



FOOD SURVEY

Bev Christensen

This is obviously the weekend to dust off the wok, get out your best Chinese cookbook and stir fry up a mess of good food.

All stores are featuring vegetables with such exotic names as bok choy, sui choy, lo bok and don quay this week. Add some bean sprouts and mushrooms, which are also on sale in most stores this week, and a small amount of the pork or beef that's on sale, some soy sauce and onions and you'll have an inexpensive meal.

But these vegetables can also be used to replace expensive salad vegetables. If you doubt that, one look at the price of traditional salad vegetables such as lettuce, which is as much as \$1.45 for a small, leafy head this week, or tomatoes which are priced between \$1.36 and \$1.49 a pound, may convince you to try a sui choy and bean sprout salad.

If you're in the same boat as almost everyone else at this time of the year, you're engaged in the annual battle to whittle off the extra pounds you added to your body during the Christmas feasting. If so, watch for the appearance of a new low-calorie tabletop sweetener containing aspartame. You're probably already familiar with this product from having tried the low-calorie soft drinks sweetened with aspartame which are widely available. Soon it will be available in tablets and powder to use in sweetening hot and cold beverages, cereal, fruit and other foods where table sugar is normally used.

It can also be incorporated into recipes not requiring prolonged cooking at high temperatures.

The big advantage of this new low-calorie sweetener are it leaves no metallic or bitter aftertaste and it is composed of two naturally occurring amino acids — they're the acids found in protein — so they are digested by the body like any other food.

Previously, most artificial sweeteners were created as a byproduct of the coal industry.

I haven't been able to locate any of the new sweetener, which will be sold under the brand name Equal, in Prince George yet but when I do I'll let you know.

Higher vegetable prices were the major reason for the 2.6-per-cent increase in the average cost of the 34 items in our weekly food price survey during the past week. During that time the average price of the six vegetable items surveyed rose 13 per cent to \$6.76 from \$5.97.

Lowest total price for the foods in our survey was \$58.07 Super Valu on 20th Avenue. The same groceries cost \$58.40 at Woodward's, \$59.01 at Overwaitea on 15th Avenue and \$59.54 at Safeway on Victoria Street.

Weekly shopping list

In the list which follows, the store having the lowest price for each item is identified by the following abbreviations: Super Valu-SV, Woodward's-WWs, Overwaitea-Owte and Safeway-Sfwy.

2 ltr. two per cent milk, SV	1.73-1.77
1 pound butter, Sfwy	2.10-2.23
1 pound margarine, WWs	.59-.67
1 pound med. cheddar cheese, SV	2.79-3.55
1 doz. medium eggs, Owte	1.19-1.34
2 ltr ice cream, WWs or Sfwy	2.09-2.69
1 pound Crisco shortening, Sfwy	1.03-1.13
1 ltr Mazola cooking oil, Owte	2.56-2.69
1 pound regular ground beef, SV, WWs	1.48-1.55
1 pound T-bone steak, SV	3.68-3.99
1 pound pork chops, SV	1.79-2.95
500 gr. pork sausage, Sfwy	1.75-2.19
500 gr. sliced side bacon, Owte	1.68-2.48
1 pound butt end or shank ham, WWs	.89-1.98
1 pound wieners, Owte	.99-1.79
1 pound cod filets, Sfwy	2.49-2.78
1 pound frying chicken, WWs	1.19-1.29
10 pounds potatoes, Sfwy	2.30-2.90
1 pound carrots, WWs	.45-.55
1 pound cooking onions, SV, Owte, Sfwy	.43-.49
1 pound tomatoes, WWs	1.36-1.49
1 head lettuce, SV	.90-1.45
1 pound cabbage, SV	.37-.43
12 oz. tin Campbell's tom. soup, SV	.43-.44
355 ml can frozen orange juice, Owte	.77-1.35
5 kg flour, WWs	4.09-5.15
2 kg granulated sugar, Owte	1.83-1.97
60 Red Rose tea bags, WWs	2.13-2.49
1 pound coffee, Sfwy	2.49-2.99
1 pound apples, Owte	.33-.59
1 pound oranges, SV, Sfwy	.33-.45
1 pound bananas	.65-.65
2.25 kg rolled oats, WWs	2.77-3.09
20 or 24 oz. loaf sliced bread, WWs, Sfwy	.89-1.25

POWER HIKES

Rationale queried

VANCOUVER (CP) — One of B.C. Hydro's major rationales for higher electricity rates came under attack Wednesday from lawyers representing companies, consumers and the B.C. Utilities Commission.

At issue in the second day of commission hearings into Hydro's proposed 17.85-per-cent rate increase was Hydro's desire for a 1.3-times-interest coverage, meaning the Crown corporation's retained earnings would be 1.3 times greater than the cost of servicing its debts.

Hydro's current times interest coverage is about 1.2 to one.

Last March, Energy Minister Bob McClelland made public a special directive from cabinet telling the commission to allow Hydro a more favorable ratio.

Hydro has since cited McClelland's position as a primary reason for the need for higher rates.

The best way to reduce the cost of borrowing, Hydro has argued, is to increase the portion of capital derived from customers.

In a summary of Hydro financing prepared for the public hearings, administrative vice-president John Sheehan said the utility has been aiming for a 1.3-times-interest coverage since 1975.

But intervenors at the hearings and commission counsel Mike Goldie questioned Sheehan's contention that a favorable interest ratio is essential to maintain Hydro's current triple-A rating in U.S. bond markets.

Goldie suggested the high rating is mainly due to the provincial government's unconditional guarantee of Hydro bond issues, and said the May 19, 1980, issue of the influential Moody's Bond Survey upgraded Hydro's bond rating to triple A from double A.

Noting that the survey made no mention of Hydro's times interest ratio but referred instead to the government guarantees, Goldie asked: "Isn't the principal reason for Moody's Bond Survey triple-A rating the soundness of the province?"

Sheehan agreed.

Dick Gathercole, counsel for the Consumers' Association of Canada and the B.C. Federation of Anti-Poverty Groups, criticized Hydro for not including in general revenues its earnings from power exports to the U.S.

Five escape blaze

Five people were forced to flee when fire damaged a house at 1899 - 10th Ave. Wednesday.

The fire began about 4:15 p.m. in a basement playroom, but the cause is unknown, a fire department spokesman said.

The basement was heavily damaged in the fire, and the remainder of the house sustained smoke and heat damage.

No one was injured in the fire, which was extinguished in about 90 minutes.

Lumber dumping claimed

VICTORIA (CP) — Accusations that lumber from British Columbia is being dumped in the United States at a time when the wood products industry in that country is suffering through its worst slump since the Great Depression are expected to be high on the agenda when Premier Bill Bennett meets with Gov. John Spellman today.

Bennett's good-neighbor visit to Olympia, the Washington state capital, is a follow up to a fence-mending trip by Spellman to Victoria last May.

Relations between the state and the province soured during the administration of former governor Dixy Lee Ray. Ray once told Canadians to mind their own business when it came to protesting against Trident nuclear submarine bases. She also demanded, without success, concessions on natural gas prices.

B.C. officials suggested natural gas exports from B.C. will also be discussed by the two leaders in a private meeting.

The U.S. International Trade Commission currently is investigating the issue of softwood lumber exports from Canada, particularly from B.C.

The commission, which is to prepare a profile of the U.S. and Canadian markets and industries, with an emphasis on the costs of producing softwood lumber in the U.S. Pacific Northwest and in B.C., is meeting in Vancouver this week.

'Jobless benefits delayed'

OTTAWA (CP) — Thousands of laid-off loggers and fishermen are being forced to apply for welfare in British Columbia because of delays in unemployment insurance claims, New Democratic MP Ray Skelly said Wednesday.

Skelly, who represents the B.C. riding of Comox-Powell River, said the provincial Human Resources Ministry is writing hardship cheques for some of the people, who are waiting two to three months to have unemployment applications processed.

"The financial strain as well as the emotional strain is enormous," Skelly wrote in a letter asking Employment Minister Lloyd Axworthy for help.

"Families are unable to meet mortgage and rent payments, they are unable to pay for utilities and regular monthly bills and some are having difficulty finding enough money for food. All the while they are legally entitled to unemployment insurance, which is backlogged."

This is the third time since late 1980 unemployment delivery services have collapsed in the northern Vancouver Island and central B.C. coast, said Skelly, NDP consumer affairs critic.

He blames lack of well-trained staff, complicated regulations and increased number of applications for putting the unemployment insurance commission so far behind in processing claims.

Trial set

A preliminary hearing Wednesday committed Nicholas Winterhalt of Prince George to trial on charges of gross indecency, indecent assault and incest.

Charges arose in September, 1981, when a 13-year-old female complained of being sexually abused.



Kim Roy, 23, looks at a photograph album of her and her sister. The two will be reunited after 15 years.

MISSING SISTER

Search pays off

by LESLIE PERRY

Staff Reporter

Amor vincit omnia. It means love conquers all and Kim Roy, more than most people, knows the wisdom of the ancient Latin phrase.

It's a banal word in many people's vocabulary, but love gave the 23-year-old Prince George woman the will to succeed when the task of finding her sister she last saw 15 years ago seemed hopeless.

After her four-year search, \$1,000 in long-distance telephone calls and many hours of doubt, a mighty motivator paid off.

Kim and her 20-year-old sister, Cindy Vogen, separated at childhood in different Montreal foster homes, are a family again.

The two women have spoken to each other on the telephone and plan to meet in Montreal, where Vogen still lives, as soon as there's enough money for Kim to fly out.

The search to find her sister started with Parent Finders, a national group of adoptees, who help search for what to some is the proverbial needle in a haystack, says Roy.

For the mother of two the search became an obsession once she had started on the path to reunion.

"I was determined. She was my little sister and we used to play together. She was part of me."

After Parent Finders which gave Roy the best direction to follow, she wrote letters to Montreal adoption agencies and called Vogens of every conceivable spelling in Quebec, Ontario, Manitoba and Saskatchewan cities.

Later she discovered her sister's telephone number was unlisted but before then, the path led her to letters to television talkshow host Phil Donahue (who never replied), and finally, a last resort she never had to try.

"I'm not very good at poetry but I wrote one to Cindy called to a memory. At the end I said I still remember you, my dear sister, Cindy Lou."

The poem was going to run with her photograph in newspapers across Canada but before then she tried the

Montreal directory for her address.

The trail ended there and she found her sister living alone in a Montreal apartment under the same name.

"January 7th, I've marked that day in my head when I first spoke to Cindy."

The two women spoke for an hour, and says Roy, were like old friends as if 15 years apart had made no difference to their bond.

During her search Roy says she read newspaper stories similar to hers. The stories gave her hope but also a feeling of injustice.

"I couldn't help thinking — why can't I find her, these other people have found their families and they didn't have a name to go by."

When they finally did speak, Roy says her biggest

fear was her sister wouldn't want to know her and time would have erased all feeling.

The fear was unfounded. Kim Roy's story has a happy ending but there are thousands of other foster children who spend years looking for their natural parents or sisters and brothers.

Her advice to those people is to keep looking. "Don't give up, there are lots of ways if one doesn't work out. Just keep going and something will turn up."

When Kim Roy was six years old she was given a doll. She named it Cindy and kept it for 10 years until it fell apart.

"That was my doll, nobody could touch it and nobody could ever take it away from me."

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MURDER CASES

Reward to be posted

RCMP will put up a reward poster next week offering a minimum of \$9,000 for information leading to the conviction of the killer of either Roswitha Fuchsichler, 13, or Jean Kovacz, 36.

Sgt. Ken Hildebrand said today the poster will be sent to other RCMP detachments in the province as well as a number of post offices.

Fuchsichler's nude body was discovered Nov. 21, one week after she disappeared. Kovacz's partially-clad body was found Oct. 11 near Purden Lake. Both victims had been mutilated.

To date, city council has contributed \$5,000; the Fraser-Fort George Regional District has offered \$1,000; The Citizen, \$2,000 and A and B Office Services, \$1,000.

RCMP and city council are hoping the reward fund will grow and anyone wanting to donate, can deposit a cheque in a special account at the Canadian Imperial Bank of Commerce at the Pine Centre Mall.

The Citizen

Local news

Dave Milne
City editor
562-2441

'HOT' EDICT

Hydro dispute simmers here

by BOB MILLER
Staff Reporter

B.C. Hydro construction and maintenance workers were poised to walk off their jobs again today in support of a driver who was sent home Tuesday and Wednesday for refusing to operate a crane truck declared "hot" by their union.

The workers, members of the International Brotherhood of Electrical Workers (IBEW), were back at work this morning, according to Hydro divisional manager Ted Davis, but he was unable to say if they would remain on the job.

The dispute started Tuesday when the driver was sent home after refusing to drive a crane truck declared hot by the IBEW. About 70 construction and maintenance workers walked out in sympathy.

Wednesday morning about 15 construction workers walked off when the same thing happened and they were joined at noon by a number of maintenance workers. B.C. Hydro workers in Smithers, Terrace, Prince Rupert and Kitimat also joined the dispute Wednesday.

A Hydro spokesman in Terrace estimated 50 or 60 operations and maintenance workers walked off in sympathy with the Prince

George dispute. A construction crew based in Terrace stayed on the job, however.

IBEW spokesman Al Beeson said the crane truck was declared hot when the company hired a non-union delivery contractor to drive it to Prince George from Vancouver where it had under gone repairs. Beeson said union members normally perform this function and that there was someone available for the job but he was not used.

He said the "hot" edict has the union's sanction, but it is not directing its members to walk off their jobs. Beeson said the workers were in a "holding pattern" this morning because the driver had not been suspended.

Beeson said the union is trying to meet with management to sort out the dispute, but B.C. Hydro wants everyone back at work be-

fore it will meet. If the company agrees to set the "hot" vehicle aside for the time being, everyone can return to work and the meeting can then take place, he added.

Davis said Hydro's labor relations division was looking into the matter, but there doesn't appear to be an easy solution.

"It seems to be more than a local issue — contracting out work to small firms, many of which aren't unionized — it (Prince George) just happens to be the place where it showed up."

Davis said the company wants the dispute settled and workers back on the job, but at the same time, it doesn't want to be told who it can contract work to.

A Thought for Today

Friends help you make joys more joyful, and sadness less sad. — Anonymous

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Photo: Thomas Hayes