

THE PRINCE GEORGE
FREE PRESS

Sunday
Drive

Your guide to
Prince George
Real Estate
Association
Realtors'
Open Houses.

MONDAY EVENING

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
3	Home Improvement "Mr. Chaney"	Access Holly- wood	Mad About You "I Don't See It"	Mad About You "I Don't See It"	Jeff Foxworthy "Big Dogs"	Comics	This Hour Has 22 Minutes	Newsroom "Unity"	National/CBC News		News	Pat Bullard
6	NBC Nightly News	News	Evening Maga- zine	American Jour- nal	Jeff Foxworthy "Big Dogs"	Mr. Rhodes	"Asteroid" (1997) efforts begin when	(Part 2 of 2) Annabella Sciorra. Premiere. Rescue the asteroid impacts near Dallas.			News	Tonight Show
7	Home Improve- ment	Access Holly- wood	Home Improve- ment	Extra	Cosby "Florida"	Ink "The Body- guard"	Murphy Brown	Cybill "Kiss Me, You Fool"	Chicago Hope "Mother, May I"		News	Late Show
8	ABC World News Tonight	News	Wheel of For- tune	Jeopardy!	Hey, Hey, It's the Monkees		American Comedy Awards The 11th annual awards ceremony honors the top comedic performers in American entertainment. (Taped)				News	Nightline
9	Newshour With Jim Lehrer	Bill Nye the Sci- ence Guy	Parenting Ado- lescents	Going Places	(Part 6 of 8)		American Experience "New York Underground"	Knife to the Heart	(Part 4 of 4)		Red Dwarf "Camille"	Are You Being Served?
11	News	Wheel of For- tune	Jeopardy!	Meirose Place "Men Are From Mei- rose"			"Asteroid" (1997) (Part 2 of 2) Annabella Sciorra, Michael Biehn. Rescue efforts begin when the asteroid impacts near Dallas.				CTV News	News Hour Final-Sport
12	Eerie Indiana "Mr. Chaney"	Flash Gordon	Reboot	Are You Afraid of the Dark?	Beasties	Anti-Gravity Room	Twisted Tales of Felix the Cat	They Must Be Mad	Tarzan	Catwalk Despite many obstacles, six young musicians form a band.		New Red Green
13	Introduction to Literature	Dotto's Data Cafe (R)	Cooking Secrets of the CIA	Tradewinds (Part 6 of 12)	John Williams Classical guitarist.		Masters of Beauty	Footnotes: Bal- let	Independent Eye II		Studio BC (R)	
15	Poirot A rose is named after Her- cule Poirot at a flower show.		Miss Marple "4:50 From Paddin- ton" Murder at Rutherford Hall.		Law & Order "Purple Heart"		Biography Lyndon B. Johnson: Tri- umph and Tragedy (R)		Poirot A rose is named after Her- cule Poirot at a flower show.		Miss Marple "4:50 From Paddin- ton" Murder at Rutherford Hall.	
16	College Basket- ball	College Basketball Missouri at Kansas. (Live)				Sportsdesk		World Wrestling Federation Raw			Sportsdesk	Sportsdesk (R)
17	Larry King Live Katie Couric. (Live Phone-In)		World Today		CNN/Sports Illustrated	Moneyline	NewsNight	Showbiz Today	NewsNight Update	CNN/Sports Illustrated		Larry King Live Katie Couric. (R)
18	Prime Time Country Riders in the Sky		CMT Presents Monday Night Con- certs (R)		Dallas "The Investigation"		Dukes of Hazzard "When You Wish Upon a Hogg"		Prime Time Country Riders in the Sky		CMT Presents Monday Night Con- certs (R)	
20	Revolutionary War (R) (Part 2 of 6)		Twister - Fury on the Plains Real footage of tornadoes striking.		Extreme Machines: Diving Deep (R)		Revolutionary War (R) (Part 2 of 6)		Twister - Fury on the Plains Real footage of tornadoes striking.		Hometime: Win- dow	Hometime: Win- dow
22	Hey, Hey, It's the Monkees		Chicago Hope "Mother, May I"		NYPD Blue "Tallight's Last Glean- ing" (PA)		News		Sports Night	Red Green	Late Show (Left in Progress)	
25	Body: Inside Stories "Anxiety's Hostage"		Eco-Challenge Breaking Point.		Discovery.ca Animal behavior. (R)		Behaving Like Animals "Snow Monkeys" (R)		Body: Inside Stories "Anxiety's Hostage" (PA)		Eco-Challenge Breaking Point. (R)	
27	When Animals Attack III		Star Trek: Deep Space Nine "Whis- pers" (PA)		Fresh Prince of Bel-Air	Fresh Prince of Bel-Air	Paid Program	Paid Program	Baywatch "Second Time Around"		Paid Program	Paid Program
28	"Gold Diggers of 1935" *** (1935, Musical) Dick Powell, Gloria Stuart, Adolphe Menjou. (Cont'd)		Arts & Minds (R)		Monty Python's Flying Circus	Cop Rock			"Zorba the Greek" **** (1964, Drama) Anthony Quinn, Alan Bates, Irene Papas. A Greek laborer takes the heir to a mine under his wing.			

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Frequently Asked Questions During Pregnancy

Q: Why should I have a coach in labour?
A: Having someone with you during labour is
comforting. While hospital staff make
every effort to be with a mother during
most of her labour, because of the
demands of a busy unit, this may not
always be possible. The role of the
coach is an important one. He or
she is there throughout the labour to
encourage and support the mother during the
experience. Ideally, the coach should have
attended Prenatal classes with the Mom and
will be able to assist her when she is tiring or



becoming discouraged by helping with
breathing exercises, massage
techniques and general comfort
measures learned in the classes.
Two coaches are often used as they
can relieve one another if the
labour is long.
In most cases, but not always, the coach
is the woman's partner. In choosing a
second coach, make sure it is someone you
feel comfortable with and who is prepared
to support you.

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TUESDAY EVENING

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
3	Home Improve- ment	Access Holly- wood	Mad About You "Yoko Said"	Market Place	Fifth Estate		Frasier "Four for the Seesaw"	Caroline in the City	National/CBC News		News	Pat Bullard
6	NBC Nightly News	News	Evening Maga- zine	American Jour- nal	Mad About You	Something So Right	Frasier "Four for the Seesaw"	Caroline in the City	Dateline		News	Tonight Show
7	Home Improve- ment	Access Holly- wood	Home Improve- ment	Extra	Promised Land "Running Scared" (Postponed from an earlier date)		"The Perfect Mother" (1997, Drama) young wife rebels against her interfering mother-in-law.		Tyne Daly, Ione Skye. Premiere. A mother-in-law. (R)		News	Late Show
8	ABC World News Tonight	News	Wheel of For- tune	Jeopardy!	Roseanne	Drew Carey "Pilot" (R)	Home Improve- ment	Spin City	NYPD Blue "Tallight's Last Glean- ing" (PA)		News	Nightline
9	Newshour With Jim Lehrer	Bill Nye the Sci- ence Guy	Oregon Field Guide		Nova "Hunt for Alien Worlds"		Thomas Jefferson	(Part 1 of 2)			Red Dwarf "DNA"	Are You Being Served?
11	News	Wheel of For- tune	Jeopardy!		Roseanne	Drew Carey "Pilot" (R)	Home Improve- ment	Spin City	Women: A True Story "Postcards From the Future"		CTV News	News Hour Final-Sport
12	Sailor Moon	Stickin' Around	Bump in the Night	Are You Afraid of the Dark?	Goosebumps	YTV News	Nighthood	Super Dave Osborne	Tarzan	Catwalk "The Birth" (Part 2 of 2)		New Red Green
13	Education as We See It	FutureSense (Part 7 of 8)	No Good Calling for Mom		Champagne Safari Industrialist Charles Bedaux traversed the Canadian Rockies on a trek from Edmonton to Telegraph Creek.				Men's Show		In the Name of Health	Good Sex Guide
15	"The Secret of Bay 58" (1988, Mystery) John Thaw, Kevin Whately, Amanda Hillwood. A diary and a parking ticket are clues to a murder.				Law & Order "Conspiracy"		Biography "Thurgood Marshall" (R)		"The Secret of Bay 58" (1988, Mystery) John Thaw, Kevin Whately, Amanda Hillwood. A diary and a parking ticket are clues to a murder.			
16	IHL Hockey All-Star Game. From Grand Rapids, Mich. (Cont'd)	Hockey Week	That's Hockey		Sportsdesk		World's Strongest Man 1995 (R)		Powerboat Tele- vision (R)	Real Fishing (R)	Sportsdesk	Sportsdesk (R)
17	Larry King Live Actress Elizabeth Taylor's 65th birthday. (R)	World Today			CNN/Sports Illustrated	Moneyline	NewsNight	Showbiz Today	NewsNight Update	CNN/Sports Illustrated	Larry King Live Actress Elizabeth Taylor's 65th birthday. (R)	
18	Prime Time Country Chef Anton. (R)	Look Back: Ralph Emery on the Record (R)			Dallas "Acceptance"		Dukes of Hazzard "Strange Visitor to Hazzard"		Prime Time Country Chef Anton. (R)		Look Back: Ralph Emery on the Record (R)	
20	Revolutionary War (R) (Part 3 of 6)	Twister Two - The Terror Contin- ues	The Terror Contin- ues		Hunt for Amaz- ing Treasures	Amazing Amer- ica (R)	Revolutionary War (R) (Part 3 of 6)		Twister Two - The Terror Contin- ues (R)		Hometime "Log Cabin" (R)	Hometime "Log Cabin" (R)
22	Star Trek: Deep Space Nine "By Inferno's Light" (R)	Frasier "Four for the Seesaw"	Caroline in the City		Mad About You	Something So Right	News		Sports Night	Red Green	Late Show News anchor Tom Brokaw, actor Ving Rhames.	
25	Oceans: Fire and Water (Part 1 of 3)	Eco-Challenge The Storm.			Discovery.ca Marine life. (R)		World of Horses (R)	Nature Nut (R)	Oceans: Fire and Water (R) (Part 1 of 3)		Eco-Challenge The Storm. (R)	
27	"Cool Runnings" *** (1993, Comedy) Leon. (Cont'd)	Star Trek: Deep Space Nine "Par- adise" (R)			Fresh Prince of Bel-Air	Fresh Prince of Bel-Air	Paid Program	Paid Program	Baywatch "River of No Return" (R)		Paid Program	Paid Program
28	Van Morrison: Why Explain	Traveling Light	Dusty Springfield		Monty Python's Flying Circus	Bravonews	Avengers "Too Many Christmas Trees"		"La Strada" **** (1954) Anthony Quinn, Giulietta Masina. A wander- ing strongman is goaded into killing an acrobat. (Subtitled)			

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