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VOLUME 5 ISSUE 40
Canadian Publications Mail Agreement No. (1299263)

Published Weekly in Princeton, B.C. 295-4149

October 1, 2002



The driver of this vehicle escaped without injury despite rolling on a 40 km corner near Friday Creek on the Hope-Princeton Highway west of Princeton. Seatbelts save lives, and often prevent serious injury.

Local Grizzly Bear team will advise government

Following extensive public consultations between February and May, 2001, the North Cascades Grizzly Bear Recovery Team created a draft recovery plan (recovery means bringing more grizzly bears into our area). This draft plan was posted on a website requesting input.

As a result of input, revisions have been made. The most substantial revisions to the draft include 1) delaying placing more grizzlies in the area to allow more preparatory work to be conducted; 2) reducing the number of grizzly bears to be transplanted from five to three in any given year and 3) establishing a Liaison Committee (taskforce) comprised of local stakeholders to work with the recovery team while the plan is carried out.

The members of this taskforce will represent ranching, mining, forest industry, local residents, conservationists, outdoor recreationists and local First Nations. The group appointed is as fol-

lows: Bob Helfrich (forest sector), Bob Yorke-Hardy (mining sector), Ernie Willis (ranching), Lloyd Manchester (conservation), Tom Nicols (outdoor recreation), Larry

Koller (local citizens' representative), Dixon Terbasket (First Nations Okanagan), Ken Malloy (First Nations Sto:lo) and Ross Everatt (hunters and anglers).

Interior Health leases warehouse to save money

Approximately 160 people will be employed in the Kelowna warehouse leased by Interior Health Authority. A 15-year lease was signed last week on a warehouse to centralize all supplies for hospitals within the Okanagan Health Area. The new warehouse space will free up space at Kelowna General Hospital, Penticton Regional Hospital and Vernon Jubilee Hospital. The future use of the hospital space has not been determined.

According to Chris Mazurkewich, Chief Financial Officer of Interior Health, the new facility will greatly reduce leasing costs as well as bring all of the Information Technology staff

under one roof.

"We do not have to divert health care dollars into capital construction. It is a win-win situation," Mazurkewich stated.

PXA plans showers

Following a meeting on September 27, Princeton Exhibition Association will seek estimates on two possible designs for adding showers to the men's and women's washrooms. Members of the Rodeo Club, Fall Fair, and PXA attended, along with Otto Coers, who represented the ATV group planning a jamboree at the grounds next year.

Voters may see change of boundary

A draft proposal issued by the Federal Electoral Boundaries Commission shows a reconfiguration in the Okanagan-Coquihalla riding.

The proposed change is to move the City of Penticton into the Okanagan-Kootenay riding.

MP Stockwell Day says there is little support in that community for the change. A counter-proposal is to leave Penticton in the Okanagan-Coquihalla riding and move Princeton, Keremeos and Oliver to the Okanagan-Kootenay.

Day has been visiting the communities affected by the proposals and was in Princeton September 24th to gauge the feeling at Town Hall.

"I want to represent whatever is in the best interest of the people of Princeton," Day says, "Whatever their wishes, I will take their lead and run with it."

Electoral boundaries are changed roughly every ten years to address population change. On average, each federal riding has a population of 117,000.

Day says he is very aware of many factors to be addressed including geography, economic and lifestyle demographics - things a computer-generated mapping system cannot understand.

"The way things flow. Traffic, social fabric and there are a number of other things to consider and have to be woven into it."

Day's next visit to Princeton will be October 7th when he addresses the mayor and council



Stockwell Day, M.P.

on the Electoral Boundary proposals at a meeting of Town Council.

Inside
New Student Council
page 8.....
Flu shot days
page 6

The News Leader will be closed for Thanksgiving weekend. Adversing deadline this week is noon Friday

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Fall Fair pays tribute to sponsors and volunteers



Marg Eyre, left, was awarded her Top Exhibitor trophy and keeper trophy at the Fall Fair sponsor/volunteer dinner. It was presented by Jody Woodford, right.



On behalf of Mac's Auto Parts, David Parolin accepts a Fall Fair certificate of appreciation from Fall Fair President Jody Woodford at the sponsor/volunteer dinner.



Tuff Truck winner Doug Grigg accepts a Fall Fair certificate of appreciation for Vermilion 4-Wheelers, who set up the Tuff Truck track. It was presented by Fall Fair President Jody Woodford, winner of the Powder Puff division at the demolition derby.

There comes a time to say "Thank you" and the Fall Fair Board decided September 25 was a good time to do it. Members put together a dinner at the OAP Hall for sponsors, trophy winners and volunteers. Not many of the sponsors attended, but there were certificates of appreciation for all of them. Those who did not attend received theirs in the following couple of days. Vancouver sponsors' certificates were mailed to them, and Keremeos certificates were hand delivered the following day.

Two special certificates were given out to members. The first went to the Nordquist family for an outstanding contribution to the success of the fair. Family members worked at all sorts of duties during the fair, and worked on the demolition derby car for two months before the fair. The car occupied a prominent place in their yard all summer.

The second special certificate went to long-time members John and Ruby Bey. Despite agricultural obligations such as moving cattle and making hay, Ruby took on the Fall Fair prize list booklet as her project, and sold the advertising which supports the cost of the booklet and other costs, and she made the arrangements to bring the chuckwagon races to the Fall Fair. John Bey helped with chuckwagon booking, and was project leader, and major worker, in creating the new mobile fence for the rodeo arena. This fence allowed the chuckwagons to move out onto the track for the race.

At the end of the presentations, President Jody Woodford received a round of applause for her own outstanding efforts in making the fair a success.

Trophies and plaques were given out to Fall Fair aggregate winners, but some did not attend, and Jody Woodford will keep the trophies and plaques for them. (see more photos on page 22 & 23)

Naturalists begin fall season with lecture

Christy Morrissey is coming to talk to Vermilion Forks Field Naturalists on Monday, October 7, at 7:00 p.m. in the Skills Centre. She will talk about the American Dipper, a small bird resident in our area. It lives beside fast-flowing streams where it dips its head under the water and feeds on aquatic larvae.

Anyone interested in hearing the talk is welcome to attend. Contact person is Trish at 295-6002.

Society honours Fraser

"I was always threatening to retire," Joyce Fraser remarked with a laugh.

Friends, family members, and employees of Community Services, current and retired, came together to honour Fraser on Saturday, September 28. At a retirement tea hosted by Community Services Society, the

common area at Vermilion Court was filled to capacity with well-wishers.

Joann Gabriel, Chair of the Society, gave a brief history of Fraser's 30 year career as Executive Director for the society. She talked about how it grew from Fraser's idea of providing services for the elderly and handi-

capped, into a full-fledged organization. She mentioned Fraser's lost hours of sleep during the many troubled times the society experienced as a new community model.

Gabriel spoke of Fraser's expertise gained through experience, and of her willingness to take the time and make the effort to share it with other communities. Gabriel included a tribute to the role Austin Fraser played, and mentioned the 1989 Chamber of Commerce Community Service Award the couple received.

"My work was a real labour of love," Fraser said, adding she felt God had given her a job to do.

Fraser will continue as a volunteer advocate for the elderly and disabled.

Margaret Stoneberg, a resident of Vermilion Court, expressed the appreciation of all residents for the facility, saying, "It means so much to us."

Lynn Pelly is the new Executive Director.



Joyce Fraser cuts the special cake made for her retirement tea.

The News Leader will be closed for the long weekend. Advertising deadline this week is noon Friday.

Overwaitea, DARE form alliance

Put your SAVE ON points to work for local youth. Save On Points Week at Overwaitea in October, November and December will help fund an anti-drug program for Princeton area children.

D.A.R.E. (Drug Abuse Resistance Education) is proud to announce Princeton's Overwaitea Foods Store has joined our corporate supporter family.

"We are excited to partner with an organization such as this, which values its employees and the community they live in," says Cst. Mike Saghbin, DARE Coordinator.

The DARE program is in place to deliver Drug Abuse Resistance Education to Grades 5 and 6 in Princeton's elementary schools free of charge.

The program educates youth on the consequences of substance abuse (alcohol, cigarette smoking and ultimately drug abuse). It is generous donations by local businesses that make this program possible.

"It's a program that teaches our youth how to say 'no'. It also allows the police to interact with the children and provide them

with the tools to resist drugs and peer pressure," says Cst. Saghbin.

Donations go toward buying books and the appropriate stationery for the children. A big graduation is held at the end of the course to reward the children for the hard work of completing such a comprehensive program.

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By John Vaccaro Investment Advisor with CIBC Wood Gundy
and Greg Stewart Associate Investment Advisor with CIBC Wood Gundy

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Katimavik welcomes new Project Leader: Carrie Brown

This time last year Carrie Brown was working for the Nova Scotia Sports Recreation Commission, and had never heard of Katimavik.

A friend introduced her to the program via the internet and following a dream to work with youth, Brown explored further. She is now the Project Leader for the Katimavik Program in Keremeos.

The energetic 23-year old native of Alberta says Katimavik offered her something she had not been able to find anywhere else.

"I like the hands-on," she says, "I have a tough time in an office."

Working with young people was a major attraction for Brown, "the impact you can have helping them to build their skills is an amazing opportunity to me."

The Katimavik Program lasts a total of 30-weeks. Keremeos is two weeks into its third thirty-week project. A total of eleven participants are in Keremeos working for seven program sponsors.

Every ten weeks, the participants move on to another community in Canada. Once they complete the 30-week program,

"Taste of Our Valley" returns

Community Event Coordinator Bernice Power describes the upcoming Taste of Our Valley event as, "A celebration of the fruits of our labour."

Power, who only had a few days rest following the successful Similkameen Sizzle Pepperfest, is now putting together the framework for the 7th Annual Taste Of Our Valley.

This year's event, scheduled to take place Saturday, October 19th from 5:00 to 9:00 PM in Victory Hall, will highlight the Coast String Fiddlers, from Roberts Creek, B. C.

It's the first time music will be featured in a format that is very easy to understand. As long as each entrant provides something to eat at their booth, they are eligible for inclusion.

"I want people to be able to taste everything that's grown in the valley," Power explains. "And to provide an opportunity for entrepreneurs to sell their products."

In addition to fruit and vegetables, there will be booths featuring wine and baked products produced in the region.

Power encourages Princeton area producers of anything from goat cheese to farm fresh eggs to participate in order to pro-



Carrie Brown is excited to be the new Katimavik Project Leader for Keremeos and looks forward to having fun.

they receive a scholarship worth \$1000 to further their education.

The selection process is complicated, according to Brown. Once a person is accepted for participation, they are randomly selected from a central database.

Each group of eleven or twelve participants are formed with representation from all regions of Canada based on the percentage of population in each Province.

The group in Keremeos will

spend their second 10-week trimester in Stratford, Ontario and finish their 30-week commitment to Katimavik in Magog, Quebec.

As for the treatment of participants and the program in the Similkameen, Brown has nothing but praise.

"I think that Keremeos has really embraced the concept of Katimavik. It's a wonderful place for the participants to be."

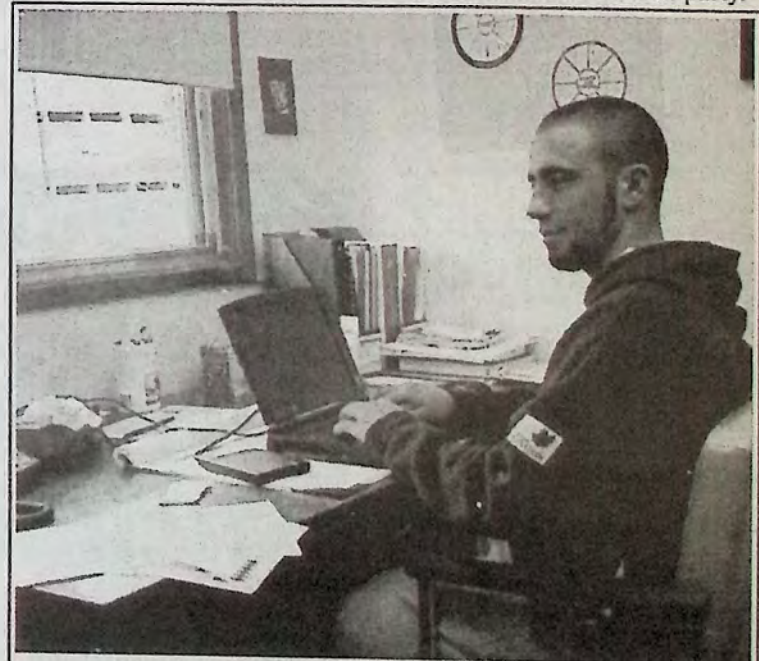
vide, "a culinary sample of everything produced in the valley."

Donations are currently being gathered for a silent auction, a task Power handled in last year's event.

Anyone wishing to make donations, or request informa-

tion on how to participate in the Taste of Our Valley, can contact Similkameen Country at 499-5300.

"Anything I organize," Power says, "I want to have an impact on everyone. And I want this event to have the atmosphere of an old-fashioned kitchen party."



Denis Landry, age 19, of Dieppe, New Brunswick, on his first day of work for a new Katimavik sponsor, Lower Similkameen Community Services Society. Landry, who plans a career in either broadcasting or natural gas engineering, will take on administrative work and other related duties for his program sponsor. There are 10 other Katimavik participants in Keremeos.

Seatbelt crackdown continues this week

An RCMP seatbelt enforcement campaign began on Saturday, September 27, and will continue through this week through Sunday. South Okanagan Traffic Services (formerly Highway Patrol) and local RCMP will be

working toward raising awareness of seatbelt usage.

There is a "zero tolerance" policy regarding seatbelt violations.

The use of seatbelts by all occupants of a vehicle has been mandatory and the law since

1978. For people who are observed not wearing a seatbelt, an \$86 violation ticket will be issued. A driver over age 16 is responsible for ensuring his or her seatbelt is worn correctly, but when children under age 16 are in the vehicle, it is the driver's responsibility to ensure all seatbelts are properly buckled or the child is in a proper child restraint. The seatbelt usage compliance in our area is 84 percent. RCMP are striving to bring compliance up to 100 percent.

RCMP point out seatbelt usage has been proven to save lives and/or decrease the seriousness of injuries when collisions occur. Statistics show those who wear a seatbelt are twice as likely to survive a crash. During a crash, anyone ejected from the vehicle is 25 times more likely to be killed.

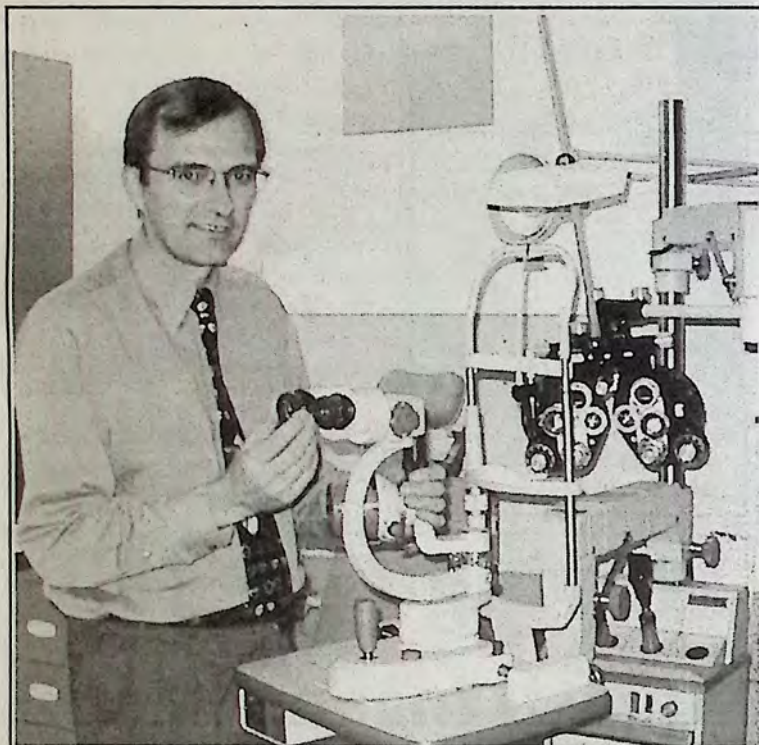
RCMP urge drivers, "Start 'clicking in' and protect yourselves and your children.

Interior Health appoints Regional Medical Director

Dr. Jennifer Rice has been appointed as Okanagan Health Service Area Regional Medical Director. She will act as a liaison between the Chief Operating Officer and the physicians within the area. The Medical Director ensures physician concerns are heard and taken into account in Interior Health planning, and Interior Health administrative issues are communicated to the area physicians. The Medical Director has a responsibility to ensure quality medical care is pro-

vided to patients, and to assist in the utilization of the resources within the facilities to ensure timely access to care.

Dr. Rice will assume her responsibilities in January 2003. She is currently the Medical Director for the Northern Health Authority. She is a pathologist by training and has served as the Provincial Forensic Pathologist for northern British Columbia. She is one of four Regional Medical Directors in Interior Health.



Dr. Alan Ball is the new optometrist at Princeton Family Eyecare Centre. He originally began his practice in England, but moved to the lower mainland where he practised for over 20 years. Now a resident of Kelowna, he spends one day a week in Princeton at his office in Princeton General Hospital. He does regular eye examinations by appointment (see ad page 6 for details).

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Court news from Penticton

In Penticton Provincial Court, on September 24, a warrant for the arrest of Alexis S. Truman was issued due to failure to appear.

On September 23, Brenda L. Martel, of Princeton, was sentenced to pay a \$100 fine and \$15 victim surcharge after being convicted of breach of probation.

On September 16, Andrea Ihlen pled guilty to an assault charge and was ordered to serve a one-year probation, with conditions, and to pay a \$50 victim surcharge.

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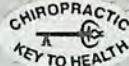
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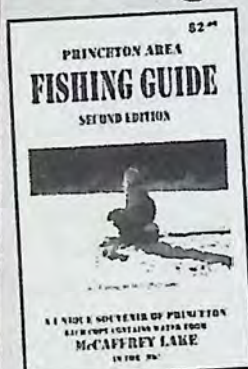
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PLACE: Princeton Senior Citizens' Hall,
162 Angela Avenue

DATE: Thursday, October 17th
Tuesday, October 29th

TIME: 9:00 AM - 3:30 PM

PLEASE NOTE THAT THIS YEAR THE CLINICS ARE OPEN OVER THE NOON HOUR.
For more information, please contact the Health Unit at 295-3133

Mercurial Personality Type: I am you, and you are me, we are one

Mercurial personality types can drive you crazy, but life will never be boring. They live their lives with intensity. They love new experiences and hurtle themselves through life experiencing everything they can, from the peaks of ecstasy to the depths of despair.

Emotionally demonstrative, they thrive on deeply involved romantic attachments. They never take anything lightly, and put their hearts into everything they do, especially relationships.

They constantly take risks, because they live spontaneously, and are uninhibited. They love to have fun, they are lively, full of energy, and can seem "pushy" as they try to make life interesting.

They "try on" various roles, cultures, foreign ways of experiencing life. This is the kind of person who would suddenly switch from being a rock star to finding a guru and taking up yoga.

Reality can be harsh, but the Mercurial Type tends to ignore the harshness and get on with doing something else, leaving sorrow or

painful experiences behind them.

Mercurial people have no boundaries in relationships. It is as if they absorb the person they are attached to. They can be difficult for a person who wants his or her own space now and then. When the other person pulls away into personal space, Mercurial Types tend to see it as rejection, and become hurt, angry and critical of the one they profess to love, which drives the loved one even further away.

Mercurial Types may be the same toward friends. Because Mercurial Types create their world out of other people, for whom they care deeply, not accepting an invitation to their party or event may be taken as a form of rejection.

Mercurial Types live in a world of

intense emotion, and expect other people to join them in whatever emotional scene is current. Oddly enough, when a Mercurial person feels rejected, there may be no scene at all, they simply cut the ties that bind and go on to somebody else. They always have to have a "somebody" in their lives. They cannot live without a relationship.

Problems for Mercurial Types arise from their lack of emotional control. They are impulsive, and they dump their emotions all around them like a dog shaking the water off its back. If you are in range, it may take you some time to dry off, but the dog has gone his merry way into the next adventure.

Psychologists say Mercurial Type problems originate with their lack of personal identity. They lack a real sense of self. They join groups and establish relationships to give themselves a sense of who they are. They are so attached to others in their lives because the others give them a sense of self. The sense of self shifts when the relationships change.

Living with a Mercurial person in your life means meeting their demands, which are constant, whether on emotions, attention, or meeting their togetherness needs. Few partners can handle the demands of such needy people and counselling may be required to save a marriage. At the same time, the Mercurial Type may just go out and find somebody new!



Intensity is the keynote of the Mercurial Personality.

Interior Health hires patient representative

If you have a problem with the way health care service is delivered to you, the patient, Interior Health now has somebody to represent you within the system.

Judy Nicol of Kelowna has been hired as Patient Representative for the health service area. She will serve as a liaison person between patients, clients, residents and the health service organizations within Interior Health regarding problems, concerns, complaints and unmet needs.

Nicol will work with patients, families and caregivers to help them resolve their concerns regarding care and access to appropriate health services.

In her new position, Nicol will respond to direct inquiries and complaints from patients, clients, residents, families and others regarding their concerns, and she will conduct investigations and liaise with Interior Health and its staff to resolve conflicts. She will assist people through the complaint processes and ensure they understand their rights and responsibilities, as well as how to use the health care system to meet their personal and health care needs.

In addition to these duties, Nicol will create and monitor reporting mechanisms and make recommendations regarding issue resolution, staff education and training. To contact Judy Nicol, call 1-250-770-3445.

Living past 100

Squash means health

The huge piles of squash and pumpkins at roadside fruit stands at this time of year are a signal of a healthy choice of food.

Squash has been a food for thousands of years in North America for good reason: squash sustains life. The squash with yellow and orange flesh is considered the best for nutrition due to the high content of Vitamin A, Vitamin C and minerals. Baking does not significantly diminish the Vitamin C in squash.

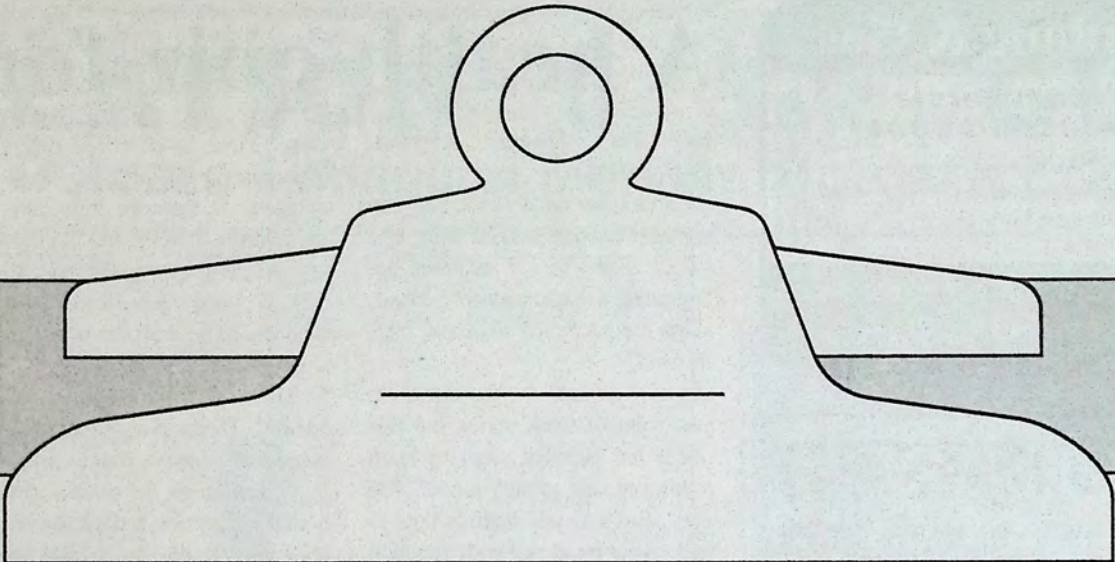
People who suffer from respiratory (lung) problems or asthma can benefit immensely from the combination of vitamins and minerals in squash and should include winter squash in their diets all winter.

The yellow and orange fleshed squash contain high levels of beta-carotene, the cancer-fighting substance found in broccoli. Squash has been shown to prevent some kinds of uterine cancer, due to the high levels of beta-carotene. One cup of baked Hubbard or Butternut squash per day will do the trick.

One member of the squash family, the pumpkin, is not eaten as a vegetable in North America, and it should be. Pumpkins contain lutein, the substance which helps prevent cataracts and macular degeneration (the cause of elderly blindness). Research in Boston showed that people who have the beginnings of macular degeneration can stop it in its tracks with daily doses of one-half cup of pumpkin! There are lots of ways to eat pumpkin - baked like squash, in pie, in cookies, in loaves, and even in a soup.

All winter squash and pumpkins have the added advantage of being good for your heart, your lungs and your digestive system. The next time you pass one of those big orange vegetables, or one of those Turk's turbans, or Hubbard squash, stop and take them home. They store well in a cool place, and freeze well after they are baked. You do not have to eat the whole thing at one sitting, or live on leftovers forever.

This Halloween, after the kids are finished with Jack o' Lantern, bake him and serve him for dinner!



Princeton's "To Do" List

- ✓ Build Skateboard Park
- ✓ Bring Phifer's Fountain to Town, then erect it
- ✓ Welcome Junior B Hockey Team
- ✓ Construct New Bridge on Highway 3
- ✓ Remodel Library / Museum Building - Add Pollard Wing
- ✓ Keep our Town clean!
- ✓ Support Highland Dancers
- ✓ Host "All-Night" Concert at Airport
- ✓ Host successful Canadian Pro Rodeo
- ✓ Host another Great Fall Fair
- ✓ Introduce Chuckwagon/Chariot Races
- ✓ Develop new Racing Days Celebration
- ✓ Fight to keep our Hospital
- ✓ Expand Extended Care Facility
- ✓ Purchase new Search & Rescue vehicle
- ✓ Display Hanging Baskets downtown
- ✓ Get involved in Katimavik Program
- ✓ Support Tulameen Triathlon / Coalmont-Princeton Race
- ✓ Welcome new business to Town
- ✓ Create "Love Princeton" Day
- ✓ Embrace Sno-Cross
- ✓ Race with the "Snow Dogs!"
- ✓ Support "Tuff Trucks" and Demolition Derby
- ✓ Build the Country Chapel
- ✓ Develop Trans-Canada Trail / Gateway to Princeton
- ✓ Move Chamber of Commerce to better location
- ✓ Introduce Gold Wing Run / 4-Wheelers / RC Plane Rally
- ✓ Create fun events (Bed Races, Stick Horses)
- ✓ Become a Volunteer
- ✓ Construct new Valley First building
- ✓ Enjoy Show 'n Shine
- ✓ Start Princeton History Book 2
- ✓ Check out Princeton website
- ✓ Welcome Young Life to the area
- ✓ Support ATV Jamboree
- ✓ Expand Golf Course - host BC Juvenile Championship
- ✓ Trek to Vermilion Forks with Vintage Car Club
- ✓ Upgrade China Ridge x-Country Ski Trails
- ✓ Be proud to be in Princeton
- ✓ Attend Tulameen Family Days

Thanks!

Town Crew, Chamber of Commerce, Mayor & Town Council
with congratulations to all volunteers past / present / future!

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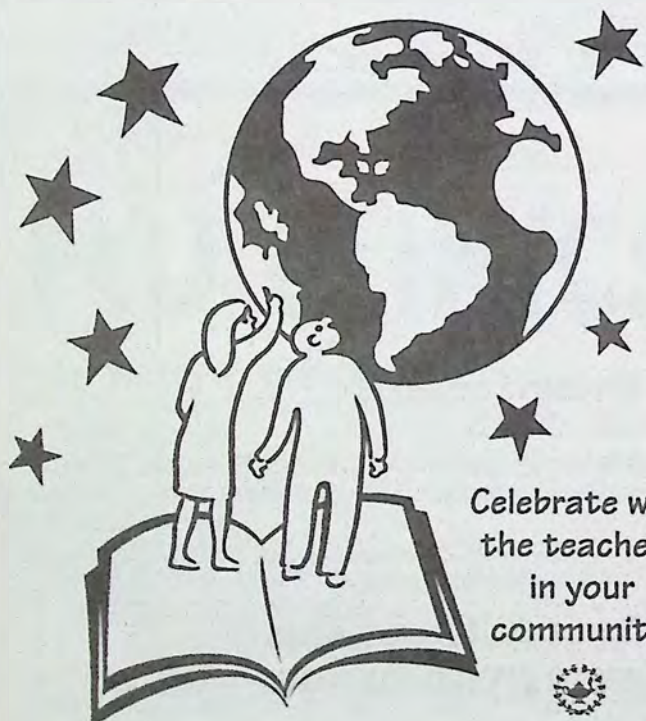
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WORLD TEACHERS' DAY

October 5

Proclaimed by Federico Mayor, Director General, United Nations Educational, Scientific, and Cultural Organization (UNESCO) to recognize the "crucial role played by teachers in assuring the well-being of society."



Celebrate with
the teachers
in your
community.

Princeton District Teachers' Union

Your community newspaper
The News Leader 161 Bridge Street

We are open Saturday morning for your convenience.

A health quiz for students

by Dr. Duane Drobot,
Chiropractor

It is October once again, and you are into another school year. The sweet memories of summer are beginning to fade, while old friendships are rekindled and new ones formed.

I know quizzes are the last thing you want to think about, but this one is fun. Besides, you may learn a thing or two about yourself. The very least you will learn is how to make your mind and body function better and make this the best year ever. Here is your mission. Write down the answers to each question and discuss them with a parent or teacher. Post your answers somewhere you will see them every day.

1. **What are you doing to stay active?** Whether it is soccer, golf, volleyball, mountain biking, skateboarding, swimming, hockey, weight training, triathlon, hiking, running club, rugby, basketball, or walking the dog, pick something you enjoy and just do it! Sorry, computer games and surfing the Net do not count.

2. **What new activity will you try this year?** Try a new activity or sport this fall. This is a great way to meet new friends, stay active and most important, have fun. Often schools, community centres and the Town have a listing of upcoming sports and activities. Check it out!

3. **Are you too busy?** Keep in mind you cannot do everything. A good rule of thumb is one major activity per season. Identify the activities most important to you and make them a priority. Remember to leave time for rest and relaxation.

4. **Do you know everyone in your**

class? Make an effort to talk to one classmate per day until you know all of them. Sometimes it is easy to stick within a group and ignore others. While some people may think this is cool, you know better. Besides, look at all the new friendships you are missing.

5. **Do you have regular study habits?** Developing regular study habits will improve your understanding of new ideas. Set aside a specific hour each day devoted exclusively to reviewing the day's notes and finishing assignments. Remember to try to understand concepts and not simply memorize facts. When it comes to tests, you'll be ready with minimal effort. If you have questions about a topic, ask a teacher. They are always willing to set you on the right path.

6. **Do you have aches and pains in class?** Be kind to your body with good posture. Slouching places abnormal stress on muscles and joints. Sit tall with your shoulders back, chest forward and head level. Second, elevate and tip your books so you are viewing them at eye level rather than looking down. This will prevent unnecessary strain on the neck and back. Finally, make sure your school desk fits properly. You should be able to sit with your feet flat on the floor, knees bent at 90 degrees and your back touching the chair. If this is not the case, ask your teacher about getting a better fitting desk or chair.

7. **Who is Mr. Sandman?** No, I am not referring to the Metallica song. Getting adequate sleep is very important to a healthy body and mind. If you find yourself drifting off during the day, falling asleep during class or having trouble falling asleep at night, chances are your sleep habits need some work. Try to get a

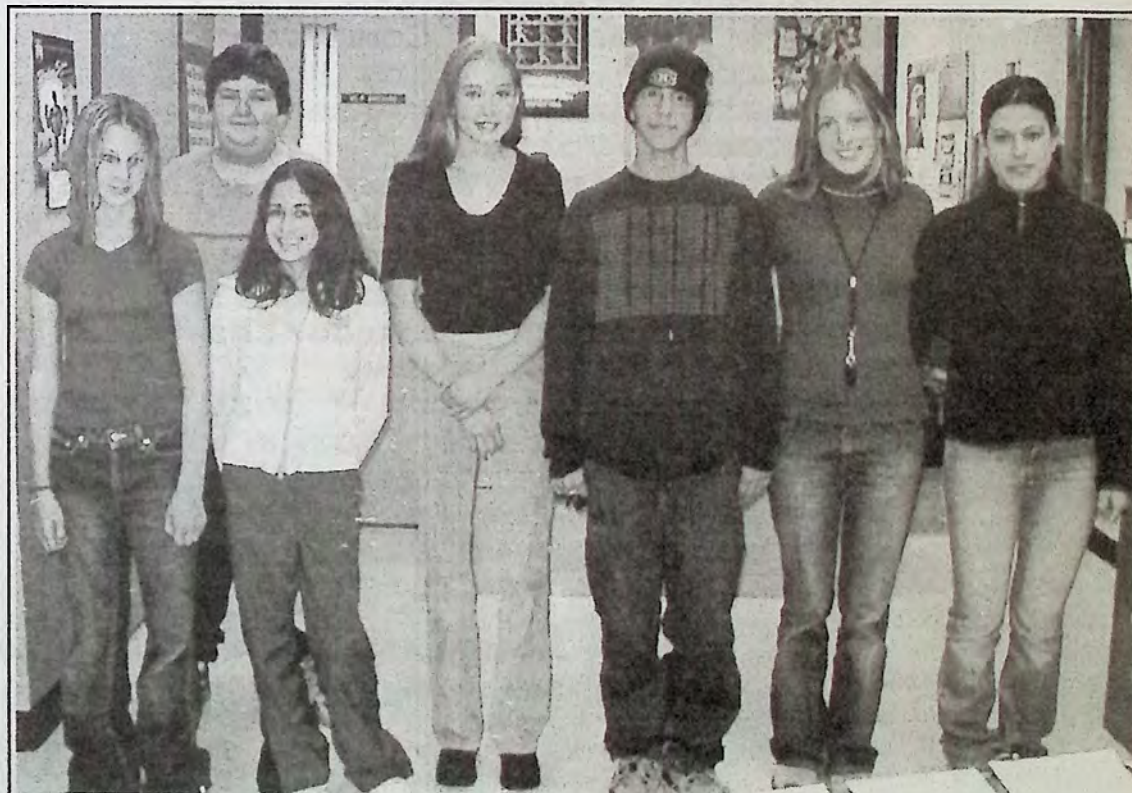
minimum of eight hours of sleep per night, although some people need more, some less. It is equally important to have consistent sleep habits by going to bed and getting up at the same time each day. It may take a few days for your body to adapt to these new habits, so be patient.

8. **Do you eat a healthy breakfast?** Breakfast is the most important meal of the day. It provides the energy your mind and body require throughout the day. Proper nutrition involves establishing proper eating habits and eating healthy foods. Proper habits imply eating 3 - 4 balanced meals per day, including breakfast, lunch, an afternoon snack and supper. Here are some ideas for a healthy breakfast: whole grain cereals, whole wheat bread or bagels, fresh fruit, yoghurt, cottage cheese, eggs, cheese, fruit smoothies, fresh fruit, vegetable juice, whole grain pancakes, and fresh home-baked muffins. If time is a factor, prepare foods ahead of time. The possibilities are endless, so use your imagination and have fun with it.

9. **Do you make your lunch the night before?** Try making your lunch ahead of time. You can save precious minutes in the morning, time better spent getting that eight hours of sleep.

10. **Are you having fun?** If not, it is time to talk to a parent or teacher about making some changes for the better.

The importance of this quiz does not center on the grade you receive, but what you have learned about your daily habits. Simply applying these ideas to your daily routine can have a tremendous impact on your health for the better. Have a healthy year!



2002-03 Student Council takes charge

The newly elected Student Council for Princeton Secondary School is, left to right, Christina Smythe - Grade 8 rep; DJ Wilson - Grade 9 rep; Maryanne Campbell - Grade 8 rep; Lynn Smart - Activities Coordinator, Justin Bentley - Prime Minister; Keri Petschl - Treasurer; Cynthia Gutierrez-Ogrinc - Grade 12 rep. Missing from photo: Deputy Prime Minister Karyn Kunderman and Secretary Fiona Rowe. Sponsors are School Counsellor Sandee Blair and Nadine McEwen, Asset-Development.

This week's top scores on Princeton lanes

Sunday mixed:

Men's
Hi single - Barrie Wright 272
Hi triple - Barrie Wright 810
Hi Ave - Barrie Wright 253
Ladies
Hi single - Christina Kovacs 226
Hi triple - Christina Kovacs 602
Hi Ave - Linda Pudsey - 198
Team hi single - That Won't Do 1227
Hi triple - That Won't Do 3650

Monday Mixed:

Men's
Hi single - Barrie Wright 293
Hi four - Barrie Wright 108
Hi Ave - Barrie Wright 228
Ladies
Hi single - Sherry Wright 248
Hi four - Sherry Wright 909
Hi Ave - Linda Pudsey 200
Team hi single - Peelers and Points 1224

Tuesday Golden Agers:

Men's
Hi single - Bill Horrex 224
Hi triple - Bill Horrex 595
Hi ave - 206

Ladies

Hi single - Ruth Spencer 201
Hi triple - Lynda Lyng 540
Hi Ave - Lynda Lyng 180
Team hi single - Dry Lake Express 1184
Hi triple - Dead Beats 3467
Wednesday Mixed:
Men's
Hi single - Dave Dent 252
Hi triple - Pete Langlois 569

Hi Ave - Barrie Wright 219

Ladies

Hi single - Linda Pudsey 265
Hi triple - Linda Pudsey 711
Team hi single - Party crashers 1270
Hi triple - The Wannabees 3577
Wednesday YBC Juniors:
Boys:
Hi single - Joe Obey 202
Hi triple - Nathan Howe 546

Hi Ave - Jonathan Howe 183

Girls

Hi single - Jenn Walton 216
Hi triple - Jenn Walton 520
Hi Ave - Christina Kovacs 172
Team hi single - The Slackers 743
Hi triple - The Slakers - 1971
YBC Smurfs
Boys
Hi single - Travis Driver - 17
Hi Ave - Cameron Rhodes 35
Girls
Hi single - Allyson Wright 5
Hi Ave - Molly Kopola 45
Team hi single - Rug Rats 611
YBC Bantams
Boys
Hi single - Dylan Lueke 114
Hi triple - Joey Powell 314
Hi Ave - Dillon Jensen 106
Girls
Hi single - Kelsi Walton 142
Hi triple - Katelyn Powers 287
Hi Ave - Kelsi Walton 109
Team hi single - Team 5 - 663
Hi triple - Team 2 1875



Princeton was treated to a Vintage Car Club Show 'n' Shine on Saturday afternoon courtesy of Vintage Car Club's Trek to Vermilion Forks. The cars were classics and gorgeous.

Red Cross looks for educators

"Violence scares me because my friend was murdered by her husband and I know others who have been abused," Grade 11 student.
"If my friend told me about some kind of abuse that was happening, I would know more about what to do and how to get help," Grade 8 student.

These are just a couple of comments written by youth at the end of a Red Cross RespectED: Violence and Abuse Prevention presentation which educates youth about child abuse, neglect and relationship violence. By working in collaboration with schools, sports organizations and community agencies, RespectED volunteer educators enable teens to understand maltreatment and break the cycle of violence.

RespectED volunteers are carefully screened and then receive approximately 90 hours of in-depth training and ongoing support.

MacPherson says, "We are currently looking for volunteers who are concerned about violence and abuse issues and are comfortable speaking to groups of adolescents. It's a big commitment and extremely rewarding for the volunteers."

The training will be in Kelowna over a total of three weekends through November and December. Anyone interested in volunteering as a RespectED educator should call Maureen Curtis at the Red Cross regional office at 1-800-661-3308 or 250-763-1859 ext.#206 for an application and information package. Closing date for applications is October 11, 2002.

Sports this week

AUTO RACING

Thursday - 10:30 am - Ch 19 - NHRA Drag Racing
Sunday - 10 am - Ch 7 - EA Sports 500 NASCAR

BASKETBALL

BASEBALL
Saturday - 1 pm - Ch 41 - Division series teams TBA
Sunday - 4:30 pm - Ch 41 - Division playoff series Teams TBA
Monday - 5 pm - Ch 41 - Division playoffs Team TBA

BILLIARDS

Wednesday - 5 pm - Ch 19 - 9-ball
Thursday - 9:30 pm - Ch 19 - 9-ball final
Saturday - 2 pm to 3:30 pm - 9-ball

BOXING

Wednesday - 8:30 pm - Ch 19 - Eric Lucas vs Omar Sheika
Friday - 4:30 pm - Ch 19 - De la Hoya vs Vargas
Saturday - 4:30 pm - Ch 19 - Ouma vs Woods

FOOTBALL

Friday - 6:30 pm - Ch 19 - Tiger-Cats vs Stampeders
Saturday - 9 am to 4 pm - Ch 8 - College football
11:30 am - Ch 7 - College football
noon - Ch 4 - CFL BC Lions vs Argonauts
Sunday - 10 am - Ch 19 - CFL Eskimos vs Renegades
10 am & noon - Ch 4 & Ch 41 - NFL teams TBA
5:30 pm - Ch 19 - Ravens vs Browns

GAMES

Saturday - 9:30 pm - Ch 19 - Universal combat challenge

GOLF

Thursday - 1 & 5 pm - Ch 19 - Michelob Championship
Friday - 1 pm - Ch 19 - Michelob Championship

SOCCER

Tuesday - 10:30 am - Ch 19 - UEFA Championships
Wednesday - 11 am - Ch 19 - UEFA Championships

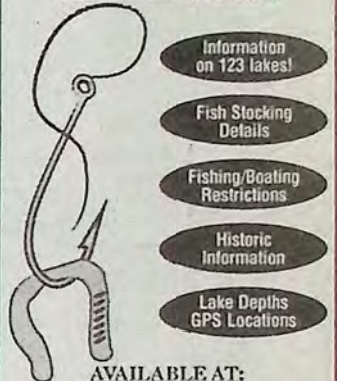
WRESTLING

Monday - 6 & 9 pm - WWE Raw

Local Event

Saturday - Posse plays at home vs Summerland Sting
Gourd Craft Day at the Grist Mill
Great Zucca Fest at the Grist Mill

Princeton Area Fishing Guide 2nd Edition



Information on 123 lakes!

Fish Stocking Details

Fishing/Boating Restrictions

Historic Information

Lake Depths GPS Locations

AVAILABLE AT:

Billy's Family Restaurant
Similkameen News Leader
The Hut - Princeton Esso
Chamber of Commerce
Princeton Outdoor Supply
OR ORDER ONLINE AT:
www.img.ca/history

TUESDAY MOVIES

MORNING

10:00 am CITY 29 ★★ "Only You" (1994, Comedy) Marisa Tomei. A fateful phone call sends a bride-to-be on a journey to Italy to find her destined true love. [CC]

11:00 am WTBS 3 ★★½ "Made in America" (1993, Comedy) Whoopi Goldberg. An unlikely bond forms between a black woman and the white man who fathered her daughter via a sperm bank deposit. [CC]

AFTERNOON

5:00 pm WTBS 3 ★★ "Fallen" (1997, Suspense) (PA) Denzel Washington. A detective believes that an executed serial killer has passed his evil spirit on to other people. [CC]

WGN 38 ★★ "The Marrying Man" (1991, Comedy) Alec Baldwin. A playboy gets more than he bargained for when he sets his sights on a gangster's girlfriend in Las Vegas. (In Stereo) [CC]

EVENING

6:00 pm CITY 29 "Alien Fury"

(2000, Science Fiction) Chyna. A San Diego police officer suspects that a government agency falsely claimed to have detected an alien invasion force.

7:35 pm WTBS 3 ★★½ "Lock Up" (1989, Drama) (PA) Sylvester Stallone. A blue-collar worker wrongly imprisoned in a New Jersey penitentiary struggles to survive against a sadistic warden. [CC]

9:00 pm FAM 26 ★★½ "Almost an Angel" (1990, Comedy) Paul Hogan. A professional crook makes a divinely inspired career change after surviving a near-fatal traffic accident. (In Stereo)

9:35 pm WTBS 3 ★★ "Fallen" (1997, Suspense) (PA) Denzel Washington. A detective believes that an executed serial killer has passed his evil spirit on to other people. [CC]

10:05 pm CITY 29 ★½ "Police Academy: Mission to Moscow" (1994, Comedy) George Gaynes. The wacky law enforcers travel to Russia to bring down a mobster and his high-tech plot of world domination.

WEDNESDAY MOVIES

MORNING

10:00 am CITY 29 ★½ "Police Academy: Mission to Moscow" (1994, Comedy) George Gaynes. The wacky law enforcers travel to Russia to bring down a mobster and his high-tech plot of world domination.

11:00 am WTBS 3 ★★ "Deadly Game" (1977, Mystery) (PA) Andy Griffith. A small-town sheriff suspects that a truckload of lethal chemicals is behind several mysterious deaths. [CC]

AFTERNOON

5:00 pm WGN 38 ★★½ "Three Men and a Little Lady" (1990, Comedy) Tom Selleck. Three bachelors stand to lose the 5-year-old they helped raise when the child's unmarried mother heads to England. (In Stereo) [CC]

EVENING

9:00 pm WTBS 3 ★★½ "Single White Female" (1992, Suspense) (PA) Bridget Fonda. A young woman learns that her seemingly meek roommate has deadly designs on her boyfriend, her apartment and her life. [CC]

FAM 26 ★★½ "My Favorite Year" (1982, Comedy) Peter O'Toole. A comedy writer must keep a fading movie idol sober long enough to appear on live TV.

10:05 pm CITY 29 ★★ "Power of Attorney" (1995, Drama) Danny Aiello. An indicted Mafia leader uses his wealth and resources to obtain the legal services of a brilliant lawyer.

11:15 pm WTBS 3 ★★ "Deadly Game" (1977, Mystery) (PA) Andy Griffith. A small-town sheriff suspects that a truckload of lethal chemicals is behind several mysterious deaths. [CC]

TUESDAY, OCTOBER 1, 2002

ON PEAK - HIGH COST

OFF PEAK - LOW COST

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	DiffWorld	News	(Off Air)	Body Elec.	News	News	Magnum, P.I.	(5:00) News	News	(5:00) News	Mona	Sportscent re	News	Daily Planet	Paid Prog.	Little Lulu	News	Maury	Fresh Pr.
:30	Cosby	Body		Clifford			"A.A.P.I."				Monster	Canada AM			Paid Prog.	Goof Troop			HappyDay
7 AM	Mama	Life Today	BluesClues	Dragon	Today Actors	Early Show	America's Castles	Good Morning America			Sailr Moon	Sportscent re		Frontiers of	Business	House	News	Cityline	Matlock
:30	Roseanne	100 Huntley Street	Zoboo	Arthur (EI)	Anthony Hopkins, Dennis Farina and Jean Smart						Hamtaro			All News	Buzz Light			Specials.	"The View"
8 AM	Little House	Dragon Tales	Bus	Barney	Teletubbs		Murder, She Wrote			100 Huntley Street	Rugrats	Sportscent re		A Dog's World	All News	Little Lulu		Deep Space 9	In the Heat of the Night
:30			Little Bear	Teletubbs							Uh Oh!			All News	Franklin				
9 AM	Matlock	Price Is Right	"Butterfly"	Reading Rhea Show (N)	Caroline Rhea Show (N)	Price Is Right	Real Story	The View	World Vision	Body	Rupert	Fitness	The View	Crocodile Hunter	Other Half	Pooh	Jerry Springer	Movie: "Only You" (1994)	News
:30			Kitty Cats	Lions							Babar	Workout			Paid Prog.	Stanley (N)		City	Hawaii Five-0
10 AM	Matlock "The Divorce"	Sabrina	Order	Clifford	Life Moments (N)	Young and the Restless	Newsradio	Maury	Crossing	News	George	UEFA Weekly	Canada AM Coffee Talk	Would You Believe It?	Montel Williams (N)	Ducktales	Jenny Jones (N)	Marisa Tomei	Elimidate
:30		Clueless	Hockey	Sit-Be Fit							Stickin	UEFA Champions League Soccer	E-Talk	Company of Crocodiles	People's Court (N)	Smart Guy	Maury	Cityline	Change
11 AM	Movie: "Made in America" (1993, Comedy)	News	Social	Passport	Paid Prog.	News	Magnum, P.I.	All My Children	News	Days of Our Lives	Pokemon Digimon		Bold & B.	Justice	Katie-Orbie	Beyond	Relic Hunter	Beyond	
:30			Japanese	Antiques	Paid Prog.	Bold & B.								Frontiers of	Cosby	Stanley (N)	Beyond	Hunter	Beyond
1 PM	Roseanne	Days of Our Lives	Reach-Top	Art	Days of Our Lives	As the World Turns	America's Castles	One Life to Live	As the World Turns	As the World Turns	Hamtaro	Wrecked	Vicki Gabereau	Storm Warning!	Suddenly	Out of Bx	Full House	John Walsh Show	Cosby
:30	Drew		Router	Needle Art							Mouse			General Hospital	Paid Prog.	Ducktales	City Guys	Walsh Show	Fresh Pr.
2 PM	Home Imp.	Hollywood	Wine	Mr Rogers	Passions	Guiding Light	Murder, She Wrote	General Hospital	Passions	Passions	Mona	Motoring	General Hospital	Storm Warning!	Suddenly	Out of Bx	Full House	John Walsh Show	Cosby
:30	Home Imp.	Brown	Career	Sagwa							Sailr Moon	Interruption			Paid Prog.	Ducktales	City Guys	Walsh Show	Fresh Pr.
3 PM	Drew	Coronatn	Timothy	Arthur (EI)	Judy	Dr. Phil	The View	Pt Charles	Young and the Restless	Crossing	Medabots	Off-Record	Dr. Phil	Crocodile Hunter	Sherlock	Hoze	Scooby	News	Home Imp.
:30	Seinfeld	Home	Madeline	Libertys	Brown			Martha Stewart Living	Oprah Winfrey	Young and the Restless	Pokemon	Sports			Sandiego	Buzz Light	Jackie	Will-Grace	
4 PM	Friends	Judy	George S.	Cyberchas	Judy	Oprah Winfrey	Real Story	News	News	News	Arnold	Billiards: 9-Ball	Caroline Rhea Show (N)	Daily Planet (N)	Full House	Pepper	Pokemon	Seinfeld	Home Imp.
:30	Seinfeld	Judy	My Home	Zoboo	News			News	News	News	Arnold	Billiards: 9-Ball	News	A Dog's World (N)	Major League Baseball Playoffs: Division Series Gm. 1 - Teams TBA	Recess	Sabrina	Smallville "Heat"	Movie: "The Marring Man" (1991) Alec Baldwin
5 PM	Movie: "Fallen" (1997) (PA)	Will-Grace	Reach-Top	News-Lehrer	News	News	Cold Case Files	News	News	Bob	Spongeb	Billiards: 9-Ball	News	Call of the Wolf (N)	Playoffs: Division Series Gm. 1 - Teams TBA	Amanda	Raymond	Movie: "Alien Fury" (2000) Chyna, Dale Midkiff	News
:30	Denzel Washington	"70s Show	Career		Raymond	Hollywood		Entertain	Entertain	Entertain	Two-Kind	Billiards				All That	Will-Grace	Friends	News
6 PM	Jeopardy!	Dottos	Nova (N) (DVS)	Jeopardy!	Fortune	Friends	Biography	Drew	Entertain	Stargate SG-1	I-Mummy	Sportscent re	Frasier	Victorian Way of Death	3rd Rock	Boy World	Gilmore Girls (N)	News	Justice
:30								Home Imp.	Bob		Yu-Gi-Oh!		Hollywood	Daily Planet	Just Shoot	Afraid?	News	MovieTV	In the Heat of the Night
7 PM	Movie: "Lock Up" (1989) (PA)	Gordon Lightfoot Live	Champions Undersea	Over Alaska	In-Laws (N) Just Shoot	JAG (N) (DVS)	Third Watch	8 Rules	"70s Show	"70s Show	Dragon-Z	Golf	Jim	Life-Bonnie	Crocodile Hunter	Simpsons	Movie: "Almost an Angel" (1990)	Smallville "Heat" (N)	Blind Date
:30	Sylvester Stallone	Tuning In	Changing Stages	Legendary Lighthouses	Frasier (N) Hidden	Guardian "Monster" (N)	Biography	Life-Bonnie	Frasier (N) Hidden	Frasier (N) Hidden	Zack Files	Golf: Hootie	Life-Bonnie	Less Than	King of Hill	King of Hill	News	News	5th Wheel
8 PM	Movie: "Fallen" (1997) (PA)	National	Organ Imprint	Rise and Fall	Dateline (N)	Judging Amy (N)	Cold Case Files	NYPD Blue (N)	Judging Amy (N)	News	Breaker	Golf	Osbourne	A Dog's World	News	Afraid?	News	Movie: "The Clown" Suddeny	
:30	Denzel Washington	News	Sanctuary-Life	Charlie Rose (N)	News	News	Biography	News	News	Entertain	My Family	Sportscent re	News	Call of the Wolf	Star Trek: Voyager	Nowhere Man	Friends	Academy: Mission to Moscow	Jenny Jones (N)
9 PM	Jeopardy!	Dottos	Nova (N) (DVS)	Jeopardy!	Fortune	Friends	Biography	Drew	Entertain	Stargate SG-1	I-Mummy	Sportscent re	Frasier	Victorian Way of Death	3rd Rock	Boy World	Gilmore Girls (N)	News	Justice
:30								Home Imp.	Bob		Yu-Gi-Oh!		Hollywood	Daily Planet	Just Shoot	Afraid?	News	MovieTV	In the Heat of the Night
10 PM	Movie: "Fallen" (1997) (PA)	National	Organ Imprint	Rise and Fall	Dateline (N)	Judging Amy (N)	Cold Case Files	NYPD Blue (N)	Judging Amy (N)	News	Breaker	Golf	Osbourne	A Dog's World	News	Afraid?	News	Movie: "The Clown" Suddeny	
:30	Denzel Washington	News	Sanctuary-Life	Charlie Rose (N)	News	News	Biography	News	News	Entertain	My Family	Sportscent re	News	Call of the Wolf	Star Trek: Voyager	Nowhere Man	Friends	Academy: Mission to Moscow	Jenny Jones (N)
11 PM	Jeopardy!	Dottos	Nova (N) (DVS)	Jeopardy!	Fortune	Friends	Biography	Drew	Entertain	Stargate SG-1	I-Mummy	Sportscent re	Frasier	Victorian Way of Death	3rd Rock	Boy World	Gilmore Girls (N)	News	Justice
:30								Home Imp.	Bob		Yu-Gi-Oh!		Hollywood	Daily Planet	Just Shoot	Afraid?	News	MovieTV	In the Heat of the Night

WEDNESDAY, OCTOBER 2, 2002

ON PEAK - HIGH COST

OFF PEAK - LOW COST

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	DiffWorld	News	(Off Air)	Body Elec.	News	News	Magnum, P.I.	(5:00) News	News	(5:00) News	Mona	Sportscent re	News	Daily Planet	Paid Prog.	Little Lulu	News	Maury	Fresh Pr.
:30	Cosby	Body		Clifford							Monsters	Canada AM			Paid Prog.	Goof Troop			HappyDay
7 AM	Mama	Life Today	BluesClues	Dragon	Today Actors Tom	Early Show	America's Castles	Good Morning America			Sailr Moon	Sportscent re		Frontiers of	Business	House	News	Cityline	Matlock
:30	Roseanne	100 Huntley Street	Zoboo	Arthur (EI)	Cavanagh and Ralph Fiennes						Hamtaro			All News	Buzz Light			Specials.	"The Play"
8 AM	Little House	Dragon Tales	Bus	Barney	Teletubbs		Murder, She Wrote			100 Huntley Street	Rugrats	Sportscent re		A Dog's World	All News	Little Lulu		Deep Space 9	In the Heat of the Night
:30			Little Bear	Teletubbs							Uh Oh!			All News	Franklin				
9 AM	Matlock	Price Is Right	"Carnival"	Reading Rhea Show (N)	Caroline Rhea Show (N)	Price Is Right	Real Story	The View	World Vision	Body	Rupert	Fitness	The View	Crocodile Hunter	Other Half	Pooh	Jerry Springer	Movie: "Police Academy: Mission to Moscow"	News
:30			Kitty Cats	Lions							Babar	Workout			Paid Prog.	Stanley (N)		City	Hawaii Five-0
10 AM	Matlock "The Widow"	Sabrina	Japanese	Clifford	Life Moments (N)	Young and the Restless	Newsradio	Maury	Crossing	News	Monsters	UEFA 9	Canada AM Coffee Talk	Wreck Finder	Montel Williams (N)	Ducktales	Jenny Jones (N)	Mission to Moscow	Elimidate
:30		Clueless	English	Sit-Be Fit							Stickin	UEFA Champions League Soccer	E-Talk	Call of the Wolf	People's Court (N)	Smart Guy	Maury	Cityline	Change
11 AM	Movie: "Deadly Game" (1977) (PA)	News	Changing Stages	Antiques	Paid Prog.	News	Magnum, P.I.	All My Children	News	Days of Our Lives	Pokemon Digimon		Bold & B.	Justice	Katie-Orbie	Beyond	Relic Hunter	Beyond	
:30														Frontiers of	Cosby	Stanley (N)	Beyond	Hunter	Beyond
1 PM	Roseanne	Days of Our Lives	Changing Garden	Painting	Days of Our Lives	As the World Turns	America's Castles	One Life to Live	As the World Turns	As the World Turns	Hamtaro	Wrecked	Vicki Gabereau	Storm Warning!	Suddenly	Out of Bx	Full House	John Walsh Show	Cosby
:30	Drew			Sewing							Mouse			General Hospital	Paid Prog.	Ducktales	City Guys	Walsh Show	Fresh Pr.
2 PM	Home Imp.	Hollywood	Della's	Mr Rogers	Passions	Guiding Light	Murder, She Wrote	General Hospital	Passions	Passions	Mona	Golf	General Hospital	Storm Warning!	Suddenly	Out of Bx	Full House	John Walsh Show	Cosby
:30	Home Imp.	Brown	Imprint	Sagwa							Sailr Moon	Interruption			Paid Prog.	Ducktales	City Guys	Walsh Show	Fresh Pr.
3 PM	Drew	Coronatn	Timothy	Arthur (EI)	Judy	Dr. Phil	The View	Pt Charles	Young and the Restless	Crossing	Medabots	Off-Record	Dr. Phil	Crocodile Hunter	Mysteries	Hoze	Rescue	News	Home Imp.
:30	Seinfeld	Home	Madeline	Libertys	Brown			Martha Stewart Living	Oprah Winfrey	Young and the Restless	Pokemon	Sports			Sandiego	Buzz Light	Jackie	Will-Grace	
4 PM	Friends	Judy	George S.	Cyberchas	Judy	Oprah Winfrey	Real Story	News	News	News	Arnold	Billiards	Caroline Rhea Show (N)	Daily Planet (N)	Full House	Pepper	Pokemon	Seinfeld	Home Imp.
:30	Seinfeld	Judy	My Home	Zoom	News			News	News	News	Arnold	Billiards	News	A Dog's World	Major League Baseball Playoffs: Division Series Gm. 2 - Teams TBA	Recess	Sabrina	Enterprise "Minefield"	Movie: "Three Men and a Little Lady" (1990)
5 PM	Ripley-Believe	Will-Grace	Changing Garden	News-Lehrer	News	News	Amer. Justice	News	News	Bob	Spongeb	Billiards: 9-Ball	News	Cheetah	Playoffs: Division Series Gm. 2 - Teams TBA	Amanda	Raymond	Bachelor (N)	News
:30	Worst-Case Scenario	"70s Show			Raymond	Hollywood		Entertain	Entertain	Entertain	Oddparent					All That	Will-Grace	Friends	Blind Date
6 PM	Jeopardy!	Dottos	Nova (N) (DVS)	Jeopardy!	Fortune	Friends	Biography	Drew	Entertain	Stargate SG-1	I-Mummy	Sportscent re	Frasier	Murder Reopened	3rd Rock	Boy World	Dawson's Creek (Season Premiere) (N)	News	Justice
:30								Home Imp.	Bob		Yu-Gi-Oh!		Hollywood	Daily Planet	Just Shoot	Afraid?	News	Media.	In the Heat of the Night
7 PM	Movie: "Single White Female" (1992) (PA)	National	Med School	Law & Order (N)	Presidio Med (N)	Amer. Justice	City Confidential	News	News	Entertain	My Family	Sportscent re	News	Cheetah	Star Trek: Voyager	Nowhere Man	Friends	Academy: Mission to Moscow	Jenny Jones (N)
:30								Home Imp.	Bob		Yu-Gi-Oh!		Hollywood	Daily Planet	Just Shoot	Afraid?	News	Movie: "Power of Attorney" (1995) Danny Aiello	Suddeny
8 PM	Worst-Case Scenario	Wayne and Shuster	Shape of Life	Great Performances	Ed (N)	60 Minutes II	Third Watch "Ohio"	My Wife Lopez	Dawson's Creek (Season Premiere) (N)	Band of Brothers (N) (ESP)	Zack Files	Radio Act	Amazing Race 3 (N)	Crocodile Hunter	Simpsons	Movie: "My Favorite Year" (1982)	News	News	5th Wheel
:30											Breaker	Boxing	Law & Order (N)	King of Hill	King of Hill	News	News	Matlock	
9 PM	Movie: "Single White Female" (1992) (PA)	National	Med School	Baxter B.	Law & Order (N)	Presidio Med (N)	Amer. Justice	MDs "A La Casa" (N)	Presidio Med (N)	News	Breaker	Boxing	Law & Order (N)	King of Hill	News	Afraid?	News	Movie: "Power of Attorney" (1995) Danny Aiello	Suddeny
:30											Big Wolf	Bodybuild	News	Star Trek: Voyager	Nowhere Man	Friends	Academy: Mission to Moscow	Jenny Jones (N)	
10 PM	Jeopardy!	Dottos	Nova (N) (DVS)	Jeopardy!	Fortune	Friends	Biography	Drew	Entertain	Stargate SG-1	I-Mummy	Sportscent re	Frasier	Murder Reopened	3rd Rock	Boy World	Dawson's Creek (Season Premiere) (N)	News	Justice
:30								Home Imp.	Bob		Yu-Gi-Oh!		Hollywood	Daily Planet	Just Shoot	Afraid?	News	Media.	In the Heat of the Night
11 PM	Movie: "Deadly Game" (1977) (PA)	News	Changing Stages	Antiques	Paid Prog.	News	Magnum, P.I.	All My Children	News	Days of Our Lives	Pokemon Digimon		Bold & B.	Justice	Katie-Orbie	Beyond	Relic Hunter	Beyond	
:30														Frontiers of	Cosby	Stanley (N)	Beyond	Hunter	Beyond

THURSDAY, OCTOBER 3, 2002

ON PEAK - HIGH COST

OFF PEAK - LOW COST

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows of programming details including time slots and channel numbers.

THURSDAY MOVIES

MORNING
10:00 am CITY (29) *** "The Perfect Daughter" (1996, Drama) Tracey Gold. Dark secrets from the past resurface when a teenage runaway awakens from a coma and is reunited with her family.
11:00 am WTBS (3) *** "Support Your Local Sheriff!" (1969, Comedy) (PA) James Garner. A stranger en route to Australia becomes a gold-rush town's new lawman in this spoof of Western movies.
AFTERNOON
5:00 pm WTBS (3) *** "Disclosure" (1994, Drama) Michael Douglas. A sexually harassed employee finds the tables turned when his female boss accuses him of initiating the misconduct.
WGN (38) *** "Ernest Goes to Jail" (1990, Comedy) Jim Varney. A case of mistaken identity lands a bumbling bank janitor in the slammer and his criminal look-alike on the streets. (In Stereo)
EVENING
6:00 pm CITY (29) *** "Terminator 2: Judgment Day" (1991, Science Fiction) Arnold Schwarzenegger. A reprogrammed killer cyborg arrives in Los Angeles to protect a future leader from a shape-shifting assassin.
7:45 pm WTBS (3) *** "Malice" (1993, Suspense) Alec Baldwin. Dark secrets and revelations come to light after a charming doctor performs emergency surgery on his landlord's wife.
9:00 pm FAM (26) *** "Return to Snowy River" (1988, Adventure) Tom Burlinson. A jealous banker steals an Australian horseman's herd after being rejected by the man's strong-willed lover.
10:00 pm WTBS (3) *** "Disclosure" (1994, Drama) Michael Douglas. A sexually harassed employee finds the tables turned when his female boss accuses him of initiating the misconduct.
11:05 pm CITY (29) *** "The Dark" (1994, Horror) Stephen McHattie. A scientist and a vengeance-bent cop stalk a dangerous subterranean creature with the power to heal or kill.

Yes! Graphics are a lot of fun and they make your ad STAND OUT! At the NEWS LEADER they don't cost you a nickel extra!

Princeton Posse KIJHL Hockey 2002-2003 "Clip 'n' Save" Game Schedule REGULAR SEASON
Friday October 4 - Princeton @ Summerland
Saturday October 5 - Summerland @ Princeton
Friday October 11 - Princeton @ Osoyoos
Saturday October 12 - Osoyoos @ Princeton
Sunday October 20 - Sicamous @ Princeton
Saturday October 26 - Revelstoke @ Princeton
Sunday October 27 - Beaver Valley @ Princeton
Tuesday October 29 - Princeton @ Summerland
Friday November 1 - Princeton @ Sicamous
Saturday November 2 - Nelson @ Princeton
Sunday November 3 - Revelstoke @ Princeton
Saturday November 9 - Princeton @ Grand Forks
Sunday November 10 - Osoyoos @ Princeton
Friday November 15 - Princeton @ Summerland
Saturday November 23 - Sicamous @ Princeton
Sunday November 24 - Princeton @ Revelstoke
Friday December 6 - Princeton @ Revelstoke
Saturday December 7 - Columbia Valley @ Princeton
Tuesday December 10 - Princeton @ Osoyoos
Wednesday December 11 - Osoyoos @ Princeton
Friday December 13 - Princeton @ Beaver Valley
Saturday December 14 - Princeton @ Castlegar
Wednesday December 18 - Summerland @ Princeton
Friday December 20 - Sicamous @ Princeton
Saturday December 21 - Princeton @ Sicamous
Friday January 3 - Princeton @ Summerland
Saturday January 4 - Castlegar @ Princeton
Sunday January 5 - Golden @ Princeton
Friday January 10 - Princeton @ Revelstoke
Saturday January 11 - Princeton @ Sicamous
Sunday January 12 - Sicamous @ Princeton
ALL-STAR GAME BREAK
Friday January 17 - Sunday January 19
Wednesday January 22 - Summerland @ Princeton
Friday January 24 - Princeton @ Creston
Saturday January 25 - Princeton @ Columbia Valley
Sunday January 26 - Princeton @ Golden
Saturday February 1 - Creston @ Princeton
Sunday February 2 - Spokane @ Princeton
Friday February 7 - Princeton @ Nelson
Saturday February 8 - Princeton @ Kimberley
Sunday February 9 - Princeton @ Spokane
Wednesday February 12 - Summerland @ Princeton
Friday February 14 - Princeton @ Osoyoos

Community Datebook
OCTOBER
5 - Gourd Craft Day Grist Mill, Keremeos
6 - Great Zucca Fest Grist Mill
7 - Princeton Town Council meets
8 - Museum Society meets 2:30 pm Museum
PXAs meets 7 pm fairgrounds
Princeton Writers' Group meets 7 pm Sr Citizens Hall
9 - Senior Citizens Branch 30 meets 1:30 pm
11 - Deadline for civic election nominations
Princeton OAPO meets
12 - 14 - Thanksgiving Weekend
19 - Taste of Our Valley Keremeos
20 - Otter Valley Fish and Game Club meeting
21 - Princeton Town Council meeting 7:30 pm
24 - Fall Fair meeting 7 pm fairgrounds
Princeton Writers' Group meets 7 pm Sr Citizens Hall
NOVEMBER
4 - Princeton Town Council meeting 7:30 pm
7 - BEA AGM election of officers 7 pm arena mezzanine
11 - Monday, Remembrance Day
13 - Sr. Citizens meeting 1:30 pm at Hall
14 - Princeton Writers' Group meets 7 pm Sr. Citizens Hall
16 - BC civic election day
17 - Otter Valley Fish & Game Club meeting
18 - Princeton Town Council meets 7:30 pm
21 - Princeton Writers' Group meets 7 pm Sr. Citizens Hall
DECEMBER
2,3,4 - Mammograms, Princeton Hospital 1-800-663-9203 for appointments
25 - Wednesday, Christmas Day
31 - Tuesday, New Year's Eve
JANUARY
1 - Wednesday, New Year's Day
***** If your organization has set an important date, you may have it listed here at no cost.

FRIDAY, OCTOBER 4, 2002

ON PEAK - HIGH COST

OFF PEAK - LOW COST

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	DiffWorld	News	(Off Air)	Body Elec.	News	News	Magnum, P.I.	(5:00) News	News	(5:00) News	Mona	Sportscent	News	Daily Planet	Paid Prog.	Little Lulu	News	Maury	Fresh Pr.
:30	Cosby	Body		Clifford							Monsters	re	Canada AM		Paid Prog.	Goof Troop			HappyDay
7 AM	Mama	Life Today	BluesClues	Dragon	Today	Early Show	America's Castles	Good Morning America			Sailr Moon	Sportscent		Cosmic Odyssey	Business	House	News	Cityline	Matlock
:30	Roseanne	100 Huntley Street	Zoboo	Arthur (EI)							Hamtaro	re		All News	Buzz Light			Fashion Friday	
8 AM	Little House	Dragon Tales	Bus	Barney			Murder, She Wrote			100 Huntley Street	Rugrats	Sportscent		Young-Wild	All News	Little Lulu		Deep Space 9	In the Heat of the Night
:30			Little Bear	Teletubbs							Uh Oh!	re		Fit Wild	All News	Franklin			
9 AM	Matlock "The Diner"		Sagwa	Sesame Street (EI)		Discovery Pyramid	The View	Regis and Kelly	100 Huntley Street	World Vision	Little Bear	Off-Record	Regis and Kelly	Daily Planet	Paid Prog.	Katie-Orbie	Maury	News	Hawaii
:30			Teletubbies								Babar	Workout			Paid Prog.	Stanley		City	Five-0
10 AM	Matlock	Price Is Right	Reading	Caroline Rhea Show (N)	Price Is Right	Real Story	The View	World Vision	Body	Rupert	Fitness Canada	The View	Crocodile Hunter	Other Half	Pooh	Jerry Springer	Movie: "To Brave Alaska"	News	
:30			Guessing, Kitty Cats	Lions					MoneyWs	Anatole					Out of Bx				
11 AM	Movie: "Support Your Local Gunfighter" (1971)	Sabrina	Shape of Life	Clifford	Life Moments	Young and the Restless	Newsradio	Maury	Crossing	News	Monsters	Phil.Dog Show	Canada AM Coffee Talk	Wild, Weird Curiosities	Montel Williams (N)	Ducktales	Jenny Jones (N)	Elimidate	
:30		Clueless		Sit-Be Fit					MoneyWs	Travel	Stickin				Little Lulu		Alyssa Milano	5th Wheel	
12 PM	News	War	Passport	Paid Prog.	News	Magnum, P.I.	All My Children	News	Days of Our Lives	Pokemon	Golf	E-Talk	Zebra: Nomad	People's Court (N)	Smart Guy	Maury Paternity tests.	Cityline	Change	
:30		Japanese	Antiques	Paid Prog.	Bold & B.					Digimon	Golf	Bold & B.		Elmo			Fashion Friday	Street	
1 PM	Roseanne	Days of Our Lives	History	Watercolor	Days of Our Lives	As the World Turns	America's Castles	One Life to Live	As the World Turns	As the World Turns	Hamtaro	PGA Golf: Michelob Championship	Vicki Gabereau	Heart of Ice	Justice	Katie-Orbie	Beyond	Relic Hunter	Beyond
:30	Drew		Avventura	Quilting							Mouse			Cosby	Stanley	Beyond			
2 PM	Home Imp.	Hollywood	Gaslight	Mr Rogers	Passions	Guiding Light	Murder, She Wrote	General Hospital	Passions	Passions	Mona	General Hospital	Storm Warning!	Suddenly	Out of Bx	Full House	John Walsh Show	Cosby	
:30	Home Imp.	Brown	Entrada	Sagwa							Sailr Moon			Paid Prog.	Ducktales	City Guys			
3 PM	Drew	Channel	Timothy	Arthur (EI)	Judy	Dr. Phil	The View	Pt Charles	Young and the Restless	Crossing	Digimon	Off-Record	Dr. Phil	Crocodile Hunter	Mysteries	Hoze	Scooby	News	Home Imp.
:30	Seinfeld	Home	Madeline	Libertys	Brown			Martha Stewart Living	Oprah Winfrey	Young and the Restless	Zoids	Sports			Sandiego	Buzz Light	Jackie		Will-Grace
4 PM	Friends	Judy	George S.	Cyberchas	Judy	Oprah Winfrey	Real Story	News	News	News	Mary Kate	Boxing: De La Hoya vs. Vargas	Caroline Rhea Show (N)	Daily Planet (N)	Full House	Pepper	Pokemon	Seinfeld	Home Imp.
:30	Seinfeld	Judy	My Home	Zoom	News			ABC News	Global	Global	Ginger		Meerkats-Saga	Dharma	Recess	Sabrina	Relic Hunter	Movie: "Ernest Scared Stupid" (1991)	
5 PM	Movie: "Disappearance" (2002)	Will-Grace	Force More	News-Lehrer	News	News	Movie: "The Morning After" (1986) Jane Fonda.	News	News	Bob	Stuff	Pregame	News	Dolphins-Dancers	Simpsons	Amanda	Raymond	Movie: "Palais Royale" (1988) Kim Cattrall.	News
:30	Harry Hamlin.	'70s Show	Avventura		Raymond	Hollywood		Entertain		Entertain	Twenty	CFL			'70s Show	All That	Will-Grace		
6 PM	Movie: "The Triangle"	Fortune	Gaslight	Spokane	Jeopardy!	Seinfeld	(1986) Jane Fonda.	Drew	Entertain	American Dreams (N)	What I Like	Football: Hamilton Tiger-Cats at Calgary Stampeder s. (Live)	Frasier	Parks	Will-Grace	Even	Friends	News	Justice
:30		Jeopardy!	Entrada	McLaughlin	Fortune	Friends		Home Imp.	Bob		Hit List		Hollywood	Rivers	'70s Show	"The Muppets Take Manhattan"	What I Like	News	
7 PM	Movie: "On Hostile Ground"	ShowVote	Classic Theatre "Sophia and Constance"	Now With Bill Moyers	Dateline	Hack "Favors" (N)	Biography	That Was Then (N)	Hack "Favors" (N)	Hack "Favors" (N)	Movie: "Teen Wolf" (1985)	Golf	21C	Crocodile Hunter	John Doe (N)	(9:05) Movie: "Taking Care of Business" (1990)	Reba (N)	Movie: "Beverly Hills Bordello Volume 2" (1997)	Matlock
:30	Luke Perry.	Wingfield									Michael J. Fox.	Bodybuild				Just Shoot	Care of Business" (1990)	Greetings	"The Prisoner" Suddenly
8 PM	Movie: "Acceptable Risk"	News	Wycliffe	"Operation Crossbow"	News	News	Movie: "The Morning After" (1986) Jane Fonda.	Sports	News	Entertain	Vampire	Sportscent	News	Dolphins-Dancers	Star Trek: Voyager	Movie: "Paper Moon"	Friends	"Salt on Our Skin"	Jenny Jones (N)
:30	(PA)	Sports Pg.	Four		Tonight	Late Show		Nightline	Late Late	Big Wolf							Will-Grace		

FRIDAY MOVIES

MORNING

10:00 am CITY 29 "To Brave Alaska" (1996, Drama) Alyssa Milano. Two abandoned gold miners face starvation and subzero temperatures as they make a perilous trek toward civilization.

11:00 am WTBS 3
 ***"Support Your Local Gunfighter" (1971, Comedy) (PA) James Garner. A con artist decides to take advantage of some townspeople's mistaken notion that he is a famous gunslinger.

AFTERNOON

5:00 pm WTBS 3
 ★★½ "Disappearance" (2002, Suspense) Harry Hamlin. A terrifying ordeal awaits a vacationing family after their car breaks down in a sinister ghost town (DVS) WGN 38 ★★ "Ernest Scared Stupid" (1991, Comedy) Jim Varney. Sanitation engineer Ernest P. Worrell rallies to save his town from an evil 200-year-old troll. (In Stereo) (CC)

EVENING

6:00 pm A&E 9 ★★½ "The Morning After" (1986, Drama) Jane Fonda. Premiere. After waking up next to a murdered man, an alcoholic actress teams with an ex-cop to find out what happened. (CC)

CITY 29 ★½ "Palais Royale" (1988, Drama) Kim Cattrall. A shy Toronto bookkeeper becomes involved with a seductive model and the criminal outfit that controls her life

7:00 pm WTBS 3 ★½ "The Triangle" (2001, Suspense) (PA) Luke Perry. A fishing trip among

friends takes a bizarre turn after they become lost in the Bermuda Triangle. (CC)

7:30 pm FAM 26 ★★ "The Muppets Take Manhattan" (1984, Comedy) Voices of Jim Henson. Premiere. Kermit and company try to take their variety show to Broadway, while Miss Piggy grows jealous of a friendly waitress.

9:00 pm WTBS 3 ★★ "On Hostile Ground" (2000, Action) (PA) John Corbett. The lives of thousands of Mardi Gras revelers are at risk from a sinkhole that threatens to swallow New Orleans. (CC)

YTV 18 ★★ "Teen Wolf" (1985, Comedy) Michael J. Fox. A high-school student's popularity soars when it is discovered that he is cursed with the mark of the werewolf. (CC)

9:05 pm FAM 26 ★★½ "Taking Care of Business" (1990, Comedy) James Belushi. Premiere. An easygoing ex-convict finds the business portfolio of an uptight ad executive and sets himself up in style. (In Stereo) CITY 29 "Beverly Hills Bordello Volume 2" (1997, Adult) Gabriella Hall. The rich and famous of Southern California indulge their decadent desires at a renowned madam's house of pleasure.

10:00 pm A&E 9 ★★½ "The Morning After" (1986, Drama) Jane Fonda. After waking up next to a murdered man, an alcoholic actress teams with an ex-cop to find out what happened. (CC)

10:50 pm FAM 26 ★★½ "Paper Moon" (1973, Comedy) Ryan O'Neal. A Depression-era con man becomes the unwilling temporary guardian of a precocious 9-year-old orphan.

11:00 pm WTBS 3 "Acceptable Risk" (2001, Drama) (PA) James

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	9 a.m. to 4:45 p.m.	Adult/tot senior					
Noon							
1:15	hockey game	Stick and puck	Stick and puck	Adult/tot senior	Stick and puck	Stick and puck	
2				3 - 4:45	2:30 - 3:45		
3:20		Figure Skating	3 - 4:15	Posse Practice	Posse Practice	3:30 - 4:30	
4			Posse practice	4:30 - 9:30		Loonie public skate	
4:30			4:30 - 5:15	Figure Skating	4 - 4:45	public skate	
4:45	4:45 - 6:00		Tykes practice		Novice practice	4:45 - 5:30	
5	Free Public Skate		5:15		4:45 - 5:35	Tykes practice	5 to 6:30
6			Novice practice		Atom practice	6 - 7	Public skating
6:15	6:15 to 7:15 open for rent		6:15		5:35 - 6:30	Ladies hockey	
6:30			Atom practice		PeeWee practice		
7		7:15 - 8:45 Pumpkins hockey	9- 10 midget practice		9:45 - 11 open for rent	7 - 8:15 Public skating	Hockey game
7:30							
8							
8:45							
9							
10:45							

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

TOURNAMENT DATES:

SATURDAY, OCTOBER 5, 2002

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 12 rows (6 AM to 11 PM) listing various TV programs and their corresponding channels.

SATURDAY MOVIES

MORNING

9:00 am WTBS (3) ★★ "Midnight in the Garden of Good and Evil" (1997, Drama) Kevin Spacey. A society reporter investigates a scandalous murder involving a wealthy bachelor while on assignment in Savannah, Ga. (D)

AFTERNOON

12:00 pm FAM (26) ★★ "Summer of the Monkeys" (1998, Adventure) Michael Ontkean. A boy hopes to use reward money from capturing escaped monkeys to buy a horse, but he befriends the creatures instead. (In Stereo) (D)

12:15 pm WTBS (3) ★★ "Point of No Return" (1993, Drama) (PA) Bridget Fonda. A condemned woman transformed into a government assassin desperately searches for a way out of her new profession. (D)

1:00 pm CITY (29) ★★ "Jury Duty: The Comedy" (1990, Comedy) Lynn Redgrave. Reluctant jurors must decide the verdict in the nation's most sensationalized sex scandal of the decade.

1:45 pm FAM (26) ★★ "Barney's Great Adventure" (1998, Adventure) George Hearn. The big, purple dinosaur and his young friends take part in an exciting search for an egg that fell from the sky. (D)

2:00 pm WGN (38) ★★ "Nightmare on Elm Street 5: The Dream Child" (1989, Horror) Robert Englund. A young woman wages a desperate battle to protect the soul of her unborn child from dream stalker Freddy Krueger.

4:00 pm YTV (18) ★ "Pokemon:

The First Movie" (1999, Adventure) Voices of Veronica Taylor. Animated. Ash and his Pokemon sidekicks square off against a cloned creature that has declared war on his opponents. (D)

5:00 pm KTLA (27) "Since You've Been Gone" (1998, Comedy) David Schwimmer. The former class president, a pediatrician and a songwriter are among those gathered for a hellish high-school reunion. (In Stereo)

CITY (29) ★★ "Air Force One" (1997, Suspense) (PA) Harrison Ford. The U.S. president wages a one-man war against the Russian terrorists who have seized control of his plane. (In Stereo) (D) (DVS) WGN (38) ★★ "First Blood" (1982, Drama) Sylvester Stallone. Vietnam veteran John Rambo leads police on a dangerous wilderness hunt after escaping from a brutal sheriff.

EVENING

7:00 pm WTBS (3) ★★ "Lethal Weapon 4" (1998, Action) (PA) Mel Gibson. Detectives Riggs and Murtaugh take on a crime gang that is smuggling Chinese families into the United States. (D) (DVS) CITY (29) ★★ "The Truth About Cats & Dogs" (1996, Comedy) Uma Thurman. Romantic complications arise when a radio pet expert switches identities with her pretty neighbor to impress a man.

7:30 pm KTLA (27) ★★ "Zero Effect" (1998, Comedy-Drama) Bill Pullman. The world's greatest private detective undertakes the challenging case of a businessman plagued by blackmail. (In Stereo)

8:00 pm CHBC (4) ★★ "Dead Aviators" (1999, Fantasy)

Lothaire Bluteau. Troubled by the death of her test-pilot father, a teenage girl befriends the ghosts of two French fliers. (D)

KXLY (10) ★★ "Air Force One" (1997, Suspense) (PA) Harrison Ford. The U.S. president wages a one-man war against the Russian terrorists who have seized control of his plane. (In Stereo) (D) (DVS)

BCTV (11) ★★ "The Love Letter" (1999, Comedy) Kate Capshaw. The hearts of townspeople are aflutter with the possibility of romance when an unsigned missive makes the rounds.

8:30 pm WGN (38) ★★ "Rambo: First Blood Part II" (1985, Adventure) Sylvester Stallone. Former Green Beret John Rambo is pulled out of prison to search for American prisoners of war in Southeast Asia. (In Stereo)

9:00 pm KHQ (7) ★★ "Men in Black" (1997, Science Fiction) Tommy Lee Jones. A streetwise young cop joins a secret government organization that monitors extraterrestrial activity on Earth. (In Stereo) (D) (DVS)

FAM (26) ★★ "Beaches" (1988, Drama) Bette Midler. Premiere. Two women with different upbringings and lifestyles manage to keep their friendship intact through 30 turbulent years. (In Stereo)

9:30 pm CITY (29) ★★ "American Gigolo" (1980, Drama) Richard Gere. A male prostitute's only hope of vindication in a murder case rests with his client, a politician's wife.

9:45 pm WTBS (3) ★★ "Another 48 HRS." (1990, Comedy-Drama) (PA) Eddie Murphy. A fast-talking convict is grudgingly reunited with a brash police detective when a drug kingpin threatens their lives. (D)

Horoscopes October 1 to 7

ARIES - Health concerns should be your focus this week. Take a good look at your lifestyle and make changes to help you become healthier. Others will share benefits with you this week. Say thanks. TAURUS - Your partner or spouse is good to you this week, and family life is pleasurable. Children or pets may provide annoyance unless you turn on your sense of humour. Fun this week could be costly. GEMINI - Family and home may be disagreeable or sad this week. Actions and events in this area of your life could cause anger or wounds. You can learn a lot now, so pay attention, be observant. CANCER - All sorts of challenges arise this week. Information may be wrong, messages may need to be double-checked for accuracy. Home life demands attention, but young people are a joy now. LEO - Watch where your money is going - you could have problems now with misinformation related to financial planning. Solving the problems will take time and patience. Make the effort. VIRGO - You are full of energy these days, but you may suffer from not hearing the full story. Double check information you send out as well as what you receive. Pay attention to financial matters this month. LIBRA - Things go well for you for the next two weeks, but that nagging little buried anger is still in place. Money matters continue to be favourable. Bite your tongue this week, say it next week. SCORPIO - You look good now, you feel good, and life is good to you. Any problems you have right now may stem from plans you made which go awry. Wait a couple of weeks - things take time to clear. SAGITTARIUS - Good fortune continues to smile on you, especially where your reputation is concerned. There may be some petty adverse matters in your career area. You can overcome with effort. CAPRICORN - People you know continue to be generous toward you, and those with power and influence are ready to share. Your energy level is good. Your focus should be on career for the next two weeks. AQUARIUS - You may be stricken with either love or laziness this week, it is hard to tell which will make the biggest impression. Travel to distant places is on your mind. This is dream time. PISCES - Conflict with the ego or aggressiveness of others will continue for two more weeks, and there may be some harsh words or silences between you and others. Your reputation has good influence.

SUNDAY, OCTOBER 6, 2002

	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 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)																	
6 AM	"Point of No Return"	CHBC Gadget	(Off Air)	Cailou (EI) Jay Jay	Today (E)	CBS News Sunday Morning	(5:00) Breakfast With the Stars	Hour of Power	Real Kids Mechanics	Fishing Adventure	Mona Monsters	Sportscentre (E)	Kingdom OWL/TV	Daily Planet (E)	Paid Prog.	Little Lulu Power	Pacesetter Success	Mix TV (In Russian)	HappyDay Fam. Mat.																	
7 AM	Movie: "Midnight in the Garden of Good and Evil"	Real Kids Van Impe	BluesClues Zoboo	Clifford Flip Flop	Safari Strange	Nation	House Beautiful	News (E)	Mechanics MoneyWs	Fishing Is Written	Hamtaro Cubix (E)	Reporters	Good Morning Canada (E)	Circle of Life	Paid Prog.	Power	Key-David Kenneth C.	Eye on Asia (In Hindi)	Cosby																	
8 AM	Garden of Good and Evil"	Boats Is Written	Bus Little Bear	Angellina Standard	Meet the Press (E)	Ginger Pelswick	Incurable Collector	News (E)	MoneyWs	TribalTrail	Rugrats Detention	NFL Countdown (N) (E)			Fox News Sunday (E)	Lizzie Amanda	Amazing Olsteen	Eye-Asia Chin Chin	Fresh Pr.																	
9 AM	(1997) Kevin Spacey.	Discovery Faith	Toy Castle Elliot	Mythquest (E)	Paid Prog. Countdown	NFL Today (N) (E)	Movie: "Columbo: Strange Bedfellows" (1995)	This Week-George	Hour of Power (E)	Arnold Advenj			Eagle Communications	Weekend Planet	Fox NFL Sunday (N)	All That Even	Feed Creflo	Johnny Lombardi's Festival Italiano (In Italian)	Beastmaster (E)																	
10 AM	Movie: "Money Talks"	NFL Football: Teams to Be	Babar Rainbow	North European	Auto Racing: NASCAR Winston Cup - EA Sports 500. (Live) (E)	NFL Football: Oakland Raiders at Buffalo Bills. (Live) (E)	Lost World	The Show Old House	Moneywld Eagle	NFL Football: Teams to Be	Spongebob Oddparent	CFL Football: Edmonton Eskimos at Ottawa Renegades. (Live) (E)	Hobo	Connection Exhibit A	NFL Football: Regional Coverage	Jersey Smart Guy	Looney Wild Am.	Movie: "The Rocketeer" (1991) Bill Campbell.																		
11 AM	(1997) (PA) Chris Tucker.	Be Announced. (Live) (E)	Router Sportfish	Great Lodges-Parks	500. (Live) (E)	City Confidential (E)	Paid Prog.	Hour of Power (E)	Announce d. (Live) (E)	Woody Thornber	Stuff	Question Period (E)	Canadian Geographic		Movie: "Mark Twain and Me" (1991)	Movie: "Who Framed Roger Rabbit" (1988) (E)	Movie: "Black Beauty" (1994) Sean News (E)	Movie: "Supergirl" (1984, Fantasy) Helen Slater.																		
12 PM	Movie: "Lethal Weapon"	Gold Trails	Champions	Antiques Roadshow	Gravity Games (Taped) (E)	Auto Racing: CART Champ. Series - G.P. Americas	Movie: "True Lies" (1994) Arnold Schwarzenegger, Jamie Lee Curtis.	LPGA Golf: World Championship - Final Round. (E)	Figure Skating: International Classic. (Taped)	70s Show Simpsons	"Pokemon the Movie 2000: The Power of One"	NFL Primetime (N) (E)	Valerie Pringle Has Left	Circle of Life	NFL Football: Regional Coverage - Eagles at Jaguars or Rams at 49ers	Art Attack Nightmare	Proud Pullman, Ben Stiller.	StarTV Speakers	Mutant X Ancient urn.																	
1 PM	(1987, Drama) (PA) Mel Gibson.	Entertainment Tonight	Parks	Bargain Religion	Timothy Creature	Mechanics	Okanagan	News	Art Attack	Workshop	News (E)	Pyramid	Movie: "The Lost World" (2001) Bob Hoskins.	News (E)	Simpsons	Global	Global	Practice "Convictions"	I-Mummy Twenty	Hit List (E)	Alias "Trust Me" (N)	Malcolm in the Middle	Live Through This (E)	Motorcycle Fins-Skins	Boombtown (N) (E)	Assassination of King Tut	X-Files "Vienen" (E)	Movie: "Kramer vs. Kramer" (1979) Premiere.	Just Shoot Just Shoot	Movie: "The War" (1994) Elijah Wood. (E)	Beastmaster (E)					
2 PM	Movie: "Lethal Weapon 4"	Movie: "Peter Pan" (1953, Fantasy)	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature																
3 PM	Movie: "Lethal Weapon 4"	Movie: "Peter Pan" (1953, Fantasy)	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature	Timothy Creature																
4 PM	(1987, Drama) (PA) Mel Gibson.	Entertainment Tonight	Parks	Bargain Religion	Timothy Creature	Mechanics	Okanagan	News	Art Attack	Workshop	News (E)	Pyramid	Movie: "The Lost World" (2001) Bob Hoskins.	News (E)	Simpsons	Global	Global	Practice "Convictions"	I-Mummy Twenty	Hit List (E)	Alias "Trust Me" (N)	Malcolm in the Middle	Live Through This (E)	Motorcycle Fins-Skins	Boombtown (N) (E)	Assassination of King Tut	X-Files "Vienen" (E)	Movie: "Kramer vs. Kramer" (1979) Premiere.	Just Shoot Just Shoot	Movie: "The War" (1994) Elijah Wood. (E)	Beastmaster (E)					
5 PM	Movie: "Maverick" (1994, Western)	Touched by an Angel	Heartbeat "Still Water"	Ballykissangel (E)	Hot Ticket	News (E)	News (E)	News (E)	Practice "Convictions"	I-Mummy Twenty	Hit List (E)	Alias "Trust Me" (N)	Malcolm in the Middle	Live Through This (E)	Motorcycle Fins-Skins	Boombtown (N) (E)	Assassination of King Tut	X-Files "Vienen" (E)	Movie: "Kramer vs. Kramer" (1979) Premiere.	Just Shoot Just Shoot	Movie: "The War" (1994) Elijah Wood. (E)	Beastmaster (E)														
6 PM	Western) (PA) Mel Gibson.	Touched by an Angel	Heartbeat "Still Water"	Ballykissangel (E)	Hot Ticket	News (E)	News (E)	News (E)	Practice "Convictions"	I-Mummy Twenty	Hit List (E)	Alias "Trust Me" (N)	Malcolm in the Middle	Live Through This (E)	Motorcycle Fins-Skins	Boombtown (N) (E)	Assassination of King Tut	X-Files "Vienen" (E)	Movie: "Kramer vs. Kramer" (1979) Premiere.	Just Shoot Just Shoot	Movie: "The War" (1994) Elijah Wood. (E)	Beastmaster (E)														
7 PM	Premiere.	Higher Ground (E)	Queen's Story (E)	Nature (DVS)	Dateline (E)	60 Minutes (E)	Movie: "The Lost World" (2001) Bob Hoskins.	Movie: "Toy Story 2" (1999) (DVS)	Cirque Futurama	Cirque Futurama	Hit List (E)	Alias "Trust Me" (N)	Malcolm in the Middle	Live Through This (E)	Motorcycle Fins-Skins	Boombtown (N) (E)	Assassination of King Tut	X-Files "Vienen" (E)	Movie: "Kramer vs. Kramer" (1979) Premiere.	Just Shoot Just Shoot	Movie: "The War" (1994) Elijah Wood. (E)	Beastmaster (E)														
8 PM	Movie: "Maverick" (1994) (PA) Mel Gibson, Jodie Foster.	Concert 2002: 50 Years of CBC Television	Kavanagh Q.C.	Forsythe Saga" (N)	Served Boomtown (N) (E)	Barbara	Romance	News (E)	News (E)	Practice "Convictions"	Van Impe	News (E)	Popoff	Don't Lick																						

SUNDAY MOVIES

MORNING

7:00 am WTBS (3) ★★"Midnight in the Garden of Good and Evil" (1997, Drama) Kevin Spacey. A society reporter investigates a scandalous murder involving a wealthy bachelor while on assignment in Savannah, Ga. (E)

9:00 am A&E (9) "Columbo: Strange Bedfellows" (1995, Mystery) Peter Falk. Columbo crosses paths with a mobster and an unscrupulous horse breeder as he tries to nab an ingenious killer. (E)

10:00 am WGN (38) ★★"The Rocketeer" (1991, Adventure) Bill Campbell. In 1938, a dashing young pilot does battle with a Nazi-minded film star for possession of an experimental rocket pack. (In Stereo) (E)

10:15 am WTBS (3) ★★"Money Talks" (1997, Comedy) (PA) Chris Tucker. A fast-talking con artist asks a TV reporter for help in evading the cops and robbers who are hot on his trail. (E)

AFTERNOON

12:00 pm FAM (26) ★★"Mark Twain and Me" (1991, Drama) Jason Robards. Eleven-year-old Dorothy Quick develops a unique friendship with the legendary author during the twilight of his life. (E)

WGN (38) ★★"Who Framed Roger Rabbit" (1988, Fantasy) Bob Hoskins. In a world where cartoons coexist with humans, a private eye tries to clear a long-eared fugitive of murder charges. (In Stereo) (E)

12:15 pm WTBS (3) ★★"Lethal Weapon" (1987, Drama) (PA) Mel Gibson. A veteran detective teams

with a reckless, eccentric partner to investigate the death of a Los Angeles prostitute. (E)

12:30 pm KTLA (27) ★★"Who Framed Roger Rabbit" (1988, Fantasy) Bob Hoskins. In a world where cartoons coexist with humans, a private eye tries to clear a long-eared fugitive of murder charges. (In Stereo) (E)

1:00 pm CITY (29) ★★"Black Beauty" (1994, Drama) Sean Bean. Based on Anna Sewall's novel about a horse in Victorian England and its often cruel treatment by various owners. (E)

1:35 pm FAM (26) ★★"Prehysteria" (1993, Fantasy) Austin O'Brien. Five diminutive dinosaurs wreak havoc after hatching in a suburban family's basement. (In Stereo) (E)

2:00 pm A&E (9) ★★"True Lies" (1994, Adventure) Arnold Schwarzenegger. A secret agent tracks a nuclear weapon-toting Arab terrorist, while keeping his family convinced he is a staid salesman. WGN (38) ★★"Supergirl" (1984, Fantasy) Helen Slater. Superman's cousin comes to Earth to recover a precious stone, which has fallen into the clutches of an evil sorceress.

2:30 pm WTBS (3) ★★"Lethal Weapon 4" (1998, Action) (PA) Mel Gibson. Detectives Riggs and Murtaugh take on a crime gang that is smuggling Chinese families into the United States. (E) (DVS) CHBC (4) ★★"Peter Pan" (1953, Fantasy) Voices of Bobby Driscoll. Disney's animated adaptation of the Sir James Barrie play about a carefree sprite named Peter in Neverland. (E)

KTLA (27) ★★"Zero Effect" (1998, Comedy-Drama) Bill Pullman. The world's greatest pri-

vate detective undertakes the challenging case of a businessman plagued by blackmail. (In Stereo)

3:00 pm VTV (22) "Nuremberg" (2000, Drama) (Part 1 of 2) Alec Baldwin. Following the fall of the Third Reich, 21 high-ranking Nazis are put on trial for war crimes.

4:00 pm YTV (18) ★★"Pokemon the Movie 2000: The Power of One" (1999, Adventure) Voices of Veronica Taylor. Animated. Ash and his allies battle an evil Pokemon collector who wants to capture three elemental birds. (E)

5:00 pm WTBS (3) ★★"Maverick" (1994, Western) (PA) Mel Gibson. Premiere. A wisecracking cardsharp, a conniving lady and a lawman head for a high-stakes poker game. Based on the TV series. A&E (9) "The Lost World" (2001, Adventure) (Part 1 of 2) Bob Hoskins. Premiere. Based on the tale by Sir Arthur Conan Doyle. Explorers encounter dinosaurs and highly evolved apes in the Amazon jungle. (E)

EVENING

6:00 pm CITY (29) "Hell on Heels: The Battle of Mary Kay" (2002, Drama) Shirley MacLaine. Premiere. Rival cosmetics queens Mary Kay Ash and Jinger Heath wage war to win the faces and pocketbooks of women everywhere. (In Stereo) (E) (DVS)

7:00 pm A&E (9) "The Lost World" (2001, Adventure) (Part 1 of 2) Bob Hoskins. Based on the tale by Sir Arthur Conan Doyle. Explorers encounter dinosaurs and highly evolved apes in the Amazon jungle. (E)

KXLY (10) ★★"Toy Story 2"

(1999, Adventure) Voices of Tom Hanks. Animated. Buzz Lightyear and friends launch a rescue mission after Woody is stolen by an unscrupulous toy collector. (In Stereo) (E) (DVS)

7:30 pm WTBS (3) ★★"Maverick" (1994, Western) (PA) Mel Gibson. A wisecracking cardsharp, a conniving lady and a lawman head for a high-stakes poker game. Based on the TV series.

9:00 pm KREM (8) "Hell on Heels: The Battle of Mary Kay" (2002, Drama) Shirley MacLaine. Premiere. Rival cosmetics queens Mary Kay Ash and Jinger Heath wage war to win the faces and pocketbooks of women everywhere. (In Stereo) (E) (DVS) A&E (9) "The Lost World" (2001, Adventure) (Part 1 of 2) Bob Hoskins. Based on the tale by Sir Arthur Conan Doyle. Explorers encounter dinosaurs and highly evolved apes in the Amazon jungle. (E)

FAM (26) ★★"Kramer vs. Kramer" (1979, Drama) Dustin Hoffman. Premiere. An account of the bitter fight between an executive and his estranged wife over custody of their 7-year-old son. (E)

10:00 pm WTBS (3) ★★"Lethal Weapon" (1987, Drama) (PA) Mel Gibson. A veteran detective teams with a reckless, eccentric partner to investigate the death of a Los Angeles prostitute. (E)

CITY (29) ★★"The War" (1994, Drama) Elijah Wood. In 1970 Mississippi, a Vietnam vet tries to pull his life together as his children spar with bullies over a treehouse. (E)

11:00 pm A&E (9) "The Lost World" (2001, Adventure) (Part 1 of 2) Bob Hoskins. Based on the tale by Sir Arthur Conan Doyle.

WELCOME WAGON SINCE 1930

• new in town?
• recently married?
• new baby?

Linda
295-0456

If so...a warm welcome awaits you from your hostess. We are looking forward to meeting you soon.

MONDAY, OCTOBER 7, 2002

ON PEAK - HIGH COST

OFF PEAK - LOW COST

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and 12 rows of programming details including time slots and program titles.

MONDAY MOVIES

MORNING

10:00 am CITY (29) ★★½ "Rich in Love" (1992, Drama) Albert Finney. A divorce and new relationships take their toll on a South Carolina teenager.

11:00 am WTBS (3) ★★ "Closer and Closer" (1996, Suspense) Kim Delaney. A paralyzed writer receives disturbing messages over the Internet following the release of her latest novel.

AFTERNOON

5:00 pm WTBS (3) ★★ "The Wedding Singer" (1998, Comedy) Adam Sandler. A romantically unlucky wedding singer and a compassionate waitress search for true love during the 1980s.

A&E (9) "The Lost World" (2001, Adventure) (Part 2 of 2) Bob Hoskins. Premiere. Based on the tale by Sir Arthur Conan Doyle. Explorers encounter dinosaurs and highly evolved apes in the Amazon jungle.

EVENING

6:00 pm CITY (29) ★★½ "Star Trek: Insurrection" (1998, Science Fiction) Patrick Stewart. The Enterprise crew leads an open rebellion after uncovering a Federation plot against an unusual planet.

7:00 pm A&E (9) "The Lost World" (2001, Adventure) (Part 2 of 2) Bob Hoskins. Based on the tale by Sir Arthur Conan Doyle. Explorers encounter dinosaurs and highly evolved apes in the Amazon jungle.

7:15 pm WTBS (3) ★★ "City Slickers" (1991, Comedy) Billy Crystal. The arrival of his 39th birthday prompts an executive and his buddies to hit the trail for a

two-week cattle drive. (E) 9:00 pm A&E (9) "The Lost World" (2001, Adventure) (Part 2 of 2) Bob Hoskins. Based on the tale by Sir Arthur Conan Doyle. Explorers encounter dinosaurs and highly evolved apes in the Amazon jungle. (E)

FAM (26) ★★½ "The Dove" (1974, Drama) Joseph Bottoms. A teenage boating enthusiast comes of age during a solo sailing trip around the world. (In Stereo) (E)

10:00 pm WTBS (3) ★★ "The TimeShifters" (1999, Science Fiction) (PA) Casper Van Dien. A reporter and a researcher attempt to track down a tourist from the future who visits the scenes of historic disasters. (E)

10:05 pm CITY (29) ★★ "Earthquake" (1974, Drama) Charlton Heston. Oscar-winning special effects highlight this account of a cataclysmic California quake.

11:00 pm A&E (9) "The Lost World" (2001, Adventure) (Part 2 of 2) Bob Hoskins. Based on the tale by Sir Arthur Conan Doyle. Explorers encounter dinosaurs and highly evolved apes in the Amazon jungle. (E)

THE NEWS LEADER WORD SEARCH

Word search grid containing letters arranged in a 20x20 grid for a word search puzzle.

LET'S TALK ABOUT "SCHOOL DAYS"

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PHONE NUMBERS TELL VALLEY LOCATION

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

BAIRD, EDITH - Died at Princeton general hospital on Thursday, September 26, 2002. Survived by sons, Ron mare (Ellen Smith) of Abbotsford and Donald of Princeton; daughter-in-law, Susan of Princeton, grandsons, Steve, Brian, Clifford and Braden. Also survived by her closest friend, Janina Wetselaar of Kelowna. Predeceased by husband Bob. A memorial service was held in Princeton on Sunday, September 29, 2002. In lieu of flowers, donations to the Sheltered Housing Society of Princeton would be appreciated. Arrangements in care of Princeton Similkameen Funeral Services.

A PRAYER FOR OUR TOWN HELLO PRINCETON

This is Emy and once again my birthday (Oct. 15th) is approaching. And once again I would like to offer up a prayer for our town.

I am asking and praying that God will increase his blessings on our town and all the people. May he show mercy on the sick and lonely. May he help the unemployed. May he help each person recognize the goodness in himself and others, and learn to appreciate it. May he help the people increase their love and respect for themselves, the people around them, and the planet.

Peace to your body, peace to your heart, peace to your spirit. In Jesus' name, Amen. Thank you Papa, Thank you Jesus.

Love Emy Smith
 xoxoxoxoxoxoxo

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B.C. & YUKON HEART & STROKE FOUNDATION
 Box 672, Princeton, B.C.
 or contact Mari at 295-6247

IN MEMORIAM
 DONATIONS TO THE
CANADIAN CANCER SOCIETY
 CALL DIANNE @ 295-6648
 mail: Box 1906, Princeton, B.C.

HELP WANTED

CASUAL RECEPTIONIST
 1 day per week to start
 October 9, 2002
 Answering and directing calls and in person inquiries. typing and filing. Computer experience an asset. Pleasant, professional manner.
 Resume and cover letter required to:
 Sharon Jung
 Manager
 Princeton Skills Centre
 (250) 295-4051

HELP WANTED

Princeton & District Community Services
 Is accepting applications for positions in our Residential and Day programs. preferred applicants will have:
 - First Aid/CPR
 - Food Safe
 - Care Aide Attendant or equivalent certificate
 - experience working with the developmentally disabled
 - the flexibility to work various shifts
 Application forms are available at 154 Halliford Avenue. Completed applications may be dropped off at this address or mailed to the attention of Lynn Pelly, Executive Director, Box 1960, Princeton, B.C. V0X 1W0

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NOTICES

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

NOTICES

PRENATAL CLASSES

The next series of labor and delivery classes offered at the Princeton Health Unit will begin Monday, October 7, 2002 at 7:00 P.M.

These classes will be for women due in November, December, January, and February. Classes will cover topics of interest to the group. These often include: signs of labor, stages of labor, comfort measures, breathing, breastfeeding, a tour of Princeton General Hospital and early days of Parenting.

Books and videos are available on a loan basis from the Health Unit. Please register for classes in advance at the Princeton Health Unit. Fee for the classes is \$30.00. Subsidies are available.

Monday, October 7, 14, 21, and 28, 2002 O1/21
 7:00 - 9:00 P.M.
 Princeton Health Unit
 47 Harold Avenue
 Phone: 295-3133

LADIES GOLF CLUB

**FALL MEETING
 OCTOBER 8, 2002
 7:00 PM
 AT THE CLUB HOUSE**

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.

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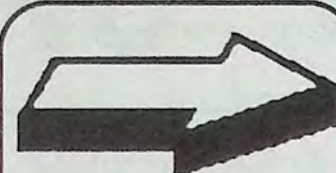
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**NOTICE TO CONTRACTORS
 ROAD BUILDING CONTRACT 11250-85-3600/02-01**

Sealed tenders for the construction of approximately 2.0 kilometres of the Whipsaw-Garrison Forest Service Road located in the Copper Creek area approximately 40 kilometres South West of Princeton, BC, will be received by the Ministry of Forests, Merritt Forest District, 3840 Airport Road, Hwy. 5A, P.O. Box 4400 Station Main, Merritt, B.C. V1K 1B8 up to 14:00:00 p.m. (local time) on October 11, 2002, and opened in public at that time. Tenders are invited from qualified contractors only.

The term of this contract is 1 year with an option to renew.

A qualified contractor is one who is in good standing with the Worker's Compensation Board and has Level 3 EMS Training and meets eligibility requirements as stated in the Conditions of Tender.

Specifications may be viewed and/or obtained after 9:00 a.m. on October 2, 2002 from the following Ministry of Forests office:

(1) Merritt District Office - 3840 Airport Road, Hwy. 5A, Merritt B.C.

All inquiries should be made to Lorne Robertson, Small Business Engineering Technician, Merritt Forest District, phone (250)378-8444.

Tenders must be made subject to the conditions of tender and submitted on the forms and in the envelope supplied.

No tender shall be considered having any qualifying clauses whatsoever and the lowest or any tender will not necessarily be accepted.

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POINTS OF VIEW

OUR VIEW

This is nomination week – do your part!

This is the week nominations open for civic elections. Your Regional District Directors, Town or Village Councillors, your mayor, and your school trustees will enter their names into the race for public office. Each of these positions will last for three years.

This is the time when everybody who is dissatisfied with councils, mayors, school trustees and regional district directors can make a change by electing somebody else, providing you can persuade somebody else to seek election. You have this opportunity only once in three years.

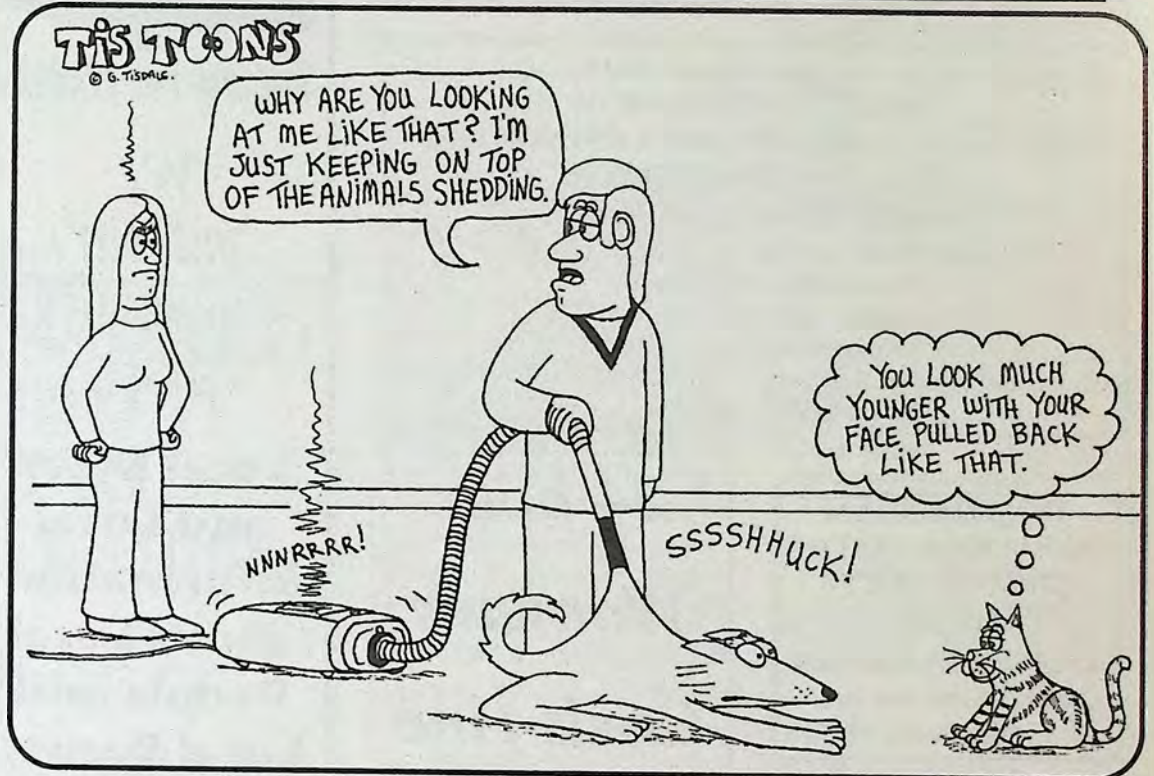
It is the easiest thing in the world to sit back and criticize the ruling regime, but this is your opportunity to put your money where your mouth is and either run for office yourself or back somebody you believe will do a better job.

In Keremeos, Walter Despot has stated he will seek the mayor's seat. He is the first challenger to state his intentions. Members of Princeton Town Council have stated they will seek re-election, and local school trustees, with the exception of Bob Westran, plan to seek re-election.

When all of the nominations have been registered, it is time for campaigning. Again, if you support a candidate, contact that person and say how you can help with the campaign. Perhaps you could do some of the work, perhaps you could kick in a few dollars for advertising, or maybe you could help with a candidate's forum. It is no easy task to run for any election, and just because it is the village or town or regional district does not make it less work.

Finally, on November 16, or at the advance poll, make your choices at the poll booth. Again, here is where you put your money where your mouth is. If you do not go out and vote, you may wind up spending another three years with the very group you thought was doing a terrible job!

In each step toward a civic election, the electors have a responsibility to do their part. We always get the government we deserve!



YOUR VIEW

The issue is not whether to ratify Kyoto, but how

Dear Editor;

Kyoto naysayers are predicting gloom and doom if the Chretien government goes through with ratification. They're wrong. The question is not whether we should ratify Kyoto, it's how. The challenge is to ensure that no one region or group of workers bears the brunt of implementation. The good news is that policies exist that can ensure implementation is fair and equitable.

The current scenario – in which Premier Klein denounces Kyoto as a selling-out of Alberta, just as the rest of the country sends the province hay due to an unprecedented drought – is absurd. It shows the extent to which may have focused on the costs of climate change action, but not on the costs of climate change itself.

Those urging the rejection of Kyoto are losing. Here's why. According to the latest forecasts, if Canada ratified Kyoto, our economy would still grow by approximately 30 percent by 2012, compared with about 31 percent if we do nothing.

Foregoing one percent of GDP over 10 years for any other reason wouldn't garner a single article in any of the country's business newspapers. Finance Minister Paul Martin's spending cuts in the mid-1990's had a far greater impact on economic growth, but we only heard about the necessity of balancing the federal books – nothing about forgone economic growth.

The Alberta government insists

its economy will suffer more than others. That's true. The Alberta economy will grow by 26 percent with Kyoto, instead of 27 percent – again, a difference out of proportion to the protests from Edmonton. Even the oil and gas sector will grow by 24 percent over that time (instead of 27 percent without Kyoto).

When it comes to jobs, the Canadian Manufacturers and Exporters (CME) positions itself as advocate on behalf of the country's 450,000 workers who, it claims, will lose their jobs if Canada ratifies Kyoto. Half a glance at the CME's study, however, reveals the shoddiness of its research. The corporate lobbyist neglects to consider jobs created from 30 percent growth in the economy and only considers job losses from an estimated two percent hit due to Kyoto policies (using worst-case scenarios, of course).

Almost every other study shows there will be both job gains and job losses – as you would expect from a shift in the economy – with job gains outnumbering job losses. The Canadian Centre for Policy Alternatives, using the same federal data as the CME, found there would be 13,000 job losses in the Canadian energy sector over 10 years, but 16,000 new jobs created. (Incidentally, the Canadian energy sector shed 80,000 jobs over the 1990's, which curiously did not provoke a peep from the CME.)

The Communications Energy and Paperworkers union, which represents most workers in the oil patch, was also not convinced by the CME's "analysis". Neither was the Alberta Federation of Labour or the Canadian Labour Congress. All have endorsed Kyoto ratification.

Yes, some workers will lose their jobs and some communities will be negatively impacted. But the solution is not to abandon Kyoto, especially since tackling climate change will also offer over \$90 billion in business and investment opportunities in emerging industries in renewable energy, energy efficiency, and fuel-efficient vehicles.

The key is to include in our Kyoto implementation strategy a fair transition plan for both workers and communities. A worker transition plan would have two elements: training and educational programs for displaced workers; and investment incentives in emerging industries in order to create new jobs.

The federal discussion paper showed Canada could meet Kyoto and recuperate \$4.5 billion per year by auctioning off tradable emission permits. By channeling that money into transition programs for workers and communities affected by climate change policies, the federal government can ensure no region of the country bears an unfair burden. That is, after all, the concern of Alberta and Continued next page

EDITORIAL GUIDE

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

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

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

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Locally Owned and Operated

Published weekly by Qantalqs Ventures Ltd.

P.O. Box 295,

Princeton, B.C. V0X 1W0

161 Bridge Street

Phone (250) 295-4149 Fax 295-4103

e-mail nwsleadr@plpower.com

Publisher:

Advertising Sales Manager:

Office Manager:

Dawn Johnson

George Elliott

Sharon Johnson

Circulation 1500

Current Comment

Fair is fair in downloading costs



Dawn Johnson, Editor

We have been hearing a lot lately about the provincial government's plans to download policing costs on to property taxes of rural communities (as if we were not paying the costs already in income taxes!).

Before the provincial government does this, I want them to calculate exactly how much policing time is spent on community matters and how much is spent on the highway. Highways are still a provincial responsibility, and policing the highways should remain a provincial

responsibility, in my view.

My other concern is how police will spend their time when they are being paid through my (and your) property taxes. I understand our local Town Council will contract with the RCMP to provide policing. I assume people living in Area H will be taxed through Regional District for their share of the costs. Who will decide the fair share of costs, and who will decide what duties shall be carried out by local police?

If we had a county system, the cost sharing would be simple, but who pays for what will determine who has the authority to tell police what they want.

Suppose, by some stretch of the imagination, Regional District decides pot growers provide a good income for a lot of people and police should stop seizing the crops and destroying them, and should stop even looking for pot gardens. Then suppose Princeton Town Council decides this is not right nor reasonable. Who will set the policy?

RCMP authorities might say the law decides, but if local people

are paying the costs directly, then why should we not have a direct say in what policing there should be?

In fact, why could we not create our own police force?

The second issue is where the money comes from now to pay policing costs. It comes from our income taxes, does it not?

In that case, I believe it is only fair and right for provincial government to download income taxing privileges to local taxing authorities. The way I see it, if the provincial government is in the downloading business, then let them download everything, including the right to tax income. After all, fair is fair, and it is most unfair if they keep downloading costs and still take away a big chunk of our income.

Personally, I am beginning to wonder about the future of our provincial government. When they finish downloading their responsibilities, just what will we need them for? Will we need them at all?

These scenarios are very taxing but do try to imagine the future without a provincial government. We could renovate the Parliament Buildings in Victoria as much-needed sheltered housing for the elderly, and everybody in Victoria could pay city hall their income taxes and property taxes, and eliminate the middle man – the provincial civil servant who decides how much property and income taxes we should pay for the services we get.

What's in a calorie?

Dear Madam;

Where does the columnist who prepares "Living Past 100" learn his nutrition? A calorie IS a measure of energy, so how corn (or any food) be high in energy but low in calories?

Perhaps you could shed some light on this mystifying claim?

Yours truly,

Maggie Trehearne

Editor's note: I don't really understand it either, but apparently not all calories are equal when it comes to rendering physical energy. I believe it works something like this: some foods, like refined sugar, do not yield much physical energy though high in calories,

and others are slower to digest and the digestive process itself burns up some of the calories, but the remaining calories are available as physical energy. I think it should have said "gives you energy and not body fat". How about that for a better way of saying it?

Heart Food

by Dave Machin

God is a God who does not know fear. In fact, there are approximately 365 times in the Bible where the words "Fear not" appear. So, if in fact the Bible commands "fear not", yet on the other hand it says we should fear God, what is it really saying? Well, let's look at it this way. When referring to the fear of the Lord it is not talking about being afraid of Him. The English word fear, in these cases, is an inaccurate translation of the actual Hebrew and Greek word that was originally used. A much more accurate translation would be the word "reverence" which means to be in awe of. He is the most high God and worthy of honour, not because He is big or even bad, but because He has a desire to become our father and take care of us. You must understand that He loves everyone on earth the same – for He is not a respecter of persons. When you accepted Jesus, you became a member of the family of God and this gave you the right to say "Abba Father" which actually means "Daddy". You were adopted, you are a child of the most high God and now have a covenant with Him. You do not have a spirit of fear any longer. As a believer, you also have been made the righteousness of God. Righteousness is defined as the God-given ability to stand in the presence of an almighty God without a sense of shame or guilt. Know this: God is love. There is no fear in love but perfect love casts out fear. So do not be afraid of God, instead of drawing back from Him, run to Him for He is a present help in times of trouble. A revelation of the love of God in your life will literally flush out all the fear and you will understand what "fear not" really means. God is good, His word is good and good all the time.

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

Kyoto

continued from previous page ...

to a lesser degree, Saskatchewan and British Columbia.

Like the hay donated by Canadians to Alberta ranchers (and, for that matter, the aid given to victims of the ice storm and the Saguenay and Red River floods), it is possible to share both the burden and the bounty that will result from ratifying and implementing the Kyoto Protocol.

Yours truly,

Dale Marshall,

Resource and Environmental Policy Analyst with the BC office of the Canadian Centre for Policy Alternatives.

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<p style="text-align: center;">The Country Chapel <small>LIVING WATER FOURSQUARE GOSPEL CHURCH</small></p> <p style="text-align: center; font-size: x-small;">YOU ARE WELCOME TO JOIN US AT OUR NEW LOCATION 38 KENLEY AVENUE SUNDAY WORSHIP AT 10:30AM - FOLLOWED BY COFFEE</p> <p style="text-align: center; font-size: x-small;">PASTOR GEORGE DONOVAN ASSISTANT PASTOR DAVE KERWICK 295-7733</p>	<p style="text-align: center; font-weight: bold;">SIMILKAMEEN CHRISTIAN FELLOWSHIP</p> <p style="text-align: center; font-weight: bold;">SUNDAY SCHOOL 9:45AM</p> <p style="text-align: center; font-weight: bold;">WORSHIP SERVICE 11:00AM</p> <p style="text-align: center; font-weight: bold;">Everyone Welcome</p> <p style="text-align: center; font-size: x-small;">DON BODDEN - PASTOR 499-2511</p>
<p style="text-align: center; font-size: x-small;">BAPTIST CHURCH OF PRINCETON ACROSS FROM ARENA - OLD HEDLEY ROAD</p> <p style="text-align: center; font-weight: bold; font-size: x-small;">SERVICE TIMES</p> <p style="text-align: center; font-weight: bold;">10:00am - Family Worship</p> <p style="text-align: center; font-weight: bold;">Weekly Home Studies and Ladies Study</p> <p style="text-align: center; font-size: x-small;">PASTOR PETER RYTKONEN 295-7752</p>	<p style="text-align: center; font-weight: bold;">St. Paul's United Church</p> <p style="text-align: center; font-size: x-small;">Office Hours Tue / Thu 9:30AM - 12 NOON</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 5px 0;"> <p style="margin: 0; font-weight: bold; font-size: x-small;">WORSHIP 10:30 AM</p> </div> <p style="text-align: center; font-size: x-small;">Minister Chris Haugland Phone: 295-7714 Also serving the Anglican Community</p>
<p style="text-align: center; font-weight: bold;">CHRIST THE GOOD SHEPHERD LUTHERAN CHURCH</p> <p style="text-align: center; font-size: x-small;">The Chapel of the Princeton Funeral Home 133 Bridge Street</p> <p style="text-align: center; font-weight: bold; font-size: x-small;">Sunday Services</p> <p style="text-align: center; font-size: x-small;">October 13th and 27th November 10th and 24th Church Service - 10:00am PHONE 295-7091</p> <p style="text-align: center; font-size: x-small;">CHURCH OF THE LUTHERAN HOUR 7:30AM SUNDAYS LOCAL RADIO PASTOR L.M. CARLSON</p>	<p style="text-align: center; font-weight: bold;">Similkameen Christian Center</p> <p style="text-align: center; font-weight: bold; font-size: x-small;">GOD IS GOOD</p> <p style="text-align: center; font-weight: bold;">Service: Sundays 10:30AM</p> <p style="text-align: center; font-size: x-small;">CHILDRENS CHURCH - (AGES 5-11) Office Hours: Monday-Thursday 9AM - 1PM Pastors Dave & Tena Machin 221 A BRIDGE STREET, PHONE: 295-0599</p>

Thank You!

Both Isabella and I wish to express our deepest thanks to Dot and Monty Raine and all our friends from the Senior Citizen's Branch #30 for the wonderful surprise party on the occasion of our 66th Wedding Anniversary on September 21st. We were completely overwhelmed by the kindness and love expressed by everyone.

Sincerely,
Isabella and Marshall Johnson

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School Boards face budget deception

A great deal has been publicized about all of the savings and economies the provincial government has been making, and all of the cutbacks to school districts. Few have heard the other side of the equation - what this means to

class sizes and the deceptive quality of provincial budget decisions. An example is a letter written July 31, 2002, in response to statements of concern by Board Chair Gordon Comeau. Comeau had written a letter to the Minister

of Education about the teachers wage increase, which is funded for 2001/02 school year, but not for subsequent years. Here is what the Minister's letter says, "Clearly, failing to give teachers a fair raise would have had a devastating impact on our education system. However, given the tremendous financial constraints currently facing government, it was not possible to fund the entire cost of the legislated contract."

The Minister claims school districts were given "very significant new tools to manage these costs". The 'new tools', Comeau told the News Leader, means the right to increase class sizes.

The school district was given a one-time grant to cover the increases in medical services premiums paid by the employer. What happens to district budgets next year is another story.

Another form of deception cost the district more money. The district was awarded a technology grant for \$28,011. They were sent \$19,608, which was 70 percent, and were assured the remaining 30 percent would be transferred to them "on or before June 30, 2002." The district, with this assurance, made purchases for the total grant. The remaining 30 percent has not been transferred from Victoria to the district, leaving the district budget to make up the \$8,400.

Comeau is quick to warn parents, teachers and the public that next year will be worse, in terms of what the district can afford for students, unless the provincial government sees significant improvement in the economy. (The provincial government has stated the budget will not increase until the economy yields more revenue to government.)

Aboriginal children stay in community

A memorandum of Understanding was signed September 9 between BC Aboriginal leaders and the province of British Columbia, allowing Aboriginal children to grow up within their own families and their own communities.

"Today we have come together and in the presence of our Creator and our ancestors to make a very public commitment to dedicate our collective effort to safeguard the future interest of our children," stated Chief Stewart Phillip.

The memorandum will allow for the creation of five Regional Aboriginal Authorities responsible for child welfare. This step is in preparation for the transfer of child protection and family development resources and services to the five Regional Aboriginal Authorities.



On behalf of Princeton Hotel, Jacqui Parry accepts a certificate of appreciation from Fall Fair President Jody Woodford.



On behalf of Royal Canadian Legion Branch #56, Glen Scott accepts a Fall Fair certificate of appreciation from Fall Fair President Jody Woodford at the sponsor/volunteer dinner.



On behalf of Princeton Volunteer Fire Brigade, Tophy Hanna accepts thanks from Fall Fair President Jody Woodford for the sponsorship for the children's playground at the fair.

Canadians give views on food trade

Earlier this year, a group of people from the Princeton area participated in a public deliberation on international trade in food. They were among 440 Canadians in 37 different locations.

Participants did not always agree, but there were some similarities in the common ground and concerns that emerged from many of the deliberation forums.

1. People were concerned about

fairness of international trade in food. They agreed international trade increases the variety of foods available to Canadian consumers, and could benefit producers if the playing field were truly level. Concerns were raised that the current playing field is far from level. Some groups were concerned with the effect of international trade on poor people in developing countries.

2. Another strong area of common ground concerned the importance of health and the environmental sustainability, but the common ground of many groups noted a high value on health and environment.

3. Concerns about the power of transnational corporations in international food trade were raised by a number of groups. A number of groups expressed support for building more direct links between Canadian consumers and farmers in order to address some of the concerns related to uneven playing fields and corporate concentration. A number of groups noted the importance of consumer action in supporting a food system that would provide better returns to farmers.

4. There was a lot of concern about government being influenced by major corporations in trade negotiations, and most supported a stronger role for government in regulating food trade, safety and environment. At the same time, groups saw the issues as complex and simplistic policy prescriptions are not appropriate, and multi-faceted, holistic approaches are needed.



Marg Johnson accepts a certificate of appreciation from Jody Woodford for K & M Trucking's contributions to Fall Fair 2002.



Carrie Anne Guerin, left, accepts a certificate of appreciation from President Jody Woodford for Vermilion District Girl Guides in thanks for their volunteer work at the Fall Fair.



On behalf of Coalmont Carving & Craft, Robert Doré accepts a certificate of appreciation from Fall Fair President Jody Woodford.

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Despite a drizzle and chill wind, couples turned out to the annual Porter Classic Golf Tournament at Princeton Golf Club. The couple presenting the trophy are Don and Eleanor Porter, center, for whom the tournament was named to honour them for their many years of dedicated service to the club. Winning foursome was, on the left, Ron and Lynn Graff and right, Bob and Mary Douglas. This was the last official tournament of the 2002 season, but golfing continues to October 15.

Beating polio Rotarians keep their promise

A total of 18 attended a Princeton Rotary Club dinner meeting September 24.

The meeting was to review the club's commitment to polio eradication through Rotary International's Polio Plus Program "Fulfilling our promise - Eradicate Polio!"

Guest Speaker was Gus Maid, of the Penticton Downtown Rotary Club. Maid, who is originally from Bavaria, is the Area 5 Coordinator of the Polio Plus Campaign.

Maid told local membership Rotary Clubs around the world are to set their own goals. He reviewed progress made in the Polio Plus Program since its inception in 1985.

In 1988 there were 350,000 cases of polio recorded worldwide. That number dropped to only 600 cases recorded in 2001. Only 10 countries in the world still contain wild polio virus.

\$1.8 billion has been raised worldwide since 1985 with Rotary a major contributor. Another \$275 million is required in order to have a polio free world by 2005.

"To fulfill our promise, 600 million children must receive the polio vaccine over the next three years," Maid explained.

To hammer the message

home, two iron lung machines will travel from different locations in the Rotary District. One will leave Clearwater, the other will depart from Prosser, Washington. Each will visit communities throughout the District and eventually meet in Penticton on May 2, 2003. The Iron Lung Run will help each club in its fundraising campaign.

"Every dollar provides the vaccine for 10 children," Maid said.

He later added, "We have an extraordinary challenge, yes. But Rotarians are extraordinary

people."

Princeton Rotary Club President Cheryl Kuhn thanked Maid for his time and dedication to the Polio Plus Program.

"This club has committed to the eradication of polio," she said.

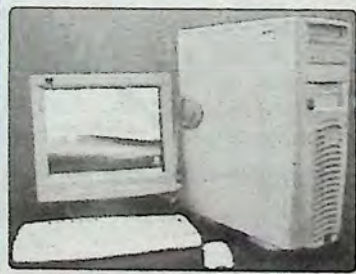
The Princeton Rotary Club has earmarked part of the funds collected from its annual golf tournament to Polio Plus. The local group will add to that contribution through fundraising projects during coming months.

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Mountain View! Unmistakable privacy and tranquility beyond your dreams! Small log cabin on property charms all the Trans Canada Trail traffic. This would be an ideal B&B, house is immaculate. Wheelchair accessible, well insulated and very efficient. Call HEATHER JOHNSON today. \$225,000 MLS #19971



Three bedroom home on 2 Acres. Large 24' x 35' workshop/porch. Property is being sold in "as is, where is" condition. Located right in the heart of Lake Country! Call GARY SICKER or MARTY GRAY to view. \$69,900 MLS #19013



Great location for the young family or for retirement! Close to school yard and hospital. This house needs some TLC and is priced accordingly. The lot backs onto a park and is a corner parcel. Call STEVE WHITE today. \$99,500 MLS



Beautiful country home in a very private setting. Exceptionally well appointed. Many extra features, back patio area with gazebo. Covered deck off master bedroom. 6 stall 31' x 37' barn with water and power. 21+ Acres with grazing rights on 50 Acres. Call DEAN STINSON to view. \$279,000 MLS #18829



Wonderful country setting for this bright, well laid out modular. All services are in, plus preliminary sub-developer plan into 2 parcels. Thermal storage heat, vaulted ceilings, skylights, oak cabinets, plus 5 appliances. Flat, well-treed and Hayes Creek at back. Call HEATHER JOHNSON today. \$159,000 MLS



Good home centrally located just an easy walk to downtown shopping. Extensive renovations in 2001 including kitchen, flooring and fabulous ensuite with large jetted tub. Fully furnished basement with spacious rec room with stone fireplace. Call NEIL McHAFFIE today. \$129,900



Stunning lakefront home enjoys the best view of Missoula Lake! 110 feet of frontage, amazing landscaping, terraced down to dock. New shop is 24' x 32' and is finished to match the house. Water and power lines paid. This piece is immaculate and loaded. See HEATHER JOHNSON today. \$339,900 MLS #19969



Great cow calf operation located in Princeton. This ranch has 325 Acres with approximately 150 Acres in hay. There are 2 residences with one only 2 years old. Alison Creek runs through the entire property. This ranch has range for 70 cows. To view call STEVE WHITE. MLS #10854



Beautiful view acreage overlooking Missoula Lake. Many building sites and trees offering seclusion. Diligent Creek runs through the property. These 75+ Acres offer the perfect getaway. For the buyer there is subdivision potential. Not in the ALR. Call DEAN STINSON to view. Listing at excellent price. \$299,000.



Just over 1/3 of an Acre with 100 feet of lakefront and great fishing to boot! Privacy and seclusion right in the heart of year round recreational country. Call MARTY GRAY or GARY SICKER to view. \$79,900 MLS #18827



Wonderful view acreage overlooking Otter Lake. Year round recreational opportunities include snowmobiling, x-country skiing, hiking, fishing, swimming and many more. Property boasts great building sites. Call DEAN STINSON for more information. \$155,000 MLS #18784



27-unit apartment building in downtown Princeton. The building has been meticulously renovated with top-notch lighting, carpeting, security system, lockers, etc. View site overlooking Tulameen River. Call DEAN STINSON to view. \$495,000 MLS #18833



Great family living in quiet neighbourhood close to school and the hospital. Large open sunroom right off the dining/living room area. Skylighted with large windows. Tackled done with an updated kitchen. This unit is a must see! Call DEAN STINSON to view.



Just 3-minutes from town! Nicely appointed home with full basement 80% finished. Good privacy, lots of sunshine and a heated, fully insulated 2000 sq. foot shop. Excellent value. Call NEIL McHAFFIE to view. \$155,000 MLS



What growth potential in always booming Tulameen townsite! 78 seats with 50 seats on outdoor patio. Great corner location just below public beach. Building has been very well kept and equipment is in great shape. Perfect seasonal business. Call HEATHER JOHNSON for all the details. \$115,000 MLS



Unique lakefront acreage features over 300 feet of frontage. Ideal home property, completely fenced and only minutes from town. Awesome 180 degree views of mountains, excellent trout fishing year round. Seller will accept offer. Offered well. Call HEATHER JOHNSON for details. \$145,000 MLS #18764



Fantastic 5.14 Acres 24km out Okanogan Lake Road. Property set back of highway 1350 sq. foot home with full basement to look-up. Drilled well, septic and power is in. Level, easy access road and property is nicely treed and backs Crown Land in the middle of recreational paradise. See HEATHER JOHNSON to view. \$89,500 MLS #18678

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