



White belt Ashley Mizner prepares to deliver a devastating kick during sparring at the taekwon-do provincials Saturday. JOHN MCKENZIE/FREE PRESS

Martial masters

TaeKwon-Do rookie double gold in provincials

Stepping onto the mat for the gold medal match at the taekwon-do provincials invoked a strong sense of déjà-vu for Ryan Rahier. The yellow-belt from PG's Freedom TaeKwon-Do was standing across from fellow Freedom martial artist Calvin Duncan, his challenger for the gold after both he and Rahier had defeated opponents from clubs outside of Prince George. But along with the déjà-vu came a sense of relief.

"You go in there thinking I've done this enough times, who's going to pull it off this time," says Rahier. "It's nice. You know either way it turns out either you're happy for him or you're happy for yourself."

Rahier, who defeated Duncan for the gold and also won gold in the men's yellow-belt patterns competition, was feeling pretty happy for himself after the Saturday provincials. The 21-year-old has only been training in taekwon-do for six months. This weekend's double-gold wasn't just his first provincial martial arts gold medal, but also his first

taekwon-do tournament ever.

But Rahier is no stranger to competition. He's competed at the provincial level in Olympic-style weightlifting and archery.

"I can go into a competition like this and be a bit more relaxed," says Rahier. "And a bit more ready for the stress of competing."

By comparison, 23-year-old Karli Southgate was definitely feeling a little bit of stress. The two-year member of the PG club set her sights high from the start of the tournament as the only competitor to enter herself into two divisions. The ambitious red belt entered the ladies black belt sparring, one of the earliest matches of the tourney.

"It was very challenging," she says. "But I wanted to prove to myself I had the ability."

Any doubts she might have had about those abilities were swept aside as she took silver in division after a loss to Kootenay martial artist Gina Patton and a win over PG black belt Jessie Thompson.

"She had a lot more experience and that was intimidating to me," says Southgate, adding that she plans on testing for her own black belt this summer. "Winning the silver boosts my confidence and makes me feel proud for all the time I've put in training."

After taking silver in the morning Southgate was up against her own colour of belt in competition later that day. She defeated Houston martial artist Nicole Tate in the final of that division for a gold and also won bronze in the forms. But even after her silver performance in black belt earlier that day, the red belt competition was no cakewalk.

"Black belt sparring is a lot different than red belt. They wait and have more strategy to their fighting. Red belts have more contact and that's a little intimidating."

In total 50 medals were won by the 35 members of the host Freedom TaeKwon-Do school. There were a total of 183 competitors from across British Columbia.

Lumber Kings set to defend crown

It may seem a strange connection, but the success of the Merritt Centennials will make a sweep of this weekend's 17th Annual All Native Hockey Tournament even easier for the defending champs.

The Prince George Lumber Kings are the provincial power in native hockey teams, with 14 championship titles in the 17-year history of Canada's largest all-native tournament. Last season they met with Ashcroft in the gold-medal final.

"Ashcroft was big last year but their big guys are still playing junior hockey," says Lumber Kings manager Len Potskin.

Merritt Centennials captain Ryan Minnabarriet, from Ashcroft, usually

joins his local all-native team in the spring, bringing with him reinforcements from the Cents. But this year Merritt is deep in the midst of a successful playoff run, meaning Minnabarriet and co. are otherwise engaged. The Lumber Kings have also drafted local BCHL talent in the past, with former Spruce King Brent Williams and Spruce King alumnus Mike Lalonde both on the team's roster last season. But now that Lalonde and Williams both have scholarships they've opted out of playing in the tourney.

In the five years Potskin's been manager the Kings have never lost the tournament.

THE PRINCE GEORGE
FREE PRESS
2000 - 2001
NHL
OFFICIALLY LICENCED PRODUCT OF THE NHLPA
HOCKEY POOL

TOP 100

Check out all the current standings at www.statrite.com

RK	Name	G	ASS	TP	DF	RK	Name	G	ASS	TP	DF
1.	Onkar Parmar	478	759	1237	52	51.	Richard Cameron	485	641	1126	51
2.	Richard Crank	477	745	1222	46	52.	I.C.E.	483	642	1125	45
3.	Leslie Wilson	494	726	1220	45	53.	Gabe Brunello	441	681	1122	48
4.	Ron Sawtell	499	702	1201	46	54.	Dave Senger	461	660	1121	54
5.	Danielle Faulkner	459	739	1198	48	55.	Deborah Squires	433	685	1118	42
6.	Jackie Colvin	475	717	1192	52	56.	Marna Vansickle	472	646	1118	35
7.	Joe Paul	510	676	1186	51	57.	Horacio Ferreira	466	650	1116	43
8.	Mario Mastromanni	509	676	1185	55	58.	Roni Dhemi	428	685	1113	46
9.	Keith Sales	463	717	1180	52	59.	Brenda Borkowsky	443	671	1114	44
10.	Jacqueline De Bor	483	692	1175	59	60.	L. Peiore	463	651	1114	35
11.	Brian McKinnon	469	704	1173	47	61.	Brenda Miller	428	685	1113	46
12.	Melanie McKinnon	468	704	1172	41	62.	Margo Vansickle	461	652	1113	33
13.	Greg Dawson	466	705	1171	55	63.	Del Blackstock	477	636	1113	42
14.	Greg Tyndall	492	673	1165	51	64.	Linnea Crossan	452	660	1112	49
15.	Matthew Couto	465	700	1165	44	65.	Brian Kempf	430	682	1112	35
16.	George Couto	478	686	1164	51	66.	Sandra Chulka	453	658	1111	47
17.	Garry Ford	468	695	1163	46	67.	Ken Squires	482	627	1109	40
18.	Nicole Couto	490	673	1163	47	68.	Lisa Newman	435	674	1109	46
19.	Kaylan Wiebe	451	712	1163	47	69.	Lee Taylor	442	666	1108	49
20.	Kirk Hicks	479	684	1163	50	70.	Angelo Gambato	422	676	1108	36
21.	William Vansickle	471	690	1161	47	71.	Dan Doyle	474	634	1108	44
22.	Wayne & Brad	470	691	1161	51	72.	D. G. King	476	631	1107	51
23.	Jim Teit	483	673	1156	52	73.	Carleen Pederson	482	624	1106	41
24.	Lucas Miller	483	672	1155	48	74.	Gary Deveau	448	658	1106	55
25.	Janet Kempf	476	678	1154	45	75.	Brad Turgeon	446	660	1106	36
26.	Allan Silbermangel	489	664	1153	55	76.	Sandra Sawtell	467	638	1105	23
27.	Darcy Hanson	478	673	1151	48	77.	Janet Watson	463	642	1105	41
28.	Lexine Miller	456	695	1151	50	78.	Bob Waterfield	470	634	1104	26
29.	Mike Christie	493	656	1149	47	79.	Donna Morin	447	656	1103	52
30.	Gary Koehler	455	691	1146	37	80.	Curt Watts	469	633	1102	39
31.	Jeremy Pederson	473	671	1144	52	81.	Denise Hicks	459	642	1101	40
32.	Greg Frey	416	727	1143	45	82.	Mike Kodiak	478	623	1101	31
33.	John De Bord	422	719	1141	49	83.	Don Graves	435	666	1101	36
34.	Gina Schmidt	468	673	1141	36	84.	Clarence Switzer	433	667	1100	28
35.	Jas Sidhu	470	670	1140	55	85.	Sue Teslyk	461	639	1100	47
36.	Lorraine Stohl	467	670	1137	56	86.	Mark Vansickle	427	673	1100	42
37.	Paul Dhemi	418	718	1136	39	87.	David Green	432	668	1100	54
38.	Kathy Kobetitch	462	673	1135	51	88.	Peter Vranjes	422	677	1099	42
39.	Hartley Miller	480	653	1133	51	89.	Mona Tynball	458	641	1099	44
40.	Kelly Rochon	474	657	1131	47	90.	Tyler Waterfield	456	642	1098	32
41.	Lorne Hughes	479	651	1130	40	91.	George Sylle	425	672	1097	39
42.	Norm Schuit	449	680	1129	41	92.	Dave Rowland	453	644	1097	45
43.	Adam McKinnon	460	669	1129	44	93.	Douglas Tedford	484	613	1097	40
44.	Bernie Switzer	430	699	1129	46	94.	Eldon Hawboldt	412	685	1097	30
45.	Keith Haluerson	462	667	1129	29	95.	Austin Harrington	423	673	1096	52
46.	Stan Twarog	473	655	1128	48	96.	Curtis Sullivan	461	635	1096	42
47.	Diane Sales	442	686	1128	49	97.	Keith Tedford	459	636	1095	45
48.	Sukh Mann	425	701	1126	49	98.	Eric Madaksy	430	665	1095	47
49.	Heather Matthews	448	678	1126	38	99.	Een Van Nostrand	448	645	1093	43
50.	Kyle Kobetitch	487	639	1126	54	100.	Debbie Fury	445	647	1092	48

Grand Prize!
Catch all the Hockey Action and more with the **ULTIMATE HOME ENTERTAINMENT PACKAGE**. Satellite dish and 1 year Bell ExpressVu Service
Courtesy of:
Advantage Satellite
701 Victoria Street
563-2228

Weekly Prizes!!
To be awarded to the highest points gain in one week.

This Week's Winner:
(Biggest Gain - 59)
10. Jacqueline De Bor
Congratulations!
You have won a \$25 Gift Certificate to **Moose McGillicuddy's**
Winners should contact The Free Press to claim prize(s).
Call 564-0005

Proud to be a part of Prince George
Those who appreciate quality enjoy it responsibly.
360 Lager, Amber Ale, Canterbury Dark, Iron Horse, Nature Land Organic, Pacific Pilser, TNT, Pacific Genuine Draft, Traditional, Bronze, Light