Home and Family

A message from bereaved mom

Ann Landers

Dear Ann Landers: Last January, it was two years since our daughter Karen died. I know that a great many people wanted to ease our pain, Ann, but I could not believe some of the insensitive remarks that we encountered.

I have written a message for all the people who mean well, but have no idea how inappropriate some of their comments are.

PLEASE — don't ask me if I'm over it yet. I'll never be "over it. "

PLEASE — don't tell me she's in a better place. She isn't here.

PLEASE — don't say "at least she isn't suffering." I haven't come to terms with why she had to suffer at all.

PLEASE — don't tell me you know how I feel, unless you have lost a child.

PLEASE — don't tell me to to get on with my life. I'm still here, you'll notice.

PLEASE — don't ask me if I feel better. Bereavement isn't a condition that "clears up."

PLEASE — don't tell me "God never makes a mistake." You mean He did this on purpose?

PLEASE — don't tell me "at least you had her for 28 years." What year would you choose for your daughter to die?

PLEASE — don't tell me God never gives you more than you can bear — who decides how much another person can bear?

PLEASE — just say you are sorry.

PLEASE — just say you remember her if you do.

PLEASE — just let me talk if I want to.

PLEASE — let me cry when I must.

— Rita Moran, a member of The Compassionate Friends (Miami)

Dear Rita Moran: Only a person who has lived through the agony could have written as you did. Bless you for helping to spare those who already have had too, too much pain.

Thank you, too, for mentioning The Compassionate Friends. This self-help organization for parents who have lost a child does so much good. There are now more than 600 chapters in the U.S. Anyone who is interested should write to national headquarters. The address is: P.O. Box 3696, Oak Brook, Ill. 60522-3696.

P.G. YM/YWCA run on volunteer power
Supported by The Prince George Citizen

Coming events

Phone 562-2441 Local 505

Specials

BALLROOM DANCING: YM-YWCA will hold its next session of Ballroom Dancing from 7:30 to 8:30 p.m. April 28 to June 30 at the Y. A mixture of Social and Latin dances are covered in this beginners program. Cost is $115 per couple for Y members and $125 per couple for non-members. For more information phone 562-9341.

ORIENTEERING: Prince George Orienteering Club has a pro-am event from 1:30 p.m. Sunday at Rainbow Park. Come early to register. Novices can learn basic skills. Others can improve theirs. Cost is $2 for members, $4 for non-membners. For more information phone 964-8031.

INDOOR RELAYS: School District 57 will hold the annual indoor relays from 1 p.m. Friday. Involving 35 elementary schools from throughout the district, including a team from Morfee Elementary in Mackenzie. A total of 2,056 runners from 514 separate teams will take part in 124 races during the day. Everyone welcome, bring your earplugs! For more information phone 962-9211.

THRIFT SHOP: St. Michael and All Angels thrift shop is open from 10 a.m. to 2 p.m. Fridays in the church basement, 1505 Fifth Ave. New arrival of spring clothing. Good assortment of shoes and clothing for the whole family. Also novelty items.

CHILDREN'S FESTIVAL: The Canadian Northern Children's Festival has ticket sales from 8:30 a.m. to 4:30 p.m. Monday to Friday at the festival office. Tickets still available for Saturday and Sunday performances with two additional performances scheduled. For more information phone 562-4882.

Lectures

CHRISTIAN HERITAGE: The Christian Heritage Party will feature Ed Vanwoudenberg, national leader, as guest speaker at a leadership seminar luncheon and public information meeting from 1 p.m. Saturday at Esthers Inn. Luncheon tickets available for $10 by calling Tuomo Kostamo 562-9838. Public information meeting is no charge.

PARAPSYCHOLOGY: Prince George Parapsychology Association presents a lecture on flower remedies by Yarrow Alpine from 8 p.m. Thursday in the Robson Room at the Yellowhead Inn. There will also be a workshop on the above topic from 9:30 a.m. to 4:30 p.m. Sunday, same location. For more information phone 564-7312.

WORKSHOP: Prince George Art Gallery has a workshop on illustrating children's books by Eugenie Fernandes of Peterborough, Ont. May 12 to 14 at the art gallery. Sponsored by a Canada Council grant this workshop is free of charge. Public welcome. For more information phone 563-6447.

Support groups

DIABETES: Canadian Diabetes Association, local branch 39, has their regular general meeting from 7 tonight in the Kiwanis Centre, 490 Quebec St. Guest speakers diabetes educators Mary Jo Norman and Wanda Madsen will speak on Learning To Live With Diabetes. Doug Sabourin, executive director from the Vancouver division office will also speak. Refreshments to follow. For more information phone Marg 563-7057.

CANCER: Canadian Cancer Society has its regular monthly meeting from 7:30 p.m. May 1 at Unit 13, 1839 First Ave. Come out and find what we can do for you.

AL ANON: Al Anon meets from 1:30 to 2:30 p.m. Fridays at the Kinsmen Centre, 777 Kinsmen Place. For more information phone 563-7305.

Forthcoming Marriage

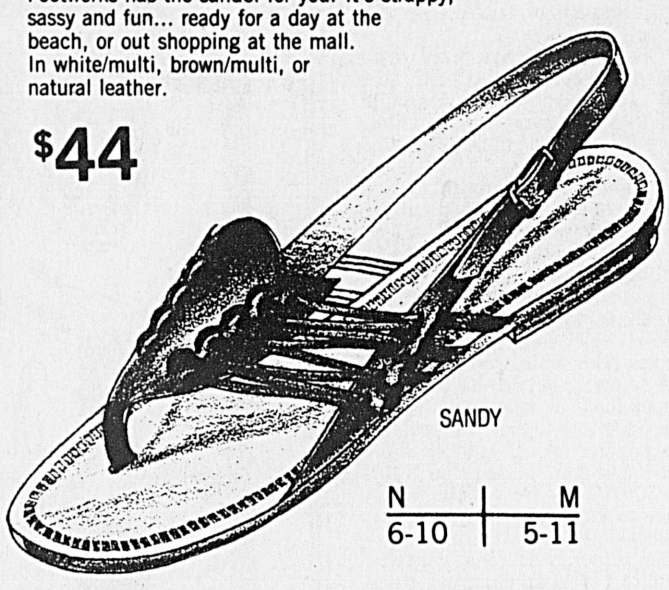
Mr. and Mrs. John Marques of Prince George are happy to announce the forthcoming marriage of their eldest daughter, Nellie Maria to Francesco Apa, son of Mr. and Mrs. Rocco Apa also of Prince George. The wedding will take place on July 22, 1989 at St. Mary's Catholic Church.

WEEKLY SPECIAL
BLACK FOREST HAM 65¢/100 g
Englers
Prime Quality Meats
1601 1st Ave. 564-4128
or
TABOR DELI
Tabor Plaza 562-3778

GREAT LOOKS from FOOTWORKS.

Footworks has the sandel for you. It's strappy, sassy and fun... ready for a day at the beach, or out shopping at the mall. In white/multi, brown/multi, or natural leather.

$44



SANDY

N 6-10 | M 5-11

NATURALIZER FOOTWORKS. SHOE SHOPS
564-8304 PARKWOOD MALL

ENVIRONMENTAL WEEK JUNE 4-10

STUDENT CONTEST ENTRY FORM

CONTEST RULES

1. Any student regularly attending school within School District #57 may enter under one or more of the categories (below) on any environmental topic.
2. Entries may be in English or French.
3. Each entry must be accompanied by a separate entry form.
4. Entries must be portable, i.e. easily moved.
5. Entries must be completed and delivered to your teacher **on or before May 19, 1989.** Late entries cannot be accepted.
6. Judging of entries will be completed by June 4, 1989. Winners will be notified through their school, and prizes will be awarded. (Details of prizes will be anounced through the school at a later date). The judges' decisions are final.
7. All entries become the sole and exclusive property of Nechako Environmental Coalition.
8. Public viewing and publication of winning entries will take place during Environmental Week (June 4 - 10, 1989).

CATEGORIES

A. Letters or essays on the environmental topic of your choice.
B. Posters or paintings depicting any environmental issue.
C. Poetry composition.
D. Three dimensional class project.
E. Bird habitat project. Build a birdhouse and install it in a suitable location. Photographs of completed and installed birdhouses can be submitted.
F. Photography.
G. Video. Make a video tape on any environmental issue.

ENVIRONMENTAL TOPICS

The following are suggestions only. Any other environmental topic is also acceptable.

(a) Air pollution
(b) Water (oceans, rivers, oil spills, drinking water).
(c) Soil contamination.
(d) Food (use of pesticides, effect of industrial waste).
(e) Garbage (recycling, landfill, toxic wastes, non-biodegradable materials).
(f) Health (diseases caused or affected by pollution).
(g) Animals, birds and fish (effect of pollution on wildlife).
(h) Energy alternatives that are environmentally safe.
(i) Parks and forests. (How does pollution affect these?).
(j) Fishing industry and its relation to water pollution.

Entries must be completed and delivered to your teacher **on or before May 19,** late entries cannot be accepted.
PLEASE COMPLETE IN FULL (PRINT)
This entry is for (name of category).....

STUDENT NAME.....SCHOOL.....

STUDENT ADDRESS.....HOME PHONE.....

AGE.....

NAME OF TEACHER.....GRADE.....

I hereby agree that all materials submitted by me for this contest become the sole and exclusive property of Nechako Environmental Coalition, and may be reproduced, displayed and/or published without my further consent.

....
Student Parent or Guardian

For more information contact

NEC

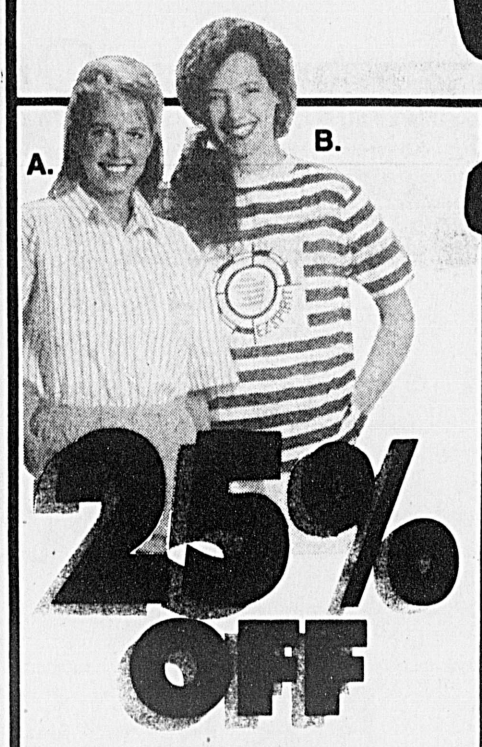
Nechako Environmental Coalition

7780 Hart Highway, Prince George
962-9207

Your Friendly MET

SPRING INTO SUMMER Sale

SALE DATES: APRIL 25 to MAY 6th
MANY MORE UNADVERTISED SPECIALS



A. B.
25% OFF
SUPER TOPPERS.
T Shirt or sheeting blouse, latest colors.
Reg. $12.99 9.69 ea.

A. B. C.
SUMMER FASHION ROMPERS in stripes or prints.
Reg. $14.99 11.99 ea.

1/2 PRICE
1.00 pr. Reg. 1.99
"WHISPER" ALL-SHEER PANTY HOSE with re-inforced toe. Basic shades.

6.99 BEACH TOWEL BLITZ
Towel off in style with striking patterns and vibrant colours now yours in soft n thick cotton terry. All sets a generous ea. 30" x 60" (approx.). Stock up now for summer fun!

199.97 Reg. 249.98
COMFORTABLE 3-POSITION RECLINER.
The ultimate easy chair with upright, semi-reclining and full reclining positions. Durable polypropylene cover. Handy magazine pouch.

Your Choice 1.47 ea.
LICORICE PACKS by "Y & S"...
• Black or strawberry licorice 'Twizzlers'. 554 g pack.
• 500 g bonus pack licorice 'Goodies'.
• 500 g bonus pack 'Cherry Nibs'.

22.88 set
"VISIONS" 5-PC. COOKWARE SET.
500 mL and 1 L saucepans with covers, plus 18 cm frypan
• 1 5 L COVERED SAUCEPAN 9.97 ea.

1.47 ea. Reg. 1.89
BIG 1-LITRE SIZE "POLYLAB" TOILETRIES.
Your choice of assorted shampoos, creme rinse, bubble baths or sea bath.

GOLDEN AGES
You'll pay 15% less on all your purchases*
ON THE FIRST MONDAY OF EVERY MONTH!
IF YOU'RE 65 OR OVER, simply show your Old Age Security identification card to the cashier before you pay for your purchases.
NEXT SENIORS' DISCOUNT DAY WILL BE MONDAY, MAY 1st, 1989!
*Discount applies to all merchandise except advertised items and tobacco products.

2/1.49 CANNED SLICED PINEAPPLE
65¢ ea. "COW BRAND" BAKING SODA. 500 g pack for baking, and refrigerator freshness.
77¢ ea. "ALPO" CANNED DOG FOOD. 368 g size in Beef Chunk or Beef Stew flavours.
3/97¢ "BIRDS EYE" 170 g CAT FOOD. Beef, tuna, chicken, liver & bacon or chef dinner.
2 for 1.00 MACARONI & CHEESE DINNER. 220 g PACK.

HART SHOPPING CENTRE
OPEN: Mon., Tues., Wed., Sat. 9:30 a.m. to 6:00 p.m.
Thurs. & Fri. 9:30 a.m. to 9:00 p.m.
MET