

ICBC takes trucks off road

Moonlight
Madness
winners
page 3

Winter pow-wow is at school

A "winter celebration" benefit POW-WOW will take place December 8 & 9 in Keremeos Secondary School Gym, organized by Jay Begaye. The public is invited to attend.

Grand Entry will be on Friday, December 8 at 7pm and on Saturday, December 9 at 1 & 7 PM (final session). There will be a supper break at 5PM Saturday. Admission will be at the door.

Impact Entertainment "Kasp" Young HIP-HOP Native group", Black Lodge world champion 2000 hand drum singers, Round Dance Singing, Drummers Clown Dance, Arts and Crafts will be part of the entertainment.

Registration for competitors is at 6PM Friday and closes at 3 PM Saturday.

Begaye's New Release Album *Round Dance in Beauty* will also be available at the Pow-wow.

Begaye, a Navajo originally from Steamboat Canyon, Arizona, came to the Lower Similkameen Indian Band 12 years ago with his wife, businesswoman Loren Terbasket.

When asked why he organized

Continued on page 4.....



Inspector checks a local logging truck on Old Hedley Road during an ICBC inspection of commercial vehicles in the logging industry.

-Inspection team stopped trucks on Old Hedley Road

Old Hedley Road was on the ICBC hit list last Wednesday, pulling over commercial trucks for an inspection. This was the second year in a row for the ICBC Focused Inspection Team (FIT) to run an unannounced inspection of heavy trucks and other commercial vehicles. Under the FIT program, operators driving unsafe vehicles may be fined, and if necessary, their vehicles may be removed from the road until repairs are complete. Unqualified drivers are also removed from the road. This FIT day was focused on dump trucks, logging trucks, taxis, and trucks carrying dangerous goods. In the Old Hedley Road inspection, seven trucks were inspected and four taken off the road until they are fixed.

Cars crash in light snowstorm

In the early evening of Thursday, November 23, light blowing snow caused problems on Highway 3 east of Princeton. Police were called to two crashes that evening, both attributed to the snow, although there was hardly any snow.

The first crash occurred shortly after 6:00 p.m. near Bromley Rock, 18 km. east of Princeton. The driver lost control on the snow-covered road and went down a steep embankment, stopping just a few feet short of the Similkameen River. The four occupants, who were from Washington State, were unhurt.

At 7:27 p.m., police were called to a second crash one kilometre west of Hedley. The driver lost control of the vehicle on a curve. It plunged down a steep embankment, overturned, and landed in the Similkameen River. The driver managed to free himself from the wreckage. He was taken to Princeton General Hospital with minor injuries.

The vehicle, which was partially submerged in the river, is a write-off. The driver was charged with "speed too fast for road conditions."

Cst. Chris Newel, of Princeton RCMP Detachment, stated, "In both these crashes, we were fortunate that the injuries were minor, but there is a huge potential for serious injuries in these types of incidents and police would like to remind motorists to slow down! Winter is upon us and the road conditions are not always favourable. Please be careful and allow extra time when travelling."

RCMP warning

Princeton RCMP would like to warn people of a scam which surfaces every once in a while. A request is sent to a person asking them to send money to receive a prize. The "prize" may be a car, large sum of money or, in most cases, nothing! If it is a legitimate lottery, they will not ask for any money. Police suggest you throw the request away - you will not win. An old saying "If it is too good to be true, then it probably is" applies.

Often, once you are "hooked" they will continue to ask for more and more money with which to ship you the prize and in the end it is you who loses. Often these requests are worded in such a way that it is difficult to prosecute even if all the details are known. They usually originate from eastern Canada or USA, and have no physical address.

Rural communities link for health action

The Princeton "Save PGH" Action Committee is linking to other rural communities in B.C. to convince the provincial government that regionalization is not working for B.C.'s rural communities.

The committee met on November 20 to discuss communications from two B.C. mayors regarding health issues. The first was from Steve Wallace, mayor of Quesnel, where the closure of the intensive care unit was considered a contributing factor to the death of a child. Wallace invited Princeton people to join in a rally in Victoria to voice objections to the adverse impact of regionalization on rural communities. The second communication was from Mayor Roger Perquy of Oliver, who asked the committee and local citizens to fill out a survey about problems in health care and solutions to those problems.

Mayor Perquy said the survey would be studied by a group of citizens involved in health care, and the results would become the foundation for recommendations to the government for improvements in the health care system. He advised that other small towns in B.C. are forming committees and responses will be sent to them.

"People are linking together," said Dina Slowikowski-Campbell, Chair of Princeton's committee for health action. "They have websites and are using e-mail."

Slowikowski-Campbell said anyone interested in joining the rally in Victoria should contact Town Hall in Quesnel and ask for details.

Due to many hospital closures in Saskatchewan, with the resulting lay-off of nurses, Princeton is interested in contacting the nurses and telling them about Princeton and its need for nurses. The local action committee hopes to be able to attract nurses to this area.

Weather Watch

Nov	Princeton area			Keremeos area		
	High	Low	Precip	High	Low	Precip
20	0.2	-6.2		4	0	
21	0.3	-6.1		3	-5	
22	-1.3	-10.3		2	-6	
23	-0.9	-9	.2 snow	0	-5	
24	-1.6	-6.6		-1	-4	2 cm snow
25	1.5	-5.1	trace snow	3	-2	
26	-0.2	-8.6	2.2 cm snow	2	0	

FORECAST:

Wed - Cloudy, flurries, low -1, high 3

Thurs - Cloudy, showers or flurries, low 2, high 6

Fri - Cloudy, flurries, low -1, high 5

Normals: low -4, high 3.

December 1 - Sunrise 7:22 a.m. Sunset: 4:21 p.m.

Daylight: 8:59 hrs. equal to Jan. 11 Pacific Standard time

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Board Chair meets minister

School Board Chair Gordon Comeau met with new Minister of Education Joy McPhail last week to discuss the future. This was an official meeting of the Education Advisory to the Minister, which includes education partners: BC School Trustees Association, BC Teachers Federation, and CUPE.

A funding review had been promised by the previous minister, but McPhail told them it would not happen in the next few months. Trustees were discouraged, Comeau said, as adjustments are needed for higher fuel costs and special education.

At the same time, Comeau found some positive elements in her commitment to a co-operative approach with all groups interested in education, to "one table" bargaining for teachers' salaries, and her continued focus on improving aboriginal graduation rate.

Hockey drew Council praise

PeeWee AAA hockey impressed Council members. The tournament, held at Princeton's arena on November 17, 18 and 19, was an item for comment at the November 20 Town Council meeting. Councillor Dan Sulentic said he had attended all weekend and saw some great hockey.

Thanks to the good organization at Princeton arena, Princeton will likely host the tournament every year from now on.

Mayor McLean noted that the team members were "good people." "It's a treat to have them in town," he said.

Congratulations will be sent to Carol Mack and Lyle Thomas for an outstanding job of organizing.

The young announcer, Max, came in for some positive remarks due to the way he threw himself into his job.



Mayor Randy McLean presents a Certificate of Appreciation to Councillor Dan Sulentic on November 20 in recognition of his 25 years of service as a Councillor and Alderman. Sulentic received a \$100 cheque, which Mayor McLean said represented Sulentic's "pension" of \$4.00 for each year served. Sulentic said he appreciated the recognition, "but without the support of the people of Princeton, I wouldn't be here."

Council commends Skills Centre

Skills Centre staff received thumbs up from Town Council at the November 20 Council meeting.

Councillors Kathy Clement and Lorne Esselink, and Mayor Randy McLean, attended the Worldwide Lessons in Leadership at Princeton and District Community Skills Centre on November 15. The video conference featured Nelson Mandella, Tom Peters, Stephen Covey, Ken Blanshard, Martha Rogers and

Robert Cooper, and a panel of Fortune 500 business people.

Councillor Clement found it "very educational" and said she would be a better councillor as a result of being there. Lorne Esselink agreed.

Mayor McLean praised Skills Centre staff for being "well-organized" in putting together the conference, and commented that the Skills Centre is an asset to the community.

Brock House recognizes Coyle

Each year, the Brock House Society calls for nominations for the Brock House British Columbia Senior Award. This year, Princeton resident Don Coyle was nominated. He has been a major force in the Princeton Museum Society's Pollard Wing project and an active member of other organizations.

Coyle did not receive the highest award, but did receive a Certificate of Honour "for outstanding voluntary community service."

Coyle is a longtime resident of Princeton. He and his late wife, Helen, have both been very active with Princeton Museum Society, and during the planning, construction and furnishing of the Pollard Wing, as well as the fundraising efforts. Coyle has carried the major burden of responsibility.

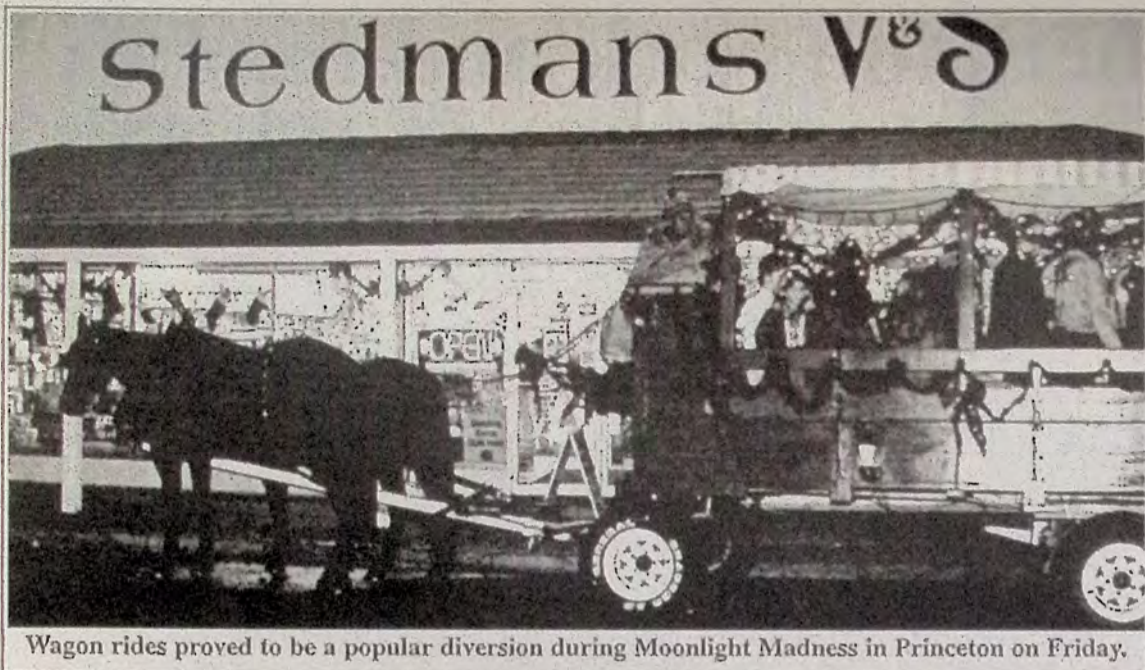
OSHRB will run workshops

B.C. Lung Association has given Okanagan Similkameen Health Region \$75,000 to do clean air workshops for the entire region. Councillor Kathy Clement made the announcement at the November 20 Town Council meeting, saying she had met with Jan Gladstone, who works for Penticton Regional Hospital. Gladstone will be organizing the workshops throughout the region.

Workshops are for health care professionals, including public health personnel, social services, physicians and pharmacists. They will learn how to teach patients to change risk behaviours such as smoking, and to help people control asthma.



Princeton Town Crew put up Christmas decorations in the street in preparation for Christmas Light-up on December 8.



Wagon rides proved to be a popular diversion during Moonlight Madness in Princeton on Friday.

Moonlight Madness Winners

Ten lucky people had their names drawn in the Moonlight Madness coupon draw Friday evening. Each received \$25 in "Chamber bucks" to spend in a participating business. The winners were: Lisa Hebert, Mary Mogge, Ron Proulx, Ann Thomas, Celica Alexandre, Sam Bertucci, Sharon Bamford, Morgan Henderson, Carl Wales, and Sherry Monsees. Seven of the winners were not in attendance when the draw was made. They can pick up their prize at the Chamber of Commerce office on Highway 3 during regular business hours.



Part of Moonlight Madness was the chance to have your photo taken with Santa and your pets at KeVin Acres new store on Vermilion Avenue. Above, Chris and Sandra Earle, along with Red and Sable, pose for the photo. Red and Sable were happy to sit on Santa's knee. It was a problem to make them sit still!

Pollard Wing built under budget

Princeton Museum Society members were really pleased at the November 14 meeting with reports from Councillor Kathy Clement and Pollard Wing project co-ordinator Don Coyle. Both reported the Pollard Wing construction came in under budget and the museum has a clear financial picture.

The Pollard Wing has attracted a number of interesting visitors lured by the mineral and fossil collection. The most recent was a professor from Simon Fraser University came to tour the collection. He is a geologist had been talking to school children about minerals. He spent two hours examining the collection.

Brenda Gould, head of the Upper Similkameen Indian Band archaeology squad, told museum members about the artifacts discovered this year, and 12 different sites. Referring to the article in the News Leader November 7, Gould said she received a call from a person who had the same kind of arrowhead and stated it came from the Chain Lake area, within the mid-elevation range. The artifact which raised interest is now

in Vancouver for evaluation and to compile data on the style of the arrowhead. The team is guessing it will date back further than any other artifacts collected to date in the Similkameen. Gould said the team is presently at work cataloguing everything they found this year. They will return to a particular site next year to do some extensive searching.

The museum work is done primarily by volunteers, and Lorraine Lance pointed out to members that there are 4,000 to 5,000 pieces in the Pollard collection which must be examined and evaluated in a process called "accessioning," in which each item receives a catalogue number, description and everything is recorded.

"We need to hire somebody to do this," Lance said. The work needs to be done by spring 2001, and it may cost several thousand dollars before it is completed. Lance recommended a person to do the mineral collection, and suggested the executive review his qualifications and decide whether or not to hire him. He would not be suited to doing

the fossil work, but another individual was mentioned as a possible candidate for the job.

The old telephones donated to the museum have now become an intercom system, thanks to Art Thomas and Eric Jacobson. Those working in the basement can now call upstairs and vice versa.

At the end of the meeting, a number of people went to the Pollard Wing as Brenda Gould attempted to find whether the museum had any arrowheads like the one found near Princeton that proved such an interesting discovery. None of the museum collection matched what Gould was looking for.

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Ranch wife remembers the work and the fun

Native people in the Similkameen area have raised horses and cattle for generations. The men worked hard at cowboying, and providing substance for their families and behind them stood great women who ran the daily formidable task of

Pow-wow from front page

this Christmas event Begaye said, "It's for the Elders in this area like Moses Louis, Sarah Peterson etc. and people are itchy this time of year - they get grumpy, people need to relax, and this pow-wow will untie everyone's knots. Have some good food and see some great dancing."

raising the children, feeding the ranch hands, sewing clothes etc. The women were the backbones of these families, teaching their children important values such as hospitality, generosity, and how to work hard, values that would last generations. Mrs. Betty Terbasket is one such woman.

Mrs. Terbasket graciously agreed to be interviewed at her Cawston ranch. Mrs. Terbasket is an 84 year old Lower Similkameen elder. Upon meeting her I was surprised by her youthful appearance. Not only did Mrs. Terbasket look beautiful, she had a gentle graciousness about her.

Mrs. Terbasket was born and raised

in Hedley (Chuchuwaya), on the Allison Ranch. Her parents were Dan and Millie Allison. She had one sister and two brothers with one surviving brother Edward (Slim) Allison who lives in the Hedley area. She is the mother of nine children, 16 grandchildren and nine great grandchildren. Mrs. Terbasket moved to the Cawston at 23 years of age when she married Paul Terbasket. The priest who officiated her wedding was Father Walter. Mrs. Terbasket pointed out that her marriage to Paul was arranged and she had met a few other suitors, but she and Paul seemed to fit each other instantly. When Mrs. Terbasket recalled her dance after the wedding as if it was yesterday, you could see from the glimmer in her eyes she had a great time.

Mrs. Terbasket and her husband were married for over 30 years when he passed away, and she never did remarry. Mrs. Terbasket has lived in the Cawston her whole life.

Mrs. Terbasket remembers how, when she was younger, "we didn't go anywhere, and we had homemade toys, nowadays kids get cars and go to town, and to shows."

Mrs. Terbasket discussed parenting when she was younger. She said not only did she raise the children, she looked after her in-laws Paul and Madeline Terbasket until they died (they were in their hundreds).

"We didn't have no homemakers then," said Terbasket.

With no running water Mrs. Terbasket worked hard every day, "You would have to pack water, heat water, do your laundry on the wash board, make diapers. I used to buy flannel by the yard and sew up diapers, hang lines."

Mrs. Terbasket baked bread, fed the ranch hands, sewed, cleaned, and grew an abundant garden. "My mother in law Lilly Bent helped me to learn how to cook," said Mrs. Terbasket. "In those days, there was a place at the butcher shop



Betty Terbasket

where you could rent your own space to hold your meat, there was no deep freezers like today."

Mrs. Terbasket added that, in the old days, people used to go to church by horse and buggy, and she said, "Those days lots of people would go to church. Now you can hardly fill the church up."

When talking about the past Mrs.

Terbasket discussed the dances they had when she was younger. "Olive and I would put up a dance at her house on a Friday and dance till 2-3AM and we would make sandwiches and coffee, people would take out their instruments like the mouth organ, violin, etc. It was a lot of fun. We used coal oil for the lamp. Those dances seemed to die out in the fifties."

It was an honour to spend time with Mrs. Terbasket, and I will always remember her. Mrs. Terbasket is a wonderful example to many young mothers like myself. There is a feeling of hospitality and graciousness in her home and in this community unlike any where else in this country, and it is easy to see why this feeling exists when you meet people like Mrs. Terbasket. In history it is common to speak about the exciting cowboying life, but there was a backbone to that existence and it was, and remains, the ranch wives whose strong spirits bring families and communities together.

Mrs. Terbasket earnestly said, "I'm still here because I don't like to leave my grandchildren. That's why I'm still here. I like to spoil my grandchildren."

Note: Betty Terbasket was born on November 6, 1916. We wish her a belated Happy Birthday! and many more to come.

Horse loves shiatsu

by Sherida Crane
Kathryn Halpin - Dennis is a certified Shiatsu practioner and has a private practice called "Halpin Hands Shiatsu" in the Keremeos area. Dennis a mother of 2 year old twin boys and helps out on the family ranch. Interestingly Dennis also does Shiatsu treatments on her ranch animals - horses, cows, cats, and dogs. Dennis commented, "I applied Shiatsu to one of our horses that was bridle shy, I applied pressure to pressure points on his ears, and head, he got so relaxed that he was almost asleep. I then slipped on the bridle and after that it was not a problem."

The Lower Similkameen Indian Band resident has been a Shiatsu practioner for 14 years. Dennis studied under Kis Kaz Kamiya who owns a certified Japanese Shiatsu school in Toronto. Dennis pointed out that Shiatsu therapy is a Japanese Finger-Pressure treatment. Shiatsu is based on acupuncture theory but there are no needles! and clients wear loose comfortable clothing, and no oils are used.

Dennis mentioned Shiatsu treats the body and mind as a whole rather than as separate, unrelated parts. In a Shiatsu treatment the therapist applies comfortable pressure to areas where he or she

feels the energy is blocked or insufficient, said Dennis. When the energy is balanced, then there is proper energy blood flow, and nutrients to the area. Then the body will heal itself, said Dennis, and normalize body function. Shiatsu treatments relieve stress and pain for all ages, said Dennis. For instance, children find relief from hysteria, sleep disorders, constipation. Shiatsu also treats adult conditions such as digestive disorders, stress, low-back pain, poor circulation, depression, sleep disorders.

Testing has shown that Shiatsu treatments have increased white blood cell count.



The youngsters at Keremeos play school with instructor Barb Stewart learn about Christmas family trees, a project that delighted the 3 and 4 year-olds.

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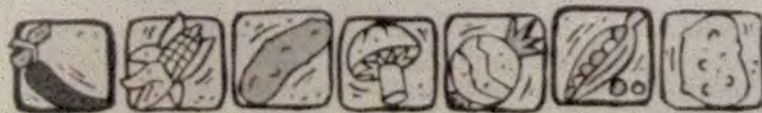
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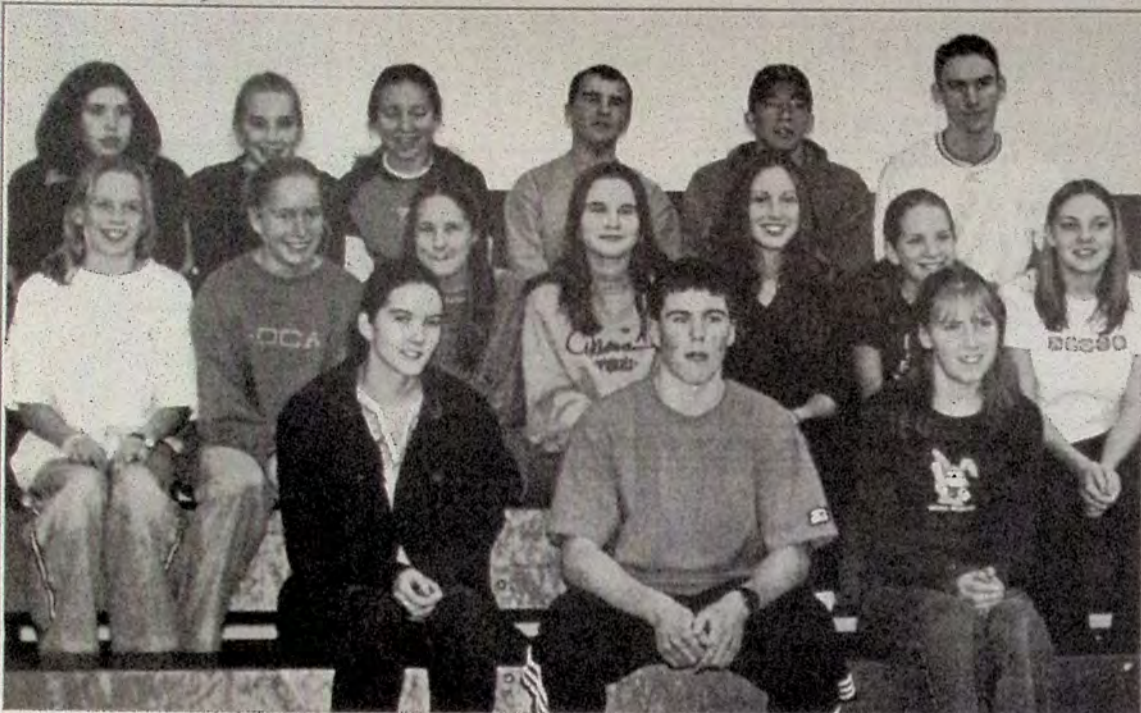
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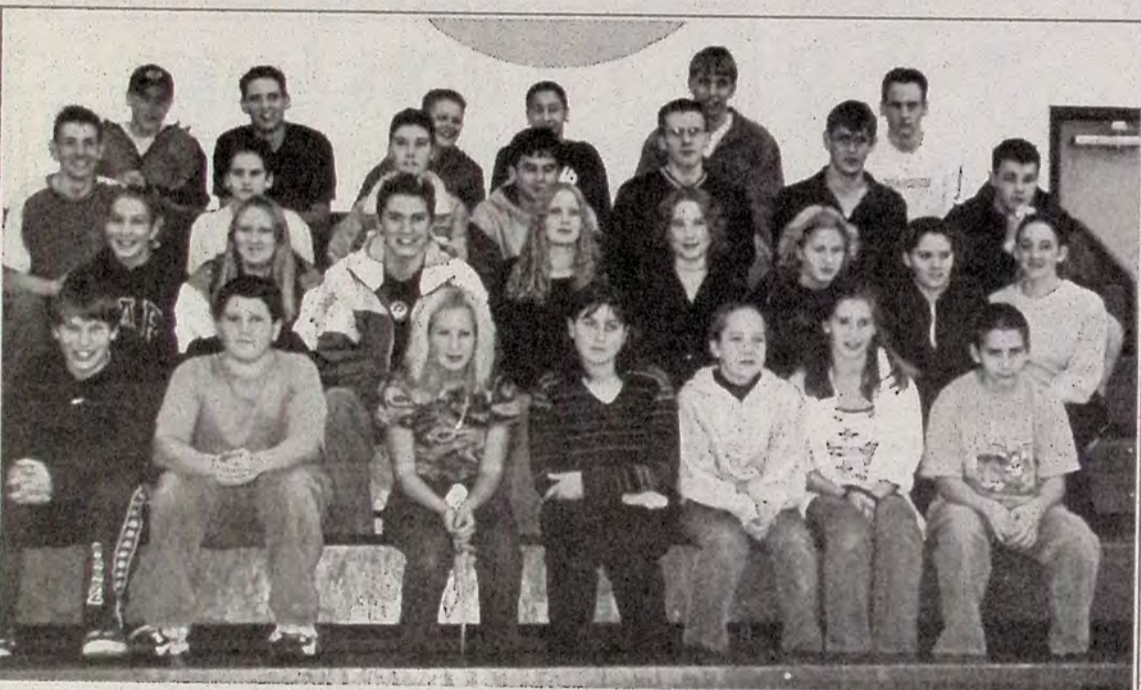
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Princeton Secondary School Honour Roll Principal's List Students



Princeton Secondary School Gold List Honour Roll Students

Princeton Secondary School Honour Roll

Principal's List (90-100% or Juniors 5.75-6 GPA)
 Grade 8: Stevi Weissbach, Amy Liberatore, Ashley Silvius
 Grade 9: Kailee Smith, Keri Petschl, Lynn Smart, Nicole Bertrand, Jonathan Howe, Sarah Banks, Matthew Rykers, Ricki Weissbach, Christopher Stewart
 Grade 10: Anna Joyner, Fiona Rowe
 Grade 11: Ashlee Gibson
 Grade 12: David Bell
 Gold List (80-89% or Juniors 5-5.74 GPA)
 Grade 8: Danielle Hilton, Clara Coyne, Natalie Ihlen, Renee Clevin, Rylan Mogge, Morgan Desabrais, Nathan Howe, Patrick LePoidevin, Clifford Mare, Diane Wentland, Ashley Dore, Kimberley McInroy, Amanda Sapach.
 Grade 9: Jared Tarswell, Dana Luchsinger, Stephanie Fletcher, Christopher Morphy, Logan McKenzie
 Grade 10: Denise Min, Karyn Kunderman, Laura Ayling, Zach Brown, Aaron Kavanaugh, Christopher Newman, Kyla

Tjernstrom, Jennifer Paquette
 Grade 11: Michael Thomas, Stephen Rempel, Jennifer Greening, Elaine Bennett, Robert Cook
 Grade 12: Alasdair Reid, Erik Luchsinger, Philip LePoidevin, Justin Antonick, Scott Witt
 Honourable Mention:
 Grade 8: Jacob Greening, Justin Gee
 Grade 9: Jaclyn Bell, Luke O'Connor, Anthony Pontaletta, Brittanie McNaughton, Jennifer Barth, Laszlo Meszaros, Brittany Antonick, Christina Kovacs, John Bouvette
 Grade 10: Ryan Brewer, Randolph Morris, Devlin Desrochers, Candice Stadler, David Pattison, Erin Lewis, Cynthia Ogrinc
 Grade 11: Craig Lemotte, Maria Rikley, Alissa Johnson, Sarah Liberatore, Sarah Brown
 Grade 12: Monica Holding, Jay Plunkett, Nigel Bertrand, Kimberly Antonick, Falon LaRoye, Chandra Darel, Candice Low, Leticia Stacey.

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The Christmas craft fair at Princeton Secondary School drew a huge crowd of shoppers who found plenty to choose from, whether Christmas decorations, baking or gift items.



Princeton Highland Dancers were a welcome addition to the Craft Fair at Princeton Secondary School. Above, senior dance troupe members perform the lively Sailor's Hornpipe.

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Asset Development selects co-ordinator

The Child and Youth Committee of Princeton is pleased to introduce Karen Allen to the community as the Co-ordinator of Asset Development in Princeton and district.

The focus of Asset Development within the community is an approach to teaching parents and community members specific ways to make use of everyone's existing assets and abilities to provide children and youth with developmental guideposts needed to support their healthy development into adulthood.

Asset development pulls the community together by improved connectedness and communication.

"Research shows that by increasing the number of assets available to youth and parents, there is a corresponding decrease in negative

and criminal activities. Also, by increasing assets, children have been able to overcome massive risk factors and thus have reduced or even eliminated the need for continued treatment and intervention." (quote from Bernard 1993/94 Fostering Resiliency in Kids Education Leadership).

In coming months, Allen will be in contact with community organizations to educate on specific ways individuals and groups can appreciate their existing assets and develop additional assets to influence the positive direction of our community. Allen will also devel-

op action plans, facilitate meetings, take responsibility for proposal submissions, reports and financial planning.

Allen has resided in Princeton for 12 years with her husband and two children. She has been involved in many proactive pursuits in Princeton and perhaps her most recognized achievement was her establishment, with a partner, of Garden Fresh Produce, a popular, thriving Princeton business.

The Child and Youth Committee believes Karen Allen will be a valuable "asset" to the Community Asset Initiative.



Karen Allen, Youth Asset Development Co-ordinator

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THANK YOU!

Princeton and District Community Services Society wishes to thank the groups, individuals, and Town of Princeton for their support to paving the way to affordable housing for the Developmentally Disabled who are aging and experiencing many health problems.

Thank you to the community, individuals and the media for all their tremendous support and coverage during Community Living Month. The Information Fair was a huge success, thank you!

We will be holding a raffle on December 22nd, please support this event.

All proceeds for the Gift of Spirit Building, to fund the Mary Anne Apartments addition.

- Prizes: 1st - \$100.00 cash;
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remaining prizes donated by Cariboo Jade & Gems: 3rd - Turquoise Watch and Necklace;
4th - BC Jade Eagle carving (on stand);
5th - Australian Opal Butterfly Brooch;
6th - BC Jade Dolphin carving (on stand);
7th - Rhodolite Bear;
8th - Chinese Coral/Jade Brooch;
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10th - African Sodalite Pendant.

A reminder to our wonderful supporters, that you have until the end of December to receive income tax receipts for any donations given. We are counting on you, please!

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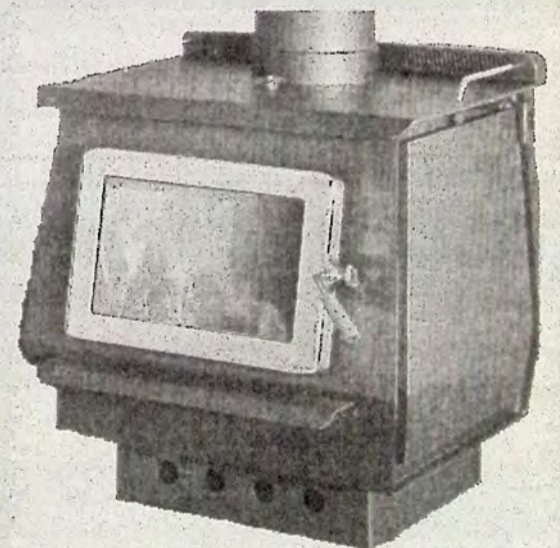


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THE VALLEY'S LOCALLY OWNED AND OPERATED NEWSPAPER



Riverside Intermediate Grade 7 Honour Roll

Left to right, back row: Samantha Bertucci, Jeff Biagioni, Rosie Brodie, Shelby Carlson, Kassi Crimmon, Shaine Clifton, Natalie Desrochers, Zander Erasmus, Ashley Folk. Middle row: Karen Kan, Jana McKenzie, Peter Newman, Kelsey Palm, Nadine Price, Krystle Quaedvlieg, Cody Robinson, Cullen Smart. Kneeling: Lewis Smith, Blake Tarswell, Colby Whelpton, Greg Wiebe, Rene Willis. Missing from photo: Jessica Clay.



Riverside Intermediate Grade 6 Honour Roll students

Left to right, back row: Keaton Brown, Amy Burke, Caitlynn Vetinic, Julia Darel, Miranda Grigg, Jordan Hilton, Steve Kovacs. Front row: Cliff Lindley, Kyle Markin, Jenn Pattison, Michelle Se, Graydon Stewart, Ian Stout, Keith Vinthers. Missing from photo: Denis Ogrinc.

Who should sign book last?

The BC 2000 Book pages have been at Valley First Credit Union for months. These pages were left so people could sign and show they lived here at the time of the new millennium. The New Year's baby "signed" the book, along with some of the oldest residents of our community. Town Council has been asked to nominate "someone special" to be the last person to sign the pages from Princeton.

At the November 20 Town Council meeting, Councillors could not make up their minds who ought to sign. They thought of asking the oldest person in the community. They received a suggestion of nominating the youngest person in the community. Mayor Randy McLean suggested Councillor Dan Sulentic sign it, as he has not signed yet. Council is looking for ideas as to who to nominate.

The British Columbia Book's

first signature was on January 1, 2000, when Lt. Governor Garde Gardom signed it and started it on its journey to B.C. communities. At the end of the year, pages from all 250 communities will be added to the BC Book. In mid-January the book will go on permanent display at the Royal British Columbia Museum in Victoria.

The deadline for a nomination is Friday, December 1, 2000. The book closes on December 31. Who will place the last signature in the book for Princeton?

Vermilion Rebekah news

by Dorothy Stenvold pc.

It has been decided! Sister Golovin will be our Noble Grand, and Sister Caronen our Vice-Grand when our installation ceremonies are performed in January 2001.

Our members will enjoy a lunch at a local cafe prior to our meeting on December 7, but that is too early for Santa. He has promised a visit with us on December 21. To assist those less fortunate, we have decided to donate a food hamper. Each sister will give at least two cans of food. These will be given to the Crisis Committee.

We will also be delivering decorated Christmas trees to the residents of Ridgewood Lodge, probably in mid-December.

The winners of the draws at our flea market table were: Norma Jean Krenn (the Santa Claus) and Mary Anne Thorine (the coffee maker). Many thanks to all who supported us and making our efforts a success.

During our social time jigsaw puzzles were done by the members causing arguments and much laughter. Sister Hill won the table draw and was most pleased to find a candle angel in the parcel.

Weekend Bonspiel Winners



The weekend mixed open bonspiel at Princeton curling rink saw one local team win. Above, winners of the B event, left to right, Lead Stacey Ligtenberg, Second Troy Esselink, Third Sharon Beausoleil, and Skip Bob Paterson. Runner-up was the Jesse Mclean team of Princeton, with Hannah Clarke, Jason Leslie and Jenn Paulger. Twenty teams participated.



'A' event winners were the Summerland team of (left to right) Bob Fortune (Skip), Judy Green (third), Stan Green (second) and Pat Fortune (lead). Runner-up was the Bob Wicks team of Princeton, with Lynda Hodgson, Ray Mumby and Corrie Smith.



C event winners were Pigasso, one of the five Pigs on Tour teams entered in the bonspiel. They say they come from Pork Moody. Left to right: Skip Stephen Lambert, Lead Linda Lambert, Third Joyce Wallace and Second Wayne Wallace. Runner-up was the John Babiak team of Princeton, with Maria and Bud Sadegur and Georgina Tarswell.

Procrastination is the art of keeping up with yesterday.

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SCHEDULE OF EVENTS

Saturday December 2nd
12 Noon - 4:00pm
Pet Photos with Santa

Saturday December 9th
12 Noon - 4:00pm
Pet Photos with Santa

Saturday December 16th
12 Noon - 4:00pm
Pet Photos with Santa

The News Leader was there!

The past year was filled with accidents: we reported them and we saw why we need rescue crews and ambulances



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If you can spare a little cash, please give to Princeton Rescue Society for a new truck. You can leave your donation at the News Leader office or send to P.O. Box 1628, Princeton, B.C. V0X 1W0



RECREATION & TV GUIDE

TUESDAY, NOVEMBER 28 THROUGH MONDAY, DECEMBER 4, 2000

Bowlers enjoyed a great trip

by Paul Gabriel

Some Princeton bowlers have just returned from a wonderful week in Reno.

These bowlers won the "Reno Teambowl" trip last spring through the Bowling Proprietors' Association of B.C. The Princeton group included bowlers Gordon Inglis, Denise Lewis, Paul Gabriel, Virginia Brock, Carol Seaman and their guests, Doreen Davey and Joann Gabriel. They traveled on one of four buses from B.C. to Reno from November 5 to 11.

The other teams on this bus were from Sparwood, Golden and Castlegar.

Allan Duke, of Victoria, was the capable driver, while the friendly, entertaining hostess was Mary Ann Pavich of Westbank (formerly of Princeton!).

Lots of fun was had by the 34 people on our coach during the two-day trip down. Fines were charged for saying "bus" and "driver," numerous bingo games were played, bets were made on horse races, videos were shown and the big bet was on our arrival time in Reno.

We departed from Kelowna and spent our first night in Baker City, Oregon. As we crossed into Nevada on our second day, we started making casino stops to lighten our wallets.

Our arrival time in Reno was 6:21 p.m. and none of the Princeton group won the bet!

We stayed at the "Circus Circus" hotel, with midway, circus acts, a great buffet and casino. There was lots of walking! We had fun on the midway, winning many stuffed animals! We also played the slot machines, winning just enough to keep us tempted and encouraged to plunk more coins in!

During our three and a half day



Princeton bowlers pose for a photo of their group in Reno.

stay, our bus took us on side tours to the Reno Hilton Hotel/Casino (where we bumped into Roberta Baron by surprise!), the Carson Valley Inn/Casino, Virginia City and a chocolate factory. Some of our group visited the Car Museum. A comedy show with Tony Lenny and Tim O'Rourke was enjoyed one evening while others attended a musical show "One World."

The gambling bowlers had fun exchanging slot machine advice, news of big wins and the best places to exchange our money.

Smurf bowls three times average

Five year old Tyler Johnson, a Smurf bowler, bowled three times his average on November 23, hitting the boy's high single with a score of 129. This was one happy young bowler!
YBC Smurfs November 23:
Boys hi single - Tyler Johnson 129
hi average - Orion Driver 57

We also donated our cash to the hungry slot machines in every casino on the main street. It did snow there for two days, too. (Most people really enjoyed Virginia City the best and wished they could have stayed there longer!)

The return two-day trip was quieter but still lively. It was a long trip but we all had a lot of fun and made many new friends. I found the trip interesting and I hope we can all win and do it all over again!

Girls hi single - Tessa Ziegenhagen 66
Hi average - Skyla LaRose 55
Team hi single - Rug Rat's 736
YBC Bantams November 23:
Boys hi single - Cody Avery 109
hi triple - Terence Stadler 386
hi ave. - Terence Stadler 122
Girls hi single - Tamara Wright 131
Continued next page

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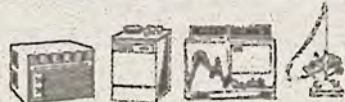
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Tuesday Movies

Bowlers trip continued from page 9.....

MORNING

10:00 am CITY 29 ***"Doctor at Large" (1957, Comedy) Dirk Bogarde. A young doctor blunders his way into a position as a surgeon on a hospital staff over the protests of the superintendent.

AFTERNOON

5:00 pm WGN 38 ***"Point Break" (1991, Drama) Patrick Swayze. An FBI agent is swept up in California's surfing subculture after going under cover to investigate several bank heists. (In Stereo)

EVENING

9:00 pm FAM 23 "Ready to Run" (2000, Drama) Krissy Perez. The memory of her late father spurs a

teen-ager on toward achieving her goal of becoming a jockey. (In Stereo) 9:05 pm CITY 29 ***"Flight of the Innocent" (1993, Drama) Francesca Neri. The young son of murdered mobsters vows to escape his family's legacy of crime as a killer relentlessly pursues him. (Subtitled) 10:30 pm WTBS 3 ***"Car Wash" (1976, Comedy) George Carlin. The loony and chaotic routine of a deluxe Los Angeles car wash is interrupted by several unusual customers. FAM 26 ***"The Rescue" (1988, Adventure) Kevin Dillon. The children of captured Navy SEALs embark on a daring mission to rescue their fathers from a North Korean POW camp. (In Stereo) 11:20 pm CITY 29 ***"La Cage aux Folles II" (1980, Comedy) Ugo Tognazzi. A middle-aged gay couple become the quarry of spies when one inadvertently obtains some top-secret microfilm. (Dubbed)

Hi triple - Britts Clifton 376 Hi Ave. - Jennifer Walton 129 Team Hi single - KT&C 657 Hi triple - KT&C 1890 YBC Juniors November 22: Boys Hi single - Morgan Desabrais 208 Hi triple - Jonathan Howe 565 Hi Ave. - Jonathan Howe 167 Girls Hi single - Amber Obey 193 Hi triple - Erin Lewis 540 Hi Ave. - Erin Lewis Team Hi single - Vern 666 Hi triple - Vern 1833 Wednesday Mixed November 22: Mens hi single - Shane Heasman - 327 Hi triple - Shane Heasman 821 Hi Ave. - Barrie Wright 239 Ladies Hi single - Noreen Stadler 316 Hi triple - Noreen Stadler 755 Hi Ave. - Jeanie Williams 219 Team Hi single - Pin Heads 1303 Hi triple - OWT Devils 3758 Sunday Mixed November 19: Mens Hi single - Roy Davidson 252 Hi triple - Clint Clifton 614 Hi Ave. - Ron White 219 Ladies Hi single - Betty Paterson 278 Hi triple - Betty Paterson 648 Hi Ave. - Claire Proulx 198 Team Hi single - 3 Guys & 2 Girls 1255 and hi triple 3596 Tuesday Golden Agers November 21: Mens Hi single - Al Hill 223 Hi triple - Al Hill 578 Hi Ave. - Bill Horrex 188 Ladies Hi single - Janet Hardin 248 Hi triple - Janet Hardin 591 Hi Ave. - Billie McKinnon 188

Team hi single - Slow Pokes - 1260 hi triple - Slow Pokes - 3494 Monday Mixed November 20: Mens Hi single - Keith Elliott 380 Hi four - Keith Elliott 1048 Hi Ave. - Barrie Wright 239 Ladies hi single - Sherry Wright 225 Hi four - Sherry Wright 811 Hi Ave. - Linda Pudsey Team Hi single - Who Cares 1223 Hi four - Who Cares 4619

Tuesday Non-Smoking November 21: Mens Hi single - Larry Stevens Sr. 232 Hi triple - Larry Stevens Sr. 571 Hi Ave. - Mike Gallichan 199 Ladies Hi single - Denise Lewis 211 Hi triple - Elaine Reiderer 557 Hi Ave. - Virginia Brock 166 Team Hi single - Turkey Shooters 1235 Hi triple - Turkey Shooters 3532

Naturalists hike high

by Linda Neumann

Between Neumann's place on Summers Creek Road, and Shopshire's pasture land and ranch, is a trail that, when they followed it to the summit, the naturalist group enjoyed the view all the way to Manning Park. First, they spent a couple of hours going up a side road into slightly rolling country to explore and birdwatch. We appreciated the Shopshires allowing us to wander on their range land. Joan and Trish were able to name a number of birds: six Clark's nutcrackers, a flock of red crossbills, 11 hairy woodpeckers, a flock of black-capped chickadees, mountain chickadees, two red-tailed hawks, one Stellar's jay, a red-breasted nuthatch, magpies and crows or ravens. We also saw tracks of voles, mice, squirrels and deer,

and maybe even elk. Returning along the ridge, we enjoyed the wonderful view and the sight of two magnificently large pines. We dropped down a ridge to peer into an abandoned bear's den. This den is built into the ground under a large tree, and the Neumanns peered in there a few springs ago, only to see a yawning brown bear preparing to leave his bed for spring activity. On return to Neumann's home, the 13 folks had lunch, and Linda served refreshments while all warmed up by the fireplace. The next hike is on Saturday, December 2, to Jameson Lake. This lake fills a deep cleft in the mountain south of Princeton. It is a moderate to easy hike. Meet at the bus depot at 9:00 a.m. Phore Lisa Loeppky at 295-3088 two days ahead if planning to attend.

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TUESDAY, NOVEMBER 28, 2000

YELLOW ZONES - MOD COST GREEN ZONES - LOW COST

Table with 21 columns (channels) and 24 rows (time slots). Columns include WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN. Rows show program titles and times from 6 AM to 11 PM.

Wednesday Movies

MORNING

10:00 am CITY **29** ★★★ "Romancing the Stone" (1984, Adventure) Michael Douglas. A romance novelist teams with an adventurer in a South American jungle to ransom her sister with a legendary jewel. **[E]**

10:45 pm FAM **26** ★½ "Hello Again" (1987, Fantasy) Shelley Long. On the first anniversary of her death, a klutzy Long Island housewife is brought back to life by her sister. **[E]**

11:00 am WTBS **3** "Matlock: The Idol" (1994, Mystery) Andy Griffith. Ben represents a fellow lawyer who has gotten involved in blackmail and murder while vacationing with his girlfriend.

11:05 pm WTBS **3** ★★★ "Bad Boys" (1982, Drama) Sean Penn. Sentenced to reform school for a boy's accidental death, a hood comes face to face with his victim's vengeful brother.

AFTERNOON

5:00 pm WGN **33** ★½ "Bloodsport" (1988, Adventure) Jean-Claude Van Damme. The exploits of Maj. Frank Dux inspired this account of his unprecedented victory in Hong Kong's Kumite. (In Stereo)

11:20 pm CITY **29** ★½ "The Jewel of the Nile" (1985, Adventure) Kathleen Turner. Novelist Joan Wilder sets out to write the biography of an Arab ruler and runs smack-dab into Middle Eastern intrigue. **[E]**

EVENING

6:00 pm CITY **29** ★★★ "A Perfect Murder" (1998, Suspense) Michael Douglas. A commodities broker persuades his wife's lover to kill her in order to inherit her trust fund. (In Stereo) **[E]**

9:00 pm KREM **8** ★★★ "A Perfect Murder" (1998, Suspense) Michael Douglas. A commodities broker persuades his wife's lover to kill her in order to inherit her trust fund. (In Stereo) **[E]**

FAM **26** ★★★ "Big" (1988, Comedy) Tom Hanks. A 13-year-old boy transformed into a 35-year-old man by a carnival wishing machine becomes a successful executive. (In Stereo) **[E]**

9:05 pm CITY **29** ★★★ "Romancing the Stone" (1984, Adventure) Michael Douglas. A romance novelist teams with an adventurer in a

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Community Datebook

November

30 - TEEPEE Tot taco dinner, Elks Hall, Keremeos, 5:30 pm
Holly & Pine supper and bazaar St. Paul's Princeton 5:30

DECEMBER

- 1 - Keremeos Christmas Light-up
Holly & Pine lunch & bazaar 10:30 to 2 pm St. Paul's Princeton
- 2,3 - Novice Hockey tournament
Curling Club Junior District Playdowns
Bowling Fun Night 7 pm Princeton Bowling Centre Interior
Bowling team fundraiser Everyone welcome tickets 295-6570
First Nation Art Show and Auction Noon to 9 pm Keremeos
- 3 - Senior Citizens card games Princeton
Coffee house and music, Elks Hall Keremeos noon to 5 pm
- 6 - Friends of the Library Bingo Keremeos
- 7 - Line dancing classes OAP Hall Princeton
- 7 - Tulameen Elementary Christmas concert 7 pm
- 8 - Princeton Christmas Light-up
- 8&9 benefit contest powwow Keremeos Secondary School 7 pm
- 10 - Princeton Elks meeting 2 pm Elks Hall
- 12 - Princeton Secondary Christmas concert 7 pm
- 13 - Senior Citizens installation 1:30 p.m.
- 19 - Riverside Intermediate Christmas concert 10:30 a.m. & 7 pm
- 21 - John Allison Elementary Christmas concert 1:00 p.m.
- 24 - Christmas Eve (Sunday)
- 25 - CHRISTMAS DAY (Monday)
- 26 - Boxing Day - Tuesday
- 31 - NEW YEAR'S EVE (Sunday)

JANUARY 2001

- 12,13,14 - PUMPKINS tournament
- 20, 21 - SnoCross
- 26 - Senior Citizens Pot Luck supper
- 28 - Senior Citizens pool tournament

FEBRUARY

- 2,3,4 - GENTS tournament
- 3 - Senior Citizens card games

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- December 31
- January 7
- January 21
- February 4
- February 18
- March 11
- March 25

Public skating is cancelled or changed on tournament weekends

WEDNESDAY, NOVEMBER 29, 2000

RED ZONES - HIGH COST GREEN ZONES - LOW 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 (22)	DISC (24)	FOX 4.1	FAM (26)	KTLA (27)	CITY (29)	WGN (33)
6 AM	Little House	News	(Off Air)	Body Elec.	News	News	L.A. Law	(5:00) News	(5:30) News	(5:00) News	Hamster	Sportsdes k	VTV Breakfast (N)	Discovery, ca	Renker	Little Lulu	News (ESP)	Maury Paternity tests	Parent
7 AM	Little House	Mechanics	Teletubbs	Dragon	Today (Left In Progress)	Early Show (N)	Murder, She Wrote	Good Morning America (N)			Kleo	Sportsdes k		Forbidden Places	Garfield	Franklin	Morning News (ESP)	Cityline	Cosby
8 AM	Mama	Huntley Street	BluesClues	Barney			Magnum, P.I.		Canada AM (Left In Progress)	100 Huntley Street	Jetsons	ATP Tennis: Tennis		Wild Discovery: Echoes	Magie Bus	Art Attack		Money Mornings	MacGyver
9 AM	Matlock "The Gambler"	Dressup	Rainbow	Sesame Street (EI)	Live With Regis	Brown	Night Court	Martha Stewart Living		World Vision "Say '97"	Rupert	Masters Cup -- Early Rounds	Live With Regis	Discovery, ca	Paid Prog.	PB J Otter	Sally	News City	Matlock "The Haunted"
10 AM	Hunter	Price Is Right	Elliot Dudley	Lions Reading	Today (N)	Price Is Right	Law & Order	The View (N)	Travel Concrete	Distant Rd	Mouse	Fit Kick	The View (N)	Crocodile Hunter	Jenny Jones (N)	Madeline Out of Bx	Sally	Mov: "Romancing the Stone" (1984)	News
11 AM	Mov: "Matlock: The Idol" (1994)	Young and the Restless	Caller's Choice	Clifford	Divorce	Young and the Restless	Northern Exposure	Renker	Curtis	News	Kleo	Canada GT Highlights	Vicki Gabereau (N)	Storm Warning!	Montel Williams (N)	Goof Troop Aladdin	Lane	Mov: "Romancing the Stone" (1984)	Caroline
12 PM	Andy Griffith	News	Caller's Choice	Europe Antiques	Extra (N)	News	L.A. Law	All My Children	News	Days of Our Lives	Rugrats	Uh Oh!	ER	Flightpath	Men Are From Mars	ALF Franklin	Little House	Cityline	Change Street
1 PM	Cosby	North of 60	Fitness	Painting	Days of Our Lives	As the World Turns	Murder, She Wrote	One Life to Live	House	Bynon			Marriage Passions	Downtown Discover	People's Court (N)	PB J Otter	Sister, Sis.	Star Trek: Next Gener.	Fam. Mat.
2 PM	Full House	Passions	Shakespeare	Sit-Be Fit	Passions	Guilding Light	Magnum, P.I.	General Hospital	Rosie O'Donnell (N)	Passions	Twins	Billiards	General Hospital	Beyond 2000	Paid Prog.	Madeline	Hysteria!	Sexwars	7th Heaven
3 PM	Roseanne	Coronat'n	Japanese	Mr Rogers	Divorce	Judy	Night Court	Dr. Laura Holiday blues	Arrest	As the World Turns	Beavers	Sportsdesk	Vicki Gabereau (N)	Crocodile Hunter	Dinosaurs	Goof Troop	MeninBlick	News	Full House
4 PM	Fresh Pr.	Clueless	Mechanics	Lions	News	Oprah Winfrey	Law & Order	Maury Paternity tests	Oprah Winfrey	News	Rugrats	Hockey	Ellen	Discovery, ca (N)	X-Men	Doug	Pokemon	Seinfeld	Fresh Pr.
5 PM	Ripley-Believe	News	Art Attack	News	News	News	Biography	ABC News	Canada	Tonight	Pokemon	Digimon	News	Wild Discovery	Cosby	Recess	7th Heaven	Relic Hunter	Mov: "Bloodsport" (1988), Donald Glbb
6 PM	WCW Thunder	Friends	Career	News-Lehrer	News	News	Behind Closed Doors	News	News	Entertain	Two-Kind	Bodybuild	News	Flightpath (N)	3rd Rock	Little Lulu	Sabrina	Mov: "A Perfect Murder" (1998)	News
7 PM		Spin City	Asla	Great Performances: Andrea Bocelli	Jeopardy!	Seinfeld	Investigative Reports	Carey	Fortune	Practice (N)	Mona	Sportsdes k	Friends	Sex Files	Star Trek: Voyager	Gargoyles	Friends	Seinfeld	News
8 PM	Ripley-Believe	Fifth Estate	B.C. Now	Bocelli	Christmas-Rockefeller	Bette (N)	Law & Order	Be a Millionaire	Bette (N)	Malcolm	Worst	Hockey	Be a Millionaire	Discovery, ca	Malcolm	Honey, I Shrunk	Dawson's Creek (N)	News	Suddenly
9 PM	(9:05) WCW Thunder	Da Vinci's Inquest (N)	Breaking the Cycle	Tenors	West Wing "Galileo" (N)	Mov: "A Perfect Murder" (1998)	Biography	Carey	West Wing "Galileo" (N)	Street (N)	Crush Making	Triathlon: Guelph	Carey	Crocodile Hunter	Street (N)	Mov: "Big" (1988) Tom Hanks.	Felicity (N)	Mov: "Romancing the Stone" (1984) Michael Douglas.	News
10 PM		National Magazine	Epilepsy: Her Storms	TBA	Law & Order "Amends"	Behind Closed Doors	Investigative Reports	David Blaine	La Femme Nikita	News	Stressed	Motoring	Law & Order "Amends"	Wild Discovery	News	Friends (ESP)	Michael Douglas.	Wayans	Computer
11 PM	Mov: "Bad Boys"	News	Dojo on Data Live	Charlie Rose	News	News	Investigative Reports	News	GTV News	Cheers	Student	Sportsdes k	News	Flightpath	Cops	Jeffersons	Suddenly	Mov: "Jewel-	

Thursday Movies

MORNING

10:00 am CITY 29 ★★½ "The Jewel of the Nile" (1985, Adventure) Kathleen Turner. Novelist Joan Wilder sets out to write the biography of an Arab ruler and runs smack-dab into Middle Eastern intrigue. (E)

11:00 am WTBS 3 ★★½ "Matlock: The Haunted" (1993, Mystery) Andy Griffith. Ben suspects that a plastic surgeon's murder is tied to a devious plot to scare a wealthy widow to death.

AFTERNOON

5:00 pm WTBS 3 ★★ "Striptease" (1996, Comedy-Drama) Demi Moore. A determined mother takes a job at a Miami strip club to raise the necessary funds to regain custody of her daughter.

WGN 39 ★½ "Cyborg" (1989, Science Fiction) Jean-Claude Van Damme. The search for a stolen robot leads an adventurer into battle against a nomadic tribe of post-apocalyptic scavengers. (In Stereo)

EVENING

6:00 pm CITY 29 ★★ "Face/Off" (1997, Suspense) John Travolta. An FBI agent's nightmares come true when the comatose terrorist he is impersonating awakens and assumes his identity. (E)

7:35 pm WTBS 3 ★★ "Smokey and the Bandit" (1977, Comedy) Burt Reynolds. A man hired to high-tail it to Texas for an illegal beer run picks up a runaway bride and angers a stubborn sheriff.

9:00 pm FAM 26 ★★½ "The River Rat" (1984, Drama) Tommy Lee Jones. A parolee returns to his home along the Mississippi

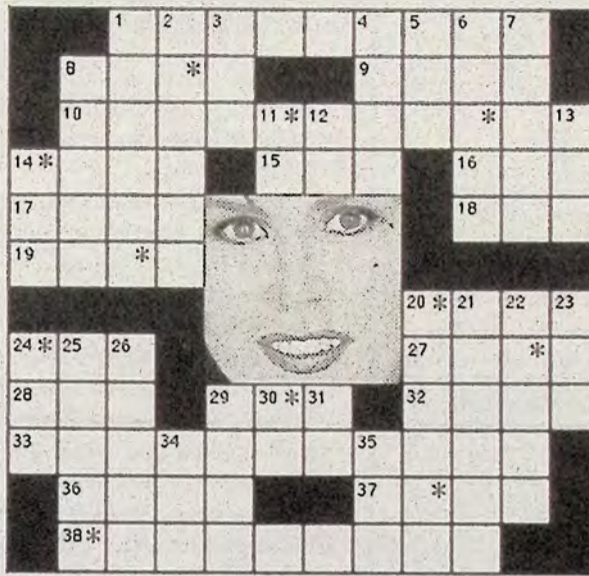
and tries to form a relationship with the daughter he never knew. 9:35 pm WTBS 3 ★★ "Striptease" (1996, Comedy-Drama) Demi Moore. A determined mother takes a job at a Miami strip club to raise the necessary funds to regain custody of her daughter.

10:05 pm CITY 29 ★★ "Mean Streets" (1973, Drama) Robert De Niro. A small-time hood and his irresponsible friend find plenty of trouble in New York's Little Italy.

10:35 pm FAM 26 ★★ "Those Calloways" (1964, Drama) Brian Keith. A New Englander faces local resistance when he attempts to establish a bird sanctuary for migrating geese. (E)

11:55 pm WTBS 3 ★ "Stroker Ace" (1983, Comedy) Burt Reynolds. A stock-car racer makes a bad deal with an unscrupulous chicken franchiser and becomes involved with a publicist.

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.

ACROSS

- 1. Actress on The Hughleys (2)
8. Hal Holbrook's role on Evening Shade
9. Acting award
10. 60 Minutes II personality (2)
14. Bob Newhart's role on Newhart ('82-'90)
15. Cheer
16. Suffix for text or depart
17. Ending for cigar or marion
18. Time in Calif.
19. Street (1986-87)
20. DLI doubled
24. Prefix for night or wife
27. Cappuccino holders
28. Lunched

DOWN

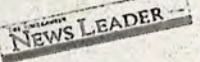
- 29. Number of Disney Dalmatians
32. Look hard
33. Three's Company role (2)
36. Of the congregation
37. When school starts: abbr.
38. Heart (1986-87)
1. Kicks out
2. Yes man
3. Series for a former Cheers star
4. Second (1996-97)
5. Diminish
6. The Thera; '94 Kevin Bacon film

LAST WEEK'S SOLUTION NOVEMBER 21

Grid solution for last week's crossword puzzle, including words like VANNA, AMY, OPPIE, SABRINA, YET, LINC, PIG, A, IDIOS, SET, GAME, L, EMU, LISI, RAGE, MEN, Z, LAHR, CANNI, AIR, LODIE, FAT, SNO, ODIE, FAT, AGAINST, HOBO, DOIG, KAREN.

Solution Valerie Bertinelli © TVData Features Syndicate

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



295-4149

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CROSSWORD

THURSDAY, NOVEMBER 30, 2000

RED ZONES - HIGH COST GREEN ZONES - LOW COST

Table with columns for various TV 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 from 6 AM to 11 PM, listing programs and their status.

Friday Movies

10:00 am CITY 29 "Godzilla vs. Mechagodzilla II" (1993, Science Fiction) Masahiro Takashima. Tokyo is stomped again as Godzilla fights Rodan and a mechanical nemesis to rescue his son.

11:00 am WTBS 3 "Matlock: The Suspect" (1991, Mystery) Andy Griffith. Michelle believes Matlock's objectivity is being compromised by the beguiling widow he is defending.

AFTERNOON

5:05 pm WTBS 3 "Last Action Hero" (1993, Adventure) Arnold Schwarzenegger. A young filmgoer finds himself battling villains with his screen idol after a magic ticket catapults him into a movie.

EVENING

6:00 pm CITY 29 "Giant Steps" (1992, Drama) Billy Dee Williams. A young trumpet player learns lessons in life and music when he catches up with the legendary jazz pianist he idolizes.

8:00 pm FOX 25 "Anastasia" (1997, Adventure) Voices of Meg Ryan.

Animated. Unaware of her true heritage as a long-lost princess, an orphan accompanies two con artists to Paris. (In Stereo)

8:05 pm WTBS 3 "Jury Duty" (1995, Comedy) Pauly Shore. An aimless loafer creates disorder in the court when he is assigned as a juror on a high-profile murder trial.

9:00 pm FAM 26 "Hook" (1991, Fantasy) Robin Williams. Steven Spielberg's update of Peter Pan finds adult Peter back in Neverland to rescue his children from Captain Hook.

9:05 pm CITY 29 "Embrace of the Vampire" (1995, Horror) Alyssa Milano. An innocent college student is torn between romance and lust when a seductive vampire seeks possession of her soul.

10:10 pm WTBS 3 "Hiding Out" (1987, Comedy) Jon Cryer. A frightened stockbroker tries to elude the gangsters on his trail by posing as a student at a high school.


11:05 pm CITY 29 "Dancing With Danger" (1994, Suspense) Cheryl Ladd. A private detective becomes involved with a taxi dancer whose previous two paramours were stabbed to death.

Arena Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am	Minor hockey games	School rentals	School rentals	School rentals	School rentals	School rentals	Minor hockey games
10							
11		Adult/tot senior					
Noon							
1:15		Stick and puck	Stick and puck	Adult/tot senior	Stick and puck	Stick and puck	
2							
3:20		Figure Skating		Figure Skating			Loonie public skating
4							
4:30							
4:45	Free Public Skate		Pewee practice Tykes		Pewee practice Tykes		Novice practice Ladies hockey 7:00 p.m.
5							6 to 7:30 Public skating
6							
6:15							
6:30	6:15 to 8:45		Atom practice Bantam practice				
7							
7:30	Figure Skating	7:15 Pumpkin hockey		7:45 Minor hockey			Public skating Teen stick & puck Pumpkins hockey
8							
8:45	Adult hockey	Midget practice	Adult hockey	Midget practice	Adult hockey		Minor hockey 10:45 rental
9							
10:45							

***** NOTE: Public Skating is CANCELLED or changed on tournament dates

TOURNAMENT DATES:	
October 8 - Merritt Centennials October 14,15 - Midget November 4,5 - Pee wee November 11,12 - Bantam	November 17,18,19 - PW AAA December 2,3 - Novice January 12,13,14 - Pumpkins
Feb. 2,3,4 - Gents March 3 - Figure Skating Show March 4 - Tykes March 16,17 - draft tour March 24,25 - Atoms	



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FRIDAY, DECEMBER 1, 2000

RED ZONES - HIGH COST GREEN ZONES - LOW 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 22	DISC 23	FOX 4 1	FAM 25	KTLA 27	CITY 29	WGN 30
6 AM	Little House	News Babar	(Off Air)	Body Elec. Zoboo	News	News	L.A. Law	(5:00) News	(5:30) News	(5:00) News	Hamster Beezoo	Sportsdesk k	VTV Breakfast (N)	Discovery.ca	Paid Prog. Underdog	Little Lulu Big Garage	News (ESP)	Maury (N)	Parent Wayans
7 AM	Little House	Mechanics	Teletubbs	Dragon	Today (Left In Progress)	Early Show (N)	Murder, She Wrote	Good Morning America (N)											
8 AM	Mama	100 Huntley Street	Maglo Bus	Arthur (E)															
9 AM	Matlock "The Reunion"	Dressup	Rainbow	Sesame Street (E)	Live With Regis	Brown	Night Court	Martha Stewart Living	Canada AM (Left In Progress)	100 Huntley Street	Jetsons	ATP Tennis	Live With Regis	Discovery.ca	Paid Prog.	PB J Otter	Sally	News City	Matlock
10 AM	Hunter	Price Is Right	Elliot Dudley	Lions Reading	Today (N)	Price Is Right	Law & Order	The View (N)	Paid Program	Distant Rd Travel	Mouse	Fit Kick	The View (N)	Crocodile Hunter	Jenny Jones (N)	Madeline	Sally	Movie: "Godzilla vs. Mechagodzilla II" (1993)	News
11 AM	Movie: "Matlock: The Suspect" (1991, Mystery)	Young and the Restless	Math Shop	Clifford	Divorce	Young and the Restless	Northern Exposure	Paid Prog. Pt Charles	Curtis	News	Ruffus		Vicki Gabereau (N)	Storm Warning!	Montel Williams (N)	Goof Troop	Lane	Movie: "Godzilla vs. Mechagodzilla II" (1993)	Caroline
12 PM	Cosby	North of 60	Parenting Today	Watercolor Quilts	Days of Our Lives	As the World Turns	Murder, She Wrote	One Life to Live	House	Bynon	Mouse	Golf: Williams World	Marriage Passions	Oceans of Mystery	People's Court (N)	PB J Otter	Sister, Sis.	Star Trek: Next Gener.	Fam. Mat.
1 PM	Full House	Passions	Depth	Sit-Be Fit	Passions	Guiding Light	Magnum, P.I.	General Hospital (N)	Rosie O'Donnell	Passions	Archibald	Challenge - Second Round. (Live)	General Hospital	Beyond 2000	Paid Prog.	Madeline	Batman	7th Heaven	Fam. Mat.
2 PM	Roseanne	Coronat'n	FutureBlick	Mr Rogers	Divorce	Judy	Night Court	Dr. Laura	As the World Turns	Arrest	Maglo Bus		Vicki Gabereau (N)	Crocodile Hunter	Dinosaurs	Goof Troop	Detention	News	Full House
3 PM	Fresh Pr.	Clueless	Mechanics	Lions	News	News	Biography: Tammy	ABC News	Canada	Tonight	Digimon		Ellen	Discovery.ca	X-Men	Doug	Pokemon	Seinfeld	Fresh Pr.
4 PM	Movie: "Last Action Hero" (1993)	Friends	Death	News-Lehrer	News	News	Competitio (N)	News	News	Entertain	Dragon-Z	Boxing: Friday Night Fights - Announced	News	Human Race (N)	3rd Rock	Little Lulu	Sabrina	Movie: "Giant Steps" (1992) Billy Dee Williams	Bulls Eye
5 PM	Arnold Schwarzenegger, Austin O'Brien.	Spin City	Guerilla	Fraser	Jeopardy!	Seinfeld	Investigative Reports	Carey	Fortune	Elton John-Hits	System HR List		Fraser	Oceans of Mystery	Star Trek: Voyager	Gargoyles	Friends	News	Basketball: New York Knicks at Chicago Bulls
6 PM	Movie: "Jury Duty" (1995, Comedy)	Air Farce	Brideshead Revisited	Andre Rieu: The Christmas I Love	Dateline	CSI: Crime Scn	Biography: Tammy	Norm (N)	Law & Order	Cover Me: FBI Family	Making Chart Attack		Fugitive	Discovery.ca	Movie: "Anastasia" (1997)	Honey, I Shrunk	Sabrina	Ed Sock	In the Heat of the Night
7 PM	Movie: "Last Action Hero" (1993)	These Arms of Mine (N)	Brideshead Revisited	Andre Rieu: The Christmas I Love	Dateline	CSI: Crime Scn	Biography: Tammy	Norm (N)	Law & Order	Cover Me: FBI Family	Making Chart Attack		CSI: Crime Scn	Crocodile Hunter	News	Robin Williams, Dustin Hoffman	Friends	News	Matlock
8 PM	Movie: "Hiding Out" (1987, Comedy)	National Magazine	Mystery! "Margret"	Wash. Wk.	Law & Order	Elton John-Hits	Competitio (N)	20/20 (N)	Elton John-Hits	Sprts Nite	Gamerz		Cold Squad "Trust"	Wild Discovery	Football				Caroline
9 PM	Movie: "Hiding Out" (1987, Comedy)	News	Darling Buds of May	Wall St.	News	News	Investigative Reports	News	CTV News	South Park	Beast	Sportsdesk k	News	Human Race	Cops	Hoffman	Friends	"Dancing With Danger"	Wayans
10 PM		Ranger		McLaughlin	Tonight	Late Show		Nightline	News	South Park	Shadow		Open Mike	Jeffersons	Backstreet	Suddenly			Outdoor

Sunday Movies

MORNING

6:45 am WTBS (3) ★★½ "The Naked Gun 2 1/2: The Smell of Fear" (1991, Comedy) Leslie Nielsen...

8:45 am WTBS (3) ★★½ "Young Guns II" (1990, Western) Emilio Estevez. Legendary outlaw Billy the Kid...

10:00 am WGN (28) ★★½ "The Bear" (1989, Drama) Jack Wallace. An orphaned grizzly cub...

11:00 am WTBS (3) ★★ "Universal Soldier" (1992, Adventure) Jean-Claude Van Damme...

11:30 am A&E (9) ★★ "Sunset Boulevard" (1950, Drama) William Holden. An opportunistic young screenwriter...

AFTERNOON

12:00 pm FAM (26) "Alley Cats Strike!" (2000, Comedy-Drama) Kyle Schmid. Teen misfits are thrust into the spotlight...

1:00 pm WTBS (3) ★★½ "Another 48 HRS." (1990, Comedy-Drama) Eddie Murphy. A fast-talking convict...

fast-talking convict is grudgingly reunited with a brash police detective...

KTLA (27) ★★½ "The Bear" (1989, Drama) Jack Wallace. An orphaned grizzly cub...

CITY (29) ★★½ "Romy and Michele's High School Reunion" (1997, Comedy) Mira Sorvino...

1:30 pm FAM (26) ★★ "On the Second Day of Christmas" (1997, Comedy-Drama) Mary Stuart Masterson...

2:00 pm A&E (9) ★★ "The Bridges at Toko-Ri" (1954, Drama) William Holden. An Oscar for best special effects...

WGN (28) ★★ "Mermaids" (1990, Comedy) Cher. A teen is caught in an emotional tug of war...

3:00 pm WTBS (3) ★★ "Last Man Standing" (1996, Drama) Bruce Willis. A Texas border town erupts into violence...

4:00 pm BCTV (11) ★★½ "Bye Bye Red Riding Hood" (1989, Fantasy) Fanny Lauzier. A young woman's questions...

woman's questions about her father's departure 10 years before leads to a meeting with three special beings.

YTV (18) "The Swan Princess III" (1998, Adventure) Voices of Michelle Nicastro. Animated...

5:00 pm WTBS (3) ★★½ "The Hunt for Red October" (1990, Adventure) Sean Connery. Soviet and American forces...

A&E (9) "Catherine the Great" (1995, Biography) Catherine Zeta-Jones. Based on the life of the obscure German princess...

FOX (25) ★★ "Tango & Cash" (1989, Drama) Sylvester Stallone. Two maverick L.A. policemen...

KTLA (27) ★★ "White Fang 2: Myth of the White Wolf" (1994, Adventure) Scott Bairstow. The leader of the Haida Indians...

EVENING

6:00 pm CITY (29) "In His Life: The John Lennon Story" (2000, Drama) Phillip McQuillan. Premiere...

7:00 pm A&E (9) "Catherine the Great" (1995, Biography) Catherine Zeta-Jones. Based on the life of the obscure German princess...

princess who became the scandalous and extravagant empress of Russia.

8:00 pm WTBS (3) ★★ "Thunderheart" (1992, Drama) Val Kilmer. A young FBI agent of Sioux ancestry...

CHBC (4) "Must Be Santa" (1999, Comedy) Dabney Coleman. Santa retires and a magical mix-up...

KNOW (5) ★★ "Wuthering Heights" (1939, Drama) Laurence Olivier. Based on Emily Bronte's novel...

9:00 pm KHQ (7) "In His Life: The John Lennon Story" (2000, Drama) Phillip McQuillan. Premiere...

KREM (8) "Papa's Angels" (2000, Drama) Scott Bakula. Premiere. After their mother dies...

Christmas spirit. (In Stereo) (8) A&E (9) "Catherine the Great" (1995, Biography) Catherine Zeta-Jones...

FAM (26) ★★½ "Green Card" (1990, Comedy) Gerard Depardieu. A woman and the French husband she barely knows...

10:30 pm WTBS (3) ★★ "Last Man Standing" (1996, Drama) Bruce Willis. A Texas border town erupts...

FAM (26) ★★ "The Whole of the Moon" (1996, Drama) Toby Fisher. A New Zealand teen-ager and a homeless tomboy...

11:00 pm A&E (9) "Catherine the Great" (1995, Biography) Catherine Zeta-Jones. Based on the life of the obscure German princess...

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SUNDAY, DECEMBER 3, 2000

Grid table showing TV schedules for stations WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN with times and program names.



The Princeton Maidens of Sherwood, left to right, back row: Coach Al Anderson, #14 Natasha Gibson, #5 Kristan Boyce, #88 Carol McDonald, #12 Lisa Miller, #17 Lorrie Clifton, #8 Darrell Brewer, #13 Sharleen Clifton, Coach Pete McDonald, #66 Misty Douglas. Front row: #1 Amber Patenaude, #19 Trena McLeod, #11 Diane Henderson, #3 Brigid Kavanaugh, #4 Kathy Schneider, #6 Kara Pedersen, Britts Clifton (Maiden-in-training), #7 Linnea Stevens. Missing from photo: Cathy Robillard, Sylvia Rhodes, Leanne Kelleher and Monika Vegara, who is too pregnant to play.

Maidens whomp Teachers in fun hockey

The Princeton Maidens of Sherwood, the women's hockey team, met the Teachers in a hockey game Friday evening. The Teachers were out-classed by the

smaller (and often faster) women in the kind of fun-filled game that provides a lot of entertainment for spectators.

The Maidens were deadly in a

scramble in the crease, but Kristan Boyce proved she could slap one in on a breakaway, too. The Maidens were aided in goal-scoring by the Teachers' goalie, who "accidentally" knocked a few into the net for the Maidens. Darrell Brewer did a little roughing and put a Teacher player down on the ice and then sat on him. The referee appeared to ignore this infraction, but nailed the Teachers (all men) with all kinds of penalties, awarding free shots to the Maidens, who scored a few as a result.

The game ended with the Maidens ahead 14 to 9. The final 30 seconds saw the Maidens' entire team out on the ice for a "big" finish. They will be back on the ice this Friday night.

High speed Internet comes to Princeton

News release

The full power of Internet is now at your fingertips. Just when you thought your so-called high-speed Internet service was really fast, *CableRocket* powered by *Regional Cablesystems* has arrived!

Using the power of your cable connection, *CableRocket* high-speed Internet service will deliver Internet at speeds up to 100 times faster than dial-up Internet service. And since the cable network of *Regional Cablesystems* powers *CableRocket*, you will never have to experience the dialing, the busy tones, and the slow performance of dial-up Internet service ever again.

"We are very excited about delivering *CableRocket* high speed Internet service to the community of Princeton," says Steven MacDonald, Vice President, Sales and Marketing for Paralyx Internet. "Paralyx specializes in delivering high speed Internet into smaller markets all across Canada."

"From our perspective, we believe in providing services that our customers want, and our customers in Princeton have been asking for high speed Internet in a big way," says Fred Hosker, General Manager for Regional Cablesystems. "Princeton is one of our largest cable television communities and with high speed Internet service available, we anticipate a growth in business, particularly for commercial customers."

Test trials are presently underway at selected homes and businesses throughout Princeton. A full service launch should be ready for the second half of November. There will be three high speed Internet service

offerings; one for residential and two for commercial customers. The residential offering, *CableRocket*, will have unlimited high speed access, up to three email addresses, and up to five Meg web storage space. The commercial offerings, *Corporate and Corporate Pro* will be either 10 or 20 email addresses and 10 or 20 Meg web storage space.

Cable modems will be available on a rental or purchase basis from Regional Cablesystems. Network Interface cards for computers requiring this interface will be available through a local distributor.

Toll free customer support will be provided by Paralyx Internet Monday-Friday 6 am-7pm and Saturday 10 am-6 pm. 1-888-207-0203. Pricing \$39.95 for cable customers (includes modem). Non-cable customers must rent modem for additional \$9.95/month. First 50 customers will have no hookup charge.

Website for Regional Cablesystems: www.regionalcable.com
Website for Paralyx Internet: www.cablerocket.com

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MLS 2 Bdrm./lg yd./ Garage ASKING \$65,900	MLS 5 BEDROOM FAMILY HOME. NEARLY ONE ACRE ON YEAR ROUND CREEK, CLOSE TO TOWN. \$159,900	MLS HOME IS WHERE THE BARGAIN IS! 1 + 2 bdrm home in downtown historic Hedley. \$49,900.	MLS 2 bdrm, landscaped, fenced yard, detached garage. Asking \$69,900.
MLS BEAUTIFUL NEWER HOME ON COUNTRY 1/2 ACRE. MANY EXTRA FEATURES ONLY \$159,900	MLS 20 ACRES ON 2 TITLES FOR HORSES 3 BEDROOM WITH EXTRAS	MLS STORE/FRONT \$59,900 Commercial BRIDGE ST.	MLS LARGE HOME ON 1.9 ACRES 10 MIN. FROM TOWN \$169,000

Need to Sell Your Home?
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We're Here to Help!
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JANICE BARCLAY **We're Here For You - at REMAX** **PENNY LOTT**

POINTS OF VIEW

OUR VIEW

Emergency crews need our support

When you call for an ambulance in a small town, you expect an ambulance to come. You are really shocked when the dispatcher tells you no ambulance can come. You have to find alternative transportation to your nearest health care facility.

If you were out on the highway and in an accident, you would expect the rescue truck to come to your rescue so the ambulance crew could get at you. You would be surprised to learn it broke down on the hill just outside of Princeton and the guys could not make it to the scene.

This is the kind of situation we are looking at in Princeton. A call for an ambulance, recently, was met with, "I am sorry. No ambulance is available." No explanation to the individual requesting assistance. A private vehicle was used to transport the sick person to the hospital.

Yes, the rescue truck is in poor condition and yes, it could break down in any call. If you were sitting in a vehicle where you were trapped and you needed those Jaws of Life so the ambulance people could begin to care for you, you might wait a lifetime, literally.

The ambulance situation is under the control of the government, but the rescue truck is our baby, and we need to think about what we should be doing to help put a new truck on the road.

News Leader staff can testify to the dedication and expertise of the rescue crew. We have been there, with them. They often arrive before the ambulance, and they are often absolutely essential to saving a life. They pull apart vehicles to free trapped injured people. They go down steep embankments and carry people back up to where the ambulance is waiting. Even if there were no ambulance, these guys could probably save your life, if the truck didn't break down. Think about this: what is a life worth to you?



YOUR VIEW

Alberta resident is fed up

Dear Editor;

I am most pleased to note that concern over the privatization of Canada's health care system has emerged as one of the main issues in the current federal election. I believe that it is important that electors see through all of the rhetoric and recognize the reality that it was the Chretien government which hid behind the deficit excuse to withdraw federal funding for social programs such as health care.

Together with the severe cuts made by some of the provinces, the results were devastating and, predictably, set the stage for the clamour by Canadians for alternative approaches to health care.

Stockwell Day, meanwhile, was a member of the Klein government while they rammed through the deceptive Bill 11, the Bill which

enables the establishment in Alberta of private for-profit hospitals disguised as "approved surgical facilities" with which Regional Health Authorities can contract for insured medical services. The Bill, which allows physicians to practice in both private and public health facilities at the same time, also enables those who can afford private MRI clinic fees to jump the queue.

Yet both of these leaders, in an effort to woo voters, have had the gall to claim they are opposed to two-tier health and to the privatization of health care in Canada.

Yours truly,
William Dascavich,
Vegreville, Alberta.
(Editor's note: How nice it is to hear from an Alberta resident in response to last week's editorial!)

Santa wants letters

To all my dear friends -

I love getting letters from all you children and this is to remind you that it is time for you to sit down and write a letter to me (Santa Claus) and I will send you a letter back.

You can send your letter to the following address:
Santa Claus, North Pole,
HOH OHO

Please remember to include your FULL NAME AND ADDRESS (BOX NUMBER) so that I will know who is sending me the letter. So get busy writing, because the faster you send me your letter, the faster I can send one back to you.

Even though this is a very

busy time of year for me, I still have time to read all your letters and answer them, too.

The elves are very busy making toys, games, clothes and all the things that you children wish for at Christmas and Mrs. Claus is busy in the kitchen making all sorts of goodies for me and the elves.

Rudolph and the rest of the reindeer are resting as they have a very busy night ahead of them.

Be good and listen to your Dad and Mom and I will be looking in my mailbox for your letter.

Your friend,
Santa Claus

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.

THE SIMILKAMEEN NEWS LEADER

Locally Owned and Operated

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**Keremeos
Christmas
Light-up this Friday
December 1
Princeton
Christmas Light-up
next Friday
December 8**

The Search for Spirituality

Ritual is a technique for spiritual experience

Ritual is used by many people throughout the world as a means of seeking the inner spirit and becoming closer to the Creator. Ritual can be prayers repeated for hours, or motion repeated for hours. Buddhist monks will say prayers in what seems like a never-ending cycle of rituals. These rituals have a soothing effect and block out the outer world.

Dervish dancers whirl and whirl to put themselves into a state in which they feel closer to God.

Letter to the Editor Teachers praise firemen

Dear Editor;
Princeton teachers wish to express their appreciation to the Princeton emergency services and others that prepared and staffed the Halloween Spook House. In particular, we commend the leadership and commitment of the members of the Princeton Volunteer Fire Department.

The Spook House is the highlight of Halloween for many Princeton children. We thank everyone involved for providing a safe and exciting adventure for our young people. We want you to know that the children told us they had a great time!

Sincerely,
Susan Hamilton,
Princeton District Teacher's Union

What does rural Ministry do?

The Minister Responsible for Rural Development has a direct concern with the development of rural communities. The staff at the ministry works with local government to find ways in which the ministry can assist local government in enhancing prospects for future growth and prosperity.

This ministry does not give grants without a specific purpose or proposal, nor does it act as an agent to bring industry into a community. Its function is to look at what the community has and develop that into a better source of livelihood for the community.

Further information may be obtained from the ministry itself.

Groups or individuals interested in developing some aspect of their local potential should petition their local government, either regional district or municipal council, to go to the minister responsible for rural development with a proposal.

The ritual of the whirling dance achieves a calming effect and blocks out the outer world.

Native North American dancers hear the drums and dance for hours, in a ritual for which they have cleansed themselves spiritually and physically. Many First Nations people enter a sweat bath for spiritual purposes, heating the body and chanting in the steamy confines of the sweat tent. The ritual in this case is the chant, and the heat serves to speed up the flow of blood to the brain, giving rise, they say, to visions or spiritual enlightenment. As well, the sweat clears toxins from the body.

The repetitious steps of ritual dances leave the mind free of distractions, unlike the more complex ballroom dancing. In ritual

dancing, the body is in motion but the dance is so simple that the mind is free.

In some churches of the past, ritual chanting was a form of ritual prayer, and was used to create a meditative state. Chanting is another ritual using sound without motion, and is used by people all over the world.

Ritual flogging has been used by some east Asian monks as a way to open the soul to the mind.

There is no indication that any one system is any better than another, and a ritual that may work for many may not work for some people. The goal is the same, regardless of method - to put aside the conscious awareness to reach toward the inner self, or soul.

Heart Food

by Dave Machin

We all want to be happy. You may think happiness comes through an abundance of many things. Likewise, you may think you will achieve happiness through wealth and comfort. However, if you will take the time to examine the lives of some of the wealthiest men who have ever lived, you might be surprised to find they were among some of the unhappiest and loneliest of people. The proper foundation for true happiness consists primarily of three components. The first one is purpose. The right kind of purpose in your life is important to your happiness, for a life without direction is the life of a vagabond, which has no true purpose. There can be no true happiness in just having a temporal purpose in life, for that will never bring a permanent sense of satisfaction or happiness to your life. Purpose ultimately must be grounded in something beyond this life - in the eternal. Without this, even the most well-planned and honourable purpose lacks any kind of permanence. To build happiness, you not only need purpose but you also need peace of mind. Because we live under the limit of our senses, our lives are full of limitations. These bring us to a nagging sense of uneasiness. We do not know what is going to happen tomorrow and with this troubled mindset, we are far from the peace needed for happiness. Until we rid ourselves of this uneasiness caused by our limitations and our lack of direction, we will have no peace of mind and heart. Keep this thought in mind: God says in His word "I know the thoughts and plans that I have for you, thoughts of peace and not of evil, to give you a hope and a future." God is good all the time. (To be continued.....)

Pastor Dave Machin,
Similkameen Christian Centre,
SUNDAY SERVICES 10:30 a.m.
221 A, Bridge Street, Princeton, B.C. 295-0599

The PRINCETON VOLUNTEER FIRE BRIGADE and the PRINCETON RCMP would like to Thank the following Sponsors who made the "SPOOK HOUSE" possible:

K&M Trucking, Mac Lind Logging, Viola and Al Hill, Princeton Hotel, Hamilton Insurance, Mac's Auto Parts, Dennis Cook Holdings Ltd., Lawrence Stevens, Overwaitea, Stedman's V & S, Grgich Construction, Princeton Mohawk, Dairy Queen, Princeton Esso.

Thank You to those who became Spook House characters:

Aaron Banks, Sarah Banks, Brent Davidson, Tasha Gee, Vicky Haker, Karen Kunderman, Aleena Lay, Patrick LePoidevin, Philip LePoidevin, Jana McKenzie, Logan McKenzie, Steve Barton, Gonzall Ortiz, Jay Plunkett, Monty Raine Jr., Ali Reid, Alex Smith, Justin Smith, Kailee Smith, Lewis Smith, Amber Swanson, Conner Wicks, Cliff and Lynn Pelly, B C Ambulance Service, Rosemary Clarke, Marie-Anne Roche and anyone we may have missed.

CHRISTMAS STOCKING STUFFERS

Princeton Area Ghost Towns Revisited
Princeton Area Fishing Guide
Princeton Area Unsolved Mysteries

\$2 per Copy at the NEWS LEADER

LASKA'S FLOOR SERVICE

SEE US IN OUR SHOWROOM
*Downtown Location - 105 Vermilion Ave
PH/FX: 295-0474 or 295-0454

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(OVERNIGHT DELIVERY AVAILABLE)
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3 years of European Trade School - 25 years experience
Now Open - The Corner Shoe Store
casual shoes - outdoor boots - mens and ladies fashion footwear
Hush Puppies / Timberland / Clarks of England / Brooke / Euro Comfort

INVITATION TO WORSHIP

**LIVING WATER
FOURSQUARE CHURCH**
Sunday Service:
10:30a.m. OAPO Hall Billiter St.

For home caring groups info
Phone Pastor Bob Stewart at
295-7733

**SIMILKAMEEN
CHRISTIAN
FELLOWSHIP**

SUNDAY SCHOOL
9:45
WORSHIP SERVICE
11:00AM
Everyone Welcome
DON BODDEN - PASTOR
499-2511

BAPTIST CHURCH OF PRINCETON
ACROSS FROM ARENA - OLD HEDLEY RD.

SERVICE TIMES
Sunday School 9:30 am
Family Worship 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**
10:30 a.m.

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
Nov. 12 & 26 at 11:00 A.M.
Bible Study & Sunday School
at 10:00 am
PHONE 295-7001
CHURCH OF THE LUTHERAN HOUR
7:30 AM SUNDAYS LOCAL RADIO
PASTOR L.M. CARLSON

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 Keremeos - Cawston - Olalla begin with - 499

2 OBITUARIES

KOFTON, PETER (SLIM)

Passed away November 19, 2000 at Princeton General Hospital. Slim was born April 28, 1917. He is survived by his loving wife Muriel, his step-daughters Leslie, Shelley, and Kerry (Herbi), his two grandsons Bobbie and Ryan, his two sisters Annie of Langley and Nellie of Grand Forks, numerous nieces and nephews. He is predeceased by his parents and his sister Pauline. No Services by request. In lieu of flowers, donations of your choice would be appreciated.

7 APPRECIATION

The Miller Families wish to express their heart felt thanks to everyone who helped us through our time of sorrow. The kind words, compassion, love, cards and flowers brought us great comfort. Thank you Mr. Fred Netherton for your sincere care and concern to ensure that all our needs were met with dignity and respect. Thank you Eric and Ruth Goodfellow for the beautiful service and the special booklets that we shall treasure forever. What a nice and thoughtful gesture! You are indeed two very special people. Thank you to the Legion Ladies for the lovely luncheon they prepared so we could appreciate and say thank you to everyone who attended Dave's Services. A special "thank you" to Doug for the thoughtful and very emotional Eulogy he dedicated to the memory of our beloved David.
 From the Miller Family

9 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

DEADLINE FOR CLASSIFIED ADS

ALL CLASSIFIED ADS MUST BE IN NO LATER THAN NOON ON SATURDAY!
 DISPLAY ADS MUST BE IN OR SPACE RESERVED BY NOON ON FRIDAY!

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DIPLMA PROGRAMS
 • Desktop Publishing
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 • Computerized Accounting
 • Microcomputer Business App.
 • MOA-Medical Office Assistant
 • PC Troubleshooting and Repair
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 "Job Placement Assistance"

ACADEMY OF LEARNING & LOCAL CALL 310-JOBS (5627)

COVER ALL COVER-ALLS

TWO FULL-TIME POSITIONS OPEN
 Folding rags, flexible hours.
 Phone: 295-0368

EMPLOYMENT WANTED

CLEAN-SWEEP

HOUSEKEEPING SERVICE
DO YOU WORK? CAN'T KEEP UP? HOUSEWORK GETTING YOU DOWN?
 GIVE ME A CALL: 295-3607
 HONEST, RELIABLE, REASONABLE!
 N21/D12

NOTICES

PRINCETON RODEO CLUB

Annual General Meeting
 7:00 PM
 Friday
 Dec. 8/2000
 Town Hall
 Everyone Welcome!

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

As a result of unforeseen circumstances
MITRED CORNER MATTING & FRAMING will remain OPEN for the Christmas Season.
 We appologize for any inconvenience.
 Tom & Sue Steele
 N28/D5

"SOMETHING FOR EVERYONE"

From everyday care to special gifts, Mary Kay offers something for everyone in the family this holiday season.
 Come and see me for my "Get Set for Christmas"
OPEN HOUSE
 Saturday and Sunday
 10 am to 4 pm
 Michelle Fraser
 Independent Beauty Consultant
 311 Fenchurch, 295-3210

NARCOTICS ANONYMOUS
 Meets at the Health Unit every Thursday at 7:30 P.M.
 Open Meeting.
 Phone: 295-0542

THE WILD GOAT GIFT SHOP AND TEA ROOM

in the Hedley Heritage Museum
PRE-CHRISTMAS 2 FOR 1 SALE
 Soup and sandwich specials everyday - lots of unique gifts in our shop.
 Call (250)292-8422
OPEN ALL YEAR ROUND.
 Call (250)292-8422 to book your private Christmas Party.
NEW YEARS 1ST NIGHT!
 Hedley Heritage Museum
 Closed Tuesdays!

15 FOR SALE

SKI-DOO'S FOR SALE

• 1999 POLARIS INDY 340, like new, only 400 km. 1998 SKI-DOO MXZX 440, mint condition. 1996 SKI-DOO MXZ 583, lots of extras. 1998 Interstate two machine enclosed trailer, bought new in 1999. Ph: 295-7175 N28/D19

TUFF-BOX FOR MID SIZE PICKUP, \$75.

Phone: 295-3025 N28

1989 YAMAHA EXCITER L/C SNOWMOBILE \$2,500. Full size checkerplate pick-up tool box, keys incl. like new. \$190. firm
 Phone: 295-7754, leave message. O31/rts

SEARS CRAFTSMAN 8.5 HP 27" SNOWBLOWER, brand new, used twice \$900.
 Phone: 295-0499 N28

TOURING '96 SKI-DOO'S, matching pair, as new, long-tracks, electric start, reverse, warm grips, covers. \$4,000. each.
 Phone: 295-6364 N28

GREAT CHRISTMAS GIFT
 NINTENDO 64 WITH 2 PADDLES AND ONE GAME. LIKE NEW! only been used a few times.
 \$200. Firm
 Ph: 295-7856 or 295-4149

SNOW TIRES FOR SALE
 4 MOUNTED HERCULES BELTED RADIAL P185-75R14
 Used one Season, \$85./pair, plus 1 all season Concord.
 Phone: 295-0423

LOOKING FOR EXTRA MONEY FOR CHRISTMAS!

LIST FOR SALE those never or seldom ever used items that take up valuable storage space!
CLASSIFIED FOR SALE!



Season's Greetings



16 FLEA MARKETS

THE ELKS & ROYAL PURPLE
are sponsoring
COUNTRY STORE
1st & 3rd Saturday
of each month
Loc: Elks Hall behind
Chaps
10:00 a.m. to 3:00 p.m.
Table rentals - \$7.00
Contact
Doris Driver at 295-3518
or Rose Aiken at
295-7525



**Reserve
a space
now
for
those
Special
Christmas
Greetings!
4
weeks
to X-Mas!**



Have you written to
Santa yet?
His address is:
**SANTA CLAUS
NORTH POLE
HOH OHO**
Don't forget to include
your full name and
address.

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NOON SATURDAY - PRINCETON

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

25 FOR RENT

1 BDRM DUPLEX \$290. per month or \$375. per month utilities included. 293 Angela. References required. Available now.
Ph: 295-3640 O24/rts

TWO BEDROOM HOUSE FOR RENT DOWNTOWN
Fridge & Stove. Available December 1st.
140 Vermilion. References Req'd
Ph: 295-6567 N14/21

COZY 2 BEDROOM APARTMENT IN OLALLA
4 appliances, washer, dryer, fridge, stove, new hardwood floor. \$360. per month plus utilities.
No Pets.
Ph: 604-888-4297 Jy11/rts

2 BDRM HOUSE for rent downtown. four appliances. Ref's required.
Call 295-7516 Monday to Friday, 295-3915 nights N28 ?

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

2 BEDROOM DOWNTOWN
\$500. per month.
REFERENCES REQUIRED.
CALL
RE/MAX COUNTRY
295-3222

25 FOR RENT

1 BDRM DUPLEX 3rd bench. Includes fridge, stove, washer, dryer, gas heat. \$425 per month. Damage Deposit required.
Phone: 295-7402 N28/rts

THREE BEDROOM
2 bath, family townhouse at Aspen Court. Rent as low as \$200. per month if you qualify. Vacancy December 15th.
Ph: 295-6666 N28/rts

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

QUIET FURNISHED KITCHEN UNIT. TV, utilities & cable included. Ideal for seniors or working people. Down town location.
Ph: 295-6232 RTS

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

COPPER TOWN MOTEL
Is now under new management
FOR RENT
MOTEL UNITS, KITCHEN UNITS AND CABINS
\$325/MO AND UP, 5 UNITS AVAIL AT SPEC. RATE \$250.
P/MO CURRENT
PHONE 295-0605

25 FOR RENT

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

WINTER RATES!!!
1 bedroom and bachelor suites. Utilities included.
Phone: 295-3355 O10/N27

2 BEDROOM APARTMENT.
Fridge and range. Rent for \$375. p/mo. includes heat. In Town.
Phone: 295-6611 S5/rts

COMMERCIAL SPACE AVAILABLE JAN. 1/2001
195 Bridge St. 496 sq. ft.
Rent: \$275. + shared expense \$131.44 p/mo + gst 28.45
Total per month = 434.89
For more info call 295-3640 O17/rts

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

PRINCETON MANOR LOCATED DOWNTOWN.
Beat the high cost of Natural Gas heat. Princeton Manor has economical base-board heat. "Adult Only Building". Clean and quiet, close to stores, park and services. Two bdrm \$500., 1 bdrm \$450., Bachelor \$325. Sorry no pets allowed. References and Security Deposit Required.
To view please phone Margaret at 295-6408. RTS


MOBILE HOME LOTS FOR RENT
FIRST MONTH FREE!
fully serviced lots, including natural gas. Close to school.
Call manager @ 295-6230

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

14 BUSINESS SERVICES

ESSENTIAL MASSAGE ETC... 

NOVEMBER SPECIAL - ALOE VERA BODY WRAP
2 hour session - \$100. Includes face, hand scalp and foot massage.
~ detox - lose inches - firm & tighten ~
PHONE: 295-7980 LOT 6 SANANGE ESTATES

Looking for a bargain, LOOK a new home, another car? HERE!
Looking for a buyer?
The News Leader Classifieds 295-4149 

 **Country Rose Childcare**
ENERGETIC AND FLEXIBLE
ONLY MINUTES FROM TOWN
COLLEEN LICENSED
KUNDERMAN 295-3625

25 FOR RENT

TAYLORS MILL MOBILE HOME PARK
3 BDRM HOUSE FOR RENT
Close to town, woodstove, 3 appliances. \$500. per month. Available now.
MOBILE HOME PAD FIRST MONTH FREE!
also available at \$155. per month. No Dogs!
Phone: 250-494-9605 or 295-7077 N7/rts

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

26 PROPERTY SALES

TULAMEEN
Small cabin on 50' x 100' lot on 6th street. \$57,000.
Phone: 295-6070

FOR SALE BY OWNER
Spacious 5 bedroom, wheelchair accessible older family home. Located downtown, 1 1/2 bath, full basement, garage, landscaped, close to all amenities. Excellent opportunity for home business.
Asking \$135,000.
Phone Princeton & District Community Services at 295-6666 for an appointment to view. A8/rts

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 S19/rts

CLASSICS MUSIC STUDIO 

Plano • Keyboard
• Theory • Pre-School
• Now Teaching GUITAR!
MARIA 295-0120

14 BUSINESS SERVICES



DAVE'S MOVING

ALL MOVES BIG OR SMALL
IN OR OUT OF TOWN
FOR AN APPOINTMENT CALL:
295-3855
295-8006 CELL

PELLY CONTRACTING LTD.
PRINCETON, B.C.
JD 650 CRAWLER

- * Landscaping
- * Grooming
- * Shaping
- * Finishing



Phone Cliff - 295-6504
or Bob - 295-6179
or Fax: - 295-3382

Call the Leader
at
295-4149
or fax
295-4103

e-mail
nwsleadr@plpower.com

Call the Leader
at
295-4149
or fax
295-4103

e-mail
nwsleadr@plpower.com

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.

**O.A.P.B.R. #185
BINGO EVERY FRIDAY
MORNING!! 9:00 A.M.**
Hard Cards
License No. 807532A2

**KEREMEOS ELK'S &
ROYAL PURPLE**
Every Friday
Doors open 5:30 pm
Elks Hall Keremeos
SMOKE FREE BINGO

**O.A.P.O 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

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In Hedley at the Chuchuwayha Hall
\$25 guaranteed minimum payout on
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23 HEALTH CARE

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FREE AND CONFIDENTIAL
Individual Counselling and Education
Keremeos: Monday & Wednesday 9:30 a.m. to 4:30 p.m.
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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

Free and confidential counselling service
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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

**PRINCETON FAIRGROUNDS
RENTAL SCHEDULE**

MAJOR EVENTS:
- \$500 per day use of all facilities (except Fall Fair Building #1).
Approval of use required from PXA six months in advance of event. Pre-event deposit will
be required on approval. PXA can be contacted for negotiation.
*** Proof of liability insurance required

VEHICLE STORAGE: (October 1 - April 30)
- \$100 per vehicle outdoors
- \$200 per vehicle indoors (Fall Fair Buildings #2 and 3 only).
All vehicles left at owner's risk

FALL FAIR BUILDINGS:
- Building #1 - not available for rent.
- Building #2 and #3 - \$50 per building, per day plus \$100 refundable
deposit. (if renting both Fall Fair Buildings and Concession Stand,
only one damage deposit required).
*** Buildings #2 and #3 are not available to rent October to April if they are being used for
vehicle storage

CONCESSION STAND:
- \$150 per weekend but users must meet PXA requirements.
(\$100 damage deposit required)
*** User Group provides their own propane

RACE TRACK:
- reserved for events approved by PXA March to September.

STABLES:
- \$10 for one day, \$15 per weekend and \$30 per month.

RODEO ARENA:
- available to qualified groups. Consult PXA for details.



RECREATIONAL VEHICLE EVENTS:
- \$6 per unit, per day with washroom facilities only. If other facilities
are required, the rate is negotiable.

OTHER EQUIPMENT:
- Chairs: 25¢ per chair for a weekend
- Tables: \$2 per table for a weekend. \$10 late return penalty.
(picnic tables are not available for rental away from the Fairgrounds).
- Stage: no charge, contact the PXA
- Scales: \$1 per head (minimum charge \$10)
- Indoor Arena: available to qualified groups. Contact PXA.

FOR MORE INFORMATION CONTACT:
George Elliott, President - 295-7754 or 295-4149
Brenda Engel, Secretary/Treasurer - 295-7754

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PROVINCE OF BRITISH COLUMBIA
MINISTRY OF FORESTS

**AMENDMENT TO STUMPAGE RATE
TIMBER SALE LICENCE A65082**

Pursuant to Section 20(1) of the *Forest Act*, a Timber Sale licence is being offered for
sale, authorizing the harvest of Mountain Pine beetle infested timber. The advertise-
ment for this Timber Sale Licence has been shortened in order to address the Mountain
Pine beetle prior to flight.

Closing Date: December 4, 2000 District: Merritt
Geographic Location: Copper Creek
Volume: 2985 cubic metres, more or less
Upset Stumpage Rate: \$18.51/cubic metre

The upset stumpage rate was determined by the Market Pricing System, and is
applicable only to coniferous green sawlog grades.

Term: 6 months

Tenders will only be accepted from individuals or corporations registered
as a Small Business Forest Enterprise, category 1.

Comments:

1. Species: Lodgepole pine 99%; Spruce 1% more or less
2. Billing method: Scale based
3. Logging system: cable
4. Logging season: any except break-up
5. Access: Copper Creek Forest Service Road, approximately 45 km to Princeton

Applications will be accepted by the District Manager, Merritt Forest
District, Hwy 5A & Airport Rd., P.O. Box 4400, Stn. Main, Merritt, BC,
V1K 1B8 until 2:00 p.m. on December 4, 2000.

There is additional material which the applicant must consider in their application.
This material, application forms, and other information about the Small
Business Program can be obtained from the above Forest District Office.
Specify Timber Sale Licence A65082.

PUBLIC NOTICE

PROPOSED CHANGE OF ROAD NAME

A request has been received to officially change the
road name of Wrights Ranch Road to Huff's
Road. The road is located approximately 6 km
southwest of Princeton, off Wrights Road. The road
heads north off Wrights Road, 1.7 km from
Highway 3.

Persons having any objection to the proposed
name change are requested to write giving reasons
to: 254 Haynes Street, Penticton, BC, V2A 5R9, or
fax 487-4778, before December 31, 2000. Please
quote file 15644.

Province of
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The Sue LePoidevin sculpture entered in biggest show to date.

LePoidevin's pottery joins Taiwanese show

Sue Le Poidevin, Princeton ceramic artist, recently had her sculpture accepted into a prestigious juried art exhibition in Taiwan. Last spring, Sue sent slides of her work to The Sixth Taiwan Golden Ceramics Awards in Taipei County and was notified that she had passed the first selection process. Then she had the challenging job of packing the fragile sculpture, entitled, House at Pan Ha, Dysart, suitable for shipping overseas in a strong crate. It arrived safely.

She was informed that the sculpture had passed the second jury and was chosen for exhibition. One hundred and forty-four works were chosen

from more than 700 entries, representing 35 different countries. Twelve artists were honoured with cash awards. Sue will receive a coloured exhibition catalogue and a finalist certificate. She was very pleased to represent Canada and have her work displayed among so many other notable ceramic artists from around the world. The exhibition opens at Taipei County Yingko Ceramics Museum on November 27, and runs until February, 2001.

Sue's studio is open by appointment. She and Marilyn Huycke, a local weaver, will host an Open House, Show and Sale on December 3. For details, contact 295-7580.



Roya Lawrence won the November 17 Meet Your Meter contest, a spin casting rod. She is shown with her mother, Naz Massoudi.

No fire report issued yet

The cause of the fire at the Nault residence on Saturday, November 18, is not yet official. Fire Chief Eric Gregson says the cause of the fire is still under investigation and will not be official until the Provincial Electrical Inspectors Branch hands in a report. Both the Fire Department and the Electrical Inspector thoroughly checked the residence to determine the cause, and Gregson said most of the usual causes were ruled out.

The fire was seen shortly after a lowbed trailer wiped out a power pole at the junction of Highway 40 and the race track road, near the Nault residence.

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OUTSTANDING SELF MOTIVATED individual required as Assistant Service Manager - Service Writer for medium sized four line GM Franchise in Southern Alberta. Contact Larry 403-362-3416, fax 403-362-6383.

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SEISMIC LINE crew helpers. Veritas DGC Land currently has openings for the above field position. Work is labour intensive, requires a lot of walking, and requires lifting up to 70 lbs./35 kgs. Schedule is 28 days in field; 7 days off. Long hours involved (lots of overtime). Accommodations are provided in field. Opportunity for advancement and additional training. WHMIS and H2S training provided. Candidates must be 18 years or older, have a valid driver's license and a driver's abstract with no more than 10 demerits. Must be able to pass pre-employment drug test. Experience is an asset but will train. Apply in person with abstract or fax to: 2700 - 61 Ave. S.E., Calgary, Alberta. Fax 403-257-6803.

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The Similkameen News Leader Classifieds Deadline Noon Saturday

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The Princeton Diabetic support group met last week with new diabetic's nurse, Marlene Smyth, fourth from right. Group members are, left to right, Leah Dinsdale, Arnold Schroeder, Ann Bauder, Ray Jarvis, Del Chubb, Maryanne Woodford, Marlene Smyth, Edith Carlson, Diane Huey and Joseph Dubé.

WE'RE BACK!

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WE LOOK FORWARD TO SEEING YOU!

What is diabetic support?

by Joseph Dubé

The last meeting of the year 2000 was on November 21 at Princeton Health Unit. This support group meets every month in order to help people treat their diabetes by the regular methods of medication, diet and exercise. You might say they have the best diet or else know what is best for them concerning food needs. These meetings are designed to exchange new and old ideas in the three areas mentioned above. At the last meeting, I learned that the number of diabetics in Princeton area alone numbered 300. Of that number, only the handful you see in the photo show up on a regular basis. We are told that people prefer more discretion in the treatment of

their illness.

Another interesting feature of the meeting was the introduction of our new diabetic nurse for Princeton. We are now under the care and supervision of Marlene Smyth for which we extend the most cordial welcome. Everyone will do his or her utmost effort to make her stay with us the most pleasant in the year to come.

Why is diabetes something that every Canadian needs to know about? And why is a small support group like the one we have in Princeton concerned about this question?

Principally, diabetes can lead to serious complications. Diabetes doubles the chance of heart attack or stroke, it is a leading cause of adult blindness, it is a leading cause of amputations, and it increases the risk of kidney disease. Diabetes is the third leading cause of death by disease.

Ever since the discovery of insulin, people with diabetes can expect to live active, independent, vital lives. However, a lifelong commitment to good health practices and careful management of the disease are the keys to reduce risk and improve quality of life.

Over a million Canadians have dia-

betes, and every year, 60,000 new cases of diabetes are diagnosed in Canada. With awareness and information, the risks associated with diabetes can be reduced. Yet half of all Canadians who have diabetes don't even know they have it.

That may well be the most serious part of all. Did you realize that the next person you meet may be a diabetic who ignores his or her condition?

What can be done about it?

The Diabetic Association conducts public awareness every year in malls or any place convenient. If anyone has the signs indicating a possible diabetic condition, it may become necessary to make an appointment with a doctor. For more information, check with the Health Unit. Pamphlets and books are available, not to mention a good diet and excellent cook books. With diabetes, more than with most other illnesses, quality of life begins with knowledge and skills.

We extend to everyone our very best wishes for the coming period of festivities and a very happy new year.

I am Joseph Dubé, diabetic, insulin dependent, member of the Princeton Support Group.

Fall Fair elects Board of Directors

Keith Olsen was elected to a second term as President at the annual general meeting of Princeton and District Fall Agricultural Fair. There was a record 32 people in attendance at the meeting - 28 members and three from the general public (all Fall Fair meetings are open to the public).

Jody Woodford is Vice-President, Diane Schneider is Treasurer, and Amber Patenaude is Secretary.

Ken Wanner, Patty Harrower, Maryanne Woodford, Val Kjarsgaard, Diane Huey and

Mimi Kurz will serve one year as Directors.

Ruby Bey, Garnet Woodford, Rob Bond, Rose Dobson, Rae Dobson, and Noreen Barkley will serve two years as Directors.

The audited financial statement was presented by Ray Huey, with a vote of thanks.

Other housekeeping matters of year-end were dealt with before the Association took its annual winter recess. The next regular meeting will be the fourth Thursday in February.

SUN	MON	TUES	WED	THURS	FRI	SAT
Merry Christmas					1 Win Win Win Between 4-7	2 MEAT DRAW 3 PM
3 FREE BINGO TODAY	4 CRIB TODAY 11:30 SHARP	5 COME IN & TRY OUR SPECIAL	6 FREE BINGO TODAY	7 Member Appreciation Day Line Danc'n 7 pm	8 EXECUTIVE MEETING	9 MEAT DRAW 3 PM
10 CRIB TOURNAMENT FREE BINGO TODAY	11 CRIB TODAY 11:30 SHARP	12 Ladies Auxiliary MTG.	13 FREE BINGO TODAY	14 Member Appreciation Day Line Danc'n 7 pm	15 Win Win Win Between 4-7	16 MEAT DRAW 3 PM
17 FREE BINGO TODAY	18 CRIB TODAY 11:30 SHARP	19 COME IN & TRY OUR SPECIAL	20 FREE BINGO TODAY	21 General Meeting 7:30 PM Elections	22 Win Win Win Between 4-7	23 MEAT DRAW 3 PM
24 Fishing Derby FREE BINGO TODAY	25 CHRISTMAS DAY	26 BOXING DAY	27 FREE BINGO TODAY	28 Member Appreciation Day Line Danc'n 7 pm	29 Win Win Win Between 4-7	30 MEAT DRAW 3 PM
31 NEW YEARS EVE!	HAPPY New Year					

Scrap firearms registration plan

By: Ivar Larson, President
B.C. Wildlife Federation

The B.C. Wildlife Federation, the largest and longest standing volunteer conservation organization in the province, recently called on Federal Justice Minister Anne McLellan to take a hard look at her government's increasingly expensive firearms legislation and bail out before more taxpayers' dollars are wasted.

Alan Rock, Ms McLellan's predecessor, promised that this legislation would only cost \$85 million and that if it went over \$150 million it would be cancelled. Government figures obtained through Freedom of Information show that costs have already reached the \$350 million mark and are climbing steadily. Government spokespersons derided those who initially predicted that the cost of this misguided legislation would reach the half billion-dollar mark. It is probable that by the end of this year we will already have reached that prediction. This enormous cost over-run comes two and a half years before the registration of hunting rifles and shotguns becomes a requirement on January 1, 2003.

As of January 1, 2001 the federal government is also requiring every firearm owner in Canada to be personally licensed. Without

this license, on New Years day, a previously law-abiding Canadian citizen will become an instant criminal. It will not make any difference whether that person owns an extensive collection of historical firearms or simply a single shotgun. Overnight, they will have become a criminal and subject to criminal prosecution.

The BCWF notes that the federal firearms legislation appears to have become a federal government job creation program with almost 1,800 positions being funded.

Police warn about pellet guns

Over the past few weeks, Princeton RCMP have received numerous complaints of vandalism by pellet guns. RCMP have seized numerous air guns from vehicles but believe there are many more individuals in possession of these guns. This raises many concerns in relation to police and public safety and the legality of these guns.

Although gun owners may consider pellet guns harmless, police have a different opinion - anything that looks like a firearm must be treated as such until proven otherwise. If an officer pulls a vehicle over and discovers what appears to be a firearm, he is trained to treat this as a

high risk take-down. This means the officer will remove all occupants of the vehicle at gun point. The public is advised that pointing a pellet gun or using it in an offence carries the same charge as it were a real firearm. Discharging a pellet gun within town limits is an offence.

An enormous amount of taxpayers dollars are being spent for a program to license legitimate firearm owners and register hunters' rifles and shotguns that no one believes will do anything to reduce crime or curtail violence in this country.

The B.C. Wildlife Federation is the voice of over 500,000 hunters and fishermen in the province. For more information call our toll free number, 1-800-533-2253, or visit our web site at www.bcwf.bc.ca.

high risk take-down. This means the officer will remove all occupants of the vehicle at gun point. The public is advised that pointing a pellet gun or using it in an offence carries the same charge as it were a real firearm. Discharging a pellet gun within town limits is an offence.

ICBC wants to spend

The Insurance Corporation of British Columbia (ICBC) has some spare cash it wants to give to B.C. communities to make roads safer. According to a letter sent to Princeton Town Council, ICBC is interested in working with Council to fund and complete road improvement projects.

Town Council took no action on the letter at the November 20 Council meeting. Perhaps there are no dangerous pedestrians in Princeton, but perhaps something could be done to help the endangered deer cross the highway.



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LIVING PAST 100

This is Diabetes Awareness Month. Did you know that over 10 million people have diabetes that began when they were adults? This is called Type II diabetes and it is the most common kind. It is the result of the body not able to place blood sugar into the cells.

Type II diabetes generally appears after a person passes the fortieth birthday. Two major factors contribute to the onset of this kind of diabetes: heredity and obesity. You cannot do anything about obesity, but you can do something about being too fat. Researchers believe obesity contributes to diabetes Type II because the fat prevents the body's natural insulin from doing its job of placing blood sugar in the cells. The sugar remains in the blood. Any person who is overweight and has Type II diabetes in the family history should begin to eat like a diabetic before they develop Type II. For every 20 pounds over ideal body weight, the likelihood of diabetes doubles.

White rice should be avoided, as it is considered a factor in the onset of Type II diabetes.

The right type of diet for a person who has ancestors with diabetes is the same as the "heart smart" diet. High fibre, low fat, whole grains, olive oil - these are the ways to eat to avoid both heart trouble and diabetes. Highly refined grains and junk food seem to be the triggers for diabetes. Meals should be at regular times, with a snack in between.

Exercise is essential. Swimming and walking are great exercises, and so are tai chi and tai bo (martial arts exercises).

At one time, diabetics faced a death sentence early in life. Today, a diabetic is not likely to live past 100, so it is a good thing to avoid the disease if possible. However, diabetics are living much longer than ever before if they follow the right diet and a sensible way of living.

Prevention of Type II diabetes is better than treatment. There is no cure and the disease is extremely expensive. There are costs for insulin and testing materials. If amputation becomes necessary, the costs climb higher and involve artificial legs, specially designed shoes, walkers and/or wheelchairs.


If you have a family history of Type II diabetes, and you are not diabetic yet, then start now to prevent the disease. Eat sensibly, exercise, learn relaxation techniques to reduce stress, and have regular medical check-ups. Advise your doctor of your family history and make sure your doctor is looking for the first signs of diabetes. The sooner it is detected, the less likely you are to suffer the worst consequences of this disease.

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PETER'S ACTIVITY NO. 1

How much electricity do the following appliances use?
 (Check the nameplate. Remember 1 kilowatt = 1,000 watts)

1. Your bedroom light _____ watts (_____ kilowatts)
2. Your bathroom light _____ watts (_____ kilowatts)
3. Your clock radio _____ watts (_____ kilowatts)
4. Your electric toaster _____ watts (_____ kilowatts)

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PETER'S ACTIVITY NO. 2

We know that large cars use more fuel than small cars. Well, it's the same for electrical appliances. A large appliance, such as a refrigerator, uses more electricity than a small appliance, like an iron. To calculate the amount of electricity an appliance uses, multiply the wattage by the length of time it operates. For example: If the light bulb in your bathroom used 100 watts and it is on for 10 hours, it consumes:

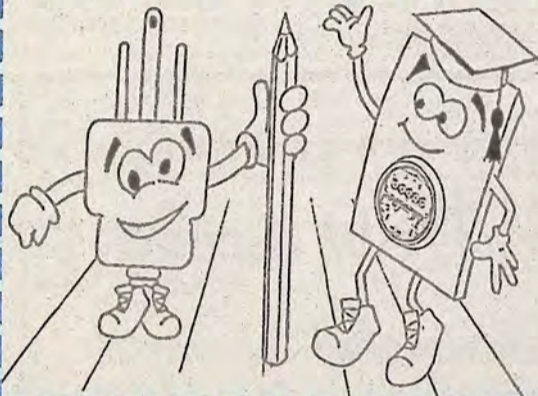
100 watts x 10 hours = 1,000 watt hours of electricity = 1 kilowatt hour (kWh)

1. A 600 watt coffee percolator operating for 1 hour. _____ kWh (kilowatt-hours)
2. A 100 watt electric iron operating for 30 minutes _____ kWh (kilowatt-hours)
3. A 200 watt VCR operating for 6 hours _____ kWh (kilowatt-hours)
4. A 100 watt stereo operating for 2 1/2 hours _____ kWh (kilowatt-hours)



Thanks for joining me and my friend,
 Professor Meter.
 We hope you've had fun learning about electricity.

LET'S COLOUR



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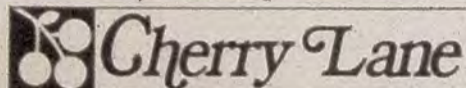
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