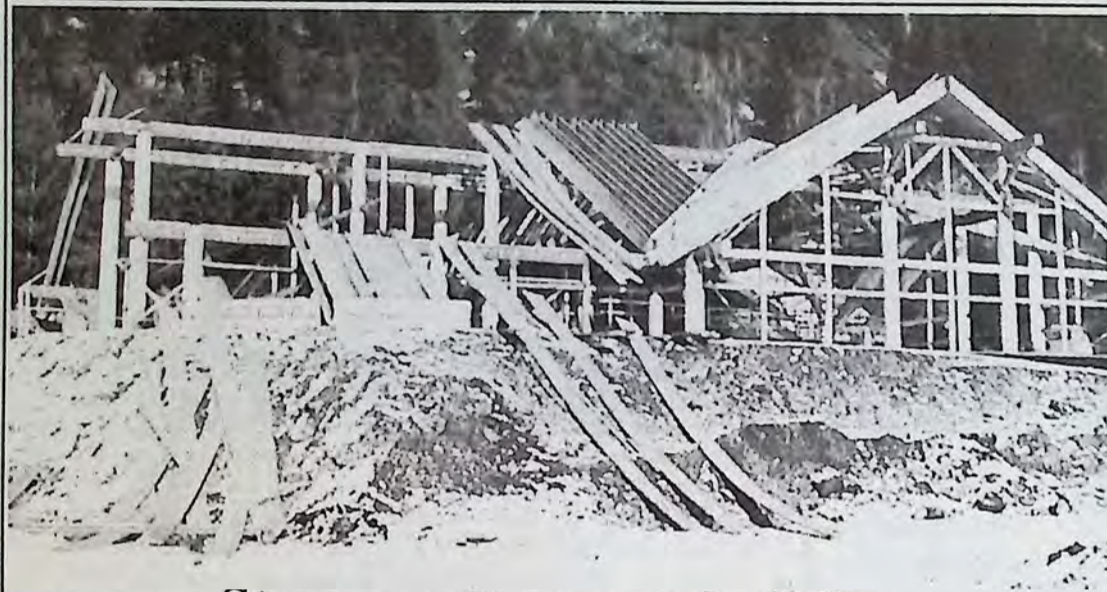


Snow raises hell on highways

Inside
Princeton Hotel hit page 20 Christmas tragedy P.4



Storm scatters new building

A wild storm bringing high winds and rain hit in the wee hours of Friday, January 3. It ripped the trusses from the new lodge being constructed for Young Life. There were trusses from the center of the building to the ends at left. A few remained. The rest were scattered down the slope. An estimate will be made this week of cost and time delay in construction. In the Osprey Lake area, residents did without electricity from 4:00 a.m. to 9:00 a.m. as a result of the same storm.

RCMP attend 18 crashes during holiday week

Weather conditions kept Princeton RCMP busy during the week beginning Christmas Day, when the snow began to fall, and New Year's Eve. Members attended 18 crashes. Some involved injuries, but none of the crashes were serious and there were no fatalities.

The weekend snowfall played havoc as officers moved from one crash to another. Most of the crashes occurred on Highway 3 west of Princeton.

RCMP realize people travel during the holidays, but suggest they slow down, have good winter tires, and allow plenty of time to reach their destinations.

Christmas Eve arrest

On Christmas Eve, Princeton RCMP received a report of a possible impaired driver. The vehicle was located and an 18 year old male was arrested. RCMP then discovered the vehicle had been stolen. Blake Tyler Dunstall was charged with impaired driving, breach of Probation and possession of stolen property. He will attend Provincial Court in Princeton on February 13, 2003.

Vehicle hits Princeton Hotel

In the early morning hours of December 27, a vehicle wiped out four of the decorative posts supporting the canopy at the front of the Princeton Hotel. Temporary supports had to be put into place as quickly as possible, as the canopy was sagging and may have collapsed.

The owner of the vehicle phoned the hotel owner, Steve Brodie, a few hours later to advise him of the damage and identify himself as the owner of the vehicle. The driver is from the Vancouver area. He claims he skidded on the two centimeters of fresh snow, lost control, and went through the posts.

No estimate of replacement costs is available.

New Year's Eve was quiet. Vehicles checked had designated drivers. RCMP commend local residents for their good behaviour.

Friends bid farewell to former Chief Allison

Chuchuwaya Hall in Hedley was crowded with the friends of Edward "Slim" Allison who had come to pay their last respects. Allison passed away on Friday, 27, 2002. Services were held on Tuesday, December 31.

Allison had served Upper Similkameen Indian Band as a Councillor for more years than anyone could remember, and as Chief for several terms. He was first appointed to Council by an Indian Agent when he was age 18 because he knew how to talk to the older people. In 1989, he was elected as Grand Chief of the Union of British Columbia Indian Chiefs. He retired from politics in 1994.

Continued on page 4

Council approves Fall Fair request

The Fall Fair Association wrote to Town Council requesting the Town donate the steel tower which was formerly at the airport. The matter was raised at the December 16 Council meeting. Council had no objection to the tower going to the fairgrounds to be used by the demolition derby and Tuff Truck announcers. In fact, they thought it was a good idea. Despite Council's approval, they felt they must write to the federal ministry department which owned the tower originally to see if that department has any objections. If none are forthcoming, the tower will be moved.

Forest District makes changes

Merritt Forest District office is undergoing changes at this time. Due to the government Core Review and New Era plans, Lillooet Forest District office will be closed March 31, and the Merritt office will be responsible for administering the combined area. A staff of only five people will remain in the Lillooet office. Clients can access the office by appointment only, similar to the Princeton Field Office, where a staff of four will remain. Merritt office is undergoing another downsizing of staff and individual job duties will change.

Rod DeBoice will be District Manager for both Merritt and Lillooet.

A new name for the forest district has been proposed. The name "Cascades Forest District" has been submitted for executive approval. If the new name is

adopted, it will be effective April 1, 2003.

The Small Business Forest Enterprise Program is now called B.C. Timber Sales (BCTS). It is the intention of BCTS to conduct stakeholder meetings this month to explain changes underway.

Kerry Grozier, Operations Manager in Merritt, will be moving to Chilliwack Forest District as District Manager. Bruce Young, Operations Manager in Merritt, will be designated Assistant District Manager (Merritt) and will take on Forest Health and Tenures in addition to his current programs. Dave Home, Operations Manager in Lillooet, will move to Merritt and be Operations Manager. Joanne Caldwell, Acting Operations Manager in Merritt, will be involved in transfer of

assets and closure of the Lillooet office in addition to her regular duties.

Christmas tree must be replaced

The misfortune of the latest Christmas tree was raised at the December 16 Town Council meeting. The tree is dying, just as its predecessor did. Landscaper George Harry attended the meeting, and advised Council the tree had been planted at the wrong time of year. He said it should have been planted in the spring.

Councillor Kathy Clement said Council is looking at replacing it this spring.

What a welcome!

Dessie Broad, of Coalmont, tells us she had a beautiful Christmas Eve, one she will never forget, thanks to Santa Claus.

She heard a knock at her door on Christmas Eve and a "Ho! Ho! Ho! Merry Christmas!"

When she looked out the door, there was Santa Claus.

"There was a real Santa Claus, not a mirage," she says.

Santa wished her a "very merry Christmas" and added "Welcome to Coalmont".

She hopes Santa will visit her next Christmas Eve.

Victoria downloads

The provincial Ministry of Water, Land and Air Protection proposes a new model for flood hazard management that would see municipalities take full responsibility for diking. Currently, the provincial government shares the responsibility and the costs. The funding ends in 2003/2004.

The Ministry proposes, as well, to allow municipal governments full responsibility for floodplain development and dike construction.

Princeton Town Council viewed this proposal as another example of provincial government "downloading" its traditional responsibilities to local governments. The matter will be dealt with through discussions with MLAs, the Minister, and Premier. The letter advising Council of the proposed changes did not specify any contingency plans for extreme emergency situations such as the historic 1995 flood on the Similkameen and Tulameen Rivers.

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Deb Matte accepts a \$200 cheque from Kevin Kelbert, manager of Valley First Credit Union, to help pay for a Christmas lunch at the Sandman for Ridgewood residents and their family and/or friends. The employees gave the amount usually spent in a gift exchange, and the Credit Union did not send greeting cards, using the savings for something for the community.

RCMP look for student help

The RCMP Summer Student Program which proved successful last year, with the financial assistance of Town Council and other local donations, will be offered again this year. Sgt. Warren Dosko advised Town Council on December 16 that students have until January 20 to submit applications.

Unlike other student employment programs, the RCMP requires the student to have money up front to go into the program. Neither the federal nor the provincial governments pay the wage costs. This year, students must secure an \$8,500 sponsorship, must have successfully completed Grade 12, and must provide proof of registration in post secondary education.

Students must be Canadian citizens and speak English. They must be age 18 prior to taking the job, and must meet fitness and medical clearance, as well as having current First Aid/CPR certificates and a valid driver's licence.

First Nations students must submit proof of status, non-status, Inuit or Metis origin, and must be between ages 18 and 28. Students must be available from May 1 to August 31 inclusive. Sponsors must provide a letter of intent by February 10, 2003.

For further information, contact Sgt. Dosko, Princeton RCMP Detachment (295-6911).

Gas prices baffle Town Council

Councillor Ray Jarvis brought the issue of local gas prices to Town Council on December 16. This is not the first time local gasoline prices have been a subject for Council's attention. The issue was raised earlier in the year by then-Councillor Dan Sulentic, and Council wrote letters to major companies supplying local service stations.

Councillor Jarvis expressed dismay at the "outrageous" gas prices in Princeton.

"We're the first to go up and the last to come down," Councillor Jarvis stated.

Councillor Kathy Clement gave some of the previous history of Council's efforts to find the reason, and concluded by saying the oil companies blamed local service station operators.

Councillor Spencer Coyne, whose parents operate a service station, told Council the oil companies dictate the price. He said the oil companies designate regions and set the price by region.

Councillor Jarvis replied, "If we are a region, we're a small region on our own - everybody else has a lower price."

Driver pleads guilty

Edward Cross, of Princeton, appeared in Provincial Court in Penticton to plead guilty to a charge of impaired causing death. Louis Cowell, age 75, who resided at Osprey Lake, was a passenger in Cross' vehicle when it went off Highway 40 and into a creek bed 20 km east of Princeton. Cowell died as a result of injuries sustained in the crash.

Cross was ordered to serve a 20 month very strict conditional sentence. He is prohibited from driving for 20 months, and was ordered to pay a \$100 fine.

Council writes to Health Minister

Monty Raine and Dina Slowikowski-Campbell attended the December 16 Council meeting to appeal to Council to write to the Minister of Health regarding continuation of services to Princeton.

Council responded in agreement with the position taken by Raine and Slowikowski-Campbell. They have concerns about the upcoming budget for Interior Health Authority and what it may do to Princeton General Hospital, if more cuts are made.

Slowikowski-Campbell said the local group interested in health care has written two letters to the Minister to see if there is some way local people could work with Town Council to provide input regarding local issues. Her major concern is the acute care health review, and the use of old statistics from Princeton General Hospital. She feels there may be budget decisions made based on information no longer valid. She appealed to Town Council for a letter of support for their request for input.

Part of the problem, succinctly stated by Raine, is that the public does not know the mandate under which the present Health Authority operates in regard to letting the public know what is going on. As Raine pointed out, the Community Health Advisory Committee, the community's pipeline to the Health Board, was ruled out of existence.

Councillor Kathleen Clement confirmed that the present Health Board Chair Alan Dolman, will not talk to any group except government, which means they will talk only with Regional District.

Raine asked Council to request information on the rules and regulations governing the Health Authority, as the former Okanagan Regional Board's mandate was to keep the public informed.

Raine asked, "If we're supposed to have public input, where is it and how do we get it?"



Jack Kukler poses with the all-terrain sleigh he built. If there is no snow, put the wheels down. If there is snow, put the runners down! The sleigh is shown decorated for Christmas by his daughter, Connie Shopshire and on display in the front yard at the Shopshire home on Angela Avenue.

Here's the sleigh that Jack built!

Jack Kukler has designed and built an all-terrain vehicle – an old-fashioned sleigh. If you attended the Princeton light-up, you saw the sled dogs pulling the sleigh with Santa Claus in it. There was no snow, but it made no difference, as the sleigh runs on wheels or on runners. A six-volt battery and switch under the back seat lights the carriage lamps.

This sleigh can be pulled by a vehicle, an ATV, horses, or dogs. This is the fifth sleigh Kukler has built. A retired truck driver with welding skills, he started to build his first sleigh six years ago. He could not find any patterns or information, so he used a small "Santa" sleigh decoration as his model, and designed the sleigh.

This year's all-terrain sleigh is the fifth Kukler has built. He began constructing it six months ago. Most of the materials Kukler uses for his creations (he makes many

other things) come from the landfill, and he recycles pieces of metal, bicycle wheels, and other objects to create a work of art. For example, the decorative piece on the dashboard was created from an fancy iron curtain rod a neighbour gave him.

If you know of other people who

are using recycled materials to create useful or decorative items, please call the News Leader at 295-4149 and tell us about it.

Kukler is willing to sell the sleigh for the right price. Anyone interested in buying the sleigh should contact Kukler and make him an offer.

Chamber year-end report

Princeton and District Chamber of Commerce had a busy year. Outgoing President Otto Coers made a presentation to those attending the annual general meeting just before Christmas.

The new building is one of the major achievements of the year, and Coers thanked Larry Liss for designing the building. Coers noted the new building at the entrance to town, like the Valley First building, gives people the feeling the town is growing.

Coers reviewed the activities of the Chamber, beginning with participation in the Abbotsford Sportmans Trade Show, where they ran out of information about Princeton area and had to send for more. Feedback from visitors to Princeton indicated people had come to Princeton because of

information they obtained at the Abbotsford show. Chamber members will do the show again, Coers said.

The Chamber took an active part in bringing the ATV jamboree to Princeton this summer, as well as the Vancouver Vintage Car Club, Katimavik, Gold Wing, and revived Peter Pine. The Chamber will assist Steve Kovacs with a major remote controlled aircraft event this summer.

The Chamber is involved in a second Princeton family history book.

The Snowflake Festival was a new initiative combining a downtown shopping event with a Christmas tree parade and Christmas light-up. The Chamber will ask merchants for feedback on the Snowflake Festival.

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Driver loses licence for a year

Frank A. Tisdale, of Princeton, lost his licence to drive for 12 months. He was found driving while prohibited. In addition for a further year of prohibition, he was ordered to pay a \$500 fine.

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INVESTMENT INSIGHTS

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

Expertise that's one to one.

TYPES OF PREFERRED SHARES - Part 2

In the last Investment Insights article we explained Straight Preferred Shares, Retractable Preferred Shares, Soft Retractable Shares and Cash Retractable Shares. Four more types of Preferred Shares are explained below.

FLOATING-RATE PREFERRED SHARES - Floating-rate (or variable-rate) preferred shares pay dividends that fluctuate according to a formula based on an average interest rate for the preceding months. Most issues pay a dividend that is set as a proportion of Canada's chartered bank price rate. Since the dividend payout of a floating-rate preferred is linked to changes in the current interest rate, the market prices of floaters should remain relatively stable. In a rising interest rate environment, floating-rate preferred shares provide investors with a corresponding increase in income on their capital. The idea is that when the rate increases are finished, investors can switch into longer-term instruments at the new, higher interest rates, having retained all of their original capital.

FIXED-RESET-PREFERRED SHARES - Fixed-reset preferreds pay a fixed dividend rate to a specified date. On and after that date and on every fifth year anniversary, the holder has the option to receive a floating-rate dividend, or to exchange for a further series of a fixed-rate preferred. The issues usually have call protection during the initial fixed period and are considered perpetual preferreds as there is no retraction date. Each issue is different in terms of its floating-rate characteristics and the minimum rate to be offered with respect to a further series. Consequently, we suggest investors view the notes.

US-PAY PREFERRED SHARES - Canadian corporations may pay dividends in US dollars. Such investments may be appropriate for Canadian citizens who require US dollar income. For instance, a US-pay preferred share issued by a Canadian bank may be an appropriate investment for those who regularly vacation in the US and want to lock in a flow of US dollar income, but wish to remain within Canadian tax law and receive the dividend tax credit.

DEFERRED PREFERRED SHARES - A deferred preferred is a non-dividend-paying preferred share. Similar to strip bonds, the shares are redeemed at a set par value on a set date in the future. However, unlike strip bonds, the accrued dividends on a deferred preferred are not subject to yearly tax. Upon disposition (prior to redemption), holders are subject to a tax on capital gains/losses. If the preferred is held to redemption, the accrued dividends are fully taxable as interest income. Thanks to these unique characteristics, deferred preferreds can be a useful portfolio management tool. Investors should seek professional tax advice when purchasing a deferred preferred. Currently there are four deferred preferred shares trading in Canada. Features, tax benefits and associated risks of investing in preferred shares to come in future articles.

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WOOD GUNDY

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Lions thank local residents

Lions Club President Tony Stansfield-Jones has the highest praise for the residents of the Keremeos, Cawston and Olalla area. The Lions Club works on a Christmas hamper drive every year, and usually, they begin with some money in their charity account. This year, they began December with nothing in the bank.

"People rallied 150 percent behind us," says Stansfield-Jones.

Lions received more than \$6,000 in money donations and "a mountain of food".

"We gave out the biggest hampers in 10 years," says Stansfield-Jones. "We gave two big boxes to everyone, and three boxes to big families. Everybody got a turkey."

This year, five churches joined the Lions Club members in their efforts, and the churches plan to be a part of future Christmas

hamper drives. Stansfield-Jones says the Lions are happy to have them "on board".

"To everybody who contributed and donated, a big heartfelt thanks," Stansfield-Jones says, "It was amazing!"

There were 93 families who

received Christmas hampers this year in the Keremeos, Cawston and Olalla areas, as well as five in Hedley. Keremeos Lions Club once again faced the need and met it, with the help of the churches and the generosity of local residents.

Family suffers Christmas tragedy

On Christmas Day, the Quaedvlieg family of Keremeos suffered the loss of one of the younger family members as a result of a single-vehicle accident. Gregory Quaedvlieg, age 22, of Keremeos, succumbed in Penticton Regional Hospital to injuries sustained when his vehicle crashed into the bluffs 19 km. east of Keremeos on Highway 3 early Christmas morning. He suf-

fered extensive injuries when he was ejected from his vehicle in the crash.

A funeral was held for Quaedvlieg on Monday, December 30, 2002, in Keremeos.

South Okanagan Traffic Services have assigned a traffic analyst to reconstruct the incident to determine the exact cause of the mishap.

Chief Allison continued from front page ..

Edward "Slim" Allison was born April 20, 1925, in a log house just a short way from where he quietly passed away. His parents were Millie Price and Wici Dan Allison. He was one of four children. His sister, Elizabeth (Betty) survives him, and sister Katherine and brother Charlie are deceased. His paternal grandparents were Nora Yakumtikum and Pacis. His maternal grandparents were Mary Skius and Barrington Price. He is survived by his wife Carrie, son Michael (Nancy), grand-daughter Jessi Tonasket and grandson Jay Edward Allison, his extended family Robert and Kelly Kruger, and many nieces, nephews and god-children.

At age 24, Slim married his sweetheart, Carrie Moses, at St. Anne's Church at Chuchwaya. They had one son, Michael.

As a young man, Slim was well-known as a cowboy and ball player, but he worked in many different occupations, as he had a talent for turning out a good job no matter what he did. He was a logger, orchard worker, sawmill worker, truck driver, and finally settled down as a rancher.

Slim had a talent for making and keeping friends. He was a man who enjoyed his community and his friends. People from one end of the Similkameen Valley to the other, and farther afield, attended his funeral to mourn losing him.

Pallbearers were Ken Terbasket, Hondo Terbasket, Don Moses, Leon Louis, Robbie Squakin, Shawn Kilroy, Lance Terbasket, Perry Smith, and Duane Edwards.

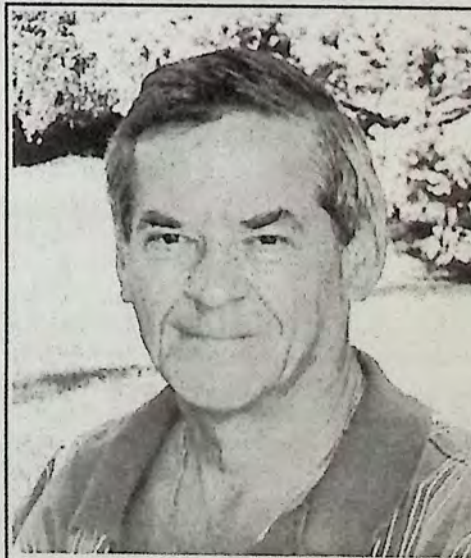
Honorary pallbearers were Felix Moses, Jerry Smith, Raymond Terbasket, Maurice Jameson, Jim Terbasket, Hyde Archachan, Charlie Montgomery, Bob Heinrich, Henry Allison, Fred Terbasket, Ernie Terbasket, Web Hallauer, Poncho Lorenzetto, Walter Archachan, Tip Anderson, Pat Parsons, Leonard Louis, Terry Spahan, Dempsey

Albert, Larry Squakin, Tony Qualtier, Andrew McGinnis, Glen Douglas, Robert Dennis, John Terbasket, Bill McFarland, and Lloyd Nidderly.

Following the service in Hedley, Slim was buried in the cemetery at St. Anne's Church, where the grave is marked by a beautiful tall cross carved from the trunk of a pine tree.



Roger Mayer, Regional District Director for Area G (Hedley-Keremeos), was elected Chair of Okanagan-Similkameen Regional Hospital District, effective December 16, 2002.



Walter Despot, Mayor of Keremeos, was elected Vice-Chair of Okanagan-Similkameen Regional Hospital District, effective December 16, 2002

George wasn't bald when we hired him - is selling ads that stressful?
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Local homes lose sale value

Princeton homeowners lost 10 percent on the value of their property during 2002. All other communities, except Naramata) monitored by South Okanagan Real Estate Board showed a gain in selling prices in 2002 over 2001. Kaleden/Okanagan Falls area gained 16 percent, Summerland gained 15 percent, Osoyoos and Penticton gained nine percent, Oliver gained eight percent, and Keremeos gained seven percent.

Naramata, the only other area where home prices dropped, lost only one percent. However, the number of homes sold in 2002 in both Naramata and Princeton is up substantially from the previous year.

Ramsay places for photographs

Princeton resident Helene Ramsay submitted photographs to the AgAware BC competition. In this competition, all photographs must depict some aspect of agriculture in B.C.

Ramsay won sixth for her photograph titled "Haying Time" and tenth for her photograph titled "Fruits of the Okanagan Similkameen".

The top ten photographs will be on display February 2- to 22 at the Pacific Agriculture Show in Abbotsford, one of the largest all-agriculture shows in Western Canada.

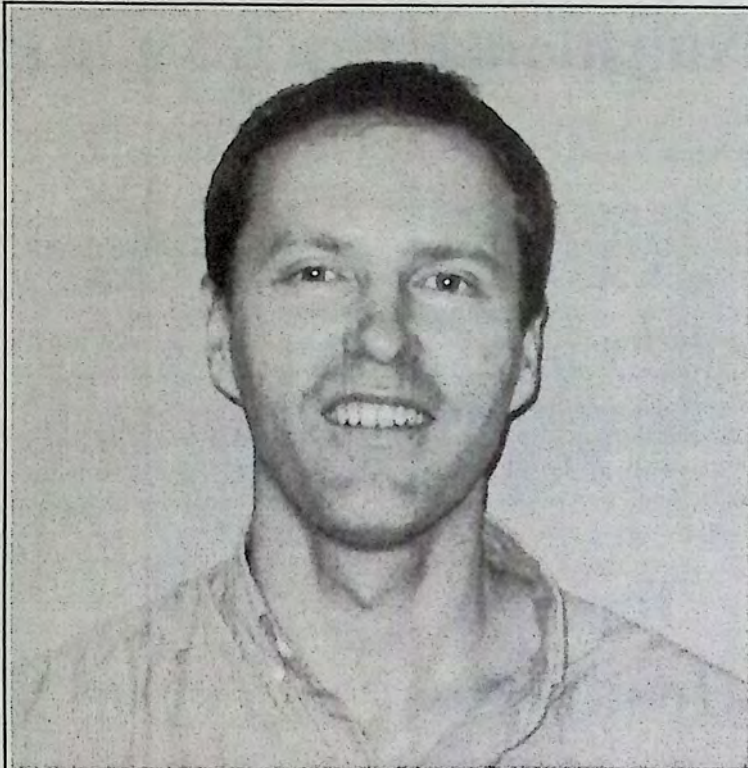
Lang's friends want project done

Friends of Karl Lang have opened an account at Valley First Credit Union for donations to the beautification project he initiated last fall. Lang, who passed away December 17, had received approval for the creation of a garden park at the junction of Mayne Avenue and Highway 3. His friends feel the project should be completed.

Donations are being accepted at Valley First Credit Union in the "Karl J. Lang - In Trust" account. For further information, contact George Elliott or Penny Lott.

Man jailed for assault

A Princeton man spent Christmas in jail due to an assault charge conviction. Monty McIntyre was ordered to serve two concurrent 45 day sentences, and 15 days consecutive for a breach of recognizance, for a total of 60 days. On release, he will serve a one-year probation.



Dr. Koen Geerts joins the team at Vermilion Medical Centre this year. He is originally from Antwerp, Belgium, where he studied medicine. Most recently, he practiced in Lillooet. Prior to coming to Canada, he practiced in England and for 10 years in South Africa, where he met his wife, Dr. Leila Klopper. They have two daughters, Nina (15 months) and Maya (three months). Dr. Geerts is especially interested in surgery and anaesthesia, but enjoys a small town family practice. He says there is more variety and challenge, and he hopes to live here "forever". When not practicing medicine, he enjoys long distance running and hopes to do some cross-country skiing.

Vermilion Court news

by Margaret Stoneberg

We had another great, exciting month. On the first week of December, we decorated the ornate Christmas tree that Aida and her husband set up in the den and we set up another tree in the dining room. The beautiful decorations and garlands around the dining room and den brightened the place.

We spent a couple of afternoon session making "Reindeer" brooch. One of my daughters from the coast who was visiting that day joined us. We made a decorative Christmas ball tree ornament.

We enjoyed listening to poetry readings by Helene Ramsay from a book of poems she wrote. We were quite amused and delighted as she read the poetry for all of us.

A group of line dancers enter-

tained us with a Christmas show complete with red and white costumes and Santa hats.

We had a Christmas party on December 19. Before lunch, jolly Santa Clause came to visit, distributed presents to everyone and posed for photographs. He was such a fun Santa, then he bade us goodbye as he was heading off to deliver more presents to the people around the world. Thank you, Santa.

We extend our gratitude to P&DCS Executive Director Lynn Pelly for making this possible, and thanks to Aida, Vermilion Court staff and volunteers for organizing the program. We thank the Movers and Shakers for entertaining us with Christmas carols. We sang along and enjoyed playing some musical instruments they distributed to us.

Vermilion Rebekah news

by D. Stenvold

How nice to see the Sisters back in lodge after the Christmas recess. Sister Margaret sent greetings, as the inclement weather made her fearful of falling on ice. We were so pleased to have Sister Nellie with us after her hospital stay.

The Variety Club Telethon will be held in mid-February. Such a worthwhile club! We have made our usual donation toward their drive for funds. The Arthritic Association has also been given a donation. Most of us suffer from this affliction at some time

in our lives.

The District meeting to be held in March has requested our members provide the entertainment. A committee was struck to take care of this duty.

At our next meeting we will have the Installation of Officers for 2003 - a big event for the new officers.

During our social hour a quiz was passed around. Three Sisters had the same number of correct answers - Sister Marion, Sister Pam and Sister Nancy. Each received a small gift.

Happy New Year to all!

Winners

In the Christmas draw sponsored by Granite Creek Blakeburn Coalmont Historical Society, Sheila Frenette won first prize, a \$50 gift certificate. Luke Kirby won the \$30 second prize certificate, and K. Hooper won the \$20 gift certificate.

The society was grateful for the support they received.

Police charge local man with trafficking

On December 20, Princeton RCMP arrested a 56 year old Princeton male for possession of a controlled substance for the purpose of trafficking. RCMP found a quantity of marijuana and cash in the man's possession. RCMP suspect the man was selling marijuana out of his business to local youths. He is scheduled to appear in Provincial Court in Princeton on February 13.

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Thank You!

To everyone who contributed so generously to our First Annual Christmas Dinner held at St. Paul's United Church on December 23rd. Special thanks to the United Church Women's Group who gave us the use of the hall and kitchen facilities. Thanks also to Overwaitea Foods, Kevin Acres, Pastor Chris and Jean Haugland, The Hut and Valley First Credit Union. We thank those who gave cash donations and the Staff at the Crisis Assistance Store.

It is impossible to list those who volunteered their time - they know who they are - the peelers, cooks, slicers and servers. A big thank you to the young people from Katimavik who served, provided piano entertainment and a lot of clean-up. The evening was such a success that we plan on making it an annual event.

See you in December!

Shirley Hill, Co-Ordinator,
St. Paul's United Church/Crisis Assistance

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DR. ALAN BALL - OPTOMETRIST

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WINTER 2003 TRAINING SCHEDULE
LARRY MCINTOSH - INSTRUCTOR

WCB LEVEL 1 FIRST AID - (1 Day Program) - January 18, 2003
WCB TRANSPORT ENDORSEMENT - (1 Day Program) - January 19, 2003
WCB LEVEL 3 PROGRAM - (2 Week Day Program)
January 20 - January 31, 2003
RED CROSS LEVEL B/C CPR - (1 Day Program) - February 8, 2003
RED CROSS EMERGENCY FIRST AID - (1 Day Program) - February 9, 2003

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Nutrition advice for a healthy new year

by Dr. Duane Drobot,
Chiropractor

There is no better time to rejuvenate your health than the start of a new year. So don't let your resolution to eat more nutritiously fall by the wayside. Just a few simple changes in your diet and lifestyle can have a positive impact on your health and can also prevent you from experiencing a variety of health problems in the future.

In my own practice, I urge

Top Ten Health Tips for 2003

by Interior Health Authority

Health care is more than caring for you when you're not well. It's about living a longer, healthier life. Try these top ten tips for a healthier New Year!

1. Wash your hands
* hand washing is one of the best steps you can take to stay healthy by stopping the spread of germs - wash for 15 seconds and rinse for 15 seconds.
 2. Get moving!
* many serious health care problems can be avoided by increasing exercise and eating right - exercise regularly, you'll feel better.
 3. Eat sensibly
* eat more fresh foods and fibre, and less fatty foods, cut down on salt, caffeine and alcohol. (Need help? call dial a dietician at 1-800-667-3438).
 4. Quit smoking
* get some help - see your doctor, or call B.C. Smokers Helpline at 1-877-455-2233.
 5. Practice safety
* buckle up, drive safely, wear a helmet and walk carefully on those snowy streets and walks!
 6. Drink lots of water
* water is the best way to quench thirst and replenish body fluids, especially after strenuous work or physical activity
 7. Get your shots
* immunize your children, get your flu shot every winter, and a tetanus shot every 10 years.
 8. Get some sleep
* be refreshed and ready for what the next day has to offer - have 6-8 hours of sleep each night.
 9. Have a healthy attitude
* think positive and manage stress.
 10. Take the test
* stay on top of your health - check with your doctor and stay up to date with screenings and exams.
- If you're planning on starting a new fitness program in the New Year, be sure to check with your family physician.

patients to stop smoking, eat a balanced diet, drink plenty of water, exercise regularly and augment their balanced diet with appropriate nutritional supplements.

I offer the following advice to help put your New Year's resolution of better health through nutrition into practice.

Lifestyle changes -

- Get active! Try to exercise for 20-30 minutes at least 3-4 days a week.

- Eat out more sparingly. Since food preparation methods in restaurants often involve high amounts and the wrong types of fat and sugar, give preference to home-cooked food.

- Brown-bagging your lunch is a good idea because you can control your fat and sugar content while adding nutritious fruits, vegetables and grains.

- Limit your intake of alcohol, and quit smoking. Drinking alcohol excessively and/or smoking can hinder your body's ability to absorb nutrients from your food.

Dietary changes -

We need to eliminate the traditional diet of coffee and doughnuts for breakfast; a hamburger for lunch (or no lunch), candy, cookies and soft drink for a snack, followed by a huge dinner with more protein than a person needs, few or no vegetables, and no water or fruit in the course of the day. Keep the following recommendations in mind as well:

- Eat more raw foods. Cooking

and canning destroys much of the nutrition in foods that can be eaten raw. With the exception of canned tomatoes, which can help prevent prostate cancer, fresh or frozen fruits and vegetables always have more natural vitamins and minerals than canned vegetables do.

- Select local and organically grown foods when possible. They have lower amounts of toxic elements than foods that are not grown organically.

- Eat whole foods. Much of the nutrition available to us in fruits and vegetables can be found in its skin, so don't peel it off and throw it away unless it has been waxed or dyed.

- Stay hydrated! Drink eight to 10 eight-ounce glasses of water a day (coffee, tea, soft drinks, and alcohol are diuretics/dehydrators - don't substitute them for water).

- Consume 20-30 grams of fibre per day. Whole-grain breads and cereals, beans, nuts and some fruits and vegetables are good sources of fibre. High-fibre diets can help prevent digestive disorders, heart disease and colon cancer.

Next week, I will discuss vegetarian options and supplementation.

Dr. Drobot can be reached at Nicola Valley Chiropractic (250-378-5456) or Similkameen Chiropractic (295-0533). For further information on nutrition, consult www.merrittchiro.com

Living past 100

Cut the fat out of the food budget

Eating healthier may cost less, and at this time of year, costing less is really important to a lot of people. Most of us could stand losing a few kilos, but when you are raising children, you cannot let them go without nutritious food. Fortunately, real nutrition is often friendlier to the pocketbook.

For example, one of the good foods of winter is the onion. It helps prevent disease, and can be eaten raw or cooked. Onions are not expensive, and they can be made into soup, sandwich filling or a vegetable dish. The same is true of potatoes (although they are more expensive this year but still cheap). Carrots and celery are great because they can go into soup, cooked as a vegetable, eaten as a salad, or used as a snack.

Rice (not the quick-cook kind) can be eaten as is, or in a soup, or a pudding if baked with milk. Another inexpensive food is oatmeal (not the quick kind). Buy it in bulk, and add to hamburger for meat loaf, eat it for breakfast, bake it in cookies.

The small tins of tomato paste are a bargain because they become the base for soup and spaghetti sauce, and tomato is good for you.

Bread is a bargain, especially if you have a local bakery, because it is always less costly at the bakery, and if you can buy day-old bread, it is even less expensive.

Apples and oranges are good value, and so are their frozen juices! An apple and a carrot can be grated to make a good salad at little cost.

Frozen peas are good value. You can serve them on their own, or in soup.

Pancake mix, in bulk, provides inexpensive lunches and breakfasts.

Of all foods, milk is still the biggest bargain because it delivers so much nutrition. Milk can be used in soups, puddings, pancakes and on its own, so always have plenty of milk on hand for good health.

Posse

from previous page

assisted by Phil Allen and Todd Gereau, pulled the Posse ahead again.

Andy Holte was injured a little later, and the referees did not bother to stop the game as Holte half dragged himself across the ice. He left with the doctor.

The Rockets put a lot of pressure on the Posse, and made a perfect rebound goal after a tremendous rally. Defenseman Sean Mercier was worth his weight in gold during this period. Second period ended with the Rockets ahead one goal.

Third period saw Todd Gereau, assisted by Justin Mercier and Matt Chang, tied the game at three all, then the Posse scored goal four (Justin Mercier, assisted by Todd Gereau), to lead the game. With 5:53 minutes left in the game, the Phil Allen scored goal #5 and 10 seconds later, Colin Einfeld scored goal #6. The crowd went wild. Then, with 1:27 minutes left, Dedrick Alec tossed goal #7 into the Rockets' net to end the game 7-3 for the Posse.

Dogsled races are in Tulameen

Dogsled races will be held at Tulameen this year, for a number of reasons. The races will be held February 8 and 9, and Similkameen Sled Dog Association will be assisted by Timberline Cruisers Snowmobile Club and Tulameen Adventure Tours' trails will be used for longer races.

Spectators will be able to see more in the races at Tulameen, which is one of the reasons for the change of venue from Princeton.

Mushers will be coming from as far away as Florida, Tennessee, Washington and many places in B.C. Look for more information in future issues of the News Leader.

Columbia depends on Okanagan sockeye spawn

This year, an estimated 5,991 sockeye spawned in the Okanagan River near Osoyoos. The estimate is based on surveys and an accepted method of calculation. The peak count for sockeye this year was a total of 2,752 and occurred on October 22.

Scientists are interested in solving a mystery connected to Okanagan sockeye as 10,613 passed the Wells Dam on the Columbia (Fish Passage Centre), and only 56 percent of the total run returned to the spawning grounds.

Pee Wees win one, lose one to Westside

On December 21, 2002, the Westside 1 team traveled to Princeton to play Mac Lind Pee Wee Flyers. Westside set the tone of assertive play, but were defeated by Princeton 8-2.

Princeton played such a successful game in part due to players like Steven and Scott Schwarz, Brandon Campbell, Levi Johnson, Shelby Mack and Jennifer Dunn.

In first period, Jay Bell scored Princeton's first goal, assisted by Braydon Scarpelli. Jay Bell opened the scoring in second period, followed by Braydon Scarpelli, assisted by Cody Leonard, and Jayson Johnson scored two goals, the first assisted by Devon Lilly and the second by Nithen Dhaliwal.

In the final period, Jay Bell completed his 'hat trick' with assistance from Cody Leonard. Cody then scored with an assist from Jay Bell. Nicholas Yee scored Princeton's final goal, assisted by Nithen Dhaliwal.

Princeton vs. Westside 2

The following week, on December 28, the Westside 2 team travelled to Princeton to play Mac Lind PeeWee Flyers. Despite lots of hard work by Princeton's small roster of Jamie Dunford, Nithen Dhaliwal, Matthew Feiffer, Shelby Mack, Cody Leonard, Nicholas Yee, Steven Schwarz, Scott Schwarz, Devon Lilly and Jay Bell, they were defeated 7-0.

Linesman Jim Hardin commented after the game on how the score did not depict the closeness of play between the two teams. Many parents were heard to comment on Shelby Mack's skill and

determination demonstrated throughout the game.

Mac Lind Pee Wee Flyers would like to thank their sponsor, coaches, trainer and parents for a fun-filled, successful first half of the season. They look forward to the games of 2003.

Legion starts

New Year right

New Year's Eve at the Legion turned out to be a successful evening. About 80 people were in attendance and danced the night away to Bubbles.

The winner of the New Year's Eve basket was Jerry Kurtis. The winner of the door prize was Jeanette Woywitka, a visitor from Edmonton.

Carl Wells was the designated driver, and use of Bob and Sharon Paterson's car was greatly appreciated.

Snow

brings out sleds

Although Timberline Cruisers Snowmobile Club did not hold a poker run this year, there was enough snow to keep snowmobilers on the trails around Tulameen. They did not have much more snow than Princeton in Tulameen itself, but at the higher elevations, there was enough to make the Christmas holidays a lot of fun for snowmobilers. With the continual Pacific storms coming one after another last week, snow accumulation guaranteed a good base for coming months.

Fisheries Partnership seeks new members

Okanagan Similkameen Boundary Fisheries Partnership (OSBFP) needs new members from within the Similkameen watershed to increase representation in the area.

OSBFP acts as a community-driven body that tracks and helps organize projects dealing with fish, water and watersheds, and provides support to members of the general public and community groups who want to get involved in protecting and restoring wild indigenous fish stocks and their habitats.

New Steering Committee members would join other dedicated members in guiding the partnership to achieve the following objectives:

1. Promotion of community projects to protect and restore wild indigenous fish stocks and their habitat.
2. Education of the public about fisheries and fish habitats
3. Encouragement and help faci-

tation of community stewardship of fish and their habitat

4. Consideration of traditional and local knowledge relevant to sustainable use of the region's fisheries.

OSBFP acts to coordinate activities, regional communications and funding that benefit watershed, fish and water health. OSBFP members could both spearhead projects and initiatives and/or help connect people in their area to both government and community water, fish, watershed and other ecosystem projects and initiatives locally and in the region as a whole.

New members would commit to a three-year term, participate in a minimum of four meetings per year and sit on one topical sub-committee.

Anyone interested in obtaining an application package to become a Steering Committee member should contact Michelle Boshard at 250-707-0095 by January 15.

Princeton Posse KIJHL Hockey

2002-2003

"Clip 'n' Save" Game Schedule

REGULAR SEASON Home Games

Sunday January 12 - Sicamous @ Princeton

ALL-STAR GAME BREAK

Friday January 17 - Sunday January 19

Wednesday January 22 - Summerland @ Princeton

Saturday February 1 - Creston @ Princeton

Sunday February 2 - Spokane @ Princeton

Wednesday February 12 - Summerland @ Princeton

THE SIMILKAMEEN NEWS LEADER

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THE VALLEY'S LOCALLY OWNED
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TUESDAY MOVIES

MORNING

10:00 am CITY 29 ★★ "Model by Day" (1994, Adventure) Famke Janssen. A frustrated fashion model takes to the streets in a martial-arts war on urban crime. [CC]

11:00 am A&E 9 ★★ "Time After Time" (1979, Science Fiction) Malcolm McDowell. H.G. Wells chases Jack the Ripper from Victorian London to modern-day San Francisco through the use of a time machine. [CC]

AFTERNOON

5:00 pm WTBS 3 ★★ "Heat" (1995, Drama) (PA) Al Pacino. A homicide detective and a criminal mastermind play a relentless game of cat-and-mouse across Los Angeles. [CC] (DVS)

EVENING

6:00 pm CITY 29 "Lost in the Bermuda Triangle" (1999,

Adventure) Tom Verica. Premiere. After his wife is lost at sea in the Bermuda Triangle, a man heads an expedition to unlock its secrets and find her.

8:15 pm WTBS 3 ★★ "The Corruptor" (1999, Action) (PA) Chow Yun-Fat. A white officer is paired with a veteran Asian cop as a gang war erupts in New York's Chinatown. [CC] (DVS)

9:00 pm FAM 26 ★★ "Arthur" (1981, Comedy) Dudley Moore. A drunken young millionaire faces disinheritance if he doesn't break off his relationship with a poor waitress. [CC]

10:05 pm CITY 29 ★★ "Hideaway" (1995, Horror) Jeff Goldblum. An accident victim brought back from the brink of death finds himself symbiotically linked to a satanic killer.

10:15 pm WTBS 3 ★★ "Heat" (1995, Drama) Al Pacino. A homicide detective and a criminal mastermind play a relentless game of cat-and-mouse across Los Angeles. [CC] (DVS)

WEDNESDAY MOVIES

MORNING

10:00 am CITY 29 "Lost in the Bermuda Triangle" (1999, Adventure) Tom Verica. After his wife is lost at sea in the Bermuda Triangle, a man heads an expedition to unlock its secrets and find her.

11:00 am A&E 9 ★★ "A Soldier's Story" (1984, Drama) Howard E. Rollins Jr. During WWII, a black Army attorney's investigation into the murder of a black officer ignites further racial strife.

EVENING

7:00 pm WTBS 3 ★★ "Hard to Kill" (1990, Drama) (PA) Steven Seagal. A detective uses his martial arts skills to exact vengeance

against the killers who put him in a seven-year coma.

8:00 pm FOX 41 ★★ "Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. Premiere. The "International Man of Mystery" and a comely American agent attempt to retrieve Austin's stolen mojo from Dr. Evil. (In Stereo) [CC]

9:00 pm FAM 26 ★★ "The Doctor" (1991, Drama) William Hurt. A physician learns about medicine from the patient's perspective after he is diagnosed with throat cancer. (In Stereo)

10:05 pm CITY 29 ★★ "Fun in Acapulco" (1963, Musical) Elvis Presley. A nightclub entertainer works as a lifeguard during the day and finds ample time for romance.

TUESDAY, JANUARY 7, 2003

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	Matlock "The Divorce"	News Body	(Off Air)	George S. Clifford	News	News	"Time After Time"	(5:00) News	News	(5:00) News (Live)	Mona	Sportscent re	News	Daily Planet	Paid Prog.	Hoze	News	Maury	Fresh Pr.
7 AM	Matlock	Life Today	Bear	Dragon	Today Catherine Zeta-Jones; picking a pet from a shelter.	Early Show	Murder, She Wrote	Good Morning America			Sailr Moon	Sportscent re	Canada AM	Frontier of Construction	News	Buzz Light Rangers	News	Cityline Specials	Beyond
8 AM	Little House	Huntley Street	BluesClues	Barney	Teletubbs		Murder, She Wrote			100 Huntley Street	Rugrats Uh Oh!	Sportscent re		Stings, Fangs	Business AgDay	Power House		Deep Space 9	In the Heat of the Night
9 AM	Little House	Tales	Toy Castle	Sesame Street (EI)		Discovery Pyramid	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Little Bear	Off-Record	Regis and Kelly	Daily Planet	Paid Prog.	Katie-Orbie Stanley (N)	Maury	News	Rockford Files
10 AM	Cosby	Price Is Right	"Losing Things"	Reading Lions	Caroline Rhea Show (N)	Price Is Right	American Justice	The View	World Vision	Body MoneyWs	Rupert	Workout	The View	World Records	Other Half Tia Carrera	Pooh Out of Bx	Jerry Springer	Movie: "Model by Day" (1994)	News
11 AM	Fresh Pr.	Sabrina	Game Over	Clifford	Life Moments (N)	Young and the Restless	Movie: "Time After Time" (1979)	Maury	Crossing	News	George	Equestrian	Daily Planet	Lords	Montel Williams	Ducktales Little Lulu	Jenny Jones (N)	Famke Janssen	Eliminate
12 PM	Roseanne	News	White Heat	Europe	Paid Prog.	News	All My Children	News	Days of Our Lives	Sailr Moon	X Games	E Talk	Storm Warning!	People's Court	Smart Guy	Maury New hairstyles.	Cityline Specials	Change	
1 PM	Roseanne	Days of Our Lives	Reach-Top Ignatieff	Art Needle Art	Days of Our Lives	As the World Turns	Murder, She Wrote	One Life to Live	As the World Turns	As the World Turns	Monster	Motoring	Vicki Gabereau	Monster Garage	Justice	Katie-Orbie Stanley (N)	Beyond	Relic Hunter	HappyDay
2 PM	Drew	Hollywood	Leading	Mr Rogers	Passions	Guiding Light	Murder, She Wrote	General Hospital	Passions	Passions	Mona	Tough	General Hospital	Frontier of Construction	Suddenly	Out of Bx	Full House	John Walsh Show	Fresh Pr.
3 PM	Home Imp.	Coronatn	Timothy	Arthur (EI)	Judy	Dr. Phil	City Confidential	Pt Charles	Young and the Restless	Crossing	Medabots	Off-Record	Dr. Phil	World Records	Sherlock	Hoze	Scooby	News (Live)	Home Imp.
4 PM	Friends	Judy	George S.	Cyberchas	Judy	Oprah Winfrey	American Justice	Martha Stewart Living	Young and the Restless	Young and the Restless	Rocket	Sports	Caroline Rhea Show (N)	Daily Planet (N)	Full House	Pepper	Pokemon	Seinfeld	Home Imp.
5 PM	Movie: "Heat" (1995)	News	Art Attack	News	News	News	Biography: Ford	News	News	News	Dexter	NHL Hockey: Boston Bruins at Toronto Maple Leafs. (Live)	News	Man Meets Dog	Dharma	Recess	Sabrina	Smallville "Vortex"	Rockford Files
6 PM	Drama (PA) Al Pacino	Will-Grace	Reach-Top Ignatieff	News-Lehrer	News	News	Cold Case Files (N)	News	News	Bob	Sponge	Two-Kind	News	New Detectives (N)	Simpsons	Amanda	Raymond	Movie: "Lost in the"	Rockford Files
7 PM	Robert De Niro (DVS)	Fortune	Leading	Ask the Governor	Jeopardy!	Seinfeld	Cold Case Files	Drew	Entertain	24 (N)	I-Mummy	Sportscent re	Hollywood	Lost City of Atlantis	Will-Grace	Even	Friends	Bermuda Triangle (1999)	News
8 PM	Movie: "The Corruptor" (1999)	Life & Times (N)	Champlons Undersea	Nova "Spies That Fly"	Just Shoot in-Laws (N)	JAG "Mortal Enemy"	Third Watch "Men"	8 Rules	'70s Show	'70s Show	Dragon-Z		8 Rules	Daily Planet	'70s Show	Boy World	Smallville "Tempest/Vortex"	MovieTV	Rockford Files
9 PM	Chow Yun-Fat	Fortune	Leading	Ask the Governor	Jeopardy!	Seinfeld	Cold Case Files	Drew	Entertain	24 (N)	I-Mummy	Sportscent re	Hollywood	Lost City of Atlantis	Will-Grace	Even	Friends	Bermuda Triangle (1999)	News
10 PM	Movie: "Heat" (1995)	National	Chan Cntr	Imprint	Dateline	Judging Amy (N)	Cold Case Files	NYPD Blue (N)	Judging Amy (N)	News	Breaker	Strongman -- Sweden	Eleventh Hour (N)	New Detectives	News	Afraid?	News (ESP)	Movie: "Hideaway" (1995)	Suddenly
11 PM	Worst-Case Scenario	News	Space Horizons	Charlie Rose (N)	News	News	Cold Case Files	News	News	Entertain	My Family	Sportscent re	News	Lost City of Atlantis	Star Trek: Voyager	Nowhere Man	Friends	Jenny Jones (N)	

WEDNESDAY, JANUARY 8, 2003

ON PEAK - HIGH COST

OFF PEAK - LOW COST

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6 AM	Matlock	News	(Off Air)	George S. Clifford	News	News	"A Soldier's Story"	(5:00) News	News	(5:00) News (Live)	Mona	Sportscent re	News	Daily Planet	Paid Prog.	Hoze	News	Maury	Fresh Pr.
7 AM	Matlock	Life Today	Bear	Dragon	Today John C. Reilly; John Gray.	Early Show	Murder, She Wrote	Good Morning America			Sailr Moon	Sportscent re	Canada AM	Extinction	News	Buzz Light Rangers	News	Cityline Specials	Beyond
8 AM	Little House	Huntley Street	BluesClues	Barney	Teletubbs		Murder, She Wrote			100 Huntley Street	Rugrats Uh Oh!	Sportscent re		Man Meets Dog	Business AgDay	Power House		Deep Space 9	In the Heat of the Night
9 AM	Little House	Tales	Toy Castle	Sesame Street (EI)		Discovery Pyramid	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Little Bear	Off-Record	Regis and Kelly	Daily Planet	Paid Prog.	Katie-Orbie Stanley (N)	Maury	News	Rockford Files
10 AM	Cosby	Price Is Right	"Losing Things"	Reading Lions	Caroline Rhea Show (N)	Price Is Right	American Justice	The View	World Vision	Body MoneyWs	Rupert	Workout	The View	World Records	Other Half (N)	Pooh Out of Bx	Jerry Springer	Movie: "Lost in the"	News
11 AM	Fresh Pr.	Sabrina	Women	Clifford	Life Moments (N)	Young and the Restless	Movie: "A Soldier's Story" (1984)	Maury Makeovers (N)	Crossing	News	Monsters	Bowling	Daily Planet	Lords	Montel Williams	Ducktales Little Lulu	Jenny Jones	Bermuda Triangle (1999)	Eliminate
12 PM	Roseanne	News	Global Warning	Europe	Paid Prog.	News	All My Children	News	Days of Our Lives	Sailr Moon	Detroit Dog Show	E Talk	Storm Warning!	People's Court	Smart Guy	Maury	Cityline Specials	Change	
1 PM	Roseanne	Days of Our Lives	Country Small Spc	Painting Sewing	Days of Our Lives	As the World Turns	Murder, She Wrote	One Life to Live	As the World Turns	As the World Turns	Spells	Equestrian: Collingwood Grand	Vicki Gabereau	New Detectives	Justice	Katie-Orbie Stanley (N)	Beyond	Relic Hunter	HappyDay
2 PM	Drew	Hollywood	Delia Smith	Mr Rogers	Passions	Guiding Light	Murder, She Wrote	General Hospital	Passions	Passions	Mona	Prix.	General Hospital	Lost City of Atlantis	Suddenly	Out of Bx	Full House	John Walsh Show	Fresh Pr.
3 PM	Home Imp.	Coronatn	Timothy	Arthur (EI)	Judy	Dr. Phil	City Confidential	Pt Charles	Young and the Restless	Crossing	Medabots	Off-Record	Dr. Phil	World Records	Sherlock	Hoze	Rescue	News (Live)	Home Imp.
4 PM	Friends	Judy	George S.	Cyberchas	Judy	Oprah Winfrey	American Justice	Martha Stewart Living	Young and the Restless	Young and the Restless	Rocket	Sports	Caroline Rhea Show (N)	Daily Planet (N)	Full House	Pepper	Pokemon	Seinfeld	Home Imp.
5 PM	Seinfeld	News	Art Attack	News	News	News	Biography: Cage	News	News	News	Dexter	NHL Pre	News	Hippos of the Zambezi	Dharma	Recess	Sabrina	Enterprise "Dawn" (N)	Rockford Files
6 PM	Ripley-Believe	Will-Grace	Country Small Spc	News-Lehrer	News	News	American Justice	News	News	Bob	Sponge	Hockey: Phoenix Coyotes at Chicago Blackhawks. (Live)	News	Rocket Science	Simpsons	Amanda	Raymond	Bachelorette (N)	Rockford Files
7 PM	Movie: "Hard to Kill" (1990)	Fortune	Delia Smith	At Issue "Education"	Jeopardy!	Seinfeld	City Confidential	Drew	Entertain	Gilmore Girls	Moville	Chicago Blackhawks (Live)	Frasier	Grand Canyon Mystery	Will-Grace	Even	Friends	Blind Date	News
8 PM	Steven Seagal	Life & Times (N)	Water: The Drop of Life	Sandwiches That You Will Like	Ed "Frankie"	Time to Live	Third Watch	My Wife Lopez	Pure Adventure: Race	Ed "Frankie" (N)	Dragon-Z	Sportscent re	My Wife	Daily Planet	"Austin Powers: The Spy	Boy World	Birds of Prey (N)	Media	Rockford Files
9 PM	Worst-Case Scenario	Fifth Estate	What Hiding	They Came to America (N)	West Wing (N)	60 Minutes II	Biography: Cage	Bachelorette (N)	Ukatak	Stargate SG-1	Zack Files	Radio Act	West Wing (N)	World Records	Who Shagged Me	Movie: "The Doctor" (1991)	Birds of Prey (N)	Blind Date	In the Heat of the Night
10 PM	Ripley-Believe	National	Space Horizons	Charlie Rose (N)	News	News	City Confidential	News	News	Entertain	My Family	Sportscent re	News	Grand Canyon Mystery	Star Trek: Voyager	Nowhere Man	Friends	Movie: "Fun in Acapulco" (1963)	Jenny Jones
11 PM	Worst-Case Scenario	News	With Glowing Hearts	Charlie Rose (N)	News	News	City Confidential	News	News	Entertain	My Family	Sportscent re	News	Grand Canyon Mystery	Star Trek: Voyager	Nowhere Man	Friends	Jeff Goldblum	

THURSDAY MOVIES

10:00 am CITY [29] ★★ "Anything for Love" (1993, Comedy) Corey Haim. Complications arise when a teenaged boy masquerades as a girl to avoid a confrontation with the school bully.

11:00 am A&E [9] ★★ "Every Timé We Say Goodbye" (1986, Drama) Tom Hanks. An American pilot and a Jewish woman find romance despite religious differences and intolerant relatives in Jerusalem.

AFTERNOON

5:00 pm WTBS [3] ★★ "Blast From the Past" (1999, Comedy) Brendan Fraser. A young man experiences culture shock as he navigates 1998 suburbia after spending his whole life in a bomb shelter. [CC]

CITY [29] ★★ "Snow Day" (2000, Comedy) Chris Elliott. Children are determined to prevent a villainous snowplow man from spoiling their fun after a storm shuts down school. (In Stereo) [CC]

EVENING

6:00 pm A&E [9] "Columbo: Murder With Too Many Notes" (2001, Mystery) Peter Falk. Premiere. The famous detective strikes a sour note in the murder plans of a legendary film composer. [CC]

7:15 pm WTBS [3] ★★½ "Austin Powers: International Man of

Mystery" (1997, Comedy) Mike Myers. A swinging spy from the '60s finds that all is not groovy when he is brought out of cryogenic freeze to nab an old foe. [CC]

8:00 pm KXLY [10] ★★ "Snow Day" (2000, Comedy) Chris Elliott. Children are determined to prevent a villainous snowplow man from spoiling their fun after a storm shuts down school. (In Stereo) [CC]

9:00 pm FAM [26] ★½ "A Ring of Endless Light" (2002, Drama) Mischa Barton. Based on the novel by Madeleine L'Engle. A teenager who can communicate with dolphins has an extraordinary summer. (In Stereo) [CC]

9:15 pm WTBS [3] ★★½ "Three Fugitives" (1989, Comedy) (PA) Nick Nolte. A desperate but bumbling bank robber complicates matters for an ex-con trying to put his criminal past behind him. [CC]

10:00 pm A&E [9] "Columbo: Murder With Too Many Notes" (2001, Mystery) Peter Falk. The famous detective strikes a sour note in the murder plans of a legendary film composer. [CC]

10:05 pm CITY [29] ★★½ "The Sting" (1973, Comedy-Drama) Paul Newman. Seven Oscars went to this story about two Depression-era con artists who devise an elaborate revenge scheme.

11:15 pm WTBS [3] ★★½ "Top Secret!" (1984, Comedy) (PA) Val Kilmer. A spoof of spy movies and Elvis Presley films.

FRIDAY MOVIES

MORNING

7:00 am A&E [9] ★★ "Flying Misfits" (1976, Adventure) Robert Conrad. WWII flying ace "Pappy" Boyington commands one of the most decorated and least disciplined squadrons in the Pacific. [CC]

9:00 am A&E [9] ★★ "Tobruk" (1967, Drama) Rock Hudson. During WWII, the Allies plan a mission to destroy Rommel's fuel supply in the Sahara.

10:00 am CITY [29] ★½ "Easy Come, Easy Go" (1967, Musical) Elvis Presley. The lure of sunken treasure leads to romance between a Navy frogman and a go-go dancer.

11:00 am A&E [9] ★★ "Merrill's Marauders" (1962, Adventure) Jeff Chandler. Based on Brig. Gen. Frank Merrill's courageous effort to rout the Japanese from Burma during World War II.

AFTERNOON

1:00 pm A&E [9] ★★ "Flying Misfits" (1976, Adventure) Robert Conrad. WWII flying ace "Pappy" Boyington commands one of the most decorated and least disciplined squadrons in the Pacific. [CC]

3:00 pm A&E [9] ★★ "Tobruk" (1967, Drama) Rock Hudson. During WWII, the Allies plan a mission to destroy Rommel's fuel supply in the Sahara.

5:00 pm WTBS [3] ★★ "The Client" (1994, Suspense) (PA) Susan Sarandon. After accidentally learning the location of a murdered senator's body, a boy hires a neophyte attorney to protect him. (DVS)

EVENING

6:00 pm CITY [29] ★½ "Hope Floats" (1998, Romance) Sandra Bullock. After going through a painful divorce, a woman finds romance when she and her daughter move back to her hometown. [CC]

7:30 pm WTBS [3] ★★½ "L.A.

Confidential" (1997, Mystery) (PA) Kevin Spacey. A young police officer witnesses Hollywood's dark side in the 1950s as he battles police corruption and crime. [CC] (DVS)

FAM [26] ★★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. (In Stereo) [CC]

8:00 pm KNOW [5] ★★½ "The Prime of Miss Jean Brodie" (1969, Drama) Maggie Smith. An unstable teacher with fascist sympathies holds students spellbound at an upscale private school in 1932 Scotland.

9:00 pm FAM [26] ★★½ "Blame It on the Bellboy" (1992, Comedy) Dudley Moore. Premiere. Three cases of mistaken identity embroil a trio of hotel visitors in an escalating series of misadventures. (In Stereo)

9:05 pm CITY [29] "Kama Sutra: Master and Servant" (2000, Adult) Richard Moses. A collection of stories centering on a couples therapist who promotes sexual nirvana.

10:25 pm WTBS [3] ★★ "Blink" (1994, Suspense) (PA) Madeleine Stowe. Ocular flashbacks plague a formerly blind woman who may have witnessed the murder of an upstairs neighbor. [CC]

10:35 pm FAM [26] ★★½ "Tough Guys" (1986, Comedy) Burt Lancaster. Two small-time criminals unable to adjust to post-prison life return to the line of work they know best -- robbery. (In Stereo)

10:50 pm CITY [29] "Anthony's Desire" (1993, Adult) Mihaella Stokov. A young man has a passionate encounter with a brothel prostitute, and then mysteriously vanishes.

11:00 pm KSPS [6] ★★½ "The Shop Around the Corner" (1940, Comedy-Drama) James Stewart. Two bickering clerks wage a running battle of words, unaware that they have become romantic pen pals.

Community Datebook

JANUARY 2003

- 8 - Hospital Auxiliary Thrift Shop re-opens
- 9 - Junior Girls basketball PSS 4:30 pm
Junior boys basketball PSS 6 pm
Princeton Writers Group meets 7 pm Sr. Citizens Hall
- 10 - Hospital Auxiliary mets 2 pm hospital board room
- 11 - Br#56 Legion and Ladies Auxiliary Installation potluck 6 pm
- 12 - Sunday - POSSE GAME vs Sicamous
- 14 - PXA meets at Town Hall 7 pm
Vermilion 4-Wheelers meet 6 pm arena mezzanine
- 17, 18, 19 - Bantam hockey Tournament Princeton arena
- 18, 19 - SnoCross 2003
- 22 - Wednesday POSSE GAME vs Summerland Sting
- 20 - Council meeting 7:30 p.m.
- 23 - Junior boys basketball PSS 4:30 pm
- Fall Fair meets 7 pm Town Hall
- Princeton Writers Group meets 7 pm Sr. Citizens Hall
- 24, 25, 26 - Pumpkins hockey tournament Princeton arena

FEBRUARY

- 1 - POSSE GAME vs Creston
 - 2 - POSSE GAME vs Spokane
 - 3 - Council meets 7:30 p.m.
 - 4 - Junior Girls basketball PSS 4:30 pm
 - 6 - Junior Girls basketball PSS 4:30 pm
 - 7 - Princeton Area Business Enhancement meeting 7 pm arena
 - 7,8,9 - Gents Hockey tournament Princeton arena
 - 12 - Wednesday - POSSE GAME vs Summerland
 - 14, 15, 16 - Atoms hockey tournament Princeton arena
 - 17 - Council meets 7:30 p.m.
- ***** If your organization has set an important date, you may have it listed here at no cost.

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- 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.



Arena Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am	Minor hockey games	School rentals	School rentals	School rentals	School rentals	School rentals	Minor hockey games
10							
11		Adult/tot senior					
Noon							
1:15	hockey game	Stick and puck	Stick and puck	Adult/tot senior 3 - 4:45	Stick and puck 2:30 - 3:45	Stick and puck	
2				Posse Practice 4:30 - 9:30	Posse Practice		
3:20		Figure Skating	3 - 4:15 Posse practice	Figure Skating		3:30 - 4:30 Loonie public skate	
4			4:30 - 5:15 Tykes practice		4 - 4:45 Novice practice	4:45 - 5:30 Tykes practice	5 to 6:30 Public skating
4:30	4:45 - 6:00 Free Public Skate		5:15 Novice practice		4:45 - 5:35 Atom practice	6 - 7 Ladies hockey	
4:45			6:15 Atom practice		5:35 - 6:30 PeeWee practice		
5			7:15 - 8:45 Pumpkins hockey				
6			9- 10 midget practice				
6:15							
6:30							
7							
7:30							
8							
8:45							
9							
10:45							

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

TOURNAMENT DATES: NOV. 15, 16, 17 PEEWEE AAA TRYOUTS NOV 30 - DEC 3 - MIDGET DEC. 7, 8 - NOVICE JAN 17, 18, 19 BANTAM	JAN. 24, 25, 26 - PUMPKIN FEB. 7, 8, 9 - GENTS FEB. 14, 15, 16 - ATOMS MAR. 2 - TYKES MAR. 8 - FIGURE SKATING CARNIVAL	MAR. 15, 16 - ADULT DRAFT MAR. 20, 21, 22 - PEE WEE FREE Sunday public skating 4:45 p.m. to 6:00 p.m. sponsored by The Posse and Weyerhaeuser.
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THURSDAY, JANUARY 9, 2003

ON PEAK - HIGH COST

OFF PEAK - LOW COST

TV schedule grid for Thursday, January 9, 2003, showing programs from 6 AM to 11 PM across various channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN).

FRIDAY, JANUARY 10, 2003

ON PEAK - HIGH COST

OFF PEAK - LOW COST

TV schedule grid for Friday, January 10, 2003, showing programs from 6 AM to 11 PM across various channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN).

SATURDAY, JANUARY 11, 2003

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 TV programs and channels.

SATURDAY MOVIES

MORNING

9:00 am WTBS (3) ★★☆☆ "L.A. Confidential" (1997, Mystery) (PA) Kevin Spacey. A young police officer witnesses Hollywood's dark side in the 1950s as he battles police corruption and crime. (DVS)

AFTERNOON

12:00 pm WTBS (3) ★★☆☆ "The Client" (1994, Suspense) (PA) Susan Sarandon. After accidentally learning the location of a murdered senator's body, a boy hires a neophyte attorney to protect him. (DVS)

FAM (26) ★★☆☆ "The Music Man" (1962, Musical) Robert Preston. A fast-talking salesman comes to a small town to organize a band and falls in love with an unmarried librarian.

1:00 pm CITY (29) ★☆☆ "Hope Floats" (1998, Romance) Sandra Bullock. After going through a painful divorce, a woman finds romance when she and her daughter move back to her hometown. (DVS)

2:00 pm WGN (38) ★☆☆ "Days of Thunder" (1990, Drama) Tom Cruise. A hotshot rookie stock-car driver sets his sights on the professional NASCAR circuit and the prestigious Daytona 500. (In Stereo) (DVS)

3:00 pm VTV (22) ★☆☆ "The Legend of Sleepy Hollow" (1999, Suspense) Brent Carver. A lonely horse ride turns into a night of terror when a schoolmaster encounters the Headless Horseman.

4:00 pm WTBS (3) ★☆☆ "Sister Act" (1992, Comedy) (PA) Whoopi Goldberg. A Reno lounge singer-turned-murder witness transforms a group of singing

nuns into an unconventional convent choir. (DVS)
5:00 pm KTLA (27) ★☆☆ "Sounder" (2003, Drama) Carl Lumbly. A black sharecropper's son attains manhood during his years-long quest to find his imprisoned father.

EVENING

6:00 pm WTBS (3) ★★☆☆ "Pretty Woman" (1990, Comedy-Drama) Richard Gere. A business executive attempts to transform a vulgar streetwalker into a sophisticated female companion. (DVS)

CITY (29) ★★☆☆ "A Girl Is a Girl" (1999, Comedy) Andrew McIntyre. Premiere. An amiable slacker ambles through a series of relationships as he searches for the perfect female companion.

8:00 pm KSPS (6) ★★☆☆ "Bedazzled" (1967, Fantasy) Peter Cook. A lovestruck short-order cook is granted seven wishes by Satan in exchange for his soul.

KXLY (10) ★★☆☆ "Enemy of the State" (1998, Suspense) (PA) Will Smith. A lawyer is hunted by corrupt government agents after he becomes the unwitting recipient of an incriminating videotape. (In Stereo) (DVS)

BCTV (11) ★★☆☆ "All Around the Town" (2002, Suspense) Nastassja Kinski. Based on the novel by Mary Higgins Clark. A college student with multiple personalities is accused of murder. (DVS)

KTLA (27) ★★☆☆ "Mississippi Burning" (1988, Drama) Gene Hackman. Two FBI agents face racism while investigating the disappearance of three civil rights activists in 1964 Mississippi.

8:30 pm WTBS (3) ★★☆☆ "Overboard" (1987, Comedy) Goldie Hawn. An

Oregon carpenter takes advantage of an amnesiac millionaire by convincing her that she is really his wife. (DVS)

WGN (38) ★☆☆ "Over the Top" (1987, Drama) Sylvester Stallone. A trucker tries to renew his relationship with his estranged son while preparing for an important arm-wrestling contest. (In Stereo)

9:00 pm FAM (26) ★★☆☆ "The Freshman" (1990, Comedy) Marlon Brando. A mobster with an uncanny resemblance to "The Godfather" makes a college film student an offer he can't refuse. (In Stereo)

9:30 pm CITY (29) ★☆☆ "Mars Attacks!" (1996, Comedy) Jack Nicholson. Malevolent martians take delight in incinerating humans in director Tim Burton's sendup of 1950s sci-fi classics. (DVS)

10:55 pm FAM (26) ★☆☆ "Fire in the Sky" (1993, Science Fiction) D.B. Sweeney. Based on the true story of an Arizona lumberjack who claimed to have been abducted by aliens. (In Stereo) (DVS)

11:00 pm WTBS (3) ★☆☆ "Footloose" (1984, Drama) (PA) Kevin Bacon. A big-city teen rallies his new small-town friends against a minister opposing their right to dance. (DVS)

11:30 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.

Horoscopes

January 7 to 14

ARIES - Your conscience may bother you early this week, or you may feel depressed or frustrated by circumstances in your career and by news you hear. Hang in there - things improve in two weeks.

TAURUS - This is a good time of year for you, when you can visualize better, and this year, activity with a friend, partner or spouse is good. You may want to do some travelling but the weekend is dangerous.

GEMINI - Travel plans are not favoured this week. In fact, you may feel really down in the dumps this week. Beware of accidents on the weekend, or you may feel ill. You really need cheering up.

CANCER - Partners, friends and spouse want you to do things with them, and by the weekend, you will have the energy to enjoy some action. Stay close to home. Check home for safety, repairs.

LEO - You are in a good mood as the week begins, but do guard your health. Stay away from crowds and watch out for respiratory infection. Outdoor activity keeps you healthy. You are vulnerable.

VIRGO - You have a lot to do and you are focused on getting it done. You will profit by keeping at it with determination and resolve. Use off-work hours at home to relax. Your health remains good.

LIBRA - Financial challenges are something you must attend to this week. See the problems, find the solution. You may feel overly tired this weekend. Guard your health - get some rest!

SCORPIO - This is an excellent time for you., except for a few financial problems. Career matters are fortunate. This weekend may involve an unpleasant surprise at home. This is a hectic week for you.

SAGITTARIUS - The early part of the week is challenging, but it ends on a good note. Financial matters may prove troublesome, but you can solve the problem. Double check what you hear.

CAPRICORN - Be extra cautious this week about respiratory infection. You are very vulnerable. By the weekend your mind will be more at ease than it has been in months. Good things come to you.

AQUARIUS - There is an awful lot going on in your head this week, and some of it may make you feel depressed or frustrated. You will feel better by the weekend. Sort through your plans.

PISCES - This would be a good time to do some serious planning for the coming year. Things have been very difficult for you during the past two years, but will improve dramatically by September 2003. If you make positive attitude plans, your life will change for the better now.

SUNDAY, JANUARY 12, 2003

	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	Movie: "Footloose"	News	(Off Air)	Caillou (El)	Today (3)	CBS News Sunday Morning	Breakfast With the Arts	Hour of Power (3)	Real Kids	Fishing	Mona	Sportscentre (3)	Kingdom	Weekend Daily Planet	Paid Prog.	Hoze	Pacesetter	Mix TV (In Russian)	Hillbillies	
7 AM	Movie: "As Good as It Gets"	Real Kids	Bear	Couch	Safari	News (3)	House Beautiful (3)	News (3)	Mechanics	Fishing	Monster	Reporters	Good Morning Canada (3)	Ultimate Ten	Paid Prog.	Power	Paid Prog.	Eye on Asia (In Hindi)	Cosby	
8 AM	(1997) Jack Nicholson, Helen Hunt. (3)	Powerboat	BluesClues	Angelina	Meet the Press (3)	Discover	Mansions, Monuments	News (3)	MoneyWd	Is Written	Hamtaro	Reporters	Good Morning Canada (3)	Ultimate Ten	Fox News Sunday (3)	Lizzie	Amazing	Eye-Asia	Fresh Pr.	
9 AM	Discovery	Babar (3)	American Experience	Paid Prog.	City Slickers	Hist-Homes	This Week-George	Hour of Power (3)	Arnold	Adven/J	NBA Basketball: Minnesota Timberwolves at Toronto Raptors.	Eagle	Weekend Daily Planet	Fox NFL Sunday (N)	All That	Feed	Johnny Lombardi's Festival Italiano (In Italian)	Beastmaster (3)		
10 AM	Movie: "Overboard"	Red Green	Little Bear	North	Paid Prog.	Emma	Matthews	MoneyWd	NFL Football Playoffs: NFC Divisional Game -	Sponge	Oddparent	Dexter	World Vision (3)	Exhibit A	NFL Football Playoffs: NFC Divisional Game -	Movie: "Sword in the Stone"	Griffith	Fashion	Movie: "The Mighty Ducks" (1992, Comedy)	
11 AM	Goldie Hawn, Kurt Russell. (3)	Curling: Canada Cup - Men's Final. From	Bear	European	Paid Prog.	Animal	Old House	Eagle	Hour of Power (3)	NFC Divisional Game -	Dexter	Woody	Travel	Riddle of Pompeii (3)	NFL Football Playoffs: NFC Divisional Game -	Teen Angel	Full House	Beastmaster (3)	Movie: "3 Ninjas" (1992) Victor Wong. (3)	
12 PM	Movie: "Sister Act"	Kamloops, B.C. (Taped) (3)	Scattering	Spokane	Paid Prog.	NCAA Special	Hollywood Reality (3)	Highest Commandment	News (3)	Teams to Be Announced.	Yvon	PGA Golf: Mercedes Championships - Third Round.	Question Period (3)	World Records	Teams to Be Announced.	Movie: "The Wandering Soul Murders" (2001)	NBA Basketball: Dallas Mavericks at Los Angeles Clippers.	Movie: "No Code of Conduct"	StarTV	Movie: "Mutant X"
1 PM	Whoopi Goldberg. (3)	Gold Trails	Odysseys	Bargain	Triathlon: Ironman Champ.	NFL Football Playoffs: AFC Divisional Game - Teams to Be Announced. (Live) (3)	Movie: "No Mercy" (1986, Drama) Richard Gere.	NFL Football Playoffs: AFC Divisional Game - Teams to Be Announced. (Live) (3)	NFL Football Playoffs: AFC Divisional Game - Teams to Be Announced. (Live) (3)	Uh Oh!	Beyblade	Zoids (3)	Yu-Gi-Oh!	Monster	Groove Squad (3)	PGA Golf: Mercedes Championships - Final Round. (Live)	Art Attack	Movie: "The Wandering Soul Murders" (2001)	StarTV	Movie: "Mutant X"
2 PM	Movie: "The Kid"	Timothy	At Issue	"Education"	Paid Prog.	Movie: "Columbo: Murder With Too Many Notes"	Entertainment Tonight	News (3)	Simpsons	News (3)	Mary Kate	What I Like	Garcia	News (3)	Amelia Earhart	Buffy Vampire	Pooh	Henry's	Adventure Inc. (3)	
3 PM	Movie: "Pretty Woman"	Bruce Willis. (3)	My Home	Swap TV	Hometime	Workshop	News (3)	Backroads	Biography "Lucy and Desi: A Home Movie" (3)	News (3)	Practice (3)	Ebert	News (3)	Practice (3)	Ebert	News (3)	Practice (3)	Ebert	News (3)	
4 PM	Okaganagan	Swap TV	Hometime	Workshop	News (3)	Backroads	Biography "Lucy and Desi: A Home Movie" (3)	ABC News	Global	Global	Mary Kate	What I Like	Garcia	News (3)	Practice (3)	Ebert	News (3)	Practice (3)	Ebert	
5 PM	"America's Prince: John F. Kennedy Jr."	Pioneers	Creatures	Old House	NBC News	CBS News	Biography "Lucy and Desi: A Home Movie" (3)	ABC News	Global	Global	Mary Kate	What I Like	Garcia	News (3)	Practice (3)	Ebert	News (3)	Practice (3)	Ebert	
6 PM	Touched by an Angel	Heartbeat	Ed Sullivan	Hot Ticket	News (3)	News	Home Movie" (3)	News (3)	News (3)	Practice (3)	Ebert	News (3)	Practice (3)	Ebert	News (3)	Practice (3)	Ebert	News (3)	Practice (3)	
7 PM	"America's Prince: John F. Kennedy Jr."	Nature of Things (N)	Chrysler Festival	Nature (N) (DVS)	Dateline (3)	60 Minutes II (3)	Biography: Kennedy	Movie: "One Hundred and One Dalmatians"	Bob	Futurama	Hit List (3)	Sportscentre (3)	My Wife	Tornado: Awsm	Futurama	Little Lulu	Surreal Life (3)	Experiment	Andromeda (3)	
8 PM	Tom Stone (N) (3)	Monarch of the Glen	Masterpiece Theatre "My Uncle Silas II" (N)	Law & Order	29th Annual People's Choice Awards (3)	Biography "Lucy and Desi: A Home Movie" (3)	Alias "The Getaway"	Malcolm	Malcolm	Live Through This (3)	Gn. Jones	Weird	Hockey	Tornado: Awsm	Futurama	Little Lulu	Surreal Life (3)	Experiment	Andromeda (3)	
9 PM	Movie: "As Good as It Gets"	Da Vinci's Inquest (N)	Yo-Yo: Bach	Served	Boombtown (N) (3)	News	Biography: Kennedy	News (3)	News (3)	Popoff	Don't Lick	Sportscentre (3)	News (3)	Tornado: Awsm	Futurama	Little Lulu	Surreal Life (3)	Experiment	Andromeda (3)	
10 PM	Jack Nicholson, Helen Hunt. (3)	Venture	Artists	Barbara	News (3)	News	Biography: Kennedy	News (3)	News (3)	Popoff	Don't Lick	Sportscentre (3)	News (3)	Tornado: Awsm	Futurama	Little Lulu	Surreal Life (3)	Experiment	Andromeda (3)	
11 PM	Reflection	Perspectives (3)	Butterflies	Sports	Practice	Practice	Practice	Practice	Practice	Practice	Practice	Practice	Practice	Practice	Practice	Practice	Practice	Practice	Practice	

SUNDAY MOVIES

MORNING

7:00 am WTBS (3) ★★"As Good as It Gets" (1997, Comedy-Drama) Jack Nicholson. A crusty New York writer who suffers from obsessive-compulsive disorder finds romance with a waitress. (3)
 10:00 am WTBS (3) ★★"Overboard" (1987, Comedy) Goldie Hawn. An Oregon carpenter takes advantage of an amnesiac millionaire by convincing her that she is really his wife. (3)
 WGN (38) ★★"3 Ninjas" (1992, Comedy) Victor Wong. Three young siblings use their martial-arts training to help their father nab a criminal kingpin. (In Stereo) (3)

AFTERNOON

12:00 pm FAM (26) ★★"The Sword in the Stone" (1963, Fantasy) Voices of Rickie Sorenson. Disney's fanciful account of young King Arthur's apprenticeship to Merlin. Based on the story by T.H. White. (3)
 WGN (38) ★★"The Mighty Ducks" (1992, Comedy) Emilio Estevez. An arrogant young lawyer is forced to transform a bunch of unruly youths into a championship-caliber hockey team. (In Stereo) (3)
 12:30 pm WTBS (3) ★★"Sister Act" (1992, Comedy) (PA) Whoopi Goldberg. A Reno lounge singer-turned-murder witness transforms a group of singing nuns into an unconventional convent choir. (3)
 1:00 pm A&E (9) ★★"No Mercy" (1986, Drama) Richard Gere. While trying to track down his partner's killer, a Chicago cop becomes involved with a crime

czar's enigmatic mistress.
 CITY (29) ★★½" Mars Attacks!" (1996, Comedy) Jack Nicholson. Malevolent martians take delight in incinerating humans in director Tim Burton's sendup of 1950s sci-fi classics. (3)
 1:25 pm FAM (26) ★★½" Double Teamed" (2002, Drama) Annie McElwain. Twin sisters Heather and Heidi Burge develop a budding rivalry in high school and make it to the WNBA. (In Stereo) (3)
 2:00 pm FOX 41 ★★½" Jack the Bear" (1991, Drama) Danny DeVito. An alcoholic father and a menacing neighbor become real-life monsters to two young boys after their mother dies.
 WGN (38) ★★½" Honey, I Blew Up the Kid" (1992, Fantasy) Rick Moranis. A wacky inventor accidentally enlarges his young son to monstrous proportions. (In Stereo) (3)
 2:30 pm WTBS (3) ★★"Pretty Woman" (1990, Comedy-Drama) Richard Gere. A business executive attempts to transform a vulgar streetwalker into a sophisticated female companion. (3)
 CHBC (4) ★★½" The Kid" (2000, Fantasy) Bruce Willis. A nonsense image consultant is forced to re-examine his life when he comes face-to-face with his 8-year-old self. (3)
 3:00 pm A&E (9) "Columbo: Murder With Too Many Notes" (2001, Mystery) Peter Falk. The famous detective strikes a sour note in the murder plans of a legendary film composer. (3)
 VTV (22) "The Wandering Soul Murders" (2001, Mystery) Wendy Crewson. A teddy bear tattoo provides the only clue for amateur sleuth Joanne Kilbourn in two seemingly unrelated deaths.

KTLA (27) "No Code of Conduct" (1998, Action) Charlie Sheen. Two undercover cops trying to crack a Phoenix drug ring battle smugglers and crooked officials. (In Stereo)
 5:00 pm WTBS (3) "America's Prince: The John F. Kennedy Jr. Story" (2003, Drama) Kristoffer Polaha. The son of JFK grows up in the public eye and dies in a tragic plane accident. Based on a book by Christopher Andersen. (3)
 5:30 pm CITY (29) ★★½" The Replacements" (2000, Comedy) Keanu Reeves. Premiere. A motley crew of aspiring athletes gets a chance to play professional football when league players go on strike.

EVENING

7:00 pm WTBS (3) "America's Prince: The John F. Kennedy Jr. Story" (2003, Drama) Kristoffer Polaha. The son of JFK grows up in the public eye and dies in a tragic plane accident. Based on a book by Christopher Andersen. (3)
 KXLY (10) ★★"One Hundred and One Dalmatians" (1961, Adventure) Voices of Rod Taylor. Animated. Two British Dalmatians embark on a daring rescue when their puppies are dog-napped by Cruella De Ville. (In Stereo) (3) (DVS)
 9:00 pm WTBS (3) ★★"As Good as It Gets" (1997, Comedy-Drama) Jack Nicholson. A crusty New York writer who suffers from obsessive-compulsive disorder finds romance with a waitress. (3)
 FAM (26) ★★"Gandhi" (1982, Biography) Ben Kingsley. Premiere. Richard Attenborough

Why are ads in your community newspaper the most effective?

1. Most people read their community newspaper.
2. People can see newspaper ads any day of the week and all week long.
3. Unlike radio, you do not have to repeat it 10 times a day before people get the message.
4. Unlike television, you do not have to pay high prices and hire actors, graphic artists and film makers - one stop shopping does it all.
5. You can list a lot of products in one advertisement, so shoppers know all of the items you have to offer.

When you advertise in your community newspaper, you pay less and the message lasts longer.

OUR OFFICE IS NOW LOCATED AT 105 VERMILION NEXT TO THE GOLDION RESTAURANT

MONDAY, JANUARY 13, 2003

ON PEAK - HIGH COST

OFF PEAK - LOW COST

Television schedule grid with columns for station (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and rows for time slots (6 AM to 11 PM).

MONDAY MOVIES

MORNING

10:00 am CITY (29) ★★½ "Mother Lode" (1982, Drama) Charlton Heston. Gold fever and unscrupulous treasure hunters force two prospectors to take drastic steps to protect their mine.

AFTERNOON

3:00 pm A&E (9) "Murder, She Wrote: South by Southwest" (1997, Mystery) Angela Lansbury. Jessica Fletcher must evade federal agents as she searches for a missing witness with an important story to tell.

5:00 pm WTBS (3) ★★ "Home Alone" (1990, Comedy) (PA) Macaulay Culkin. A precocious 8-year-old stands off two bumbling burglars after his vacationing parents accidentally leave him behind.

A&E (9) "Benedict Arnold: A Question of Honor" (2003, Drama) Aidan Quinn. Premiere. The story of how one of the Continental Army's most distinguished soldiers came to betray his country.

WGN (38) "No Code of Conduct" (1998, Action) Charlie Sheen. Two undercover cops trying to crack a Phoenix drug ring battle smugglers and crooked officials.

EVENING

7:00 pm A&E (9) "Benedict Arnold: A Question of Honor" (2003, Drama) Aidan Quinn. The story of how one of the Continental Army's most distinguished soldiers came to betray his country.

7:15 pm WTBS (3) ★★ "Adventures in Babysitting" (1987, Comedy) Elisabeth Shue. Mishaps turn a routine sitting assignment into a hair-raising evening for three youths and their teenage guardian.

"Babysitting" (1987, Comedy) Elisabeth Shue. Mishaps turn a routine sitting assignment into a hair-raising evening for three youths and their teenage guardian.

9:00 pm A&E (9) "Benedict Arnold: A Question of Honor" (2003, Drama) Aidan Quinn. The story of how one of the Continental Army's most distinguished soldiers came to betray his country.

FAM (26) ★★ "The Watcher in the Woods" (1980, Suspense) Bette Davis. Two sisters try to unlock the secret behind the supernatural events plaguing their parents' rented house.

9:30 pm WTBS (3) ★★ "Baby Boom" (1987, Comedy) Diane Keaton. A high-powered executive's lifestyle is severely cramped when she takes on the care of a distantly related baby girl.

10:05 pm CITY (29) ★★ "Until the End of the World" (1991, Science Fiction) William Hurt. A woman embarks on a transglobal quest with an enigmatic traveler as the world lies poised on the brink of nuclear war.

11:00 pm A&E (9) "Benedict Arnold: A Question of Honor" (2003, Drama) Aidan Quinn. The story of how one of the Continental Army's most distinguished soldiers came to betray his country.

11:30 pm WTBS (3) ★★ "Adventures in Babysitting" (1987, Comedy) Elisabeth Shue. Mishaps turn a routine sitting assignment into a hair-raising evening for three youths and their teenage guardian.

THE NEWS LEADER WORD SEARCH

Word search grid containing letters and words hidden within, such as BEGINNING, SKIING, SKATING, SCRAPER, DARK, BURNS, POKER, SNOW, COLD, HAGGIS, FLU, ICE, SNOWMOBILES, BONSPIEL, SUNSHINE, THAW, RACING, TOURNAMENT, FUEL, BILLS, DOGSLEDS, HOCKEY, DEFROSTER, TAXES.

LET'S TALK ABOUT "JANUARY"

- Word list for January: BEGINNING, SKIING, SKATING, SCRAPER, DARK, BURNS, POKER, SNOW, COLD, HAGGIS, FLU, ICE, SNOWMOBILES, BONSPIEL, SUNSHINE, THAW, RACING, TOURNAMENT, FUEL, BILLS, DOGSLEDS, HOCKEY, DEFROSTER, TAXES.

CLASSIFIED

RATES

CLASSIFIED AD RATES

EFFECTIVE AUGUST 1ST, 2002

- \$4.75 First 25 words + 5¢ for each additional word.

Classified Ads MUST BE PAID IN ADVANCE unless you have a standing account with the News Leader
DISPLAY CLASSIFIED ADS

\$4.75 per column inch. + 7% GST

Phone: 250-295-4149 or Fax: 250-295-4103

OBITUARIES

CEMULINI, JOYCE

Born July 17, 1935 in Acme, Alberta, died December 24, 2002, in Penticton, B.C. after a 25 year battle with diabetes, the result of a ruptured pancreas in a motor vehicle accident.

She is survived by her husband, Del, her son, Larry Broadhurst, five grandchildren, three sisters, one brother, and numerous nieces and nephews. She was predeceased by her daughter, Sherri, her son, James, and her grandson, James, and a twin brother and sister.

During the Cemulini family's years in Princeton, Joyce was actively involved in Cubs, Scouts, Girl Guides, and the Legion Ladies Auxiliary. She was an Auxiliary member for approximately 25 years, during which she served four years as President, and two years as Deputy Zone Representative. She was a valued member of Princeton Business and Professional Women's Club for approximately 15 years. An expert needlewoman, she has left a legacy of treasures for her family. At her request, there was no funeral. Anyone wishing to make a donation in her memory may make it to the charity of their choice.

ORTWEIN

It is with great joy and sadness - Deanna and Keith would like to announce the birth and passing of their precious little son Kolbe in the early morning hours of December 29th, 2002, at the Penticton Regional Hospital.

Although his life here was not meant to be, he will always be loved and remembered by his big brother Rhett, sister Madison, grandparents Terri and Bryan Ortwein, Murray and Debbie Simmons, great grandparents Mike and Ethel Hanik and Trixie Bartlett, uncle Brent, auntie Kristy, uncle Clay (Codi), auntie Shana (Andrew), and auntie Tanya (Jameson).

"The Night Sky has one more Bright Shining Star"

APPRECIATION

Barb says a grateful "Thank You" to whoever it was who cleared the snow from her driveway last Thursday.

I would like to express my heartfelt thanks to Dr. Adams, Princeton General Hospital Staff, and the housekeeping ladies. I would also like to thank Dr. Jansz, and VGH nurses for your care and hospitality during my recent stay. I would especially like to thank my family and friends for their love and support. I appreciate the fact Princeton has kept it's doors open to assist with getting the life saving surgeries they need.

IN MEMORIAM

IN MEMORIAM
 DONATIONS TO THE
**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 to: Box 1906,
 Princeton, B.C.

IN MEMORIAM

In loving memory of
ROBERT JAMIESON
 our "Dad and Grandpa Bert",
 who passed away
 January 6, 1996

*So many times we wonder
 As we look into the sky
 If you've been sharing in our lives
 As time has passed us by
 We often think of our times
 together*

*The memory ever near
 But no one knows the sadness
 Of wishing you were here
 So when the winds blow gently
 Hear us as we say
 That we will always love you and
 Miss you every day*

Sadly missed, Jim, June,
 and families

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 Street.

Completed applications may be dropped off at this address or mailed to the attention of Lynn Pelly, Executive Director, Box 1960, Princeton, BC V0X 1W0.

COMPUTER TRAINING

INDIVIDUAL COURSES START 4 X DAILY

- Keyboarding
- CorelDRAW!
- Web Site Design
- Intro to Computers
- Computer Troubleshooting
- Getting Your Business Online
- Microsoft Office
- Access
- Internet
- AutoCAD
- PageMaker
- Networking
- Windows
- Word
- Publisher
- Excel
- PowerPoint

Over 100 Locations

ACADEMY OF LEARNING &

LOCAL CALL 310-JOBS (5627)

WANTED

SMALL FEMALE LAP DOG
 for companion, should be
 at least 1 year or older.
 Phone: 295-4313

NOTICES

**Get Tax
 Tax
 Preparation
 E-filing**
 By appointment only

295-3196 J07rts

PRINCETON RODEO
 CLUB
 GENERAL MEETING
 JANUARY 10, 2003
 7:00 P.M.
 TOWN HALL
 All members are
 encouraged to attend.

Town of Princeton Notice

For impounded pets, or to adopt
 pets please see the Community
 Bulletin Board at the corner of
 Bridge Street and Kenley
 Avenue.

INDIVIDUALLY PREPARED HOROSCOPE

Natural character chart - \$25.
 Basic chart plus predictive -
 \$50.

Inquire at News Leader
 295-4149

Completely confidential

NARCOTICS ANONYMOUS

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

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). Ph: 295-7005.
 Open Discussion, Sat. 7:30 p.m.
 Health Unit (closed).
 Ph: 295-3407.

LOST & FOUND

LOST: A set of keys with
 glow in the dark key chain bear-
 ing the name "Sharon". To
 return to owner, drop keys off at
 the News Leader office or the
 Legion Lounge.
 (REWARD)

YARD SALE



FOR SALE

9' 6" X 55' RAIL CAR,
 Excellent for Bridge, \$5,500.00
 Phone: 295-3044 D24/J14

EXCELLENT GOLD
 RECOVER UNIT, on a small
 trailer \$650.00 OBO
 Ph: 604-847-0180 D24/J7

CHESTERFIELD AND
 MATCHING CHAIR good
 condition, asking \$300.
 Phone: 295-6582 after 4:30 pm
 D24/J21

NEWS TIPS!
 SPORTS EVENTS!
 Ph: 295-4149 or 1-888-350-9969
 Fax: (250) 295-4103

FIGURE SKATING - DRESS
 - girls size M \$20.
 Ph: 295-7856 evenings.

WOOD PELLET
 SALES & DELIVERY
 SERVICE

Ph: 295-6545 O8/rts
 SKILL DEVELOPMENT
 AUDIO PACKAGES - you've
 seen these advertised in maga-
 zines. Each set is valued at \$160.
 new. Still in excellent condition,
 selling at \$60. a set.

1. Embracing Chaos: How to
 shake things up and make things
 happen by Tom Peters - 6 tapes,
 12 sides. 2. The Psychology of
 Achievement by Brian Tracy - 6
 tapes, 12 sides, plus workbook.
 3. Positive Attitude Training
 by Michael Broder - 7 tapes, 13
 sides 4. The Seven Basic Habit
 of Highly Effective People by
 Steven Covey - 8 tapes, 16 sides,
 plus workbook. 5. The
 Awakened Life by Dr. Wayne
 Dyer - 6 tapes, 12 sides. 6.
 Creating Miracles Every Day
 by Dr. Richard Carlson - 6 tapes,
 12 sides, plus workbook. TO
 VIEW, come to the News
 Leader Office.

RATES

CLASSIFIED AD RATES

- \$4.75 First 25 words + 5¢ for each additional word.

Classified Ads must be paid in advance unless you have a standing account with the News Leader

DISPLAY CLASSIFIED ADS

\$4.75 per column inch. + 7% GST

Phone: 250-295-4149 or Fax: 250-295-4103

DEADLINE FOR CLASSIFIED ADS NOON SATURDAY & DISPLAY ADS IS NOON FRIDAY
THE SIMILKAMEEN NEWS LEADER OFFICE

IS LOCATED AT 105 VERMILION AVE.

NEXT TO THE GOLDION RESTAURANT

FOR RENT

PRINCETON MANOR LOCATED DOWNTOWN. Quality living in a clean, quiet "Adult Only" building. Close to stores, park and health services. SAFER GRANT available for Seniors 60+ who qualify. Low cost laundry facilities for tenants. Two bedroom \$500. One bedroom \$450. Bachelor \$325. plus Utilities. Sorry no pets allowed. References and Security Deposit Required. To view please phone Margaret at 295-6408. RTS

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

COZY LOG HOME IN PRINCETON, 2 1/2 BEDROOMS dishwasher, washer & dryer, natural gas heat. Beside the river, beautifully finished. \$500./mo. Please Call Charlie at 604-856-0101 D10/rts

COMMERCIAL SPACE CENTRAL DOWNTOWN AREA, 985 sq. ft., offices within, excellent for Business or PROFESSIONAL. Flexible Lease Option. For information call 295-3640 and leave message. M26/rts

VERY PRIVATE, FOR LEASE, ON ACREAGE, FENCED 1800 SQ. FT. FULLY RENOVATED 7 YEAR OLD HOME. Energy conserving heating system, new 21 ft x 13 ft sunroom, 3 bdrms, 2 bathrooms, deck, 12 minutes from town. Horse, dog, cat okay, refs req'd. Phone: 295-4123 S3/rts

FOR RENT

HALL FOR RENT
 68 Bilitier Ave.
 O.A.P. BRANCH # 185
 PHONE: 295-3206

KEREMEOS AREA 800 SQ. FT. STORE OR OFFICE - \$350. P/MO COZY 2 BEDROOM APARTMENT UP STAIRS, 4 appliances, new flooring, \$390. p/mo LARGE 2 BEDROOM APARTMENT, new carpet, \$460. p/mo.
 Ph: 1-250-499-2296 D24/rts

THREE BEDROOM MOBILE HOME with woodstove, close to school, \$500. per month, reference & damage deposit required. Available immediately.
 Ph: 1-250-377-0915 O15/rts

WANTED TO BUY

LOOKING TO PURCHASE ACREAGE WITH HOME!
 Wanting to buy newer home on small flat acreage - suitable for 2 horses. Under \$200,000.
 Ph: (250)395-1118 D3/J7

PROPERTY SALES

FOR SALE BY OWNER! GREAT BUSINESS POTENTIAL IN KEREMEOS AREA!
 Income property with Store/Office + 2 rental apartments on 1.84 acres with creek. Property includes 3 MOBILE HOME PAD RENTALS AND RV PARK!
 \$199,000.00
 CALL 604-888-4297
 D10/rts

FLEA MARKETS

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

VEHICLE SALES

SNOWMOBILES FOR SALE
 1998 600XC liquid cooled POLARIS SNOWMOBILE, \$4,200. OBO.
 PRO X 440 liquid cooled POLARIS SNOWMOBILE, low mileage, \$7,500. OBO. For more information:
 Phone: 250-295-7864 D24/J7

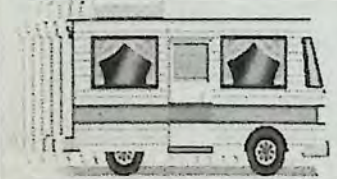
2000 HONDA QUAD FOR-MAN S, 450 4 X 4 excellent condition, \$6,995. OBO 1992 KAWASAKI 300 BAYOU, 4 X 4, racks front and rear, \$4,695. OBO.
 Ph: 295-4303 D24/J14

1997 FORD F150 4 x 4, 3 dr, a/c, CD player, 5 spd, 4.6 trir hitch, canopy, 135,000 km, \$16,900.
 Ph: 295-0589 O8/rts

WANTED

WANTED TO BUY PRE-OWNED RIFLES. FOR MORE INFORMATION CALL RON AT PRINCETON OUTDOOR SUPPLY
 295-0450 OR 295-0319

Things Really Move In the Classifieds!



FOR RENT

PINES MOBILE HOME PARK ONLY FOUR RIVER LOTS LEFT!
NEW HOME SALES!
 Call: 295-3532 or 295-3598
 or Cell #: 295-8094

MOBILE HOME PADS Close to school and includes water/sewer. Other utilities available on site. Pad rent \$165.- \$185..
 Phone: 295-6794 M8/rts

THREE BEDROOM HOME near Golf Course, fridge, stove, dishwasher, fenced back yard, garage, Available Now. \$495. per month.
 Ph: 494-9605 M7/rts

NEWS TIPS! SPORTS STORIES!
 Ph: 295-4149 or 1-888-350-9969
 Fax: (250) 295-4103

3 BEDROOM HOUSE, 2 full bathrooms, 4 appliances, \$660. per month includes utilities.
 Ph: 295-3790 D3/10

2500 SQ. FT. COMMERCIAL SPACE FOR RENT ON BRIDGE ST. Rent all or a portion.. Good location.
 Call for info: 295-0410 O1/rts

FOR RENT

NEWS TIPS! SPORTS EVENTS! STORIES OF INTEREST!
 Ph: 295-4149 or Fax: 295-4103
 Toll Free: 1-888-350-9969

3 BEDROOM MOBILE HOME, stove, fridge, washing machine, clean. Deblyn Mobile Home Park. \$400./mo.
 Ph: 295-0333 O29/rts

BUSINESS SERVICES

ESSENTIAL MASSAGE

GIFT CERTIFICATES AVAILABLE... GREAT PAMPER PACKAGES WITH STYLE IN MOTION & ESSENTIAL MASSAGE!!
 FLEXIBLE HOURS

PHONE: 295-7980 529 TAYLOR WAY ROAD

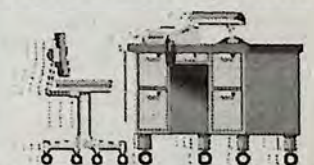
Country Rose Childcare
 ENERGETIC AND FLEXIBLE
 ONLY MINUTES FROM TOWN
 LICENSED
 COLLEEN KUNDERMAN 295-3625

HOUSE KEEPING

EXPERIENCED HOUSE KEEPER AVAILABLE Trained Professionally at a Five Star Resort. Trustworthy & bondable. Also available for babysitting.
 For more information
 Phone: 295-7856 ask for Sarah.

Style IN MOTION
 "We Come to You... to Do Your Doo!"
 • hair cuts • hair styling • perms
 • colors • high-lights
 • natural manicures
 • pedicures with paraffin therapy
 250-295-4971

Things Really Move In the Classifieds!



STRAIGHT PROFIT!
 No commission or tax payouts!

BINGO

MONDAY NIGHT BINGO IN PRINCETON
 SENIOR CITIZENS BR. 30
 Seniors Hall @ 162 Angela Ave.
 5:30 p.m.
 1st 47 numbers called on Bonanza
 6 p.m. special . Odd & Even
PROGRESSIVE SUPER STAR & SNOWBALL EVERY WEEK!
 License 813186


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

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

SATURDAY EVENING BINGO!
HEDLEY OAPO HALL
DOORS OPEN 4 PM - BINGO
5:55 SHARP
SPEED/DROP-INS/E.B./1/2
TIME/BONANZA/G-BALL/
JACKPOT

SUNDAY AFTERNOON BINGO
 In Hedley at the Chuchuwayha Hall
 \$25. Guaranteed min. payout on Regular Games (\$50. double - up card)
 Progressive Jackpot Min. \$1,000. !
 Progressive Pot of Gold Min. \$500. !
 Progressive LOONIE POT min. \$100.
DOORS OPEN AT 10:30 AM
 Drop-ins Start at 12:30 pm followed by Early Birds, Regular Games & Specials

24 hour Women's Crisis Line
295-8211

You called it "COOL"
 Then you called it "a HABIT"
 Now it's "an ADDICTION"

 It's time to call it **QUITS.**
 BRITISH COLUMBIA LUNG ASSOCIATION
 Box 34009, Station D
 Vancouver, B.C. V6J 4M2
 Phone: 1-800-665-LUNG

HELP WANTED

Ministry of Human Resources
Client Service Worker (CSW) - Auxiliary On-Call PRINCETON
 (\$17.38 to \$19.74 per hour)

Duties: The CSW is responsible for providing telephone/front counter reception and administrative services for the Employment and Assistance office. Duties include responding, explaining, interpreting and instructing applicants on Ministry Acts, Regulations and policies; booking appointments; maintaining client information on computer and establishing positive client relations.

Qualifications: Three years clerical experience/training, including six months experience/training providing information or services to clients. Experience/training in keyboarding, word processing and other standard computer applications is also required.

Applicants are asked to complete a BC government job application. To access the application form, go to www.postings.gov.bc.ca or pick one up @ #10 - 136 Tapton, Princeton. Fax applications to 295-0592 or mail to:

Contact: Lynda Boyd
 Address: Box 28, Princeton, BC, V0X 1W0
 Phone number: (250) 295-6901

Applications must be submitted by January 10, 2003. Only those selected for further assessment will be contacted.

Town of Princeton Notice

For impounded pets, or to adopt pets please see the Community Bulletin Board at the corner of Bridge Street and Kenley Avenue.

PRINCETON/KEREMEOS DRUG and ALCOHOL COUNSELLING SERVICES FREE AND CONFIDENTIAL

Individual Counselling and Education
 Keremeos: Monday & Thursday 9:30 a.m. to 4:30 p.m.
 at 714 - 7th Street
 For appointment phone(250) 295-6776
 (collect if necessary) Tuesday to Friday 8:30 to 4:30
 Princeton: Tuesday, Wednesday & Friday 8:30 a.m. to 4:30 p.m.
PHONE: 295-6776

Free and confidential counselling service

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

Funded by the Ministry of Women's Equality.

Office hours 8:30 - 4:30
 Monday & Friday - Keremeos 499-5928
 Tuesday & Thursday - Princeton 295-4453

Need Extra Cash?
Turn stuff you don't need into money!
 Advertise in the News Leader FOR SALE SECTION

In preparation for a bid to provide Contract Weather Observation services at the Princeton Airport, ATS Services Limited is accepting applications for permanent and part-time positions as:

Surface Weather Observers

Applicants must possess a valid Meteorological Technician Certificate and have experience as Surface Weather Observer.

Positions will be located at the Princeton Airport Weather Station with an anticipated start date of April 1, 2003. Salaries to be negotiated. Comprehensive benefits package.

To apply, submit resumes via:

e-mail: yow@atsnwt.com
 Fax: (613) 232-0405
 Web: www.atsnwt.com/jobs/employment_opportunities/employment_application

For more information contact John Koidhis at (613) 232-1020

Why are ads in your community newspaper the most effective?

1. Most people read their community newspaper.
2. People can see newspaper ads any day of the week and all week long.
3. Unlike radio, you do not have to repeat it 10 times a day before people get the message.
4. Unlike television, you do not have to pay high prices and hire actors, graphic artists and film makers - one stop shopping does it all.
5. You can list a lot of products in one advertisement, so shoppers know all of the items you have to offer.

When you advertise in your community newspaper, you pay less and the message lasts longer.

CLASSIFIED ORDER FORM

\$4.75 + GST for the first 25 words for one week.

\$8.50 + GST for 2 weeks

DEADLINE : 12 NOON SATURDAY

CLASSIFIED SUBJECT	RUN DATE		
1 _____	2 _____	3 _____	4 _____
5 _____	6 _____	7 _____	8 _____
9 _____	10 _____	11 _____	12 _____
13 _____	14 _____	15 _____	16 _____
17 _____	18 _____	19 _____	20 _____

ADDRESS _____

Similkameen News Leader
 161 Bridge Street, P O Box 295
 Princeton, B. C., VOX 1W0

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

POINTS OF VIEW

OUR VIEW

We're celebrating five years of news

This issue of the News Leader marks five years in the life of this newspaper. Our first issue was on January 6, 1998.

We went back to our first issue, where we gave our mission statement. We need to do that now and then, to see if we stayed on track.

We said we would promote the Similkameen Valley and all its people. We have tried to do that with our news coverage of events in Tulameen, Coalmont, Osprey Lake, Princeton, Hedley, Manning Park, Keremeos, Cawston and Chopaka. If you are new to the area, you may wonder what kinds of events would happen in these places, but every area has had its big events, whether an annual event or a special event, like the celebration of the Trans Canada Trail in Osprey Lake.

During the past five years, we have gone to rodeos, road races, pow-wows, tractor pulls, old-time threshing bees, heritage fashion shows, snowmobile races, car shows, airplane competitions, motorcycle cavalcades, concerts and most recently, a Pepperfest. We have seen the number of events increase, and the events grow bigger and better. Our congratulations go out to the people of our area for their dedication to making our valley a really lively place to live.

We have witnessed increased sharing between communities, whether in events or in political or economic initiatives. This is a really good thing, because small towns need to help each other or be swallowed up by the ever-expanding cities with their demands for more money and more benefits from government.

There have been tragedies and triumphs during the past five years, and through this newspaper, we have tried to keep everyone up to date on what is going on. As we start our sixth year, we share a chuckle about those who said we would not last six months. Let's encourage other businesses to start and succeed in this great new year. If we believe in abundance, we shall have abundance. With that in mind, we thank the abundance of our readers who have given us their support and the advertisers who have chosen us as their medium of delivering their messages about the products and services they provide for us.

Let's have a healthy, happy, prosperous 2003!

EDITORIAL GUIDE

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

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

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

THE SIMILKAMEEN NEWS LEADER

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TIS TOONS



YOUR VIEW

We introduce ourselves once more

In celebrating our fifth anniversary, we thought we would once again tell our readers a little more about ourselves. We are a locally owned company, and the only newspaper in the Similkameen Valley with a head office in the Similkameen. Two of the partners, Sharon and Dawn Johnson, work in the business, and our employee, George Elliott, joined us as advertising manager two and a half years ago.



Dawn Johnson is Editor. She was born and raised in Princeton, as was her mother. With native ancestry derived from the Similkameens, she traces her family back quite a distance into the past, all of it in the Similkameen Valley.

Dawn graduated from Princeton Secondary School, then attended Victoria College (now UVic) to study teaching. During a short time while living in Italy, she studied journalism by extension from New York City College (now part of Columbia University) After living in a number of other places (and other coun-

tries), Dawn and her husband, Barry, chose to settle in Princeton and give their children a home town. Dawn has worked with the federal government, the school district, has been a school trustee, has written two books of local interest, worked for 16 years at the Similkameen Spotlight as a reporter/photographer until the business was sold and the new owner decided her services were no longer required. She is an active member of the Fall Fair, Legion Ladies Auxiliary and the Business Enhancement Association.



Sharon Johnson, Dawn's daughter, is President of Qantalqs Ventures, the company which owns the News Leader. Sharon was born in Alberta, and lived in foreign countries before Dawn and Barry settled in Princeton. Sharon left school for work, and later went to Okanagan College, where she studied accounting. She worked as Manager of Princeton and District Chamber of Commerce, then, as a single mother, worked for a motion picture film distribution company in

Alberta and returned to B.C. where she worked for an environmental lobby group in Kelowna, where she learned desktop publishing skills. In 1992, she and her daughter moved back to Princeton and Sharon managed Princeton Video until 1998, when the News Leader was established. She is Office Manager for the News Leader. Sharon is actively involved in the Rodeo Club.



George Elliott began his career in radio in Kelowna right after graduating from Grade 12. He worked in Penticton, then was hired as manager of our Princeton radio station until it was purchased by OSR and began to operate out of the Okanagan. Without a job, and with a mortgage to pay, George was out hunting for work. One day, the News Leader had an opening for the position of advertising manager. Sharon saw George at the Post Office, and told him the job was his if he

Continued next page

The 2002 mining year in review

by Gary Livingstone, President and CEO of Mining Association of B.C.

The mining industry in 2002 began to show signs of a turnaround in British Columbia. It's early still but there are encouraging signals that we are finally heading in the right direction.

The rising level of interest in mineral exploration and development has increased over the past several months due in large measure to legislative and policy changes made by the provincial government.

There is a new, welcoming attitude on the part of government toward investment, but simply saying you are "open for business" is not enough.

Actions must back the statement and the government has taken action. It began last year by enhancing the flow-through share program and harmonizing it with the federal government; they eliminated the PST on mining machinery and equipment and they reduced the top marginal income tax rate. The corporate income tax rate was reduced by three percent. They moved to make the tax-cost of doing business in B.C. competitive with other mining jurisdictions.

This year they finished repealing the corporate capital tax; they have continued the streamlining of mining specific regulations and begun instituting a 2-zone land designation model that will help provide needed certainty for mineral exploration and development projects.

The corners ton of the new energy policy – cost-based, regulated electricity rates – has been long supported by the mining industry. In adopting this principle, the government has clearly demonstrated its interest in maintaining the competitive advantage of low cost power for all consumers. The new energy policy has reduced the uncertainty regarding the future cost of electric power and will encourage further investment by both new and existing industry.

While other jurisdictions, the most glaring example being California, struggle with skyrocketing energy costs and endure the prospects of rolling brown-outs

due to power shortages, we can count ourselves blessed in B.C. We have abundant supplies of potential coal energy. We have plentiful supplies of coal-bed methane. Modern coal-fired technology has made coal a clean, environmentally responsible source of energy. Over 80 percent of Alberta's electricity and more than half of all electricity produced in the United States currently comes from coal.

In recognizing coal as a future energy source for our province, the new energy policy will do two things. First, it will add to the competitiveness of our existing coal mine operations, extending mine life and retaining current employment and investment levels. Second, the ability to add an electricity generation component has the potential to make current undeveloped coal deposits economically viable, leading to new coal mine construction, new mining jobs and new mineral development investments.

These changes are catching the attention of mineral investors. Investors are starting to talk about B.C. again and view our province in a more positive investment light. They have been further encouraged by the most recent project approval granted last week to the Tulsequah Chief Project.

Looking ahead to 2003, we are hopeful the provincial government continues to make economic focused decisions, decisions that are balanced and economically sustainable.

News Leader staff

from previous page

wanted it. He has been with the News Leader ever since, and adapted rapidly to the print medium after all those years on radio. In addition to selling advertising, George writes much of the Keremeos news, as one of his talents is writing. George creates most of the advertisements seen in the News Leader, using skills he has learned since coming into the newspaper industry. George has had a lot of community involvement, having been President of Racing Days Association and Princeton Exhibition Association, an executive member of Crisis Assistance Society and continues to serve in local organizations. He is Vice-President of the Business Enhancement Association.

Adding to our list of current contributors, we must include Joe Schwarz, who takes a humorous view of our world, John Sandness, our veteran angler who writes about fishing, Margaret Stoneberg, who keeps us up to date with Vermilion Court news, Dorothy Stenvold, our Rebekahs writer, and Margaret Trehearne, who lets us know what the Hospital Auxiliary is doing.

We have had many excellent contributors to our columns, and some good photographers who shared their photos. These are always appreciated, because there is so much going on in the Similkameen Valley that we cannot possibly be everywhere.

What has made our newspaper a success is our community and the people who become part of what we do, whether it is submitting stories, photos or letters to the editor. It is our opinion that is what a community newspaper should be – a reflection of what our community is about.

We have had a great five years – the next five should be just as good.

Heart Food

by Dave Machin

Happy New Year! Every time we hear that phrase, there is always a ring of hope attached to it. It carries with it the idea of new beginnings, second chances and forgotten pasts, and it is inspiring. The thought of actually squaring off and facing our lives in a new year is often intimidating at best. We feel that if we can somehow harness the how of the new year we'll be able to wrestle all the ingredients of our busy lives to the ground and get control. Control seems to be what we all long for. There seems to be more demands on each of us than we care to count and each one of them is screaming to claim the title of number one priority. The hope of the new year fades quickly as we are swallowed once again by our complicated lives. I'm sure you can identify with this picture and I am also sure you are looking for a way out of this condition. The truth is that there is a way. The sense of hope that a new year brings is of God. He created the seasons, the calendar and even time itself. He planned so that we are always moving toward the end of one thing and the beginning of another. As we reflect back on the old year, we should be able to experience a certain satisfaction, because of our accomplishments and with the new year have hope for correcting our mistakes. It's a great plan but how do we tap into it? Well, one reason the new year becomes just another old year is that we try to change everything at once. Then if by February it's not all different, we give up and fall back to the same old ways. Consider these words. The past is past. It didn't become something you want to forget instantly. It happened one day at a time. Likewise, the future will not change instantly, but God says "Do not remember the former things, nor consider the things of old. Behold, I will do a new thing, now it shall spring forth, shall you not know it? I will even make a road in the wilderness." It may seem this just isn't enough to bring you the control of your life you so long for, but it is. After all, He is God and you are not. He will not compete with you nor will He chase you, but He is waiting for you. Why not begin this new year allowing the goodness of God to fill your life one day at a time. 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

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 Pastors Dave & Tena Machin
 221 A BRIDGE STREET, PHONE: 295-0599



The facade of Princeton Hotel suffered substantial damage when a vehicle drove through the posts supporting the canopy. Note the tire tracks on the sidewalk.

Pastor's dream came true

On December 23, 2002, St. Paul's United Church hosted a free Christmas dinner for those in need of a turkey dinner, company and a good time. This was a "first time" trial run and was such a success the committee plans on making it a yearly event. Pastor Chris Haugland of St. Paul's United Church had a longtime

dream come true. Once the suggestion of the dinner was made, Shirley Hill offered to co-ordinate the meal and we were off and running. Donations of money, food, vegetables from Keremeos, turkeys, desserts and so important, time given so freely by so many, and we knew that it would be a success.

We enjoyed the company and help from the young people from Katimavik - great servers and great dishwashers. As well, we were entertained by one of the members playing piano during dinner. Our evening ended with candles given out, the lights lowered, and everyone sang Silent Night.

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Beautiful horse property close to Chain Lake. Pasture, hay land, 2 year-round creeks, artesian spring and water rights. Log home overlooking valley, guest cabin, outbuildings, excellent vegetable garden, fenced and cross fenced. See NEIL McHAFFIE today! \$230,000 MLS #19417



Be the Best! Excellent grocery business located in high traffic area. Great numbers, security system, secure tobacco case. Bright, clean, all equipment in good working order. Call HEATHER JOHNSON to view. \$139,900 MLS #12035



Wonderful recreational property approximately 30km up the Coquy Lake Road. Plenty of great building sites on this 6.43 acre lot. Shallow well and small building on site. Call GARY SICKER or MARTY GRAY to view. \$49,900 MLS #15053



Fabulous residential neighbourhood, great fenced yard with underground sprinklers. Oak hardwood floors, new roof, kitchen, carpets, bathrooms, plus exterior paint. Ready to move right in. Close to school, park and hospital. No worries here! Call HEATHER JOHNSON to view. \$124,500 MLS #15907



Fantastic price for possible 5-bedroom home on a large lot, landscaped, fenced and backs onto Chain Creek. Easy walk to downtown and schools. New roof and new painted exterior. At this price you will want to take a look. Why rent when you can own? Call DEAN STINSON. \$99,500 MLS #20700



Investor alert! Can't beat the value in this 3-bedroom, full unfinished basement home, located downtown with an easy walk to all amenities. Start building equity today for as little as \$299 per month. Perfect starter or investment property. Zoning R44. Call HEATHER JOHNSON to view. \$46,000 MLS #13070



Very private 22 acre tract of land with over 2000 feet of frontage on mountain fresh Hayes Creek. Great property for a hobby farm. Call RUTH HOOPER for more details. \$75,000 MLS #20525



Fantastic investment home just minutes away from Manning Park Lodge. Duplex style home with rental income potential. Large level landscaped lot with approximately 100 feet of river frontage. Year round or seasonal this is a must see! Call GARY SICKER or MARTY GRAY to view. \$169,900 MLS #18322



Location, location! This home is just steps away from hospital, schools and highway. You must see this 3-bedroom, 3-bath home. 2 car garage, C/Vac, in-ground sprinklers, 2 gas fireplaces, walk-in closet and big, big rooms, ensuite, etc. Plus a bonus room over garage. See DEAN STINSON today for your personal viewing. \$179,900 MLS #20067



Fantastic getaway site in the middle of the 3 latest excavated building sites in place to build the dream. Power house at bottom, septic installed, gorgeous secret garden, very nicely landscaped and simply a pleasure to view. Cabin is functional. See HEATHER JOHNSON to view today. \$79,900 MLS #20206



This cozy home is a pleasure. Very well kept with electric baseboards, combo natural gas stove, 10' x 20' workshop, excellent residential neighbourhood. Flat, fenced, level lot that is nicely landscaped, easy maintenance. Call HEATHER JOHNSON today. \$74,000 MLS #17749



Great reverse property! 3-bedroom located plus 2-bedroom non-conforming duplex with 3-bedrooms on main and 2-bedrooms up. Great potential income \$17,700. Live in one unit, pay your mortgage and have \$\$\$ left over. Duplex has new flooring, new windows in house. Call NEIL McHAFFIE to view. \$99,900 MLS #12637



Beautiful home close to school and a park. Just around the corner from the hospital. Hardwood flooring and a bird entrance accent this newly renovated home. Large deck and hot tub overlook the Tolmie Valley. Fabulous layout with 2-bedrooms up and one down. Lovely family room with a pellet stove. Princeton's finest area at an affordable price. Call HEATHER JOHNSON to view. \$119,900 MLS #18673



Easy living can be yours! This fabulous 3-bedroom, 2-bath home is immaculate! Wonderful addition features a master bedroom with 2 skylights. New windows, fenced, private yard and 4 appliances included. Call HEATHER JOHNSON to view. \$13,900 MLS #16696



This fantastic modular home is on a large landscaped lot with terrific views of Allison Lake. Home features vaulted ceilings, jetted tub, breakfast room and family room. Just seconds from the lake and boat launch. Price includes a side-on mower and a snow blower. See GARY SICKER or MARTY GRAY today. \$139,000 MLS #20041



Beautiful secluded parcel 11km south of Princeton in the Similkameen Valley. Rolling country with a variety of terrain, year round pond frequented by waterfowl. Not in ALR, and zoning permits 20 acre parcels. Call NEIL McHAFFIE for details. \$199,500 MLS #20320



Great getaway lot in Eastgate area. Level with paved road access make this the ideal spot for your getaway cabin or full-time home. Every kind of recreation you can imagine close by! Minutes away from Manning Park and ski hill. Call DEAN STINSON to view. \$35,000 MLS #18444



Contingent listing. 2 acre parcel in a tranquil rural setting on a quiet cul-de-sac adjoining town limits. Mainly forest, lightly treed, with drilled well in place. Contact NEIL McHAFFIE for more information. \$49,900 MLS #17265

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