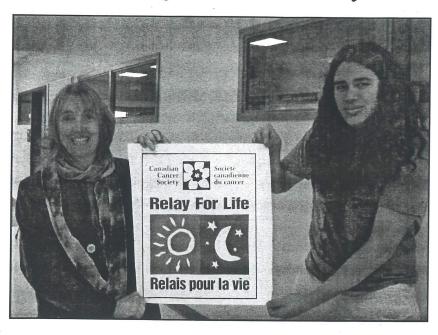
### Come and Join Us on May 27!



By Sheila Dobie

his is the best kind of Relay - you don't need to train - you can walk or stroll- the day is filled with festival events, and the goal is to raise money for the amazing Cancer Society programs that are available for people struggling with cancer.

The way it works is that you register for the NWCC Team, the team commits to finding pledges for their participation in the Relay from friends and family, then on the day of the event 12 hours are spent where all the teams get together and walk the CHSS track and take in the event's activities. On this day we celebrate life, the funds raised, commemorate those who have survived cancer and remember those we have lost. There is an opening ceremony that acknowledges cancer survivors, and a closing luminaries ceremony.

There will be all sorts of things

happening on the day of the Relay. There will be a group of people shaving their heads- one of them being NWCC student Salomon Garcia -- folks who

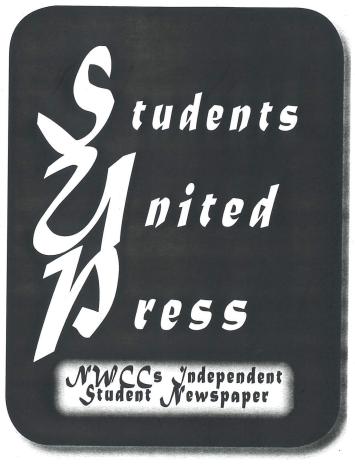
have agreed to take your donations for the Cancer Society as support in getting a buzz cut! This will be quite a sight!

We are also looking for entertainers for our stage so if you have a musical act, let us know!

If you want to hear more - contact Sheila Dobie- you will find her in room 103 on Tuesdays, Wednesdays and Thursdays at the UNBC office here in NWCC or home number is 624-4482. e-mail sdobie@bc.cancer.ca

And to sign up for the NWCC Relay for Life Team - contact Mercedes in her office - Room 210 or in the halls.

This will be the place to be on May 27 in Prince Rupert!



### Fishing with Jess

By Jessica Zotto

since I am a professional - er - fisherperson, having served as a deckhand for all of two weeks last summer on a Price Rupert trawler off the coast of beautiful B.C., I decided to take under my wing Shira, Omar, and Brian (a girl and guy from Israel, and an American), and introduce them to fishing the coast of New Zealand. I have been fishing since I was a wee little girl and figured that with my professional and personal expertise, we'd soon be drowning in fish...

- Continued on Page 7



# LOCAL BUSINESSES PROUD TO SUPPORT COMMUNITY EVENTS AND PROJECTS

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# Editorial

# Don't Get Me Started On the Canadian Tire Family.

By Marlin Smyth

was watching television recently and I was struck with how much drivel Lathere was present in the form of advertisements. There were advertisements about everything; food, medicine, bodybuilding machines, and department stores. Overall, this doesn't really bother me, in fact I'm in favour of publicizing a product, but it's the way these products are promoted that upsets me. The people in commercials are what really bothers me; I'm still curious about how people can endorse mediocre products and still keep the same stupid grin on their faces the whole time. Even when something bad happens like food getting spilled, the home smelling bed, or having troubles with the house these people still have look of concerned optimism on their faces and it sickens me. When these folks have problems there's always some idiot friend, neighbour, or medical professional who pops in and tells them how to solve their troubles.

Some ads should actually have warnings, especially ones about feminine hygiene problems. You know the ones I mean. The ones that start out with "I try to live a normal life but sometimes my feminine hygiene problems make it hard." There should be a disclaimer before these ads play and a mildly attractive woman tells you about something you didn't know, and didn't want to know, existed. Another thing that really gets me is that in every absorptive product ad, for example diapers, paper towel, and tampons they use a clear blue liquid to demonstrate. This leads me to wonder how many young girls wonder why they aren't leaking blue stuff when they hit puberty.

- Continued on Page 7

# Dear Jim & Tim

Dear Jim Dear Tim

I'm a 1337 gamer, (elite for those who don't sp33k l33t) with a less than 1337 problem. My g/f phones me up at the worst possible times. I'd be hacking these n00bs or pwnxoring other 1337s, when I get a random phone call from my g/f or she'd be @ my door. Then, I lose my gaming zone, all my momentum is drained from me. All my friends are telling me to break up with her especially when she ruined our LAN party last weekend but I think they're just jealous because she's a /3a/3e! Got any suggestions?

/\/-/31ator- pwn8or 3h02

Jim:

Yeah I got suggestions, firstly being use basic English, I had to Google '133t' and translate from http://en.wikipedia. org/wiki/Leet to find out what you were talking about, which is VERY UNCOOL. However I'm a nice guy so I'll help you. When your girlfriend calls you, tell her you're busy and you'll call her back when vou feel like it. Listen pwn8or, you're a man, you decide when, where and how you talk to a women. If your girlfriend doesn't get the message then leave your phone off the hook and plug it in when it's most convenient for you. Better yet, unhook your phone line, plug it in to your gaming device and enjoy some wicked ONLINE GAMING! If your girlfriend is a stalker who shows up unannounced then turn up your gaming volume ridiculously high to drown out potential whining at your doorstep. But man, if she is a babe then either be seen with her or pass her on to someone who'll put her to good use. Remember kids, if you're not directly benefiting from a woman then pass her on to another who

Tim

What? I'm not sure what you're trying to tell me here pwn8or. I just don't 'sp33k 133t.' Perhaps you're having communication problems with your girlfriend as well? My suggestion would be make sure you're communicating the proper message to your girlfriend. I would also suggest that you re-evaluate the suggestions from your friends to break up with her. Often times guys are so blinded with love and affection for a girl that they are unaware that they're in a bad relationship. However, if a friend tells you this, make sure that he is a true friend and is looking out for your interests. I've heard of these things called LAN parties for computer gamers and I do encourage constructive investment of your time. If you enjoy gaming then game, but make sure you have time for the people that portant to your life. Life are im-

all about moderations.
Keep your priorities straight, remember that everyone needs affection and you must share your love equally between your friends and girlfriend.

can put her to

some use.

#### What's a Class Worth?

I am frustrated and disappointed with the outcome of one of my classes. The class, Tourism 103, has 7 students registered in it. Since January, the most we have seen in class is 4 students. That number has now dropped, to 2 or 3 people each week. The class has been cancelled many times, which leaves students to do the reading on their own. On the day of the mid-term exam, 2 people showed up, resulting in the exam becoming a take home assignment.

Essentially, the instructor leaves it up to the students to decide whether or not to cancel the class on any given day. Usually we do decide to cancel it because the interactive component of discussing the material or collaborating on group work just isn't there. I am sure there are other classes that also suffer from this reoccurring problem.

Up until this point, I have really been enjoying my time at the college, but I am becoming more and more annoyed and discouraged with this class - and feel as though I am not getting my money's worth. In my opinion, the instructor is also becoming irritated as it is hard to carry on with lesson plans and assignments when people are constantly falling behind and catching up, or in this case, not participating at all.

Sure, there are definitely days when I miss a class. Who doesn't? We all have the odd doctor's appointment, family matters, work commitments, hangovers, or just plain lazy days -days when sitting in school is not a main priority. But why register (and pay for!) a class that doesn't interest you? Why decide to go to college, only to not go at all? Tuition is expensive, books are expensive, and time spent in school is time that could be spent working, sleeping, travelling, or whatever. Either make a commitment to the college, yourself, and your peers, or don't.

My point is, I have met some very smart and dedicated students and staff members since I began my experience here, and I am sure there are more of them around. I would love to meet them all. I just wish they would make things easier for all of us, and come to class.

~ Whitney Magliocchi

#### \*Cough\* \*Cough\*

There are considerate and inconsiderate smokers everywhere. Walking in and out of the college doors is a real challenge. I hold my breath all the way to the door hoping to get inside without breathing in the polluted air. On the door I read "No smoking within 30 feet of door," I look and people are no less than 5 feet from the door! Sure the odd person actually obeys the sign and for that I thank them, but that doesn't help my lungs or anyone else's if others don't obey. I mean second hand smoke is the worst, there are children coming in and out of the college, pregnant women, then there are people with asthma. I don't have asthma but just breathing smoke makes me cough and it stinks, I can feel what it does to my body. I feel sorry for babies and children whose parents smoke in the house because they have to go to school smelling like an ashtray and babies' lungs are easily affected. In high school there was a smoking pit for a while where smokers would go so it wouldn't affect other people. I think the college should have this same kind of thing in a far off area. I know the high schools no longer have smoking pits, because it is illegal and should not be encouraged anyway. So please smokers if you have to smoke please listen to the signs and smoke away from

doors. Thank you.

- Cheryl Hardy

Liberties Were Taken...

Hey! What gives, Mr. 'This ain't the New York Times" !?! What happened to S.U.P's original job for the editor being strictly editing spelling and grammar? What's up with distorting articles by inserting your own words and changing the meanings? I might accept shortening the odd article for space constraints but "Dear Jim and Tim" has no such restrictions. In issue 3, what I wrote was maliciously slaughtered from a masterpiece of masculinity to the pathetic whine of a feminist. How dare anyone tamper with my sacred decree. My glorious proclamations of, "[women] have no time to think unless of course we should allow them the luxury," was changed to, "[women] have no time to appreciate film...". Also, the awesome line of, "it is a man's duty to think for women as they are incapable of doing so for themselves," was altered to, "it is a man's duty to appreciate film...". Words were even completely deleted, such as the word "inferior" from the phrase, "The inferior female will ask the superior male." The biggest outrage occurred when I wrote to the kids, "Remember kids, keep women subservient by keeping them at a lower knowledge level and allowing them to only learn from what you know and I guarantee the inferiors will keep on worshipping your superiority, and I guarantee..." was presented as, "keep women meek by maintaining control

tee...". I will not stand for the malicious manipulation of my message. Quit watering down my work and inserting lame pro-feminist views or I'll go on a full out strike! And if things don't change, I'll stop writing, and S.U.P's readership will diminish from the whining opinions of Tim. - Jim, Co-author of Dear Jim

over movie choices, and I guaran-

 Jim, Co-author of Dear Jim and Tim.

Caution: Liberal Crossing

By Wynn Lipett and Marlin Smyth

## Do You Know the Facts?

From Kaien Island Youth Council

hatever you may think about statistics, the fact remains that they seem to be a pretty much the only way to get a feel of how everyone, as a whole, seems to be doing. Grab something that writes, and see if you can figure how the youth of our province weighted in as a whole on the issues that matter to them.

The coming months will see the Health panel in the multi-purpose room at Charles at 7:30: Thursday the 13th in April and Thursday the 18th of May. It's an excellent chance to get the real deal from the people who know what's what when it comes to sex, intoxicants, suicide, and how the decisions that surround these things can affect your life.

Alright, enough chatter, on with the quiz. Answers are on Page 6.

1) In what year did more students report driving after they'd used alcohol or drugs? A: 1998

B: 2003

2) Who was more likely to have seriously considered suicide in the past year? A: Boys

**B**: Girls

3) Not including marijuana, what was the most popular illegal drug used by students?

A: Hallucinogens (e.g. ecstasy, acid)

B: Amphetamines (e.g. crystal meth)

C: Mushrooms

D: Prescription Drugs without a Dr's Consent

4) More students were sexually active in 2003 than in 1992.

True **False** 

5) What percent of students attempted suicide in the past year?

A: 2% B: 7%

C: 12%

6) What percent of girls with a healthy weight are trying to lose weight?

A: 25%

B: 41% C: 52%

7) More students said they had ever tried marijuana in the 2003 survey than in the 1992 survey.

True False

8) Boys are more likely to be overweight than girls.

True **False** 

9) What percentage of students said that they had an adult in their family who they would feel ok talking to if they had a serious problem?

A: 34% B: 52%

C: 78%

10) At school where do students feel safest? In the...

A: Classroom

**B:** Washrooms

C: Library

D: Outside on school prop-

11) Boys are more likely than girls to ride with a driver who had been drinking alcohol.

True **False** 

What per-12) cent of students carried a weapon to school in the past month?

A: 2% B: 7%

C: 20%

Answers are on Page 6.

13) What percent of boys were physically attacked or assaulted by another youth at school in the past year?

A: 5% B: 13%

C: 25%

14) What percent of girls had unwanted sexual comments, jokes or gestures made to them in the past year?

A: 27%

B: 40%

C: 53%

15) What percent of students were against discriminated due to race or skin colour in the past year?

A: 5%

B: 12%

C: 20%

16) What are students most likely to worry "a lot" about?

A: A parent dying

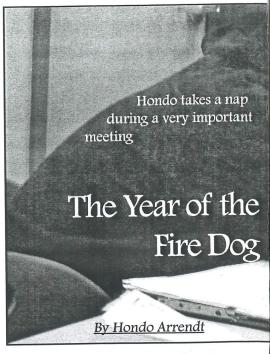
B: Drinking or Drug Use by someone at home C: Violence at home

D: Not having someone to take care of them

17) What percent of students who drank alcohol binge drank in the past month? (binge drinking is defined as "5 or more drinks in a row in a couple of hours")

A: 25% B: 45%

C: 60%



meant to write something to the SUP newspaper about the Chinese Zodiac around the time of the New Year but I got a bit too busy, what with watching TV and all. On the bright side, I've finally gotten around to it, and my slow pace of writing fits in nicely with the new college motto - "NWCC: Lighten up, this ain't Harvard" (which was chosen narrowly over the other contenders "NWCC: Yes, even you will be accepted" and "NWCC: Free hamsters for all new students"). Anyway, enough introduction, here goes.

Most people know that the Chinese zodiac involves a twelve year rotation of animals and that it doesn't actually start on the Western New Year (so those born in January are usually lumped in with the previous year). We've all sat around comparing zodiac signs with friends while carefully studying the place mats given out at various Chinese restaurants. And, while place mats are usually an excellent place to research any academic project, they often neglect to mention that the Chinese Zodiac actually follows a sixty year cycle. The cycle has twelve animals, but also five elements (Metal, Water, Wood, Fire and Earth). These elements also cycle through changing each time the animal reappears. So, for example, 1970 was



# the year of the Metal Dog, 1982 was the year of the Water Dog, 1994 was the year of the Wood Dog. Now we are in the year of the Fire Dog and in a dozen years it will be the year of the Earth Dog. Twelve years after that we'll be back to Metal Dog. Twelve years after that, well, you get the idea.

Believers say that the element will affect your personality as much as your animal sign. For example, typically a rabbit is supposed to be a relatively timid, nesting sort of person, but Fire Rabbits (which would include most of you turning 19 this year) tend to be much more active and adventurous. Likewise, Tigers are supposed to be lucky, lively and brave. Fire Tigers (most of you turning 20 this year) are particularly outgoing and tend to make good leaders despite (or because of) their quirkiness.

From Hondo, the Wood (but wishing he had a cooler element like Metal or Fire) Snake

P.S. This month's recommended movie is a film called Downfall. It's a German movie about Hitler's last days. Some of the consultants for the movie were people who were actually with Hitler in the bunker until the end. It's running on the movie channel right now so check it out.

### Your Bet's as Good as Mine...

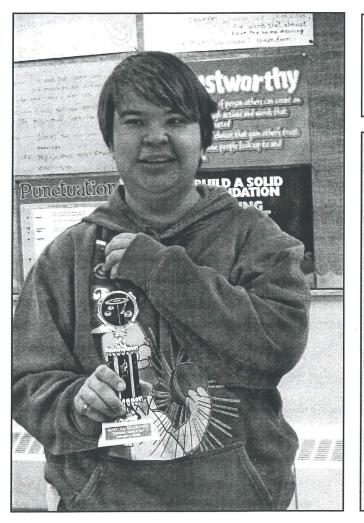
By Wynn Lippett

n Monday January 9th, City Council passed a motion to allow a set number of slot machines into Prince Rupert along with a new gaming centre. Because of a threat to lose gambling funds, the vote was pushed by the Bingo Association and a number of non profit organisations which Bingo supports. Mayor Herb Pond has taken the position that the city shouldn't take the role of stopping people from restricting access to potentially dangerous things, but to help them afterwards. Also those in favour say that if Prince Rupert doesn't build a gaming centre, Terrace will.

Joy Thorkelson was the only councillor not to vote in favour of the motion. "As a society we restrict peoples'

access to all kinds of potentially harmful things" Says Thorkelson. "Heroine and Cocaine are illegal for example. Some people would argue that this isn't the same kind of situation and that drugs are in a different category then gambling. But slot machine addicts have the highest suicide rates among any other addictions. We restrict all kinds of drugs because of their ill effects on society, so why shouldn't we restrict access to slot machines". She also points out that she feels this is too big of a decision for seven people to make alone. She also made a few proposals to council which were rejected. For example, only having the slot machines open during the tourist season, and not to have alcohol and ATM machines in the building.

- Continued on Page 6



Leighanne Brown holds the 2nd place trophy won by her curling team, The Rockets at a recent tournament. The Rockets also include Danny, Jame and Robbie

# S.21.79. Submission Guidelines

- Submissions should be type written and as a general rule, under or around 500 words.
- Contents should relate to NWCC or students.
- Simple typed documents are best, provide any pictures as separate files.
- We reserve the right to edit inapropriate content.
- Send submissions to nwccnewspaper @nwcc.bc.ca

Students' United Press: NWCC's Independent Student Newspaper

#### **ANSWERS**

ence.
15) B: 12%
about a parent dying
17) B: 45% of students who drink alcohol had binge drank in the past month

13) B, 13% of boys

14) C, 53% - More than half
of girls had been sexually
of sirls had been sexually
of boys had the same experi-

11) False, 23 % of girls have ridden with a driver who had been drinking alcohol.
12) B, 7% carried a weapon to school in the past month.

10) C: Students feel safest in the library (85% always feel safe there)

8) True 9) C: 78% of students had an adult in their family who they felt comfortable talking

ourT (7

the survey.

6) C: 52% of girls with a healthy weight are trying to

4) False 5) B: 7% of students attempted suicide in the year before

1) A: 1998 Survey2) B: Girls (21%)3) C: Mushrooms, 13%

This quiz/article brought to you by the Kaien Island Youth Council and was put together by Treena Decker based on the information in the McCreary report of 2003. If you want to be a part of a council of youths who work together to improve the knowledge and conditions for youth in Prince Rupert, all you have to do is show up Wednesday night at 5:30 in room 190 at the new college. Lots of reasons to get involved gals & guys, there's volunteer experience, graduation credits and of course that lovely feeling of putting a bit back into the community that's put so much into you. Hope to see you next Wednesday!

### UNBC's Prince Rupert Speaker Series Begins March 16th 2006

he University of Northern British Columbia is pleased to announce the first talk in a Speakers Series starting March 16th at 7:30, Room 189 at Northwest Community College.

Dr. Margaret Anderson will present: "Learning Resources for Sm"algyax: Talking Dictionaries, Texts, Grammar and Tools.

Dr. Margaret Anderson is a familiar face here at UNBC. In 1992 she was the Chair of First Nations Studies and in 1994 took on coordinating the UNBC programming and outreach in the region. She is now a nationally funded researcher in the Sm'algyax language. One of Margaret's projects

has been the Sm'lagyax Living Legacy Talking Dictionary. "Our team has recorded CDs of fluent Sm'algyax speakers telling traditional

stories. Some of these recordings were made during my early visits to Hartley Bay in the 1970s, preserving the voices of some who have since

left us. We have also breathed new life into archival texts -- some nearly 100 years old -- and voiced them in Sm'algyax for the benefit of

future generations."

The public is welcome to join Margaret in this inspiring presentation. Free admission.

The Speaker Series will continue this Spring and Summer with:

Joelle McKiernan; Assistant Professor in the UNBC Northwest Region Social Work program. She will be presenting: The Nature of Hope: Dealing with Loss in our Society. May 4th at 7:30. Located at the NWCC Prince Rupert campus.

Si Transken, Judith Lapadat and friends: An Evening of Poetry. July 6th at 7:30. Location at the NWCC Prince Rupert Campus. - Continued from Page 5

Thorkelson also proposed an amendment to the motion that would bring it to the people of Prince Rupert to vote on it. This was voted down as well because the rest of council didn't feel the community was split over the issue, and that it would not be a worth while use of the tax payers' money.

This new gaming centre could mean some new jobs in the community, which could be good news for many students here at NWCC, as well as some new recreational opportunities. Unfortunately, the jobs created that most students will have access to will be part time, with few or no benefits. With many sides to this issue, the feeling at NWCC is split.



### Imaginary Money Real Prizes

By Bob Lipsett

WCC recently completed a "Stock Market Challenge Contest" for students interested in learning more about Canadian businesses and the stock market in general. Each learner was given an imaginary "\$100,000" fund to purchase stocks listed on the Toronto Stock Exchange.

Each week they had to do a minimum of 5 trades with each trade to cost them \$25 (imaginary). They could make as many deals as they wanted and the objective was to make as great a Onet profit as they could in a 5 week period.

Tthere were 7 contestants in the challenge and 5 made money overall while 2 had a negative position at the end of the 5 weeks. The winner increased over \$38,000 (imaginary).

The winning player recieved an iPod Shuffle as a prize, and each player recieved a \$20 gift certificate (not imaginary) for participating.

#### - Continued from Page 1

Day 1: The four of us pack into a car with two fishing rods and some squid for bait. Brian said that he has plenty of hooks and some weights. Soon after we get to the beach I realize that his hooks are tiny. Imagine the smallest hook you've ever seen...and then cut that size in half. It was a sad, sad day. The ocean itself was angry at the world and when ever a person (me) tried to cast out from the rocks, a huge wave would drench that person (me). Needless to say it was an unsuccessful day. But! We were all optimistic.

Day 2: Shira and I went to the Warehouse (the Wal-Mart of New Zealand) and bought some proper hooks and sinkers. The day was so beautiful that we were possessed by it. We laughed at the dumbest things, talked about how the fish we were going to catch would be HUGE, who would catch the biggest, et cetera. We drove to a lagoon recommended by Harry the hostel owner. After about two and a half hours with absolutely no bites Shira talked with another fisherman. It turns out the lagoon was fresh water – wrong bait!

We were still optimistic, though! We went back to the rocks we had visited the day before. The ocean was still raging, but I tried casting a few times just for the heck of it. The only thing I caught was a huge rock and it decided to keep my bait, sinker, and line.

As a last resort, we drove about twenty minutes out of town to a place called Picton where there were docks and a jetty. "This is where we'll catch a fish", I told them, "Just you wait! You'll be eating fish for days to come!" ...ten minutes later: A few tiny bites, but no fish...

...A few hours later: Tons of bait stolen, but not one fish...

After five hours of fishing the only thing we caught was a tiny minnow that I somehow managed to catch with my hands.

Total people fishing: 4
Total hooks lost: 17
Total sinkers lost: 13
Total fish caught: 0
Total people who got sunburned: 4
Total people who had an awesome time anyway: 4

#### - Continued from Page 2

Sometimes the ads for medicine blow me away. Not how amazing medical discoveries are getting, but how many side effects are associated with simple products. Nowadays if you want to cure a headache you have to watch out for symptoms like nausea, vomiting, breathing problems, erectile dysfunction, gangrene, bubonic plague, and death. I can tell pretty easily that this product isn't worth it, and then it tells me to consult

my doctor; as if I need a second opinion that this is a bad idea.

These television advertisements are getting worse and worse as we are exposed to gradually more pointless products, poorer salespeople, and more bizarre illnesses and their cures. I for one am getting tired of the idiot actors, dangerous side effects, and having to repress a memory every time I hear the phrase "easily inserted capsule".

# UNBC UNIVERSITY OF NORTHERN BRITISH COLUMBIA

### What Good are Social Workers?

By Joelle McKiernan.

id you know Social Workers have the opportunity to work with a diversity of people in a wide variety of settings???

The following is a sample list of the populations Social workers assist in community and government agencies;

- Persons who are homeless
- Families who have problems related to violence or abuse
- Couples in martial conflict
- Persons with AIDS and their families
- Individuals and families who have law violations
- Single and pregnant teens
- Gay, lesbian, bisexual, and transgender persons with personal or family difficulties
- Individuals or families whose lives are disrupted by physical or mental illness or disability
- Immigrants who lack essential resources
- Persons with physical or mental disabilities

- Aging persons that can no longer care for themselves
- Persons returning or entering the job market
- Children with school and family related difficulties
- Persons who experience trauma or a major life transition
- Victims of domestic violence This list is just a sample. You can look on the websites provided for additional information on a career as a Social Worker.

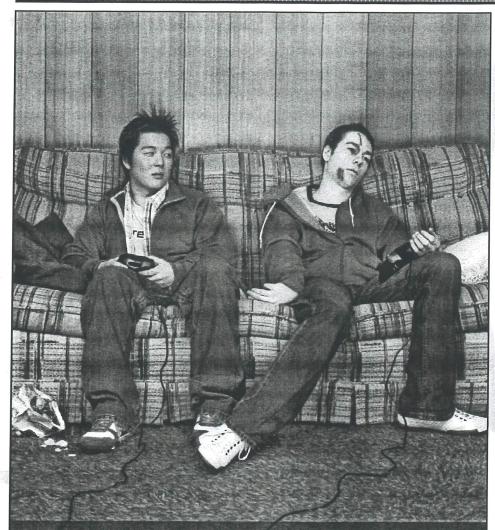
Canadian Association of Social Workers: www.socialworkincanada.org BC Association of Social Workers: www.bcasw.org

National Association of Social Workers: www.naswdc.org

Coming soon in a future issue from UNBC SW Department- "What is Social Work?"

#### Contact:

Joelle McKiernan MSW, RSW, CCC
Assistant Professor
University of Northern British Columbia
Social Work Program, Prince Rupert Campus
(250) 624 2693



# It's no fun if you're dead.

win prizes worth living for at nofunbeingdead.com

\*contest rules available on website

WHAT: Crotchet & Knitting Club WHEN: Wednesdays at Noon WHERE: NWCC Room 266 WHO: All Students & Staff



Art Workshop — The Museum of Northern BC presents an art workshop with Joan Mostad. Get an introduction to composition and value using acrylics. Take your work home at the end of the 2 day workshop! This will run March 14th & 15th, from 1:00 to 4:00 PM, and is open to anyone 9 years of age or older. The cost is only \$2.00 per person! Register now as space is limited. For more information call the Museum of Northern BC at 624-3207, ext.27.

Compiled By Whitney Magliocchi Prince Rupert Idol! — Kaien Island Youth Council presents "Prince Rupert Idol", Friday, March 31st at the PAC. Doors open at 7:00 PM, show starts at 7:30. Any youth ages 13 to 29 years old are welcome to participate. Admission is by donation! If you think you are the next Prince Rupert Idol, or if you would just like more information, call Treena at 622-2332, ext. 29.

Check out "ICE" – An exhibit of recent impressions and paintings of local frozen landscapes by North Coast artist A. Dionys De Leeuw. The exhibit is on at the Museum of Northern BC from March 1st, 2006 to April 18th, 2006.

Water Polo – For anyone 14 years and up. This will run Monday and Wednesday nights, 8:30 to 9:30 PM at the Earl Mah Aquatic Centre – from March 20th to April 19th. Cost is only \$50 for 10 sessions. Call Kendal at 627-7946 for more information.

Volunteer opportunities in the outdoors. Coastal mapping and monitoring programs in Prince Rupert. Children & adults are welcome. Learn about flora, fauna and the ecosystems in your environment while helping out. For more info visit http://ca.geocities.com/environment\_community/or Contact

Jennifer Rice (250) 624-3705 ext 22 diverjen@yahoo.com

### CLASSIFIEDS

Suite for rent in heritage home. Close to college/ downtown in quiet neighbourhood. Parking, private entrance, furnished or unfurnished. Spacious deck & yard with BBQ. Contact Jennifer Rice 627-4623 or diverjen@yahoo.com

"Success by 6" is collecting childrens' books for distribution to early childhood education projects in the Prince Rupert area.

Books can be dropped off Monday to Friday at The Berry Patch-300 2nd Ave. West

Girl Guides of Canada is looking for adults to help with groups and act as advisers. Girls are welcome to join Sparks, Brownies, or Guide groups anytime. For info call 1-800-565-8111

Are you interested in bird watching? Please Call 627-7053

To Sell: 480 lb iron weights, 4 x 50,10 x 25, 4 x 7.5 \$ .75/lb or \$325 for all including clamps Weight storage rack \$25 extra.

Linda McMurray at 638-5450 or 635-9638