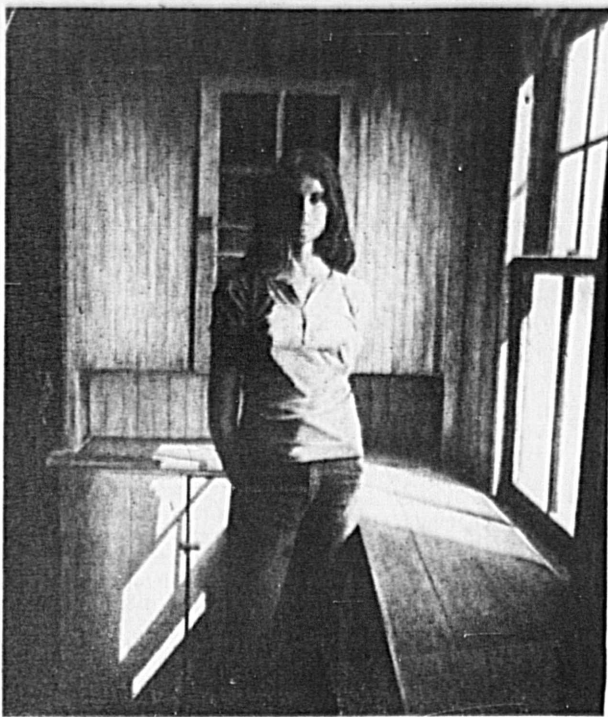




Oil painting by Doris Dittaro.

GALLERY NOTES

Children's art classes slated

by MARK LIGHTFOOT

The Gallery will again be offering children's art classes in September for both pre-schoolers and children to age 12.

Pre-schooler classes will involve adults as well, in an exciting concept where both parents and their children can participate in arts and crafts activities together. These classes will be offered on Fridays, beginning September 19; you have a choice of morning (10 a.m. to 12 a.m.) or afternoon (1 p.m. to 3 p.m.) sessions. There are twelve sessions in the series.

On Saturdays, our ever-popular children's classes will be held, beginning September 20. As before, there will be a choice of morning (10 a.m. to 12 a.m.) or afternoon (1 p.m. to 3 p.m.) sessions for two age groups: 6 to 8 year olds and 9 to 12 year olds. A variety of materials and techniques will be explored.

For further information on the pre-school or school-age classes, call the gallery at 563-6447.

BRIDGE WINNERS

The winners at bridge played at the bridge centre Ninth and Winnipeg:

Aug. 18, Caren Scarfe and Hazel Stowards were first; Herb Kappell and Bill Lim were second.

Aug. 19, Margaret and Al Leveridge were first; Ivan Verba and Mary Boddy were tied with Hugh McSheffrey and Richard Gibbs for second;

Aug. 21, Bill and David Lim were first; Hugh McSheffrey and Ken Dang were second.

Everyone welcome with or without a partner.

In our larger upstairs gallery we now have on display North by Northwest, the gallery's first multi-media juried exhibition, and our first juried exhibition in three years.

Involving as it did the combined efforts of the gallery staff and the Director of Extension Services, we are proud to have achieved an exhibition of such high artistic competence.

The artists who were chosen are roughly divided into two groups: half the artists are from Prince George and half are from northern British Columbia communities as far away as Dawson Creek and Terrace.

Most of the work is very competent realist painting and print-making. Oil on canvas, watercolor, photo silkscreen and embossed printmaking are some of the techniques featured.

Gallery hours are Tuesday to Saturday, 10 a.m. to 5 p.m., and Wednesday evening 7 p.m. to 9 p.m.

LUMBER SALES

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COAST SUCCESS STORY

Health food boom seen

VANCOUVER (CP) — A growing awareness of nutrition has given a big boost to the health food industry.

Take the case of Lifestream Natural Foods Ltd., which has grown in 10 years from a small store and boutique into a company with sales totalling \$7 million in 1979.

Peter Harwood and Arran Stephens opened their first store in the Kitsilano neighborhood in 1969. Stephens had just closed the vegetarian restaurant he had been running for two years, taking with him \$1,000 saved from working as a chemist.

"During our first year the store could only afford to pay the wages of one of the partners," Harwood recalls, so he continued working as a chemist until 1970.

But it wasn't long before business began booming.

"In 1970 the counter-culture was still strong and people thought eating natural food was one way they could express their anti-establishment feelings," Harwood said.

A year after opening the store, the pair decided to open another store in Gastown. But business was slow so they sold it.

The next year they expanded to their current location and began a wholesale food business. Their first foray into manufacturing came with a stoneground flour mill in the front window of the store. But

by 1972 sales had grown so it was no longer possible to house all operations under one roof.

They took warehouse space and began churning out breads, cookies, energy bars and pastries from a small North Vancouver bakery. Two years later they moved everything to their present Richmond, B.C., location.

Today, Lifestream has two retail stores in Vancouver, an Ontario warehouse and distribution centre and an expanding manufacturing base that makes everything from peanut butter to yogurt.

At first glance the Kitsilano Lifestream store looks like any other supermarket. It has a grocery section, dairy case, bakery and produce counter.

But in place of the rows of canned spaghetti, tuna and soft drinks are shelves stocked

with brown rice, dulse seaweed and Perrier water.

Close to 20 per cent of Lifestream's stock is house brands, while the rest is bought either from other local health food outlets or from the U.S. and Japan.

"We offer what we think are the best organically grown products we can buy," Harwood said.

An organically grown product is one raised in soil not treated with chemical fertilizers or pesticides.

Whether it is healthier than non-organic produce is debatable.

John Sandbrook, director of the western region health protection branch, said he has no evidence that natural food is more nutritious than regular food.

Customized van has dance floor

OTTAWA (CP) — As customized vans pass from fad to family campers, the true practitioners of exterior and interior van design are harder to find.

Mike Drouin maintains the tradition.

Despite crushing insurance rates and steadily increasing gas costs, he stubbornly hangs on to his vehicle, and with style.

The 23-year-old supermarket employee has sunk more than \$20,000 into his 1978 Ford, appropriately named Space Vision.

Inside, Drouin has managed to fit a \$3,000 stereo, a dance floor modelled after the one in the movie Saturday Night Fever, a mirrored bedroom, a mirror ball above the dance floor and a flashing arrow composed of 210 colored lights

in the ceiling. To complete the effect, the captain's chairs and dashboard are in matching crushed velvet.

"You get some people who say funny things," says Drouin. "One lady in Montreal asked me why I didn't spend the money on the boat people instead of a van."

The people who customize the vans notice a shift in their clientele in recent years.

Wayne Young, owner of an Ottawa auto shop, says economy-minded families are the biggest customers for customized vans.

"Most cars today are too small to take a family anywhere for the weekend," Young says.

"If you compare the cost of the van to the cost of a mobile home, the van is still quite a bit cheaper."

RECREATION SPOTLIGHT

Volleyball There will be an organizational meeting for coaches, referees, and anyone who is interested in starting a volleyball club in Prince George. The club, which has no official name at this time would involve teenagers from a junior (beginner) level to a competitive juvenile and senior level of volleyball.

The meeting will be held at the College of New Caledonia Gym 10:00 a.m., September 6, 1980. Everyone is welcome.

For further information, contact Anne Delorme at 562-7647, Mike Gee at 562-6907, or Gordon Hay at 964-4904.

WAS POPULAR FILM

The movie The Apprenticeship of Duddy Kravitz grossed \$1.8 million, one of Canada's most successful film ventures.

Sale Prices Effective August 28-29-30

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Mitchum Anti-Persperant \$2.88 150 ml. spray scented or unscented. Bang Out Price

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Cabots Henna Care \$2.44 Shampoo 225 ml. Bang Out Price

Cabots Henna Care \$1.97 Conditioner 225ml. Bang Out Price

Cabots Henna Care \$1.97 Cream Rinse 225ml. Bang Out Price

Cabots Henna Care \$2.44 Blow Dry Protection 225ml. Bang Out Price

Mitchum Anti-Persperant \$2.88 2.5 gr. stick Bang Out Price

Camay Bar Soap \$1.47 Bath size 3's Bang Out Price

Coast Bar Soap \$1.47 Regular size 4's. Bang Out Price

Dove Bar Soap 77c 2 bar Complexion pack Bang Out Price

Head & Shoulders Shampoo \$3.44 450 ml. lotion Bang Out Price

Johnson's Baby Shampoo \$2.44 450 ml. Bang Out Price

Dristan Mist \$1.37 15 cc Bang Out Price

Dristan Tablets \$1.57 Bottle of 24 Bang Out Price

Crest Toothpaste \$1.27 100 ml plus 50 ml bonus size Bang Out Price

Scope Mouthwash \$2.44 750 ml. Bang Out Price

9 Lives Cat Food \$2.59c Assorted Varieties 6 1/2 oz. tin Bang Out Price

Purina Tender Vittles 99c The Moist Cat Food, assorted varieties 500 gr. Bang Out Price

Facelle Royale Facial Tissue 3 \$1 3 ply-60 tissue box. Bang Out Price

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You should have extensive experience in mine feasibility studies including: project economics, geotechnical engineering, determining mining methods, evaluating equipment. You must have the ability to prepare comprehensive reports and make effective presentations to management. A substantial part of your experience should be in open pit mining. Some coal preparation experience would be an asset for one of the positions.

An INTERMEDIATE MINING ENGINEER (File 7621) is required with 3 to 5 years post graduation experience in open-pit mining. In this position, you will gain excellent experience and be involved in projects such as feasibility work, long range mine planning, raw and clean coal quality, coal preparation technology, transportation and systems studies. The willingness and the ability to keep up-to-date on latest mining technology is very important. From this position your career can develop in a variety of rewarding ways.

Located in Calgary, these are challenging positions requiring high calibre individuals. Salaries and benefits are attractive. Please forward your resume or telephone for further information to:

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