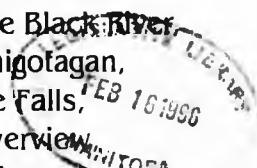


The VOICE

The Beaches,
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Drugs Dumped At Gull Lake Store

No agency willing to take responsibility

by Aaron Minvielle

Boxes of discarded medical drugs, including a vial of a potent heart medication, were discovered last week beside a recycling bin outside Sherwood Groceries in Gull Lake.

The boxes contained thousands of expired birth control pills, a vial of pertussis vaccine (whooping cough), a vial of furosemide (an anti-diuretic), and a vial of digoxin, used to treat irregular heartbeat. Stewart Wilcox, the Registrar at the Manitoba Pharmaceutical Association said that he considered digoxin to be "a highly toxic drug." However, Dr. Milton Tennebein of the Poison Control Centre in Winnipeg said that the vial of digoxin found in Gull Lake would be "totally harmless," even if it was ingested by a child. Wilcox later clarified his remarks in a faxed note, saying digoxin "can cause problems and even be fatal in large doses," but that he agreed with Dr. Tennebein that a single vial would not cause problems if consumed by a child.

A drug reference manual states, "The margin between toxic and therapeutic doses is small. The most serious adverse effects are those on the heart. Other adverse effects include anorexia, nausea, vomiting, headache, confusion, nightmares, hallucinations, and visual disturbances."

Digoxin was cited as the cause of death of several infants in a highly publicized case at a Toronto hospital a number of years ago.

A Beausejour man, who was making a delivery to the Gull Lake store, spotted the boxes and noticed that they contained a large number of pills. Concerned that children might happen upon them, he picked them up.

Unsure of how to dispose of the pills, he had a friend drop them off at the Review newspaper office in Beausejour.

After several phone calls by a reporter, it became apparent that though the disposal method was considered completely inappropriate by various government and pharmaceutical industry officials, no agency has or will accept responsibility for tracking the culprits.

Beausejour RCMP offered to dispose of the drugs if they were dropped off at the detachment office, but indicated they would not investigate the matter because it is not clear whether any law was broken.

Kelly Walterson of the Beausejour Pharmasave said the correct method of disposing of surplus or outdated medical drugs is to drop them off at your local pharmacy. "We generally have one week a year during which doctors and clinics can dispose of unwanted drugs free of charge. "Private citizens can drop them off any time," he said.

Randy Pelsler of Manitoba Environment suggested the discarded drug problem was "not ours." He said his department would be involved if the problem involved toxic substances actually being spilled into the environment. He also said that discarded drugs wouldn't be covered by Hazardous Waste legislation, which pertains to such substances as corrosives or acids. He suggested that the Manitoba Pharmaceutical Association had been very good in trying to ensure the proper disposal of out-of-date medications.

The Review investigation has so far not uncovered the identity of those responsible for dumping the drugs.

See "Lucky" page 4



New band council at Hollow Water

The new council at Hollow Water. Chief Rod Bushie is at far right.

New Ambulances Approved

In early 1995, Winnipeg River Health District began to review what should be done about its aging group of ambulances. There were 3 ambulances, one of which was 10 years old, another had been rolled and repaired (never to be the same), and all of which were too small for the equipment used in advanced life saving procedures.

Because of the large cost involved and the fact that the decision would be lived with for up to 10 years, a great deal of time has been taken in the selection of two ambulances. Three different sizes and three different manufacturers were reviewed. In the end two full-size modular ambulances were selected because they:

1. Can carry all the equipment required for Advance Life Skills;
2. Have larger interiors enabling more people to be able to provide care;
3. Have a CPR seat;

4. Centre mount cot design allow attendants to work around the patient;

5. More expensive than high-top vans but less expensive than trucks; and

6. Modular portion can be remounted on future vehicles

reducing costs at that time (a saving in today's dollars of \$47,791 for two ambulances).

It will still be some time before the vehicles will arrive as the details of the interior have to be finalized before fabrication can begin.

Free distribution to end

Don Norman, publisher of the Voice, has announced that Norman Communications will be forced to cease free distribution of the paper and return to paid circulation beginning with the March 13 issue.

He said he regrets having to make the decision but increased costs have made it inevitable.

Norman said the increased revenue from retail and subscription sales will enable the company to improve the quality of the Voice.

"We have already taken on three new free lance reporters so that we can improve news coverage." He said. "Coverage of news and events in Sagkeeng and in the Northern part of our circulation area have been in real need of improvement."

"The very fact that we will be producing a newspaper for sale will have an impact on quality." He said. "Our circulation will depend on how well we are meeting the needs of our readers."

Those people who were subscribers before the switch to free distribution will continue to receive the paper until their old subscription expires.

Health

COMMUNITY HEALTH WATCH

A weekly column designed to create more awareness of health problems within the community. For the past two weeks the column has dealt with Diabetes, and Diabetes Mellitus. This week it deals with Diabetes and Pregnancy. With the high incidence of Diabetes in today's society, this is a very timely topic. If you, or anyone in your family is living with Diabetes, you might clip and save these articles.

Diabetes and Pregnancy..... Effect of diabetes on the baby

Diabetic women can, and do become pregnant just like women without diabetes. However, a diabetic woman should carefully plan her pregnancies. A baby's proper development may be endangered if a woman becomes pregnant when diabetes is not well controlled.

There is a certain amount of risk for the diabetic woman. It is estimated that 98 to 99 percent of pregnancies are successful. Women with excellent blood sugar control from conception on, have the same chance of success as a non-diabetic woman.

The key words are from conception. A normal pregnancy is 40 weeks counted from the first day of the last menstrual period prior to the suspected pregnancy. By the time a suspicion has arisen, six or seven weeks have passed. By this time the baby is already 14 inch long, and is 10,000 times larger than the fertilized egg. The brain, central nervous system, spinal column and gut are already formed. The heart is already

formed and beating! There are early buds for arms and the development of early stages of eyes and ears. It's easy to see why excellent blood sugar control is important prior to becoming pregnant.

If diabetes is well controlled, there is little harmful effect on the baby. The danger seems to arise from repeated high blood sugar levels and persistent ketones associated with poor diabetes control. Both of these problems can endanger the health, development and even the life of the baby. That's why it is imperative to maintain good control of diabetes from the time a woman plans her pregnancy.

Pregnancy preparation.... To prepare for pregnancy, the first thing to do, is find a health care team. Ideally this team will consist of the prospective mother and her partner, a doctor who specializes in diabetes, an obstetrician, a family doctor, a nurse educator and dietitian. This team should be accessible to the prospective mother 24 hours a day, seven days a week. It's advisable to meet team members and establish a relationship before pregnancy.

Normally the obstetrician or family physician and diabetes physician sees the prospective mother every two to four weeks for the first and second trimester, and once a week for the third trimester. The baby's growth will be checked as well as blood sugar levels, blood pressure, and urine of the mother to be. The physician will also check for signs of water retention. This is done to rule out any of the complications associated with pregnancy. These complications include toxemia (the development of high blood pressure, swelling,

and protein in the urine), excessive fluid in the sac surrounding the fetus, and urinary tract infections. These complications are more common in diabetes than in non-diabetic mothers.

Meals should be planned to provide mother and baby with all the necessary nutrients, and at the same time maintain good control of the diabetes, and promote weight gain.

Before becoming pregnant, a prospective mother should have a thorough diabetes check up. Particularly important are kidney and eye health, and normal blood pressure. If significant complications of diabetes such as kidney damage, eye disease or elevated blood pressure are present, pregnancy should not be recommended. Pregnancy could make the pre-existing complications more severe or effect the outcome of the pregnancy.

If the prospective mother's health determines the safety of becoming pregnant, she will want to have the best control possible. This may mean switching to two or three injections daily. (In some cases the use of an insulin pump may assist with control.) Blood sugar testing at home will be essential during pregnancy. Urine sugars are not accurate enough for ideal control. Blood sugar test strips are available as is testing with a drop of blood and a meter.

If the prospective mother has been using diabetes pills, insulin will be necessary during pregnancy. The mother should discuss this with her physician. Pregnancy is extra work for any woman. For a woman with diabetes it means an extra commitment is necessary. If you are a prospective diabetic mother, learn as much as possible about pregnancy and diabetes. It will be important to have the support of husband or partner for extra attention and care.

Effect of Pregnancy on Diabetics....

Pregnancy usually has no long term effect on diabetes. However, the requirements for good diabetes control will probably change greatly during pregnancy. The insulin needs may drop slightly during the first three months. This is because the developing baby is using the body sugar of the mother. Also the mother may be eating less because of morning sickness. To guard against low blood sugar (hypoglycemia) eat frequent small meals, take a late night snack and carry some type of sugar at all times.

Insulin needs will start to increase during the third month. This is because of interference from hormones to the action of insulin. The insulin dosage could change to two or more injections daily to maintain the best control of the diabetes. The insulin dose could increase considerably by the time the baby is born. Toward the end of the pregnancy insulin dosage may fall off slightly. Any sudden or unusual fall in dose should be reported to the diabetes doctor. A balanced daily program of regular insulin injections plus proper meals and exercise is an absolute must.

Will the baby be normal?

If the proper regimen of insulin, meals and exercise is followed, the likelihood of a diabetic mother delivering a normal baby is about the same as that of a non-diabetic mother. What must be remembered however is that birth defects are twice as common in diabetic mothers if the diabetes is poorly controlled during the first three months. If blood glucose levels are high during the last three months of pregnancy, the babies will usually be big at birth, often more than ten pounds. Despite their large size, such babies tend to be immature and are more likely to have trouble breathing in their first few days of life. They might also experience a rapid drop in blood sugar at birth.

If the mother has had dia-

betes for many years the placenta may not develop normally, and be unable to nourish the growing fetus. The resulting baby will be below normal birth weight. There is also a possibility of the placenta being so small that it fails to provide even the most basic nutrition to the baby. The baby's chances of surviving will be decreased before and after birth. The baby born to a diabetic mother will be watched carefully in case it needs special care during the first days of its life.

What are The Baby's Chances of Having Diabetes?

If the mother has Type II diabetes, the baby has a 50% chance of inheriting the tendency to become diabetic. For babies of mothers with Type I diabetes, heredity is less of a factor. The doctor can refer the mother to genetic counseling if both prospective parents are diabetic.

Diet during Pregnancy..

Diet is especially important during pregnancy, and should be adjusted with the help of the dietitian and the doctor. A vitamin mineral supplement should also be taken. A total weight gain of no more than 12 kg or 26 lbs is healthy. Eating a healthy nutritious diet, avoiding foods high in fat will help control the rate of weight gain.

The dietitian will help during the latter part of the pregnancy to assess nutritional requirements for the baby's final period of growth. Testing the urine for ketones is important, as persistent ketosis can interfere with the development of the baby. To prevent starvation ketosis (or overnight ketosis) have a late evening snack of starch and protein. If the diabetes is out of control with high blood sugar, or there has been an insulin reaction (hypoglycemia) positive urine ketones may occur.

Next week....

Since this topic is so intense, and important...two weeks will be taken for Pregnancy and Diabetes. The next session will deal with tests during pregnancy, going into labor, delivery, breast feeding etc.

If you are a diabetic, pregnant, and have not had a consultation with a doctor, you are urged to do so as quickly as possible. If you have any questions, please call the Pine Falls Health Unit at 367-2224. Material used for the formation of this column, courtesy of the Canadian Diabetes Association, Winnipeg, Mb. Compiled and edited by Lorraine Neal.

news

BEACHES BUZZES

Grand Marais Ladies Curling Club.....

The ladies of the Grand Marais Curling Club would like to thank everyone who came out to curl in the Bonspiel held on February 2, 3, and 4th. Thanks

to all the curlers, to all who generously donated food, prizes or time. Special thanks to the ladies for making and donating all the name tags...also to those wonderful ladies who provided the entertainment. The following is a list of winners in the "Spiel".

First in the first:

K. Keith, lead, Carol Mackelson second, Wanda Barkman third, and skip Terri Keith from Winnipeg.

First in the second:

Lead Alice Monkman, second Jan Penner, third Carol Johansson and skip Lavonna Folster from Winnipeg.

First in the third:

Lead Phoebe Thomas, second Susan Hourie, third Carol Johnson, and skip Sheila King.

Congratulations to each and every one. Everyone had a great time.

Upcoming functions at Grand Marais Rec Hall.....

Saturday February 17th, a Bonspiel breakfast will be held at the Rec Hall from 8:00 a.m. until 11:00 a.m. (The men's spiel will be going on at this time.)

The North Star Hill Climbers Annual Poker Derby scheduled to be held on February 24th. Registration from 9:00 a.m. to 3:00 p.m. at the Rec Hall. The Bar will open at 3:00 p.m.. For further information please contact Wilma Gunn at 754-6107.

Grand Marais Mixed Bonspiel scheduled for March 1, 2, and 3rd, 1996, for further information please call Betty

Reckseidler at 754-2567 or Irene Thomas at 754-8178.

Bingo still goes on every Tuesday evening...doors open at 6:30, the Early bird at 7:30, and the regular games take place immediately following.

Cash Draw scheduled to take place on April 27th at the Curling Club Wind Up. Tickets are only \$1.00 each, please contact Betty Reckseidler at 754-2567.

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Eco-Tourism Seminar

What does your community have that the tourist wants? A number of community economic development officials are now considering eco-tourism as a potential tool for local economic development.

Eco-Tourism is defined as "a responsible travel experience which contributes to the understanding and conservation of the natural and cultural environment". Some analysts suggest that eco-tourism is the 90's version of tourism, with a focus on the appreciation and protection of the environment.

A seminar on eco-tourism will be held on Saturday, February 24, from 9:30 a.m. to 3:30 p.m. at Kelsey House in Pinawa. The cost is \$10.00 and includes lunch.

David Hatch, a free-lance environmental consultant, will be the featured speaker for the event. David has over 20 years of experience in natural history, ecological, environmental and tourist concerns. Other

speakers include Judy Cornell, Inverness Falls Resort; Bruce Keats from Manitoba Tourism Education Council; Dr. Peter Taylor, a well known naturalist from Pinawa; Lynda Gunter, a tour operator; and Shawn Tester from Wesaanebe-Shining Waters Heritage Region.

Everyone is Welcome.

Festival Awareness Week

The Seventeenth Agassiz Festival of the Arts will soon be here. Our festival is one of 38 music festivals in Manitoba under the direction of a non-profit organization called Associated Manitoba Arts Festivals. The Association has declared the week of Feb. 18-24, 1996, to be proclaimed COMMUNITY ARTS FESTIVAL AWARENESS WEEK. The Manitoba Minister of Culture, Heritage and Citizenship, Harold Gilleshammer, will participate in a special signing ceremony at the Legislature on Feb. 13 at 1:30 p.m.. The ceremony will feature performances from previous festivals. Then, throughout the week of Feb. 18-24, in Portage Place, there will be a display and more performances from previous festivals, including the "Sunrise Singers" from our Agassiz Festival.

This is to call attention to the valuable role the music

festivals play in developing the artists and audiences of tomorrow. They have a positive influence on the "quality of life" throughout the province. With 100,000 participants annually, festivals make up a major cultural movement.

Our festival will take place Monday to Friday, April 22-26, 1996. Competitions in speech arts, music and dance will be held. Artists and groups from organizations in Beausejour, Tyndall, Garson, Lac du Bonnet, Hadashville, Pinawa, Whitemouth, Pine Falls, and Powerview are invited to enter.

Festival applications are available at each school in the Agassiz School District #13 and Whiteshell District #2408 (Pinawa). Please return completed applications to Clara Thurmeier, Box 822, Lac du Bonnet, Man. ROE 1A0. Deadline for entry is March 15. Late applications will not be accepted.

The Voice

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Contributors: Todd Guimond, Michelle Moore, Lorraine Neal, Lisa Raven

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Opinion



There is no legislation covering this pile of poorly discarded pharmaceuticals despite the potential danger of many of these substances should they be consumed by a child.

Lucky... This Time

We can't help wondering what might have happened if the drugs had been found by some curious children.

The drugs were in four boxes beside a recycling bin outside Sherwood Groceries near Gull Lake. Fortunately, a concerned citizen took the possibly lethal concoctions — he had no way of knowing — home. The boxes found their way to our office.

Then the fun began. First, exactly what were we dealing with? Were they potentially life threatening, or were they harmless? Then, our reporter had to determine who was responsible for determining if an offense had been committed.

Not us, said Manitoba Environment. Not us, said the Manitoba Pharmaceutical Association. And although the police offered to dispose of the pills, they indicated they wouldn't be investigating to see who dumped the drugs. Would these government agencies be reacting any differently had a child ingested any of the drugs and either died or ended up in hospital? We suspect the dumping would then be taken somewhat more seriously. This isn't the first time someone has dumped prescription medicines where children might find them. But no one seems to care. All too often in our society, it seems to take a tragedy to get the powers-that-be to take notice of a problem. If this current batch of discarded drugs turns out to be relatively harmless, we'll all breathe a sigh of relief. Will we be as lucky the next time?

LETTERS

CBC caters to a more 'eclectic' audience

The CBC spends more than it earns, and the federal government picks up the deficit. That has been a fact of life for many years. Taxing all taxpayers, or those who subscribe to cable TV is not the answer. Severe downsizing, cost cutting, along with more accountability is a more appropriate measure.

CBC programming often falls short in entertainment value. But whose standards are we using? What are we comparing CBC programming to? American TV shows with glitz and gore? How many Canadian programs for children are filled with violence? How many American children's programs are violence ridden? The answer seems obvious.

Canadians need programming both on radio and TV, which caters to a more eclectic audience. There are listeners viewers who are not enamored of American programming which is filled with violence and often borders on pornography.

Regarding the Christian Brothers in Newfoundland, surely we were outraged enough that children were being sexually assaulted by some of the brothers, men of God, who should have been protectors, rather than perpetrators, that if the CBC showed it on the news every day for six months, it became a reminder of completely unacceptable behavior. John Turner's patting of Sheila Copps falls into the same category.....and never mind the very personal issue of abortion.

The CBC has been and continues to be, one of the foremost leaders in the news industry world wide. Without the CBC, there are people in remote areas of this wonderful country of ours, who would have no television or radio. Today there are satellite systems stretching across the length and breadth of Canada, but in TV's infancy, there was only the CBC.

What is the "Canadian identity?" It is something unique to each and every one of us!

Whether you recognize it's costing the Canadian taxpayer a fortune, love or hate the CBC, it would appear it's here to stay.....at least in the short term.

Yours truly,
Lorraine Neal

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- Schriemer's Garden Centre.

Yours sincerely,
Cathleen Thurston,
Director
Winnipeg River Junior Gardeners

News

Local Host Families Needed For Exchange Students

ASSE International Student Exchange Programs (ASSE) is seeking local host families for boys and girls from Scandinavia, France, Italy, Spain, Portugal, Germany, Holland, Britain, Poland, Czech Republic, Slovakia, Switzerland, Mexico, Brazil, Japan, Thailand, Australia or New Zealand. Students should have a good academic record and desire to experience another culture and language through living with a warm and giving volunteer family. Academic year and shorter term summer vacation programs are available.

Those persons interested in obtaining more information about becoming a host family or becoming an exchange student should contact ASSE's local representative: Lori Boileau at 204-444-3651, or call 1-800-361-3214.

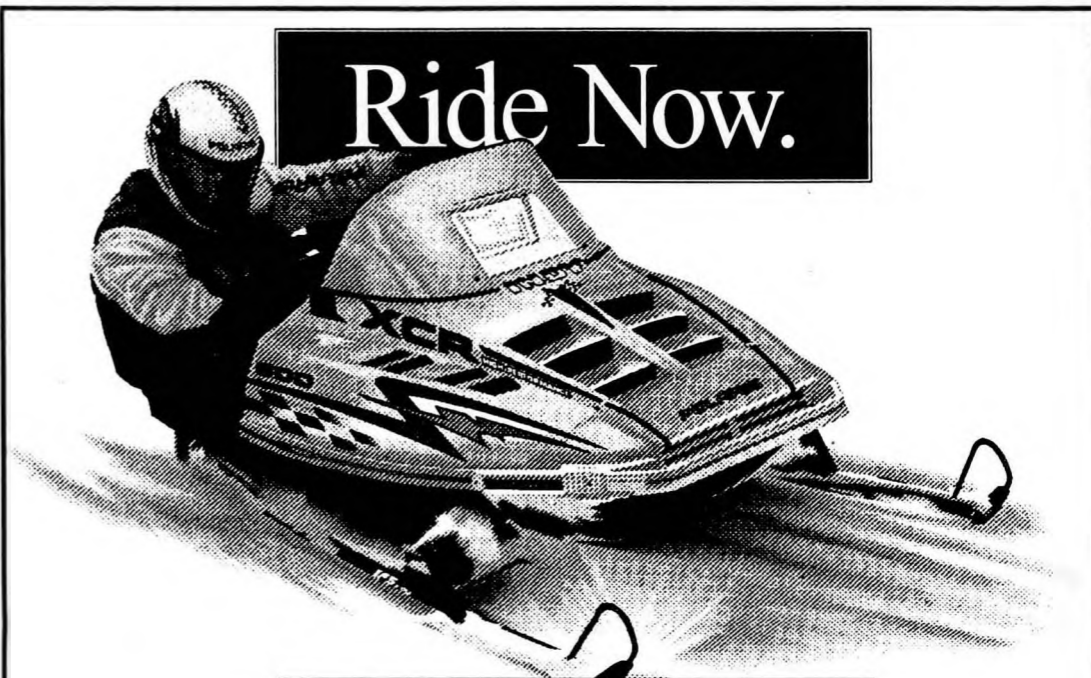
These personable and academically select exchange students speak English, are bright, curious and anxious to learn about this country through living as part of a family, attending high school and sharing their own culture and language with their newly adopted host family.

The students are sponsored by ASSE, a non-profit, public benefit organization, founded by the Swedish Ministry of Education. ASSE also cooperates with the Canadian Provincial Ministries of Education and is approved by the Australian and New Zealand Departments of Education. ASSE is the only organization with these credentials.

The exchange students arrive from their home country shortly before school begins and return at the end of the school year. Each ASSE student is fully insured, brings his or her own personal spending money and expects to bear his or her share of household responsibilities, as well as being included in normal family activities and lifestyles.

The students are well screened and qualified by ASSE. Families may select the youngster of their choice from extensive student applications, family photos and biographical essays. Students and families are encouraged to begin corresponding prior to the student's arrival.

ASSE is also seeking local high school students to become ASSE exchange students abroad. Students should



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MANY MORE IN STOCK

News

Agassiz School Division Board Report

The last regular Board meeting was held in the administration office in Beausejour on Tuesday, February 6, 1996 from 6:30 p.m. to 11:30 p.m.

Trustee Ron Griffith provided the Board with a letter in which he outlined his concerns

about the Boundaries Review Commission's recommendation for the amalgamation of the Agassiz and Lord Selkirk School Divisions. "We see no identifiable educational or financial net benefits" to the current proposal. "It is our carefully consid-

ered view that the recommendation will, in fact, adversely impact on the quality of education in our division as well as on its cost of delivery." As a result, the Board will be sending a letter to the Minister of Education and Training detailing our concerns

and requesting a meeting with her.

Trustee Henry Kazina pointed out that the Division's policy on emergency school closing procedures does not contain guidelines for cancelling bus services and closing the schools during the bitterly cold weather conditions that prevailed on Thursday, February 1, 1996. As a result, the Board will review the entire policy and, to that end, is inviting feedback from parents, teachers and administrators.

Jim York, principal, and Myles Hildebrandt, AFM counsellor, at the Edward Schreyer School, presented information about the Rural and Northern Youth Intervention Strategy, a project that focuses on the issues of youth and alcohol and other drugs in Manitoba. E.S.S. has been participating in this project for the past three years. Mr. Hildebrandt commented on the results of a recently completed survey on the uses of and attitudes towards alcohol and drugs at E.S.S. compared to other participating high schools in Manitoba. Our students ranked slightly lower than the average in use.

Comparative results of a survey taken at E.S.S. in 1993 (192 students) and in 1995 (186 students) indicated that the number of students using alcohol dropped from 89% to 84%. However, the number using drugs other than alcohol increased from 22% to 30%. This does not necessarily mean that 84% and 30% of our students are heavy users of alcohol and drugs because the question asked was a rather general one: "Have you ever used alcohol (beer, wine, liquor) or drugs (other than alcohol)?"

Also shown during this portion of the meeting was a video of MEN's news report about drug use in rural Manitoba. Part of the report featured an interview with three teenagers on the premises of the Edward Schreyer School. The general consensus was that the interview was one-sided, misleading, unfair and not at all representative of the student body.

A much more positive statistic appeared in the Manitoba Association of School Trustees' report on grade point averages for grade 12 and first year university students from Agassiz School Division as compared to the provincial averages for public schools. In 1993, one hundred and forty-three of our students graduated from grade 12 with a grade point average of

3.4. Thirty-seven of these students registered at a Manitoba university for the 1993-94 academic year and attained a grade point average of 2.69. This compares favourably with the Manitoba grade 12 grade point average of 3.05 and the first year university grade point average of 2.30.

The problem of how to improve communication between the Board, the local media and the public sparked some lively discussion. Mr. Robert Babey, English teacher at E.S.S., who attended the meeting as a member of the public, pointed out that this problem was not unique to the Board alone but also applied to education generally. He stated that the public rarely hears about the many excellent educational activities which are occurring daily in the schools in our Division. The Board referred the matter to the Public Relations Committee for review at its next meeting on February 21, 1996.

Mr. Babey also reported that he was one of three teachers from E.S.S. who spent 8 days marking the provincial Senior 4 English examinations. "The examination was fair, the papers were marked carefully and fairly, and the exchange of ideas with colleagues from across the province was valuable to me as a teacher."

Under the agenda item "Questions from the Public" one observer expressed displeasure with the Board for not dealing with former trustee, Evelyn Donahue's motion made at the October 3, 1995 Board meeting. The motion referred to certain "one-time only" costs that do not have to be collected again and should, therefore, be transferred into a "mill rate decrease in the Agassiz School Division for 1996-97". The Board will deal with this motion at one of its budget meetings.

Another observer commented on the time the Board deliberates "in camera" and referred specifically to the January 9 meeting when the Board met with Lac du Bonnet M.E.A. Darren Praznik. The observer felt that this segment of the meeting should have been open to the public because no specific personnel matters were to be discussed.

The next regular Board meeting will be held at the Whiteoak School at 7:00 p.m. on Tuesday, February 20, 1996.

The date for a public meeting on the budget for Agassiz School Division will be announced within the next two weeks.

Community

Two new businesses open in area



Ribbon cutting at the U & R Tax Depot Grand Opening

U & R Tax Depot has opened its 110th Canadian Office in Pine Falls.

U & R Franchise Development Manager, Don Gagnon of Winnipeg, and Voice Columnist Gayle Yatkowsky, joined local representative Sandi Duval in the Ribbon Cutting Ceremony at the Grand Opening February 12.

Coffee and donuts were served to friends and well-wishers. Provencher MP David Hfody sent his congratulations.

The office was open for business at 9:00 am February 13.

Home Life Real Estate

Linda Dupont has opened a new Real estate office in St. Georges She will be representing Home Life of Winnipeg.

Dupont recently completed the Winnipeg Real Estate Board Realty Course, which she said she found to be a very good course but very intense. She is also a licensed appraiser. She

said Home Life is a very reliable company which has been operating in Manitoba for twenty years.

Linda Dupont, nee Hiker, was born and raised in Pine Falls. She was a manager for Kleyson's Transport for twenty years. A supervisor at Clark's Corner for three years, and has been working with Fran's Accounting for the past three years.

Walter Whyte School news

Been to Walter Whyte School lately? The classrooms are sporting nice new doors...looks great too! Principal Becky Warren and the staff at Walter Whyte are to be commended for their efforts to promote Safety, Respect and Cooperation among the students, both in the school atmosphere, and at home. Becky advises that everyone is free to go see the new doors on the classrooms.

Children in Kindergarten, and grades 1 and 2, were thrilled to have a visit with the Grand Marais Fire Department. Mark Sinclair and

Walter Fey attended WWS and were the visiting firemen as they showed the kids the uniforms. Mrs. Sinclair made the day complete with a treat of hot dogs at the firehall.

Young Kyle Sinclair who has the honor of doing the title page for the January newsletter, shows some pretty amazing artistic ability. Kyle has drawn an ominous looking polar bear, and it's very good considering he's just in grade 1.

Planned Pancake lunch on Tuesday February 27th will be part of the Festival du Voyageur activities. Cost per child will be \$1.00.



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Every penny counts, so if you're looking for a way to save on fuel, look no further than Petro-Canada's new Cardlock Station in Papertown. It's the convenient, 24-hour, no hassle way to get the best value in town on clear diesel, purple diesel, regular clear gas. And it's only available to holders. So call your local representative Kim Robertson at 367-8800 or 367-8903 or Karen Hatch at 1-800-458-3618 to get the Card within three working days. They'll show you how fast and easy it is to use your card to access the pumps and save pennies per litre. And we all know how fast those pennies add up.

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Winnipeg Junior Gardeners

By Cathleen Thurston

The record breaking cold is over; what better time to start thinking about gardening!

Last summer's group of Junior Gardeners was very busy. There were their prize winning gardens, their imaginative and inventive scarecrows, a workshop on flower arranging and abstract flower sculpture, the always popular flower and vegetable show, and the awards ceremony.

Gardens this past summer were lush and bountiful. The Junior Gardeners show real imagination when it comes to laying out their flower and vegetable plants. Prizes for the best gardens were awarded as follows:

GROUP A - 1st - Emily Grant, 2nd - Stephanie Godard, 3rd - Daniel Dankowski.

GROUP B - 1st - Benjamin Grant, 2nd - Heidi Grant, 3rd - Nathaniel Pichor. GROUP C - 2nd - Jeanesse Bourgeois.

The scarecrow competition was colourful with designs guaranteed to scare those pesky crows. There was also one that was so friendly she had crows sitting on her shoulders! Awards were presented to the scarecrow architects in the following categories: BEST DRESSED FEMALE - Stephanie Godard, BEST DRESSED MALE - Brody Thurston, MOST TRADITIONAL - Nathaniel Pichor, MOST ORIGINAL - Benjamin Grant, FRIENDLIEST - Emily Grant, MOST ATHLETIC - Heidi Grant, MOST COLOURFUL - Jeanesse Bourgeois.

Many visitors attended the Junior Gardener's 6th An-

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At our centre we offer day or evening computer courses as requested by the community. Contact our centre for details and please let us know what computer courses you would be interested in taking.

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Programs in the areas of Business & Computers are: Data Processing, Illustrative Computers, Business Concepts & Planning, Computer Accounting, Accounting Principles, Law, Software Applications, Futures in Business, Office Administration, and many more innovative courses.

Costs
All high school credit courses are free of charge to Agassiz/Pine Falls Division residents. Non-credit computer courses have a minimal fee attached.

Hours of Operation
The school operates five days, and up to four evenings a week, for eleven months of the year. Full or part-time registrations are accepted.

Who is eligible to attend?
All adult residents of Agassiz/Pine Falls School Division may register to attend. Non-residents may attend but pay an out of division fee. There are many different types of sponsorship available-contact our school for further information.

Opening new doors for a brighter future!

news

Snowmobile theft ring strikes again

RCMP Report - Powerview Detachment

Police are investigating a snowmobile theft ring operating in the Victoria Beach/Traverse Bay area. Police received its latest complaint from Jason Stutzke of Hillside Beach. Mr. Stutzke reports that his 1995 Skidoo Mach Z was stolen from his cottage. It appears that the suspect (S) backed up a pick-up truck to a snow bank, loaded on the machine and fled the area. The theft occurred between 10:00 P.M. and 11:30 A.M. on the evening of February 2nd, 1996.

SUSPECT VEHICLE -pick-up truck, Dodge or Chevy, Late model 80's, Grey, Green, Blue, Taillights were burnt out. **SNOWMOBILE DESCRIPTION** - Skidoo 1995 (\$8000-\$9000), Mach Z, Plate #719H2, Decals "Kick Ass Racing Team" windshield, "Sissy's Wear Green" Taillight, Air Grills

(6) painted pink. Police continue to investigate this matter and urge all snowmobile owners to take the necessary precautions when securing their property. Make, model, year, serial #, colour, plate # and unique marking (decals, dents, etc.) will help the police when trying to recover stolen property.

With the increase of snowmobile thefts in the area, the RCMP are requesting the assistance of all citizens in solving the "CRIME OF THE WEEK".

If you have information on these or any other unsolved crimes. Please call Powerview Detachment at 367-2222 or by calling Manitoba Crime Stoppers toll free 1-800-782-8477. You will not have to give your name nor go to court and you may be eligible for

a reward of up to \$2000.00. On Feb. 4/96 Leon Bruyere reported a break, enter and theft of a VCR at his residence on the South Shore of Fort Alexander. No suspects, Police require your assistance.

On Feb. 6/96 Vivian Berthelette reported a hit and run while her vehicle was parked on Cedar Street in Pine Falls.

Police responded to a complaint of a spousal assault on the Little Black River I.R.

On Feb. 7/96 Brenda Cook reported a break, enter and theft at her residence on the South Shore of Fort Alexander I.R. No suspects, Police require your assistance.

Sheri Guimond reported the theft of her CD Walkman from Powerview School.

Community Billboard - ph 367-4466

LIBRARY ALLARD: Library Hours: Tuesday: 10:30am to 5:00pm Wednesday: 1:00pm to 5:00pm 6:30pm to 8:00pm Thursday: 1:00pm to 5:00pm 6:30pm to 8:00pm Friday: 1:00pm to 5:00pm Saturday: 10:30am to 2:00pm
THREE BEARS DAYCARE: Meetings first Thursday of every month
KNIGHTS OF COLUMBUS: Meetings every second Tuesday of the month 7:30 at St. Theresa's Church General Meeting
SILVER HAVEN CLUB: Cribbage - every 4th and 5th Monday of the month at 1:30 p.m. - Whist - every Thursday of the month at 1:30 p.m.
WINNIPEG RIVER W.L.: meetings third Tuesday of every month. 7:00 p.m. Library Allard, St. Georges
POWVIEW LOCAL MMF: Regular Meetings held on the first Thursday of each month - 7:00 pm at the Powerview Arena Meeting Room.
PINE FALLS HEALTH AUXILIARY: Meetings on the first Tuesday of every month at 1:30 pm
COTTAGE COUNTRY BUSINESS ASSOC.: Meeting - Every first Monday of the month at 7:00 p.m. Ph. 756-2596
ALCOHOLICS ANONYMOUS: - Sun Rise Group - Meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m. Located at Powerview Arena (small centre entrance in front). Last Friday of the month open to the public
PINE FALLS LEGION - Meetings held 2nd Thursday of the month 7:30 p.m. Legion Hall. Meat raffles held at Legion House on Fridays from 4:30 to 5:30 p.m.
PINE FALLS MASONIC LODGE # 154 - meets on second Friday of every month in the Pine Falls United Church. (except June, July, & Aug.)
C.O.P. MEETING, Rm. 43 Powerview School, every 3rd Mon. of the month - at 7:30 pm
BADMINTON: Pine Falls School Gym, Sunday & Wednesday nights, 7:00 - 10:00 p.m.
POWVIEW GARBAGE PICKUP every Wed. Recyclable pickup every 1st & 3rd Thurs. of each month.
P.A.A. MEETING every 4th Thursday of each month at 7:00 p.m.
VILLAGE OF POWVIEW MEETINGS, every 2nd Tuesday of each month.
THE DANCING BLADES FIGURE SKATING CLUB presents their 1996 Ice Review "Music Through The Years", Wednesday, March 20 at 6:30 p.m. in the Pine Falls Arena. Everyone Welcome!

Church Services

NOTRE DAME DE LA S. - Sacraments, Eucharist, French Mass, 9:00am, Powerview, Sunday 8:00am, 10:00am, 12:00pm, 5:00pm.
PINE FALLS UNITED CHURCH: Sunday 10:00am, 11:00am, 1:30pm, 3:00pm, 7:00pm. Open House Tues. 1st 10:00am, Nov. 1st 10:00am.
PINE FALLS ANGLICAN CHURCH OF ADVENT: 2:00pm, 8:00am, 10:00am, Sunday School provided. Rev. Fr. Keith McNeil, 367-4466.
ST. THERESA'S: Pine Falls Mass, Sunday at 10:00am.
ST. GEORGES: Mass Sunday at 9:00am and 10:00am.
ST. JUDAS ANGLICAN CHURCH: 10:00am, 11:00am, 1:30pm, 3:00pm, 7:00pm. Morning prayer 11:00am - 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st.
IRISH ANGLICAN LUTHERAN CHURCH: Healing, counselling, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st.
CHRISTIAN FAITH FELLOWSHIP: Financial Freedom Seminar, Friday nights at 7:00 p.m. Church Service at 10:00am.
HOUSE OF PRAYER FULL GOSPEL: 2:30 every Sunday, 9:00am, 11:00am, 1:30pm, 3:00pm, 7:00pm.

PINE FALLS BARBER SHOP WILL BE CLOSED FOR THREE WEEKS

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Sports

Dankowski and Williams top winners in Biathlon

Margaret Dankowski of the Snowgliders Biathlon team and team member Dean Williams of Wanipigow were chosen by officials at the Canadian Western Biathlon Championships, held at Falcon Lake on February 5 & 6, as top female and male athletes of the two day competitions. This award was presented for good sportsmanship in combination with athletic skill.

Margaret who now resides in Winnipeg still keeps close ties with her home area competing under her home club. The Snowgliders (based in Wanipigow at the Eastshore Trails Training Facility) under her personal coach Murray Marchment. "Margaret is right on her training plan," says Murray, which now leads her to the Canadian National Biathlon Championships. Margaret will be leading a very strong woman's team into the relay event with her team mates Sarah Dentry of Winnipeg and Christel Leclair of St. Germain. Both are strong skiers and excellent shots with mere seconds separating the three.

During the two day event, which also hosted the Manitoba cup #5 & 6 the Snowgliders dominated the medal podium. In their respective age categories; Dean Williams with two first place efforts, Rory Favel (one of the fastest skiers in Manitoba in his age category) with two first place efforts, Terry Moneyas (Terry dominates on the hill climbing) with two first place efforts and Margaret Dankowski with one first and one second place.

Well done Snowgliders and Good Luck Margaret in your upcoming Canadian National Biathlon Championships held in Quebec on February 17 & 18.

Pine Falls Ladies' Bonspiel

The Ladies bonspiel was held the weekend of February 9, 10, & 11 at the Pine Falls Curling Club, with a total of 38 teams competing.

The semi-finals began on Sunday. Marlene Watson held on to her title for another year skipping her team to another first overall. Her team consisted of Linda MacLellan, Debby Breton, Debbie Barrett. Runner up was the Geri Bland team of Teri Derdrosn, Alice Moore and Debbie Carlin.

Second event winner was Susan Dugard's team of Doreen Enright, Barb Enright, and Joanne Lower. Runner up was the Lynn Vincent team.

Third event winner was Nancy Lavoie's team of Terri, Susan, and Maureen. Runner up was Lori Chartier's team.

Pine Falls 5 Pin news

By Janelle Carlson

The ladies high games were: Terry Papineau 271, 241, 222, Mandy Dankowski 261, 241, 225, Annette Carriere 248, 243, Connie Borton 246, Heather Davis 245, Evelyn Dodds 230, 227, Priscille Poirier 225.

The men's high games were: Lyle Velie 296, Todd Jesseau 281, 243, Trevor Sokoloski 262, 220, Mike Coss 254, Don Powell 239, Brad Robertson 232, George Dodds 229, George Sabot 229, Jerry Gauthier 225, Rod Augustew 222.

The female bowler of the week was Connie Borton for her terrific game of 246, which was 115 pins over her average.

The male bowler of the week was Mike Coss for his great game of 254, which was 87 pins over his average.

The Legion Special was won by the Breakaway Team

For their three game total of 3454. Congrats Ladies!

This weeks Triple High Games Were: Todd Jesseau 711, Lyle Velie 699, Annette Carriere 687, Terri Papineau 684, 643, Don Powell 655, Mandy Dankowski 650, 600, Evelyn Dodds 648, Trevor Sokoloski 627, George Dodds 622.

St-Georges Sand Bag League News

Ladies highest score: Colette Vincent 7860, Eliane Boulet 6640, Maria Dupont and Juliette Fillion 6500.

Men's highest score: Jos Vincent 7550, Martin Vincent 7430, Philip Bouthillier 7100.

Highest Square: Jeanne Lavoie 1350, Philip Bouthillier 1350.

Team Points: Henri Desautels 58, Victor Vincent 47, Ginette Vincent 36, Marguerite Boyer 31, Philip Bouthillier 28, Edgar Vincent 27, Annette Dupont 17, Jos Vincent 16.

Most 300's: Colette Vincent 11.



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FOR MORE INFO - 268-2049

Sports

Jason Dahl Takes Bronze in Figure Skating

Jason Dahl of St. Georges captured the Bronze Medal in Primary Men's Freeskate at the Regional Figure Skating competition held in Hazelridge on Saturday, February 3, 1996. Jason skates with the Dancing Blades Figure Skating Club. He is a Grade 5 student at Powerview School and is the son of Kathy and George Dahl of St. Georges.



Jason Dahl Displays the Bronze medal he earned at the Primary

Jason now advances to the Provincial Figure Skating Competition, the "Dodie Wardle's", to be held in Steinbach on March 3 and 4. He will perform his Freeskate routine at the Dancing Blades Figure Skating Ice Review to be held at the Pine Falls Arena on Wednesday, March 20 at 6:30 p.m.. Congratulations Jason, and good luck in the upcoming competition!

Junior B League loses team Beausejour B Comets call it quits

by: Aaron Minvielle

The Comets Beausejour's Junior B hockey team (the same league the Sagkeeng Braves are in) has called it quits with four regular season games still left to play.

Citing financial problems, mainly due to poor attendance, the hockey club's executive decided on Thursday, to pull the plug on the team. The decision to not finish the season was based on the overall financial picture facing the club.

The Comets, who had been anticipating on playing in their 25th season this fall, had been struggling on the ice since an administrative problem with the Manitoba Amateur Hockey Association resulted in the loss of eight points.

Comets coach Marvin Hurrell said from his Tyndall home that lack of fan support was not the only problem facing the team. "The lack of a good minor hockey program was also a problem. We just don't have a large enough pool of young players from the Bantam and Midget levels to draw from."

Injuries played a big factor in the decision to withdraw from the league. The Comet's were down to seven forwards and five defencemen from an initial roster of 21. Though many are hopeful that the team can be resurrected next season, none are confident that they can rekindle fan excitement.

Arena Board Chairperson Mac Dumcum, responding to the news of the team's demise, said that though the loss of the team won't have a dramatic effect on the arena's operations, "We hate to lose any group, especially one that's part of the town's identity. This used to be such a good hockey town."

According to a team news release, the team spends \$8,000 on travel expenses and \$6,000 on ice rental. Home games have resulted in losses of \$150 to \$200. Attendance has been dismal, with only 30 to 40 die hard fans a game.

The loss of the eight points at Christmas seemed to take heart out of the team which had been playing well until then.

Creditors of the team need not worry — team treasurer Stu Beasley assured them that the team will pay its debts.

New 96's Left

- 1996 Mach I 670 cc\$8,099.00
- 1996 Formula III 670 cc\$7,900.00

Used Sleds

- 1994 Skid-doo Formula 2\$5299.00
- 1993 Skid-doo Mach I\$3500.00
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- 1991 Arctic Cat Prowler\$2,700.00

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Saturday 8:00 a.m. - 6:00 p.m.
Sunday 12:00 - 4:00 p.m.

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Sports

Eastman Sport Report

The Eastman Sport Report appears here with the co-operation of your local community newspaper in partnership with Eastman Sport Development Association.

Regional Wrap

*Eastman Junior Curling Association is looking to recognize that one special coach, parent or volunteer in your junior curling program who goes that "extra mile". Watch your curling club bulletin board or speak to your junior coordinator about nominating that person for the "Grassroots Volunteer Award". Nomination forms and details will be in their hands soon. For further information, contact Bob Rondeau at 268-3200.

*Vince Braun of Steinbach Christian High School has been named an MHSA Athlete of the Week.

*Dean Williams of Wanipigow was named most valuable athlete in the 10-11 age class at the Western Canadian Biathlon Championships held at Falcon Lake.

1996 Eastman Winter Games Update

The 1996 version of the Eastman Winter Games are in full swing, with many events having already taken place. Here is information on the remaining competitions:
Basketball - The competition will be held in

Beausejour on March 23. Category is men's 18+. Contact the ESDA office for further information. Host chairperson is Trevor Groinus. Fee is \$75 per team.

Curling - Bison Coed (16 and under) is cancelled this year due to scheduling difficulties. Watch for its return next season.

Artistic Gymnastics - Open to ages 7-9, 10-11, 12-13, and 14+, this competition is scheduled for Powerview on March 16. Contact George Dahl at 367-8695 or Annette Chevrefils at 367-8763.

Biathlon - Male and female (all ages) will occur at East Shore Trails (Wanipigow) on February 25. Contact Murray Marchment at 363-7361.

Please contact the Eastman Sport Development Association (Tracey Groinus at 268-2172 or fax 268-6070) for information concerning registration fees, eligibility, deadline for entry, date of event or site of event. Registration forms are available from the ESDA office or your local recreation director.

Eastman Cross Country Ski Championships

The Eastman Cross Country Ski Championships, sponsored by Snow Gliders Ski Club and Cross Country Ski Manitoba will be held on February 18. Running currently on February 17 and

18 will be the Manitoba Cross Country Ski Championships. Site is East Shore Trails at Wanipigow.

February 17 will be provincial classic style competition, while February 18 will be the Eastman race and the provincial freestyle (skate) competition. A banquet is planned for February 17. Accommodations at Wanipigow School are available, as is a pancake breakfast on February 18 at the school.

The location is north on highway #304 to Manigotogan, continue north past Manigotogan for 2 km, turn left at Wanipigow sign. Ski signs will be posted at this turnoff.

For Race Day information, conditions, fees, etc. contact Murray at 363-7361 or the Race Hotline at 224-4225.

1996 3M Coach of the Year Awards Program

The Coaches Association of Manitoba is pleased to announce the 1996 "3M Coach of the Year" Awards Program.

Every year the outstanding "3M Coach of the Year" for Manitoba is selected in each of three major categories: Grassroots, Developmental, and High Performance. Awards will be presented on April 20 at the Radisson Suite Hotel.

The nomination dead-

line is February 20. Don't miss this excellent opportunity to recognize those coaches within your sport's program who have made a significant impact on your athletes.

For further information or nomination forms, please contact Tammy Zach at 925-5669.

Upcoming Opportunities

*Open Biathlon Superstars Event, February 24, Wanipigow.

*Open Eastman Biathlon Race, February 25, Wanipigow.

*Novice/Petite B Ringette Tournament, February 25-26, Lac du Bonnet. Contact Connie Dancy at 345-8859.

*Eastman Special Olympics second annual Winterfest, March 2.

"Dodie Wardle Youth on Ice" Provincial Figure Skating Competition, March 2-3, Steinbach. For more information contact Carol Turenne at 424-5616.

*Novice/Tween A/Petite B Ringette Tournament, March 9-10, Lorette. Contact Jackie Bohemier at 878-3395.

*Milk Super Seminar for Coaches, April 12-13, Winnipeg Convention Centre.

*International Coaching School, August 17-24, Victoria, B.C. Call (604)721-7589.

The Time is at Hand!

Marion Mitchell, Executive Director of Eastman Sport Development Association, will be retiring in March of 1996. To honour her, a social evening/roast will be held on Friday, March 15 at Anola Community Club in Anola. Tickets are \$5.00, which includes the gift. Can bar and light lunch. Call Tracey at the ESDA office (268-2172) for tickets, or to be placed on the list of "roasters". Let's make this an evening to remember!

Tickets are also available in your local community from one of the following people: Wayne Rudd (Pine Falls), Rob Smith (Pinawa), Bob Rondeau (Beausejour), Carin Lewis (Winnipeg), Don McDonald (Whitmouth), Murray Marchment (Wanipigow), Joan Litke (Wanipigow), Tim Ferguson (Winnipeg), Bob Becker (Lac du Bonnet), Merle Gadsby (Steinbach), Louis Courcelles (St. Pierre), Jac Dikkema (St. Anne), and all your local rec directors. Groups or organizations wishing to purchase a table (10 tickets) may reserve them by contacting the ESDA office (268-2172).

Notable Quotes

"I can live for two months on one good compliment." - Mark Twain

ARE YOU HEARING ALL YOU CAN?

HEARING TESTS SET FOR
Whitmouth District Hospital
Wednesday, November 15, 9:00 am to 12:00 noon

Pine Falls Papertown Hotel
Wednesday, November 15, 1:00 pm to 4:00 pm

Beausejour - Dr. Corder's Office
Wednesday, February 28th, 9:00 am to 4:00 pm

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12:00 noon - 9:45 p.m.

Diversions

CHAT WITH PAT

Written by P.G. Yatkowsky

Our weather is almost as confusing as trying to fill out income tax forms. From now until the end of April we are going to use shovels for the driveway and wade through all the forms and exemptions. Good Luck everyone.

I stopped in at the Ladies Bospiel on Friday night and was talking to some of the curlers. I went upstairs and watched some of the skits. It struck me how well everything was done and how much effort was put into the evening. They even had professional waiters dressed in white shirts and black bow ties. Things got better from there. Cindy

Terry said she was totally impressed with the whole bospiel. The food was great, entertainment was hilarious and the curlers were a great bunch. So there girls, pat yourselves on the back for a job well done.

Jason Dahl is heading for Provincials in March. He sure works hard at his sport - figure skating. He practices early in the morning and travels to Lac Du Bonnet for lessons. A very dedicated young man. Good luck to you.

Shrove Tuesday is coming up soon. Time for Lent, time to reflect on our lives and maybe give up an extra in our lives. The folks have come up with all kinds of suggestions

i.e. deserts, smoking, V.I.T.'s. M.L.L.C would hate that one. There are all kinds of options.

Congratulations to Wayne and Linda who are new grandparents of Katherine, a new daughter for Chris and Lynn. Happy Belated Birthday to Jackie Race for Feb 13. I heard that Leora Witt had a fall. Sure hope you are doing better. Hope all the gals have recovered from the curling aches. Heard a couple of gals say that they were sure glad they only had to curl three games.

Brad's word for the week is Incunabulum. It means early stages of things. What things I have no idea. So Long for now. Au Revoir see you in the paper.

Granny's Cookin'

by Gail Flaschuk

If you enjoy Rueben sandwiches with its layers of corned beef, cheese and sauerkraut, then you'll love this recipe. Even I like it, although I'm certainly not fond of sauerkraut. It's best served with fresh rye bread.

Rueben in a Pan

- 1 tin sauerkraut (796 ml)
- 1 2 cup chopped onion
- 6 mozzarella cheese slices
- 1 tsp. lemon juice
- 2 tbsp. margarine
- 1 lb. corned beef, shredded
- 1 2 cup mayonnaise
- 1 4 cup chili sauce

sauerkraut and place in 9x13" pan. Cook onions in margarine until soft. Add corned beef, mayonnaise, lemon juice and chili sauce. (You can use 3/4 cup Russian dressing instead of the mayo, juice and chili sauce) stir well. Spoon over sauerkraut. Top with cheese. Bake uncovered 35 minutes. Serve hot with rye bread.

Serves 4-6.

This is a recipe for those who aren't at all concerned with their fat intake. Served with fresh, thick fettuccine type noodles (available in the refrigerated section of your local grocery store); it makes the best Noodles Alfredo you'll ever taste.

As its so rich and filling you can make a meal of this and fresh breadsticks. Those ready to bake ones are ideal. Bake them while the pasta is cooking. Once they're a light golden brown, wipe each one with a paper towel saturated with oil. Place in a wicker basket. Add a sprinkle of garlic salt and serve hot.

Noodles Alfredo

- 350 g fresh noodles or 450 g packaged dry noodles
- 1 2 cup butter
- 1 cup grated parmesan cheese
- 1 2 cup whipping cream
- 1 2 tsp. pepper

Cook noodles according to package directions. In pot, heat sauce ingredients ONLY until butter is melted. Do not allow to boil. Add to noodles just before serving along with fresh breadsticks. Serves 3 to 4.

HOROSCOPES

February 11-17

ARIES - March 21/April 20
Avoid getting involved in loved ones' quarrels. If asked for your opinion, just plead the Fifth. A friend who's going through a hard time may need a shoulder to cry on. A little sensitivity will go a long way. A realistic look at finances could make you rethink a major purchase.

Taurus - April 21/May 21
Accept a last-minute invitation—especially if it is somewhat unusual. A little spontaneity is what you need to put the spark back in your fire. A Libra in your life may have something serious to talk about. Listen with an open ear and put that Taurian stubbornness to the side.

GEMINI - May 22/June 21
If you're not careful, indecision could make you miss an opportunity. Instead of carefully weighing the pros and cons, let your gut instinct lead the way. In matters of love, you could be in for an emotional barrier later in the week—especially if you're involved with a Scorpio.

CANCER - June 22/July 22
Take advantage of free time by doing what you love to do—relaxing! Any financial worries will be relieved as an unexpected windfall is likely to come your way. A love relationship will bring warm feelings—especially if you are involved with a Libra. A trip down the slopes is in the stars!

LEO - July 23/August 23
A feeling of contentment in where you are and what you're doing will make you more productive and effective in your daily life. Loving what you do is a sure way to make Leo the Lion yell out a hearty roar. A troubled friendship could lead to permanently severed ties if you're not careful.

VIRGO - Aug 24/Sept 22
Something good will come out of a bad, ongoing situation. You'll realize that everything has a way of balancing out. An upcoming social event gives you a lot to look forward to. A little planning will make things extra special. Conflict in the workplace could lead to aggravation.

LIBRA - Sept 23/Oct 23
A pleasant surprise comes from a loved one in an exceptionally good mood. Enjoy! Depend on no one but yourself when it comes to important work projects. Remember, not everyone is as reliable as you are. An old friend will be in touch and may even pay a surprise visit towards the week's end. Keep fitness a priority.

SCORPIO - Oct 24/Nov 22
A surprise phone call from an old flame will weigh heavily on your mind this week—but try not to let it interfere with your current love relationship. Living in the past is no way to get ahead. Sever past ties and move on. Money matters will be an issue later in the week.

SAGITTARIUS - Nov 23/Dec 21
There are two sides to every story and it's time you looked at both. You pride yourself on being fair, but it's not always the case. Take a step back and see what the big picture really is. You may be in for a big surprise. Remember, your way is not the only way.

CAPRICORN - Dec 22/Jan 20
Accept last-minute invitations and you could be in for a pleasant surprise. Single? If so, this could be a lucky week. There could be a sexy Scorpio waiting in the wings. Be careful, though. Wear your heart on your sleeve, and you could feel the pain of Scorpio's sting.

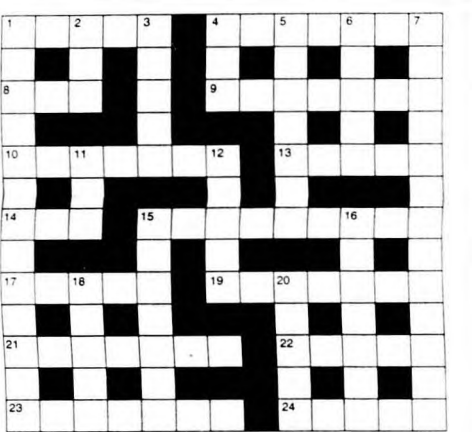
AQUARIUS - Jan 21/Feb 18
You may feel taken advantage of by a selfish family member. Remember, not everyone is as giving as you are. If you're in the business world, this could be a time for advancement. Be your own advocate and you're sure to get noticed. Luck will be on your side later in the week.

PISCES - Feb 19/March 20
Don't be surprised if you get the cold shoulder from a friend. Your enigmatic personality may be too much to keep up with. If you're hot one moment and cold the next, how will people know how to read you? If you want more understanding friends, seek out a fellow fish.

FAMOUS BIRTHDAYS

FEBRUARY 11	Thomas Alva Edison, Inventor
FEBRUARY 12	Abraham Lincoln, 16th President
FEBRUARY 13	Chuck Yeager, Fighter Pilot
FEBRUARY 14	Jack Benny, Comedian
FEBRUARY 15	Susan B. Anthony, Rights leader
FEBRUARY 16	Katharine Cornell, Actress
FEBRUARY 17	Mary I, Queen of England

FOR ENTERTAINMENT PURPOSES ONLY



CLUES ACROSS

- 1. Dissembles
- 4. A way to make loose
- 8. Profit
- 9. Kidnaps
- 10. Mindless
- 13. Loads
- 14. Confederate soldier
- 15. Removed some moisture
- 17. About blood
- 19. Quips
- 21. Engraving
- 22. Mefistofele composer
- 23. Junior
- 24. Sweet treat

CLUES DOWN

- 1. Edwin Arlington Robinson poem
- 2. In a way, watched
- 3. Former defense org.
- 4. Fiddler crabs
- 5. Burdened
- 6. Hurried
- 7. Broadway musical
- 11. Hack
- 12. Muttonfish
- 15. Dismissing
- 16. The very first
- 18. S. China seaport
- 20. Trade name

SOLUTIONS ACROSS

- 1. Masks
- 4. Unscrew
- 8. Net
- 9. Abducts
- 10. Vacuous
- 13. Lades
- 14. Reb
- 15. Semidried
- 17. Hemic
- 19. Sallies
- 21. Etching
- 22. Boito
- 23. Younger
- 24. Lolly

SOLUTIONS DOWN

- 1. Miniver Cheevy
- 2. Sat
- 3. SEATO
- 4. Uca
- 5. Saddled
- 6. Ruced
- 7. West Side Story
- 11. Cah
- 12. Samus
- 15. Sacking
- 16. Initial
- 18. Macau
- 20. Label

C2960003

Money

What's Inside Your RRSP or RRIF?

by Leslie Marx

With the RRSP season now firmly upon us, you no doubt have been exposed to numerous advertisements from various financial institutions wanting your business. Where to go and who to deal with, however, is only part of the decision-making process. More importantly, of course, is the decision you make regarding what investments to hold within your RRSP or RRIF.

Contrary to popular belief, RRSPs are not investments. A Registered Retirement Savings Plan is a vehicle available to individuals to defer tax on a specified amount of money to be used for retirement. Income tax on contributions and earnings within the plan is deferred until the money is withdrawn at retirement.

The holder of an RRSP can invest money in one or more of a variety of investment vehicles which are held in trust under the plan. To qualify as acceptable investments for an RRSP, pooled funds must be registered with Revenue Canada and meet Canadian content requirements in their portfolios.

Keeping these conditions in mind, an RRSP can consist of a variety of investments including, stocks, bonds, mutual funds, T-bills, savings accounts and GIC's (Guaranteed Investment Certificates). These are the most common types of investments inside an RRSP, with the latter, GIC's, being the most popular at banks, credit unions and trust companies.

Current rates for GIC/RRSPs range from approximately 4.25% for a one year term, to approximately 6% for a five year term, depending on the financial institution. With rates this low, the traditional GIC RRSP is becoming less popular as more and more investors look elsewhere for higher returns.

For many of these people, mutual funds have been the answer. Many RRSP-eligible mutual funds are coming off a good year posting healthy returns of 15% or more. Of course, these returns are not guaranteed and will fluctuate from year to year, but for the long-term investor, mutual funds are the logical choice. In fact, anyone who plans to maintain an investment portfolio for at least

five to ten years, should seriously consider investing at least a portion of their portfolio in good quality stocks or equity mutual funds. The exact amounts allocated are different for everyone and are based on a variety of factors including: your financial situation - current needs (income) and/or long-term goals (capital appreciation), knowledge and investment experience, time, and risk tolerance.

For older investors, another important decision must be made. For anyone turning 71, it's time to ask an important question: How will you convert your Registered Retirement Savings Plan (RRSP) to obtain the best income possible for the remainder of your life?

The options used to be fairly simple. You could withdraw the entirety of your RRSP in cash, buy an annuity or transfer the RRSP into a Registered Retirement Income Fund (RRIF).

The first choice is considered the most unattractive since cashing in an RRSP creates a heavy tax bill.

The second - buying an annuity - guarantees a regular

income for the rest of the owner's life but doesn't guard against inflation.

The third, rolling your RRSP into a RRIF is now, more than ever, the most attractive option. A RRIF, like an RRSP, can be invested in a variety of growth or balanced investments and can be tailored to meet the objectives of any investor.

Regardless of whether you have 30 years to grow your RRSP, or if you currently depend on your RRSP/RRIF for income, take the time to

find out exactly what you own and plan to buy. Seek the help of an investment professional with whom you feel comfortable, and who has access to a wide range of financial products. The economic realities of the 1990's and beyond demand such action.

Les Marx is an independent investment representative with a major financial services company in Winnipeg. If you would like to speak to him please call 1-800-227-4094.

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DOS BOOT

Microsoft Diagnostics (MSD)

by Doug Donahue

Most computer owners users have a decent idea of what peripherals their respective machines have because it is listed in point form on the bill of sale. But, what would you do if a technician were to ask you which communication port your internal modem was on? Or, would you be able to give a reply when asked how much free RAM memory does your system have? For those that are using a personal computer that uses the Microsoft Disk Operating System (DOS), you have a built-in diagnostic software package called MSD.

Microsoft Diagnostics

(MSD) is available on newer versions of DOS, but is not available on the earlier versions (versions 3.3 and earlier) of DOS. To verify which version of DOS you are running, type "ver" (with-out the quotation marks) at the DOS prompt. The reply will be something like "MS-DOS Version 6.20".

Entering MSD at the DOS prompt will invoke the Microsoft Diagnostics program. You will be informed that MSD is verifying your system resources, and then the main menu screen will appear. If you are attempting to run MSD from the DOS prompt in Microsoft Windows,

you will be informed that the information provided may be less accurate or complete than if the program were being run from the DOS prompt. The rule of thumb here would be to run MSD from the DOS prompt only.

When invoked, MSD offers a main menu screen that allows you to choose the area to be diagnosed. The offerings are: Computer, Memory, Video, Network, OS Version, Mouse, Other Adapters, Disk Drives, LPT Ports, COM Ports, IRQ Status, TSR Programs, and Device Drivers.

The main menu also offers an overview of your system resources on the main menu. You should be able to discern at a glance the type of processor that the computer uses, the amount of RAM memory, the video type, etc. For a more complete synopsis of the system's resources, you must press the appropriate key that corresponds to the resource desired.

Pressing the P key will bring forth a screen that will inform you of the basic composition of your system. On one of the machines, it informs me that the processor is a 486SX, that there is no math coprocessor (which is what makes the chip an SX), that there is an enhanced keyboard, and that there is an ISA AT motherboard installed. This last bit of information is erroneous, in that both of my 486's have VESA Local BUS motherboards, and yet MSD still reports both of them as being ISA AT. The bot-

tom line here is that if you are not certain of the components, you may have to open the computer and verify the type of components.

To check out your COM ports, you would press the C key at the main menu. You will be presented with a diagnostic screen that will inform you of the number of COM ports on your machine. A normally configured computer should have at least two COM ports. If you have an internal modem you should be informed that you have three COM ports.

One problem with MSD is that it does not recognize the COM ports in their exact order. It never has a problem when verifying COM 1 and COM 2, but it does not report properly when you have a COM 4 connected but no COM 3 connected. For example, if you have a computer that has the standard Com ports 1 and 2, these are displayed in MSD in the correct sequence. But, if you have no COM 3 but a device hooked up to COM 4, MSD will mistakenly report the COM 4 device as being connected to COM 3. This is not a drastic error or omission, but other diagnostic programs have no problem in picking up the proper COM ports. This misinformation would never bother the average user, but it is a bit of a pain to those that troubleshoot system problems.

I have barely scratched the surface as far as the power of MSD is concerned. You may want to try out this diagnostic

program for yourself and make your own conclusions as to its usefulness. Please be aware that you cannot cause any damage to your system or change any system setup parameters simply by using MSD.

Give MSD a try, and you may find out more about your personal computer than you knew existed.

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The vendor is informed that there is situate on the property a Three (3) bedroom, single family dwelling in the Community of Seymourville.

TERMS: Twenty percent of the purchase price in cash of certified cheque and the balance according to conditions to be announced at the sale.

This property will be offered for sale subject to a sealed Reserve Bid.

Further information may be obtained from:

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A Birthday wish for our Special ANGEL in heaven. You are greatly missed by your family and friends. You were taken from us far before your time in our eyes, but not in Gods eyes. He gave you to us and took you home again when he needed you.

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HE'S JUST A LITTLE BOY

He stands at the plate, with his heart pounding fast, The bases are loaded, The die had been cast. Mom and Dad cannot help him, He stands all alone, A hit at this moment, Would send the team home.

The ball nears the plate, He swings — and he misses, There's a groan from the crowd, With some boos and some hisses. A thoughtless voice cries, "Strike out the Bum!" Tears fill his eyes — The game's no longer fun.

Remember — He's just a little boy, Who stands all alone. So open your heart and give him a break! For it's moments like this a man you can make. Keep this in mind, When someone forgets, He's just a little boy and not a man yet!!!

(Author Unknown)

Love Always from Mom, Dad, Nicholas & Steven

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