

Grad
2000
section
inside

Public sees town trail plans

- parking is an issue



Petschl wins Bernice Wardle honour

Sheryl Petschl was awarded the Bernice Wardle trophy for citizenship at the May 27 graduation exercises at Princeton Secondary School. See special graduation section.

Forest fire forces Cawston evacuation

A 60 hectare fire forced the evacuation of four Cawston area homes on Thursday night. The fire started at the edge of a private driveway and wind drove it up the hillside between Nighthawk and Cawston, burning two-thirds of the way up a steep slope due west of Kobau Lookout. Mrs. Doug McLeod, acting for Emergency Social Services, found accommodation for the four families while her husband, a member of Keremeos Fire Department, joined crews fighting the fire. Local fire wardens were called to the scene with their crews.

By Thursday evening, 56 firefighters were on the scene, and the number climbed to 75 on Friday. Two Forest Service Unit Crews, three Initial Attack Crews, and two rappelling crews (who descend on rope from helicopters) were deployed to the fire. Two helicopters and two tank trucks, in addition to three groups of air tankers, rushed to the scene.

An overnight drizzle and a shift in the wind slowed the fire Thursday night.

"We are very fortunate that the wind blew in a direction away from homes," said Jim Prince, Acting Superintendent of Fire Preparedness. "Although we have all the best tools and highly trained firefighters available to us, a wind-driven fire in dry conditions can move extraordinarily fast. Even with the best resources, battling some of these fires can be a real challenge."

Families were allowed to return to their homes on Friday morning.

The steep terrain prevented the use of most vehicles, and crews on the ground constructed heliports so firefighters could reach the burn area. The fire was contained on Friday, and more rain on Saturday was helpful in bringing the fire under control. The blackened hillside will be a reminder of how rapidly a small fire can become a major threat.

Forest Protection Branch was not able to give a definite reason for the fire starting.

Princeton - The Land Use Co-ordinator Office granted \$6,500 for planning the Trans Canada Trail within the downtown area in Princeton. The initial plans were available May 23 for public viewing and over 20 people attended. They were given a survey sheet to select one of the plan options.

The plans were introduced to the public with an explanation of the priorities set by the planners. The priority was to make the trail continuous through town but recognizing the trail should benefit not only trail users, but businesses and the people of Princeton.

Plans included a number of improvements to the trail, as well as better rest and recreation areas. Princeton Light and Power is donating lighting to the tunnel, but a rest area near the tunnel and a more attractive entrance to Princeton is planned. There were concerns about how the trail should cross the highway near the blue bridge, but as a new bridge is planned, no decisions have been made. It may be possible to put up a new footbridge across the Tulameen River using the abut-

ments and mid-stream concrete support to link the trail, rather than have people cross the highway twice to continue on the trail.

Following the explanation, there was general discussion from the floor. The major concern was parking, not only for businesses along the trail route, but for trail users. Subway wanted more space for motor homes and trucks.

Decisions must be made in regard to parking issues. The planners will go to Town Hall to search old railroad records to see if there are other bits of railroad land that might be used. The new design should be complete by August.

Vermilion Trails Society members were asked to do some serious thinking about the issues and plans for discussion at their June 14 meeting.

In the meantime, the theme committee is looking for old photos showing the buildings along the railway in downtown Princeton (for example, the stock yards or coal loading facilities). Anyone willing to share such a photo is asked to contact Janice Stevens, 195 Bridge Street.

PGH seen as wasteful

The comments by Michael Newman in the Oliver Chronicle May 17 issue clearly outlines Princeton Hospital in the scheme of regional health services.

Newman attended the Community Health Advisory Committee meeting in Oliver to hear what Murray Ramsden, CEO for Regional Health Board, had to say. Newman noted the Oliver area has 107 visits per 1,000 residents of the area, while the average for the region is 158 visits per 1,000.

Newman states, "What stood out like a sore thumb, however, were the figures for Princeton. Their figure of

178 visits per 1,000 were the highest in our region - and they were in every other category from doctor visits, acute care use, home support, etc. As each bar graph was put on the screen, the line indicating Princeton would often extend well beyond the screen and on to the wall behind."

Newman goes on to criticize "taxpayer organizer Gloria Stout" for "ignoring the obvious imbalance from a regional perspective."

(Editor's note: we would welcome an explanation as to why these figures for Princeton are so high.)

Sgt. Payne talks to Hedley residents

Sgt. Tom Payne met with Hedley homeowners following the Hedley Improvement District annual general meeting. This meeting was a follow-up to a meeting the previous week with business owners. Sgt. Payne addressed home owners' concerns about crime and police presence in the community.

Sgt. Payne told home owners that every Thursday, between 1:00 and 3:00 p.m., a constable will be available in the HID office to address community policing concerns. If there is an emergency elsewhere in the district, the constable would have to attend to that matter and would not be available. He explained that only one constable is on duty at any time, but the detachment would do its best to attend during the set office hours. Sgt. Payne indicated that Highway Patrol out of Keremeos had agreed to drive through Hedley on a routine basis in order to increase police presence.

Sgt. Payne suggested that Hedley

may want to set up a Citizens on Patrol or a Block Parent program. People gave a positive response to this advice.

It became very clear toward the end of Sgt. Payne's address that rural detachments are seriously under-staffed. As policing by RCMP is a provincial and federal matter, concerned individuals were advised to write to their MLA and their MP if they wish more personnel appointed.

Rotary sets Racing Days parade theme

Princeton - Rotary has designated "western" as the theme for this year's Racing Days parade. The selection of the western theme is in recognition of Princeton's 140th anniversary, and allows groups plenty of freedom in creating a float for the parade.

Weather Watch

Princeton area				Keremeos area		
May	High	Low	Precip	High	Low	Precip
22	18.6	6.8		19	13	
23	18.9	0.7		22	10	
24	18.7	0.2		25	7	
25	18.3	-0.7		21	8	
26	16.8	7.3	1.8 mm rain	18	10	trace rain
27	18.5	5.2	0.4 mm rain	23	8	
28	15.7	3.2		19	10	trace rain

FORECAST:

Wed- Mainly cloudy with showers, low 8, high 16

Thurs- Cloudy with sun, 60% chance rain, low 7, high 19

Fri- Sunny with cloudy periods, low 7, high 23

Normals: low 8, high 23.

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Gareth Walter, a customs inspector who rode a bicycle on a 10 day tour to raise public awareness about Canada's missing children, fingerprints Richard. The free child identification clinic was set up at Princeton's fire hall last Monday evening so children could be photographed and fingerprinted. Left to right: Gareth Walter, Leanne, Angie (mom), Jason, Katlyn, and Crystal carrying Paige. These parents will have a record of their children should one be missing.

Police warn business about fraud artist

RCMP are warning businesses of a fraud artist. The subject enters a business and purchases a small item or asks the clerk to change a \$20 bill. He presents a \$20 bill but does not turn it over to the clerk. As the clerk counts out the change, he drops or puts away the bill. When

the clerk asks for the bill, he claims he gave it to the clerk already. Later it is determined the \$20 has not been handed over.

The criminal is described as a 20-30 year old male, medium to heavy build, clean shaven and relatively well-dressed. The suspect has been

captured on video tape but has not been identified.

Police suggest store and gas station attendants be extra careful when dealing with subjects making small or no purchases with large bills, especially when clerks are busy.

It is possible the person is not local and was travelling through the area at the time.

If anyone has any information on the identity of the suspect person, please contact Princeton RCMP at 295-6911 or call CRIMESTOPPERS.

Crooks are still busy

Princeton - Sometime during the late night or early morning of May 17/18, somebody gained access to the roof of the Kwik-Pik Grocery on Bridge Street. While on the roof, the person(s) damaged the signage on the building.

Police are advising business owners to be aware that thieves will use any means to gain access to buildings. Storage bins, garbage containers and revealed pipes are some of the ways criminals will gain access to rooftops. Keeping these away from the

exterior walls of buildings can prevent access.

At approximately 2:30 a.m. on Friday, May 26, someone gained entry to Belaire Restaurant by breaking a rear window. When inside, the culprit(s) set off the alarm and it is believed the person(s) left the building without taking anything from the restaurant.

Anyone who has information regarding these incidents is asked to contact Princeton RCMP at 295-6911 or call CRIMESTOPPERS.

Charge ends with probation

Princeton - On April 21, Terri Hartman of Hedley travelled to Princeton at 2:00 a.m. with her two children. She had left her residence as a result of verbal abuse by Ray Matzick, who had also pushed her around. On investigation of the incident, RCMP found firearms stored unsafely in the house.

Matzick was ordered to serve a nine month probation during which he is allowed restricted contact with Hartman.

The guns seized will be returned when the owner obtains a Firearms Acquisition Certificate.

Former radio manager visits

Princeton - Marianne Laroche worked in Princeton for our local radio station in 1983. This vivacious redhead was on her first job at the time, and became a well-known young lady. During her stay in Princeton, she met a swim coach named Ian Freemantle. She and Ian later married, and now have four little Freemantles, three boys and a girl. Marianne and children visited the News Leader last week and recalled the good times shared.



Sheryl Petschl has been awarded the \$16,000 Provincial Millennium Excellence Award. She has been accepted in the Simon Fraser University Faculty of Applied Sciences to pursue a degree in Communications. She is the daughter of Ed and Leanne Petschl of Tulameen.



The Youth Ambassador candidates on speech night, left to right: Leticia Stacey, Miss Reichert Sales & Service; Chandra Darel, Miss Rotary; Crystal Mosher, Miss Castle Resort; Sarah Johnson, Miss Royal Canadian Legion; Katie Norman, Miss Dairy Queen; Robert Cormack, Mr. Weyerhaeuser Canada; Jessie Williams, Mr. Lions Club; David Bell, Mr. Princeton Light and Power.

Speech night features chocolate treats

Princeton - Youth Ambassador candidates gave their speeches to an appreciative crowd on May 25 at the Legion Hall. Alisdair Reid was Master of Ceremonies for the event in which candidates are judged for their ability to speak in public. The other feature of the event is the Chocolate Extravaganza, a chocolate lovers' paradise of treats at intermission.

All of the speeches were well done. Some were outrageously funny, others more serious, but all received a great round of applause.

Crystal Mosher, Miss Castle Resort, began the speech-making with a talk about friendship, and what she learned about the value of having a best friend.

Katie Norman, Miss Dairy Queen, brought hoots of laughter as she described her efforts to deal with extreme shyness. This young lady appears to have overcome the problem very well!

Sarah Johnson, Miss Royal Canadian Legion, questioned the importance of the high school pursuit of popularity and the judgement of deciding who is best. Jessie Williams, Mr. Lions Club, stimulated many chuckles with his account of how he became enthusiastic about racing and his "need for speed."

David Bell, Mr. Princeton Light and Power, explored the concept of "minorities," pointing out that he, as a male, is in a minority, especially in the Youth Ambassador program.

Leticia Stacey, Miss Reichert Sales and Service, gave a touching description of the many ways her older brother is her hero, and how she appreciates his support.

Chandra Darel, Miss Rotary Club, discussed the courage, strength and faith of a child stricken with cancer and her family's courage dealing with the illness and the child's death.

Robert Cormack, Mr. Weyer-

haeuser Canada, spoke of a trip to Mexico where he learned the tremendous value of a warm welcome given to tourists.

Students aid Naturalists

by Joan Kelly

Princeton - Vermilion Forks Field Naturalists collected 18 bluebird nesting boxes from Princeton Secondary School which were built by the construction 11 and 12 classes under the supervision of teacher Shane O'Malley. The students copied a prototype and built perfect replicas.

The V.F.F.N. has been establishing bluebird trails in this area for over 10 years. These boxes will be used to replace vandalized boxes or to start new bluebird trails.

The boxes are monitored by V.F.F.N. members and the data sent to the Okanagan Bluebird Society.

Members expressed a heartfelt thank you to Construction 11 and 12 classes and to Mr. O'Malley for a job well done.

Adoption?

On June 1, at 7:00 p.m., the Ministry for Children and Families is hosting an Adoption Information Night at 1274 Main Street in Penticton. Co-host is the Adoptive Families Association. Refreshments will be served. To register, call 1-250-770-2200.



Jenn McConnell, daughter of Kirk and Tanya McConnell of Princeton, has qualified for the \$1,000 Provincial Scholarship, based on her scores on provincial exams. In addition, Jenn was selected to receive a University of Saskatchewan scholarship of \$3,000. She plans a career as a pharmacist.

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Scouts and Girl Guides had an excellent float in the Keremeos Rodeo Parade. Photo by Sue Alton.

Keremeos Rodeo results: It was a great weekend!

Keremeos rodeo was an excellent event, thanks to the hard work of the Elks, the volunteers and the co-operation of the weather.

Rodeo winners:

Bareback -
 1. Steve Holman, Quesnel, 77 points, \$447 payout

2. Greg Quaedvlieg, Keremeos, 76, \$360.

3. Jasey Hein, Williams Lake, 72, \$274.

Saddle Bronc -
 1. C.J. Mussel, Chilliwack, 76, \$474

2. Jim Bowie, Cranbrook, 71, \$306.

3. Chad Eneas, Penticton, 71, \$306.

Bull Riding -
 1. Duane Alphonse, Alexis Creek, 75, \$566

2. Trevor Lulua, Hanceville, 72, \$444 and Michael Watts, Okanogan, WA, \$323

3. Charlie Attril, Aldergrove, \$200 (out of 25 riders, only four scored)

Calf Roping -
 1. Steve Pozzobon, Cawston, 8.6 seconds, \$425.25

2. Rod Spiers, Cache Creek, 11.9, \$328

3. Bryan Poffenroth, Riske Creek, 12.4, \$231.

Team Roping -
 1. Dave Inman and Will Hart, Washington, 5.8 seconds, \$459 each.

2. Rod Spiers and Josh Cahill, 9.2, \$351 each

3. Josh Cahil and Cary Isnardy, 16.1 \$243 each.

Breakaway Roping -
 1. Kelly Love, Okanagan Falls, 2.4 seconds, \$581.40

2. Denise Swamp, Williams Lk., 2.6, \$444.60

3. Allison White, 150 Mile House, 3.1, \$307.

Steer Wrestling -
 1. Grant Fossberry, Merrit, 5 seconds, \$474.30

2. Joel Knapp, 5.4, \$362.

3. Dusty Kimble, Wilson Creek, WA, 5.5, \$251.10

Barrel Racing -
 1. Joleen Seitz, Savona, 17.17, \$678.60

2. Raylene Poffenroth, Riske Creek, 17.30, \$538.20

3. Karen Beatte, Prince George, 17.31, \$374.30

5. Darcy Willis, Princeton, 17.41

Junior Barrels -

1. Tanya Vanderwetering, Chilliwack, 17.44, \$201.60

2. Haley Keenan, Vernon, 17.49, \$151.20

3. Renee Willis, Princeton, 17.53, \$100.

Junior Steer Riding -

1. Shane King, Kamloops, 73 points, \$136.80

2. Gilbert Robbins, Alkali Lake, 69, \$102.60

3. Cole Collin, Willis Harry and Darren Setan tied at 67.

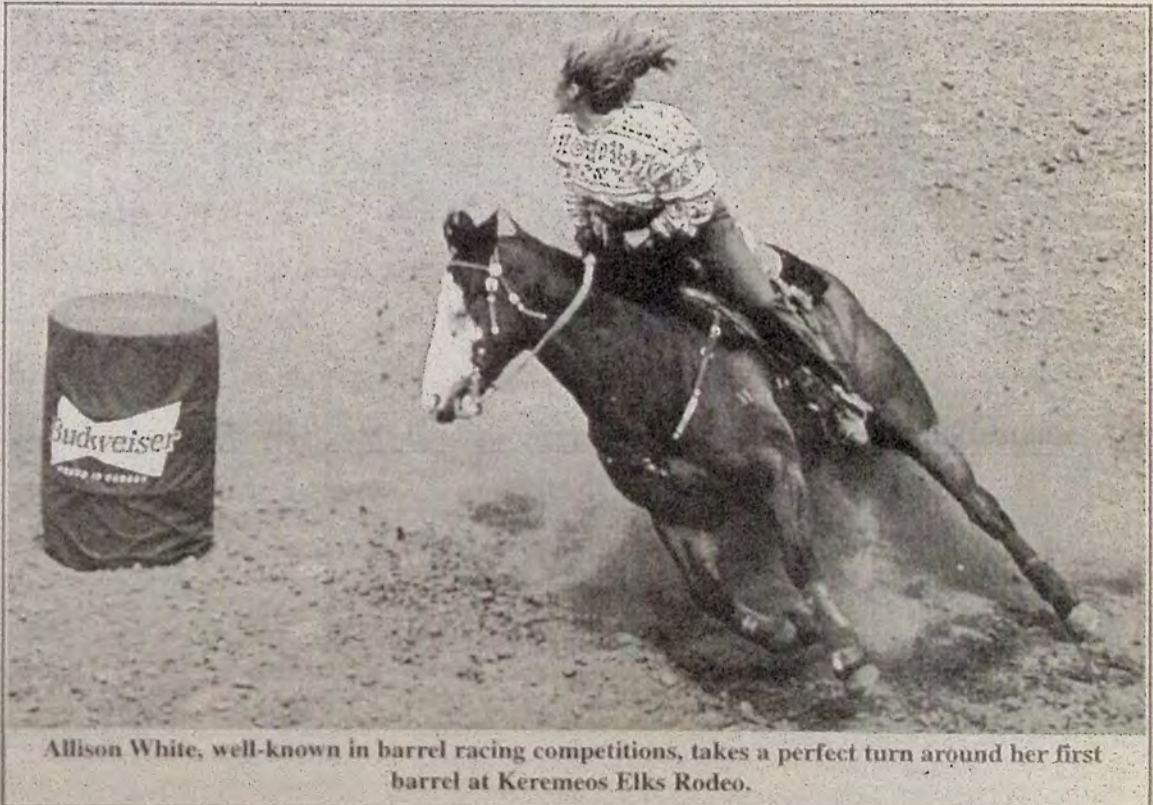
Local Novice Barrels -

1. Renee Willis, Princeton, 18.44 seconds, won the Carlson trophy

2. Willow Holmes, Twin Lakes, 18.61.

Tractor Pull:

Everyone is still talking about the great success of the first Keremeos tractor pull, held Saturday afternoon of rodeo weekend. Local veteran tractor operator George Armstrong of Princeton and formerly of Keremeos looked like a sure winner for awhile, but was beaten in a tie-breaker where 1,000 pounds were added. The Elks say the tractor pull will be an annual event.



Allison White, well-known in barrel racing competitions, takes a perfect turn around her first barrel at Keremeos Elks Rodeo.



Keremeos Brownies were clowns for the annual rodeo parade. Photo by Sue Alton, South Similkameen representative.



The bulls often win in bullriding. Sometimes the rider is in big trouble, but this rider took his fall and no injuries.

Joan Bush will serve Cawston area

Cawston - Joan Bush, Alternate Director for Electoral Area "B" (Cawston) of the Regional District of Okanagan-Similkameen, has been elevated to the position of electoral area director for the Cawston area until a by-election for the position can be held.

Pursuant to section 787 (4) of the Municipal Act, if the office of an electoral area director becomes vacant, the alternate electoral area director holds office until the next election for the office.

The Regional Board has appointed Karl Newholm, Legislative Services Manager, as the Chief Election Officer for the by-election. Pursuant to section 37 of the Municipal Act, the Chief Election Officer must hold the by-election on a Saturday no later than 80 days after the date the chief election officer was appointed. Karl Newholm expects the by-election to take place in late July and advises that the notices of nomination and election will be placed in the newspaper.

Hedley elects new HID reps

by Susan Alton

More than 35 people attended the annual general meeting of Hedley Improvement District last week, including Area G representative Roger Mayer.

The auditor's report, by BDO Dunwoody, Chartered Accountants, revealed no irregularities. It was read and accepted. Revenue was down from 1998 to \$93,479 in 1999, but expenditures were down in 1999 to \$75,512, leaving a surplus of \$17,967.

Two trustees were elected: Gerry Wilkin and Lyle Hembruff. Richard Tarnoff remains as Chair.

In ongoing business, everyone was reminded of the backyard burning ban in effect from April to October 2000. Only approved incinerators can be used and must be supervised. Residents with questions are asked to consult the Fire Department or HID.

Hedley Fire Department responded to two structural fires, four grass fires, four chimney fires, two large

bonfires and 12 medical emergencies. There are 8 active volunteers.

A report noted that, after 10 years of studies, planning, and a few false starts, a new concrete reservoir is finally under construction and will be finished by July 2000. The Ministry of Health water tests for coliform and other bacteria have been consistently excellent.

Roger Mayer gave information on the new Dog Bylaws. A contract is pending with the SPCA for animal control and a small pound will be established in Keremeos.

Some of the highlights of the bylaw are: all dogs require licenses at a cost of \$10 each, which can be purchased at the HID office. Any dogs found running at large will be impounded by the SPCA and owners subjected to a \$50 fine. Only three dogs are allowed per household.

A copy of the bylaw will be available at the HID office.

Limited Entry Hunting rules available now

A synopsis of this year's limited entry hunting regulations is available throughout B.C. and government agents' offices and stores where hunting licences are sold.

Limited entry hunting (LEH) is a random draw system to allocate limited hunting opportunities to B.C. residents. This system limits the numbers of hunters and the number of animals harvested in specific areas. Last year there were 149,000 applications for 21,000 authorizations to hunt 11 game species.

There will be a special mountain sheep hunt. A special draw will be held to allocate one mountain sheep hunt authorization to a B.C. resident hunter. This authorization will allow a second sheep (bighorn or thin horn) to be taken in any region during the fall open season and up to 21 days after the season closes.

Southern Interior:

* Bighorn sheep - healthy populations have allowed a new season for bighorn sheep (with a minimum 3/4 curl restriction) west of the Fraser River (zone C of management unit 3-32)

* Moose - Conservative harvests during the 1990s have increased populations leading to new seasons for bull moose in some management units.

* Antlerless white-tailed deer - This new junior season will provide opportunities for young hunters.

* Mountain sheep season is closed in the Grand Forks area (Zone E of management unit 8-15).

For detailed information, see the synopsis.

Farm Council receives grant

Victoria - Corky Evans, Minister of Agriculture, Food and Fisheries, announced a \$30,000 grant to the B.C. Agriculture Council. The Council will use the funding to develop best management practices for streamside areas, work on storm water management and participate in recovery planning for sensitive streams designated under the Fish Protection Act. The funding, from the Ministry of Environment, Lands and Parks, supports efforts to protect fish habitat and water quality.

Judge orders easy jail time

Princeton - On January 4, 2000, Angela Lynn Richards was charged with theft of a Chevrolet Celebrity involved in a motor vehicle accident 60 km. west of Princeton. Richards was taken from Burnaby Women's Correctional Centre to appear in Provincial Court in Princeton on May 25. She pled guilty to the theft and was sentenced to 30 days in jail concurrent with whatever sentence or sentences she is presently serving. Richards has been in jail since April on remand for numerous charges related to crimes committed to sustain her drug addiction problem.

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The Rainbow Choir was a rare treat for the small crowd who attended their performance at the Senior Citizens Hall last Wednesday evening. See story.

Rainbow Choir thrills small crowd at Seniors Hall

Princeton - The majority of people in Princeton missed the wonderful performance of the Rainbow Choir at the Senior Citizens Hall on May 24.

The Rainbow Choir was on tour and their free evening of music was a real gift to local people. The large choir of senior women is simply outstanding. Although the hair may be grey, the talent shines through, as Eric Jacobson told them, "on every shining face."

Conductress Joan Danby has one of those soprano voices that reach the highest notes easily, and hers has obviously been professionally trained. She is a real trouper, and does more than sing - she kibitzes with the audience. Many men received an unexpected kiss that evening, much to the amusement of everyone else.

Songs by the choir ranged from Barcarole to music from "The Sound of Music" to just plain old campfire songs. Some of the songs were pure entertainment, such as

Happy Birthday sung to many other tunes, including the Hallelujah Chorus and the opening bars of The Stars and Stripes! Songs from around the world took a trip from "The Northern Lights of Old Aberdeen" to the "Zulu Warrior" to "Vive L'Amour."

Joan Danby did two solos, "When I Grow Too Old to Dream" and "Ciribiribin" as well as the farewell solo "Auf Wiedersehn."

The choir received three standing

ovations, one of which was for their finale, a tribute to Canada with the song "Something to Sing About." At the end of the song, they raised the provincial and federal flags.

Eleanor Sinclair gave the official "thank you" from Senior Citizens, assuring the choir they would be most welcome anytime in the future. Eric Jacobson followed with his tribute to their talent and enthusiasm.

New Vicar will serve Lutherans

Christ the Good Shepherd Lutheran Church in Princeton is pleased to announce they will be receiving a vicar on June 1. Vicar Mark Hennig comes from the Lutheran Theological Seminary in Edmonton and is looking forward to serving the congregation in Princeton.

Vicar Mark hails from Stoney Plain, Alberta. He is 27 years old, and will be joined by his wife, Darla, and one year old son, Levi

sometime in July. Mark and Darla are expecting their second child.

Services will continue to be held in the chapel of Similkameen Funeral Chapel in Princeton. Services will be held every Sunday at 10:00 a.m. with Bible studies and Sunday School at 9:00 a.m. These are summer hours.

Christ the Good Shepherd Lutheran Church extends a warm welcome to everyone to attend Sunday morning services.

Rebekahs look forward to Assembly President's visit

A committee of three selected a candidate to receive our usual bursary to be given to a graduating student of our local high school. It was a difficult task to make a selection as all applications were excellent. Our Noble Grand made the presentation during the graduation ceremonies.

A donation was made to the Annual Garden Party held at the Newton residence for Oddfellows and Rebekahs.

Tickets are on sale for one dollar to participate in the Pasadena Float decoration. Draws are made and lucky persons may have an all expense paid trip to attend the football game or attend the parade and other rewards.

Our Living Legacy program this year will be providing flowers for

the flower boxes at the Senior Citizens Hall.

Sister Marion Marsel was read her commission as our D.D.P. and Sister Stenvold was honoured to present Sister Marion her pin. Sister Marion presented each member with the International President's Pin - such a pretty pin! We were all delighted to accept it.

June 10 will see the Rebekahs at a table at the Senior Citizens Flea Market.

June 1 is our big day with our newly elected President of B.C. Rebekah Assembly making her official visit. members of other lodges will join us to give Sister Helen Swanson P.R.A. our warm welcome.

Regions gain a say in land use

The recently formed Land Reserve Commission ensures regional input is included in land-use decisions through a new decision-making structure.

Corky Evans, Minister responsible for rural development, stated, "This new structure will bring land-use decision-making closer to those directly affected. Our job in government is to protect and build on all our strengths and one of those strengths is our rural communities. Ensuring full regional input from around the province will provide the commission with local perspectives on land use issues."

The new structure is three panels composed of three commissioners each. All commissioners will meet monthly to discuss regional applications. This will enable more applicants and other stakeholders to appear before the commission to discuss both individual applications and policy issues. The panel for the Similkameen is the Okanagan and Central Interior regional panel.

Group plans fall meeting

Princeton Business and Professional Women's Club has been working on a plan to bring together area businesswomen to discuss issues affecting businesswomen locally. BPW is a provincial, federal and international organization which acts as a lobby group for women's issues.

The committee working on the project identified 67 local women who own, co-own, and/or operate and manage a business. At a dinner meeting to be held in September, the club hopes to bring together the majority of these women to survey them about issues affecting their lives. Priority issues may form the basis of future briefs to govern-

ment, whether it is local, provincial or federal government.

The club welcomed guest Jackie Rowe, a speech pathologist working with children and adults in the Princeton area.

The club plans to participate in the Senior Citizens and Fall Fair

flea markets, and the Friday of the Fall Fair itself.

President Sandra Gould, who is the new Regional Director, attended the provincial conference in Penticton with Marion Marsel and Floralee Stewart and will present a report on June 27.



Steve Andrew Kovacs won a basket for Mom in the Pharmasave Mother's Day contest. Photo by Pharmasave.

4-H receives major grant

Victoria - A \$95,000 grant to the B.C. 4-H Provincial Council was awarded through the Minister of Agriculture, Corky Evans. The grant will help thousands of young people to develop leadership skills to support strong rural communities.

Provincial funding supports skill development programs for 4-H members and volunteers, including leadership training and topics such as rural-urban connections, agriculture awareness and farm safety, as well as promoting the rural way of life.

Ann Siddall, President of the B.C. 4-H Provincial Council, stated, "The vision of 4-H is to involve more young people and develop programs that meet the needs of youth."

In B.C., 3,500 youth, aged 9 to 19, and 950 adult volunteers are involved in 225 4-H clubs. 4-H stands for head, heart, hands and health.

Judge orders pay

In Provincial Court in Princeton on May 25, Jimmy Emerson Parks pled guilty to breaking the glass door at Leisure Inn Restaurant on October 28, 1999. He was ordered to serve a six month probation and to pay \$160 restitution to Eva Kwan, restaurant operator.



Tailia and Linda Tillotson with a basket of goodies won at Pharmasave in the Mother's Day draw. Photo by Pharmasave.

NOTICE
LITTLE FOLKS NURSERY SCHOOL
ANNUAL GENERAL MEETING & PREREGISTRATION
3 TO 5 YEAR OLDS FOR FALL CLASSES
TUESDAY, JUNE 6, 2000 at 6:00 p.m.
Location - Little Folks Nursery School - Old Hedley Road
 All Parents of Preschoolers are urged to attend this important meeting & preregistration.
 PreRegistration to ensure a space for your child this fall!

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Sat. June 10th - 1pm - 3pm

(Coffee & Tea will be served)

Register Now by Calling, The News Leader
@ 295-4149 or The Skills Center @ 295-4051

Princeton Recycling Society

ANNUAL GENERAL MEETING

Thursday, June 15/2000

7:30 pm at Town Hall

*We hope information about the upcoming Municipal Recycling Contract will be available for discussion.

"Everyone Welcome!"



Royal Canadian Legion

Super Star Event

Sat. June 3, 2000

Event Starts 12:30 pm at Memorial Park

PRIZES *GOLD, *SILVER & *BRONZE

*Prizes will be awarded at Legion Lounge after the Meat Draw

\$3.00 - to participate in Super Star Event

\$10.00 - for Super Star Event & Dinner

\$8.00 - for BBQ Steak Dinner *Only*

Dinner will be at 6pm

Music by Susie - Dancing at 7:30

* Please Pre Register @ 295-7776 Before May 31

Members & Bonafide Guests Welcome

Eating for two takes planning

by Kristi Leggate, R.D.N.
Community Nutritionist

Spring is here - a time when many new babies arrive, or we start thinking about having them. Whether you are planning a pregnancy or find yourself already pregnant, nutrition is important for you and your baby. As a registered dietitian and nutrition consultant for the pregnancy nutrition programs throughout the Okanagan, I would like to share some Nutrition Tips for spring pregnancy planners and moms to be.

During pregnancy, you share everything you breathe, eat and drink with your developing baby. Pregnancy planners are able to change habits slowly in order to get into the mode of healthy living. Moms to be don't have as much time but can start making changes as soon as the news is confirmed. It is never too late. Try your best with the following suggestions.

day such as water, milk, or juice. 10. Follow your hunger to decide the amount of food you need - listen to your body. During late pregnancy you may need six small meals to minimize discomfort.

For pregnancy planners and early-on moms to be, there is a particular nutrient to be aware of - folic acid. It is recommended that 0.4 mg of folic acid be taken at least one month prior to conception and during the first trimester for normal fetal brain and nervous system development. Even though there are many food sources of folic acid, it is difficult to get the required amount from diet alone. Most multivitamins and prenatal vitamins contain the recommended amount of folic acid. Check with your doctor or pharmacist.

Eat foods rich in folic acid every day: legumes (lentils, kidney beans, chick peas), peanut butter, green leafy vegetables (spinach, romaine lettuce, broccoli), oranges, orange juice, cantaloupe, honeydew melon, bran cereal and whole wheat bread.

I hope the information in this article has provided you with some useful pregnancy nutrition tips. Whether you are a pregnancy planner or a mom to be, enjoy healthy eating for two (not like 2!) with the end results being the healthiest baby possible. (For more information on healthy eating and pregnancy please contact the Princeton Health Unit at 295-3133.)

Next week our final article in this series will outline the Canada Prenatal Nutrition Program.

10 steps to a healthy pregnancy

1. Be Smoke Free - get help to kick the habit.
2. Limit caffeine - drink less coffee, tea and colas. Try to limit to two cups per day in total.
3. Maintain a healthy weight - how? By eating well and being active. Do not diet!
4. Exercise - it increases your energy levels so you are hungry and able to eat regular meals. Walking is an excellent source of exercise and gets you out in the fresh air. Do something you enjoy on a daily basis. (Check with your doctor before starting a routine).
5. Eat balanced meals - try to include a food from each of the four food groups at each meal (milk group, fruit and vegetable group, protein group and grains group).
6. Eat three meals a day - plus healthy snacks when needed. Do not skip meals.
7. Avoid alcohol and drugs.
8. Avoid medicinal and alternative herbal remedies - these can be harmful. Always talk to your doctor before taking any medications or herbal products (including herbal teas.)
9. Drink 6 - 8 glasses of fluid each

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**PRINCETON LEGION BRANCH #56
ACTIVITIES SCHEDULE**

JUNE 1 TO JUNE 30TH

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Member Appreciation Day	2 WIN, WIN WIN Between 4-7	3 Super Star Event 12:30 Meat Draw 3 pm DINNER 6 pm
4 Zone Mtg Princeton #56	5 CRIB TODAY 12:30	6 COME IN & TEST OUR SPECIAL	7 FREE BINGO TODAY	8 Member Appreciation Day	9 Executive Meeting	10 MEAT DRAW 3 PM
11 SINGLES CRIB Tournament	12 CRIB TODAY 12:30	13 Ladies Auxiliary MTG.	14 FREE BINGO TODAY	15 GENERAL MEETING 7:30 PM	16 WIN, WIN WIN Between 4-7	17 MEAT DRAW 3 PM
18 FREE BINGO TODAY	19 CRIB TODAY 12:30	20 COME IN & TEST OUR SPECIAL	21 FREE BINGO TODAY	22 Member Appreciation Day	23 WIN, WIN WIN Between 4-7	24 MEAT DRAW 3 PM
25 FREE BINGO TODAY	26 CRIB TODAY 12:30	27 COME IN & TEST OUR SPECIAL	28 FREE BINGO TODAY	29 Member Appreciation Day	30 WIN, WIN WIN Between 4-7	



Joel McEvoy won a basket of goodies for Mom (Cheryl McEvoy) in the Pharmasave Mother's Day draw. Photo by Pharmasave.

THIS WEEK ON T.V.

TUESDAY, MAY 30 THROUGH MONDAY, JUNE 5, 2000

Princeton Light & Power's

Power by the Hour

LEGEND

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"POWER BY THE HOUR" RATES
(SHOULDER SEASON)

MODERATE COST HOURS
(YELLOW ZONE)
LOOK FOR **TIMES - WHITE ON BLACK**

LOW COST HOURS (GREEN ZONE)
LOOK FOR **TIMES - BLACK ON WHITE**



Do that laundry and cleaning during the green zones

Congratulations to our Final \$100.00 winner in our contest - Peter Ruoss

SUMMER RECREATION 2000

Whether you are a Rollerhockey fanatic or you just like to cruise around on your rollerblades, we have the program for you!

We will be opening up the Princeton Arena two days a week; Tuesday for rollerblading and Wednesdays for rollerhockey for all you rollerbladers out there. Tuesdays we will turn up the tunes and you can rollerblade from 3:30 to 5:00 pm without anyone shooting pucks or balls around and getting in your way. On Wednesdays we will set up the nets and play some fast paced rollerhockey, again from 3:30 pm to 5:00 pm. Come out and have a blast this summer at the Princeton Arena. Helmets are recommended for children under 10. The cost is \$1.00 and if you have any questions feel free to call

Jesse @ 295-7222.

TUESDAY, MAY 30, 2000

'GREEN ZONES' - LOW COST 'YELLOW ZONES' - MOD COST

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (14)	VTV (15)	DISC (16)	FOX (17)	FAM (18)	KTLA (19)	CITY (20)	WGN (21)	
6 AM	Little House	News (3)	(Off Air)	Body Elec.	News (3)	News	Night Court	(5:00) News	(5:30) News	(5:00) News	Kitty Cats	Sportsdes	VTV Breakfast (N)	Discovery.ca (3)	Underdog	Hello	News (ESP) (3)	Maury	Wayans	
6:30	House	Care Bears		Noddy (3)			Night Court				Hamster				Garfield	Busy World		Amputees. (3)	Cosby	
7 AM	Little House on the Prairie	Dresscup	Dudley	Dragon	Today (N) (3)	Early Show (N) (3)	Murder, She Wrote (3)	Good Morning America			Fuzzpaws	Tennis: French Open -		Country	Tex Avery	GummiBr	Morning News (ESP) (3)	Cityline	Knight Rider	
7:30		100 Huntley Street (3)	Magi Bus	Arthur (EI)			Magnum, P.I. (3)	Actor Ving Rhames. (N)	Canada AM (Left In Progress) (N) (3)	100 Huntley Street	Pumper	First Round. From Roland	Gardener	Wild Discovery: Sea	Sister, Sis.	Art Attack	Star Trek: Next Gener.	Matlock (3)		
8 AM	Mama	Robison	Teletubbs	Teletubbs							Mouse	Bananas	Design (3)	Paid Prog.	Babar (3)	Sally (3)	News (3)	Hawaii		
8:30																				
9 AM	Matlock	Martin Short (3)	Elliot	Sesame Street (EI)	Regis & Kathie	Brown	L.A. Law	Martha Stewart Living					Regis & Kathie							
9:30	The Network		Kitty Cats																	
10 AM	Hunter	Price Is Right (3)	Profiles	Zoboo	Later Today (N) (3)	Price Is Right (3)	Law & Order (3)	The View (N) (3)	Movie	Dave Rutherford	Kitty Cats	Fit Kick	The View (N) (3)	Country	Forgive or Forget (3)	Billy Cat	Sally (3)	Movie: "Children of the Bride" (1990) (3)	News (3)	
10:30			Snoops	Reading					Computer		Groundling	World of Soccer		Foodstuff						
11 AM	Movie: "The Mechanic" (1972)	Young and the Restless	World at War	Sit-Be Fit Art	People's Court (N) (3)	Young and the Restless	Northern Exposure (3)	Paid Prog.	Hollywood	News (3)	Fuzzpaws	Strongman	Vicki Gabereau (3)	Discovery.ca (3)	Montel Williams (N)	Otter	Lane	Cityline	MacGyver	
11:30																				
12 PM	Charles Bronson.	News (3)	Writers	Europe	Extra (3)	News	Night Court	All My Children	News (3)	Days of Our Lives	Batman	Golf	3rd Rock	Inquiring	Jerry Springer (N) (3)	Flash	Little House	Cityline	Caroline	
12:30		Gold Trails	Destinos	Antiques	Italy	Bold & B.	Night Court				Pinky, Elmyra	Motorcycling	Eilen (3)	Lifespace				Therapy day.	Caroline	
1 PM	Cosby	Movie	Baby	Liberty-Amrcn	Days of Our Lives	As the World Turns	Murder, She Wrote	One Life to Live	House	Movie			One Life to Live	Flightpath (3)	Enquirer	Clarissa	Griffith	News (3)	Bzzz!	
1:30		Wallin	Dottos						Bold & B.	Grace	Country Mouse	Extreme	Vicki Gabereau (3)	Paid Prog.	Franklin	Pokemon			Fam. Mat.	
2 PM	Full House	Corona'n	Snoops	Quilting	Passions	Guiding Light (3)	Magnum, P.I. (3)	General Hospital	Passions (3)	Nanny (3)				Wild Discovery: Sea	Paid Prog.	Darkwing	Histerial	Blind Date	Parent	
2:30		Urban P.	It's Rotten	Yoga						Rosie O'Donnell (N)	Brambly									
3 PM	Roseanne	Edillon	Origami	Mr Rogers	Divorce	Judy	L.A. Law	Hollywood	Martin Short (3)				Off-Record	Dini	How'd They Do That?	Magic Bus	Goof Troop	Cartoonle	News (3)	
3:30		Mad	French	Arthur (EI)	Rosie O'Donnell (N)	Judy		Fam. Feud		Young and the Restless	Uh Oh!	Sportsdesk	Cocooning (3)		Rangers	Aladdin	Batman		Fresh Pr.	
4 PM	Fresh Pr.	Rosie O'Donnell (N)	Mechanics	Lions	Oprah Winfrey (N) (3)	Oprah Winfrey (N) (3)	Law & Order (3)	Maury Amputees. (3)	Oprah Winfrey (N) (3)	Digimon			Major League Baseball: Twins at Toronto	ER "Vanishing Act"	Discovery.ca (N) (3)	BeastWars	Timon	Pokemon	Seinfeld	Full House
4:30													Caray	Wild Rides II (3)	3rd Rock	Little Lulu	Fresh Pr.	Movie: "Braveheart" (1995)	Atlanta	
5 PM	Major League Baseball: Atlanta Braves at Chicago Cubs. (Live) (3)	Stanley Cup Playoffs: Game 1	Americas (3)	News-Lehrer	NBA Basketball Playoffs: Blazers at Lakers	News	Investigative Reports	News (3)	News (3)	Any Day Now (3)	Addams	Blue Jays (Live)	Blue Jays	Sex Files	Star Trek: Voyager	Gargoyles	Major League Baseball: New York Mets at Los Angeles	StarTV	Coach (3)	
5:30																				
6 PM	Movie: "Cobra" (1986, Drama)	News (3)	Art of Singing	American Experience	News (3)	JAG "Mishap"	Law & Order (3)	Be a Millionaire	Veronicas	NYPD Blue (PA) (3)	Big Wolf Boy-World	Sportsdes	Be a Millionaire	Discovery.ca (3)	70s Show	Movie: "Kayla" (1998) Tod Fennell.	News (3)	News (3)	News (3)	
6:30																				
7 PM	Movie: "Blood Money" (1933, Adventure)	Friends	Art of Singing	"Reagan" American Crusade	Fortune	60 Minutes II (ESP) (3)	Biography: Jones	Dharma	Will-Grace	Will-Grace	Student	WCW Nitro	Exposure	Wild Discovery	Family Guy	News (3)	News (3)	News (3)	News (3)	
7:30																				
8 PM	Movie: "Blood Money" (1933, Adventure)	National Magazine	Death in Venice	Short Cuts	3rd Rock	Judging Amy (3)	Investigative Reports	NYPD Blue (PA) (3)	Diagnosis Murder (3)	News (3)	Holmes		W5 (N) (3)	Wild Rides II (3)	News	"Still Not Quite Human" (3)	News (3)	News (3)	News (3)	
8:30																				
9 PM	George Bancroft.	News (3)	Video in at 25-Remote	Charlie Rose (3)	News (3)	News	Inside Story (3)	News (3)	CTV News	All-Family	Addams	Sportsdes	News (3)	Sex Files	Partridge	Gargoyles	Friends	Movie: "Children of the Bride" (3)	Rejuvniqu	
9:30																				

MORNING

10:00 am CITY (29) ★★"Children of the Bride" (1990, Drama) Rue McClanahan. A middle-aged woman tries to cope with her four adult children as they arrive to attend her wedding to a younger man. (3)

11:00 am WTBS (3) ★★"The Mechanic" (1972, Drama) Charles Bronson. A renowned assassin takes a young admirer under his wing to teach him the tricks of his deadly trade.

William Wallace to rally his countrymen against the tyranny of King Edward I. (3)

8:00 pm WTBS (3) ★★"Cobra" (1986, Drama) Sylvester Stallone. Time Approximate. A serial killer who claimed 16 victims is targeted by a Los Angeles cop who specializes in eliminating psychopaths.

FAM (23) ★★"Kayla" (1998, Adventure) Tod Fennell. In 1920s Canada, a lonely boy befriends a wild wolf-dog and trains it for an upcoming sled-dog race. (In Stereo) (3)

9:05 pm CITY (29) ★★"Showdown in Little Tokyo" (1991, Drama) Dolph Lundgren. Two L.A. police officers combine

marial arts skills to wreak vengeance on the Japanese Mafia.

9:40 pm FAM (23) ★★"Still Not Quite Human" (1992, Science Fiction) Alan Thicke. Chip reprograms his father's robotic replica to help search for the kidnapped scientist. (In Stereo) (3)

10:05 pm WTBS (3) ★★"Blood Money" (1933, Adventure) George Bancroft. An underworld bail bondsman falls for a society girl, incurring the wrath of his female cohort.

10:40 pm CITY (29) ★★"Children of the Bride" (1990, Drama) Rue McClanahan. A middle-aged woman tries to cope with her four adult children as they arrive to attend her wedding to a younger man. (3)

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WEDNESDAY, MAY 31, 2000

'GREEN ZONES' - LOW COST 'YELLOW ZONES' - MOD COST

Television schedule grid with columns for channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and rows for time slots (6 AM to 11 PM).

Wednesday Movies

MORNING
10:00 am CITY 29 ★★½ "Samuel Lount" (1985, Drama) R.H. Thomson. After an encounter with a journalist, a religious pacifist becomes involved in a rebellion against colonialism in 1837.
11:00 am WTBS 3 ★★ "A Real American Hero" (1978, Drama) Brian Dennehy. Tennessee Sheriff Buford Pusser attempts to stop a moonshiner whose bad liquor has blinded several teens.
AFTERNOON
5:00 pm WGN 38 ★★ "Teen Wolf" (1985, Comedy) Michael J. Fox. A high-school student's popularity soars when it is discovered that he is cursed with the mark of the werewolf.
EVENING
9:00 pm KREM 8 ★★ "Species" (1995, Science Fiction) Ben Kingsley. A team of experts races to stop a genetically engineered female from reproducing more of her deadly kind. (In Stereo)
BCTV 11 ★★ "Shot Through the Heart" (1998, Drama) Linus Roache. Two Yugoslavian friends end up on opposite sides in their country's civil war when one is ordered to kill the other.
9:05 pm FAM 26 ★★½ "Gross Anatomy" (1989, Comedy-Drama) Matthew Modine. A talented but undisciplined student learns about discipline and compassion during his first year at med school. (In Stereo)
CITY 29 ★★ "When the Bough Breaks" (1993, Suspense) Ally Walker. A troubled child with the gift of telepathy must aid in the search for a serial killer.
11:05 pm WTBS 3 ★★ "Bad Moon" (1996, Horror) Mariel Hemingway. A lawyer and her child

unwittingly put themselves in danger when they admit a lycanthropic relative into their home.
11:20 pm CITY 29 ★★½ "Samuel Lount" (1985, Drama) R.H. Thomson. After an encounter with a journalist, a religious pacifist becomes involved in a rebellion against colonialism in 1837.

Help Build The Pollard Wing on our museum! Donations May be made to Princeton Museum & Archives, Box 281, Princeton, B.C. VOX 1W0 Specify donation to: "Pollard Wing Fund" Donors will receive a tax deductible receipt

THE NEWS LEADER WORD SEARCH

Word search grid containing letters arranged in a 15x20 grid for the word 'WEDDINGS'.

LET'S TALK ABOUT "WEDDINGS"

- BRIDE RECEPTION PREACHER BOUQUET
GROOM CHURCH VOWS PHOTOGRAPHER
PARENTS COMMISSIONER CEREMONY MUSIC
GARTER HONEYMOON GUESTS INVITATION
CAKE GOWNS TOAST REHEARSAL
RING TUXEDO GIFTS SUPPER

THURSDAY, JUNE 1, 2000

GREEN ZONES - LOW COST YELLOW ZONES - MOD COST

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (14)	VTV (15)	DISC (16)	FOX (17)	FAM (18)	KTLA (19)	CITY (20)	WGN (21)
6 AM	Little House on the Prairie	News (3) Care Bears	(Off Air)	Body Elec. Noddy (3)	News (3)	News	Night Court Night Court	(5:00) News (3)	(5:30) News (3)	(5:00) News (3)	Kitty Cats Hamster	Sportsdesk k	YTV Breakfast (N)	Discovery.ca (3)	Underdog Garfield	Hello Busy World	News (ESP) (3)	Maury (N) (3)	Wayana Cosby
7 AM	Mama	Dressup	Dudley	Dragon	Today (N) (3)	Early Show (N) (3)	Murder, She Wrote (N) (3)	Good Morning America (N) (3)			Fuzzpaws George	Tennis: French Open -- Second Round. (Live)		Country	Tex Avery	GummiBr	Morning News (ESP) (3)	Cityline: Home day. (3)	Knight Rider
8 AM	Mama	Huntley Street (3)	Zoboo	Barney			Magnum, P.I. (3)		Canada AM (Left In Progress) (N) (3)	100 Huntley Street Dinner	Flintstones Mouse			Guide to Grooming	Sister, Sis. BoyWorld	Art Attack Out of Bx		Star Trek: Next Gener.	Matlock (3)
9 AM	Matlock (3)	Martin Short (3)	Elliot Kitty Cats	Sesame Street (EI) (3)	Regis & Kathie Brown	Brown	L.A. Law	Martha Stewart Living			Bananas Couch		Regis & Kathie	Design (3)	Paid Prog. Paid Prog.	Babar (3) Katie-Orbie	Sally (3)	News (3) City	Hawaii Five-O (3)
10 AM	Hunter	Price Is Right (3)	Gregg	Zoboo	Later Today (N) (3)	Price Is Right (3)	Law & Order (3)	The View (N) (3)	Movie Computer	Dave Rutherford Anatole	Kitty Cats	National Spelling Bee From Washington, D.C. (Live)	The View (N) (3)	Country	Forgive or Forget (3)	Billy Cat Art Attack	Sally (3)	Movie: "Flame" (1996, Drama)	News (3)
11 AM	Movie: "The War Wagon" (1967)	Young and the Restless	World at War	Sit-Be Fit Artists	People's Court (N) (3)	Young and the Restless	Northern Exposure (3)	Paid Prog. Pl. Charles	Hollywood	News (3)	Fuzzpaws Rupert	Vicki Gabereau (3)	Discovery.ca (3)	Montel Williams (N)	Otter SpaceCase	Lane Lane		Cityline: Home day. (3)	MacGyver
12 PM	John Wayne	Gold Trails	Asia	Antiques	Italy	Bold & B.	Night Court	All My Children	News (3)	Days of Our Lives	Batman Pinky, Elmyra	Be-Player	Ellen (3)	Inquiring	Jerry Springer (N) (3)	Flash	Little House	Caroline	Caroline
1 PM	Cosby	Movie	Country	Nova (3)	Days of Our Lives	As the World Turns	Murder, She Wrote (3)	One Life to Live (3)	House	Movie	Country Mouse	Legends of Hockey	One Life to Live (3)	Flightpath "Sky Giant"	Enquirer	Clarissa	Griffith	News (3)	Bzzz!
2 PM	Full House	Corona'n	Digital	Sews	Passions (3)	Gulding Light (3)	Magnum, P.I. (3)	General Hospital (3)	Passions (3)	Nanny (3)	Rosie O'Donnell (N)	Postman	100 Yrs-Sports	Vicki Gabereau (3)	Guide to Grooming	Art Attack	Pokemon	Enquirer	Cosby
3 PM	Roseanne	Edition	Dottos	Mr Rogers	Divorce	Judy	L.A. Law	Hollywood	Martin Short (3)	Young and the Restless	Uh Oh	Sportsdesk	How'd They Do That?	Magie Bus	Goof Troop	Cartoonie	News (3)	Wayans	
4 PM	Fresh Pr.	Rosie O'Donnell (N)	Mechanics	Lions	Oprah Winfrey (N) (3)	Law & Order (3)	Maury (N) (3)	Oprah Winfrey (N) (3)	Maury (N) (3)	Oprah Winfrey (N) (3)	Rugrats	Hockey	ER "Stuck on You"	Discovery.ca (N) (3)	BeastWars	Timon	Pokemon	Seinfeld	Full House
5 PM	Movie: "Top Gun" (1986, Drama)	Stanley Cup Playoffs: Finals Game 2	Best of B.C. Now (3)	News	News (3)	News	Biography: Cand	ABC News	Canada	Tonight	Dragon	National Spelling Bee From Washington, D.C.	Carey	Marsabit	Griffith	Doug	Sister, Sis.	Media	Movie: "10 to Midnight" (1983)
6 PM	Tom Cruise, Kelly McGillis.	Country	Farmer's Plight	Jeopardy!	Seinfeld	Love Chronicles (3)	Carey	Fortune	Stargate SG-1 (3)	BoyWorld	Radio	Friends	Storm Warning! (3)	Star Trek: Voyager	Blossom	Friends	Annihilation" (1997)	News (3)	
7 PM	Movie: "Rocky IV" (1985)	News (3)	Pipes, the Pipes Are Calling	Mystery: Job	Friends	Diagnosis Murder (3)	Law & Order "Legacy"	Whose? Whose?	Power Play (3)	Friends	Student	Sportsdesk k	Movie: "Scream" (1996)	Discovery.ca (3)	Movie: "Scream" (1996)	Movie: "Flary and the Hendersons"	Popular (3)	News (3)	MacGyver
8 PM	Sylvester Stallone.	Friends	Great Detectives (3)	Frasier	Diagnosis Murder (3)	Biography: Cand	Be a Millionaire	FX: The Series (3)	Just Shoot	Alpha 2	Golf	Motoring	Marsabit	Neve Campbell. (3)	Neve Campbell. (3)	Movie	Charmed (3)	Movie: "Mortal Kombat" (1995)	In the Heat of the Night
9 PM	Movie: "Top Gun" (1986, Drama)	National Magazine	Neighbors	ER "Family Matters"	48 Hours (3)	Investigative Reports	20/20 Downtown (N)	ER "Family Matters"	News (3)	Gamerz	Ringette: Highlights	20/20 Downtown (N)	High Seas Cops	News	Disney the Fairy Tale	News (ESP) (3)	Robin Shou.	Matlock (3)	
10 PM	Tom Cruise, Kelly McGillis.	News (3)	Best of B.C. Now (3)	Charlie Rose (3)	News (3)	News	Love Chronicles (3)	News (3)	CTV News	All-Family	Addams	Sportsdesk k	Storm Warning! (3)	Partridge	Gargoyles	Friends	"Mortal Kombat"	Sheets	
11 PM	Simpsons				Tonight	Late Show (3)		Nightline	News	Cheers	Beasties		Open Mike	Monkees	Afraid?	Caroline			Paid Prog.

Thursday Movies

10:00 am CITY (29) ★★"Flame" (1996, Drama) Marian Kunonga. Two women fight to be treated as equals in the ranks of guerrillas fighting for Zimbabwe's liberation. (Subtitled)

11:00 am WTBS (3) ★★"The War Wagon" (1967, Western) John Wayne. A cowboy defrauded of his gold-rich land plans a special type of vengeance with the help of four diverse allies.

AFTERNOON

5:00 pm WGN (33) ★★"10 to Midnight" (1983, Suspense) Charles Bronson. A veteran cop is forced to go outside the law when a deranged killer escapes punishment through a legal loophole.

5:05 pm WTBS (3) ★★"Top Gun" (1986, Drama) Tom Cruise. A maverick Navy pilot is forced to grow up during the course of a specialized training program in California.

EVENING

6:00 pm CITY (29) ★"Mortal Kombat Annihilation" (1997, Adventure) Robin Shou. A group of elite warriors has less than a week to prevent Earth from becoming the domain of an evil warlord. (3)

7:35 pm WTBS (3) ★★"Rocky IV" (1985, Drama) Sylvester Stallone. Heavyweight champion Rocky Balboa trains in Siberia for

a match against the Soviet fighter who killed Apollo Creed.

8:00 pm VTV (22) FOX (25) ★★"Scream" (1996, Horror) Neve Campbell. Small-town teens become the victims of a psychotic killer in director Wes Craven's parody of slasher films. (In Stereo) (3) FAM (25) ★★"Harry and the Hendersons" (1987, Fantasy) John Lithgow. A family's lives are turned upside down when they run into Bigfoot during a camping trip and take the creature home. (In Stereo)

9:05 pm CITY (29) ★★"Mortal Kombat" (1995, Adventure) Robin Shou. Three martial artists are forced to battle demonic adversaries with the fate of the world hanging in the balance.

9:35 pm WTBS (3) ★★"Top Gun" (1986, Drama) Tom Cruise. A maverick Navy pilot is forced to grow up during the course of a specialized training program in California.

11:05 pm CITY (29) ★"Mortal Kombat Annihilation" (1997, Adventure) Robin Shou. A group of elite warriors has less than a week to prevent Earth from becoming the domain of an evil warlord. (3)

11:55 pm WTBS (3) ★★"The War Wagon" (1967, Western) John Wayne. A cowboy defrauded of his gold-rich land plans a special type of vengeance with the help of four diverse allies.

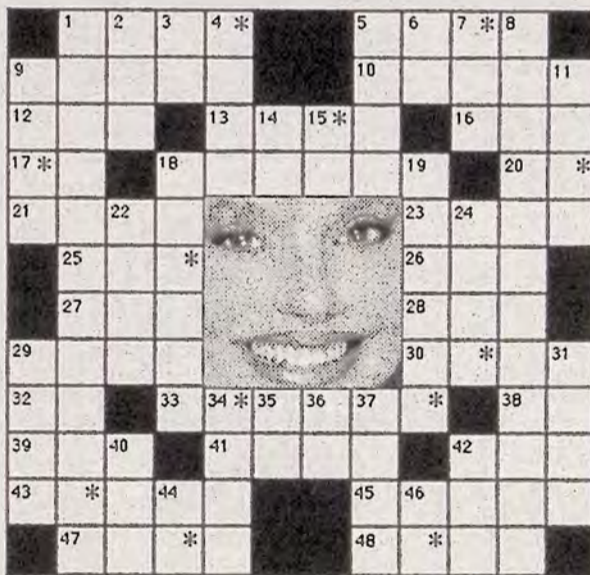
ACROSS

1. *Came You*
5. *Close*
9. Flashy Spanish-born entertainer
10. *On*; 1990-96 Brian Benben sitcom
12. *Landlord* (1966-67)
13. Role on *The Golden Girls*
16. *Lobo*; 1970 John Wayne film
17. Clapton's initials
18. *Way*; '88 Merlin Olsen series
20. Monogram for a co-star on *The Odd Couple*
21. *for Two* (1992-93)
23. Actor on *Gilligan's Island*
25. Health club offering
26. Parisian pal
27. Flour container
28. Cartoon canine
29. Prepared Easter eggs
30. Part of the title of Billy Campbell's series
32. *Summers Die*; 1996 TV movie
33. Janet Hubert-Whitten's *All My Children* role
38. Address abbr.
39. *Devil*; '89 Meryl Streep film
41. Coveted award
42. Pet for Dharma
43. 1992 series for Mandel
45. *Cannons*; 1990 Dan Aykroyd movie
47. Gets hitched
48. *Chicago* __; 1997 sitcom

DOWN

1. Most popular show of the '85-'86 season (3)
2. Word with wire or ride
3. Series for Goran Visnjic
4. Hillary Bailey Smith's *One Life to Live* role
5. Actress Barbara
6. Initials for the star of Patricia Heaton's series
7. Suffix for cream or crank
8. Role on *Nash Bridges* (2)
9. '75-'76 musical variety series
11. *Room for One* __; '62 Jack Albertson sitcom
14. *Win, Lose* __ *Draw*
15. *My* __ *Called Life* ('94-'95)
18. Victoria Rowell's *Diagnosis Murder* role
19. Lawrence of *Ladies Man*
22. Mayberry resident
24. Series for a former *All in the Family* actor
29. Punctuation mark
31. *The* __ *of Night*
34. Majors and others
35. *Dickens - He's Fenster* ('62-'63)
36. Initials for the lead character on *Cheers*
37. Popeye's future in-laws?
40. Female animal
42. *Ho*
44. *Like to See* ('48-'49)
46. Vaudevillian Olsen's monogram

TV CROSSWORD



The identity of the featured celebrity is found within the answers in the puzzle. In order to take the TV Challenge, unscramble the letters noted with asterisks within the puzzle.

TV CROSSWORD

LAST WEEK'S SOLUTION MAY 23

MAD BOBS BAT
EAU EDIE ROW
NAPOLEONS LOLO
EFG DEW
HERB INCA
OT E N AL
SC L F ST
SHEA ECHO
FIR ALL
JERRYVANDYKE
EVE AINT DAS
DAM NEDS EYE

Solution
Melissa Gilbert
© TVData Features Syndicate

This Week's solution will be in the next Issue of

NEWS LEADER

295-4149

The News Leader:
A Very Local Newspaper
Owned and operated by local people for local people

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and 24 rows of TV programming listings.

Friday Movies

10:00 am CITY 29 ★★½ "The Little Rascals" (1994, Comedy) Travis Tedford. Girl-hater Spanky is angry when Alfalfa falls for Darla in this feature-length adaptation of the "Our Gang" comedies.

11:00 am WTBS 3 ★½ "Over the Top" (1987, Drama) Sylvester Stallone. A trucker tries to renew his relationship with his estranged son while preparing for an important arm-wrestling contest.

AFTERNOON

5:00 pm WGN 38 ★½ "Brutal Justice" (1977, Drama) Arthur Kennedy. A suspended police inspector relentlessly pursues the sadistic criminal responsible for the death of a fellow officer.

EVENING

7:35 pm WTBS 3 ★★½ "The Living Daylights" (1987, Adventure) Timothy Dalton. Time Approximate. James Bond becomes embroiled in a phony KGB defector's scheme to supply arms to Russian troops in Afghanistan.

8:00 pm FAM 26 ★★½ "The Karate Kid" (1984, Drama) Ralph Macchio. After several violent clashes with his new schoolmates, a transplanted teen seeks help from a karate master. (In Stereo)

9:05 pm CITY 29 ★ "Naked Souls" (1995, Suspense) Pamela Anderson. An elderly scientist switches bodies with a young colleague who experiments with the memories of dead killers.

10:10 pm FAM 26 ★★½ "The Happiest Millionaire" (1967, Musical) Fred MacMurray. The impending marriage of two young people in 1916 is threatened by the rivalry between their wealthy families. (In Stereo)

10:45 pm WTBS 3 ★★½ "The

"Breakfast Club" (1985, Comedy-Drama) Emilio Estevez. Five high-school students learn about themselves and one another when they are forced to spend a Saturday in detention.

11:05 pm CITY 29 ★½ "Death in Small Doses" (1957, Mystery) Peter Graves. A federal agent goes under cover to investigate the widespread use of amphetamines among truckers.

IT'S A...BOY! GIRL! WEDDING! PARTY! GRAND OPENING! Whatever it is we have the graphics to make your ad work! Call 295-4149

Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat and drink beer all day.

Just for Laughs

Male chauvinist humour

Scientists have discovered a food that reduces a woman's sex drive by 90 per cent. It's called Wedding Cake.

Why is a laundromat a really bad place to pick up a woman. Because a woman who can't even afford a washing machine will probably never be able to support you!

Why do women have smaller feet than men? It's one of those "evolutionary things" that allows them to stand closer to the kitchen sink.

In the beginning, God created the earth and rested. Then God created Man and rested. Then God created Woman. Since then, neither God nor Man has rested.

THE NEWS LEADER THE AUTHENTIC VOICE OF THE SIMILKAMEEN 295-4149

Community Datebook

- June
1 - Princeton Arts Council meets, 7 pm museum basement
3 - Whist and Crib Sr. Citizens Hall Princeton 1 pm incl. lunch
Access Awareness Day
TONASKET FOUNDERS DAY
PRINCETON ROTARY CLUB CHARITY GOLF TOURNEY
Senior Fun Day Princeton Minor Ball
4 - 10 - Seniors Week 2000
4 - LEGION ZONE MEETING
10/11 - Midget/Bantams minor ball tournament Princeton
17, 18 - Princeton Senior Pro Rodeo
Mixed Slowpitch tournament Princeton
18 - FATHER'S DAY
24 - Pike Mountain Fishing Derby 295-7343
24/25 - Minor Ball District C playoffs all boys in Princeton
July
1 - Racing Days
Canada Day
Blakeburn reunion
2 - HORSE RACING SUNFLOWER DOWNS 1 DAY, 1:00 PM
7 - Senior Men's Open Golf Tournament, Princeton
7/8/9 - Provincial Minor Ball Playoffs, Princeton, Pee wee C boys
8/9 - Men's Club Championship Golf Tournament, Princeton
8/9 - Harmon Lake compout Otter Valley Fish & Game
15 - Legion Golf Tournament Princeton
August
12/13 - Men's Open Golf Tournament Princeton
20 - Ladies Open Golf Tournament Princeton
September
1,2,3, 4 - CATHEDRAL LAKES POWWOW (Keremeos)
LABOUR DAY WEEKEND
2,3,4 - Pumpkins Slowpitch tournament, Princeton
7 - Senior Ladies Open Golf Tournament Princeton
8,9,10 - Princeton and District FALL AGRICULTURAL FAIR
16 - Porter Classic Golf Tournament Princeton
Princeton's 140th birthday
Princeton's Millennium Reunion
Copper Mountain, Allenby Reunion

Graduates Year 2000

Princeton Secondary

Making the Millennium!



Congratulations and Good Luck to all Grads 2000

from Staff & Management

INVESTING IN YOUR FUTURE
" & SEEING BEYOND "

Congratulations from

226 BRIDGE ST. 295-3225

Reach for the Moon & You'll be among the Stars

"Live well with"

PHARMASAVE

295-3383 295-3353

"Congratulations Grads" We Wish You All the Best for Your Future

221 BRIDGE STREET 295-7555

Congratulations Graduates "We're Proud of your Accomplishments"

Anna's Closet
Clothing Boutique

Distinctive Ladies & Gentlemen's Clothing & Children's Wear Sold on Consignment

OPEN: TUES. - SAT. 10AM - 5 PM
#4- 282 Bridge St. 295-0644

HISTORIC PRINCETON HOTEL & Gold Nugget Pub

We wish all 2000 Grads the Best of Luck and Success for the Future

258 Bridge St. 295-3355

CONGRATULATIONS ALL GRADS 2000

Supporting you in the Future

meet me at **DQ**

Hwy 3, Princeton 295-7599

Teleflora

Congratulations Princeton 2000 GRADUATES

Harold & Rosalie Gold Water Florist

209 Bridge St. 295-3733

Year 2000 Grads

Best Wishes for all Our Grads "Follow your Dreams"

Forget-Me-Not Antiques

248 Bridge St., Box 248, Princeton, B.C. 295-7275



Grads entered two or three at a time through an archway, across the stage, down the aisles, and finally taking their places on a raised seating area to the right of the stage. RCMP Constables Mike Fox and Tracy Ross, dressed in red serge, were the Guard of Honour for the grand entrance. Above, Bugen Akduman holds the arm of Graham Byatt as they cross the stage. At left, Cst. Tracy Ross. At right, Hon. Harry Lali and guest speaker Gordon Bibby.

- Katy Adams
- Bugen Akdumen
- Rebecka Allen
- Michelle Ashley
- Meghan Barrie
- Bethany Bedard
- Brent Blank
- Jenny Bishop
- Melissa Bowen
- Kristan Boyce
- Darcy Brewer
- Dan Broad
- Graham Byatt
- Lindsay Coltman
- Howard Crawford
- Shayne Cromarty
- Trevor Gabor
- Amanda Goebel
- Tim Gullason
- Murray Lawes
- Megan Lee
- Janine LeMottee
- Jennifer McConnell
- Michael McLean
- Erika Meszaros
- Codi Nault
- Jamie Nesbitt
- Gerad Norman
- Alan Obey
- Lisa Pancenko
- Dustin Pasco
- Amy Pattison
- Tracy Pattison
- Carl Payne
- Sheryl Petschl
- Lindsay Sicker
- Thoran Smart
- Candace Smith
- Clayton Swanson
- Shaun Swanson
- Krista Szymczak
- David Thomas
- Erica Timms
- Sarah Van Heeswijk
- Tara Woodin
- Orin Wright

SANTO'S PIZZA & GREEK TAVERNA

Best Wishes to Our Hard working Graduates for Bright Futures Ahead

117 Bridge St., Princeton, Corner of Hwy 3 & Hwy 5

Open 7 Days / Week 295-6644

ARBOUR HOUSE
ANTIQUES, HOME & GARDEN SHOPPE

Good Luck to all Princeton Grads 2000 "Be True to Yourselves"

136 Vermilion Ave. Princeton
295-6601

Congratulations Grads
"Give Life Your Best Shot... Be the Best that You Can Be"
from Janice & Penny

RE/MAX country

#4 - 195 Bridge St. 295-3222

We wish you Health & Happiness & Good Fortune for the Road Ahead

Sandman (250) 295-6923
Hwy 3 West, Princeton

Congratulations
We're Proud of Your Achievements
Princeton GRADS 2000

REALTY WORLD 224 Bridge St.
295-6977

Wishing you Happiness and Success in the Future

GOLDEN HILLS Grocery & Deli

141 Bridge St. 295:3530

Congratulations to all Princeton Grads 2000
Good Luck in the Future

A&W 295-7977

Now Open 24hrs - Breakfasts 3am - 11am

Good Luck Grads
Take Care of yourself for the Good Times Ahead!

HAMILTON INSURANCE BROKERS LTD.

HIB 295-6955

Year 2000 Grads

Congratulations
"Keep a Fresh Outlook"

GARDEN FRESH Farmers Market

Princeton Plaza 295-0237

Scholarships, Bursaries and Awards

The graduating class of Year 2000 earned over \$80,000 in scholarships, bursaries and awards. From the local community, approximately \$25,000 was given from a wide variety of businesses and organizations. Principal Lawrence Stoochnoff commented on how valuable the assistance is to students, as the average cost of a year at university today is between \$5,000 and \$10,000. For rural students, the cost of tuition is added to the high cost of living away from home. He thanked local people for their generosity and concern for the students, saying he has seen few communities who work so hard to assist graduates in obtaining post-secondary education.

Presentations:

- Anonymous Scholarship/bursary - Meghan Barrie
- Bud de Wolfe Memorial Scholarship - Sheryl Petschl
- Cindy Corlett Parolin Bursary - Bethany Bedard, Michelle Ashley
- CUPE Local 847 bursary - Kristin Boyce
- Elizabeth Gray Smith bursary - Jamie Nesbitt
- Family Fair bursaries (\$5,500 at \$250 each)- Rebecka Allen, Michelle Ashley, Bethany Bedard, Brent Blank, Melissa Bowen, Darcy Brewer, Graham Byatt, Howard Crawford, Janine LeMottee, Jennifer McConnell, Lisa Panchenko, Dustin Pasco, Amy Pattison, Sheryl Petschl, Jamie Nesbitt, Erica Timms, Lindsay Sicker, Candace Smith, Krista Szymczak, Sarah Van Heeswijk, Tara Woodin.
- 4-H bursary - Sarah Van Heeswijk
- Royal Canadian Legion scholarship - Brent Blank, Melissa Bowen
- Grad '99 Legacy - Howard Crawford
- Haker Memorial/Greyhound bursary - Graham Byatt
- Investors Group bursary - Michael McLean
- Jennifer Shaun Cusworth Memorial - Tim Gullason
- John Haayer Sr. Lions Memorial bursary - Amy Pattison
- Lions Club bursary - Graham Byatt
- Ladies Orange Benevolent bursary - Jamie Nesbitt
- Legion Ladies Auxiliary bursary - Jennifer McConnell, Bethany Bedard
- Michelle Webster Memorial Scholarship - Sarah Van Heeswijk
- Okanagan University College Tuition Award - Bethany Bedard
- Pharmasave Scholarship - Jennifer McConnell
- Princess Michelle Webster Royalty bursary - Candace Smith
- Order of the Eastern Star award - Jamie Nesbitt
- Princeton District Teachers Union scholarship - Amy Pattison, Jennifer McConnell, Sheryl Petschl (for academic excellence)
- Princeton Hospital Auxiliary award - Jennifer McConnell
- Princeton Light and Power award - Darcy Brewer, Luke Smith
- Princeton Minor Hockey bursary - Darcy Brewer



In an emotional presentation, the parents of Victoria Thompson, a teacher who died of leukemia last year, present Lisa Panchenko (being hugged) and Krista Szymczak with bursaries provided in Victoria Thompson's will from the sale of her automobile.

- Principals/Vice-Principals Association award - Sheryl Petschl
- Old Age Pensioners Br. #185 - Lisa Panchenko
- Senior Citizens Br. #30 - Jamie Nesbitt
- Terrence Letcher Accounting - Krista Szymczak
- Utilicorp United (West Kootenay Power) Scholarship - Katy Adams, Erica Timms
- Valley First Credit Union - Candace Smith
- Vermilion Rebekah Lodge - Sarah Van Heeswijk
- Victoria Thompson Memorial Bursary - Krista Szymczak, Lisa Panchenko
- Victoria Thompson Bursary (PSS) - Sheryl Petschl
- University and Provincial Scholarships - Jennifer McConnell
- Provincial Millennium Excellence Award - Sheryl Petschl
- DeVry President's Scholarship - Amy Pattison
- Governor General's Medal - to be announced

Bernice Wardle Trophy

Miss Diane Rodewoldt presented the Bernice Wardle Trophy for Citizenship to Sheryl Petschl, reminding students that this is the highest honour a student can receive at Princeton Secondary School. It has been awarded for over 65 years in memory of a student who exemplified that combination of citizenship, responsibility, caring and academic achievement that makes a student worthy of recognition.

Congratulations
"Class of 2000"
May you always enjoy the endless wonders of life!

INTERTEK COMPUTERS
233 Vermillion Ave. 295-3030

BACKROADS
Bike Shop
308 Bridge Street
(250) 295-3722
Princeton
(250) 295-3735
Tufameen

Congratulations
GRADS OF 2000
We wish you all a future of adventure and infinite success!

GRADUATING CLASS OF 2000!
CONGRATULATIONS

RadioShack
You've got questions. We've got answers.
259 Bridge St. 295-6848

Wishing all of you the very best life has to offer!

Chevron
Princeton - Highway # 3
Ph: 295-3242

Year 2000 Grads
Best of Luck in all of your future endeavours!

Royal Canadian Legion Branch #56
170 Bridge Street - Princeton 295-6060

KEVIN ACRES
GRADS 2000
You've only just begun, a whole new world awaits you!
We wish you all Happiness and success throughout your journey!

* Ph: 295-0255
* Fx: 295-0235
279 Bridge St.

All the best now and forever!

Princeton
254 Vermillion 295-3444

ESSO

CONGRATULATIONS GRADS
Best Wishes for Great Happiness in life to each of you!

Your **Dollar Store** with more
#3 Princeton Plaza 295-0404

BILLY'S
FAMILY RESTAURANT
Wishing the "Class of 2000" all the best in the Future!

301 Vermillion Ave.,
295-3939

GEO
HAMEL
ART
BIO
ECO
LO
PHILO
CHEM

A community turns out to honour the Grads of 2000



Valedictorians Michael McLean (left) and Luke Smith refused to be sad about leaving school and Mike brought out a guitar to strum while Luke reviewed the funny side of their thirteen school years.

The gymnasium at Princeton Secondary School was packed to capacity on the afternoon of May 27 to give recognition to the Class of 2000. It is a large class, 47 in total, and it is a class who has made an impact on their home community with their enthusiastic involvement in community activities.

Principal Lawrence Stoochnoff was Master of Ceremonies, and welcomed graduates by name as they made their grand entrance through an arch at the back of the stage.

He told the audience, "These students are wonderful, a credit to the community."

They are a talented group as well. As Thoran Smart played the piano, Bethany Bedard, Rebecka Allen and Katy Adams led the singing of O Canada.

Gordon Comeau, School Board Chair, told a story about a carpenter and compared it to life "a do it yourself" project. He wished the students luck in their future endeavours.

Richie Gage, District Superintendent, told them, "The year 2000 is special."

He encouraged them to go for what they want.

"Don't let anyone steal your dream," he advised.

Mayor Randy McLean praised teachers, parents and volunteers for their efforts in helping the students achieve, and thanked them.

He commented about the class of 2000, saying, "These people are on the cutting edge of our society. They will take us to new heights and things we can't even dream of."

To the grads, the mayor said, "Realize how proud we are of you. The Class of 2000 rules!"

Hon. Harry Lali brought congratulations to the graduates from the Minister of Education.

"The hard work starts now," he told the class.

He spoke of heroes, finding people who will inspire them to do

their best, but reminded them they must inspire themselves by finding the "fire in your belly" within themselves.

His final bit of advice was, "Go out and conquer the world!"

Special guest speaker, chosen by the class, was teacher Gordon Bibby, who began, "This graduating class is one of the most personable and memorable groups I have known."

This brought a cheer from the class.

He went on to share ten things he felt were the kind of advice that would assist them through their lives, beginning with, "Own an old car - it costs less and nobody will steal it."

Other advice included "learn to manage your money," "read books," "when you see something wrong, do something about it," and other practical tips on living a good life. It was humorous as well as sincere and the class gave him a standing ovation.

Valedictorians Michael McLean and Luke Smith presented a great image of the class in their enthusiastic approach to the future. They refused to be sad about leaving school and spoofed through the experiences of their school years in a ditty featuring Mike on guitar and Luke on lyrics.

The ceremonies ended with presentation of certificates, the traditional cap-tossing, and a final grand march to the exit.



Grads make their final public exit, looking forward to the prom and more fun. It was a day to remember forever - the first graduates of the new millennium!

Year 2000 Grads

Congratulations
We are Proud of your achievements. We wish you Success in the Future

Princeton Mayor and Council

We Wish our Year 2000 Grads The Best in the Future

Valley First
FINANCIAL GROUP

157 Bridge St. 295-3171

BRIDGE ST. All the Best for the New Millennium

CONGRATULATIONS Grads 2000

295-3320
255 Bridge St.

YEAR 2000 GRADS

GOOD LUCK ON YOUR LIFES JOURNEY

Princeton Inn
169 #3 Highway
(250)295-3537

2000 GRADS

CONGRATULATIONS
May the Road Ahead Lead you to Success & Happiness

Weyerhaeuser Co. Ltd

Good Work
You're on Your Way!
We wish you all the Best in Life

Lawrence E. Stevens
Notary Public 295-6973

Congratulations and Best Wishes for Bright & Happy Futures for all our Grads

J. Ewart Home Hardware
206 BridgeSt. 295-6336

To All Our Grads May Your Hardwork be Rewarded with a Prosperous Future

Princeton Castle Resort
Princeton/Summerland Hwy. 295-7988

We're Proud of the People you have Become

Congratulations to all our Grads for 2000

Princeton Mohawk
580 Hwy #3 295-3121

SATURDAY, JUNE 3, 2000

'GREEN ZONES' - LOW COST 'YELLOW ZONES' - MOD COST

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (14)	VTV (15)	DISC (16)	FOX (17)	FAM (18)	KTLA (19)	CITY (20)	WGN (21)	
6 AM	Ripley-Believe	Raccoons Gadget	(Off Air)	Wdwright Outdoors	(5:00) Today (N)	Saturday Early Show	Hist. Homes	Young Bill Nye	Birdz Rhinoceros	Koolatron Reel	Surf's Up! Surf Shack	World of Soccer (N)	Kingdom Hobo	Nature of Things	Paid Prog. Otter	Paid Prog. Crash	Paid Prog. Parent	Indo Charti	Paid Program	
7 AM	Movie: "My Boyfriend's Back" (1993)	Bugs & T. Elliot	Dudley	ShipShape	News	Anatole	America's Castles	Pepper Doug	News	News	SpyDogs	Fishing	Wonder	Country	Rangers	Clarissa	Batman	Eye on Asia (In Hindi)	Saw Romance	
8 AM	Traci Lind	Neverend	Magic Bus	Router	Rescue	House Beautiful	Doug	Doug	Recess (EI)	Recess (EI)	Dragon	College Basketball: Slam	Doug	Profiles of Nature	NASCAR	Madeline	Max Steel	Pokémon	Poish Studio	Power Fishing
9 AM	Movie: "The Breakfast Club" (1985)	Triathlon	Creatures	Workshop	Kitly Cats	Old House	Rebecca's Garden	New Explorers	Weekend Sabrina	Computer Koolatron	Digimon	Dunk & 3-Point	Weekend Mickey	Young and Wild	Beast	Gadget	Pokémon	Originals	Soul Train	
10 AM	World League Volleyball	Kundalini Yoga: Course	Yan-Cook	City Guys	Paid Prog. Inside Stuff	Paid Prog. Get Golf	Secret Life of Gelshe	Bugs & Y. Pooch	Investors On-Line	Investors On-Line	Catdog	Big League	Warriors	Wild Discovery	Dungeons	PetePete	MeninBick	Home day	Beastmaster #2	
11 AM	Movie: "National Lampoon's Loaded Weapon 1"	From Winnipeg. (Taped)	Sewing	Masterchef	Paid Prog. Get Golf	Paid Prog. Get Golf	Senior PGA Golf: BellSouth Classic	Senior PGA Golf: BellSouth Classic	GetUpGrow House	Commodity	Thornberr	Big League	Leaps	Volcano	WCW World	So Weird	Parent	Electric Circus	Earth: Final Conflict	
12 PM	Batman	Just Add Water	Europe Garden	Tennis: French Open	50 Greatest Golfers	Investigative Reports	American Justice	Soccer: South Africa at United States. (Live)	News	Travel Home	Jetsons	Big League	Newmusic	Era of Longships	3 Stooges	Computer Wore Shoes	Soul Train	Lost World	Major League Baseball: Dodgers at Angels or Giants at Athletics	
1 PM	Movie: "Ernest Scared Stupid" (1991)	Equestrian: Canadian Pacific Cup. (Live)	Renovator	Painting	From Roland Garros Stadium in Paris.	PGA Golf: Kemper Insurance Open	City Confidential	To Be Announced	WWF Metal	WCW Thunder	Uh Oh! George	Strongman	Electric Circus (N)	How'd They Do That?	Discover Magazine	Outer Limits "Haven"	Goof Troop	Beastmaster	Relic Hunter	
2 PM	Movie: "The Pale Rider" (1985)	Stanley Cup Playoffs: Finals Game 3	Pool	Antiques	News	News	Biography: Mark	Stanley Cup Playoffs: Finals Game 3	Fortune	News	Mona	Toronto Blue Jays at Florida Marlins. (Live)	MovieTV	Spiders	Amazon "Nightfall"	Ripley	Earth: Final Conflict	Movie: "Little Giants" (1994)	Movie: "Braddock: Missing in Action III" (1988)	
3 PM	Movie: "The Outlaw Josey Wales" (1976)	Stanley Cup Playoffs: Finals Game 3	Wine Cellar	Ernie Ford	NBC News	CBS News	Murder, She Wrote "Death Stalks the Big Top"	Amazon "Wild Child"	Jeopardy!	Bordertown	Worst	Marlins. (Live)	Entertain	Wild Disc	Xena: Warrior Princess	Franklin Little Lulu	Fresh Pr.	Friends	News	
4 PM	Movie: "The Green Berets" (1968)	Stanley Cup Playoffs: Finals Game 3	Mechanics	Lawrence Welk Show	Frasier	Friends	Stalks the Big Top	Police Academy	News	Children's Miracle Network	Buffy Vampire	Blue Jays	Earth: Final Conflict	Sex Files	Adventure	PetePete	Seinfeld	Newmusic	News	
5 PM	Movie: "The Green Berets" (1968)	Stanley Cup Playoffs: Finals Game 3	Mechanics	Lawrence Welk Show	Frasier	Friends	Stalks the Big Top	Police Academy	News	Children's Miracle Network	Buffy Vampire	Blue Jays	Earth: Final Conflict	Sex Files	Adventure	PetePete	Seinfeld	Newmusic	News	
6 PM	Movie: "The Green Berets" (1968)	Stanley Cup Playoffs: Finals Game 3	Mechanics	Lawrence Welk Show	Frasier	Friends	Stalks the Big Top	Police Academy	News	Children's Miracle Network	Buffy Vampire	Blue Jays	Earth: Final Conflict	Sex Files	Adventure	PetePete	Seinfeld	Newmusic	News	
7 PM	Movie: "The Green Berets" (1968)	Stanley Cup Playoffs: Finals Game 3	Mechanics	Lawrence Welk Show	Frasier	Friends	Stalks the Big Top	Police Academy	News	Children's Miracle Network	Buffy Vampire	Blue Jays	Earth: Final Conflict	Sex Files	Adventure	PetePete	Seinfeld	Newmusic	News	
8 PM	Movie: "The Green Berets" (1968)	Stanley Cup Playoffs: Finals Game 3	Mechanics	Lawrence Welk Show	Frasier	Friends	Stalks the Big Top	Police Academy	News	Children's Miracle Network	Buffy Vampire	Blue Jays	Earth: Final Conflict	Sex Files	Adventure	PetePete	Seinfeld	Newmusic	News	
9 PM	Movie: "The Green Berets" (1968)	Stanley Cup Playoffs: Finals Game 3	Mechanics	Lawrence Welk Show	Frasier	Friends	Stalks the Big Top	Police Academy	News	Children's Miracle Network	Buffy Vampire	Blue Jays	Earth: Final Conflict	Sex Files	Adventure	PetePete	Seinfeld	Newmusic	News	
10 PM	Movie: "The Green Berets" (1968)	Stanley Cup Playoffs: Finals Game 3	Mechanics	Lawrence Welk Show	Frasier	Friends	Stalks the Big Top	Police Academy	News	Children's Miracle Network	Buffy Vampire	Blue Jays	Earth: Final Conflict	Sex Files	Adventure	PetePete	Seinfeld	Newmusic	News	
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Saturday Movies

MORNING

7:00 am WTBS (3) ★★ "My Boyfriend's Back" (1993, Comedy) Andrew Lowery. After a plan to impress the girl of his dreams fatally backfires, an infatuated teen-ager returns from the grave.

9:00 am WTBS (3) ★★ "The Breakfast Club" (1985, Comedy-Drama) Emilio Estevez. Five high-school students learn about themselves and one another when they are forced to spend a Saturday in detention.

11:05 am WTBS (3) ★★ "National Lampoon's Loaded Weapon 1" (1993, Comedy) Emilio Estevez. A loose cannon and his strait-laced partner battle bad guys and bad puns in this send-up of action flicks.

AFTERNOON

12:00 pm FAM (26) ★★ "The Computer Wore Tennis Shoes" (1969, Adventure) Kurt Russell. A college student with a computer-enhanced brain uncovers a local "businessman's" gambling operations.

1:00 pm BCTV (11) ★★ "Legend" (1985, Fantasy) Tom Cruise. In a land where beauty is preserved by innocence, two young people become ensnared in the battle between good and evil.

CITY (29) ★★ "Death in Small Doses" (1957, Mystery) Peter Graves. A federal agent goes undercover to investigate the widespread use of amphetamines among truckers.

1:05 pm WTBS (3) ★★ "Ernest Scared Stupid" (1991, Comedy) Jim Varney. Sanitation engineer Ernest P. Worrell rallies to save his town from an evil 200-year-old troll.

5:00 pm CITY (29) ★★ "Little Giants" (1994, Comedy) Rick

Moranis. A single father becomes the coach of a Pop Warner football team composed mostly of nonathletic misfits. (In Stereo) [E]

WGN (28) ★★ "Braddock: Missing in Action III" (1998, Drama) Chuck Norris. Col. James Braddock returns to Southeast Asia to rescue his Vietnamese wife and their son from the sadistic Gen. Quoc.

5:05 pm WTBS (3) ★★ "Pale Rider" (1985, Western) Clint Eastwood. A mysterious stranger rides into a Western mining town and brings much-needed relief to harried gold prospectors.

EVENING

7:35 pm WTBS (3) ★★ "The Outlaw Josey Wales" (1976, Western) Clint Eastwood. After the Civil War, a Confederate soldier seeks revenge against the renegade Union troops who killed his family.

8:00 pm KHQ (7) ★★ "Little Giants" (1994, Comedy) Rick Moranis. A single father becomes the coach of a Pop Warner football team composed mostly of nonathletic misfits. (In Stereo) [E]

FAM (26) ★★ "Bedknobs and Broomsticks" (1971, Fantasy) Angela Lansbury. A novice witch and her three young charges journey to enchanted lands and prepare to use magic against invading Nazis. [E]

8:30 pm WGN (28) ★★ "Universal Soldier" (1992, Adventure) Jean-Claude Van Damme. Two genetically engineered supersoldiers relive the Vietnam War-era horrors that turned them against each other.

9:30 pm CITY (29) ★★ "New Jack City" (1991, Drama) Wesley Snipes. Two cops attempt to bring down a powerful drug lord's ghetto empire in this portrait of a drug-ravaged metropolis. [E]

10:00 pm KNOW (5) ★★ "Mirch Masala" (1986, Drama) Naseeruddin Shah. In 1940s India, a woman takes refuge in a spice factory after defiantly rejecting a lecherous tax collector's advances. (Subtitled)

FAM (26) ★★ "Ronnie & Julie" (1997, Drama) Teri Garr. Shakespeare's "Romeo and Juliet" is the basis for this tale of the love between teens from rival political families. (In Stereo) [E]

10:30 pm WGN (28) ★★ "Billy Bathgate" (1991, Drama) Dustin Hoffman. Based on E.L. Doctorow's novel of 1930s mobster Dutch Schultz, as seen through the eyes of his trusted protege.

10:45 pm WTBS (3) ★★ "The Green Berets" (1968, Drama) John Wayne. A cynical anti-Vietnam War newsman travels on assignment to the front lines with a bold team of American commandos.

11:35 pm CITY (29) ★★ "In Country" (1989, Drama) Bruce Willis. Painful memories resurface for a Vietnam veteran when his niece probes the events surrounding her father's death. [E]

11:45 pm CHBC (4) ★★ "Conquest of the Air" (1940, Drama) Laurence Olivier. The history of aviation is traced from man's earliest experiments to his final victory over the air. Produced in 1935. [E]

Miss a photo you wanted to keep?

News Leader keeps back issues. Ask and you shall receive.

Horoscopes

May 30 to June 6

ARIES - This is a week of major permanent changes coupled with a lack of funds, possessions or other resources. For some people, it could be a lack of generosity. Others may lose their jobs. Take care.

TAURUS - You can be a tower of strength for others this week as you seem to have resources others do not and the disciplined energy to carry out many tasks. There will be some dramatic changes in money matters.

GEMINI - For a pleasant change, you begin to take charge of your life and your responsibilities as you arrive at some decisions. Expect opposition, but rest assured you can overcome it.

CANCER - Everything seems to come together in a way that troubles you in the back of your mind. It would be prudent of you to do some self-examination this month to learn what really motivates you.

LEO - Some things resolve themselves this week, and you have the opportunity to change your life at home in some positive way. You are making some gains. Expect surprises from partner or mate.

VIRGO - This is a week when a permanent change takes place in your life, and it may prove stressful. Family and friends are affected along with you. In two weeks, things will look much better.

LIBRA - Make good use of your time this week, as you have many good influences working for you. In two weeks, the trend will reverse, and life will become much more challenging. Save money!

SCORPIO - Your spouse and/or partner is steady this week, but there are some difficulties in regard to money. In two more months, you will experience some improvements.

SAGITTARIUS - Your life suddenly improves greatly. A partner or spouse is much more co-operative, discussion is beneficial, and matters which should have been resolved long ago are taken care of.

CAPRICORN - Burdens continue heavy this week, and your workload increases. You do have some opportunities for fun, if you can just keep up with your work schedule. No rest for you this week!

AQUARIUS - Expect permanent changes in groups with whom you associate. Change comes suddenly, without warning, but although it is disruptive, it will prove beneficial in the long run.

PISCES - Now is a good time for you to open communications with family members and keep relationships candid. You will find your own openness brings a return in the form of warmer relationships.

SUNDAY, JUNE 4, 2000

'GREEN ZONES' - LOW COST

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and 12 rows of program listings with times and descriptions.

Sunday Movies

MORNING

6:15 am WTBS (3) ***½ "The Spy Who Loved Me" (1977, Adventure) Roger Moore. James Bond joins a beautiful Russian spy to stop a tycoon from using hijacked missiles to destroy New York and Moscow.
9:00 am WTBS (3) *** "You Only Live Twice" (1967, Adventure) Sean Connery. James Bond pursues missing Russian and American space capsules while contending with his arch-villain Blofeld.
10:00 am WGN (38) *** "Teen Wolf" (1985, Comedy) Michael J. Fox. A high-school student's popularity soars when it is discovered that he is cursed with the mark of the werewolf.
10:30 am FAM (26) *** "Sesame Street Presents: Follow That Bird" (1985, Comedy) Voices of Jim Henson. Big Bird, whisked away to Illinois by a misguided social worker, sets out to rejoin his friends in New York.
11:30 am WTBS (3) *** "Diamonds Are Forever" (1971, Adventure) Sean Connery. James Bond matches wits with a villain who wants to use the world's diamond supply to build an orbiting space laser.
A&E (9) *** "The Case of the Hillside Stranglers" (1989, Drama) Richard Crenna. A fact-based recounting of the capture and conviction of the men responsible for a string of Los Angeles killings.
AFTERNOON
12:00 pm FAM (28) *** "Man of the House" (1995, Comedy) Chevy Chase. An attorney's well-meaning attempts to establish a rapport with his girlfriend's young son are met with resistance.
1:00 pm KTLA (27) *** "Pretty

In Pink" (1986, Drama) Molly Ringwald. A teen-ager worries that her low-income roots might affect her budding relationship with a wealthy classmate.
CITY (29) ***½ "Little Giants" (1994, Comedy) Rick Moranis. A single father becomes the coach of a Pop Warner football team composed mostly of nonathletic misfits. (In Stereo)
1:30 pm A&E (9) *** "The Believers" (1987, Horror) Martin Sheen. An investigation into a series of murders reveals the existence of an ancient religious cult in present-day Manhattan.
2:15 pm WTBS (3) *** "For Your Eyes Only" (1981, Adventure) Roger Moore. Secret agent James Bond tracks a criminal who has purloined a top-secret defense device from the waters off Greece.
3:00 pm CHBC (4) *** "Monkey Trouble" (1994, Adventure) Thora Birch. A 9-year-old girl adopts a capuchin monkey whose previous owner taught it thievery, among other tricks.
KTLA (27) *** "Ready to Wear (Pret-a-Porter)" (1994, Satire) Sophia Loren. An apparent murder case puts an unusual spin on the already hectic proceedings at a week-long fashion fete in France.
4:00 pm BCTV (11) *** "Born Wild" (1994, Adventure) John Varty. A documentary filmmaker on assignment in South Africa helps a conservationist protect two orphaned leopard cubs.
WGN (38) *** "The Commitments" (1991, Comedy-Drama) Robert Arkins. An idealistic manager assembles a motley group of working-class musicians to play classic soul in the pubs of Dublin.
5:00 pm WTBS (3) *** "Austin Powers: International Man of Mystery" (1997, Comedy) Mike Myers. A swinging spy from the

'60s finds that all is not groovy when he is brought out of cryogenic freeze to nab an old foe.
FOX (25) *** "Bullets Over Broadway" (1994, Comedy) John Cusack. A mob hit man's artistic side comes to the fore as he secretly helps polish a playwright's new production.
CITY (29) *** "12 Monkeys" (1995, Science Fiction) Bruce Willis. A prison inmate from the future is sent back in time to stop a deadly virus from decimating the world's population.
EVENING
7:00 pm WTBS (3) *** "Austin Powers: International Man of Mystery" (1997, Comedy) Mike Myers. A swinging spy from the '60s finds that all is not groovy when he is brought out of cryogenic freeze to nab an old foe.
CHBC (4) *** "Emma" (1996, Comedy) Gwyneth Paltrow. Based on Jane Austen's novel of the romantic disasters that ensue when a young Englishwoman decides to play matchmaker.
KXLY (10) *** "D3: The Mighty Ducks" (1996, Comedy) Emilio Estevez. A ragtag team of young hockey champions suffers growing pains after being awarded scholarships to a private school. (In Stereo)
8:00 pm FAM (26) "Rip Girls" (2000, Adventure) Camilla Belle. A teen-age heiress gains new confidence and inner strength while learning to surf in Hawaii. (In Stereo)
9:00 pm WTBS (3) *** "From Russia With Love" (1963, Adventure) Sean Connery. Secret agent James Bond battles the deadly forces of SPECTRE as he searches for a Russian coding machine.
VTV (22) "A Husband, a Wife and

a Lover" (1996, Drama) Judith Light. A woman's life changes in unexpected ways when she returns home to care for her unfaithful but incapacitated spouse.
9:30 pm FAM (26) *** "The Beverly Hillsbillies" (1993, Comedy) Jim Varney. A cash-craving woman hopes to tie Jed Clampett with the bonds of matrimony in this big-screen version of the TV series. (In Stereo)
11:00 pm FAM (26) *** "The

More the Merrier" (1943, Comedy) Jean Arthur. A philanthropist takes advantage of the wartime overcrowding in Washington and plays Cupid for a young couple.
11:30 pm WTBS (3) *** "Where Eagles Dare" (1969, Adventure) Richard Burton. Allied commandos are sent to rescue an American general from a Nazi fortress. Based on the Alistair MacLean novel.

WE DARE YOU TO COMPARE! REGULAR CLASSIFIED RATES ALL ADS, 20 WORDS OR LESS 4 WEEKS \$12.00 +GST THE SIMILKAMEEN NEWS LEADER 295-4149 TV GUIDE INFORMATION The letter (N) after a movie or show means it is new, showing for the first time.

MONDAY, JUNE 5, 2000

GREEN ZONES - LOW COST YELLOW ZONES - MOD COST

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (14)	VTV (15)	DISC (16)	FOX (17)	FAM (18)	KTLA (19)	CITY (20)	WGN (21)
6 AM	Little House	News	(Off Air)	Body Elec.	News	News	Night Court	(5:00) News	(5:00) News	(5:00) News	Incredible	Tennis: French Open	VTV Breakfast (N)	Discovery.ca (N)	Underdog	Hello	News (ESP)	Maury	Wayans
7 AM	Little House	Dressup	Dudley	Dragon	Today (N)	Early Show (N)	Murder, She Wrote	Good Morning America			Panda	Fourth Round. From		Country	Tex Avery	GummiBr	Morning News (ESP)	Cityline	Knight Rider
8 AM	Mama	Huntley Street	Zoboo	Barney			Magnum, P.I.		Canada AM (Left in Progress)	100 Huntley Street	Flintstones	Roland Garros Stadium in		Young and Wild	Sister, Sis.	Art Attack		Star Trek: Next Gener.	Matlock
9 AM	MaLock "The Body"	Martin Short	Elliot Kitty Cats	Sesame Street (E)	Regis & Kathie	Brown	L.A. Law	Martha Stewart Living		Dinner Travel	Bananas Couch	Paris. (Live)	Regis & Kathie	Design "Vernon Hill"	Paid Prog.	Babar	Sally	News	Hawaii Five-0
10 AM	Hunter	Price is Right	Imprint Robert Adams	Zoboo Reading	Later Today (N)	Price is Right	Law & Order	The View	Movie	Dave Rutherford	Kitty Cats	Fit Kick	The View	Country	Forgive or Forget	Billy Cat	Sally	"Big One: Great L.A. Earthquake"	News
11 AM	Hunter "Street Wise"	Young and the Restless	Out of the Past	Sit-Be Fit Fine Art	People's Court (N)	Young and the Restless	Northern Exposure	Paid Prog. Pt. Charles	Hollywood	News	Panda	That's Goff	Vicki Gabereau	Discovery.ca Challenge	Montel Williams (N)	Out of Bx SpaceCase	Lane	"Big One: Great L.A. Earthquake"	MacGyver "Hind-Sight"
12 PM		News	Tai Chi	Europe	Signature	Bold & B.	Night Court	All My Children	News	Days of Our Lives	Batman	Be-Player	3rd Rock	Inquiring	Jerry Springer (N)	Flash	Little House	Cityline	Caroline
1 PM	Cosby	Movie	Foodstuff	Farmer's Plight	Days of Our Lives	As the World Turns	Murder, She Wrote	One Life to Live	House	Movie	Dawdle	Speed	One Life to Live	Flightpath	Enquirer	Clarissa	Griffith	News	Sally
2 PM	Full House	Corona'n	Mathshop	Memories	Passions	Gulding Light	Magnum, P.I.	General Hospital	Passions	Nanny	Knockouts	Vicki Gabereau	Young and Wild	Paid Prog.	Art Attack	Pokemon	Enquirer	Single	
3 PM	Roseanne	Mad	Digital	Arthur (E)	Rosie O'Donnell (N)	Oprah Winfrey (N)	Law & Order	ABC News	Oprah Winfrey (N)	News	Digimon	Major League Baseball: Toronto Blue Jays at Atlanta Braves. (Live)	ER "The Good Flight"	Discovery.ca (N)	Sherlock	Timon	Pokemon	Seinfeld	Full House
4 PM	Fresh Pr. (4:35)	Rosie O'Donnell (N)	Injury-Free Wk	Lions	Zoom (E)	News	News	News	Blography: Morg	Stanley Cup Playoffs: Game 4	News	News	Pokemon	Wild	Griffith	Doug	Sister, Sis.	V.I.P.	Movie: "Wild Hearts Can't Be Broken" (1991)
5 PM	Major League Baseball: Toronto Blue Jays at Atlanta Braves. (Live)	Stanley Cup Playoffs: Game 4	Ignatieff	News-Lehrer	News-Frasler	Hollywood	Investigative Reports	Finals Game 4	Fortune	Practice	Freaky	Blue Jays	Friends	Discovery.ca	Chance of a Lifetime	Movie: "The Barefoot Executive"	Roswell	Movie: "Passion Fish" (1992, Drama)	Matlock
6 PM	Blue Jays at Atlanta Braves. (Live)	Stanley Cup Playoffs: Game 4	Ignatieff	News-Lehrer	News-Frasler	Hollywood	Investigative Reports	Finals Game 4	Fortune	Practice	Freaky	Blue Jays	Friends	Discovery.ca	Chance of a Lifetime	Movie: "The Barefoot Executive"	Roswell	Movie: "Passion Fish" (1992, Drama)	Matlock
7 PM	Movie: "Leviathan" (1989)	News	Scattering	P.O.V. (N)	Dateline (N)	King	Law & Order "Divorce"	News	Dateline (N)	Dharma	Holmes	Sportsdesks	Popular	Discovery.ca	Chance of a Lifetime	Movie: "The Barefoot Executive"	Roswell	Movie: "Passion Fish" (1992, Drama)	Matlock
8 PM	Movie: "Leviathan" (1989)	News	Scattering	P.O.V. (N)	Dateline (N)	King	Law & Order "Divorce"	News	Dateline (N)	Dharma	Holmes	Sportsdesks	Popular	Discovery.ca	Chance of a Lifetime	Movie: "The Barefoot Executive"	Roswell	Movie: "Passion Fish" (1992, Drama)	Matlock
9 PM	Movie: "Leviathan" (1989)	News	Scattering	P.O.V. (N)	Dateline (N)	King	Law & Order "Divorce"	News	Dateline (N)	Dharma	Holmes	Sportsdesks	Popular	Discovery.ca	Chance of a Lifetime	Movie: "The Barefoot Executive"	Roswell	Movie: "Passion Fish" (1992, Drama)	Matlock
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Monday Movies

MORNING

10:00 am CITY (29) ★★ "The Big One: The Great Los Angeles Earthquake" (1990, Drama) (Part 1 of 2) Joanna Kerns. A seismologist meets resistance trying to convince officials that a major quake is about to hit Los Angeles. (E)

Four turn-of-the-century explorers embark on an airship expedition to the arctic, where they find a lost Viking colony. (In Stereo)

9:40 pm WTBS (3) ★★ "Dracula: Dead and Loving It" (1995, Comedy) Leslie Nielsen. A Transylvanian count proves to be a real pain in the neck in Mel Brooks' sendup of the horror classic.

AFTERNOON

5:00 pm WGN (28) ★★ "Wild Hearts Can't Be Broken" (1991, Drama) Gabrielle Anwar. A Depression-era teen's career with her high-diving horse is challenged when she is blinded. Based on a true story.

11:40 pm WTBS (3) ★★ "Silver Bullet" (1985, Horror) Gary Busey. A physically challenged 13-year-old tries to convince his uncle that a werewolf is behind a rash of grisly killings.

EVENING

6:00 pm CITY (29) ★★ "Manhunt: Search for the Night Stalker" (1989, Drama) Richard Jordan. Based on the true story of the hunt for and capture of California's homicidal "Night Stalker."

7:35 pm WTBS (3) ★★ "Leviathan" (1989, Science Fiction) Peter Weller. Time Approximate. Deep-sea divers are transformed into monstrous amphibians after discovering an experimental mutagen.

8:00 pm FAM (24) ★★ "The Barefoot Executive" (1995, Comedy) Jason London. A network employee sees a chance to go from mailroom to boardroom with a chimpanzee that predicts TV's hottest hits. (In Stereo)

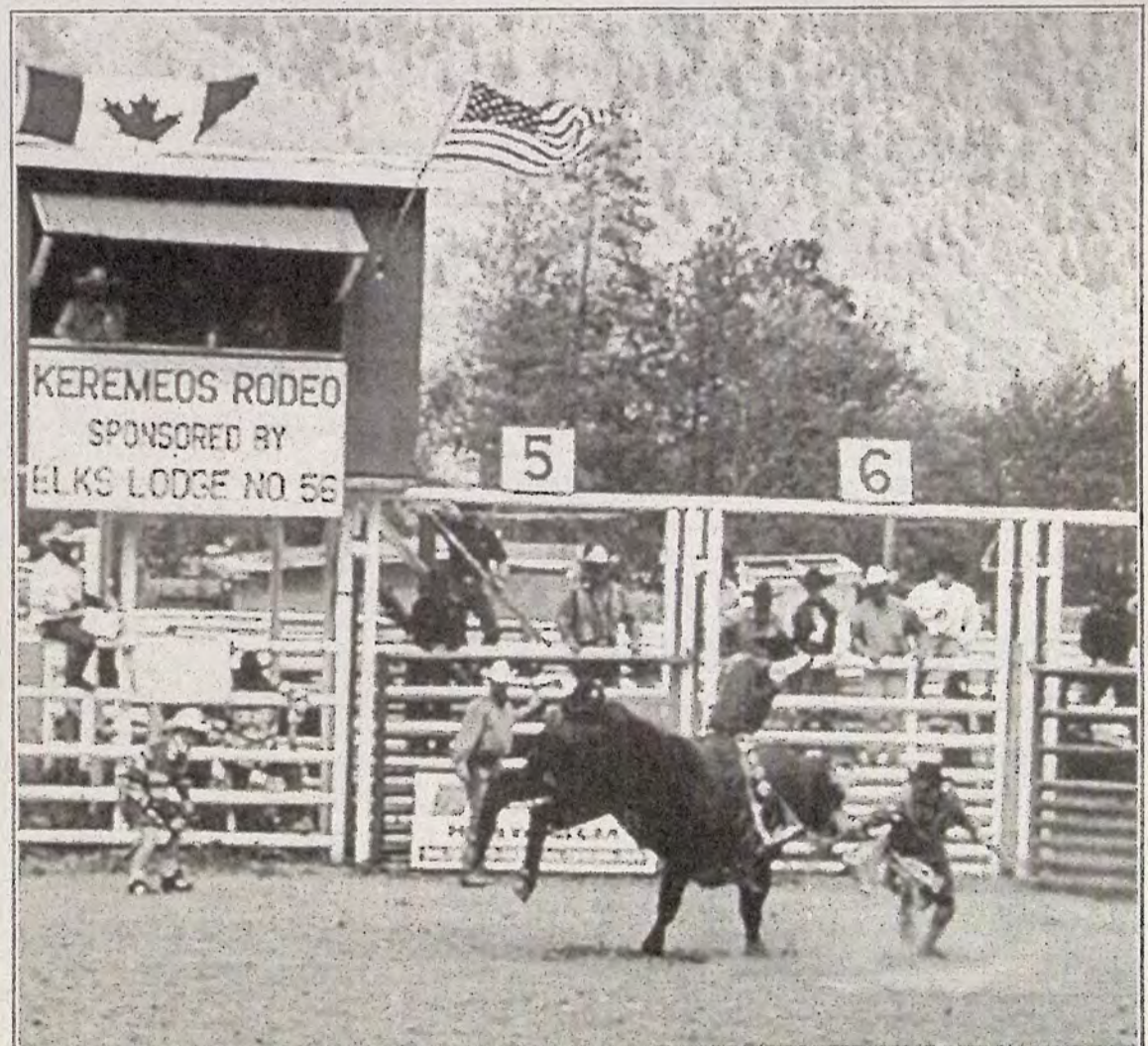
9:05 pm CITY (29) ★★ "Passion Fish" (1992, Drama) Mary McDonnell. Friendship and trust slowly grow between an abrasive paraplegic and her caretaker.

9:30 pm FAM (24) ★★ "The Island at the Top of the World" (1974, Adventure) David Hartman.

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Bullriding is for the tough

A good ride is a rare treat for most bull riders, especially at Keremeos on the May long weekend. Above, Trevor Lulua of Hanceville, B.C. had a good ride on Mayhem. There were plenty of bull riders at the Keremeos rodeo, and some of those bulls gave cowboys and clowns a good run for their money, too.

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The biggest brook trout

by John Sandness, Similkameen Valley outdoorsman

Brook trout are found in other lakes in the 17 mile radius of Princeton but under penalty of harsh and severe words, I cannot tell you which ones. Good brookie lakes are like good huckleberry patches - you let others find them the hard way, as you did.

Some people prefer eating rainbow trout more than brookies. I am told that is why Martin's Lake was planted with rainbow trout and the brookies allowed to die out. Neither species, by the way, can successfully spawn in the muddy bottomed Martin's Lake.

In August 1999, my wife and I visited the mecca of brook trout fishermen - Nipigon, Ontario - on the north shore of Lake Superior, famous because of 15.5 pound world record brook trout caught in the Nipigon River.

I passed many other tourist traps along the northern Ontario highways, but as I was driving into Nipigon, I said, "We stop here, Marcy."

I looked all over town for a photo of that monster brook trout and finally found a replica of the famous fish. It was in the same vicinity as the service station where we were having our Toyota's flat tire fixed. We had picked up a drywall screw while passing through a construction zone.

I took three photos of the huge brookie, called speckled trout in Nipigon, and one is shown with this column.

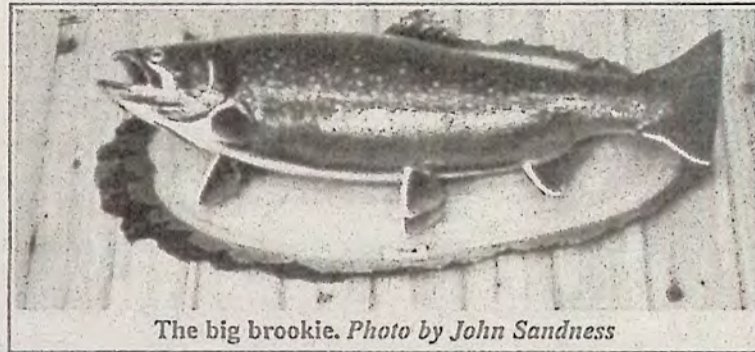
Why do they grow so big in Ontario's Nipigon? It is because of the herring, whitefish and smaller trout these speckles feed on in Lake Superior. These very large trout return to Lake Superior after spawning in the river. Unlike our Pacific salmon, speckled

(brook) trout can spawn over and over again. Like the other char, brook trout live long lives. Ten to 12 years is not unusual. Some char, like the lake trout, may live 20-25 years in Arctic lakes such as Great Slave.

Brook trout hold a special place in my trout fishing memories.

They were the first fish, besides the minnow-like chubs, I ever caught. They are like little jewels to look at. Unlike some others, I think they taste great!

I hope someday you have the chance to catch and admire the beauty of this trout.



The big brookie. Photo by John Sandness

B.C. hit by swarm of quakes

On May 3, an earthquake registering 5.6 hit the mountainous area on Afghanistan's northern border. This is a quake area.

On May 8, a 6.5 magnitude earthquake hit Indonesia, killing 27 people and doing widespread damage. The tremor shook an area 1,000 kilometres long.

On May 24, a strong quake registering 6 on the Richter scale shook southern Greece.

All of the above locations have many seismic events every year.

In Mexico, on May 23, a large volcano near Mexico City, named Popocatepetl, erupted, sending ash more than two kilometres into the sky. Ash blew westward toward Mexico City. This is the

third eruption in six months. Earthquakes swarm on B.C. coast:

A swarm of small earthquakes hit the B.C. coast during the past month, particularly on the west coast of Vancouver Island. Three registered 5.0 and higher, and three were over 4.0 on the Richter scale. None did any damage, and most had no impact on the surface. The focus of the quakes appears to be two points on the ocean floor, one off the Queen Charlottes, and one 200 km. west southwest of Port Hardy. There has been some activity in the Gulf of Alaska of a very minor quake magnitude. Between May 5 and May 25, there were 48 coastal quakes.

Lakeside sponsors 2002 Bluebird convention

The Southern Interior Bluebird Trail Society is pleased to announce the Penticton Lakeside Resort Convention and Casino are the major sponsor for the 2002 North American Bluebird Society Convention.

The Southern Interior Bluebird Trail Society improves the nesting habitat for Western and Mountain Bluebirds. Members of the society provide nest boxes throughout the Southern Interior, monitor the type of species using the boxes as well as how many birds successfully fledge. Society nest boxes are situated in an area covering over 25,000 square miles including: Quesnel, Williams Lake, Clinton, Kamloops, Logan Lake, Merritt, Princeton, Penticton, Oliver, Osoyoos and Grand Forks.

For the next three or four months, over 15 species will use these nest boxes. This includes Bluebirds, Swallows, Chickadees and even Flying Squirrels. The statistics obtained are sent to organizations in Victoria, B.C., as well as to the North American Bluebird Trail Society, which tracks continent-wide trends of the Western, Eastern and Mountain Bluebirds. In areas where nest boxes have been provided by groups such as the Society, Bluebird populations continue to rise from an all-time

low a few years ago. In 1999, the Southern Interior division reported 6,890 bluebirds fledged, including Western and Mountain species.

On April 15, the Transcontinental Bluebird Trail opened as the first public area in B.C. at Osoyoos Desert Centre. A pair of Mountain Bluebirds are nesting at the site.

Why are bluebirds so special? There are only three types of Bluebirds. All are found in North America. Throughout the twentieth century, declining bluebird populations reached an all-time low in the late 1970's. Since then, recovery projects across the continent have been working to help bring back the Bluebird.

In June 2002, the Southern Interior Bluebird Trail Society will host the 25th annual North American Bluebird Society Convention at the Penticton Lakeside Resort Convention and Casino, the major sponsor and host facility. Other sponsors, to date, include The Desert Society of Osoyoos, The Grist Mill in Keremeos, Sierra Screenworks of Penticton, and Tumbleweed Nature Store in Penticton.

For more information, contact Sherry Linn, Box 494, Oliver, B.C. V0H 1T0 or e-mail goldstrm@vip.net.

Government stocks lakes

Princeton - Princeton area will have a very small portion of the 1.6 million fish being stocked in the Thompson-Nicola region. More than 200 lakes will be stocked, primarily with rainbow trout. Only Shumway Lake falls into the Princeton area lakes in the region.

Lakes around Merritt include Murray, Marquart, Lily, Courtney, Shea, Tupper, Tyner, Walker, Gump, Calling, Blue, Billy, and Beautiful.

Peace bond settles charge

Michael Dwayne Hauschild appeared in Provincial Court in Princeton on May 25 to settle charges of harassment of Alana Aitchison by entering into a \$1,000 peace bond.

Judge G. Sinclair, at the request of Crown Counsel, attached conditions to the recognizance which restrict contact with Aitchison, including limiting the number of times he may phone her.



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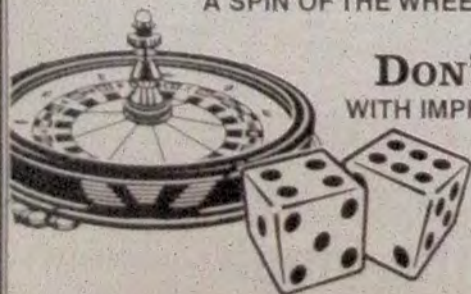
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Top student writers!

The staff of John Allison Elementary School would like to acknowledge the many students who participated in the recent Children's Writing Contest. The members of the Princeton Writing Club were impressed with the quality of writing produced by John Allison students. We congratulate this year's winners: Jenny Laska, Miranda Neuman and Kalie Whincup. All of the students are proud of their participation and achievements.

Another movie starts filming in Okanagan

Okanagan Film Commission has arranged for another movie in the region, this time in Summerland. Holiday Picture's "Lunch with Charles", a Canadian/Hong Kong co-production, is a feature-length film. It is a romantic comedy road movie and stars Canadian rock star Bif Naked, Canadian actor Nicholas Lee and well-known Hong Kong actors Sean Lau and Theresa Lee.

The story revolves around a journey from Vancouver to Banff that, through a variety of misadventures, forces the central characters to re-evaluate their lives.

The film will use a variety of locations in Summerland, Peachland and the South Okanagan. Summerland's Kettle Valley steam train will have an

important role in the film. "The train is the main reason the film is coming to the region," says Okanagan Film Commissioner Mark Flett. "It acted as the anchor enabling us to convince the producers they could do other scenes in the area as well. The Kettle Valley train continues to be of interest to film companies. The production company will be staying in Summerland and will be utilizing a variety of the area's services."

Filming begins this week. Total production dollars spent by film companies in the Okanagan/Similkameen exceed three million dollars spent on local services with many locals hired as workers, technicians, actors and extras.

Randy Travis: Still at the top

For the past 15 years, country music superstar Randy Travis has been at the top. His new album, *A Man Ain't Made of Stone*, stays at the top of the charts, although he admits it is "a little different than anything I've ever done."

Travis has a commitment to real country music, and it shines through even in his newest, "different" album. The reason for the different sound was the insistence by Dream Works Records that he record the album in Santa Fe with a new group of musicians. The new different sound was deliberately staged by Travis' producer.

Travis loved the recording session, saying, "It's the most fun I've had in the studio in a long time."

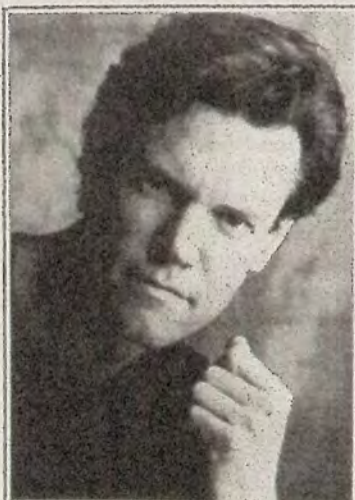
A Man Ain't Made of Stone was a fast paced recording session, and Travis managed to combine the spontaneous energy of the session with musical perfection.

Travis balances a full-time music career with a full-time acting career. In the future, he plans to concentrate more on his songwriting,

and he wants to be out on the road, playing shows.

"That's the ultimate pay-off for me," Travis says. "There's nothing like walking out in front of a full audience."

Randy Travis is booked to appear in front of a really big audience at the Merritt Mountain Music Festival on July 22.



Randy Travis

Former local youth wins silver

Michael McLeod, formerly of Princeton, is well-known in karate circles. This youngster has had an outstanding record of achievement, including being one of the youngest in North America to earn a black belt. He moved to Calgary with his parents, Don and Sue McLeod, two years ago.

In the Alberta provincial karate competitions, McLeod was tied for the gold medal. A tie-breaker fight was held, and he wound up with the silver.

McLeod will soon be back in B.C. competitions as the family will soon be moving to Saanich, B.C., where Sue McLeod has been hired to the police force.

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Gate: \$60 includes GST (during event week.)

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NEWS LEADER TICKET CONTEST ENTRY FORM

Welcome to the News Leader's Merritt Mountain Music Festival Ticket contest. We will be drawing for 1 FULL EVENT PASS, weekly from May 27th to June 30th. The contest is open to all ages. Entry forms must be cut from the New Leader and be in our office by Saturday 12:00 noon for each week of the contest. Our contest closes at 12:00 pm on June 30th 2000. Winners will be decided by draw. Entry form must have the correct answer to weekly trivia question to win.

Name: _____ Phone: _____

Trivia Question: Which album did Randy Travis record in Santa Fe?
Answer _____

Congratulations To Barb Gould our 1st winner of a Full Event Pass

POINTS OF VIEW

OUR VIEW

We predict a great future for our grads

This year's grads are the first of a new century and a new millennium. If the last century, and the last millennium are an indication of what they can expect, then they are in for a great time. Certainly, few people in the past century or the past millennium have had as much going for them as today's young people.

From 1900 to 2000, our world went from covered wagon and steam locomotion to airplanes and rocket science. There was a lot of evil involved in the development of many of the industrial and technological changes, as these things evolved out of the worst war the world has on record. At the same time, our young people have been spared war, and there was a time when every young man anticipated putting his life on the line in some kind of war. We have made some great advances technologically and morally during the past century. It did not come easy, but we have it now, and this new world is the benchmark from which our grads, and the new century, will be measured.

Young people leaving public schools today have access to more information, faster, than any previous generation. They can apply for jobs via Internet, they can further their education through computer technology, they can attend conferences through teleconferencing, and they can work in their homes when they have the education and skills they need.

This is not to say their lives will be easy. On the contrary, they will face challenges such as the attempt by global corporations to decide how governments and nations should function. They may have to struggle to hold on to health care benefits, social assistance and publicly funded education for their children. Socially, we face some pressures to go backward. These grads are as well prepared as we can make them, and we wish them a great, grand future.

EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws.

The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense!

The Editor reserves the right to condense any letter or to substitute proper language for improper language.

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TIS TOONS



YOUR VIEW

Citizen talks hospital to politicians

This letter was sent to Jim Hart, MP and MLA Harry Lali, and federal Health Minister Alan Rock: I was reading the local newspaper on Tuesday, May 16, and was impressed with the article about hospital beds! Coming to the same conclusion as to where this trend is leading, I made it a priority to attend the regional board meeting at the Senior Citizens Hall on May 17 at 7:00 p.m. I was very disappointed at the way the meeting was conducted, as I was naive enough to believe that this was a public forum.

There was a very big turnout at the hall, but after the initial introductions and the concerns of four people connected with the Princeton Hospital, the chairperson directed her attention to the regular board meeting as stated in the agenda and there was to be no more comments by non-board members until such time as the current business was closed. We brought up the fact that 3/4 of the people in the hall did not have an agenda to follow and we were told this would be noted in the minutes for the next meeting!!

After 15 minutes, I went outside, as did a lot of other people because half the time you could not hear what they were talking about anyway.

Finally, at 9:15 p.m., the person to the chair's right spoke to us at great length about HOW IT IS GOING TO BE! (I would have missed that six word statement but Bob Wicks very eloquently pointed it out to all of us later on.) Well, by the time this performance about HOW IT IS GOING TO BE ended, and a lot of people had gone home in disgust (as

they thought we should have been able to speak our minds instead of having to sit through a meeting that did not interest any of us in the first place as we were there to fight to keep our hospital open) we finally arrived at the start of the forum around 9:30 p.m.

At 10:15 the chair person had the audacity to tell us that we were already 3/4 of an hour over the allotted time - in other words were over the allotted time before we started.

As I reviewed this meeting at home, I came to the following conclusions:

1. This meeting was held in order to go through the motions of having public input. The statement HOW IT IS GOING TO BE says it all!

2. Harry Lali's representative made, amongst other very arrogant statements, the following.... THIS IS HOW IT IS DONE IN GOVERNMENT!

I say, look where we are today compared to other provinces, they certainly did it!

If it is like a person stated that all the hiring of nurses is done in Penticton, just imagine how easy it would be for them to just not advertise for Princeton and if they do advertise, just always have some excuse not to hire them. What an easy way to eliminate a hospital by overworking the staff til they send patients to Penticton, thus emptying existing beds in Princeton, thus less money, thus less nurses, etc, etc. THE BLUEPRINT IS THERE!

One board member stated that they (the government) are always planning 10 years ahead, so the aforesaid scenario is not so far-

fetched. It will take a lot to convince me that, given today's rat race of the cities' traffic jams, parking problems and pollution, there is not one nurse to be found willing to relocate to an outdoor person's Dream World-like hunting, fishing, skiing, nature walks, cycling, ski-dooing, camping, swimming and all the other sports and activities not possible in crowded cities.

But in order to relocate to Princeton they would want a steady job and not just part-time.

They (the government) are very concerned about all the overtime. Well, for the money you spent on time and a half or even double time to the already over-worked nurses, surely that money would make up a big portion if not all of the cost of a full-time position.

Peter and Carol Ruoss.

Thanks, Princeton!

The 2000 Cancer Campaign of Princeton and surrounding areas was most successful.

I would, therefore, like to take this opportunity to thank the many people who contributed to the Canadian Cancer Society by making a donation, and a very special thank you to the many volunteers who went door to door soliciting donations during the April campaign. Your efforts were outstanding!

People of Princeton and area, you were great!

Eunice Bottenfield, Campaign Chairperson.

Open letter to Regional Health Board

To Regional Health Board
 Attention: Murray Ramsden
 Subject: #1 Nursing shortage
 #2 45 per cent bed closure
 (8 out of 18 acute care beds at Princeton General Hospital)
 #1 - In addressing the nursing shortage I would like to remind this board that you have an obligation to provide the community of Princeton and its hospital with the means to carry out its care-giving activities. In this case - more staff. The suggestion of incentive packages in some form has been offered as one idea - you have our permission to proceed in this direction. Q: What is the board going to do to alleviate the nursing shortage at PGH?
 #2 The closure of eight acute care beds represents 45 per cent of this community's health care services as the resources and agencies within our boundaries do not exist or are seriously compromised to be able to provide the means of

"closer to home" health care. If Kelowna or Penticton were to lose 10 per cent of its acute care beds, a healthy local cry would go out to the region. If Kelowna or Penticton were to lose 25 per cent of its health care services, this outcry would be on the doorstep of the BC Legislature, and 45 per cent of Kelowna or Penticton's health care services were permanently removed (which is what you are doing in Princeton) a delegation would be on its way to Ottawa!

The ramifications of this bed closure will be felt by every community in the OSHR. I ask for the support of all communities in our region to prevent this closure - or do we start asking the question "Who will be next?"

Q: What purpose does it serve to close 45 per cent of acute care beds at Princeton Hospital as it was stated that no nursing staff would lose their acute care positions? If this board does not rescind its decision to close these acute care beds, are you prepared to provide a 45 per cent increase in services in the areas of:

(non-existent services)
 Full service in occupational, rehab. or physiotherapy for community or hospital? 24 hr. crisis intervention worker? 24 hr. community care nurses? 24 hr. community mental health worker?

Hospital social worker? Ward clerk? A full-time hospital/community dietician and nutritional consultant?

(Limited services)
 ambulance? home care nurses? home support services? child care services? mental health worker and any programs within this area? social worker? Public Health Nurse? Hospital clerical staff?

These are only some of the areas the hospital nursing staff provide because there are no other alternatives.

I realize that the RHB does not rescind their decision to close 45 per cent of our acute care beds what are you basing your level of funding? Ten acute care beds or ten plus four overflow beds?

I realize that the RHB makes its decisions regarding health care in Princeton upon input from our local CHC and its hospital administrator. It is obvious that in the past this community's voices have either not been brought to your attention or are being ignored. In either case this needs to stop! We as a community are not going to go away! Our voices will be heard until our health care needs are met.
 Sincerely yours,
 April Rykers

Thanks!

Dear Editor;
 The B.C. Bus Nuts, members of Family Motor Coach Association, held a most successful rally here in Princeton on May 18-22. It was our pleasure to be hosting this event. People from Washington, Alberta and many areas of B.C. took part in this rally.

Our thanks goes out to the many merchants of Princeton, Town Hall, Princeton Exhibition Association, Chamber of Commerce, and anyone who helped to make their visit to Princeton so successful. The comments from these visitors were very positive; they were surprised and delighted at what Princeton and area had to offer.

Thank you, Princeton.
 Basil and Eunice Bottenfield

Mr. Premier!

Dear Sir;
 After the fastcat ferry fiasco, I thought it about time the NDP cabinet do something really radical and intelligent for a change like announcing a major decision in B.C.'s geographic status. Namely by designating Kamloops as the capital city of B.C. and new Parliament Building to be built there. The the legislative assembly can move off that rock so the province can receive constructive governing instead of a bunch of MLAs suffering from symptoms of burnt-out tour guides in a rose garden.
 Yours truly,
 M. Bunn

Action Committee meets

Dear Editor;
 A committee has been started - Save PGH Action Committee - and it had a spontaneous meeting of concerned citizens yesterday, May 24, 2000, in the Elks Hall. Approximately 25 citizens attended and, after much useful discussion and helpful input, it was decided that another meeting would take place on Wednesday, May 31, at 1 p.m., again at the Elks Hall. The plan is to rally con-

cerned citizens who are willing to go to the Regional Health Board, in Kelowna, on Wednesday, June 7, 2000.

It is hoped that as many citizens of Area H will take part in this demonstration as they are affected by the proposed changes to our hospital. If you need information, contact 295-6600 between 2 p.m. and 6 p.m.
 J. Kolbe

We Apologize!
 The News Leader wishes to express our regrets to Sgt. Brian Edmonson whose rank was incorrect in an article about crime in Hedley. Sorry, Sergeant, we did not intentionally demote you to Constable!

Heart Food

by Dave Machin

There is a story of a practical joker who one day saw a man who had spent years of service in the army, going home from the store. He was an elderly man who had for some years out of the uniform of the army. When the joker suddenly called out "attention!" the former soldier stopped and as his arms snapped to his sides the bundles he was carrying fell to the ground. His military training had been so thorough that it had become second nature. Many times when we speak of persons habits we are referring to bad habits. But good habits are just as much a part of helping us as bad ones are at hindering. The word habit can be defined as a behaviour pattern acquired by frequent repetition which can become nearly or completely involuntary. The word habit comes from a Latin word which indicates that habits have us instead of our having them. Instead of saying of a person, he/she has such and such a habit of whatever. We might say this or that habit has them. God also has habits, the first of which is that his ear is always open and listening to and for someone with just a shred of faith calling out to Him for help. This cry, however faint, always snaps Him to attention and brings Him on the scene of the life of who is moving toward Him. This habit so has Him that He is actually looking for someone. Maybe that someone is you. Know this; that He does hear you. In His hand is a brand new heart filled with His goodness that He desires to place on the inside of you. Because He knows out of habit that is what you need to give your life meaning again. For He is good and filled with good habits to impart into you.

Pastor Dave Machin, Similkameen Christian Center,
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 DON BODDEN - PASTOR
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BAPTIST CHURCH OF PRINCETON
 ACROSS FROM ARENA - OLD HEDLEY RD.
SERVICE TIMES
 Family Worship &
 Sunday School 10:30 am
 Weekly Home Studies
 & Ladies Study
 PASTOR
 PETER RYTKONEN
 295-7752



St. Paul's United Church
 Office Hours
 Tues & Thurs 9:30 - 12 Noon
 Worship &
 Sunday School
 10:00 a.m. Sundays
 Minister Chris Haugland
 Home: 295-7302 Phone: 295-7714
 Also serving the Anglican Community

PAOC
ELIM TABERNACLE
SUNDAY SERVICES
 9:45AM SUNDAY SCHOOL
 11:00AM MORNING WORSHIP
 6:00PM EVENING SERVICE
BIBLE STUDY
 WEDNESDAY 7:00PM
YOUTH NIGHT
 THURSDAY 7:00PM
PASTOR MARK BERNARD
 312 9TH ST.
KEREMEOS
 PHONE: 499-5847

Similkameen Christian Center



GOD IS GOOD
 Service: Sun 10:30 a.m.
 Childrens Church - ages 5-11
 Office hrs. Mon.-Thurs. 10-4 p.m.
 Pastors Dave & Tena Machin
 221 A BRIDGE ST. PH: 295-0559

CHRIST THE GOOD SHEPHERD LUTHERAN CHURCH
 The Chapel of the Princeton Funeral Home
 133 Bridge St.
Sunday Worship Services
 10:00 A.M.
 Bible Study & Sunday School at 9:00 am
 PHONE 295-0597
 CHURCH OF THE LUTHERAN HOUR
 7:30 AM SUNDAYS LOCAL RADIO
 VICAR MARK HENNO

CLASSIFIED

RATES

CLASSIFIED ADS

• \$3.75 First 20 words
+ 5¢ for each additional word.
Classified Ads must be paid in advance unless you have a standing account with the News Leader

DISPLAY

CLASSIFIED ADS

\$3.75 per column inch. + 7% GST
Ph: 250-295-4149
or Fax: 250-295-4103

PHONE NUMBERS TELL VALLEY LOCATION

Princeton area phone numbers begin with - 295
Hedley area phone numbers begin with - 292
Keremeos - Cawston - Olalla begin with - 499

OBITUARIES

GEORGE EDWARD OELRICH was born on April 1, 1917 to his pioneer parents Albert & Sarah Oelrich, who homesteaded the Cold Spring Ranch, Princeton, B.C. He was their 8th child.

George passed away suddenly at Barriere, B.C. while operating a "Cat," helping his good friends Harley & Lynn Wright, on their property.

George was predeceased by an infant daughter and his wife of 50 years, Eileen, in 1977. He is survived by three daughters, Lynn (Earl) and Vickie (Dale) of Dawson City, Yukon, Dawn (Arnie) of Clontarf, Australia, eight grandchildren, his sisters Grace Parriott of White Rock B.C. and Marion Marsel of Princeton, B.C., numerous nieces and nephews and good friends. He will be sorely missed. His happy outlook on life and his sense of humor will be most remembered.

APPRECIATION

THANK YOU!

The Tulameen Community Club wishes to thank all the volunteers who baked for the Bake Sale and donated to the White Elephant Sale. A great big thank-you to the businesses and individuals who donated prizes for the raffles. A Special thank-you to the volunteers who manned the tables and sold the raffle tickets, our sale would not have been as big a success without you.

NEWS TIPS!

Ph: 295-4149 or
1-888-350-9969
Fax: (250) 295-4103

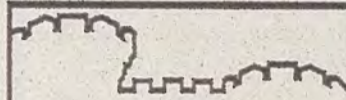
IN MEMORIAM

DONATIONS can be made to Princeton Senior Citizens Drop-in Centre Society, Box 32, Princeton, B.C.. A plaque will be placed on the memorial board. Contact John Sinclair @ 295-3947 or Al Hill @ 295-6635. Income Tax receipt will be issued. Mar/Oct

IN MEMORIAM DONATIONS

TO THE CANADIAN CANCER SOCIETY
Dianne Graham 295-6648

JOB MARKET



PRINCETON CASTLE RESTAURANT

Requires Service Staff.
Preference will be given to those with fine dining experience. Excellent communication skills are an asset.
Phone: 295-0222 for an interview.

COMPUTER TRAINING

INDIVIDUAL COURSES START 4 X DAILY

- WordPerfect
- Keyboarding
- Bookkeeping
- Office Procedures
- Intro to Computers
- Simply Accounting
- Punctuation and Writing Skills
- MICROSOFT
- Office
- Access
- Internet
- Outlook
- ACCPAC
- Data Entry
- Networking
- Outbooks
- Windows
- Publisher
- PowerPoint

ACADEMY OF LEARNING LOCAL CALL 310-JOBS (5627)

PRINCETON & DISTRICT MUSEUM & ARCHIVES SOCIETY SUMMER STUDENT MUSEUM ATTENDANT POSITION

YOU MUST be able to work Tuesday to Saturday each week from 10:00 am to 6:00 pm (35 hours week) Sunday and Monday days off.
Starting Date: Tuesday June 27, 2000 TO August 26 (Negotiable based on school completion) Pay Rate \$9.00/hr.

YOU MUST be a full time student now and enrolled full time in school September, 2000. Secondary school students 16 years and older, and college students may apply.
The successful candidate will give museum tours to the public, work with volunteer staff and directors. No experience needed. Training provided.
We are looking for an outgoing, energetic person with good communication skills, who is reliable, well groomed and willing to learn.

Application Deadline: June 12, 2000
Mail resumes to: Princeton & District Museum and Archives Hiring Committee, P.O. Box 281, Princeton, B.C., V0X 1W0

NOTICES

PRENATAL CLASSES

The next series of labor and delivery classes offered at the Princeton Health Unit will begin Monday, June 5, 2000 at 7:00 P.M.

These classes will be for women due in July, August, September and October. Items discussed include signs of labor, stages of labor, comfort measures, breathing, and breastfeeding and a tour of Princeton General Hospital.

Books and videos are available on a loan basis from the Health Unit. Fee for the classes is \$30.00. Subsidies are available.

Monday, June 5, 12, 19, and 26, 2000
7:00 - 9:00 P.M.
Princeton Health Unit

AL-ANON

Wednesday nights, 7:30 p.m. at the Baptist Church Basement
Contact Phone Numbers
Jenny - 295-7005 Rollic - 295-3784

SENIOR CITIZENS FLEA MARKET

June 10, 2000 9 am - 2 pm
at 162 Angela
BOOK NOW!
\$7.00 per table
Ph: 295-7515

COPPER TOWN

MOTEL
IS NOW UNDER NEW MANAGEMENT
INQUIRIES: 295-0605

CAN'T DRIVE THAT OLD CAR ANYMORE?

Tulameen Motors

Will Tow it Away for FREE
Plus - CASH FOR SOME

Call 295-7481

NARCOTICS ANONYMOUS
Meets at the Health Unit every Thursday at 7:30 P.M.
Open Meeting.

ALCOHOLICS ANONYMOUS
Sunday (open meeting) at 8 p.m. in the health centre. Wed. at 8 p.m. in the health centre. Ph: 295-7367, 295-6138. (closed meeting). Fri. at 8 p.m. in the Tulameen Library. Ph: 295-7005. Open Discussion, Sat. 7:30 p.m. Health Unit (closed). Ph: 295-3407.

NOTICES

Folk Art Classes

Now Available
Bring your Project
Thursdays
11:00am - 3:00pm
*Consultant on Site
Paint and supplies are now in stock. We look forward to seeing you at

Classic Decor
143 Tapton Ave.
295-6014

Princeton Auto Wreckers

FREE PICK-UP
Scrap Cars or Trucks
Call 295-6224

WANT A SUCCESSFUL YARD OR GARAGE SALE? ADVERTISE!
295-4149

YARD SALE

PLANT SALE

Elks Hall Country Store
June 3, 2000 9 am - 3 pm
Vermilion & 3rd Street
Princeton, B.C.
Perennials, Irises Peonies and MORE!
One time only - Week of May 29, 2000

10 resident yard sale

Beginning at 22km. Old Hedley Rd. (Bromley Rock area) continues around to Bromley Cres. & Arcat Rd. Tables set up at individual homes. Sat June 3, 10 am to 2 pm.

GARAGE SALE

Saturday June 3, 9 am to 2 pm at 212 Angela Ave. Lots of good stuff. Home baking too!

GARAGE SALE

Saturday June 3, 9 am to 2 pm St. Peter's Parish Hall, 43 Billeter Avenue

GARAGE SALE

Saturday June 3, 8 am to 11 am 228 Ridgeway

RATES

CLASSIFIED ADS - MUST BE PAID IN ADVANCE (UNLESS YOU HAVE AN ACCOUNT WITH US)

- \$3.75 First 20 words, 5¢ for each additional word.
- Display Classifieds \$3.75 per column inch. + GST

NEWS TIPS!

Ph: 295-4149 or 1-800-350-9969

Fax: (250) 295-4103

FOR SALE

2 WOOD HEATERS, excellent condition; 1 oil cook stove; 3 tires 21575R16, various sized rims; Bath tub, Heavy gauge steel (green); 2 metal framed double glazed windows, 3'x5'; Low pressure irrigation watercannon. Ph. 295-3751 M30

8 FOOT OVERHEAD camper, 3-way fridge, 3 burner stove with oven. Good condition. Comes with four jacks. \$1500. 295-6429 M30/J6

PETS & LIVESTOCK

"FARRIER"

Local, Quick, Reliable Service. Call: (250) 295-4194. Leave a message if no answer. M 2/30

3 YOUNG BOARS FOR SALE

Phone: 295-3420

RECREATIONAL VEHICLES

24 FT MOTOR HOME - 1989 FORD F350, 460 fuel injection, 50,000 mi. Mint condition. Phone: 295-4006 M16/30

PROPERTY SALES

ONE LOOK WILL DO!

Sparkling clean 3 bedroom mobile on .5 acre lot in San Ang estates. Perfect spot to run a home business or simply enjoy country life, just minutes from town. Home includes 5 appliances & Hot Tub. Many Extras. \$113,000. A MUST SEE! PHONE: 295-7826 M23/J25

1970 PARKWOOD Mobile Home \$8000 includes appliances. Must be moved. Ph 295-3041 evenings, 295-3751 anytime. M30/J6

NEWS TIPS!

Ph: 295-4149 or 1-800-350-9969

Fax: (250) 295-4103

PROPERTY SALES

\$1,000. - CASH ALLOWANCE!
FREE RENT 2 MONTHS ON LOT
NOW SHOWING AT PINES MOBILE HOME PARK
New SRI M.H., 2 bedroom, 1.5 Bath L.P. from \$469./mo
For Appointment Call 295-3598 or 295-3532

Tulameen Private Sale

4 year old, 1000 square foot cabin, large covered deck, 6 appliances, on fenced 2/3 acre. Comes furnished. \$139,900. (can rent \$595/wk)
Phone/Fax: 295-6449

DEADLINE FOR DISPLAY ADS
Noon Friday!
DEADLINE FOR CLASSIFIED ADS
Noon Saturday!

LOST & FOUND

LOST: Black, orange and white spayed female cat. Tattoo on ear. If found please call 295-0059 M30

LOST: Black, orange and white spayed female cat. Tattoo on ear. If found please call 295-0059 M30

FOUND: Orange tabby domestic short hair neutered male adult cat. Tattoo in ear. Ph: 493-0136 (SPCA) M30

FOUND: 1 Cell phone. Can claim by identifying. Phone 295-3090 M30

FOR RENT

Clean one bedroom basement suite, fridge, stove, all utilities. Furnished or unfurnished. Ph: 295-6989 after 5 p.m. J15/rt5

FOR RENT

PRINCETON SILVERCREST HOUSING CENTRE SOCIETY HAS FOR RENT NEWLY RENOVATED SUITES
• Bachelor Suites @ \$225. per month
• One Bedroom Apartments @ \$300. per month
No pets, adult's only 50 +
To View Apartments Call Sandy Harrop @ (250)295-3343
Helen Gallagher @ (250)295-3825
Alice Cook @ (250)295-6136
Jean Borud (250)295-3983

ONE BEDROOM \$300. per month. plus utilities
Call Re/max Country 295-3222

COMMERCIAL OFFICE SPACES
4 different office sizes.
Phone: 295-7402 N30/rt5

3 BEDROOM MOBILE HOME, Central Air, Near School \$525. per month, damage Deposit & References Required.
Phone: 295-6139 M9/rt5

3 BEDROOM HOUSE near park, with Garage. Includes stove, fridge and dryer. References Required. 295-7516 days, 295-3915 evenings rt5

3 BEDROOM MOBILE HOME, with addition and sun-deck, private yd, dual heating, \$365. p/mo. ONE BEDROOM SUITE, to single clean N/S, furnished all utilities incl. \$275. Both avail June 1, Phone between 5 - 6 p.m. 604-795-4069. M2/30

TWO BEDROOM DOWNTOWN \$500. per month. References Required. Call Re/max Country 295-3222

Quiet Furnished Kitchen Unit. TV, utilities & cable included. Ideal for seniors or working people. Down town location. Ph: 295-6232 RTS

2 BEDROOM HOUSE, 4 appliances, gas heat, damage deposit required, \$450. per month. Downtown location. Phone: 295-7402 F22/rt5

FOR RENT

HALL FOR RENT
68 Bilitier Ave.
O.A.P. BRANCH # 185
PHONE: 295-3647

PRINCETON MANOR LOCATED DOWNTOWN. Close to stores, park and services. Clean & Quiet. Adults only building, one bedroom and bachelor apartments available. Sorry no pets allowed. References and Security Deposit Required. To view please phone Margaret at 295-6408. RTS

MOTEL UNIT with two beds, available at \$450. per month. Furniture, TV, Cable and Utilities included. Sorry No Pets Allowed
Phone 295-3288

PINES MOBILE HOME PARK LOTS FOR RENT
Apply at Park Office
Call: 295-3532 or 295-3598

FOR LEASE
1200 SQ. FT. OFFICE SPACE NEXT TO SUBWAY PRINCETON
Call: Roy 295-3598
Cell: 295-8094

BACHELOR TRAILER 9 miles on Old Hedley Road. \$275. per month includes utilities. Phone: 295-0028 M23/30

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• FREE OIL CHANGE PROGRAM
• WHEEL ALIGNMENTS
* WARRANTY APPROVED MAINTENANCE, DRUMS, ROTORS & FLY WHEEL TURNING.
Reasonable rates • all work done by licensed mechanics.
Phone: 295-0005

NEWS TIPS!
Ph: 295-4149 or 1-800-350-9969
Fax: (250) 295-4103

FOR RENT

1 bedroom apartment - from \$325. p/mo. to \$400. p/mo. Hot water incl., laundromat. SAFER GRANT for Seniors 60 and over. 1 month 1/2 price for new tenants. References required. Ph: 295-7077 or 295-1010 RTS
Glen @ Coldwell Banker Okanagan Realty

Three Bedroom, two bath, family townhomes at Aspen Court. Rent as low as \$199. per month if you qualify. Phone: 295-6666 M23/rt5

NEWLY LANDSCAPED LOTS FOR RENT at Deblyn Mobile Home Park. Ph: 295-6139. RTS

FOR LEASE
Prime Commercial Space in Princeton 800 square feet
Wheel Chair Accessible
166 Vermilion
Phone: 1 250-499-2619

AVAILABLE NOW!
TWO BEDROOM, W/D, F/S, near school, no pets, Damage Deposit and References. \$500. per month
Phone: 295-6139 m 9/ rts

WANTED TO BUY!
BAMBOO FLY ROD OR OLD FLY REEL and older fishing and hunting books. Call John Sandness at 295-7827

CERTIFIED JOURNEYMAN CARPENTER

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MARIA 295-0120

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SHIATSU THERAPY

Shiatsu is a therapeutic massage using pressure points and stretching techniques for back pain, headaches, etc. Senior & student rates. For mor information call K. Halpin C.S.T. 499-2678

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Come and Check out Pamelas DAY SPA SERVICES

Bring this coupon and receive \$10. off any Spa Service
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14 BUSINESS SERVICES



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295-3855
295-8006 CELL

23 HEALTH CARE

PRINCETON/KEREMEOS DRUG and ALCOHOL COUNSELLING SERVICES

FREE AND CONFIDENTIAL

Individual Counselling and Education

Keremeos: Monday & Wednesday 9:30 a.m. to 4:30 p.m. at the Social Services Office

For appointment phone(250) 295-6776 (collect if necessary) Tuesday to Friday 8:30 to 4:30

Princeton: Tuesday to Friday 8:30 a.m. to 4:30 p.m.

PHONE: 295-6776

The Similkameen News Leader
Phone 250-295-4149 Fax 250-295-4103
e-mail nwsleadr@plpower.com Toll free 1-888-350-9969
#1, 195 Bridge Street, Box 295, Princeton, BC V0X 1W0

Free and confidential counselling service is available to any woman who has experienced sexual abuse as a child or adult or are presently living in an emotionally or physically violent relationship.

Funded by the Ministry of Women's Equality.
Office hours 8:30 - 4:30
Monday & Friday - Keremeos 499-5928
Tuesday & Thursday - Princeton 295-4453

STADLER GYROCKING & RENOVATIONS

★ FREE ESTIMATES ★

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ARNIE STADLER
AT
295-4113

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BY DUCK JAMESON

BINGO

MONDAY NIGHT BINGO IN PRINCETON SENIOR CITIZENS BR. 30

Seniors Hall @ 162 Angela Ave. 5:30 p.m.

47 numbers called 6 p.m. special (Bonanza & Odds and Evens). \$20,000. SUPER STAR BINGO! EVERY WEEK! License 813186

HEDLEY THURSDAY EVENING BINGO

Doors open 4:30 p.m.. Drop-ins 6 p.m. Snowball carry over Jack pot & carry over Loonie Pot Bonanza & Regular games to follow.

KEREMEOS ELK'S & ROYAL PURPLE

Every Friday
Doors open 5:30 pm
Elks Hall Keremeos
SMOKE FREE BINGO

O.A.P BR. #185 BINGO EVERY FRIDAY MORNING! 9:00 A.M.

Hard Cards
License No. 807532A2

OAPO HEDLEY SATURDAY BINGO

Doors open 4 pm, Drop ins at 6 pm. 1st 45 Bonanza #'s, Early Birds, 20 Regular Games, 1/2 Time, Bonanza, Loonie pot & G-Ball, Jumping Jackpot. (min. consolation \$50.)Lic. # 827175

SUNDAY AFTERNOON BINGO!

In Hedley at the Chuchwayha Hall \$25 guaranteed minimum payout on regular games. (\$50 on double-up). Progressive Jackpot min. \$1,000. Progressive Pot O' Gold min. \$500. Progressive Looniepot Free Coffee! Doors Open @ 11:30 am Drop-ins Start at 1:30 PM followed by Early Birds, Regular Games & Specials.

ADULT ENTERTAINMENT
"TAKE A WALK on the wild side". 24 hr Live Uncensored XXX Talk! Hot college babes are waiting! 1-900-561-2478 www.luv-shak.com. Call now! 18+.

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Auction4it.com - FREE SHIPPING - Name brand Computer, Electronic, Houseware, Hardware products (Braun, Dell, HP, Logitech, Makita, Pioneer, Uniden....) Starting Bid \$1. Limited Time Offer. www.Auction4it.com 1-877-608-8352.

(2) UNRESERVED AUCTIONS June 5/00, Calgary, Alberta. (2) 98 Volvo 770's; 95 Champion 730 A iv, etc. June 8/00 in Kamloops, B.C. Complete Dispersal of Sageland (truck parts) etc. For details call 403-259-6600 or visit www.canadianpublicauction.com

BUILDING SUPPLIES
FLOORING LIQUIDATION. Laminate \$7.75, Oak Unfinished \$9.99, Prefinished \$2.50, Maple Unfinished \$2.00, Prefinished \$3.50, 6" Knotty Fir \$1.00, Oak Floating Floor \$2.75 Sq.Ft. Prices. LOTS MORE! 1-800-531-3242.

HARDWOOD FLOORING
CLEARANCE Wood Flooring of every description for all applications from \$.99/sq.ft. Sale starts May 27/00 until quantities last. Woodpecker Hardwood Floors, 12351 Bridgeport Rd., Richmond. 604-270-0314 or 1-800-537-2765.

BUSINESS FOR SALE
SELL YOUR BUSINESS! Use the most powerful classified system in Canada and reach millions of readers. Interested? Contact this newspaper and ask about Network Classifieds. Or call 604-659-9222 ext. 3.

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COLLECT CASH! Coke, Pepsi, Frito-Lay, Mars. Re-fill unique vendors in your area. FT, P/T. No selling. Min Investment \$13,990. Call 1-898-577-5376 (24Hrs) Member B.B.B. and D&B.

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INCREDIBLE BRAND NAME PRODUCT. Distributors required immediately. 100% year potential. Min. investment \$10,950 guaranteed. A few needed in your area. The Blue Corp. 1-877-448-3744 (24hrs). Canadian Company.

FIRE YOUR BOSS! Get paid every 7 days just for giving out our hot line K. It's easy. 1-800-811-2141 ext. 142391.

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AFRICAN JEWELLERY & GIFTWARE: Home based business. Huge discounts. Professional training. Lucrative Compensation Plan. Take advantage of Summer Festivals. Call Dee toll-free: 1-800-953-5325. E-mail: moggygills@home.com.

EARN ONLINE NOW! Get Free E-Profit Report. Cash in, ndo the internet explosion. Start Home e-Biz turn your computer into a profit centre. Call 1-800-602-2-3860 www.100kfromhome.com.

CAREER CHANGE/SELF-EMPLOYMENT? Pro-Tech computer Clean provides training, equipment and supplies in the rapidly growing field of electronics cleaning. \$3,000. One-time fee. www.protechin.com or 1-898-615-0555.

INCREDIBLE OPPORTUNITY. No selling. No meetings. No face-to-face contact. No monthly costs. Limitless earnings. Really! Call for details 1-800-811-2141, code 131385 or www.lopecretine.com.

TRIMPATCH P-3, Just Peel & Stick Weight management. Approved by Health Canada D.I.N. 02240595. Distribution Opportunities Available. Get Paid in U.S. Dollars Canadian launch July 1, 2000. Order today 1-888-787-8746.

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Exciting well paid careers in computer programming and internet website design. We will prepare suitable applicants. Ministry of Education Registered Home Study Diploma Program. Financial assistance, in-amer computer systems and job placement tools available. No experience necessary. 1-800-477-9576 www.cmstraining.com.

JOIN THE NEW Millennium e-business boom. New E-Commerce Diploma Program at Fairview College includes computer programming, internet marketing and web design. www.fairview.ab.ca. 1-888-898-7882, Fairview, Alberta.

COMING EVENTS
LUF: Valid card-holding member's General Meeting called RE: Termination - Replacement of the Board of Directors. 1:00 pm, Saturday, June 10, 2000, Memorial Centre, 4214 - 58 Street, Red Deer, Alberta. Info: www.lufa.ca Phone: 403-845-2280.

THINKING ABOUT EXPANDING your Home-Based Business? The 23rd BC Creative Arts Show invites gift and/or specialty food producers to participate in the dmj world media Vancouver Wholesale Gift Show, at a subsidized cost. For application deadline call 1-800-672-0103. www.homebusinessreport.com.

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SAWMILL \$4895 SAW LOGS into boards, planks, beams. Large capacity. Best sawmill value anywhere. Norwood Industries, manufacturer of sawmills, edgers & skidders. Free information 1-800-565-8899.

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ADVERTISE on the INTERNET. Sell your home with no commission. \$199 for 6 months on high traffic site. Call By-Han 597-7121 or toll free at 1-877-304-2220. www.byhan.com.

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TRYING TO QUIT smoking or lose weight? We can help - natural & safe products. Call Supernal Health Systems. 1-888-778-0300.

HEALTH PRODUCTS
WHOLESALE VITAMINS Hugo Selection. Serving Canadians over 30 years. Buy One get One Free. GLS-500mg 2x180-22.88 Ginkgo 60mg 2x90 14.99 Salmon Oil 1000mg 2x180 23.99. Free catalogue 1-800-663-0747 Vancouver 321-7000.

HELP WANTED
EXTRA INCOME! Company needs help sorting and processing data. P/T, P/T available. No experience required 1-600-279-0019.

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CANADA'S #1 PSYCHICS. Uncover secrets of your future. Love, health, career and money. Accurate and affordable readings. Call Now 1-800-451-7070 \$2.69/minute 12+.

PERSONALS
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TRAIN TO BECOME A Barber. Malaspina University College has a 9 month Barber/Hairstylist Apprenticeship Program starting September 2000. For information, please call (250) 755-0703.

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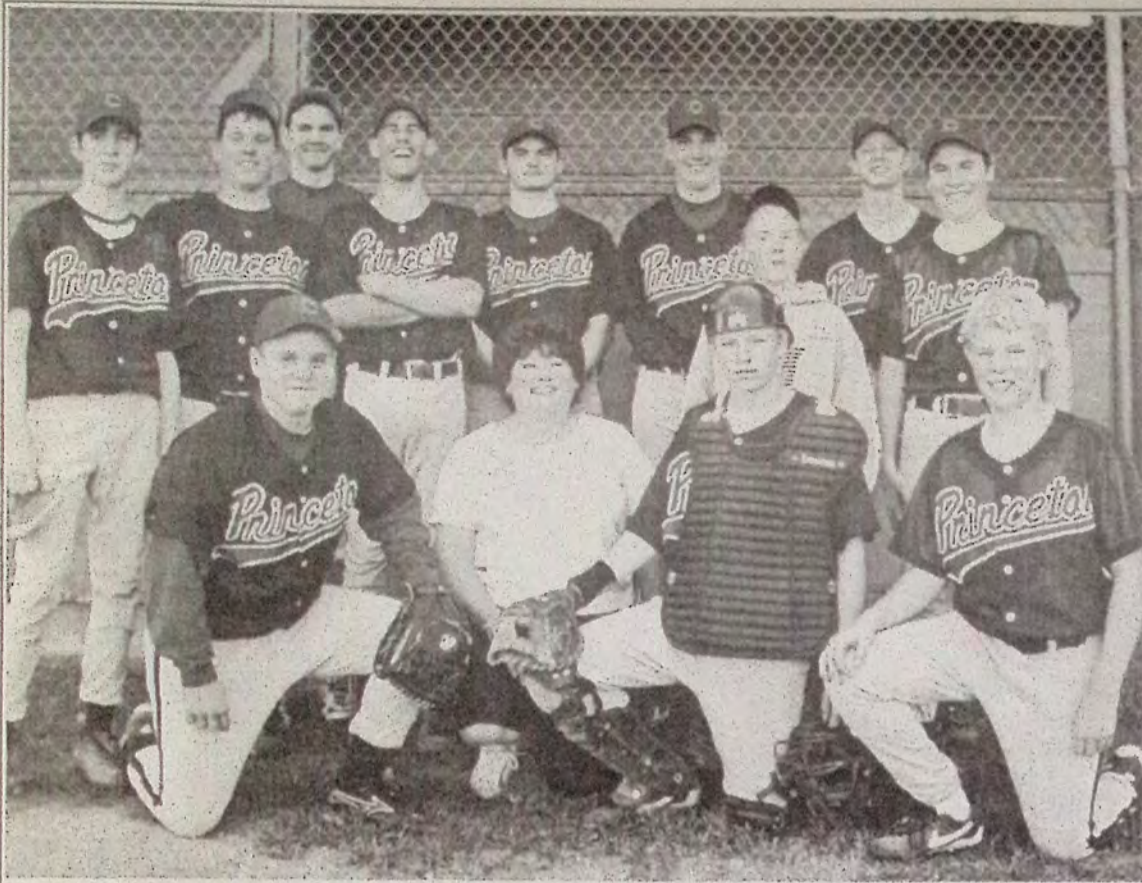
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Dodds Jaw Breakers Bantam "C" Boys

These are the Princeton Bantam boys playing fastball this year. Left to right, back row: Mitch Gunn, John Boyd, Tyler Gunn, Willy Knowles, Dylan Barry, Ryan Brewer, Colby Huff, Alex Broad, Kiel Dodds. Front row: Kelly Carlson, Coach Lori Dodds, Craig Lemotte, Cody Thomas. Missing from photo: Coach Ryan Corsi.

A mindset for wellness - process or event?

Many people wonder why they are experiencing a certain health problem, when they didn't do anything the previous day or week to cause it. One of my goals in practice is to explain that searching for a single event as a cause of illness does not work. To fully understand the cause of a problem, one must look at the combination of all stresses on the person over their lifetime. We must look at health as a process, not an event, and when we do this, we live a much healthier life.

a severe reaction. She could think of no specific "physical



Dr. Warren Gage

A common example of this occurred the other day in my office. I had a new patient call because she was experiencing severe neck pain. Upon interviewing her, she did not think she had done anything to cause such

event" which may have caused it. By the end of the interview; however, we had agreed that her neck symptoms most likely arose as a result of the recent emotional stress of separating from her husband.

The cause of all illness results from the body's inability to effectively manage the combination of physical, chemical and emotional stresses we face on a daily basis. When we are aware of this, and change our habits to minimize these stresses, we reduce these negative effects. Continually assessing our lifestyles to better cope and reduce such stresses will ensure optimum health.

Dr. Warren Gage is a chiropractor practicing in Princeton Tuesdays and Thursdays. His phone number is 295-7015.

DR. WARREN GAGE
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I am Rasha, a 9 month old spayed female collie cross. I get along with children cats and other dogs. I would like to go to obedience training with my new owner. I have been vaccinated, dewormed and defleaded.



I am Maxine. I am a female spayed Domestic Medium Hair. I am 5 yrs old and would like to live in an adult home. I am already litter trained and vaccinated.



I am Finnigan, a neutered male black Labrador cross. I am 1 & 1/2 yrs old. I love to go for walks. I get along with other dogs and would like to go to obedience classes with my new owners. Finnigan is a staff favourite and up to date on vaccines.



My name is Angel I am a 3 yr old German Shepherd X spayed female. I love people but I am cautious of strangers because I have had some guard dog training. I do not need a fenced yard to keep me safe. I get along with other dogs and would make a great family pet.

I am Mickey I am a neutered male two year old cat. I am a beautiful orange and white calico cat with golden eyes. I am an indoor cat who was brought in because my owners are not allowed cats where they live. When you consider a move, please find a place where your animals can live with you.

For more information on adopting one of these pets please call:
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Current Comment
Canadian women need real clothes

by Dawn Johnson

I was sitting in the doctor's office, being patient, looking at the new spring fashions. As usual, I would not spend money on any of what I saw. Designers must live in lala land. Bare-midsections in a Canadian spring is nobody's idea of decent clothes, and with half the women in Canada over 40 or overweight, who wants to bare the spare tire?

The other thing designers seem to ignore is lifestyle. The woman who wears a long rayon skirt does not drive a car. Nobody needs her skirt hanging down to the floorboards where the gravel collects. Maybe the designers sit in Jamaica while designing for a Canadian spring?

The typical Canadian woman is trying to stay warm, too. Rayon is about as warm as a thin coat of ice. The fashion statement was a long skirt with a too-short tank top. Bare midsection, bare neck to the bra line. I shudder at the thought of a prairie wind blowing across that fashion statement.

Of course, all of this nonsense offers a window of opportunity to a clever designer. There is a good reason why women wear sweatshirts and pants in a Canadian spring - women like warmth while they wrestle with a shopping cart in the parking lot as the wind howls out of the northwest.

I'm waiting for the designer who really understands Canadian weather, and Canadian women's lives. The problem may be too many men designing women's clothing, just the way too many men designed the kitchens of the past. I guess it's another one of those things we women will have to do for ourselves!



Coach Lyle Thomas poses with members of the Princeton Peewee Girls Fastball Team who won Most Sportsmanlike Team at the tournament they hosted last weekend. In the background are members of winning finalists from Mission.

Princeton Peewee Girls host a great tournament and win trophy

Princeton - Local Peewee Girls Fastball Team hosted a tournament last weekend that drew teams from Chilliwack, Mission, Newton, Penticton and Castlegar. Despite repeated rain showers, the games went on as scheduled and the action was very good. Princeton girls played well but were knocked out as contenders for the win. They had the satisfaction of being voted the Most Sportsmanlike Team and took home a trophy anyway.

The final game was definitely a treat for spectators. The Mission and Castlegar girls went the full seven innings and demonstrated some of the skills that had them meet each other twice before in provincial finals.

At the end of third inning, both teams were tied at six runs. Mission did some excellent field plays, some great double plays, and some top batting to pull ahead to win. The benefited from errors

by Castlegar, and by the fatigue of Castlegar's pitcher, who pitched every game. She was given a western blanket for Most Valuable Player, and heartily congratulated by her opponents.



The two winning teams at the weekend peewee girls fastball tournament share big smiles as they shake hands at the end of the final game. They admired each other's talents.

Weekend thief takes car, valuables

Princeton - A weekend (May 26 - 28) theft from a home at 220 Fenchurch Avenue left homeowners without their 1994 GEO Metro, which was stolen from their garage, along with numerous other items from their home.

Entry to the home was through a ground level bedroom window.

RCMP request the assistance of anyone who may have seen anything related to this incident. Call 295-6911 or CRIMESTOPPERS.

C.O.P.

wants more

Princeton - Citizens on Patrol are looking for more volunteers. Another course is starting on June 14 and 21. Interested persons are asked to go to Town Hall for an application form and further instructions.

The more volunteers there are who have passed the course, the fewer nights required of any individual.

Thursday night men's golf scores

- Low Gross:
 - 0-10 - Glenn Weissbach - 36
 - Clint Clifton - 38
 - 11-16 - Barrie Wright - 41
 - Ken Jones - 42
 - Mike Hauschild, Wally Wallace
 - 17-21 - Phil Blower, Peter Dahlke
 - 22 & Up - Bill Woods, second place tie between Russ Musselman and Dennis Cook
- Low Net:
 - 0-10 - Ray Senger 34
 - tie for second between Barrie Fraser and Kory Krenn - 35.5
 - 11-16 - John Der - 34
 - Guppy - 35
 - 17-21 - Ken Blower, Don Porter
 - 22 & Up - Ron Graff, Tyson French
- Long Drive:
 - 0-10 - Wayne Lockhart
 - 11-16 - John Der
 - 17-21 - Phil Blower
- 22 & Up - Jamie Hassell
- Seniors - Barrie Fraser
- Proximity on #2:
 - 0-10 - Ray Senger
 - 11-16 - Ken Jones
 - 17-21 - Keith Later
 - 22 & Up - Bob Cormack
- K.P. #7:
 - 0-10 - Clint Clifton
 - 11-16 - Doug Murakami
 - 17-21 - Dave Roberts
- K.P.#8:
 - 0-10 - Kory Krenn
 - 11-16 - John Der
 - 17-21 - Frank Kelly
 - 22 & Up - Dennis Cook
- Fewest Putts:
 - 0-10 - Jim Montgomery, Bill Montgomery, HJohn Schneider, Bob Paterson
 - 11-16 - Dave Roberts
 - 17-21 - Peter Dahlke, Ken Blower, Jim Norman

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