

Auxiliary installs president

Barbara Ullstrom was installed as president of the Prince George Regional Hospital Auxiliary at its annual meeting January 12.

Thelma Bell, northeast area representative, conducted the installation.

The new executive is as follows: Lynn Coppin, first vice-president; Norma Barnes, second vice-president; Maxine LeBlanc, secretary; Lois Beaird, treasurer; Nella Hinchliffe and Cecily Molesworth, members at large and Doreen Jeffery, past president.

Seven women were recognized as life members of the auxiliary. They are Bell, Alexandra Bellos, Bernice Knight, Margaret Lund, Lil McLarty, Alice Neil and Jean Stitt.

Aged couple still ski

TORONTO (CP) — Skiing has been a family sport for Fred and Gertrude Hall for more than 50 years. The pair, both 74, still ski two or three times a week.

Fred began 56 years ago. "We had 20 in our ski group then," he recalled. "We used heavier steel-edged skis. They had to be imported from Norway which put their price up to \$10. Boots were \$5 and the bindings were \$3.

"We'd wear heavy socks and any old clothes then. But they're trying to glamorize it now."

"You can pay up to \$150 for a smart-looking suit. But if you watch the sales you can get a good outfit for \$40 to \$50."

The Hall children were introduced to the slopes when they were two-year-olds. Now Fred's grandchildren are instructing.

Mr. Hall recommends taking dried fruits along on cross-country skiing outings.

"If you pop a dried prune in your mouth every half-hour, it somehow keeps you from feeling thirsty."

He said cold drinks or water from a stream aren't a good idea. "When you're hot they might cause cramps."

Energy-giving lightweight foods are good travellers in a pack or pocket. There are 60 calories in one dried fig, 70 in four dried prunes, 480 in a cup of raisins and 390 in a cup of dried apricots.

Mr. Hall suggests that nuts are a good bet. A cup of shelled Brazil nuts holds 916 calories, a cup of peanuts packs 840 and walnut halves, 650.



Riviera look

Roman fashion designer Galitzine created this special make-up "Riviera look" to go with this taffeta gown and yellow tones evening gown matching with a pure silk yellow shirt with wide big sleeves. Model Susan and outfit combination remind of Ava Gardner look at her best.

Junkie saves herself before it is too late

Dear Ann: First it was pot, then pills, next the needle.

What do you say when your mother asks where you've been till 3:00 a.m.? Do you tell her you've been in the cemetery waiting for your supplier to show up? And when he doesn't you have to hit the bottle to kill the pain and go to school five hours later — bombed out of your gourd.

What do you say when the girls in gym class ask about the needle marks on your arms? Have you ever gotten the cold sweats in history class and



Ann Landers

prayed to God no one notices? Half an hour before the softball game you gulp a couple of downers to help you get through it. It works pretty good. No one suspects a thing. Or so it seems.

When you have no good veins left you try a place you've heard about. So you lift your tongue and jam the needle in but you miss, so you pull it out and keep trying till you get hold of one.

Do you know how it feels to want to die but not have the guts to kill yourself? I'm 17 and finally came to my sense three months ago, thanks to a Drug Abuse Centre. Please, Ann, print this for those who don't know the hell of being a junkie. — Lucky In Ill.

Dear L.L.I.: One letter from a girl who has been there is worth a dozen sermons and ten pounds of paper. Glad you made it back, honey.

Dear Ann Landers: Your reply to "Slow Boil In Boise" was off target. The woman complained because her husband was "too enthusiastic"

about his weekly duplicate bridge games. The part that bothered her most was the social hour after, with "live music" and dancing. He often got home at 2:00 a.m. — or later.

You advised the suspicious wife to go to the games with her husband and take along a good book to keep herself occupied while he "did his number".

You SHOULD have told her to stay home with the book until 11:30, then join him for the dancing. A man who has been married for 35 years doesn't need a babysitter. What's more, his wife would look out of place with her book and her husband would be embarrassed by her obvious attempt to keep an eye on him. It's pretty silly, really. How much fooling around can a man do while he is playing DUPLICATE BRIDGE! — Women's Editor, Fremont Tribune (Nebraska)

Dear W. Ed: Your point about the silliness of the situation is valid, but if wifey showed up at 11:30 p.m. for the social hour it would look as if she came to police the action. If she arrived WITH him (even though she had a book) her motives would be less apparent.

Thanks for writing, dear. It's nice to hear from one of my bosses.

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STEADY-PARTNER SEX

Teens do less bed-hopping

TORONTO (CP) — Despite the image of today's hip teenager, most still wait until their late teens or early 20s to become regularly involved in sex, according to Dr. Ralph Persad, venereal disease control director for Ontario.

He said that promiscuity has become old-fashioned among the young and that a substantial number of teen-agers are having sex but on a more selective, steady-partner basis than five years ago.

Of the 1,196 reported cases of VD in Ontario last year, persons between 15 and 19 made up 16 per cent—compared with about 30 per cent in 1972.

"There's a lot less hopping from bed to bed than before," said Dr. Persad. "But in large urban centres like Metro, there's a lot of teen-age sex. We have no way to pin it down statistically—but it's happening." Most parents don't want to know—or admit—that it is happening to their children. According to authorities, parents run away from discussing birth control because they

Home and Family

Bev Christensen Citizen Family Editor

equate contraception with a licence for promiscuity.

They dismiss the fact that the love generation of the 1960s irrevocably changed society's attitude to sex and that today's youngsters mature biologically earlier than ever before, said Lynn Carleton, a Toronto abortion clinic counsellor.

"I wish more parents understood that if they discuss birth control with their teen-agers, they're not necessarily encouraging sexual activity," she said. "If I had a teen-age daughter who was determined to have sex, I'd make sure she knew how to protect herself."

Of the 1,290 pregnant women

Miss Carleton has seen at her clinic so far this year, more than 25 per cent were under 20.

"I've seen so many young women forced to pay the price of not knowing about contraception—or not knowing where to get it," she said. "Their mothers simply close their eyes to these girls' sex lives."

Dr. Peter Cole, chief family planning officer for the city of Toronto, said teen-agers who want contraception without their parent's consent need a "lot of luck and persistence."

He said, "They won't go to their parents and they won't go

to their family doctor because they're too embarrassed, so they usually end up getting stuff from their friends. Kids get sex information on the street."

Dr. Cole said it will be at least 10 years before parents accept the fact that today's youngsters have sex lives.

"It'll take that long to fight the groups who want sex control," he said. "They are the people who object when we publicize our family planning services."

Sex lost some of its mystique back in the heady days of the '60s. The tradition-loosening effects of the pill, drugs, women's lib and social revolt left the teen-agers of the '70s a legacy of mandatory participation.

Yet, said one teen counsellor, young lovers can be the most romantic of all. Their obsession with spontaneity is one of the main reasons why they shy away from contraception.

COMING EVENTS

A stop-smoking seminar will begin in Prince George Sunday at 7:30 p.m. at Prince George Senior Secondary School. Pastor Dirk Zinner will lead a five-day plan to stop smoking. Entry fee is \$6.

A charity auction will be held 2 p.m. Sunday at the Andrist Family Auction in an effort to raise money for a trip to China by a history class at Prince George Senior Secondary School.

There will be a sockhop for the Pineview elementary school students, Friday from 7-10:30 p.m. Admission is 50 cents.

The 18th Fort George Cubs & Scouts will hold a paper drive on Saturday at 10 a.m. in the area bounded by Ospika, Central, Fifth and Fifteenth Avenues. Please have your papers bundled when the boys call. If you have papers to be picked up call 562-5782 after 5 p.m.

The 21st Fort George Cubs and Scouts will be holding a bottle drive in the Blackburn and Pineview areas Saturday beginning at 9:30 a.m. Please have your bottles ready when the boys call.

Branch 77 of the senior citizen's society is holding a cribbage game Friday, 7 p.m., at 1010 Liard St. Everyone is welcome.

Registration for the reopening of the ninth girl guide company will be Friday from 7-9 p.m. at College Heights Elementary School. For further information, phone 964-7495.

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PRINCE GEORGE DISTRICT TEACHERS' ASSOCIATION

NOTICE OF GENERAL MEETING

Quinson Elementary Gymnasium
Thursday, Jan. 20, 1977 7 p.m.

BUSINESS

1. Agreement Report — AIB Decision
2. Election of AGM Delegates
3. Election of Agreement Committee
4. Policy Changes

Owen Corcoran,
President, P.G.D.T.A.

Queen candidates

The third in a picture series of this year's 15 Queen Aurora candidates presents Lavinia Penner and Lee Fraser.

Lavinia, sponsored by the Prince George Lions Club is 18 years old. She's currently

employed at the Jean Jungle. This year's Miss Kinsmen is a student of the College of New Caledonia. Lee is 18.

The coronation ceremony will be held Feb. 11, during the winter Mardi Gras festivities.



PENNER



FRASER