-PASSENGER Wayne bus, Ford 429 propane power, certifiable top condition, \$5100 obo, 359-7072.

1989 4-RUNNER - Special E. (Toyota), 4-cyl, 144,500 kms, immaculate cond., 352-9753.

1989 HONDA ACCORD, standard, beige, good condition, \$2500 obo, 352-6168.

1989 LINCOLN Continental Signature Special: fully loaded, immaculate, 3.8 V6, excellent gas mileage, \$5000, 354-2745.

DALE'S PICK OF THE WEEK



1982 S-15 SIERRA V-6
4 SPEED
2 wheel drive 127,000 kms.
one owner.
\$2,150.00

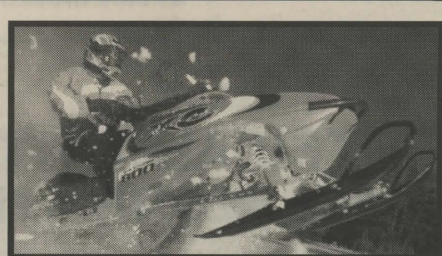
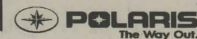
HERITAGE CITY
AUTO SALES
3218 Ymir Rd., Nelson
352-1769
DL#10272

1990 TOYOTA 4-RUNNER, 5-spd, loaded, winter tires, 245 kms, little rust, \$8300. Must see! 399-4549.

1991 CHEVY 4x4 Extended Cab, 350 throttle body injected, fiberglass box cover, excellent shape, \$10,000 obo, 505-3784.

1995 CHEV SILVERADO 1500, 4x4, 5.7L automatic, extended cab w/short box, 83,000 kms, \$19,900, Wynndel (250) 866-5442.

Nelson
KOOTENAY SLEDS
& WHEELS, INC.
RR #1 S-28 C-25
250-354-4141



PUT YOUR CASH INTO HIBERNATION.

AS LOW AS \$96 PER MONTH!	OR NO DOWN PAYMENT	OR NO INTEREST*	OR NO PAYMENTS UNTIL APRIL 2002!	OR \$250 IN FREE GARBAGE AND ACCESSORIES
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ALSO SEE YOUR DEALER FOR ADDITIONAL INCENTIVES ON SELECT NON-CURRENT MODELS

Offer good for a limited time at participating Polaris dealers and subject to product availability. Not available to participants and employees of Polaris, racers, government or retail fleets, and model year 2002 Snow Check Select buyers. See participating Polaris dealers for details. *Free financing available on approved credit through Polaris Credit, at participating dealers, and only at time of sale, provided unpaid balance is paid in full by first payment due date. Financing available to qualified customers subject to credit approval from Polaris Credit. Example: Indy Super Sport MSRP \$6,399, payments of \$96.00 a month at a 12.9% APR. Does not include tax, title, freight, dealer installation and setup. Offer valid on qualified consumer purchases financed during the promotion period. Offer excludes: all 1200, all 3400s, XCRs, 440 XCRs, 440 Pro X Lquads, 440 Pro X Fams, all EDEs, 300 LEs, 144" and 151" 800 RMX Snow Check Specialists, all Snow Check Select XG SP and RMX models with custom options, Indy Frontier and '99 and prior models. Polaris recommends that all snowmobile riders take a training course. Do not attempt maneuvers beyond your capability. Always wear a helmet and other safety apparel. ©2001 Polaris Industries Ltd.

Misc. For Sale

ONE YELLOW BIKE for 7-yr-old \$75; one white bike for 10-yr-old \$45. 352-3691.

AQUARIUMS, numerous sizes, reasonably priced, 20 gal - \$30, 368-8091.

CRAFTSMAN 7 H.P. 24" dual auger snowblower, \$400, 355-0091.

DOUBLE BED SET \$60; kitchen table \$20; recliner chair \$15; TV stand & coffee tables \$8-\$10, 505-2140.

NEW CLIMBING GEAR: Rock Empire cams, nuts, priced for quick sale, Jesse 352-1167.

MASSAGE TABLE, hand-crafted, with optional head-rest, solid, rarely used, \$350, 354-0198.

FREE CLASSIFIEDS

FIRST 15 WORDS

Misc. Wanted

DESPERATELY WANTED: Large, old wooden armoire, reasonable priced, will travel to view, 357-2217.

FUTON COUCH and birdcage for two budgies, both in good condition and reasonably priced, 352-9129.

WANT TO BUY 10-15 cushions for sitting on and leaning against. Leave phone message, 352-7908 Shayla.

HELP FRIENDS of the Nelson Library who need books for their Halloween Book Sale.

WASHING MACHINE in good working order, 229-5611.

TRAILER, +/-12 ft., clean, no leaks, hook-ups unnecessary, for +/- \$500 delivered, 352-3475, Nelson.

COMPUTER with printing, sound, CD burner and cam; rowing boat/yacht, 12 ft. minimum, with dry storage on board (or use of similar very near to town); the services of a structural engineer and an architect, 352-3691, MartinLane@hotmail.com.

ELECTRIC GUITAR with small amp, for a beginner, 825-0044 Jill (after 5pm).

FREE CLASSIFIEDS

FIRST 15 WORDS

Music & Dance

PILATES, AUTHENTIC MOVEMENT®, Improvisation, Modern Mask and Movement for Boys, beginning September/October with Lynn Frederick, 352-1964.

FREE CLASSIFIEDS

FIRST 15 WORDS

Music & Dance

AFRO-FUSION Dance Classes, Sat. Oct. 6 - Nov. 24, 10am-noon, \$100. Learn traditional and original dances. Call Tamiasine 352-5582.

DJ SERVICES available for your wedding or special event. Wide range of music. Will travel. Call Lisa, 226-7927, e-mail stomp@netidea.com.

PIANO / KEYBOARD / JAZZ THEORY LESSONS: All Styles, "Born Again" Players Welcome. Qualified, Experienced Teacher. Diane Taylor, 352-6597.

Notices

HAIR BY TETH: New location in Nelson, 520 Victoria, Suite 2, above Oso Negro, 352-0007. Available Thursdays and Fridays.

Pets & Livestock

5-MONTH-OLD KITTENS, free to good home, four to choose from, call Rhianne, 359-8280.

WANTED: Kitten, Siamese or Burmese female, prefer non-purebred, 229-4042.

1987 REG. TB MARE 16.1hh, good trail horse/broodmare, intermediate rider, good home! \$1000, 226-7024.

HOMES4ANIMALS.COM: Looking for a new or lost pet? Visit this up-to-date free Web site or call 352-1232.

FREE CLASSIFIEDS

FIRST 15 WORDS

Psychic Reading

PSYCHIC READINGS with RATNA, BFA, MFA. Experienced mediator and spiritual psychic for over 25 years. Phone 229-4042.

Psychologist

HYPNOSIS, ENERGY WORK, Therapy, Quit Smoking, Learn to Relax, Laugh, Joy Green, Registered Psychologist, 352-9927.

FREE CLASSIFIEDS

FIRST 15 WORDS

Real Estate

2 QUIET & PRIVATE acreages in Crawford Bay, approx 1.6 & 1.4 acres, asking \$35,000 for each lot, Paul 227-9384.

OWN A HOME for only \$9000 down and \$500 monthly. 2-3 bedrooms, fireplace, workshop/garage, dock, 229-4576.

BLEWETT MOUNTAINVIEW sanctuary: private 5 acres + nice mobile set-up. New: addition, snowroof, carport, deck, well, storage, 352-3979.

Real Estate

DOWNTOWN NELSON: 2-3 bedroom heritage home with rental suite that pays 1/3 of mortgage. Beautiful view of lake & mountains. Significant renovations & upgrades in last 4 years. Appraised at \$180,000. Moving, must sell. Phone 352-9723.

Real Estate Wanted

FAMILY WITH CHILDREN, recently moved to Nelson, would like to buy large heritage house with large yard in Nelson on quiet street (preferably lower uphill or Fairview), wood-burning fireplace, 4-7 bedrooms, hardwood floors, 352-3408.

FREE CLASSIFIEDS

FIRST 15 WORDS

Rentals

APARTMENT: Downtown heritage building, clawfoot tub, cozy, grass lawn. Also commercial space & storage. Call 352-1785.

BLAYLOCK CONDO: 1-bdrm, balcony, 5 mins - Nelson, \$680 + util + maint. fee, Nov. 1, 354-4417.

TWO BEDROOM APT. on Front St., \$700 including utilities, N/P, N/S, available Nov. 1, Tara 359-8193.

THREE BEDROOM walk-out lower suite, near Balfour, employed preferred, \$600 + utilities, Oct. 1, 354-0348.

1000 SQ.FT open design 1-bdrm suite, 1 1/2 bath, gas fireplace, near hospital, (un)furnished, Dec-April, \$650/month, Christine 352-1935.

OCT 1: 600 sq.ft. cabin in Beasley, \$450 incl, 359-7979 or 354-7445.

3-BEDROOM HOUSE: uphill Nelson, \$850/month, over 25 preferred, mid Oct, 505-5363.

5-MILE: 1500 sq.ft. beautifully furnished heritage guest house, 2-bath, gas fireplace, stained glass, wood floors. Gorgeous retreat-type setting. For very quiet, employed couple or single person. Available Oct. 1 - May 1, \$900/month + utilities, N/S, N/P, 825-0062.

550 SQ.FT. CABIN, wood heat, phone, N/S, no pets, 4WD access only, 3 km from Nelson, \$475 incl. utilities, available Oct. 15, Yogita 352-3379.

Rentals - Office/Workshop

SHARED OFFICE SPACE for rent: ideal for counsellors, \$117/month, downtown Nelson, 352-5293 or 355-2206.

Rentals Wanted

N/S MATURE FEMALE student with cat needs accommodation. No basements, please. Will consider sharing, 825-0150.

Rentals Wanted

SMALL, RESPONSIBLE, N/S family seeking home in or around Nelson, Nov. 1, references, Jeremiah 226-8863.

LOOKING FOR house-sitting situation. Single professional woman. References available. Phone cell 505-9925.

FREE CLASSIFIEDS

FIRST 15 WORDS

Shared Accommodation

LARGE, BRIGHT ROOM, private bathroom, uphill Nelson, quiet house, utilities included, \$385/month, references, 352-2757.

BEDROOM & DEN in spacious log home, uphill, forest setting, \$450 + utilities, Kathryn 825-4034.

AVAILABLE OCT. 31: 1-bedroom basement suite, walking distance to downtown, private entrance, bathroom, living room, shared stove, W/D, pets OK, \$415/mo. inclusive, 352-1736.

NOV. 1: Roommate wanted to share new house in Fairview, \$250/month + 1/3 utilities, Brian 354-1891.

ROOM IN SHARED HOUSE, block from downtown, \$350 inclusive, 354-1187.

QUIET, ACTIVE person wanted, 1 bedroom in 2 bedroom main floor. Sorry no dogs. \$300/month inclusive, 352-7134.

CLEAN, ATTRACTIVE ROOM: Rosemont near Selkirk, \$350 incl. phone, utilities, laundry, ideal for student, 352-3210 (eves) or leave msg.

FREE CLASSIFIEDS

FIRST 15 WORDS

Sports Equipment

TENTS HALF PRICE. Bike Clearance, Hockey Gear, Trades Welcome. B.E. 505-5055.

Work Wanted

YARD WORK, home repairs, rubbish hauling, plumbing repair, 352-6259.

FREE CLASSIFIEDS

FIRST 15 WORDS

BE BEAR AWARE!

Store your Garbage Securely

BODY & SOUL

A Directory of Health & Healing in the Kootenays

Acupressure

Margaret Carroll, B.F.A., Shiatsu & Reflexology .352-1676

Acupuncture

Catharine Kozak, D.T.C.M. .352-9952

Marion Starr, D.T.C.M. .352-9890

Marjorie Davidson, D.T.C.M. .352-3862

Michael Smith, C.C.M.D. .352-0459

Stephan Fournier, D.T.C.M. .352-2896

Astrology

Khoji J. Lang, Spiritual Astrology .1-877-352-0099

Body/Mind

Lynn Frederick, Pilates & Authentic Mvmt. .352-1964

Ray Baker, Breema/Integrative Bodywork .505-5155

Energy Work

Celestina Hart, CR®, BMSI®, Essences & Sound 352-1958

Dr. John Snively, Cranio-Sacral, Radionics .229-5789

Chiropractor

Dr. Kevin McKenzie .352-5135

Counselling

Dienna Raye, Self, Relationships & Intimacy 352-1220

Vern Miller, Breath, Body, Mind Therapy .225-3400

Homeopathy

Barbara Gosney, C.C.H., Consultations .354-1180

Hypnotherapy

Lorna Robin, Clinical Hypnotherapist .227-9556

Massage - Registered Therapists

Diane Mahoney, R.M.T. .359-8100/352-9292

Massage Services

Rub It In-Mobile Massage Services, Lucille 352-6804

Meditation

Kootenay Shambhala Meditation Centre .352-1714

TO ADVERTISE HERE CALL 354-3910
\$60 for 6 months

Nelson Air Cadets Commanding Officer

A vacancy exists for the position of Commanding Officer for the Nelson Air Cadet Squadron beginning immediately. If you have at least 30 hours per month to volunteer and enjoy being with youth ages 12 to 18 you may want to consider this opportunity.

The Commanding Officer for the Squadron is responsible for all matters pertaining to the squadron in partnership with the parent Sponsoring Committee. Duties include the training of all officers, civilian instructors and cadets, ensuring that proper supply, administration, financial and training orders and procedures are carried out as directed by the Pacific Region Cadet office. Regular reporting and communication to the Sponsoring Committee is a must.

To achieve success in this position you must have excellent communication skills, be able to work with a Sponsoring Group, financial management skills, be able to take direction and adhere to administrative and training policies and procedures, you must possess the ability to make sound decisions on behalf of the youth you represent, and you must be prepared to commit some week-ends and evenings in addition to regular weekly meetings.

Candidates must pass a police records check and be prepared to take Harassment Training and a Basic Officer Qualification Course as provided by DND. A valid driver's license, First Aid training and public speaking skills would be an asset.

If you are interested please contact Richard Horney at 1-250-368-1341 or Judy Bourne at 1-250-359-2979 or Barbara Bond 1-250-352-2289.



The Corporation of the City of Nelson
Fire & Rescue Services
919 Ward Street, Nelson V1L 1T5

PHYSICALLY FIT? NELSON FIRE & RESCUE NEEDS YOU!!!

The City of Nelson Fire and Rescue Services will be accepting applications from community minded persons to fill several vacancies in the Auxiliary Fire Department. This is an auxiliary position to back up a career fire department, however, auxiliary fire fighters do receive remuneration for training and fire fighting. Applicants must be of good character, bondable, in good physical condition and a minimum of 19 years of age. Eyesight unaided must be a minimum acuity of 20/40 for both eyes. Application forms may be picked up in person at the Nelson Fire Hall, 919 Ward Street. Applications will be accepted until Friday, October 12, 2001. Successful candidates will be required to attend a 20 hour recruit assessment/training weekend October 19, 20 & 21, 2001.

EXPRESS Network Classifieds

These ads appear in approximately 100 community newspapers in B.C. and Yukon and reach more than 3 million readers. To place an ad call The Express at 354-3910

\$309 for 25 words
\$ 6.00 each additional word

BUSINESS OPPORTUNITIES
FIND NEW CLIENTS! USE THE MOST POWERFUL CLASSIFIED SYSTEM IN CANADA AND REACH MILLIONS OF READERS. INTRIGUED? CONTACT THIS NEWSPAPER AND ASK ABOUT NETWORK CLASSIFIEDS. OR CALL 604-669-9222 EXT.3.

LOVE CLOTHES? Balance Fashions, a home-based Canadian clothing company featuring premium quality, upscale casual and career wear, is looking for sales associates in your area. Great commissions - incredible rewards! For information on selling Balance, or to locate a consultant in your area, call 1-877-565-5646; www.balancefashions.com

ZESTO'S OVEN BAKED Subs & California Style Wraps are looking for motivated franchisees. Join this dynamic and fast growing Canadian Company. 1-888-922-2294. <http://www.zestos.com>

SIX BELLS IN THE ATTIC. Oliver, B.C. Currier & Ives gift shop. Old and new meets wonder in established business with local and tourist clientele. Owners retiring. 250-498-3554.

GREAT CANADIAN DOLLAR STORE franchise opportunities. With more than 100 stores across Canada we offer one of the most thrilling franchise opportunities around. To learn more, please visit our website at www.dollarstores.com or call us toll free at 1-877-388-0123.

CAREER TRAINING

BE AN INTERIOR DECORATOR with our unique home-study course. Call for your Free brochure. 1-800-267-1829. Sheffield School of Interior Design. 1332 - 38 McArthur Ave., Ottawa ON K1L 6R2.

PRESENT JOB not cutting it? Be a carpenter, mechanic, electrician, plumber, or other tradesman of your choice. 19 week course provides skills, work placement. Opportunity for apprenticeship. Starts October 15, 2001. Fairview College, Fairview, Alberta. On Campus residences. 1-888-999-7882; www.fairviewcollege.com.

EDUCATION

BE A SUCCESSFUL WRITER... write for money and pleasure with our unique home-study course. You get individual tuition from professional writers on all aspects of writing - romances, short stories, radio and TV scripts, articles and children's stories. Send today for our Free Book. 1-800-267-1829. www.qualityofcourse.com. Quality of Course Ottawa, ON.

EDUCATION

A NEW CAREER? Train to be an Apartment/Condominium Manager. Many jobs! Job placement assistance. All-Areas. Government Registered Program. Information/ brochure (604) 681-5456, 1-800-665-8339, www.rmti.ca.

GREAT JOBS IN Hotels! If you would like a job with a future - let us help you with training and job placement assistance! Visit our website or call us toll-free today. Applications now being accepted. www.tourismcollege.com. 1-800-668-9301 Canadian Tourism College.

EMPLOYMENT OPPORTUNITIES

FULL-TIME AND WINTER help for feedlot/farming operation. Driver's licence, high school diploma. Hourly wage, overtime, benefits. Namaka Farms, Box 2409, Strathmore, AB, T1P 1K3. Fax 403-934-6133.

ARNOLD BROS. TRANSPORT requires longhaul company drivers, teams & singles. We offer regular traffic lanes! Great pay package! Excellent equipment! Good home time! Call now! 1-800-567-3656.

ARNOLD BROS. TRANSPORT requires owner/operators, teams & singles. We offer capped fuel prices! Competitive rates! Regular traffic lanes! Paid license, insurance, satellite, WCB, tolls! Premium paid for teams, US miles, Tri-axes. Call now! 1-800-567-3656.

PRESTIQUE KITCHENS require skilled cabinet/laminate installers. Must have own tools/transportation. Start today by sending resume to: 424 - 28 St. N.E., Calgary AB, T2A 6T3

PRESENT JOB not cutting it? Be a carpenter, mechanic, electrician, plumber, or other tradesman of your choice. 19 week course provides skills, work placement. Opportunity for apprenticeship. Starts October 15, 2001. Fairview College, Fairview, Alberta. On Campus residences. 1-888-999-7882; www.fairviewcollege.com

PARTS MANAGER REQUIRED immediately. Jerry Ford Sales Ltd. requires motivated Parts Manager. Located between Edmonton and Jasper, Edson is a thriving oil, gas and forestry based community boasting hunting, fishing, hiking, sports. Competitive salary, benefits, moving allowance. Fax resume 780-723-3800.

FOR SALE MISC.

\$29./MONTH! No money down. Greatest deal in Canada. No payments until 2002. 800MHz Intel computer. Call 1-888-855-5527. Apply online o.a.c. www.1buckaday.com.

FOR SALE MISC.

WOODWORKING SHOW 220 exhibits from Canada, U.S., Europe. Tools, crafts, sawmills, tote workshops, free seminars. October 19-21, 1-8pm, 10-6pm, 10-5pm. Cloverdale Fairgrounds, Surrey. www.bcwoodshow.com. 519-351-8344

SAWMILL \$4995.00. All new Super Lumbermate 2000, larger capacities, more options. Norwood Industries, manufacture of sawmills, edgers and skidders. Free information. 1-800-566-6899, ext. 400.OT.

HELP WANTED

ATTENTION: Driver Training Programs. Including professional driver classroom instruction & loaded mountain training. Funding source & career counselling. Job placement available. 1-877-763-8040. MJ Bloomfield & Okanagan University College.

CLASS 1 DRIVER needed to deliver sod in the Lower Mainland area. Will train. Driver should have some mechanical abilities. Job requires some labour work. Reply to Box 293 c/o The News, 2328 119th Ave, Maple Ridge, B.C., V2X 2Z3.

LOANS

PAYDAY LOANS! BAD Credit? No Credit? No Problem. Borrow up to \$600 until payday. Have a job? Get a loan Guaranteed! 1 hour Approval 1-866-3-PAYDAY 24 hrs/7 days. www.pridirect.com

RECREATIONAL VEHICLES

WANT YOUR RV sold? call Reg Pixton Today, Toll Free @ 1-800-668-1447 or email: sold@voyager-rv.com. www.voyagerRV.ca. The Okanagan's Largest RV Dealer for 17 years. "We have buyers waiting."

SERVICES

CRIMINAL RECORD? Canadian pardon seals record. U.S. waiver permits legal American entry. Why risk employment, licensing, travel, arrest, deportation, property confiscation? Canadian-U.S. Immigration specialists. 1-800-347-2540.

STEEL BUILDINGS

FUTURE STEEL BUILDINGS - Durable, Dependable, Pre-engineered All-Steel Structures. Custom-made to suit your needs and requirements. Factory-Direct affordable prices. Call 1-800-668-5111 ext. 132 for free brochure.

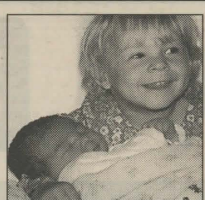
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TIMESHARE REALES. Worldwide Selection. Era Stroman Since 1979. Call Now! Buyers call 1-800-613-7987. Sellers call 1-800-201-0864. www.timesharelink.com.

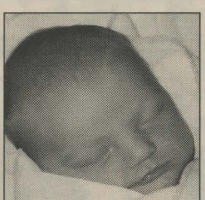
TRUCKS

0 DOWN O.A.C." Guaranteed credit approvals. Trucks, 4x4's, crew cabs, diesels, sport utilities, cars & vans. Reps's, broken leases, heavy duty equipment. Take over payments. Free delivery. Call Lawrence Siccia BC's largest finance broker. 1-800-993-3673. Vancouver 604-327-6377.

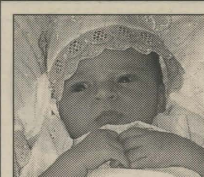
U WORK U DRIVE auto finance corp. No Credit, Bad Credit. Tired of bank and dealership hassles. New on the job, bankruptcy, divorced, slow payer, recent repo. Reestablish your credit. Call now for quick delivery 1-800-650-4829. www.credit-king.com.



Tyanna is a big sister. Jenna Lauren was born August 28 weighing 8 lb 3 oz. Proud parents are Darren and Stacey Esovoloff of Thrums and grandparents are Joe and Marlene Clarke of Nelson and Mike and Olga Esovoloff of Thrums.



Proud parents Connie and Ian would like to announce the arrival of their daughter Zoe Linnee Preston born August 15, 2001. First time grandparents Shane and Anita Horner as well as Bob and Joan Preston.



Scot and Holly Woods are pleased to announce the arrival of Jonathan Scot born Aug 4, 8 lbs, 2 oz. Grandparents are Ernie and Elaine Woods, Peter and Shirley Relkoff. Special thanks to Dr. Liang and the maternity staff.

Micah proudly announces the arrival of his baby sister, Naomi Sylvia, born May 5th at 11:50 pm. Proud parents of this 8 lb. 13 oz bundle of joy are Chris and Shannon Nichvoldoff. Thanks all at KLDH.



Scot and Jess (Linsay) Lunn are extremely excited to announce the birth of their son, Sawyer William Clay Ruari Stuart Lunn, on July 29, 2001. Amazing grandparents are Barb & Rory Lindsay and Gloria & Stu Lunn. A big thank you to Dr. Noiles & Tracy for their participation in Sawyer's birth, to Dr. Mentz for her prenatal & post-natal care, and to all the women at the Pregnancy Outreach group for their ongoing positive energy! Warm hugs to all the Valley moms, friends & family for their contribution to Sawyer's beautiful quilt. Cheers!



ANNOUNCE YOUR BRAND NEW ARRIVAL FOR FREE - Bring in or mail your favourite photo and write 35 words for FREE! Deadline is Thursday noon for the following week, 554 Ward St., Nelson V1L1S9. Ph.354-3910.

PUBLIC NOTICE Are Mental Health Issues a concern for you or your family?

You are invited to participate in a Local Mental Health Advisory Committee in your area. Please contact (By October 12, 2001) The Regional Mental Health Advocate 1-888-251-1166

or
The Nelson Mental Health Centre
2nd Floor - 333 Victoria Street
Nelson, B.C. V1L 4K3
at: (250) 352-6322

To all those who have responded with Expressions of Interest - THANKS. We do not have full compliments on our committees in some areas and the Selection Committee will meet again on October 15.

Kootenay Boundary Community Health Services Society

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Weekly Horoscope
With Khoji & Roshani Lang
When a child is conceived, half the germ cell originates from the father while the other half is contributed by its mother. When the fetus grows, however one of the two sexes becomes predominant, while the other gender remains unexpressed and hidden. Freud discovered that on psychological levels it's our unconscious that carries the signature of the opposite gender, balancing our conscious personality. As humans our most basic challenge is to become more conscious, to integrate and actualize unconscious potentials and hidden assets. Finally we are to meet and merge with our inner twin. In order to get there we choose partners who resonate with our hidden nature. We are attracted by individuals who resonate with our unconscious, who are able to act as mirrors, guiding us on our path toward transcendence of both the genders.

Libra: Mercury is going backwards through your sign. Endure this phase of indecisiveness with grace. You put yourself in other persons' places so you can understand all the sides. Stay detached, be patient and watch!

Scorpio: Retrograde Mercury in your twelfth house wants you to focus on past experiences. This is an ideal time for research and meditation. Being alone you might bring your attention to the deep mysteries that arise from your unconscious

Sagittarius: Be a rebel and a loner. Question the conventional, dare to express your doubts. Pierce through all the fake answers. Moving beyond the traditionally accepted you will find back to your original curiosity, pulsating with wonder and awe.

Capricorn: We always experience what we need, in order to wake up to our true self. Disruptions, delays and problems with technical devices simply reveal that we have moved too far ahead of ourselves.

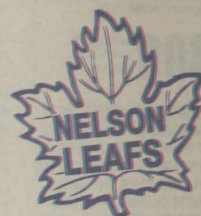
Aquarius: Mind as such is a mirage, producing transitory flashes of insight, which disperse into nothing, like bursting colorful soap bubbles. Hypnotized by their brilliance we get caught again and again by illusions. Come back, breathe!

Pisces: You are a keen observer and your thoughts touch right on the heart of life's essential meaning. You search for truth behind all appearances. Listen to what you say unto others, these same words will be guidance for yourself.

Call or email Khoji to book an astrological consultation
1-877-352 0099 - khoji@celestialcompanions.com
Hear Khoji's astrological insights on Kootenay Coop Radio, 93.5 FM
"The Cosmos Within" - Live every Saturday at Noon

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NELSON LEAFS LINE-UP & SCHEDULE

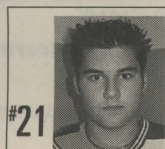


HOME GAMES AT NELSON CIVIC CENTRE

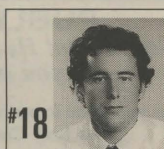
Oct 5 • Creston
Oct 7 • Revelstoke
Nov 10 • Osoyoos
Nov 16 • Spokane
Nov 17 • Kimberley
Nov 18 • Castlegar
Nov 23 • Grand Forks
Dec 1 • Castlegar
Dec 9 • Columbia Val.
Dec 11 • Beaver Valley
Dec 14 • Spokane
Jan 6 • Summerland
Jan 12 • Beaver Valley
Jan 15 • Castlegar
Feb 5 • Beaver Valley
Feb 8 • Grand Forks
Feb 16 • Spokane
Feb 23 • Castlegar

GAME TIMES

FRIDAY/SAT @ 7:30 PM
SUNDAY @ 2:00 PM



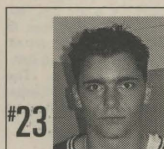
#21
Paul Adam
Left Wing
Height: 5'11"
Weight: 190 lb
Age: 17



#18
Kyle Allan
Right Wing
Height: 5'11"
Weight: 165 lb
Age: 18



#14
Brad Barcham
Forward
Height: 6'
Weight: 183 lb
Age: 19



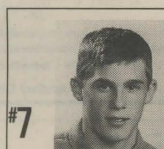
#23
Alex Carlson
Defence
Height: 6'
Weight: 200 lb
Age: 18



#17
Sean Dooley
Centre
Height: 5'8"
Weight: 160 lb
Age: 16



#19
Ryan Keller
Right Wing
Height: 5'10"
Weight: 175 lb
Age: 17



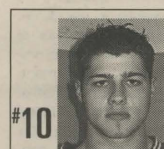
#7
Geoff Kinrade
Defence
Height: 6'
Weight: 165 lb
Age: 16



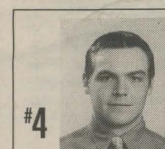
#24
Matt Korotua
Defence
Height: 6'4"
Weight: 210 lb
Age: 17



#30
Jeremy Kwok
Goalie
Height: 5'11"
Weight: 185 lb
Age: 18



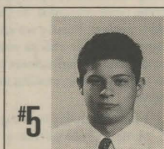
#10
Shay Laing
Left Wing
Height: 6'1"
Weight: 205 lb
Age: 18



#4
Kurt Lansing
Defence
Height: 5'11"
Weight: 180 lb
Age: 20



#25
Justin Lundstrom
Right Wing
Height: 5'11"
Weight: 160 lb
Age: 17



#5
Brad McNaughton
Defence
Height: 5'9"
Weight: 194 lb
Age: 16



#3
Josh Mace
Defence
Height: 5'10"
Weight: 175 lb
Age: 17



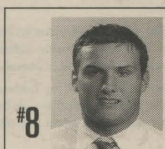
#35
Cam Plamondon
Goal
Height: 5'7"
Weight: 173 lb
Age: 16



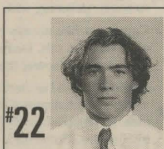
#11
Justin Pickerell
Centre
Height: 5'11"
Weight: 175 lb
Age: 18



#15
Steve Price
Right Wing
Height: 5'10"
Weight: 185 lb
Age: 19



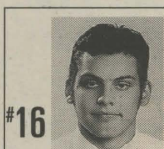
#8
Jordan Quaroni
Left Wing
Height: 5'11"
Weight: 195 lb
Age: 17



#22
Taylor Russell
Centre
Height: 5'7"
Weight: 140 lb
Age: 17



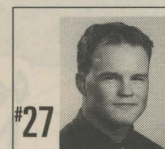
#6
Albert Sorensen
Left Wing
Height: 6'
Weight: 210 lb
Age: 20



#16
Jeremy Sylvain
Left Wing
Height: 6'
Weight: 180 lb
Age: 19



#40
Michael-Lee Teslak
Goalie
Height: 6"
Weight: 150 lb
Age: 15



#27
Ben Williamson
Centre
Height: 5'9"
Weight: 169 lb
Age: 20