

Harkins makes own kind of history

By MICHELLE LANG

Free Press staff writer

Bob Harkins calls himself a "cyber-fossil."

"A fossil being something of a past dynasty," he explains. "Cyber for the technology I appreciate but can't understand. It's an oxymoron."

It's also an apt description. The man with the weathered face and intense blue eyes is part of a bygone era, a person who, in his 45 years in Prince George, has seen the city change from a remote logging town to the hub of northern British Columbia.

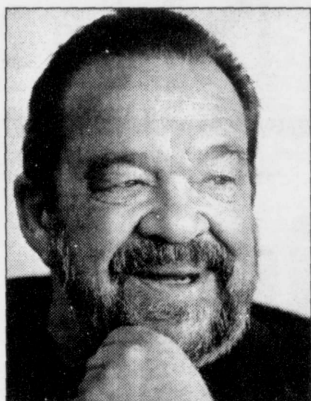
Yet using modern technology he brings us broadcasts through television and radio, shaping our city's growth, proving he is anything but a fossil.

It is this role, from helping to get the city's first television license at CKPG in 1962 to his volunteer work at charities like Project Friendship, which has earned Mr. Harkins the Prince George's 1997 Citizen of the Year award.

"I'm very honoured, of course," he says. "I've done a lot of things, I guess. I'm just interested in the community and in people. It's never been work to me, I've always enjoyed it."

While Mr. Harkins has had to cut back his activities in the last year for health reasons, he certainly has impressive credentials for the award.

He is currently the chairman of Project Friendship, a program which attempts to integrate people in the community and help them build friendships.



Harkins: 'It's never been work to me, I've always enjoyed it.'

He has also served on the advisory committee for the Prince George Regional Correctional Centre, worked as the founding director of the McGregor Model Forest, a city councillor for five years, the vice-chair of the Prince George Regional Hospital Board, a committee member of the Local History Committee and the Prince George Public Library. The list goes on.

Yet it is probably his television and radio commentaries which have won him status as an institution of the city. He began his broadcasting career in 1953 in the days where a writer at a small station also handled sales and air shifts. It was a career he immediately enjoyed for its variety.

"I've just been fortunate to be in a job

where no two days are the same. I've always looked forward to each day as an adventure. Today I interviewed a provincial cabinet minister and later I interviewed the town crier in Duncan. You can't get much more diverse than that."

Mr. Harkins believes it was in his early years as a broadcaster that he became involved with the community. He started his work with the Junior Chamber of Commerce, saying the transition into community work was easy because his job was so connected with local events.

"It isn't really work," he says. "You can pick and choose what you want to do. I've always tended towards local history."

One day Mr. Harkins may go down in the books as being part of that history. But not yet. Now he's just using the technology he doesn't understand to tell the stories he does.

Honouring Bob

Bob Harkins, Prince George's 1997 Citizen of the Year, will be honoured at a banquet on October 17 at the Ramada. Tickets are \$35 and will go on sale September 15 at the hotel's front desk.

As well the Prince George Community Foundation, which is presenting the award this year, will be establishing a fund in his name.

Donations will go to a charity of his choice. Checks may be addressed to the Prince George Community Foundation, P.O. Box 1204 Station A, Prince George V2L 4V3

Get out and walk with all your heart

Mothers and daughters won't be the only ones walking in the Chevrolet Mother, Daughter Walk for Heart and Stroke this morning.

Any person, of any sex, at

any age can participate. Starting at 10 a.m. hundreds of participants will walk three or six kilometre route to raise funds for the Heart and Stroke Foundation.

Registration will take place at the Prince George Office of the Heart and Stroke Foundation at 106-40 Quebec Street or by calling 562-8611.

grabbaJabba Presents... Who's Who At The U?



**Margot Mandy
Chemistry
Professor**

Margot Mandy is a professor who has her head in the clouds... and beyond. Dr. Mandy spent her summer analyzing the movement of molecules in outer space, to predict things like the future expansion of the universe.

Closer to earth, she is also an expert on cloud chemistry and how acid rain is produced. For example, how do emission rates, temperature, and wind speed contribute to the production and the movement of the clouds that produce acid rain? Margot is interested in applying her research to the Prince George area, and conducting an atmospheric/chemical model for the bowl area, taking into account terrain, particulate sources, and winds.

Margot is a participant in the Scientists and Innovators in the Schools program, and she helped start a UNBC program last year that gives science students practical experience with local businesses.

**Large
Cappuccino
\$2.75**
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on Central



FLOW FACTS

The water release from the Skins Lake Spillway is currently 85 cubic metres per second (3,000 cubic feet per second).

This level of discharge, at about 85 cms (3,000 cfs) in the upper Nechako River (measured below Cheslatta falls) maintains a constant water flow for Chinook salmon spawning throughout the Nechako River. Alcan has approval to continue to discharge 85 cms through October. This flow will continue to reduce reservoir elevation in preparation for the 1998 summer inflow. The winter discharge rate (November 1997 to April 1998) will be established, before the end of October, by adjusting downward to a minimum of 50% of the spawning flow. Any changes to the October and winter discharges must be approved by the Nechako Fisheries Conservation Program and the Water Comptrollers Office.

The Nechako reservoir elevation on September 5, 1997 was 2796.65 feet. Inflows to the reservoir for the month of August were about 86% of the long term (46 year) average.

For more information, please call Alcan's regional office in Vanderhoof at 567-5105 (Prince George: 561-1189). Skins Lake Spillway discharges are posted on Alcan's homepage at <http://www.sno.net/alcan>. Flow Facts information is also available 24 hours a day by recorded message in Vanderhoof at 567-5812.



Miracle Needles

Dr. Andy Soo Hoo

- California Certified Acupuncturist
- TCMD (Taiwan)
- Vice Chairman, B.C. College of Acupuncturists
- Examiner for California and Alberta Acupuncture Associations



Acupuncture has been used by the Chinese since the "New Stone Age".

During President Richard Nixon's visit to China, millions of people around the world saw on television, surgery done with the assistance of acupuncture, which was used as anesthesia.

By inserting a needle or needles into a certain point or points, an acupuncturist can rebalance the energy flow of the human body and heal disease.

Scientific experiments have shown the meridian system in the Chinese medical theory is closely related to the electrical, magnetic, circulatory, central nervous and body fluid systems.

Acupoints are points which, located on the meridians, could be used to stimulate the flow of energy, either by needle, heat, pressure or massage.

There are 14 main meridians, or roughly two thousand acupoints, in the human body. These meridians include the heart, liver, spleen, lung, kidney, large intestine, small intestine.

All needles used in the process are made of stainless steel and are disposable. Since the needles are hair-thin, the insertion is almost painless, a lot like a mosquito bite.

The World Health Organization (WHO) has accepted acupuncture as a method of treating the following diseases effectively: acute sinusitis, acute bronchitis, bronchial asthma, post-extraction pain, acute and chronic gastritis, gastric hyper-activity, acute and chronic colitis, acute bacillary dysentery, constipation, spout diarrhea, headache, migraine, trigeminal neuralgia, facial palsy, frozen shoulder, tennis elbow, sciatica and low back pain.

We have also developed a method for drug detoxification like nicotine withdrawal and food addiction. For more information on traditional Chinese medicine, contact Dr. Andy Soo Hoo, Vice Chairman, B.C. College of Acupuncturists.

Prince George Acupuncture and Herbal Centre

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