

LEGAL HELP WHEN YOU NEED IT MOST

**Gravity get you?**

☐ Slip and Fall and ICBC Claims

Low Offices of:  
**TERRY L. NAPORA**  
ALSO: FAMILY LAW & ICBC CLAIMS  
#1-406 Baker St. 352-3321

# EXPRESS

Computer Service Sales Support  
Ten Yrs Experience

**NELSON TECHNICAL SERVICES**

**JIM TONER**

709 Hoover St., Nelson  
505-2063 Fax: 505-2064  
email: [jtoner@netidea.com](mailto:jtoner@netidea.com)

WEDNESDAY, MARCH 4, 1998

SERVING NELSON & THE KOOTENAYS, B.C. SINCE 1988

VOLUME 10, NUMBER 9

**INSIDE**

*Flyers in this issue:*

- \* Pharmasave
- \* Zellers

(Some flyers are area specific)

**QUOTE of the WEEK**

'The ocean is so dynamic ... it lends itself to creativity.'

-Sailor/adventurer Jodie Simmons, on paddling down the West Coast

Page 8

**OPINION**

Censorship is alive and well in Canada

- Editorial comment

Page 4

**INDEX**

Editorial	4
Letters	4
Street Talk	5
Good Neighbor	5
Calendar	6
Arts & Entertainment	7
Features 8-9	
Classified	10-11

## High hopes for youth home

By Paula Wilson  
NELSON - The \$1.1 million project for an at-risk youth residence at 608 Lake Street will break ground in

June. The facility will provide warm, clean, affordable accommodation that will be ready for residency by the

end of the year. "It's been a long process since the question of what to do with local young people who can't go home was

first discussed six years ago," said Lena Horswill, executive director of the Nelson Community Service Centre (NCSC).

Horswill and Joyce Dahms-Whiffen have each invested several years into understanding and improving the status and needs of youth in Nelson.

NCSC has been an active agency for more than 25 years and Dahms-Whiffen has served as youth coordinator for nine years. Both women have seen what happens to young people when they're given a second chance.

"It's almost as if you become a surrogate parent," said Dahms-Whiffen, who is currently working on a regular basis with more than a dozen young people.

The youth residence, a heritage-style building that will sit where a parking lot is now located, is intended to take a preventative approach to the homeless situation. Anyone between the ages of 17 and 21 who is in school and employed or actively looking for work will be eligible to be accepted into the program and move into the residence.

"When kids move away from their homes, they are forced to cope with a world

that isn't always easy," said Dahms-Whiffen. "This home will be a place for them to go to help them through the transition."

The residence will not be a crisis "crash" centre or a hostel for transients. There will be three on-site workers and a live-in supervisor to make sure the clean, safe environment is respected.

A screening process will determine who moves in, and once accepted all residents will be required to follow some basic rules, including no smoking or drugs. They must also participate in a weekly life skills training program where basic shopping, cooking, budgeting and nutrition skills are taught.

"We will develop a plan with the tenants and actively work on it," said Dahms-Whiffen.

An interactive monitoring system will ensure that the participants are managing successfully.

The weekly meetings that Dahms-Whiffen is currently facilitating are centered around a dinner for which one youth is responsible. She hopes the family feeling from these dinners carries over to the residence.

"Overall, the feelings have been really positive," she said.



### Bundle of joy ...

In keeping with a long-standing Dutch tradition, Andre and Susan Bosveld of Nelson Ave. celebrated the recent arrival of their first child, Savannah Jacqueline, with a giant wooden stork carrying a doll amid an array of baby clothes in the front yard. Savannah tipped the scales at 7 lbs., 13 ounces, and mom and baby are doing great!

## Foresters want pilot project

NELSON - Five major forest licensees in the Arrow Timber Supply Area have submitted a proposal to enter into a pilot Innovative Forest Practices Agreement (IFPA) in the Nelson forest region.

Slocan Forest Products, Atco Lumber, Riverside Forest Products, Kalesnikoff Lumber Co. and Bell Pole Co. jointly submitted the proposal to the Ministry of Forests last week.

One IFPA will be awarded in the Nelson forest region. IFPA pilots are meant to test innovative approaches in forest management to maximize the future yield.

An IFPA for the Arrow Timber Supply

Area would provide a vehicle to increase employment opportunities in the short and long term by improving inventories on a variety of forest resources and by implementing innovative forestry practices.

"Increased community stability and growth will be key benefit to the region, as well as enhanced forest management and productivity," said Alex Ferguson of Slocan Forest Products.

"The IFPA structure will provide a further opportunity for the public and community to provide input into the way the Arrow Timber Supply Area forests and ecosystems will be managed."

## GOUK SLAMS SPENDING

CASTLEGAR - West Kootenay-Okanagan Reform MP Jim Gouk said Canadian taxpayers, and not the Liberal government, should be taking credit for Ottawa's first balanced budget in 30 years.

"All the government has done is collect the taxes; over 60 percent of deficit reduction has come from revenue increases -- mostly taxes from Canadians lucky enough to be employed," Gouk said after the federal budget was brought down last week.

"The Liberals were promising a surplus and that some of the surplus would be used for tax relief and debt reduction. This budget contains no real tax relief. When the Liberals took office in 1993, Canadians were paying \$125 billion a year in taxes. After five Liberal budgets, we are now paying \$162 million a year, including the latest hike in the Canada Pension Plan.

"If you're looking for tax relief and debt reduction, it's just not going to happen. The Liberals are 100 percent committed to new spending, and you and I are going to have to pay for it."

NOW IN STOCK

**FISKARS**

Photo Memory Scrapbooking Supplies

**Cowan's**  
COWAN OFFICE SUPPLIES LTD.  
517 Victoria St., Nelson  
Tel 352-5507 \*  
1-800-332-4474  
**20% off**

Still Eagle PLANETARY PERSUASIONS

SPRING CLEARANCE

good stuff - great deals

SHOP WITH A CONSCIENCE

ORGANIC • RECYCLED • LOCAL • NATURAL • HEMP • ALTERNATIVE

557 WARD ST. 352-3844

**ROOFTOP FUTONS**

now upstairs in the Nelson Trading Co.

Futon furniture is affordable



## Donation to the library

Nelson Municipal Library last week received a generous donation of books and periodicals on parenting, Waldorf education and understanding child development from a parent's point of view. Nelson's Waldorf School received a contribution from a parent who requested the money go to the library to help promote community awareness. Pictured (from the left) are Waldorf board member Lisa DeHann, chief librarian Deb Thomas and Waldorf teacher Donna Switzer. The parent who made the donation requested anonymity.

## Heritage Inn celebrates a century of hospitality

NELSON - Talk about a party!

The Heritage Inn is celebrating its 100th Anniversary on St. Patrick's Day, Tuesday, March 17.

Originally named The Hume Hotel, the Heritage opened her doors on March 17, 1898 under the ownership of J. Fred Hume.

A descendant of Irish parents, Hume purposely opened the beautiful new building in celebration of St. Patrick's Day, and the tradition continues with the hotel's 100th birthday.

"We've been celebrating our anniversary every year on that day," said Heritage Inn manager Cameron Bond. "But the party we're planning this year will obviously be something special.

"This is a milestone moment for all of us. It's very rare that you get to be a part of something this special in your lifetime. We plan on having a five-day celebration beginning on Friday, March 13, with the big finale the following Tuesday. We've even sent a letter to City Council and asked to have March 18 declared a civic holiday so everyone can recover," joked Bond.

To kick off the event, the hotel is hosting the first ever Heritage *Fest O' Ale*. Several of British Columbia's finest micro-breweries will be offering product samples in the Hume Room from noon to 6 p.m. on March 14, and all proceeds raised from the event will be donated to the Nelson Hospice Society.

"The Nelson Hospice Society has been our charity of choice for a few years now, and every bit that we can do to help is our pleasure," said Bond.

"Confirmations for the event have been received from the Nelson Brewing Company, Tin Whistle & Wildhorse Breweries from Pentiction, Okanagan Springs from Vernon, Bear Brewing from Kamloops, Mount Begbie from Revelstoke, Columbia Breweries from Creston & a few others that we are still waiting to finalize," he said.

Following the *Fest O' Ale* will be a *Spirit & Cigar Soiree*.

"Paddy Glenny from the Nelson Brewing Company, even made a special trip to Cuba just to pick up the cigars," said Bond.

The evening will be semi-formal and will feature hors

d'oeuvres and other specialties. Tickets are available at the Heritage Inn and the Nelson Brewing Company.

Live entertainment is planned for Mike's Place Pub, featuring the Okanagan-based Celtic group Kinship appearing for four nights.

An added bonus is that the Inn's monthly *Yuk Yuk's On Tour* comedy show just happens to fall on St. Patrick's Day.

In preparing for the celebration the Heritage Inn staff has been busy behind the scenes.

"We've been implementing changes that we feel are improving the hotel and its services to our guests," said Bond.

"We installed a new point of sale system this past year, added a Website, and just recently introduced new restaurant menus. The building may be 100 years old, but the warmth and character the hotel exudes is priceless.

"We are very fortunate to have a proficient team of employees that keep the hotel looking its best."

The Heritage Inn has been owned and operated under the leadership of Dave and Sheila Martin since February 1980.

## Student writers showcased

NELSON - The public will get a chance to hear the authors of tomorrow and the people who teach them at a series of public readings March 6-7 at Nelson Municipal Library.

Hosted by the writing studio of the Kootenay School of the Arts, the weekend seminar will bring together student writers from Eastern Washington University, Okanagan University College, Selkirk college and KSA.

"The students will attend readings and workshops, as well as give readings themselves," said KSA writing studio co-head

Verna Relkoff.

"A big part of the event is the social aspect -- a chance for new writers who are studying in different places to compare notes with each other on techniques, authors they admire, good places to publish, and much more."

Among the guest authors featured in the public readings will be the Slocan Valley's Rita Moir (*Survival Gear*), R.W. Sandford (*The Book of Banff*) and poet John Lent (*Monet's Garden*).

Admission to the public readings is \$5. Contact KSA for a complete schedule.

The Columbia Basin Trust & The Royal B.C. Museum

### LIVING LANDSCAPES PROGRAM

### INVITATION TO SUBMIT RESEARCH PROPOSAL FOR FUNDING

The Columbia Basin Trust, in partnership with the Royal British Columbia Museum, invites individuals and organizations in the Basin to apply for funding for research projects which will improve the understanding of the human and natural history of the Columbia Basin.

Research Proposals should address one or more of the major objectives of the Living Landscapes Program including:

- Develop a guide to the existing natural and human history resources in the Columbia Basin
- Projects related to natural history, especially endangered species or threatened habitats
- Studies of human history, information related to the genealogy and people of the area
- Case studies of Columbia Basin communities that have been significantly affected by the dams of the Columbia River
- Education projects that result in programs for school or community use that convey knowledge about the human and natural history of the Columbia Basin
- Web site content development using information gathered from research and educational projects.

To get a detailed request for research proposals and additional background information call now:

Patty Bossort or Peter van der Velden

Co-ordinators, Columbia Basin Living Landscapes Program

Phone: (250) 358-2745 (Silverton) Fax: (250) 358-2746

email: pbossort@insidenet.com

Deadline for submission of research projects :

March 27, 1998



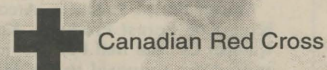
# ICE STORM '98 Thank You!

TO OUR CONTRIBUTORS :

... for giving nearly \$10 million\* to help the most vulnerable, filling the gaps between private insurance and government assistance.

TO OUR MORE THAN 3000 VOLUNTEERS :

... for your dedication, hard work and service to others.



\* The Red Cross is still accepting donations for ice storm relief. Donations earmarked "Red Cross - Disaster Response" can be made at your local Red Cross, or sent to the Canadian Red Cross National Office, 1800 Alta Vista Drive Ottawa, Ontario, K1G 4J5.

## Please Help The Alzheimer Society

Contact the Alzheimer Society in your area or the Alzheimer Society of Canada at 1320 Yonge Street, Suite 201, Toronto, Ontario M4T 1X2 (416) 925-3552 www.alzheimer.ca

# COUNCIL CAPSULES

## Baker St. Inn wins

The recently remodeled Baker Street Inn/Best Western received the City of Nelson's 1997 award for Heritage Building of the Year.

"The project was quite an endeavor, but we took the bull by the horns and got the job done," said general manager Cathy Hansen.

Although the building is not a traditional "heritage" building, City Council wanted to recognize Best Western's effort to make the design harmonious with the vision of the downtown core.

Previous winners of the award include Kootenay School of the Arts, Lord Nelson Hotel, and the Central School.

## Grant approved

Festival Nelson is preparing for its 1998 event, scheduled for April 17-18.

The Festival's goal has been to encourage musical arts by providing a high quality educational experience for students in the community. However, cutbacks in education funding have put this objective at risk.

In order to help cover their costs, Festival Nelson approached City Council for a grant-in-aid of \$400 and the request was approved. Matching funding from RDCK will also be ensured by the City.

## Expansion denied

The voice of the community prevailed when the rezoning application that would have expanded the Anderson Street Chevron to a 24-hour facility was denied by council last week.

After weeks of discussion and debate, the issue came to a climax at the final public hearing where more than 50 people expressed their opposition to the proposed convenience store and gas pump service.

"I love it that this town engenders that type of passion," said councillor Judy Gayton.



## 'Heart To Heart' dinner

Heart To Heart charity foundation chairman Ernie Diotte (right) and steering committee member Jim French, president of Local 10 of the B.C. Government Employees Union, flank Gardeli's Restaurant hostess Marissa Oglow in the kitchen of the Lord Nelson Hotel. The hotel has donated its dining facilities for Heart To Heart's March 19 free Community Dinner for individuals and families who are unemployed or on social assistance. The menu, featuring both vegetarian and non-vegetarian dishes, will be prepared by cooking students from Selkirk College who have donated their time and expertise. "The date of March 19 was specifically selected because it falls during one of the five-week periods between social assistance cheques, when some members of our community really feel the pinch," said Diotte. "We're especially grateful to the Lord Nelson Hotel and the Selkirk cooking students for making this community meal a reality." The dinner starts at 4:30 p.m., and Diotte said Heart To Heart expects to feed upwards of 300 guests.

# Ski school benefit will help Williams

By Paula Wilson

NELSON - With the recent snowfall the mountains are primed, and on Sunday you have more of a reason to hit the slopes

On March 8, Whitewater Ski Area is sponsoring a Jan Williams Ski School Benefit, with all proceeds from snowboard, ski and telemark lessons donated to the Jan Williams Fund.

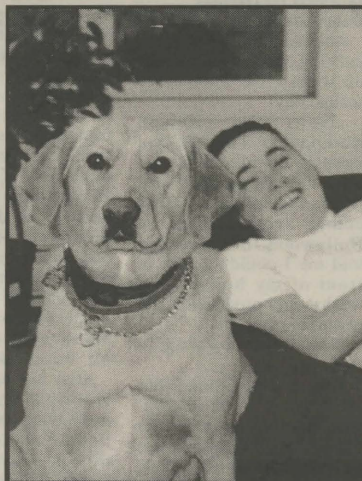
Group sessions for adult, youth, and juniors begin at 9:30 and 11:15 and private lessons run all day.

Williams is a 13-year-old Nelson resident currently undergoing treatment for acute lymphatic leukemia at the Children's Hospital in Vancouver.

"Although he misses his friends, his school and his hockey, Jan is in good spirits," said Emily Beauchamp, one of the organizers of the fund-raising campaign.

The Williams Family Benefit Fund at CIBC will be used to help the Williams family with the costs of travel and accommodation in Vancouver.

The fund will also provide emergency assistance for other Nelson families faced with similar situations.



Jan Williams has his dog to comfort him in his battle against leukemia at Children's Hospital in Vancouver.

when necessary, and sometimes expressed your appreciation."

Neville will return on May 13 for an honorary roast. "We haven't always agreed, but I have a tremendous amount of respect for the years John has given to public service," said councillor Marianne Bond, who replaces Neville as the senior member of council.

The vacant council chair will be filled after a byelection on May 23.

Candidates for the position must file an application with City Hall between April 7-17.

# Neville says goodbye

By Paula Wilson

NELSON - After working with city council for 20 years, John Neville bade a fond farewell last week prior to moving with his wife Heather to the Gulf Islands.

At an emotional council meeting, Neville read his letter of resignation, which included a thankful message for the citizens of Nelson.

"I should like to say a very special thank you to the citizens of Nelson," Neville reflected, "I am truly grateful to have had the opportunity to have been a fully-participating member of the community for so many years.

"You have voted for me, offered advice, criticized me

You are Invited . . .

## The Slocan Valley Medical Clinic

invites you to an open house,

on Saturday March 7th,

from 1:00 pm to 4:00 pm,

at 3118 Slocan Park Road

(just off highway #6 in Slocan Park.)

Come and meet our health care practitioners:

Dr. E. Barbour - Medical Doctor

Dr. K. McKenzie - Chiropractor

Stephane Fournier - Dr. of Traditional Chinese Medicine

Bruce Coyle - Dental Hygienist

Dr. S. Thordarson - Dentist

and join us in celebrating our first anniversary

**INSIDE**  
YOUR  
COMPUTER  
CONNECTION **NET**

**INTERNET**

Join Now! **7.95**  
MONTH

**E-mail Only**

**CALL**  
**354-0288**

**INSIDENET**

373 Baker Street Suite #4

Nelson, B.C. V1L 4H6

E-mail: sales@insidenet.com

## Men's Group

### Do You Sometimes ...

- feel you are losing control of yourself?
- argue violently with you wife or partner?
- call her names, put her down?
- threaten her?
- push shove or strike her?
- think your children are frightened by your actions?

### Are You Feeling ...

- frustrated, angry, hurt, confused?
- inferior - because you've lost your self-respect and the respect of those you love?

### Then You Should ...

- Take the first step towards change. Call the **Nelson Community Services Centre** (701 Front Street) at 352-3504 to register for the Men's Group by **Friday March 6, 1998.**

**When:** Starting Monday, March 9, 1998 and running **Monday and Wednesday** evenings for **8 weeks** (16 sessions) from 7:00pm to 9:30pm.

**Cost :** No Charge

This program is funded by the Ministry of the Attorney General

# EXPRESS

PHONE: (250) 354-3910 EDITORIAL 354-1118 FAX 352-5075  
554 WARD STREET, NELSON, B.C. V1L 1S9

E-MAIL: [express@netidea.com](mailto:express@netidea.com)

OFFICE HOURS: Monday to Friday, 10 a.m. to 4 p.m.

## Censorship is alive and well

Another national *Freedom To Read Week* has come and gone, but unless you saw the posters or read the handouts at Nelson Municipal Library, chances are you didn't even know about it. That's a sad commentary -- and only serves to underline the fact that when it comes to curtailing the public's unfettered access to books and other printed material, it's our federal and provincial legislators who are doing most of the damage.

That's not to say the existing laws against promoting hatred, distribution of pornography or incitement to criminal activity should be trampled in the name of "intellectual freedom." Those laws provide the safety net that allows intellectual freedom to flourish.

But censorship is another matter. Right here in Nelson, plainclothes police officers acting on a citizen's complaint recently seized some "alternate lifestyle" publications at a downtown shop. The publications were later returned, but the fact they could be seized in the first place is a chilling reminder that ours is hardly a free and open society -- at least when it comes to printed material.

Books and magazines are not the only targets of censorship zealots. In response to the Internet's burgeoning into the largest and most complex communications system in history, it's not surprising that the issue of control over what is communicated via the 'Net is now a matter of concern to those who would impose their particular brand of censorship. As recently as last summer, an NDP Member of Parliament introduced a bill that would require all Internet service providers to be licensed by the federal government.

Government's assault on the right of Canadians to read what we want when we want has been subtle, but steady. Ottawa continues to apply the GST to books and routinely chops cultural funding, affecting the continued existence of smaller publishing houses and bookstores. On the provincial and municipal levels, budgets for school books and libraries have steadily declined. Add to this the implications of looming new international trade agreements that threaten Canada's ability to protect our cultural industries, and it has to be said that our right to free access to print materials is on shaky ground at best.

The best way to fight it is to take an active role. Read a banned book, download a "controversial" web page, but above all don't let complacency allow censorship to flourish.

## What sort of message sent?

Dear Editor:

I recently sat in on proceedings at the Nelson Court House. I had gone there because of my interest in one particular case, that of a young driver who struck and seriously injured two children as they walked home from school last June. A class of about two dozen high school students were also in the courtroom on the day I attended.

I was shocked when the only charge brought forth was one of "driving without due care and attention." On the day following the accident, a newspaper headline read "Two kids hit by speeding car," and a police officer was quoted as saying "Speed was definitely a factor."

Why was the driver not charged with speeding?

I can't help but wonder what sort of message this sends to other young drivers. It appears that the charges were minimal, despite the fact two children came very close to losing their lives.

It must be made clear that driving in a reckless, irresponsible manner will not be tolerated or condoned.

Simonne LeBlanc  
Nelson

## We want less government!

Dear Editor:

Another note on shifting parking from one side of the street to the other, every second day.

Now the Nelson Ratepayers suggest we keep it up all spring as well, in order to clear sand from the streets. This comes right after a Hollywood film company told me I couldn't park in front of my house for a week -- and produced a city permit to prove it.

What else is going to come up?

Nelson City Council has yet to come to the realization that the rest of this country has: We want less government in our lives. Leave us alone! We do not want to be herded around like sheep, especially when somebody says it's for our own good.

Are the people in charge of bylaws and permits in this city working on commission?

# Editor's mailbag

The only thing that satisfies me is that I'm sure I'll get a tax break for not being allowed to park in front of my own house.

Booth Caldwell  
Nelson

## Water users not represented

Dear Editor:

I attended a Perry Ridge Local Resource Use Plan meeting at Winlaw School on Feb. 9. I came as an observer to hear Dwayne Boyer, an engineer from the Ministry of Environment, give a talk about the risk of landslides and other such earth movements.

Attending this meeting officially were eight forestry and logging representatives, two Ministry of Environment representatives and one small business representative.

Not represented were the majority of water users on Perry Ridge. These water users have withdrawn because they see these LRUP meetings as a whitewash to enable the government to pretend that there is local input while they continue to plan logging and build roads without the proper studies being done.

Mr. Boyer described the various types of moving earth disasters and how some of them are caused by excess water. The part of his talk that perked me up was when he said that extensive studies have shown that when about 20 percent (in some cases less) of the timber is removed from the watershed, there is significant change to the water flow of that drainage. He said more studies would need to be done to more accurately determine just how much that percentage would be. One of the loggers asked, if in certain instances it would be possible to take out 40 percent. Mr. Boyer said no.

After having farmed here at Perry Siding for 35 years and having paid close attention to our creek, none of this is news to me. Our family learned that fact when our watershed was burned off in 1910 and the creek dried up every summer until the forest grew back.

Frank Nixon  
Perry Siding

## Still waiting for an answer

Dear Editor:

On Dec. 1, 1997, the Perry Ridge Water Users' Association wrote to Forest Minister David Zirnelt to inform him of our decision not to participate in the Local Resource Use Planning process, and requesting that this process be suspended pending the completion of extensive terrain stability studies.

The reasons for our non-participation are included in that letter, but briefly they are that the Supreme Court has overturned the injunction and called the existence of the road into question; government and independent scientists have recommended that no logging or road building take place until extensive terrain stability studies take place; and the lack of a cost/benefits analysis to determine the economic feasibility of logging people's water supplies. We have yet to have the courtesy of a reply from Mr. Zirnelt.

Since that letter, the Supreme Court has upheld the initial decision to overturn the injunction, and Mr. Boyer (Ministry of Environment) and Mr. Vandine (independent consultant) have reiterated their recommendations that no development occur on Perry Ridge until further studies are completed. They called for a scientific panel to make recommendations regarding these studies.

Why does the Ministry of Forests insist on proceeding with a planning process that is inconsistent with scientific and judicial realities?

We are still awaiting a response.

Don Warthe,  
Chairperson,  
Perry Ridge  
Water Users Association

## PM should take tip from Cherry

Dear Editor:

Prime Minister Jean Chretien was way offside when he recently whined about how he makes less money than the worst player in the National Hockey League.

Actually, he was right -- but so what? A more relevant comparison the Prime Minister might consider is that most Canadian taxpayers make less money than

the worst-performing MP in the House of Commons.

And what about the gold-plated MP pension? Comparing that to what's available to ordinary Canadians is like comparing a pee wee hockey team to the Stanley Cup champions.

That's why all this recent moaning from some MPs on how underpaid they are is so hard to stomach. Let's face it, the average back-bench MP is little more than a benchwarmer for his/her political party. On important legislative matters, MPs act as sales reps for their party, as well as being local ombudsmen on less contentious issues.

For this, MPs are more than adequately compensated. Their real salary of over \$100,000 per year puts them in the top 10 percent of Canadian households.

Maybe the Prime Minister should spend less time feeling sorry for himself and more time trying to reform Parliament so that MPs can actually earn their high salaries.

In the mean time, Mr. Chretien should leave hockey commentary to Don Cherry.

Steven Harper  
National Citizens Coalition  
Toronto

## Truant senators take heed!

Dear Editor:

Last fall Canadians became angry over Senator Andrew Thompson's absence from work. From January to October of last year, he had attended only two of 99 Senate sittings. Last month this record cost Mr. Thompson his job.

The trouble, however, is that Thompson has not been the only senator absent from work. Last year, 27 senators missed 40 percent or more of designated sittings.

Canadians should ask, what would happen if we were absent half the time from our place of work?

Watchdog Newsletter has a list of all the truant senators and their mailing address. Tell them what you think! The list is available by fax to 506-454-8245.

David Murrell,  
Watchdog Newsletter,  
Fredericton, NB

EDITOR-IN-CHIEF AND PUBLISHER: Nelson Becker  
EDITOR: Murray Greig ASSISTANT EDITOR: Paula Wilson  
ADVERTISING: Cindy Leishman

RECEPTION: Marina Kiborn DISTRIBUTION MANAGER: Eugene Schmunk (354-1100)  
March 4, 1998 Volume 10, Number 9 ISSN 1196-7471

The Express Newspaper is owned by Kootenay Express Communication Corp.



## Letters policy

We encourage our readers to write to us. Letters are a way for you to speak to your community, to give new information, participate in a discussion or express an opinion.

Please address letters meant for publication to the Editor. We do not accept open letters or poetry of any kind. 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. Commentaries usually

require some research, and should offer new information as well as an opinion.

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, or letters or commentaries that have appeared in other publications or contain personal attacks, derogatory comments or promote violence, racism or sexism. Opinions in the *Express* are not necessarily those of the publisher or the *Express* advertisers.

# STREET TALK:

WE ASKED:

"Who is your personal hero?"



"My mom, for all the things she has done for me. If I was female, I would want to be her."

Garrett Mosher  
Nelson



"Hailey Wickenheiser, (Canada's national women's hockey team), because I want to be in the Olympics."

Lisa Nixon  
Nelson



"Alexander Mogilny of the Vancouver Canucks, because I love hockey and he's good."

Patrick McKinnon  
Nelson

## EXPRESS PRESENTS

### 'GOOD NEIGHBOR' OF THE WEEK



**Martha Blumer**

"I have a bad habit," explains 88-year-old Martha Blumer, "I can't say no." Martha divides her time between making breakfast for friends, shopping for neighbors, grafting trees, recycling tuna cans into pin cushions, making crafts for fundraisers, and donating haircuts. And she never asks for anything in return for her volunteer services. Mary Audia, Day Center Coordinator for Broader Horizons, has worked with Martha for ten years and witnessed her good work first-hand. "She is the essence of Nelson in terms of helping people," says Audia. "Martha is very modest and spiritual ... a model for solid citizenship."

The EXPRESS is proud to recognize local Good Neighbors in this space each week. If you know of someone who qualifies as a Good Neighbor, drop us a line at 554 Ward St., or fax to 352-5075.

### Early registration for SATs at Selkirk

CASTLEGAR - The next sitting of the SAT test at Selkirk College is May 2, but the early registration deadline is March 4. The regular deadline is March 26.

The SAT is the standardized test required for admission to U.S. universities. Anyone interested in taking the exam can acquire registration info at any Selkirk campus.

# Kokanee Creek Park offers camp for kids

NELSON - If you're looking for a fun and creative environment for your kids to enjoy during the upcoming spring break from school, head to Kokanee Creek Provincial Park.

Park naturalists have organized a fun-filled week of indoor and outdoor activities, exploring this special "right-in-your-own-backyard" environment. Each day will focus on a different theme, from animal antics and mini safaris to "water wonders."

"It's a great way for kids to have fun, meet new friends and learn about the great outdoors," says Kokanee Park

spokesperson Nancie Dohan.

The Spring Break Day Camp will run daily from 9 a.m. to 3 p.m., March 16 through March 20.

Youngsters between the ages of five and 12 can sign up for the entire week, or for as many days or half-days as they wish. The cost is \$25 per day for the first child in a family, and \$22 per day for each additional child.

Space is limited, and pre-registration by March 10 is required.

For more information or to pre-register for the Spring Break Day Camp, call Nancie Dohan at 354-4723.

## Landfilled Garabage Goes Way Down in '97

The fact that recycling improved 33% in 1997 was great news; even better news was a 31% reduction in garbage sent to the landfill.

Garbage in the Central Subregion of the is collected at transfer stations in Balfour, Nelson and Ymir, as well as a station at the Canex landfill. In 1997, approximately 6,318 tons of waste was transferred to the landfill. This compares to 9,199 tons in 1996.

The greatest reduction occurred at the transfer station at the Canex landfill where a 63% drop in the amount of garbage was registered. This transfer station was used by many people who lived outside the Salmo and Area G region. These people took advantage of free dumping until the user fees for waste disposal were imposed on March 1, 1997. When these

people had to pay, they went back to using their landfill in the Regional District of Kootenay Boundary.

After March 1, gates were placed on all transfer stations and hours of operation were restricted. This was undoubtedly one of the main reasons the Ymir transfer station experienced a 52% drop in garbage sent to the landfill.

The Balfour transfer station sent 33% less garbage to the landfill and the Nelson transfer station recorded a 25% drop in garbage.

Whatever the reason, 1997 saw a big drop in landfilled garbage. This extends the life of the existing landfill and delays the expensive procedure of searching for a new

landfill. Let's hope 1998 continues this good news!

### Three Rs



Michael Jessen

RECYCLING HELPLINE 352-2412 • REDUCE • REUSE • RECYCLE  
THIS FEATURE SPONSORED BY:

**Nelson & District Credit Union**

Nelson 352-7207

East Shore 227-9221



Open 9:30-6:00 Mon. to Sat., Fri. 'til 8:00 pm  
296 BAKER STREET, NELSON • 354-4077

# RICE DREAM SALE

ORIGINAL  
1% Fat Non-Dairy Beverage  
Made From Brown Rice  
See Side Panel For Nutritional Information  
32 FL. OZ. 946 ml

Original, Vanilla, Carob non-dairy beverage

Sale Price  
**\$1.99** /litre  
or  
**\$22.69** /case

**MARCH SPECIAL**

Experience the great taste!

**DEMO: Friday, March 6 10:00 till 2:00**

**CANADIAN**  
  
**For 1 Pizza**  
**352-1999**  
 Lasagne • Salad • Ribs • Wings

# CALENDAR

**Wed. March 4**

BIBLIOTHEQUE FRANCOPHONE  
 7-9 a la bibliothèque Municipale de Nelson (sous-sol) par AFKO infos. 352-3516, Jeanne.

\*KATHLEEN SHANNON: ON FILM, Feminism and Other Dreams" video worth seeing!  
 Women's Centre 7 p.m. 352-9916.

WILD WEDNESDAY at the Outer Clove. Buffalo Gals. All women's bluegrass band. Tapas & Drink specials. 7-9 p.m.

REGGAE NIGHT at Utopia.

FAMILY DROP-IN PLANNING PROJECT well underway. Community input essential. Meetings Wednesday 10-12 Women's Center. 352-7668.

POSTPARTUM DEPRESSION SUPPORT GROUP. 10-11:30am For info call Judith. 352-2911. Sponsored by Nelson & District Home Support.

IS OVEREATING A PROBLEM? Overeaters Anonymous meetings every Wednesday at 7pm. Sloan Valley. Call Debbie at 226-7609. All calls confidential.

WILD WEDNESDAY every Wednesday at The Outer Clove. Live music. 7pm. 2 for 1 Tapas and cheap pitchers.

YOGA CLASSES IN QUEENSBAY All welcome. 8-10am. To register call Carol Erickson, 229-4793.

TAI CHI & QI GONG with Rex Eastman. (Mon/Wed) 7:30pm. Relaxing, gentle exercise. 444 Baker St. 352-3714, 352-2468.

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

PLANNED PARENTHOOD CLINIC: 6:30 to 9pm. Drop-in. Birth control, pregnancy and STD testing. 333 Victoria St. 354-1322.

SENIORS BRANCH #51. Drop in Tue to Fri, 1-4pm for a visit, cards, pool, shuffleboard. 717 Vernon St.

NARCOTICS ANONYMOUS. 7:30pm, 601 Front St., Nelson. Rear basement entrance. Info. 352-7318.

AIKIDO THE ART OF PEACE. Mon/Wed/Fri. Children, 4-5pm. Adults 6-7:30pm. Rod & Gun Club. Call 353-7482 for info.

**Thurs. March 5**

MOM'S GROUP Baby Massage - A hands on session with Joanne Emily Public Health Nurse. 1-3 p.m. Nelson Home Support. 905 Gordon Rd. 352-2911. Free incl. baby sitting.

DISCOTEQUE with DJ Hula Hoop at Utopia.

THE REFUGEES at the Civic.

HOT LIVE JAZZ in the playpen at Glacier Gourmet tonight. 8-10pm. Darcy Hepner with Laura Lansberg. Admission by donation.

SEX & LOVE ADDICTS ANONYMOUS. A safe place to share your experience. 7:00-8:30pm, Nelson. 354-4352.

NELSON TABLE TENNIS CLUB. 6:30-9:00, Mon/Thurs, except school holidays & closures. At Blewett School. 352-6755.

SENIORS BRANCH #51. Drop-in. 7-10pm. Tue & Fri. 717 Vernon St., Nelson.

NELSON YOUTH COUNCIL meets Thursdays, 4pm at Nelson & District Youth Centre. Call Nicole Brunton, 352-9109.

YOGA CLASSES. Beginners welcome. Dynamic yet relaxing practice. Nelson Rod & Gun Club. 5:30-7:00pm. To register call Carol Erickson, 229-4793.

TAI CHI & QI GONG with Rex Eastman (Tues/Thurs) 10am. Relaxing, gentle exercise. 444 Baker St. 352-3714 or 352-2468.

**Thurs. March 5**

MOM'S GROUP Baby Massage - A hands on session with Joanne Emily Public Health Nurse. 1-3 p.m. Nelson Home Support. 905 Gordon Rd. 352-2911. Free incl. baby sitting.

DISCOTEQUE with DJ Hula Hoop at Utopia.

THE REFUGEES at the Civic.

HOT LIVE JAZZ in the playpen at Glacier Gourmet tonight. 8-10pm. Darcy Hepner with Laura Lansberg. Admission by donation.

SEX & LOVE ADDICTS ANONYMOUS. A safe place to share your experience. 7:00-8:30pm, Nelson. 354-4352.

NELSON TABLE TENNIS CLUB. 6:30-9:00, Mon/Thurs, except school holidays & closures. At Blewett School. 352-6755.

SENIORS BRANCH #51. Drop-in. 7-10pm. Tue & Fri. 717 Vernon St., Nelson.

NELSON YOUTH COUNCIL meets Thursdays, 4pm at Nelson & District Youth Centre. Call Nicole Brunton, 352-9109.

YOGA CLASSES. Beginners welcome. Dynamic yet relaxing practice. Nelson Rod & Gun Club. 5:30-7:00pm. To register call Carol Erickson, 229-4793.

TAI CHI & QI GONG with Rex Eastman (Tues/Thurs) 10am. Relaxing, gentle exercise. 444 Baker St. 352-3714 or 352-2468.

**Thurs. March 5**

MOM'S GROUP Baby Massage - A hands on session with Joanne Emily Public Health Nurse. 1-3 p.m. Nelson Home Support. 905 Gordon Rd. 352-2911. Free incl. baby sitting.

DISCOTEQUE with DJ Hula Hoop at Utopia.

THE REFUGEES at the Civic.

HOT LIVE JAZZ in the playpen at Glacier Gourmet tonight. 8-10pm. Darcy Hepner with Laura Lansberg. Admission by donation.

SEX & LOVE ADDICTS ANONYMOUS. A safe place to share your experience. 7:00-8:30pm, Nelson. 354-4352.

NELSON TABLE TENNIS CLUB. 6:30-9:00, Mon/Thurs, except school holidays & closures. At Blewett School. 352-6755.

SENIORS BRANCH #51. Drop-in. 7-10pm. Tue & Fri. 717 Vernon St., Nelson.

NELSON YOUTH COUNCIL meets Thursdays, 4pm at Nelson & District Youth Centre. Call Nicole Brunton, 352-9109.

YOGA CLASSES. Beginners welcome. Dynamic yet relaxing practice. Nelson Rod & Gun Club. 5:30-7:00pm. To register call Carol Erickson, 229-4793.

TAI CHI & QI GONG with Rex Eastman (Tues/Thurs) 10am. Relaxing, gentle exercise. 444 Baker St. 352-3714 or 352-2468.

**Thurs. March 5**

NARCOTICS ANONYMOUS. 7:30pm. St. David's Anglican Church, 614 Christina Place, Castlegar. Toll free help line 1-800-342-7439

AIR CADETS! Flying, gliding, wilderness survival. 6:30pm. South Nelson School. Ages 12-18. Darrin 354-1157 or Janine 357-9486

LEARN THE MARTIAL ART made famous by Bruce Lee, Wing Chun Kung-Fu. First class free. 5:45-7pm. 352-6282.

AIKIDO at the Rod and Gun Club, 6pm: Mon., Wed., & Fri. Children at 3:30pm Mon. and Fri. Also in Kaslo. Call 353-7482.

**Fri. March 6**

BRICKHOUSE -- rockin' blues at the Royal.

WORLD DAY OF PRAYER. Nelson United Church 602 Silica St. Nelson 1:30 p.m. Theme Madagascar.

STRESS LESS CLINIC open house. Draw for free massage, aromatherapy, acupuncture and naturopathic treatments. 577 Baker St., 3-5 p.m. 354-1998.

KOOTENAY GALLERY hosts public reception celebrating new exhibit "skin and bones" uncomrom sculpture by Amy Swartz. 7 p.m.

KOOTENAY JEWISH CULTURAL ASSOCIATION potluck Shabbat dinner. Bring dish, \$3 per "family" 6 p.m. 810 Silica St. RSVP 352-5150.

STRUGGLAH at Utopia. Reggae. OFF THE WALL fundraising exhibit until April 2 at the Kootenay Gallery features work of local artists and craftspeople.

AIKIDO INTRODUCTORY COURSE for adults: April 3-June 5, 5-6 p.m. \$50. Call 353-7482.

HOT JAZZ LIVE in the PLAYPEN at Glacier Gourmet. 8-10:30pm. Darcy Hepner with Gary Edahoffer. Admission by donation.

AIKIDO THE ART OF PEACE. Mon/Wed/Fri. Children, 4-5pm. Adults 6-7:30pm. Rod & Gun Club. Call 353-7482 for info.

PARENT SUPPORT GROUP. 10-12, 312 Silica. Daycare available. For more information call 825-9234 or 354-4665.

**Fri. March 6**

BRICKHOUSE rocks the Royal Blues.

FOURTH ANNUAL BIG LIP SYNC CONTEST, 7:30 p.m. Capitol Theatre. Tickets \$6/\$8.

STRUGGLAH plays reggae at Utopia.

HOT LIVE JAZZ in the playpen at Glacier Gourmet tonight. 8-10:30 p.m. Darcy Hepner & Friends.

W.K. DAMBUSTERS SCUBA CLUB meeting downstairs at Cafe Neon, Castlegar. Slide presentation: diving in the Maldives Information: 354-3963.

INTERNATIONAL WOMEN'S DAY POTLUCK and multicultural celebration 5:30 p.m. Trinity United. Come and share! Everyone welcome. 352-9916.

COACHES CERTIFICATION NCCP Level one theory. March 7 & 8. CIC Nelson 229-4401 to preregister. (Sat & Sun)

WEEKLY MARTIAL ARTS applications seminar. Qi-gong rooting drills, locks and throws. All levels. noon-3pm, 533 Baker St.

NARCOTICS ANONYMOUS. 7:30pm, 601 Front St., Nelson. Rear basement entrance. Info: 352-7318. Closed meeting.

**Sat. March 7**

OVEREATERS ANONYMOUS. Rm 47, Kootenay Lake District Hospital. 7:15 to 8:30pm. Info: Heather, 352-6813.

SEA CADETS. Upstairs at the Nelson Legion. 7pm. For youths 12-18. 352-3128.

NARCOTICS ANONYMOUS. 7:30pm, 801 Conners Rd., Castlegar. Toll free 1-800-342-7439

NAVY LEAGUE. Upstairs at the Legion, Nelson. 7pm. For youths ages 10 - 13. 352-3128.

NINE BALL POOL TOURNAMENT at the Royal Blues Pub & Grill. Every Monday night.

SHAMBHALA CENTRE Open House 444 Baker Street. Buddhist/Shambhala meditation instruction at 7pm; talk 8pm.

**Sat. March 7**

OVEREATERS ANONYMOUS. Rm 47, Kootenay Lake District Hospital. 7:15 to 8:30pm. Info: Heather, 352-6813.

SEA CADETS. Upstairs at the Nelson Legion. 7pm. For youths 12-18. 352-3128.

NARCOTICS ANONYMOUS. 7:30pm, 801 Conners Rd., Castlegar. Toll free 1-800-342-7439

NAVY LEAGUE. Upstairs at the Legion, Nelson. 7pm. For youths ages 10 - 13. 352-3128.

NINE BALL POOL TOURNAMENT at the Royal Blues Pub & Grill. Every Monday night.

SHAMBHALA CENTRE Open House 444 Baker Street. Buddhist/Shambhala meditation instruction at 7pm; talk 8pm.

**Sun. March 8**

INTERNATIONAL WOMEN'S DAY

**Sun. March 8**

"TEN DAYS" hunger supper. Saint Saviour's Anglican Cathedral. 5:30 p.m.

SAHAJ MARG MEDITATION introductory talk. 11 a.m.-1 p.m. 601 Front St. Emporium Building upstairs. Information 354-4509.

OPEN HOUSE at Nelson Museum for streets of Nelson historical exhibition 2-4 p.m. Everyone welcome.

UNITY FELLOWSHIP STUDY GROUP. 12pm. Nelson Library, Victoria Str entrance. Info: 354-4343. Everyone welcome.

NARCOTICS ANONYMOUS. 7:30pm. St. Andrew's Anglican Church, Trail. 1347 Pine St., Trail. 1-800-342-7439.

**Mon. March 9**

LA LECHE LEAGUE MEETING Mother to Mother breastfeeding support 7-9 p.m. Kootenai Place 333 Victoria St.

MOM'S GROUP: Exploring Ourselves as Mothers - ongoing discussion about roles, communication, self-esteem, 10 a.m. to noon. Nelson Home Support Services. 905 Gordon Rd. Free including babysitting. 352-2911.

TAI CHI COURSE. Includes Chi Kung, Meditation, Awareness Through Movement Lessons, Tai Chi Chuan. \$10 drop in. Instructor, Lars Chase, 352-5582.

AIKIDO THE ART OF PEACE. Mon/Wed/Fri. Children, 4-5pm. Adults 6-7:30pm. Rod & Gun Club. Call 353-7482 for info.

SCOTTISH COUNTRY DANCING. 7:30-9:30, Central School gym. Jigs, reels, strathspeys. Beginners welcome! Info: 352-3951.

KUNG FU WITH REX EASTMAN (Mon/Wed) 3:30pm. Martial arts of ancient China. 444 Baker, Nelson. 352-3714, 352-2468.

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

NARCOTICS ANONYMOUS. 7:30pm. 601 Front St., Nelson. Rear basement entrance. Information, 352-7318.

**Mon. March 9**

OVEREATERS ANONYMOUS. Rm 47, Kootenay Lake District Hospital. 7:15 to 8:30pm. Info: Heather, 352-6813.

SEA CADETS. Upstairs at the Nelson Legion. 7pm. For youths 12-18. 352-3128.

NARCOTICS ANONYMOUS. 7:30pm, 801 Conners Rd., Castlegar. Toll free 1-800-342-7439

NAVY LEAGUE. Upstairs at the Legion, Nelson. 7pm. For youths ages 10 - 13. 352-3128.

NINE BALL POOL TOURNAMENT at the Royal Blues Pub & Grill. Every Monday night.

SHAMBHALA CENTRE Open House 444 Baker Street. Buddhist/Shambhala meditation instruction at 7pm; talk 8pm.

**Mon. March 9**

OVEREATERS ANONYMOUS. Rm 47, Kootenay Lake District Hospital. 7:15 to 8:30pm. Info: Heather, 352-6813.

SEA CADETS. Upstairs at the Nelson Legion. 7pm. For youths 12-18. 352-3128.

NARCOTICS ANONYMOUS. 7:30pm, 801 Conners Rd., Castlegar. Toll free 1-800-342-7439

NAVY LEAGUE. Upstairs at the Legion, Nelson. 7pm. For youths ages 10 - 13. 352-3128.

NINE BALL POOL TOURNAMENT at the Royal Blues Pub & Grill. Every Monday night.

SHAMBHALA CENTRE Open House 444 Baker Street. Buddhist/Shambhala meditation instruction at 7pm; talk 8pm.

**Mon. March 9**

**ROYAL BLUES**



Pub & Grill

**Tues. March 10**

NELSON NATURALISTS meet at Selkirk College 7:30 p.m. Everyone welcome.

DAISY DEBOLT at the Capitol. JAZZ red light night at Utopia.

TEENS NIGHT OUT. Billiards, music, group games & discussions. Sr. High: 7:15-10p.m.; Jr. High: 6:30-9p.m. 611 5th St., Baptist Church. 352-9115.

RELAXATION PRACTICE. Cheryl Willin, Nelson Jubilee Manor, Sally Pearson Room, 501 W. Beasley, Nelson.

YOGA CLASSES for experienced students. Relax & renew. Nelson Rod & Gun Club. 5:30-7:00pm. To register phone Carol Erickson at 229-4793.

NARCOTICS ANONYMOUS. 7:30pm. St. Andrew's Anglican Church, 1347 Pine St., Trail. Toll-free help line: 1-888-342-7439.

SENIORS BRANCH #51. Drop-in. Open 7-10pm. Tues to Fri. 717 Vernon.

SWEET ADELINES PRACTICE at Trail Pentecostal Church. 7pm. Anyone interested call Shari at 357-2637.

MANIA OR DEPRESSION. Call Lisa for information on support group. 354-4380.

LEARN THE MARTIAL ART made famous by Bruce Lee, Wing Chun Kung-Fu. First class free. 5:45-7pm. 352-6282.

THE NELSON CHESS CLUB meets Tuesday nights at 7pm @ The Net Cafe. All levels welcome. 354-1152.

**Tues. March 10**

NELSON NATURALISTS meet at Selkirk College 7:30 p.m. Everyone welcome.

DAISY DEBOLT at the Capitol. JAZZ red light night at Utopia.

TEENS NIGHT OUT. Billiards, music, group games & discussions. Sr. High: 7:15-10p.m.; Jr. High: 6:30-9p.m. 611 5th St., Baptist Church. 352-9115.

RELAXATION PRACTICE. Cheryl Willin, Nelson Jubilee Manor, Sally Pearson Room, 501 W. Beasley, Nelson.

YOGA CLASSES for experienced students. Relax & renew. Nelson Rod & Gun Club. 5:30-7:00pm. To register phone Carol Erickson at 229-4793.

NARCOTICS ANONYMOUS. 7:30pm. St. Andrew's Anglican Church, 1347 Pine St., Trail. Toll-free help line: 1-888-342-7439.

SENIORS BRANCH #51. Drop-in. Open 7-10pm. Tues to Fri. 717 Vernon.

SWEET ADELINES PRACTICE at Trail Pentecostal Church. 7pm. Anyone interested call Shari at 357-2637.

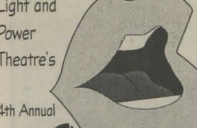
MANIA OR DEPRESSION. Call Lisa for information on support group. 354-4380.

LEARN THE MARTIAL ART made famous by Bruce Lee, Wing Chun Kung-Fu. First class free. 5:45-7pm. 352-6282.

THE NELSON CHESS CLUB meets Tuesday nights at 7pm @ The Net Cafe. All levels welcome. 354-1152.

**Tues. March 10**

Light and Power Theatre's



**BIG LIP SYNC CONTEST**

4th Annual

**Sat. March 7.**  
**7:30pm**  
**Capitol Theatre**

Tickets \$6/8

Available at Eddy Music, Oliver's on Baker Street, The EcoCentre and The Capitol

Barter Bucks on Adult Tickets

A Fundraiser for Light & Power Theatre, a charitable organization working in our community.

**Sat. March 7.**

**7:30pm**

**Capitol Theatre**

Tickets \$6/8

Available at Eddy Music, Oliver's on Baker Street, The EcoCentre and The Capitol

Barter Bucks on Adult Tickets

A Fundraiser for Light & Power Theatre, a charitable organization working in our community.

**HOT JAZZ**  
 In the **PLAYPEN**  
 at **GLACIER GOURMET**

HEAVY HITTING HAMMOND  
 Thursday, Friday, Saturday  
 with  
 Paul Landeberg - Guitar  
 Steven J. Parish - Drums  
 Darcy Hepner - Hammond Organ

FRIDAY - Special Guest  
 Saxophonist Gary Edahoffer

Starting @ 8:00pm  
 354-4495

by donation

Recycle the **EXPRESS**

**Wednesday, March 4th**

**The 1998 L.V. Rogers Grad Fashion Show**

Featuring:

- latest fashions from local retailers
- an exciting auction of fine gifts
- short scenes and monologues by the LVR drama department
- Special guests: Trafalgar's award winning short play

7:00 pm at the Capitol Theatre  
 Tickets \$5.00 in advance  
 \$6.00 at the door

**CLUB UTOPIA**

LIVE MUSIC • LIFE • ETC.

Tuesday Phat Tuesdaze (all that Jazz)  
 Thursday - Disco-Tec DJ Hoola Hoop  
 Wednesday Raggae Night  
 Friday & Saturday March 6 & 7  
 Strugglah (Raggae madness) from Calgary

**Thursday, March 5th**

**"Blood, Lust and Rhetoric, too"**

LVR's award winning play

Theatre Sports : LVR's team was the Kootenay Theatre Sports champs this year. This is your chance to see them in action.

Short scenes and musical presentations.

7:00 pm at the Capitol Theatre  
 Tickets \$5.00

**Friday, March 6th**

**The L.V. Rogers Choirs**

The L.V. Rogers Stageband fresh from their performances at the Lionel Hampton Jazz Festival in the United States.

**An evening of music to please the soul.**

7:00 pm at the Capitol Theatre  
 Tickets \$5.00

**Civic Hotel**

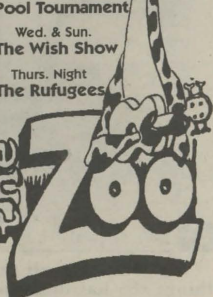
March 6 & 7  
 Rock & Roll  
 with  
 "Don Cherry for Prime Minister"

Mon. Nights  
**DJ Hoola Hoop**

Tues. Nights  
**Pool Tournament**

Wed. & Sun.  
**The Wish Show**

Thurs. Night  
**The Refugees**



<p align="center"><b>SUNDAY</b></p> <p align="center">March 15                  Live Seafood Dinner                  Live Entertainment                  352-2411</p>	<p align="center"><b>WEDNESDAY</b></p> <p align="center"><b>ROYAL JAM</b>                  8-12                  Everyone welcome                  (blues, folk, light rock, original)                  We Be Jammin'!</p>	<p align="center"><b>THURSDAY</b></p> <p align="center"><b>MYSTERY TRAMP</b></p> <p align="center">Nelson's Hottest Blues Band 62 weeks running!</p>	<p align="center"><b>FRI &amp; SAT</b></p> <p align="center">March 6 &amp; 7  <b>Brick House</b></p> <p align="center">March 13 &amp; 14  <b>Johnny V</b></p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------

# Arts & Entertainment



Musicians from the Caribbean, Africa and Canada have come together in Calgary to form Strugglah -- a reggae band on a mission! You can soak up their sunny, Jamaican groove at Club Utopia on March 6 and 7.

## Loosen up those lips!

Yes, that's right, the Light and Power Theatre's **Great Lip Sync Contest** is back for another night of unbridled musical passion at the Capitol Theatre on March 7.

By **PAULA WILSON**

and that influence trickles through her music like fine gold lace.

"Everyone gets decked out. It's just such a zany gig!" said Suzy Hamilton, long-time participant. Prizes go to the best adult, kids, solo and group performance, and then the audience gets to pick its favorite. Noisemakers are welcome!

Light and Power Theatre recommends you buy tickets early because it's been a sell-out show in previous years. Advance tickets are available at Eddy's Music, Nelson EcoCentre, Oliver's Books and the Capitol Theatre. Call 352-1696 for more information.

### Brickhouse kicks it up

Kickin', screamin', hard-stompin' blues hits the Royal Blues Pub & Grill March 6-7.

Brickhouse puts on a show you don't want to miss. Five tough and talented guys from the depths of Vancouver put everything they've got into their ferocious performances. Ripping guitar, wailing harmonica and sweet saxophone solos make it all come together and will leave you wanting more. These aren't blues you will cry to -- these are the blues that get you out on the dance floor shakin' your booty all night long!

### Daisy blossoms as a star

Primarily a vocalist, **Daisy DeBolt** is not afraid to explore any place her sultry and sublime voice carries her. Mostly it's to mountain tops, but that's another story.

Lately, DeBolt has been described as "a beat singer" in honor of the jazz and poetry swing she's taking these days. DeBolt has been collaborating with poets all over Canada,

## Gallery unveils two new exhibits

CASTLEGAR - The Kootenay Galley will unveil two new exhibits on March 6, and the public is invited to attend the opening reception.

*Off The Wall*, a collection of unusual and/or three-dimensional works by West Kootenay artists and craftspeople will be up for bid at the Gallery's fund-raising auction in April. The other exhibit, titled *Skin and Bones*, features innovative mixed media sculpture by Amy Swartz.

Both exhibits run from March 6 until April 22.

Swartz said her unorthodox and daring sculptures first took shape "after a bowl of my grandmother's chicken matza ball soup, which requires a quantity of chicken bones."

Swartz collected, cleaned and dried the bones, then cate-

gorized them by shape and size. The other element in her sculpture, glycerine soap, also became an element of her art in a roundabout, everyday way -- after Swartz used it to wash her hands!

By combing the ubiquitous with an artist's insight and imagination, she has created an exhibit that allows viewers to see the potential, the fascination and beauty the resides all around us.

*Off The Wall* is equally eccentric, showcasing, among others, the work of Graeme Allemeersch, Andrew Raney, John McKinnon, John Richards, George Koochin, Dar McDowell and Sandra donahue.

For more information on the exhibits or the Gallery's April 25 fund-raiser, call 365-3337.

### Meltdown at Glacier Gourmet

Beware! Local favorite **Darcy Hepner** is dusting off his organ for the Heavy Hidden Hammond Weekend, March 5-7 at the Glacier Gourmet. Admission by donation.

The Gourmet will be overflowing with energy on Thursday night as Hepner and his Hammond welcome to the stage **Paul Landsberg** on guitar and **Steven J. Parish** on drums. **Laura Landsberg** will bless the crew with her heavenly voice on Friday night, and Saturday features saxophone player **Gary Edighoffer**, also known as the "Mafia Don of the Spokane jazz scene." Edighoffer has been a regular at the Kaslo Festival.

"It will be reminiscent of the Harlem juke box tradition -- that funky, bluesy organ scene" said Hepner.

"The music is not too deep, groove-oriented and a lot of fun."

## GRAND OPENING

WE'VE MOVED

NOW IN NELSON

SALE WEEKEND

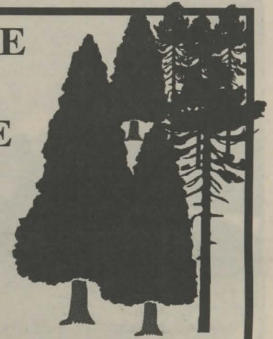
MARCH 6, 7, & 8

- ♦ 6-Pocket Cargo Pants 10-20% off
- ♦ New, Unbleached cotton/wool underwear 2 for 1 at \$15
- ♦ Wool pants, all brands 10% off
- ♦ Dutch Rain Pants only \$19.



646 BAKER STREET PH/FAX:250-505-5550

## EXTREME TREE SERVICE



- Falling
- Thinning
- Removals
- Shaping
- Pruning
- Stump Removing
- Dangerous Trees
- Brush Chipping
- Insurance Claims
- Arborist Reports
- We Buy Timber
- Tree Preservation & Planting
- Selective Land & Lot Clearing

"We'll go out on a limb for you"

- Residential • Commercial
- Insured - Reasonable Rates
- 10% Senior's Discount

24 HOUR FREE ESTIMATES

1-888-225-1881



Ministry of Forests  
Province of British Columbia



### 1998 KOOTENAY LAKE FOREST DISTRICT SILVICULTURE CONTRACTOR ELIGIBILITY LIST

The Ministry of Forest, Kootenay Lake District, is inviting applications from Contractors to form Eligibility Lists for the 1998 Silviculture Contract Viewings.

Interested Contractors who wish to participate in the following contract types: Tree Planting, Pruning, Juvenile Spacing, Surveys, Brushing, Mechanical Site Preparation, Mechanical Pop-up Spacing and Danger Tree Snag Falling must request an application package from Lorie Dosenberger of the Kootenay Lake Forest District Office, R.R. 1, S-22, C-27, Nelson, B.C. V1L 5P4, telephone (250) 825-1100, fax (250) 354-6290.

The return portion of the package must be received by the Kootenay Lake Forest District Office by **March 16, 1998**. Responses will be evaluated for potential inclusion on the Eligibility List. Late submissions will be evaluated for the potential inclusion on the May 15, 1998 update of the Eligibility List. Only those pre-qualified to the Eligibility List will be invited to participate in the subsequent tender calls. Submission of an application does not guarantee inclusion on the Eligibility List. This solicitation is subject to Chapter 5 of the Agreement on Internal Trade. Funding for some of the projects will be provided by Forest Renewal British Columbia.

# They're paddling into history!

By Paula Wilson

**NELSON** - Five Canadian women -- including three from Nelson -- are counting down the days to the sea adventure of a lifetime.

In May they will immerse their kayaks into the turbulent waters of the Pacific Ocean at the southern tip of Alaska, and they won't return to civilization for another four months, when they paddle into Vancouver's inner harbour.

This voyage, appropriately named El Nina Expedition, will tackle the exposed 3000-km route along the western side of Vancouver Island, which has never

been completed by an all-female team.

"I'm really looking forward to being out in the wilderness with a core group of women," said team member Alice Weber.

"The mental, physical and spiritual growth is going to be incredible."

When they're not being physically challenged by the elements, the women plan to spend their time creating. Music, painting, writing and carving are all on the agenda.

"The ocean is so dynamic. It lends itself to creativity," said Jody Simmons, who has a National Art Award

as well as outdoor instruction and 54 weeks of expeditioning to her name.

Robyn Irvine, a wildlife biologist and naturalist from Thunder Bay, echoes Simmons' sentiments.

"To me, it's all about the exploration of possibilities," said Irvine. "It will be a time of introspection and development."

It's evident, however, that personal growth isn't the only pledge these women have made.

They've joined forces with the B.C. Forest Service and *Leave No Trace* and plan to conduct environmental assessments, restore

impacted beaches, and educate coastal communities along the way.

"We were thinking of paddling across Canada, but decided to choose less distance so that we could get to know and understand the

area we are travelling through," said Weber.

Kristin Maddox from Nelson and Buffy Lundine, who is currently guiding sea kayaks in Baja, complete the crew.

The public will have a

chance to meet and support these ambitious sailors on Thursday, March 12 at Club Utopia.

The evening will include door prizes, NBC specials, and music on stage by Eddy Shaw and the Wolf Gang.



In May, Nelson's Kristin Maddox (above) will join Alice Weber (left), Jodie Simmons (right) and two other women in paddling 3,000 km from Alaska to Vancouver.



## International Women's Day

By Paula Wilson

**NELSON** - March 8 is a day for women to come together, celebrate, analyze and contemplate their place in the world.

International Women's Day commemorates the first major women's demonstration in North America, which took place in New York City in 1857, when women in the needle trades demanded better working conditions and the right to vote.

Although the issues have changed dramatically, women still have much to fight for. Women who work full-time, year round earn only 73 cents for every dollar that men earn, and although women make up over half of university graduates, they

are still under-represented in top executive positions of government, post-secondary institutions, and corporations.


On the positive side, International Women's Day is a time for the world to celebrate the innumerable achievements women have made. A local event on March 7 is intended to do just that: celebrate.

At 6 p.m. in the basement of Trinity United Church, all women are invited to an international potluck and multicultural celebration. It will be an evening full of food, diversity, and information on topical issues to women today. For more information call 352-9916.

  
**NEW IN TOWN?**  
 LET US PUT  
 OUT THE MAT  
 FOR YOU!  
 CALL  
*Welcome Wagon*  
 352-3485  
 352-6095  
 825-4743

**Get a great start  
to your day!**  
 Our fitness centre  
 is open at 6:00 am  
 Mon to Fri.  
**354-4044**  
 Nelson and District  
 Aquatic Centre

**ANNIE'S  
NATURAL  
PASTA**  
 SALE \$1.59 12 or more  
 Reg. \$1.99 each  
 Another Family Health Special From:  
  
 8:30-6:00 Mon-Sat **359-7323** 10:30-5:00 Sun.&Hol.

**Selkirk College**  **BIG ENOUGH TO HELP . . .  
SMALL ENOUGH TO CARE**

Selkirk College is all about opportunities and investing in yourself. Whether you need to complete high school, acquire the prerequisites necessary to begin a College program, or begin university studies that lead to a degree ... Selkirk College can help.

---

**TRANSFER PROGRAMS**

**Academic Transfer**  
 Science  
 Humanities  
 Physical Education  
 Engineering

**Associate of Arts**  
**Associate of Science**

---

**APPLIED TRADES AND TECHNOLOGIES**

**Electrical & Mechanical Trades & Technologies**  
 Automated Building Systems Technology  
 Electrical Entry  
 Electronic Technician Core  
 General Mechanics

**Metal & Wood Trades & Technologies**  
 Fine Woodworking  
 Machinist/Millwright  
 Welding/Fabrication

**Hairdressing**

---

**CAREER PROGRAMS**

**Allied Health**  
 Nursing  
 Home Support/Resident Care Attendant

**Applied Business Technology**  
 Office Administration  
 Medical Transcriptionist  
 Legal Assistant  
 Office Management Diploma

**Aviation**

**Business and Computer Sciences**  
 Business Administration  
 Computer Information Systems Technology

**Human Services**  
 Classroom & Community Support Worker  
 Early Childhood Education  
 Social Service Worker  
 Human Services Diploma

**Professional Music**  
 Music Performance  
 Music Production  
 Composition

**Renewable Resources Technology**  
 Forestry  
 Integrated Environmental Planning  
 Recreation, Fish & Wildlife

**Tourism Careers Training**  
 Professional Cooking  
 Golf Club Management & Operation  
 Resort & Hotel Administration  
 Ski Resort Operations & Management

---

**COLLEGE ACCESS**

**Developmental Education**  
 Adult Basic Education  
 - Fundamental  
 - Intermediate  
 - Advanced  
 Adult Secondary Completion  
 College Reading Skills  
 Student Success  
 General Education  
 Development (GED)  
 Preparation/Test

**Adult Special Education**  
 Transitional Training

**English as a Second Language**  
 Community ESL  
 ESL College Prep

---

**VISIT OUR WEB SITE**  
[www.selkirk.bc.ca](http://www.selkirk.bc.ca)

- To apply on line
- to see calendar description
- for important dates
- for program prerequisites

**Castle Campus**  
 (250) 365-1297  
 Fax: (250) 365-3929

**Nelson Campus**  
 (250) 352-6601  
 Fax: (250) 352-3180

**Trail Campus**  
 (250) 368-5236  
 Fax: (250) 368-4963

**Grand Forks Centre**  
 (250) 442-2704  
 Fax: (250) 442-2877

**Kettle Valley Centre**  
 (250) 449-2655  
 Fax: (250) 449-2441

**Kaslo Centre**  
 (250) 359-7584  
 Fax: (250) 359-7824

**Nakusp Centre**  
 (250) 265-4077  
 Fax: (250) 265-3774

**Slocan Valley Centre**  
 (250) 359-7564  
 Fax: (250) 359-7824





# Arrow Reservoir a top priority for fisheries projects

NELSON - The Columbia Basin Fish & Wildlife Compensation Program is targeting half its 1998-99 fisheries budget and projects at restoring fish populations in the Arrow Reservoir.

The Program has approved 11 fisheries projects worthy nearly \$1 million, which will begin in the new fiscal year starting April 1.

"We realize there are other fisheries projects throughout the Columbia Basin that are a priority as well," said Compensation Program manager Maureen DeHaan.

"We had approved 32 projects for this year, but we only have funding for 22 at this time.

"The Arrow Reservoir, which accounts for 11 of those 22 projects, is our top priority and we want to address the situation as quickly and completely as possible."

Other highlights of the approved project funding include:

- \* A total of 33 wildlife and habitat enhancement projects, worth nearly \$2 million.
- \* Projects addressing the

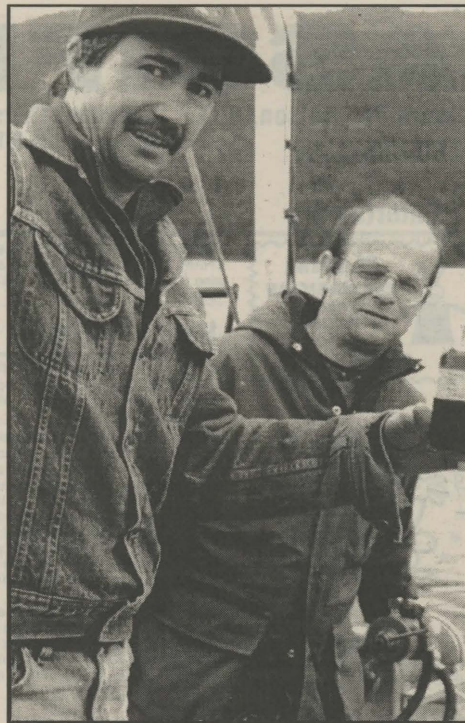
needs of a total of 16 endangered and vulnerable species.

\* An increase in publicly-initiated projects reflecting the growth of local community support and involvement in the Compensation Program's fish and wildlife projects.

"Our partnership with Columbia Basin Trust means we are delivering more fish and wildlife projects, with more partners, than ever before," said DeHaan.

To keep communities informed on project activities and provide opportunities for public feedback, representatives of the Compensation Program will be appearing live on Shaw Cable (community Channel 10) throughout the West Kootenay on March 10, starting at 7:30 p.m.

DeHaan is encouraging area residents to call in with questions or comments.



BC Environment fisheries research biologist Ken Ashley and senior fisheries technician Grant Thorp examine a water sample from Arrow Reservoir as part of a joint study project by the Columbia Basin Fish & Wildlife Compensation Program and BC Environment.

Another Day +  
Another Clave +  
LUNCH • DINNER • TAPAS  
336 STANLEY • 354-1667

### VOLUNTEER OPPORTUNITY

Be a Crisis Line Volunteer

- work from your own home
- work flexible hours
- receive valuable training
- opportunity for personal growth
- be an asset to your community

**TRAINING BEGINS SOON  
CALL 352-3504 TODAY**

# Jewish cultural group meets

NELSON - The Kootenay Jewish Cultural Association has been reborn, and its' first words are, "Shalom, Nelson!"

The newest member of the Nelson spiritual community has been in gestation since early last summer, when a small group of people met to try to draw out the Jews they knew were "living in the woodwork" all over the Kootenays.

Judaism is different from other religions in that it is a culture as well as a religion, so the challenge for the group is offering something of interest to Jews of all orientations -- from the purely secular to the highly spiritual.

On March 6 the KJCA is inviting all those interested to its first event, a potluck community Shabbat dinner, starting at 6 p.m. at 810 Silica St.

Drop by for good food, songs, stories, "general schmoozing" and a chance to make new friends.

For more information about this event or the KJCA, call 352-5150.

### REQUEST FOR INFORMATION

Notice to Potential Service Providers  
Kootenay Area Vocational Rehabilitation Services

The ministry is requesting information from potential service providers to deliver programs as required under Vocational Rehabilitation Services to the following communities: Fernie, Sparwood, Golden, Invermere, Kimberley, Cranbrook, Creston, Salmo, Trail, Castlegar, Nelson, Nakusp, Grand Forks.

The Ministry is interested in establishing an ongoing mailing list of qualified service providers for the purpose of distributing Requests for Proposals as they become available. Services the ministry may require:

<b>ASSESSMENTS</b>	<b>CAREER PLANNING</b>
• Functional Capacity	• Vocational counselling
• Psychological/vocational/educational	• Training
• Learning disabilities	• Career exploration
• Work adjustment	

**EMPLOYMENT SERVICES**

• Skills assessment	• Job search support
• Labour market information	• Marketing and placement
• Employment crisis intervention	• Workplace accommodation

To have your name included on our mailing list please send your company name, mailing address/postal code, phone number, fax number, contact name and the resume/qualifications/experiences of your staff and organization to:

Felicity Klassen, Vocational Rehabilitation Consultant  
Ministry of Advanced Education, Training and Technology  
Skills Development Division  
203-100 Cranbrook Street North  
Cranbrook, B.C. V1C 3P9  
Phone: 250-426-1281 Fax: 250-426-1292

**PLEASE INDICATE THE SERVICES AND LOCATION IN WHICH YOU ARE INTERESTED AND SEND ONLY THE INFORMATION REQUESTED BY APRIL 9, 1998.** We will request further information regarding your programs and services in our Request for Proposals.

**FRI. March 6th**  
Come Have a  
Rock & Roll sandwich!  
with  
**MUD SHARK**  
Three Former Members of  
"Second Nature"  
and a Rippin' Bass Player  
**MANNA BISTRO**  
3026 HIGHWAY 6 SLOCAN PARK  
\$8 COVER

BACK FRESH FROM INDIA  
LADEN WITH FINE JEWELS,  
NEW TOOLS AND EXOTIC  
'HOLY COW' TALES ...  
CHRISTOPHER JOHN  
**Kölmel**  
fine jewellery  
at 459 Ward St.,  
Nelson, B.C.  
354-4838

Used and Retro Clothing  
Indian Imports  
Silver Jewellery  
Body Piercing Jewellery  
Winter Hours Mon - Sat 11-5 & Fri 11-7  
464 Baker Street 352-4638

**J.R. DRILLING LTD.**  
**WATER WELLS**  
DOMESTIC & COMMERCIAL • ENVIRONMENTAL  
FOUNDATION & EXPLORATION DRILLING  
FREE ESTIMATES • COMPETITIVE PRICES  
OWNER OPERATED  
FOR EXPERT SERVICE CALL  
**1-800-557-5070**

## BODY & SOUL

A Directory of Health & Healing in the Kootenays

**Acupuncture**  
Warren Fischer, T.C.M.D. .... 352-9952  
Michael Smith, C.C.M.D. .... 352-9952

**Bodywork**  
Lise Taiji, Bodywork\Counselling ..... 352-9739

**Chiropractor**  
Dr. Kevin McKenzie\Chiropractor ..... 354-1606

**Counselling**  
Carmen Carter, Child Play Therapy .... 825-2226  
Marg Newell ..... 825-4745

**Health & Natural Foods**  
Kootenay Country Co-op ..... 354-4077

**Homeopathy**  
Jennifer Craig, Ph.D. D.Hom.(UK) .... 352-6436  
Barbara Gosney, D.C.H., Consultations. . 825-9462

**Labour Support & Midwifery**  
Ilene Bell, Registered Midwife ..... 825-0069

**Martial Arts**  
Aikido, The Art of Peace ..... 353-7482  
Tai Chi Centre, Rex Eastman ..... 352-3714

**Massage Therapy**  
Annie Huston, R.M.T. .... 354-1998

**Meditation**  
Transcendental Meditation ..... 352-6545

**Orthotics**  
Kokanee Physiotherapy Clinic ..... 352-7030

**Retreats**  
Tara Shanti Retreat ..... 1-800-811-3888

**TO ADVERTISE IN THIS DIRECTORY  
PLEASE CALL THE EXPRESS AT 354-3910.**

**Pendragon**  
Cultural Travel  
354-4453

# CLASSIFIEDS

EXPRESS, 554 Ward St., Nelson, B.C.  
354-3917 or 1-800-665-3288

Deadline: Thursday, noon. for ads to appear in the following week's paper.



## Announcements

**THE BOWYER MESSAGE CLINIC** welcomes Marian Kavstoff, RMT, to the practice on Tuesdays & Fridays, carrying on our reputation for effective, deep work. No more waiting lists. New clients are welcome. 352-2955

**BEV'S CERAMICS:** Register now for spring classes! Call 352-9420 for information or registration.

## Art

**RAMSAY'S SPRING BREAK ART CAMP** Monday, March 16-Friday, March 20, 1-4 p.m. 7-13 year olds. Only \$85. Pre-registration. 352-6031.

**COLLAGES BY JUDY WAPP** Opening reception March 6, 5-7 p.m. Dancing Bear Inn, 171 Baker St.

**STREETS OF NELSON** Historical Exhibition at Nelson Museum until April 9, Open House Sunday March 8, 2-4 p.m.

**RAMSAY'S After School Art Classes** With Karla Pearce  
Monday thru Friday, 2:45 to 5:00 pm  
Ages 7 to 13  
Only \$60/week or 4 weeks for \$220  
Supplies included  
PREREGISTER AT RAMSAY'S  
**352-6031**

## Automotive

'81 CJS 4x4 summer driven only \$3000 Invested \$6500.  
'88 Corcia runs great \$1500. 226-7170.

'89 KX250 New tire, sprockets, chain and matching helmet \$1800. 399-4431.

'89 TRACKER HARDTOP 145,000 km. Good Car \$4500.  
'87 TOYOTA CAMRY, B.C. inspected \$3000 352-7379.

## Baby Goods

**THE INDISPOSABLE COTTON DIAPER COMPANY.** Fitted waist and legs, snaps or Velcro. Many accessories on sale. 352-7058.

## Beauty

**TRACY INNES** is now working from home. Perms \$45. Phone the cottage salon at 354-1840.

## Births

**GUESS WHAT THE STORK BROUGHT** proud parents Andre & Susan Bosveld ... born Feb. 16/98 Savannah Jacqueline was welcomed into our lives. Dr. Noiles, the 2nd Floor nurses and support people made our experience an excellent one. Thanks again!

## Boats

WANTED: 24-28-foot cabin cruiser under \$20,000. Call Allan in Kelowna: 861-4638.

## Children

**CASA MONTESSORI SCHOOL** offers an enriched pre-school program. For info contact Yvonne Watt. 354-4528.



*Fabulous Spring Jackets on Sale Now!*

509 Baker Street, Nelson 352-1789 or 1-888-990-2292

## Companions

**FIT SWM**, 42 Life quest oriented, enjoys nature, philosophy, music, martial arts, conversation, adventure searching for interesting open-minded female. Respond to questing c/o The Express 554 Ward St., Nelson, B.C., V1L 1S9

## Employment Wanted

**CAPABLE DEPENDABLE WOMAN** available for house cleaning, cooking, yard & garden work. Excellent rates, call Sher at 352-5950.

**GUITAR LESSONS**, all styles taught, beginner to advanced your home or mine. \$20/hour. Phone Bevan 359-6654.

## Entertainers

**FLYDINI THE MAGICIAN**  
Birthday Parties  
All Ages  
229-5742



## Events

**THE STRESS LESS CLINIC** welcomes you to our open house, Friday, March 6, 3-6 p.m. at 577 Baker Street. We offer Holistic Health Services including Massage therapy, Craniosacral therapy, Clinical aromatherapy, Naturopathic medicine, Traditional Chinese medicine & acupuncture. Enter our draw to win a free consultation or treatment. 354-1998.

**INSIGHT MEDITATION RETREAT**, March 13-17 with James Fairbanks, Gaia retreat center Winlaw \$200. John 352-7841.

**THE BIG LIP-SYNC CONTEST IS COMING!** Saturday, March 7, 7:30 p.m., Capitol Theatre. Get your act together! Info 352-1696.

### GATHERING WISDOM FROM WITHIN

Empowerment Weekend for Women  
March 27, 28, 29

- Breath Integration • Meditation
- Connecting with Nature
- Past Life Regression and Clearing

...with hot tub, sauna and great vegetarian food

at Tara Shanti Retreat, Kootenay Bay, B.C.

\$325 per person if registered by March 20th

Call Tara Shanti- 1-800-811-3888  
Blanche Tanner, Certified Breath Practitioner  
Loran Robin, Certified Hypnotherapist

## Furniture

**MATCHING CHESTERFIELD & CHAIR.** Floral pattern beige, teal & wine. Quality product. \$650. 354-1952.

## Health & Fitness

**AUTHENTIC MOVEMENT FOR COUPLES.** Day-long workshop March 23, \$50 per couple. Call Lynn at 352-6987.

**SPRING SPA DAY** - Lavender Essence presents a day retreat: Indulge your mind and body with a mini workshop using essential oils. Bodywork includes salt glow body scrub, algae mud wrap, aromassage, Reiki, ayurvedic aromabeauty facial, nutritious lunch at giveaway price. Certified Tessa or Sherry 354-4324.

**PAMPER YOURSELF** to a Swedish massage. Lymphatic drainage, ultimate relaxation, emotional release. Also Reiki. Phone Laura at 352-2436.

## Help Wanted

**WANT TIME PLUS MONEY** to do your own thing? PT/FT earn monthly income working for health and environment. Simple hb business small investment unlimited earnings. Full money-back guarantee, training and support. Call 1-888-575-9292.

## Home & Garden

### Extreme Tree Service

- Felling
- Thinning
- Removals
- Shaping
- Pruning
- Dangerous Trees
- Bush Chipping
- We Buy Timber
- Selective Land & Lot Clearing
- Residential • Commercial • Insured

Reasonable Rates  
10% Seniors Discount  
24 Hour  
FREE Estimates  
1-888-224-1881

## Home & Garden

**FRUIT TREE PRUNING** organic dormant spraying and custom grafting. Call Blue Geranium Garden and Tree Service (collect) at 250-353-2143.

## Lost & Found

**IS THIS HAT ON YOUR HEAD?** Black, wool, squarish, India-style, folds up. If you picked it up somewhere, please, please call 352-1995. Thanks!

**CREAMY WHITE** female husky. Collar and choke chain at Slocan Park. 226-7013.

**FOUND:** Silver Brooch near library. Purple stones in double circle. Left at Library.

**AT THE EXPRESS OFFICE THERE ARE...** 2 rings, 1 bracelet, 4 sets of keys, 1 small compass-like instrument, 1 pair sunglasses, a small change purse, and a small shoulder bag. These things have been here for quite a while! Call 354-3910 or drop into the Express to identify.

## Midwifery

**MIDWIFERY CARE**  
Home & Hospital  
Penny Ruvinsky  
Registered Midwife  
352-2859  
Gracie Brinkman  
366-4223

## Misc. for Sale

**WASHER & DRYER**, good condition, \$425. Used wooden doors of all types, stained glass & thermal pane windows. 825-0062.

**DOUBLE BED (Maple)** \$80. Metal bunk bed \$70. Single \$40, or \$150 all together. 352-9129.

**FUR COAT** for the woman who dares to be different. Silver mink and blue fox. Size 8. Made by Duance. 359-8129.

**X-COUNTRY SKI MACHINE** digital readout healthcare 358 model. Bought from Sears. 4 years old. Asking \$50. 354-4514.

**NINTENDO 64** for sale. With controller and Goldeneye 007 game new with box and instructions. \$250. 352-7058.

## Music & Dance

**BUTOH:** Introduction to Basic Technique & Development of this form of Japanese dance. Tues. eves. at Playspace Studio. 352-6987.

**MARSHALL 50 WATT HEAD.** Clean sound plus awesome crunch. \$450. Marshall 4x10 inch speaker, \$375. 250-493-0878 (Penticton)

**ACOUSTIC 370 BASS AMP.** 400 watts clean power. 2x15 inch speaker cabinet. A bargain at \$725. 250-493-0878 (Penticton)

**SHO BUD 10** string pedal steel. 3 pedals, 1 lever, rare. \$695. 250-493-0878. (Penticton)

**MASK & MOVEMENT THEATRE** for children & adults. Come play together. Begins March 19 or March 22. 3:30-5:30. 6 weeks at \$48. (Family rates available) Playspace Studio 352-6987.

**PLAYSPACE STUDIO GRAND OPENING** performance, March 13 7:30 p.m., 14th 2:30 p.m. by donation. 711 10th St. Nelson 352-6987.

**LOOKING FOR INTERMEDIATE CLASSICAL GUITARIST** to practice duets with. Phone 354-4757.

**THOMPSON GUITARS:** Custom work, repairs, sales, parts and accessories. Over 25 years of experience. 359-7724.

### SOUND & LIGHTING RENTALS For Any Occasion

Lights • Mics • Mixers  
• P.A. Systems  
• Speakers • Monitors  
• Total Sound Systems  
CALL DOUG HARRISON AT  
**HAIRY PRODUCTIONS**  
825-9984

## Notices

**THANKS TO ALL WHO DONATED** blankets to the BCNU "We Can't Stop Caring" blanket drive. Your help kept someone warm this winter!!

**PLANNED PARENTHOOD CLINIC**, 333 Victoria St. (near Stanley), Nelson 6:30-9pm Weds. Drop-in. Birth control, pregnancy and STD testing, and counselling. Doctor available. 354-1322.

# CLASSIFIEDS

**\$5 FOR 2 WEEKS** (Non-commercial, personal ads only)  
FOR THE FIRST 15 WORDS

## SUBSCRIPTIONS

Send a bit of the Kootenays to your loved ones.

Please have the Express delivered right to the door of:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, Province \_\_\_\_\_

13 weeks \$10.43     26 weeks \$20.87     50 weeks \$40.13    All prices include GST  
USA and international rates available on request.

Enclosed is a cheque for \$ \_\_\_\_\_     Or bill my Mastercard or VISA

MASTERCARD or VISA # \_\_\_\_\_ Exp. Date \_\_\_\_\_

NAME ON CARD \_\_\_\_\_

MAIL THIS FORM OR FACSIMILE TO:

**EXPRESS**  
554 Ward St., Nelson, B.C. V1L 1S9  
or phone (250) 354-3917 or 1-800-665-3288 FAX: (250) 352-5075  
Phone or Fax taken only when paying by Mastercard or VISA.

# EXPRESS

YOUR COMMUNITY NEWSPAPER

# CLASSIFIED Ad Order Form

PLACE AD UNDER THIS HEADING:

Print your word ad clearly in the space provided. Express classified ads cost \$5 + GST per week for the first 15 words. Additional words are 40¢ each. Non-commercial ads run two for price of one. Bold or italic words are 50¢ more per word.

Send or deliver complete form and payment to:

## EXPRESS

554 Ward St., Nelson, B.C. V1L 1S9  
or phone (250) 354-3917 or 1-800-665-3288  
FAX: (250) 352-5075  
Phone or Fax taken only when paying by Mastercard or VISA.

FORM OF PAYMENT:  CASH     CHEQUE     VISA     MASTERCARD

CREDIT CARD# \_\_\_\_\_ EXP. DATE \_\_\_\_\_ # OF INSERTIONS \_\_\_\_\_

NAME (PLEASE PRINT) \_\_\_\_\_ CITY \_\_\_\_\_

ADDRESS \_\_\_\_\_ POSTAL CODE \_\_\_\_\_ DAYTIME PHONE # \_\_\_\_\_

PLEASE PRINT YOUR AD CLEARLY BELOW.

PRINT ONE WORD PER SPACE.

			5.00	5.40
5.60	6.20	6.80	7.00	
7.40	7.90	8.20		8.60

**DEADLINE THURSDAY AT NOON**  
**DISPLAY CLASSIFIED RATES START AT \$9.97/INCH**

**Palmistry**

PROFESSIONAL  
**Palmistry & Numerology**  
with Ursula Dyck  
OVER 20 YEARS EXPERIENCE  
CALL 354-1022

**Personals**

**West Kootenay Gays, Lesbian & Bisexual Society**  
INFORMATION & SUPPORT NEWSLETTER AVAILABLE  
**354-GAYS**  
P.O. Box 725, Nelson, B.C. V1L 5R4

**Pets & Livestock**

MINIATURE PINSCHER PUPPIES "A lot of dog in a little body" Born Jan. 8 \$350 352-2077

**Longbeach Gold & Tropicals**

Aquarium & Pond Supplies  
Specializing in fresh water tropicals, Koi & goldfish.  
Open 10am-8pm  
Everyday except Wednesdays.  
Longbeach Road Diane 229-4752

**Prof. Services**

TREAT YOURSELF TO A SPRING CLEAN UP (house and yard work) 352-6597

PRUNING: Integrated orchard management. Fruit trees, berries, etc. 20 years experience. Jonathan Taylor. 352-3197.

25 YEARS BUILDER/RENOVATOR, framing, doors, windows, drywall, interior/exterior, kitchens/baths. Hourly or contract. Free estimates. 352-6779.

DATA BACKUP SERVICES: we copy your critical data to CD-ROMS at your home or office: 505-5555.

TELEPHONE JACKS UNLIMITED, for fast, guaranteed, telephone jack and computer network and cable installation: 352-5555.

HARDWOOD FLOOR installations, re-sands, re-finishes. Do all floor coverings. Free estimates. Dave. 365-0923.

**TRACY'S TERRIFIC TAILORING**  
Sewing the unusual!  
• Clothing repairs • Alterations  
• Zipper replacement • Custom Work  
354-1355



**The Craftsmen's Workshop**

Furniture Restorations  
Antique Reproductions  
Repairs • Refinishing • Stripping  
Woodcarving • Wrought Iron Work

**QUALITY HANDWORK**  
Reasonable rates  
359-5934 or 353-3033 message  
Free home calls!  
Old Schoolhouse,  
South Slovan Village

**Prof. Services**

**LET US HELP!**

Professional Bookkeeping & Tax Services

601 Front Street, Nelson  
352-5191



**Real Estate**

ENGLISH COUNTRY GARDEN. 4 bdrm house on 1.28 acres, newly renovated, fireplace, beautifully landscaped, creek, Harrop/Procter area. \$182,900. Phone 250-229-4936.

**Rentals**

ROOM FOR RENT 5 miles south of Nelson. N/S Share kitchen. 352-9150.

BEACH HOUSE IN QUEENS BAY. 3 bdrm, 2 bath, appliances, fireplace, decks, dock, lovely beach & view. Available March 20. 352-2609.

CLOSE TO SKI HILL single or couple's room for rent. N/S, N/P, 352-9150.

ROSEMONT, Silver King Rd., 1 large room, single or double occupancy. Kitchen & laundry privileges. Utilities included. N/S, N/D, N/P. 352-2247 after 5 p.m.

1 BDRM suitable for 1. Util. Included. Parking close to mall. NSNP. References required. Available April 1. \$550/month. 352-7596.

**Rentals Wanted**

RELIABLE WORKING WOMAN looking to caretake your home from March 15 to May 15. Neat, likes yard work and non smoking. Call 354-4453

LOOKING FOR SMALL COTTAGE OR CABIN within 1/2 hour of Nelson. For March 1. Call Pat at 505-5077.

**Shared Accommodation**

SHARED ACCOMMODATION Room and board in lower Fairview residence, N.S./N.P. gentle people. 352-6779.

WOMAN LOOKING TO SHARE older Fairview residence, one other woman. N.S./N.P. 352-6779.

**COMMUNITY NEWSPAPERS ASSOCIATION** Network Classifieds 554  
These ads appear in approximately 100 community newspapers in B.C. and Yukon and reach more than 3 million readers. \$290 for 25 words \$6.00 each additional word To place an ad call this paper or the BCY-CNA at (604) 669-9222

**AUTO**  
AUTOCCLASSIC COLLECTOR Car Auctions presents two great sales! April 4-5 Kelowna Curling Centre and April 17-19, Seafarth Armories, Vancouver. For consignment or bidder information call (604) 983-2662 or 1-888-883-8853.

**BUSINESS OPPORTUNITIES**  
FRANCHISES NOW AVAILABLE! This proven winner is changing the industry. Don't replace concrete Fusion Crete-It! Call (604) 945-3102.

HERSHEY DISTRIBUTORS needed. 90K Yearly potential! Great locations included. \$8,500 Investment guaranteed. 1-800-941-4436. Call 24 hrs.

JOIN THE BOOMING Health Club Industry! Own your Health Club starting at \$25,000 including equipment. Ideal small community business. Help available from start to finish, including financing (O.A.C) Lifestyle Fitness Centres 1-800-580-2261.

**BUSINESS OPPORTUNITIES**  
AMAZING FACT. The internet will grow by 2,700% in 24 mo's. Earn up to \$15K/mo with Canada's fastest growing Internet Franchise. Full training. Investment req. 1-888-678-7588.

UNLIMITED INCOME For Life is possible with the Classic Gold 3000 Vending Program and the Assured Credit Gold Card Plan. Protected territories now being assigned. Phone: 1-800-661-1832 for a Free brochure.

JOCUS TOYS is expanding, needs consultants. 300 Toys/crafts, most under \$20. Flexible, fun business, earn great commissions & free toys. Home parties, catalogue sales. 1-800-361-4587 Ext 9350.

STEADY CASH INCOME Forever. Prime location vending routes now available with min. 20% return. Operate this low investment 100% cash business full or part time from your home. Eagle Profit Systems (604) 597-3532 (Dept 290) or 1-800-387-2274 (Dept 290).

ADVERTISING SALES. Select-A-Pro Business Card Directories franchising in B.C. Investment \$2500. Start small and build. Details: http://www.select-a-pro.com. Fax, or call for information kit. 1-888-599-7374. Ext. # 5.

**EDUCATION**  
COUNSELLOR TRAINING Institute of Canada offers on-campus and correspondence courses toward a Diploma in Counselling Practice, to begin this month. Free catalogue, call 24hrs 1-800-665-7044.

A NEW Career? Train to be an apartment/condominium/townhome manager. Many jobs throughout B.C.! Free job placement assistance. For information/brochure (604) 681-5456/1-800-665-8339 R.M.T.I.

**HELICOPTER LOGGING/Silviculture Training.** Men and women train for exciting, high paying careers in growth sectors of the forest industry. W.C.B. 'Worksafe' recognized training. Private Post-secondary Institution. Job placement assistance. I.H.L. Training Institute Ltd. (250)897-1188.

**EMPLOYMENT OPPORTUNITIES**  
BUSY TRUCK Stop Restaurant in Fort Nelson looking for experienced couple to run. Accommodation available. Fax resume and references to: (250) 774-7800 Attn: Karen. Phone (250) 774-7270.

**MARINE TECHNICIAN** Parts & Sales, Marine dealer or specializing in wholesale/retail/service, requires Marine Technician familiar with all makes of in-board/stern drive engines. Mercruiser certificate an asset. Seniorparts person & Junior parts assistant/counter sales person also required. Fax resume: (604)986-5521.

MUSEUM ATTENDANT for 1998 Season for Sandon, B.C. museum. Museum management skills, archival skills & foreign language an asset. For more information fax: (250) 358-7231.

**EQUIPMENT**  
WANTED To buy JD 540A Skidders parts & accessories; 440 Skidders any model parts & accessories; 450 or 550 Crawlers parts & accessories (250) 832-5189.

**FOR SALE MISC.**  
SAWMILL \$4895 Saw logs into boards, planks, beams. Large capacity. Best sawmill value anywhere. Free information 1-800-565-6999. Norwood Sawmills, R.R. 2, Kilworthy, Ontario POE 1G0.

**HOME SECURITY**  
HOME SECURITY for \$10. 10 Bright red decals tell burglars your home is protected. Send \$10 to Alarm-X, Department A, P.O. Box 233, Harrison Hot Springs, B.C. V0M 1K0.

**LEGAL SERVICES**  
MAJOR ICBC Injury Claims. We take the fear out of ICBC. Joel A. Wener, Trial Lawyer for 28 years. Call free 1-800-665-1338. Contingency fees. Simon, Wener & Adler.

**MANUFACTURED HOMES**  
WIDE VARIETY of pre-owned homes reduced to sell in Alberta. Phone John, Ridgewood Homes Inc., 1-403-470-5660, collect.

**MOBILE HOMES**  
QUALITY MANUFACTURED Homes Ltd. Ask about our used single and double wides. "We Serve - We Deliver". 1-800-667-1533, DL46813.

**PAY TELEPHONE SERV.**  
HAVE YOU CONSULTED Real Clairvoyants and mediums before? Then come discover the unexplainable experiences of Karonona Zanmort (Inc.), 28 years experience; very precise. She can describe and give you your sign. Learn from her other well known mediums and clairvoyants. To find out your future, CALL 1-900-451-9602.18+,\$4.99/min.,24hrs/7days.

**PERSONALS**  
KNOW YOUR Fate in '98. Truth, honesty and wisdom on romance, career and daily crisis. Genuine psychics! 1-900-451-3778, 24hrs. 18+ \$2.99 per min. I.C.C.

CANADA'S most gifted psychics have answers to your problems or questions about health, love, relationships, money, lucky numbers. \$2.99/minute. 18+ 24 hours. 1-900-451-4336.

ULTIMATE DATELINE!! Is your social life at a standstill? Meet singles, couples and alternative lifestyles. Get local names and phone #'s. Call 1-900-451-6793, Ext. 6474. \$2.99/min 18+, 24hrs. Pro Call 1-800-954-7420.

**GAMBLING BECOMING A problem?** Hiding losses, guilt feelings, growing debts, we can help. Call South Country Treatment Centre, Lethbridge, Alberta, 1-403-329-6603.

**SALES HELP WANTED**  
LOOKING FOR A NEW CAREER or just need extra money? Sell C&M Gifts' unique line of affordable home decor, toys and gifts. Call 1-519-258-7905, Fax; 1-519-258-0707 for free catalogues and information about this wonderful opportunity.

**REAL ESTATE**  
BC HOMESELLERS Network Inc. provides "For Sale By Owners" with world wide advertising for less than a dollar a day! Call toll-free: 1-888-248-5581. www.bchomesellers.com.

**STEEL BUILDINGS**  
FUTURE STEEL BUILDINGS. Back-yard garages, workshops, hay storage, animal housing, agricultural barns, industrial warehouses, commercial outlets, community facilities. Large, small-all-purpose. We'll customize design. 1-800-668-5111, ext. 132.

**TRUCKS**  
O DOWN o.a.c. Guaranteed credit approval. Trucks, 4X4's, crew cabs, diesels, sport utilities. Repo's, broken leases. Take over payments. Free delivery. Call Lawrence or Mike 1-800-933-3673. Vancouver 327-7752.

**WANTED**  
RODEO STOCK CONTRACTORS, pickupmen, bullfighters, announcers, clowns, timers, flankmen, secretaries. Canadian information required for history book. 1-403-722-3788, fax 1-403-722-2126. Box 15, Caroline, AB, T0M 0M0. ASAP.

WANTED: Hayng Partner for 1000 tons of Alfalfa hay. We supply land and irrigation equipment, you make the hay. Lytton area call (250) 256-7560.

**HELP WANTED**  
INLAND CONTRACTING Ltd and Peter's Bros. Construction Ltd of 716 Okanagan Ave. East Penticton, B.C. have several full time positions available. Inland has 5 positions open for experienced crushing personnel working approx. 11 months per year. Peter's Bros. has several positions open for paving personnel with minimum experience of 4 years. Full benefit package and a relocation allowance is available. Fax resumes to (250) 493-4464. No phone calls please.

**CLASSIFIEDS: 354-3917 OR 1-800-665-3288**



Gail Merritt (left) and Chris Booth, local coordinators of the Kidney Foundation of Canada's door-to-door campaign, show off one of the blue T-shirts that identify Kidney Foundation canvassers. If you can help canvass, call 354-0108 or 505-5515.

**Canvassers needed to volunteer for kidney campaign**

NELSON - March is Kidney Month across Canada, and local volunteers will be canvassing door-to-door to raise badly needed funds for medical research, patient services and organ donation awareness.

"All of our canvassers will carry proper identification and they will all have receipt books in order to issue receipts on the spot," said local co-coordinator Gail Merritt.

"If anyone who is approached for a donation wishes to verify the validity of the canvasser, we're asking them to call us."

Chris Booth, who's also coordinating the Nelson fundraising effort, said more volunteer canvassers are urgently needed in order for the campaign to succeed.

"We want to get as many people as possible going door-to-door," said Booth. "Public awareness is a very big factor in this campaign, and the more people know about, the more we're able to accomplish."

Donation boxes will also be available at local chartered banks, the government liquor store and Overwaitea Foods in Chahko Mika Mall.

To volunteer as a canvasser, call Gail Merritt at 354-0108 or Chris Booth at 505-5515.

## Health Council reassures service clients

NELSON - The Nelson and Area Health Council has responded to concerns about the provision of services through the Nelson Community Services Centre.

"Recently the Ministry for Children and Families awarded the contracts dealing with the provision of services to children, youth and families to Nelson Community Services," said Health Council CEO George Gillies. "This change in the provider of these services has created considerable concern among clients who are dependent on them. The health council wishes to reassure clients that every effort is being made to ensure there will be no disruption in the level of services provided."

Gillies said the council is collaborating with the NCSC to ensure the continuity of services. Discussions have taken place regarding the programs and services, and the impact of the change in service provider.

"Unfortunately, there's been some erroneous information publicized, indicating drastic cutbacks and deletion of programs and services," said Gillies.

"Discussions with officials from the Ministry and Nelson Community Services have reassured us that the level of services will be retained and maintained. In fact, we anticipate no change in the level of services, although there may be changes in the methodology of service delivery."

Gillies said the Health Council is committed to its motto of "Better Health in the Kootenays," and will collaborate with Community Services "to ensure that clients receive the services they need."

For more information, contact the Ministry for Children and Families or the Nelson Community Services Centre.

## Fashions showcased by grads

NELSON - L.V. Rogers high school is sponsoring a fashion show and auction March 4 at the Capitol Theatre, with all proceeds going to this year's graduating class.

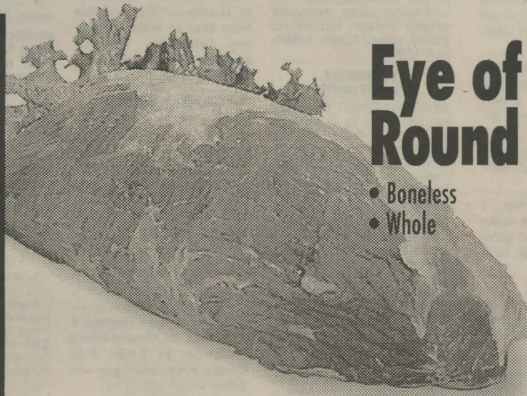
Doors open at 6 p.m., and the show starts at 7. Tickets are \$6 at the door, and include a performance by the LVR Presents theatre group.

**Satisfaction Guaranteed**  
or Double Your Money Back!

# Great Meals begin with Safeway Meats.

### Double Your Money Back Guarantee

We're so sure you'll love the quality, value and freshness that you get from the Safeway Meat Department, we'll give you double your money back on our meat department items if for any reason you're not completely satisfied (proof of purchase required).



## Eye of Round Roast

- Boneless
- Whole

**2.99**  
lb.

6.59 kg

### Take Advantage of Terrific Savings in our March Coupon Book



Prices effective from Wednesday March 4 to Saturday March 7, 1998 at participating Canada Safeway Stores only. We reserve the right to limit sales to retail consumer quantities.

All items while stocks last. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST.

AIR MILES® INTERNATIONAL HOLDINGS, N.Y. LOYALTY MANAGEMENT GROUP CANADA INC. AUTHORIZED USER.



**SAFEWAY**  
FOOD & DRUG

### Boneless Ham Halves

• Canadian Pride



**2.99**  
lb.

6.59 kg

### Mac & Cheese

- Generic
- 200-g • FIRST THREE



**3\$1**  
for 1

### Stonehedge Bread

- Including Raisin
- 450 to 570 g



**6.59**  
for 1

### Navel Oranges

- Product of U.S.A.
- BIG 4-lb BAG!



**1.99**

**SAFETY SUPER COUPON**

### TownHouse Apple Juice

- Or Safeway
- From Concentrate
- Plus deposit

**2 for 1**

FIRST 4 CARTONS WITH THIS COUPON

GOOD ONLY AT SAFEWAY

Level of one coupon per customer. While stocks last. Coupon effective at all Canada Safeway stores. COUPON EFFECTIVE MARCH 4, 1998 - MARCH 7, 1998. SAFEWAY PRINTED COUPON PLSI 07402

0 00000 07402 5

**SAFETY SUPER COUPON**

### Coke or Sprite

- Assorted varieties
- Plus deposit and Enviro Levy here applicable

**3 for 10**

FIRST 6 CASES WITH THIS COUPON

GOOD ONLY AT SAFEWAY

Level of one coupon per customer. While stocks last. Coupon effective at all Canada Safeway stores. COUPON EFFECTIVE MARCH 4, 1998 - MARCH 7, 1998. SAFEWAY PRINTED COUPON PLSI 07401

0 00000 07401 8

**SAFETY SUPER COUPON**

### Primo Pasta

- Or Sauce 680 ml
- Assorted varieties

**4 for 5**

FIRST 8 CANS OR PACKS WITH THIS COUPON

GOOD ONLY AT SAFEWAY

Level of one coupon per customer. While stocks last. Coupon effective at all Canada Safeway stores. COUPON EFFECTIVE MARCH 4, 1998 - MARCH 7, 1998. SAFEWAY PRINTED COUPON PLSI 07393

0 00000 07393 6

**SAFETY SUPER COUPON**

### Viva Paper Towels

- Jumbo
- White

**4.89**

FIRST 2 PACKS WITH THIS COUPON

GOOD ONLY AT SAFEWAY

Level of one coupon per customer. While stocks last. Coupon effective at all Canada Safeway stores. COUPON EFFECTIVE MARCH 4, 1998 - MARCH 7, 1998. SAFEWAY PRINTED COUPON PLSI 07389

0 00000 07389 9