

Similkameen News Leader

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Volume 6 Issue 5

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Posse is play-off wild card



This is the action racing fans saw at Princeton Exhibition grounds last weekend at Sno-X.

Tougher team earns play-off spot

Princeton Posse is the "wild card" in divisional play-offs.

Due to the way the league is set up, the top four teams in each division go into play-offs. However, because one division has only four teams, this year the lowest (fifth) team in any other division has an opportunity to replace the fourth team in the "short" division if that team has a lower number of earned points. The replacement team is called the "wild card" and that team is Princeton Posse.

The Posse has a few more games to play, but the team is strong now. At the January 28 Posse Club meeting, Coach Craig Einfeld said the team has the toughest training program in the league and the conditioning is paying off. The Posse is winning in the second half of the season, and this bodes well for a good position in the play-offs.

Bobby Nault is back with the Posse, welcomed heartily by Einfeld and players. Einfeld says Nault is big and tough and will put fear into the other teams.

Einfeld told Posse supporters, "This is a great group of kids. They got nothing but compliments everywhere we've gone."

Randy McLean complimented

Einfeld, saying, "These kids are light years ahead of last year."

Einfeld added, "I'm really proud of this team."

Einfeld was obviously very proud of the kind of fans the Posse has and said what a pleasure it is for the team to look up into the stands and see Princeton fans when the team plays out of town.

"This town has been fantastic," Einfeld said.

Clayton Hamilton told everyone he needs more volunteers. He needs more security people, people to sell 50/50, scorekeepers, and even somebody to sing O Canada on a regular basis.

The 11 student hockey players are worth \$50,000 to the community, and Hamilton told the meeting the community should appreciate having them here.

Hamilton told the meeting the Posse Club is in a constant financial struggle, and must have volunteers.

"We want to have the best organization of any club. We need help desperately," Hamilton said.

Randy McLean, Brad Hope and Dean Stinson volunteered to be a three-man booster club and will promote the Posse.

See Posse banquet page 2

Timberline Cruisers rule!

Timberline Cruisers Snowmobile Club was the big winner during last weekend's Sno-X race meet. They built a track pleasing to the racers, who told News Leader reporter Dawn Johnson that "It's a fast track and the jumps are good."

The pit area was well-organized and although it was crowded with rigs, there was enough room for everyone. A small refreshment stand near the rigs was convenient

for the riders, the registration tent and van were well-located.

A great contingent of racers came from Washington State and received a warm welcome from the BC Snowmobile Federation officials and from Chris Hassell on behalf of the host club.

For a pleasant change, there was no shortage of snow for the track, and a little fell during the races. Otherwise, the sun shone and the weather was perfect.

For spectators, a flat deck and bleachers put them close to the action, and when they needed a little comfort, the washrooms were warm and the concession stand served hot food and hot drinks.

Timberline Cruisers did a great job of promoting Princeton as the place to race, not only in the kind of track they built, but in their outstanding organization and excellent awards presentations following the races. For more Sno-X see pages 2 &

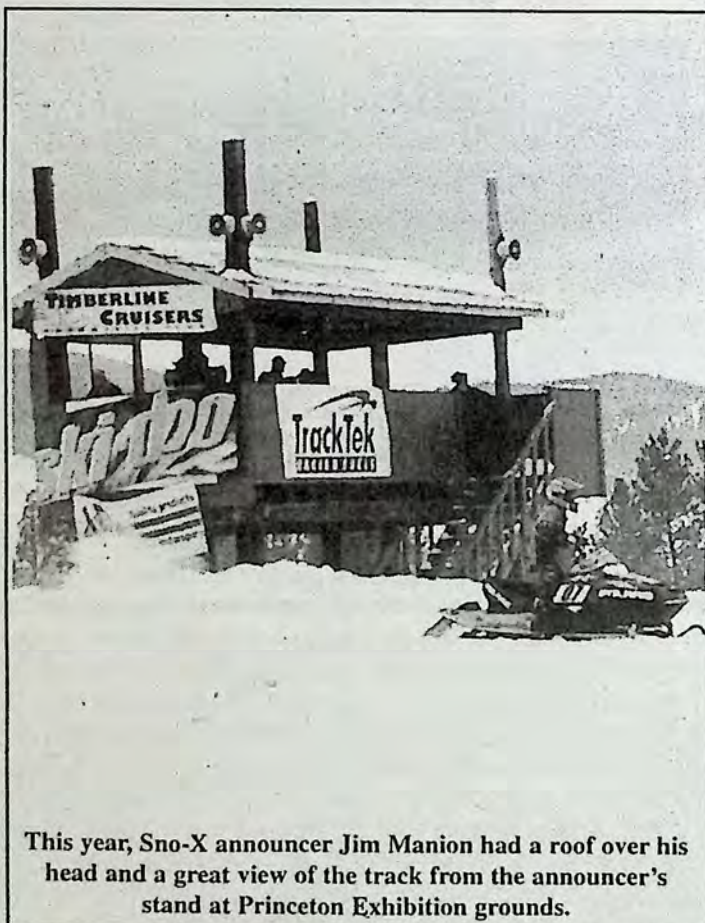
RCMP arrest

Surrey man

On Tuesday, January 27, at approximately 7:30 p.m. Princeton RCMP were alerted to a 911 call from a homeowner on Taylor Way, east of Princeton. The woman reported a man attempting to gain entry to her home by trying doors and windows. The homeowner knew the man, who was currently on a no contact order due to a recent assault which had occurred in Surrey, B.C.

When police arrived they discovered the man hiding in a tool shed on the property. He was taken into custody and held overnight in Princeton.

The man, Michael Emary, age 24, of Surrey, was charged with several offences, including failure to comply with a recognizance and criminal harassment. He appeared in Provincial Court in Penticton on January 29.



This year, Sno-X announcer Jim Manion had a roof over his head and a great view of the track from the announcer's stand at Princeton Exhibition grounds.

MotoCross reports to Fair

Mike Baines attended the January 27 Fall Fair meeting to report on progress made by the newly-formed Motorsports Association. The Fall Fair has sponsored the development of the group, and will continue to do so until the fledgling organization can become a "user group" of the exhibition grounds.

Baines reported the Princeton group who went to the BC MotoCross Association meeting were well-received and encouraged to go on with plans to build a race course in Princeton. The Motorsports Association intends to begin doing so in early spring.

After the initial construction of the track, it will be inspected and perhaps modified by a representative from the BC association. After modification, it will be inspected again for safety evaluation.

Baines said the local group plans a regional MotoCross event on July 17. The way the BC associa-


tion operates, all of the racers carry their own insurance and the BC association manages the race events, but the local host group receives the gate money and takes care of other details such as flags.

The Princeton group, if successful with a regional race meet, would become eligible to host provincial and national meets. The local group had learned at the conference that a national meet would bring TV crews to Princeton and the meet would be featured repeatedly on a sports channel.

"It will put Princeton on the map," Fall Fair Vice-President Tophy Hanna commented.

Baines went on to say regional meets attract a lot of people from within the region, and racers would be eager to try the new track. If they like it, the word will go out to all of the racers.

Baines added Princeton has a big
Continued on page 2



Osprey Snowwheelers Snowmobile Club 10th Annual Poker Run

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PRIZE DRAW: 3:00 PM / REGISTRATION FEE: \$25.00

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Congratulations! Good Luck! Best Wishes!

Dawn, Sharon, Barry & George

We look forward to the 'new'
Similkameen News Leader

Mayor and Council
Town of Princeton



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Some Sno-X racers are really small. Above, Dylan McEwen, a winner in the Mini Z, stands about three feet tall!

SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

CHANGE IN MEETING LOCATION

Please note that the Regular Meeting of the Board
of School Trustees has been changed as follows:

Wednesday, February 11, 2004
Princeton Secondary School Library
7:00 pm

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Sno-X winners

It was a great weekend for racing, and although there were a couple of injuries, they were not serious. Saturday's races awards are as follows:

Sport 440/500: Shane Luft, T.J. McCaffery, Aaron Collins
Semi-Pro 440: Cody Robinson, Kenny Fairweather, Jason Nelson

12-15 600 Fan - Fletcher Reichert, Ryan Letts

Sport Ladies - Jessica Clay, Tiffany Willett-Owens, Nikkie Josie

Jrs. 10-13 600 Fan - Fletcher Reichert, Levi Turcotte, Anthony Spragasli

Sport 600 - Steven Winkels, T.J. McCaffery, Casey Lawson

Semi-Pro 600- Cody Robinson
continued on page 7

Posse Awards banquet tickets will sell fast

Tickets went on sale last Friday for the Posse Awards banquet to be held February 20 at the arena mezzanine. Tickets cost \$20 each, and there are only 160 available.

A crew will decorate the mezzanine in the Posse's western theme, and the dinner will be western - roast beef, baked potatoes, beans, buns, salad, apple pie and ice cream. There is no special rate for children.

MotoCross

continued from front

advantage over other locations where there are MotoCross race events. Many are "starting from scratch". They have no facilities on site for water, restrooms, bleachers, or concession. Because the exhibition grounds has everything for the public, and may even have showers in the future, Princeton is far ahead of other locations.

The Motorsports Association will make a presentation to Town Council on February 2, and asked Fall Fair members if they would attend in support. Some Fall Fair members said they would, and would write a letter of support for MotoCross events in Princeton.

Rodeo Profiles

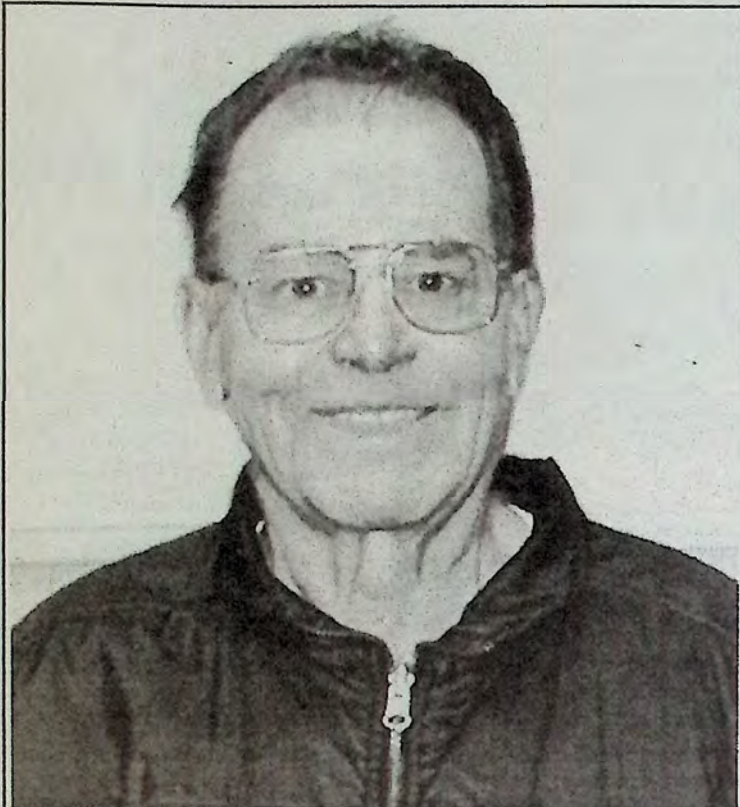
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Pete Montana is a veteran radio and television broadcaster in Canada. His morning radio show, *Montana Mornings*, is a two-time Canadian Country Music Association Nominee for Morning Show of the Year in Canada. Pete has also received nominations as announcer of the year in Pro Rodeo in Canada. He has a monthly article in *Canadian Cowboy Magazine* and spends 35 weeks a year on the road with his daily radio rodeo show, *Behind the Chutes*, on the Alberta Radio Group Network of Stations. Pete's also been a member of Canada's Olympic Hockey Program, working as a coaching consultant with the Olympic Men's and Women's Hockey Teams and with Canada's National Junior Men's Program. Pete Montana will be the announcer for the Princeton Canadian Professional Rodeo, May 15 & 16, 2004!



Hedley sets events dates

Hedley community representatives attended the President's Club meeting hosted by Similkameen Country and reported their calendar of events.

The year's events begin with a talent night and supper at Hedley Community Hall on March 27.

May 1 and 2 are Hedley Stamp Mill Days. This event is a special centennial celebration (including a parade) or the original Stamp Mill Days started in 1904.

Later in May, on the long weekend, Hedley hosts a Slowpitch Tournament.

Hedley Fun Day is set for August 14. This event includes a duck race and an outdoor dance. This is the last event scheduled for Hedley.

ADVANCE PUBLIC NOTICE

LOAD RESTRICTIONS

Okanagan Shuswap District

Pursuant to Section 23 of the *Highway Act*, notice is hereby given that load restrictions may be placed—on short notice in the near future—on all highways in the Okanagan Shuswap Highways District

Restrictions will be imposed, as conditions warrant, normally the most westerly and southerly areas to be restricted first.

The restrictions will limit vehicles to 100 percent, 70 percent or 50 percent of legal axle loading, as allowed under the regulations pursuant to the *Commercial Transport Act*.

Overweight permits will not be granted, and all term overweight permits are invalid for the duration of the restrictions.

The public, and trucking and transportation companies should govern themselves accordingly.

Your cooperation in adhering to the above regulations will be appreciated.

Dated at Kelowna, BC this 19th day of January 2004.



BRITISH COLUMBIA

Ministry of Transportation

Doug Ricketts walks for Heart Fund "They saved my life"

Doug Ricketts, who was a former heart patient, is a firm believer in the benefits of walking for heart health. To prove it, he is going to walk 67 km. for the Heart Fund on February 14. He believes in the Heart Fund, too, and the research the donations pay for.

"They saved my life," Doug says.

Doug is looking for pledges for his walk and will turn the money over to Maria Sadegur at the Heart Fund Dinner the evening of his walk.

Call 295-7457 to give Doug your pledge or fill out the form at Princeton Bowling Centre.

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Good Luck, George!

We wish you all the best with the Similkameen News Leader.

Heinz Ebenau

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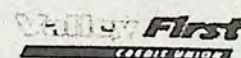
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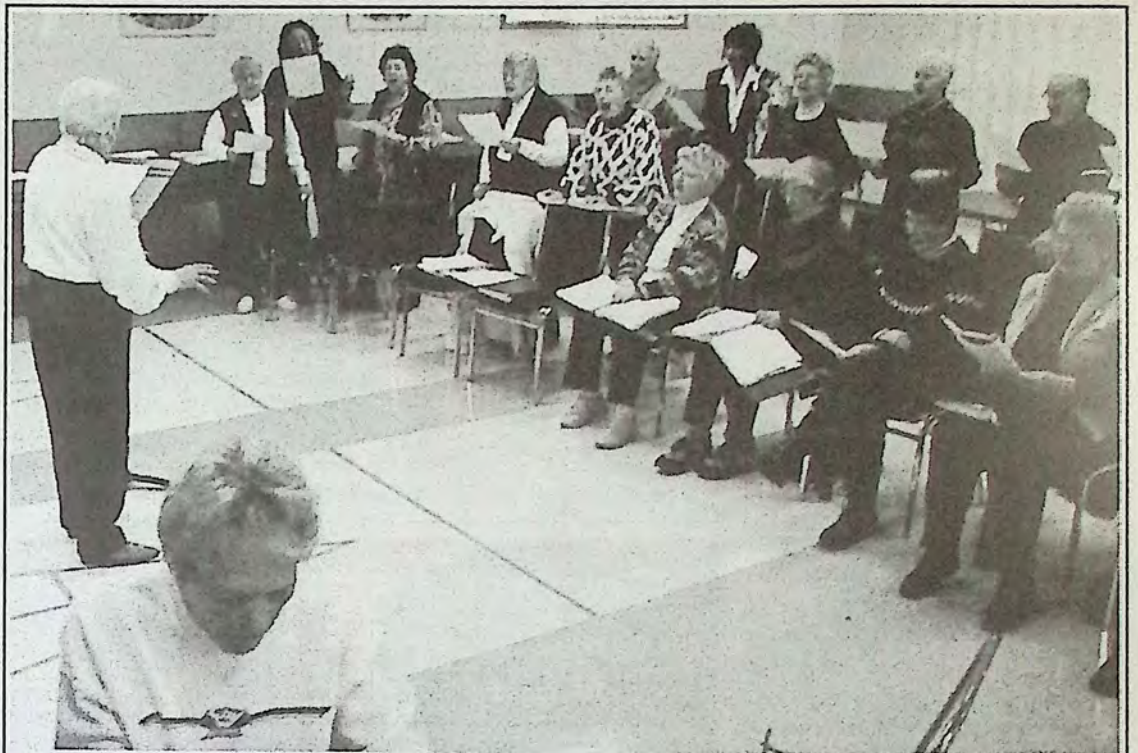
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**Good Luck,
George**

We are very happy for you!

We also wish Dawn the very best
in everything she does in the future!

Tijmen & the Van Lagen Family
Flowers In Motion
 SEE YOU IN THE SPRING!



Wednesday morning at Keremeos Seniors' Hall brings together those who love to sing. Barb Stolz is conductress and Gloria Whelan (in foreground) is the accompanist.

President's Club sets schedule

Anna Bartlett is the new manager for Similkameen Country. She is in her office on Monday, Wednesday and Friday mornings. Bartlett began her new position early in January, and is making real progress in compiling information for the coming year.

The President's Club, which is a group representing all local organizations, met in January to outline the events they plan for the coming year. Bartlett recorded all of the events chronologically in a Calendar of Events for the community. The list is impressive and will be included in the News Leader's regular calendar of events in the TV guide Thursday page. The calendar includes Hedley's special days.

In addition to the Calendar of Events, Bartlett has prepared a list of community contact people. Anyone interested in joining a particular group should contact Bartlett. Her office is located in

the Employment Access Centre. Bartlett says she has been very busy, as there was a backlog of work to do. She is updating

tourist information brochures and answering emails and letters about the community and its attractions.

Spend Easter at Chopaka Rodeo

Whether you enter rodeo events or not, the Chopaka Easter Sunday Rodeo is a great place to be. This is the place where longtime residents of the Similkameen Valley and South Okanagan spend time visiting, renewing friendships and making new friends. This year, it takes place April 11.

The Chopaka Rodeo is located on the Allison Ranch on Chopaka Reserve which is located south of Cawston. The

Reserve is accessed by a bridge across the Similkameen River.

The rodeo is lots of fun for every age. Contestants pay fees and there is an admission cost for spectators, but spectators should bring their own chairs. The weather can change suddenly, so a warm jacket is essential even if the sun is shining when the rodeo starts. A concession stand is on site, and for many people, it is their first taste of fry bread of the season.

LSIB hosts two powwows this year


Lower Similkameen Indian Band hosts two powwows again this year. The first is on May 22 and 23. This annual May long weekend event is held at the Ashnola Campground west of Keremeos. It features competitive dancing, singing and drumming, camping, concession stand with great food. This event draws people from areas as far north as Alaska and as far south as Arizona. Admission and camping fees are very reasonably priced and all facilities are on site.

The second powwow was first established in 2002, and honoured the return of Spotted Lake to the Okanagan Nation. This powwow is not as large, but is a great place to mix and mingle and enjoy a lot more

inter-tribal dances (an inter-tribal is one in which anybody can dance). Again, camping is welcomed and the concession is operating.

Growing a community

For anyone in the agriculture industry, the Sustainable Agriculture Conference to be held in Creston, B.C., will be of interest. The conference, called Growing a Community, will take place on February 27 and 28, and will feature key speakers John van Dongen, BC Minister of Agriculture, Food and Fisheries, Dr. Nico Human, Communications Director of BC Agriculture Council and Co-



On behalf of the Mayor, Council, Staff and Employees we thank Dawn Johnson for her continued coverage of activities in our part of the Similkameen.

We also congratulate George Elliott on his purchase of the Similkameen News Leader!

The Corporation of the Village of Keremeos
 Incorporated 1956
 702-4th Street, Keremeos

Continued next page

Growing a community

continued from page 4

-ordinator of AgAware BC, and Brent Warner, Industry Specialist in AgriTourism.

The conference explores agricultural trends, innovations and opportunities designed to enable communities to fully benefit from a sustainable agriculture approach to farming. It offers internationally renowned speakers, expert panellists, workshops, a Value-added Trade Show and excellent networking opportunities. Topics include: community farmers, initiatives, innovative marketing and promotional techniques, agritourism, organic growing practices and regulations, integrated pest management, proven soil nutrient programs, communications and information on genetically engineered foods. Delegates and speakers are welcome to display their products at the trade show at no extra cost.

For further information on the conference visit www.growingcommunity.com or Jim Jacobsen 250-428-0560 (evenings), Eileen Delman 250-402-6200 (days) or Erika Woker 428-5957 (evenings). Funding for this initiative is provided in part by the Government of Canada's Canadian Agriculture Rural Communities Initiative (CARCI).



A good game of pool at the Seniors' Hall beats the winter blahs.

ads@thenewsleader.ca

Dollars and Sense



with Hugh Desjardins CFP, CLU, Ch.FC
Valley First Credit Union

Q: Why do bond prices move in the opposite direction of interest rates?

A: When a bond is purchased, a bond holder receives interest payments which are calculated at the coupon rate. The coupon rate is usually fixed for the term of the bond. For example, if a bond is purchased for \$100 for a term of five years at a coupon rate of 10%, the bond will pay interest of \$10 per year for the five years. If we assume that interest rates are currently 10%, the yield on this bond would also be 10%. The yield of a bond is calculated by equating the current price of the bond with the present value of all the interest payments and principal. However if the interest rates were to decline to 8%, for this bond to have a yield of 8% the bond price must increase. On the other hand, if interest rates were to increase to 12%, for this bond to have a yield of 12% the price of the bond must decrease. Hence bond prices and interest rates are inversely proportional.

HUGH DESJARDINS

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Listen for Dollars and Sense Saturday mornings at 9:00 on CIGV 100.7 FM

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Congratulations, George!

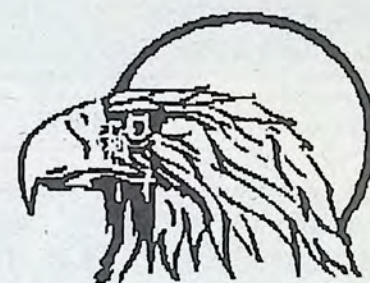
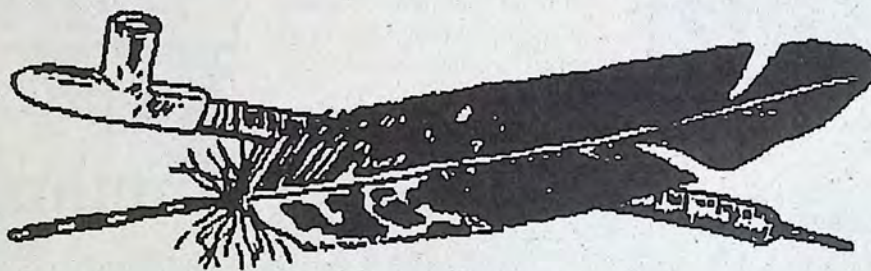
May you experience much success in your new business venture.



Best Wishes, Dawn on your "semi-retirement!"

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George:
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The Chief, Council and Band Members

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Dave Mack

Aches and pains? What are they?



Dr. Duane Drobot

by Dr. Duane Drobot, MSc DC
I recently attended a session with the local badminton club. I have not played badminton since elementary school, but my thinking was "I'm young, fit and athletic; this is going to be easy!"

In fact, it was not easy. Badminton is a forward thinking game based on positioning and placement. After playing five games with zero victories, I reassessed by early optimism and replaced it with greater respect for the game and players around me. To make things worse, many players complained of an assortment of ailments to the wrist, elbow and shoulder. Some were even wearing braces or various other supportive devices.

Not only did I lose to people twice my age with half the agility, they were also injured.

This trend is common to many people, not simply badminton players. I have heard similar com-

Give love for love given

Who loves you most and asks for little in return? Who loves you without any expectations of who you should be or how you should behave? Only a pet fills this tall order for unconditional love.

Some people have had their lives, or sanity, saved by a pet. Medical researchers know the love given by a pet can lower blood pressure and raise spirits of despondent patients in hospitals.

When a pet dies, most of the loved ones left behind experience grief. How can we express how much we loved those furry, four-footed friends we lose?

The South Okanagan Similkameen SPCA offers a way to honour the memory of your pet. You may make a donation to the SPCA in memory of your pet, and it will be published in their newsletter. Send your cheque or money order to SPCA, 2088 Dartmouth Road, Penticton, B.C. and tell them who you are and what your pet's name was, and something about your pet. Perhaps you are left with extra dog or cat food, leashes, collars, pet bed, or pet toys. You can place these in a bin at Overwaitea.

plaints from curlers, hockey players, office workers, homemakers, truckers, loggers and athletes. In fact, these complaints are becoming more prevalent. These complaints are often referred to as *repetitive stress disorder* (RSD), *repetitive strain injuries* (RSI), *cumulative trauma disorder* (CTD) or *cumulative injury disorder* (CID). The terms are used interchangeably to describe similar complaints related to the musculoskeletal system.

The terms *trauma* and *strain* are misleading since it infers that a specific physical trauma has occurred resulting in a specific complaint. This is often not the case. For purposes of clarity, *cumulative injury disorder* (CID) will be used. Cumulative injuries can occur at many locations in the body. As the name suggests, it is progressive and accumulative over time. Common locations include the wrist, forearm, shoulder and lower back.

Cumulative trauma disorders are among the most prevalent, most expensive and most preventable workplace injuries. (Source: *Occupational Safety and Health Administration (US)*).

The incidence of cumulative injury disorders (CID) is high and increasing at a rapid rate. As

a whole, CID represent a significant percentage of visits to health care practitioners and therefore represent a large burden on the health care system. They are the most common physical complaint among workers. Statistics show that the number of patients suffering from cumulative trauma injuries has now surpassed those suffering from back pain. Interestingly, acute back pain episodes are often the end result of cumulative musculoskeletal degeneration related to years of poor lifestyle habits.

Repetitive Strain injuries generally involve a greater number of days away from work than other injuries and illnesses. (Source: *US Bureau of Labor Statistics Annual Survey 1995*)

Cumulative injury disorders are caused by a breakdown in the normal function and balance of muscles, joints and supportive tissues such as tendons. This functional degeneration accumulates over time and results from physical factors such as acute injuries, repetitive stresses and constant stresses to those tissues. In my next column, I will discuss how to recognize cumulative injury disorders, common CID conditions and some treatment options.

Living Past 100

Keep your immune system healthy

With all kinds of exotic viruses around, such as "bird flu" and SARS, your best defense against these killer diseases is a good immune system.

The immune system is made up of a lot of different elements which include your nervous system, your blood, your liver, and your glands. When your body encounters a virus or bacteria which has invaded your body, it goes into high gear. Often, the first thing you may notice is a headache, or chills. Your temperature will rise, you will become more thirsty, and you will seem to have no energy. These are all symptoms of your immune system going into action. Your physical energy is being directed at killing off whatever is invading your body. In the case of respiratory infection, you may begin by sneezing, go on to a runny nose, coughing, and may experience the more serious complication called pneumonia.

Your body's ability to fight off the invaders is called your immune system. To keep the invaders out at first alert, and to be really effective, you must keep your immune system healthy. To do this, you must keep yourself healthy on a daily basis.

Staying healthy in winter seems so much more difficult. For most people, this is the season when they experience all sorts of invaders, from colds, flu and bronchitis to external infections that seem to heal more slowly. Part of this is due to a reduced amount of sunshine. Take cod liver oil capsules daily. These contain Vitamin D that we produce in sunshine. Cod liver oil replaces the sunshine we miss in winter.

In summer, we eat a lot more fresh fruit and vegetables. These give us Vitamins A, C and E. We can make a point of eating plenty of fresh fruit and vegetables in winter, but we can also take these vitamins in a supplement capsule form. This is not a bad idea, as many of the fruits and vegetables are not at their best by the time they reach us in winter.

Staying healthy keeps the immune system in peak form, but do not neglect exercise, which improves circulation and ensures all the good stuff you eat gets to where it is most needed.

Sno-X winners

continued from page 2.....

Semi-Pro 600 continued....
 Aaron Fraser, Brandon Plewes
 Juniors 10-13 380 fan - Fletcher Reichert, Jacob Hagen, Frankie Reichert
 Pro 440 - Bob Reichert, Shaun Demarke, Josh Fraser, Frank Baker, Brett Turcotte
 Juniors 14-16 - Steven Winkels, Brenden Willett-Owens, Shane Luft
 Semi-Pro Open - Cody Robinson, Kenny Fairweather, Brandon Plewes
 Pro Ladies - Michelle Sanford, Sheila Butler, Tiffany Willett-Owens
 Pro Masters - Mel Orkney, Down Owens, Tom Shields
 Pro Open - Shaun Demarke, Bob Reichert, Frank Baker, Josh Fraser

Following the races, the racers, their family and friends and race organizers gathered at the arena mezzanine for refreshments, socializing and presentations. There were a total of 90 entries on Saturday involving 55 riders. The Wenatchee contingent consisted of 34 racers out of the 55. We did not have room for the results of the Sunday races, but will give them next week. Racers gave Timberline Cruisers many thanks and congratulations on hosting an excellent race meet. The track was good, and despite a few mishaps and breakdowns, everything went very well.



Jessie Coers takes home a trophy from Sno-X.



In her first Sno-X race, Frankie Reichert carries on the Reichert family tradition by placing third.

Got something to say? Let's hear it!
editor@thenewsleader.ca

Congratulations

George & Brenda,
 we wish you the best with the
 Similkameen News Leader!

Good Luck also to
 Dawn, Sharon & Barry...

Goldwater Florists

213 Bridge Street, Princeton (250) 295-3733

PRINCETON LEGION

VALENTINE'S DAY DANCE

7:30 PM

Saturday, February 14th
 Legion Lounge
 "Music By Hans"

BRING YOUR SWEETHEART!
 • Special Surprises

MEMBERS and BONA FIDE GUESTS

It's a Full Evening of Fun!
 Free Admission Snacks!

Congratulations, George!

Buying the Similkameen News Leader
 was one of the best kept secrets in Town...

Good Luck to both you and Brenda
 with your new business.

We also wish Dawn & Sharon all the best with their plans!

RadioShack
 You've got questions. We've got answers.

259 Bridge Street,
 Princeton
 (250) 295-6848

SIMILKAMEEN EMERGENCY SERVICES

WINTER 2004 TRAINING SCHEDULE

LARRY McINTOSH - INSTRUCTOR

FIRST AID TRAINING

- RED CROSS EMERGENCY FIRST AID WITH "B" LEVEL CPR
 (1 Day Program) - FEBRUARY 14, 2004

- RED CROSS STANDARD FIRST AID WITH "C" LEVEL CPR
 (2 Day Program) - FEBRUARY 15, 2004

(THIS IS A CONTINUATION OF THE FEBRUARY 14TH 1-DAY PROGRAM)

- RED CROSS "C" LEVEL CPR - (1 Day Program) - FEBRUARY 21, 2004

FOR REGISTRATION OR FURTHER INFORMATION: 295-7506

*** PLEASE LEAVE YOUR NAME AND PHONE NUMBER SO WE CAN RETURN YOUR CALLS!

Thirsty Thursdays! Canadian & Coors Light \$2.89 a Pint

Copper Mountain Bar & Grill - Highway 3 West

All You Can Eat
 Tacos, Beans & Rice
 \$ 6.95

All You Can Eat
 Tacos, Beans & Rice
 \$ 6.95

KARAOKE STARTS AT 9:00 PM!!!

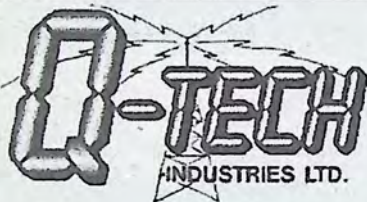
Stockwell Day

Member of Parliament
Okanagan-Coquihalla



I wish George Elliott, the new owner of the Similkameen News Leader, much success. I would also like to thank previous owners Dawn, Sharon & Barry Johnson for their years of dedication to the people of Princeton.

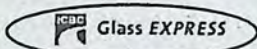
**Congratulations,
George & Brenda!**



From Bill & Laurie
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(250) 295-0566

The Princeton Glass Co. Ltd.

89 Halliford Street, Princeton
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Assets in Action for children 0 to 6

by Nadine McEwen, Asset Development Coordinator

Every young child in our community is unique. You'll notice this right away when you step into a preschool program or stop by your local park. Some children pay attention while others are in their own world. Some hug their friends while others may slug. although all children can have good and bad days, some children stand out. These aren't always the brightest or the happiest (or the crankiest) but ones who act in a positive way.

Children who act in a positive way have support from their families, other adults and their peers. They have boundaries to guide them and appropriate expectations to encour-

age them to develop new skills. They have meaningful ways to spend their time and many opportunities to explore and learn. They have positive values, social skills and a positive identity. They have many of the 40 developmental assets in their lives and people in their lives who help to strengthen and build the assets.

Remember that the more developmental assets we begin to support and encourage in our young children the less likely he or she is to use alcohol or drugs. The more assets we develop the better we are in developing a healthy lifestyle with our children.

One of the greatest ways to begin developing assets with your child is

utilizing time constructively. Most children don't decide how they spend their time - they need adults to choose and create activities for them. With encouragement and support, children can enjoy fun and meaningful activities that help them become caring, creative, confident people.

Infants are curious and ready to learn. To keep this excitement and involvement growing, adults need to understand children's development and choose enjoyable appropriate activities for them. There are many programs available in our community for children age 0 to 6 and their families. These represent many Assets in Action.

Once a month, at Vermilion Forks Elementary, pre-school children and parents or caregivers are invited to attend Pre-School Early Literacy and Gym from 9:30 to 10:30 a.m. Parents wishing to attend with their children drop in at the school on February 11, March 10, April 14 and May 12. It is a lot of fun. This is a great way to introduce your child to a school, and the joys of reading and socializing with other children. The program is free.

Each and every Tuesday from 9-11:30 a.m., Princeton Child Care Society and St. Paul's United Church offer the Time for Play program for parents and caregivers with infants and toddlers. This program has been operating for many years at the Christian Education Building located behind the Courthouse) and has many agencies involved. While enjoying coffee and your time with your child, you will build friendships with other parents, pick up literature regarding parenting and child health, and listen to guest speakers once in awhile. This program is free.

The Health Centre offers the great Mother Goose Program once a week for 10 weeks. Parents learn rhymes and songs that foster relationships and promote children's language development. Parents will delight in their children as they share a favourite song or story together. The next session begins March 25. Please call the Health Unit at 295-3133 for more information or to register at no cost. Princeton Child Care Services Society is a family centered place for you and your children. They offer a variety of wonderful programs such as the Time for Play program. They have a lending library of pamphlets, books and videos on discipline, relationships, communication, sibling rivalry, ADHD, blended families and more. They offer optional parenting courses such as How to Talk So Kids Will Listen, Active Parenting, STEP, Positive Discipline, Nobody's Perfect Programs, infant development and much more. All of these programs are at no cost to you. Contact me at 295-3126 for further information or to register for a program or to plan a program for you and friends in your home.



Student of the Month for January

at Princeton Secondary is Grade 12 student Keri Petschl. Principal Bill Lawrence, says the honour is "Well-deserved and long overdue". Keri has been on Student Council for several years, has been on the volleyball and basketball teams since Grade 8, and maintains excellent marks in school as well as taking correspondence courses at the same time. Although she has little spare time, Keri enjoys skiing, writing, creating scrapbook treasures and runs a home-based jewelry business. She received a Levi wristwatch from the Parent Advisory Council as her award. Keri plans to attend Simon Fraser University to study for a career in teaching.

NDP selects riding candidate

On January 25, in Castlegar, Alex Atamanenko was endorsed enthusiastically by the New Democratic Party (NDP) riding association as the candidate for the Southern Interior NDP federal riding (which includes the communities in the Similkameen

Valley).

Atamanenko lives in Castlegar. He is a retired teacher who speaks four languages fluently.

The candidate is planning to speak to residents in every community of the riding. No dates have been published yet.

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recreation and t v guide

TUESDAY, FEBRUARY 3, 2004 THROUGH MONDAY, FEBRUARY 9, 2004



Posse players (dark jerseys) kept the pressure on Castlegar Rebels' goalie Friday night.

Princeton backs a winning Posse team

The fans turned out in big numbers on Friday evening to watch the Posse play. The Posse is going to the play-offs, beginning with a game against Summerland Sting. Fans who want to travel to the game by bus should see Michelle at the Posse office as soon as possible.

Friday's game against Castlegar was began rough and tough, and Chance Lintick was sent off the

ice in first period when a Castlegar scrapper went after him and Lintick taught him a lesson. Tony Bertuzzi scored the first goal of the game, then the second Posse goal came in rebound off a player's legs. Ammerman, McPhee and Armitage took the credit. The period ended 2-0 for the Posse.

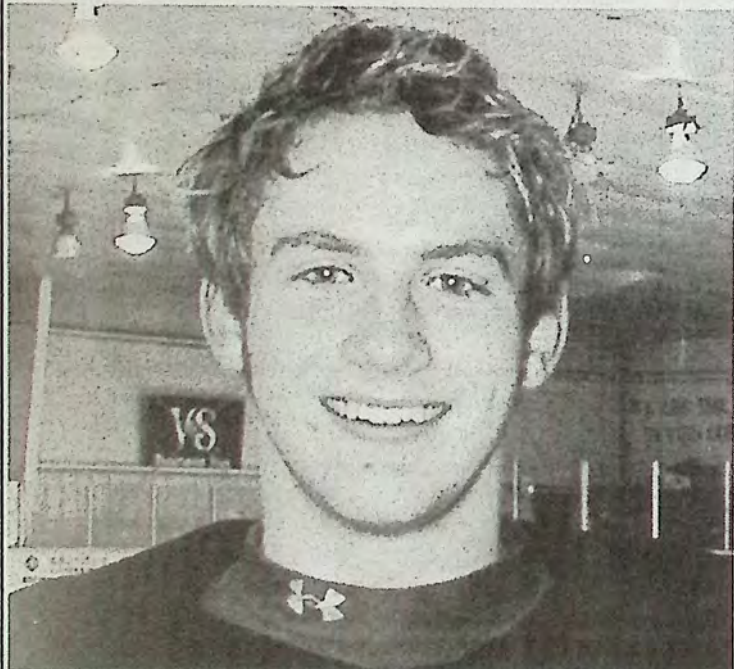
Second period saw Ryan Buchanan score the Posse's third

goal, assisted by Nick Stermer and Tony Bertuzzi.

Castlegar finally scored in third period, a quick one/two and the score was 3-2. The Posse held them in while hammering their goalie, but in the last minute of play, Castlegar pulled the goalie and the Posse scored on the empty net, for a win of 4-2. Fans went home happy. The Posse played two more games last weekend, both against Revelstoke Grizzlies.

Posse Player of the Week

#1 Tony Johnson



Tony Johnson is age 15, attends Princeton Secondary Grade 10 and is a Posse netminder. He began playing hockey at age 5 and was a defenseman up to the Senior Atom level. He comes from Kelowna. Tony has been with the Posse since training camp. He wants to go on to WHL and NHL. He loves playing for the Posse.

Princeton Posse Player of the Week is brought to you by:
The Similkameen News Leader
 Princeton's ONLY Locally Owned & Operated Newspaper

Keep It In The Green Zone!

PLP's "Power-By-The-Hour" Contest Entry

Name _____
 Address _____
 Phone _____
 Week # _____
 Answer Red Zone Green Zone

PLP Princeton Light & Power Co. Ltd. **E.A.S.E.**
 231 Bridge Street, Princeton Energy Management Services
 Phone (250) 295-3244 Fax (250) 295-3611

Otter Valley Fish & Game Club

6th ANNUAL

BIG BUCK NIGHT

Saturday, February 7th
 At The Legion

DOORS OPEN 5:00 PM - DINNER 6:00 PM
 DINNER - AWARDS
 SILENT AUCTION - LIVE AUCTION

FOR TICKETS:
 Bob Montgomery 295-7571

Keep It In The Green Zone!

PLP's "Power-By-The-Hour" Contest teaches you how...

The Quiz - Week 1

Today's Date is Tuesday, February 3rd, 2004 - the Time is 9:30 AM.
 According to PLP's Time Of Use Schedule, would this be in a
 "RED ZONE" time period or would it be in the "GREEN ZONE"?

Winners!

13 Weekly Draws - February 6th to April 30th, 2004
 \$ 25.00 Credit to the PLP Power Bill of your choice!
 3 Monthly Draws - February 27th, March 26th, April 30th
 \$100.00 Credit to the PLP Power Bill of your choice!
 Final Grand Prize Draw - May 7th, 2004
 \$500.00 Credit to the PLP Power Bill of your choice!

The Gear

You will need "Power-By-The-Hour" Charts. They are available at both the Princeton Light & Power office and at the News Leader. You will require these to get the correct answers to the weekly questions.

The Loot

WEEK 2 Prize:
 \$ 25.00 PLP Power Bill Credit

The Routine

- 1) Get Weekly Question from News Leader.
- 2) Determine Answer from PLP Charts.
- 3) Fill out Entry Form from PLP or News Leader.
- 4) Drop Off Entry at PLP or News Leader.
- 5) Win if Entry is Drawn.
- 6) Enter Weekly and Enter Often.
- 7) Have Fun!

PLP **E.A.S.E.** Princeton Light & Power Co. Ltd. **E.A.S.E.**
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Approximately 50 skaters participated in the annual Princeton Figure Skating Club Skate-a-thon held January 28. This is one of the big fundraiser events for the club, and members expect more than \$1,000 when all of the pledges are in. The next big event is in March when they present their annual show.

Princeton Posse

2003-2004 Season Schedule

Friday, February 06
7:30 PM @ Summerland

Saturday, February 07
7:30 PM Revelstoke

Sunday, February 08
2:00 PM Nelson

Friday, February 13
8:00 PM @ Osoyoos

Saturday, February 14
7:30 PM @ Sicamous

Saturday, February 21
7:30 PM @ Summerland

Sunday, February 22
2:00 PM Sicamous

* DENOTES MOUNTAIN TIME

How SEXY are YOU?

That's none of our business!

Our business is located at 226 A Bridge Street between CIBC and Century 21.

We don't care how sexy you are, come in and see us soon.

2003-04 Princeton Arena Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
Hockey Game	9 - 11:00 AM School Rentals	9 AM - 12 PM School Rentals	9 AM - 12 PM School Rentals	9 AM - 12 PM School Rentals	9 AM - 12 PM School Rentals	Hockey Game
Hockey Game	11 AM - 12 PM Adult / Tot / Seniors	1:15 - 2:30 PM Stick & Puck	1:15 - 2:30 PM Adult / Tot / Seniors	1:00 - 2:25 PM Stick & Puck	1:15 - 2:30 PM Stick & Puck	Hockey Game
Hockey Game	1:15 - 2:30 PM Stick & Puck	4:00 - 4:45 PM Tykes Practice	3:15 - 8:00 PM Figure Skating	2:15 - 3:30 PM Posse Practice	3:15 - 5:15 PM Figure Skating	Hockey Game
Hockey Game	3:15 - 7:45 PM Figure Skating	4:45 - 5:30 PM Novice Practice	8:15 - 9:30 PM Posse Practice	4:00 - 4:45 PM Tykes Practice	5:15 - 6:00 PM Jr Girls Hockey	Hockey Game
4:45 - 6:00 PM FREE Public Skating	8:00 - 9:00 PM Posse Practice	5:30 - 6:30 PM Atoms Practice	9:45-11:15 PM OPEN FOR RENTALS	4:45 - 5:30 PM Novice Practice	6:15 - 7:15 PM Ladies Hockey	Hockey Game
6:15 - 7:15 PM Girls Drop-In Hockey	9:15-10:45 PM Oldtimers Hockey	6:45 - 7:45 PM Pee Wee Practice		5:30 - 6:30 PM Atoms Practice	7:15 - 8:15 PM Public Skating	5:00 - 6:30 PM Public Skating
7:30 - 9:00 PM Adult Rec Hockey		7:45 - 8:45 PM Bantams Practice		6:45 - 7:45 PM Pee Wee Practice	8:15 - 8:45 PM Teen Stick & Puck	Hockey Game
		9:00 - 10:15 PM Posse Practice		8:00 - 9:00 PM Bantam Practice	9:00 - 10:30 PM Pumpkins Hockey	
		10:30 - 11:30 PM OPEN FOR RENTALS		9:15-10:45 PM Adult Rec Hockey		

Tournament Dates:

NOTE: Public Skating Is CANCELLED or CHANGED on Tournament Weekends

February 13/14/15: Atoms tournament
February 28/29: Adult Draft tournament
March 6: Figure Skating show

For More Information Contact Princeton Arena at 295-7222

TUESDAY MOVIES

MORNING

10:00 am CITY (29) ★★ "Cop and a Half" (1993, Comedy) Burt Reynolds. An 8-year-old murder witness forms an alliance with a misanthropic police detective. [CC]

11:00 am A&E (9) ★★ "A Deadly Silence" (1989, Drama) Charles Haid. A fact-based account of a Long Island teenager who hired a schoolmate to murder her sexually abusive father. [CC]

AFTERNOON

5:00 pm WTBS (3) ★★ "G.I. Jane" (1997, Drama) (PA) Demi Moore. A woman is determined to prove that she can withstand the rigors of Navy SEALs training and join their elite ranks. [CC]

WGN (38) ★★ "Black Rain" (1989, Drama) Michael Douglas. A detective clashes with the Japanese police and the brutal Osaka underworld when he searches for a fugitive mobster. (In Stereo) [CC]

EVENING

6:00 pm CITY (29) ★★ "Angel Eyes" (2001, Mystery) Jennifer Lopez. A Chicago policewoman

becomes involved with a sad-eyed good Samaritan with a mysterious past.

7:40 pm WTBS (3) ★★ "Fire Birds" (1990, Adventure) (PA) Nicolas Cage. An Army helicopter pilot undergoes rigorous training for a confrontation with South American drug dealers. [CC]

9:00 pm FAM (26) ★★ "The Ernest Green Story" (1993, Drama) Morris Chestnut. Based on the true story of a 1957 Arkansas teen who defied racism in pursuit of a better education. (In Stereo) [CC]

9:10 pm WTBS (3) ★★ "G.I. Jane" (1997, Drama) (PA) Demi Moore. A woman is determined to prove that she can withstand the rigors of Navy SEALs training and join their elite ranks. [CC]

10:06 pm CITY (29) "Belle Epoque" (1995, Drama) Andre Dussollier. A beautiful woman is pursued by an industrialist and his young protege.

11:40 pm WTBS (3) ★★ "Fire Birds" (1990, Adventure) (PA) Nicolas Cage. An Army helicopter pilot undergoes rigorous training for a confrontation with South American drug dealers. [CC]

WEDNESDAY MOVIES

MORNING

10:00 am CITY (29) ★★ "A Simple Wish" (1997, Fantasy) Martin Short. A fairy godfather stumbles to the challenge of fulfilling a youngster's selfless request for her widowed father.

11:00 am A&E (9) ★★ "Three O'Clock High" (1987, Comedy) Casey Siemaszko. A timid student thinks his days are numbered when he is forced to fight a bully whose exploits are legendary. [CC]

AFTERNOON

5:00 pm WGN (38) ★★ "Diplomatic Siege" (1999, Action) Peter Weller. An atomic bomb ticks away in the basement of the U.S. Embassy in Bucharest as Serb terrorists seize control. (In Stereo) [CC]

EVENING

7:00 pm WTBS (3) ★★ "The Specialist" (1994, Drama) (PA) Sylvester Stallone. A woman enlists the aid of an

explosives expert to take revenge on the Miami gangsters who murdered her parents. [CC]

9:00 pm WTBS (3) ★★ "The Air Up There" (1994, Comedy) Kevin Bacon. An assistant college basketball coach tries to recruit a young Kenyan whose tribe is in danger of losing its land. [CC]

KREM (8) "The Blackwater Lightship" (2004, Drama) Angela Lansbury. Premiere. A man tells his mother, his grandmother and his sister that he is in the final stages of AIDS. (In Stereo) [CC] (DVS)

FAM (26) ★★ "Being There" (1979, Comedy-Drama) Peter Sellers. A simple-minded man, whose only knowledge of the world is from TV, is mistaken for a genius by tycoons and politicians.

10:06 pm CITY (29) ★★ "Get on the Bus" (1996, Drama) Richard Belzer. Men of different economic and social backgrounds make a cross-country bus journey to the historic Million Man March.

Sales need a boost?

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for great ads and graphics

that help your cash flow

TUESDAY, FEBRUARY 3, 2004

Table of TV schedules for Tuesday, February 3, 2004. Columns include time slots (6 AM to 11 PM), channel numbers (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), and program titles such as 'News', 'Off Air', 'Caillou (EI)', 'News', 'Murder, She Wrote', 'The View', 'World Vision', 'Body', 'Monsters', 'Stickin', 'SportsCenter', 'Canada AM', 'Daily Planet', 'Paid Prog.', 'Ripley', 'News', 'Maury', 'Hillbillies', etc.

WEDNESDAY, FEBRUARY 4, 2004

Table of TV schedules for Wednesday, February 4, 2004. Columns include time slots (6 AM to 11 PM), channel numbers (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), and program titles such as 'Movie: "Mr. Destiny"', 'News', 'Off Air', 'Caillou (EI)', 'News', 'Murder, She Wrote', 'The View', 'World Vision', 'Body', 'Monsters', 'Stickin', 'SportsCenter', 'Canada AM', 'Daily Planet', 'Paid Prog.', 'Ripley', 'News', 'Maury', 'Hillbillies', etc.

Regular Meetings

* Otter Valley regular meetings 3rd Saturday of month, noon, at clubhouse
 * Similkameen Christian Riders meet at the A&W every Wednesday evening at 6 pm for a ride. To join, show up
 * Princeton Writers Group meets every second and fourth Thursday 7pm at Br 30 Sr Citizens Hall 162 Angela Avenue
 * Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
 * PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
 * Hedley Library open 2-7pm Thursdays
 * Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
 * Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
 * Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
 * Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
 * Legion Branch 56 meets 3rd Thursday of month 7:30 p.m. Legion Hall

Community Datebook

FEBRUARY

- 1 - Sno-X 2004 in Princeton
- 2 - Mammograms Princeton General Hospital
Basketball: Sr. girls play Summerland 4 pm PSS gym
Town Council meeting 7:30 pm
- 4 - Basketball: Sr. girls play Oliver 4 pm PSS gym
- 7 - Big Buck dinner at Legion Hall
- 10 - PXA meeting 7 pm Town Hall
Legion Ladies Auxiliary potluck supper and installation 6pm
- 11 - Basketball: Sr. Girls Princeton vs. Keremeos PSS gym 4 pm
- 13 - Princeton Men's Open bonspiel
- 14 - Heart Fund dinner Legion Hall
- 16 - Town Council meeting 7:30 p.m.
- 17 - BEA meeting 7 pm
- 20, 21, 22 - Princeton Women's Open bonspiel
- 24 - Fall Fair meeting 7 pm Town Hall
- 28 - Otter Valley ice fishing derby

MARCH

- 1 - Town Council meeting 7:30 pm
- 6 - Princeton Figure Skating Club show
- 9 - PXA meeting 7 pm Town Hall
- 15 - SPRING BREAK

APRIL

- 9 - GOOD FRIDAY
- 11 - EASTER SUNDAY

MAY

- 15 - KEREMEOS "KRUNCHER" 50 km run
Otter Valley club clean-up
- 15, 16 - Princeton Canadian Pro Rodeo
- 22,23, 24 - Keremeos Elks Rodeo
Cathedral Lake Powwow

- 29 - Otter Valley Pike Mtn. clean-up

JUNE

- 5,6 - Spring Motorsports Festival
- 12,13 - Otter Valley Pike Mtn. Fishing Derby

JULY

- 24,25 - Keremeos Ultramarathon

THURSDAY MOVIES

MORNING

- 10:00 am CITY (29) ***"Airplane!" (1980, Comedy) Robert Hays. A neurotic former war pilot is pressed into service when an airliner's crew succumbs to food poisoning.
- 11:00 am A&E (9) ***"The Long Kill" (1998, Western) Willie Nelson. Former outlaws band together once again to hunt down an associate who gunned down their friend. (CC)

AFTERNOON

- 5:00 pm WTBS (3) ***"A Perfect Murder" (1998, Suspense) (PA) Michael Douglas. A commodities broker persuades his wife's lover to kill her in order to inherit her trust fund. (CC) (DVS)
- WGN (38) ***"Ernest Goes to Camp" (1987, Comedy) Jim Varney. A bumbling counselor comes to the rescue when a summer camp on sacred American Indian land is threatened. (In Stereo) (CC)

EVENING

- 6:00 pm CITY (29) ***"Total Recall" (1990, Science Fiction) Arnold Schwarzenegger. Recurring nightmares of the

planet Mars lead a confused earthling into the center of an intergalactic conspiracy.
 7:10 pm WTBS (3) ***½"The Gift" (2000, Suspense) (PA) Cate Blanchett. Sam Raimi directed this atmospheric chiller about a psychic who is drawn into a murder case in the rural South. (CC)
 9:00 pm FAM (26) ***"F/X" (1986, Suspense) Bryan Brown. A special-effects whiz becomes involved in espionage and murder after government agents hire him to fake a mob hit.
 9:10 pm WTBS (3) ***"A Perfect Murder" (1998, Suspense) (PA) Michael Douglas. A commodities broker persuades his wife's lover to kill her in order to inherit her trust fund. (CC) (DVS)
 10:06 pm CITY (29) ***"Twins" (1988, Comedy) Arnold Schwarzenegger. A genetically enhanced ideal man discovers he has a less-than-perfect specimen of a twin brother.
 11:10 pm WTBS (3) ***½"The Gift" (2000, Suspense) (PA) Cate Blanchett. Sam Raimi directed this atmospheric chiller about a psychic who is drawn into a murder case in the rural South. (CC)

FRIDAY MOVIES

MORNING

- 10:00 am CITY (29) ***"Twins" (1988, Comedy) Arnold Schwarzenegger. A genetically enhanced ideal man discovers he has a less-than-perfect specimen of a twin brother. (CC)
- 11:00 am A&E (9) ***"The Fourth Protocol" (1987, Suspense) Michael Caine. A British intelligence agent tracks a Russian spy planted in England to build and detonate an atomic bomb. (CC)

AFTERNOON

- 5:00 pm WTBS (3) ***"The Wedding Planner" (2001, Comedy) Jennifer Lopez. A wedding planner is shocked to learn that the man with whom she shared a romantic date is her biggest client's fiance. (CC) WGN (38) ***"The Long Walk Home" (1990, Drama) Whoopi Goldberg. A black maid's plan to walk 10 miles to work sparks changes in her relationship with her white employer. (In Stereo) (CC)

EVENING

- 6:00 pm CITY (29) ***½"Ghosts of Mars" (2001, Science Fiction) Ice Cube. Premiere. On 2176 Mars, a police squad and their prisoner battle an evil force that has possessed the workers of a mining colony. (CC)
- 7:00 pm WTBS (3) ***½"I Love Trouble" (1994, Suspense) Julia Roberts. Rival reporters are forced to team up when an investigative piece involving corporate intrigue turns dangerous. (CC)
- 7:30 pm FAM (26) ***½"Jack" (1996, Comedy-Drama) Robin Williams. Premiere. A boy who physically ages at four times the normal rate takes his first steps into a strange and wonderful world.

8:00 pm KNOW (5) ***½"A Passage to India" (1984, Drama) Judy Davis. In 1920s India, a sight-seeing excursion for two Englishwomen and their Indian companion ends in a tragedy.
 9:00 pm WTBS (3) ***"The Blue Lagoon" (1980, Drama) Brooke Shields. Two cast-away children grow to adolescence on a remote South Pacific island and experience the pangs of first love. (CC)
 9:25 pm FAM (26) ***"Peggy Sue Got Married" (1986, Comedy-Drama) Kathleen Turner. A woman is determined to change the course of her life after fainting at a class reunion and awakening in the past.
 10:00 pm KSPS (6) ***½"Gaslight" (1940, Suspense) Anton Walbrook. A woman is slowly driven insane by her husband, a man determined to find hidden jewels belonging to his wife's family.
 10:06 pm CITY (29) "Deviant Vixens" The new owners of a dilapidated hotel fall under the building's still-powerful erotic spell.
 11:00 pm WTBS (3) ***½"Some Kind of Wonderful" (1987, Drama) Eric Stoltz. While pursuing the most popular girl in school, a shy teenager overlooks the tomboy who truly loves him. (CC)
 11:08 pm FAM (26) ***"Oh God! You Devil" (1984, Comedy) George Burns. A struggling musician declares in desperation that he would trade his soul for a chance at fame, so the devil obliges.
 11:40 pm CITY (29) ***½"Red Blooded - 2" (1996, Adventure) Kari Salin. A college freshman takes the wildest road trip of his life after he rescues a sultry hooker from her attackers.

Horoscopes

February 3 to 10, 2004

ARIES - Your primary concern turns to money and planning for the future. You are not really worried as much as seeing the need to change. You could daydream rather than make realistic plans.
TAURUS - You feel full of energy this week, but guard against being egotistic or pushy. Your energy should be directed into productive effort rather than aggression. Career problems could arise. Check facts!
GEMINI - Something is troubling you now. Try to put your concerns into words. Complete tax and insurance matters. Charm and good humour are effective on the job. Be kind to your mother.
CANCER - You will be required to do a lot of planning this week. Groups in which you are involved demand a lot of action from you. You begin the week feeling a little depressed, but conditions improve.
LEO - You will find your career demands a great deal from you and you may face problems regarding career, husband or parents. Financial matters run smoothly. Watch out for deception, lies.
VIRGO - How the public sees you is a major concern this week. You may be very involved in some kind of promotional activity, promoting yourself or your interests. Errands on the job keep you busy.
LIBRA - Matters of insurance, debts, loans etc. require your attention now. You interact with persons with whom you share resources. Your health is good. Home is the place for discussion.
SCORPIO - Your partner may seem agitated or aggressive this week. You are really busy, on the go much of the time. You can resolve matters next week. Home and family are top concerns. Health improves.
SAGITTARIUS - Financial matters are your priority this week. Be cautious about rushing everything - your health could suffer through accident or infection. This weekend is great for fun!
CAPRICORN - Financial matters are highlighted. You can use charm effectively now, and you are in the mood to joke. Sports and young people create activity. Travel now is pleasant and profitable. Enjoy!
AQUARIUS - You have a lot to worry about and you are able to express these worries pleasantly this weekend. Bring matters into the open. Family life is active and may be disruptive. Beware!
PISCES - Local travel and errands drive you nuts this week, and the trend will continue for awhile. Have your vehicle checked for problems before they occur. News about money comes this weekend.

ICBC Autoplan Insurance

We've got it!

ALSO INSURANCE FOR YOUR HOME, FARM AND BUSINESS!



Linda Thompson has the details!

Valley First INSURANCE SERVICES

8:30 AM - 5:00 PM Monday - Friday

9:00 AM - 3:00 PM Saturday

114 Tipton Avenue Princeton (250) 295-6200

THURSDAY, FEBRUARY 5, 2004

	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	(5:00) "The Air Up There"	News	(Off Air)	Caillou (EI)	News	News	Movie: "The Long Kill"	(5:00) News	News	(5:00) News (Live)	Uh Oh!	SportsCenter	News	Daily Planet	Paid Prog.	Ripley	News	Maury	Hillbillies
7 AM	Dawson's Creek	Life Today	Zoboo	Boohbah	Today Michael J. Fox; style-watch.	Early Show	Murder, She Wrote	Good Morning America			Stickin	SportsCenter	Canada AM	Kingdoms of Survival	Mysteries	Mon Colle	News	CityLine	Matlock
8 AM	Dawson's Creek	100 Huntley Street (N)	BluesClues	Barney			Murder, She Wrote			100 Huntley Street (N)	Rugrats	SportsCenter		History	Paid Prog.	Gadget		John Walsh Show (N)	In the Heat of the Night
9 AM	Saved-Bell	Clifford	Little Bear	Sesame Street (EI)		Living It Up! Ali & Jack	City Confidential	Regis and Kelly	100 Huntley Street (N)	Listen Up	Rupert	Off-Record	Regis and Kelly	Daily Planet	Fam. Feud	Franklin	Maury	News	Rockford Files
10 AM	Cosby	Price Is Right	Wumpa	Reading	Ellen DeGeneres Show	Price Is Right	American Justice	The View	World Vision	World Vision	Monsters	Golf: ADT Skills Challenge.	The View	Allosaurus: Walking	Starting Over (N)	JoJo Henrys	Jerry Springer (N)	Movie: "Airplane!" (1980)	News
11 AM	Cosby	Hollywood	Order	Dragon	Frasier	Young and the Restless	Movie: "The Long Kill" (1998)	Paid Prog.	Crossing	News	Stickin	PGA Golf: AT&T Pebble Beach National Pro-Am -- First Round. (Live)	Balance	Killer Whales-Hunt	Montel Williams (N)	Chip-Dale Art Attack	Osbourne Show	Comedy Robert Hays	In the Heat of the Night
12 PM	Fresh Pr.	News	History	Travels	Shop	News	Willie Nelson	All My Children	News	Days of Our Lives	SpongeBob Hamtaro	PGA Golf: AT&T Pebble Beach National Pro-Am -- First Round. (Live)	Balance	Profiles of Nature	Perry Mason	Fillmore	Maury	CityLine	Street
1 PM	Harvey	Days of Our Lives	Leading	One Stroke	Days of Our Lives	As the World Turns	Murder, She Wrote	One Life to Live	As the World Turns	As the World Turns	Care Bears	Beach National Pro-Am -- First Round. (Live)	Vicki G.	Unsolved History	Justice	Teamo	Jerry Springer	Relic Hunter	Cosby
2 PM	Drew	Judy	Designer	Mr Rogers	Passions	Guiding Light	Murder, She Wrote	General Hospital	Passions	Passions	Mona	Off-Record	General Hospital	Entity: Terror	Hughleys	Chip-Dale	Griffith	MovieTV	Fresh Pr.
3 PM	Home Imp.	Body	Ports to	Sagwa							D'Myna		Dr. Phil	Ultimate Ten: Military	Montel Williams	Timon	Jackie	News	Home Imp.
4 PM	Seinfeld	Starting Over (N)	Creatures	Libertys	Brown		City Confidential	Martha Stewart Living	Young and the Restless	Crossing	Pokemon	Off-Record	Dr. Phil	Daily Planet	On Air Ryan	Weekend	Pokemon	Seinfeld	Will-Grace
5 PM	Friends	Still	Babar	Zoom (EI)	Judy	Oprah Winfrey	American Justice	Home Imp.	Oprah Winfrey	News	Powerpuff	NHL on the Fly (Live)	Osbourne Show	Building	Simpsons	Proud	Sabrina	BeastMaster	Movie: "Ernest Goes to Camp" (1987)
6 PM	Movie: "A Perfect Murder" (1998, Suspense) (PA)	Will-Grace	Leading	News-Lehrer	News	News	Cold Case Files	ABC News	Global	Global	Yu-Gi-Oh!		News	Building	King of Hill	Lizzie	Fresh Pr.	Movie: "Total Recall" (1990)	News
7 PM	Movie: "The Gift" (2000) (PA)	Tru Calling (N)	Canada-History	Murder in Mind	Friends (N)	Survivor: All-Stars (N)	Third Watch	Extreme Makeover (N)	Survivor: All-Stars (N)	Survivor: All-Stars (N)	Dragon	SportsCenter (Live)	eTalk Daily	Ultimates "Trains"	Will-Grace	Even	Friends	Arnold Schwarzenegger	Becker
8 PM	Cate Blanchett.	Tru Calling (N)	Canada-History	Murder in Mind	Friends (N)	Survivor: All-Stars (N)	Third Watch	Extreme Makeover (N)	Survivor: All-Stars (N)	Survivor: All-Stars (N)	Dragon	PGA Golf: Pebble Beach National Pro-Am -- First Round	Comer Gas	Daily Planet	Tru Calling (N)	Boy World	Big Time	News	Becker
9 PM	Movie: "A Perfect Murder" (1998, Suspense) (PA)	Canadian Experience	First World War	Without Fear or Favor	Apprentice (N)	CSI: Crime Scn	Cold Case Files	Extreme Makeover (N)	Will-Grace	Will-Grace	Goosebump	PGA Golf: Pebble Beach National Pro-Am -- First Round	CSi: Crime Scn	Ultimate Ten: Military	Big Fat Fiancé	Movie: "FX" (1986) Bryan	Surreal Life	Jimmy Kimmel Live (N)	Elimidate
10 PM	Movie: "The Gift" (PA)	News	Docs on the Coast	Charlie Rose (N)	News	News	Airline	News	News	Extreme Makeover	Addams	SportsCenter (Live)	News	Extreme Engineerin	Becker	B. Leonard	Will-Grace	Arnold Schwarzenegger	Rockford Files

FRIDAY, FEBRUARY 6, 2004

	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	(5:00) "The Blue Lagoon"	News	(Off Air)	Caillou (EI)	News	News	(5:00) "The Fourth Protocol"	(5:00) News	News	(5:00) News (Live)	Uh Oh!	SportsCenter	News	Daily Planet	Paid Prog.	Ripley	News	Maury	Hillbillies
7 AM	Dawson's Creek	Life Today	Zoboo	Boohbah	Today Kristi Yamaguchi; romantic weekend getaways.	Early Show	Murder, She Wrote	Good Morning America			Stickin	SportsCenter	Canada AM	Profiles of Nature	Littles (EI)	Mon Colle	News	CityLine	Matlock
8 AM	Dawson's Creek	100 Huntley Street (N)	BluesClues	Barney			Murder, She Wrote			100 Huntley Street (N)	Rugrats	SportsCenter		Building	Paid Prog.	Gadget		John Walsh Show (N)	In the Heat of the Night
9 AM	Saved-Bell	Clifford	Little Bear	Sesame Street (EI)		Living It Up! Ali & Jack	City Confidential	Regis and Kelly	100 Huntley Street (N)	World Vision	Rupert	Off-Record	Regis and Kelly	Daily Planet	Fam. Feud	Franklin	Maury	News	Rockford Files
10 AM	Cosby	Price Is Right	Wumpa	Reading	Ellen DeGeneres Show	Price Is Right	American Justice	The View	World Vision	Body	Monsters	Golf: ADT Skills Challenge.	The View	Ultimate Ten: Military	Starting Over (N)	JoJo Henrys	Jerry Springer (N)	Movie: "Twins" (1988)	News
11 AM	Cosby	Hollywood	Fitness	Dragon	Frasier	Young and the Restless	Movie: "The Fourth Protocol" (1987)	Paid Prog.	Crossing	News	Stickin	PGA Golf: Pebble Beach National Pro-Am -- Second Round. (Live)	Balance	Fear Fighters	Montel Williams (N)	Chip-Dale Art Attack	Osbourne Show	Arnold Schwarzenegger	In the Heat of the Night
12 PM	Fresh Pr.	News	Parks	Travels	Shop	News	All My Children	News	Days of Our Lives	SpongeBob Hamtaro	PGA Golf: AT&T Pebble Beach National Pro-Am -- Second Round. (Live)	Balance	Rocket Science	Perry Mason	Fillmore	Maury	CityLine	Street	
1 PM	Harvey	Days of Our Lives	Home	Watercolor	Days of Our Lives	As the World Turns	Murder, She Wrote	One Life to Live	As the World Turns	As the World Turns	Care Bears	Beach National Pro-Am -- Second Round. (Live)	Vicki G.	Extreme Engineerin	Justice	Teamo	Jerry Springer	Relic Hunter	Cosby
2 PM	Drew	Judy	Gaslight	Mr Rogers	Passions	Guiding Light	Murder, She Wrote	General Hospital	Passions	Passions	Mona	Off-Record	General Hospital	Ultimates "Trains"	Hughleys	Chip-Dale	Griffith	Review	Fresh Pr.
3 PM	Home Imp.	Body	Flavors	Sagwa							D'Myna		Dr. Phil	More Extremes	Montel Williams	Timon	Jackie	News	Home Imp.
4 PM	Seinfeld	Starting Over (N)	Creatures	Libertys	Brown		City Confidential	Martha Stewart Living	Young and the Restless	Crossing	Pokemon	Off-Record	Dr. Phil	Daily Planet	On Air Ryan	Weekend	Pokemon	Seinfeld	Will-Grace
5 PM	Friends	Reba (N)	Babar	Zoom (EI)	Judy	Oprah Winfrey	American Justice	Home Imp.	Oprah Winfrey	News	Robot	NBA Basketball: Indiana Pacers at Toronto Raptors. (Live)	Osbourne Show	Building	Simpsons	Proud	Sabrina	Relic Hunter	Movie: "The Long Walk Home" (1990)
6 PM	Movie: "The Wedding Planner" (2001)	Will & Grace	My Home	News-Lehrer	News	News	Cats!	ABC News	Global	Global	Yu-Gi-Oh!		News	Forensic Evidence	King of Hill	Lizzie	Fresh Pr.	Movie: "Ghosts of Mars" (2001) Ice Cube.	News
7 PM	Movie: "I Love Trouble" (1994)	Fortune	Gaslight	Wash Wk	Jeopardy!	Seinfeld	Between the Lines (N)	Entertain	Entertain	Outer Limits	Yu-Gi-Oh!	SportsCenter (Live)	eTalk Daily	FBI Files	Will & Grace	Teen Angel	Friends	Arnold Schwarzenegger	Becker
8 PM	Julia Roberts.	Air Farce	Movie: "A Passage to India"	McLaughlin	Dateline NBC	Joan of Arcadia (N)	Third Watch	Lopez	Andromeda (N)	Gilmore Girls (N)	Dragon	PGA Golf: Pebble Beach National Pro-Am -- Second Round	Joan of Arcadia (N)	Daily Planet	Totally	Movie: "Jack" (1996) Robin Williams. Premiere.	Reba (N)	News	Becker
9 PM	Movie: "The Blue Lagoon" (1980, Drama)	Red Green	(1984, Drama)	Now With Bill Moyers	(8:59) Ed (N)	JAG (N) (DVS)	Cats!	Hope	Volunteers in Global	On Wings and Dreams	Spider-Man	Beach National Pro-Am -- Second Round	Charmed (N)	Sex Files	That's Just Wrong (N)	Movie: "Peggy Sue Got Married"	News	Jimmy Kimmel Live (N)	Elimidate
10 PM	Movie: "The Blue Lagoon" (1980, Drama)	National	China: Ascent	Frontline	(9:59) ER "Get Carter" (N)	Without a Trace (N)		Primetime Thursday	Without a Trace (N)	News	Ready-Not	First Round	Third Watch (N)	Forensic Evidence	Will-Grace		News	Movie: "Deviant"	Osbourne Show
11 PM	Movie: "Some- Wonderful"	News	Docs on the Coast	Charlie Rose (N)	News	News	Airline	News	News	Extreme Makeover	ReBoot	SportsCenter (Live)	News	Exhibit A	Becker	(11:08) "Oh God! You Devil"	Will-Grace	Vixens	Rockford Files

SATURDAY MOVIES

MORNING

8:00 am WTBS (3) ★★½ "Betsy's Wedding" (1990, Comedy) Alan Alda. A simple wedding becomes a three-ring circus when the parents of the bride and the groom wage a war of one-upmanship. (CC)

10:00 am A&E (9) ★★½ "Rocky V" (1990, Drama) Sylvester Stallone. The former heavyweight champ puts his personal life on the ropes to train a promising young fighter. (CC)

10:15 am WTBS (3) ★★½ "Three Men and a Cradle" (1987, Comedy) Tom Selleck. Three bachelors put their carefree lives on hold when they are left in charge of an infant that one of them fathered. (CC)

11:00 am WGN (38) ★★½ "Spaceballs" (1987, Comedy) Mel Brooks. Spacefarers come to the rescue of a planet threatened by the evil Dark Helmet in Mel Brooks' spoof of sci-fi movies. (In Stereo) (CC)

AFTERNOON

12:00 pm FAM (26) ★ "The Stupids" (1996, Comedy) Tom Arnold. The head of a dimwitted suburban family stumbles onto a secret plot involving arms sales to international terrorists. (CC)

12:15 pm WTBS (3) ★★½ "I Love Trouble" (1994, Suspense) Julia Roberts. Rival reporters are forced to team up when an investigative piece involving corporate intrigue turns dangerous. (CC)

12:30 pm CITY (29) ★★½ "Center Stage" (2000, Drama) Amanda Schull. Dance students enthusiastically train for a gala performance that may lead to a coveted slot in a ballet company. (CC)

1:00 pm FOX (25) ★★½ "The Terminator" (1984, Science Fiction) Arnold Schwarzenegger. A cyborg from the future is sent to present-day L.A. to kill a woman who is destined to give birth to a revolutionary. (CC)

1:35 pm FAM (26) ★★½ "Tru Confessions" (2002, Drama) Clara Bryant. A teenager gets closer to her developmentally disabled twin while producing a documentary about him. (In Stereo) (CC)

4:00 pm WTBS (3) ★★½ "The Wedding Planner" (2001, Comedy) Jennifer Lopez. A wedding planner is shocked to learn that the man with whom she shared a romantic date is her biggest client's fiancé. (CC)

5:00 pm KTLA (27) ★★½ "Black Rain" (1989, Drama) Michael Douglas. A detective clashes with the Japanese police and the brutal Osaka underworld when he searches for a fugitive mobster. (In Stereo) (CC)

WGN (38) ★★½ "Ghost" (1990, Fantasy) Patrick Swayze. A murder victim calls on a storefront psychic to help save his fiancée from the thugs who killed him. (In Stereo) (CC)

EVENING

6:00 pm WTBS (3) ★★½ "Fools Rush In" (1997, Comedy) Matthew Perry. A fateful one-night stand leads to a rocky marriage between a WASPish New Yorker and a lively Latina. (CC)

CITY (29) "Cabin Pressure" (2001,

Suspense) Winnie Hung. Fired for incompetence, a deranged technician seeks revenge against a business tycoon who designed a new airplane. (CC) (DVS)

7:30 pm KTLA (27) ★★½ "Ghost" (1990, Fantasy) Patrick Swayze. A murder victim calls on a storefront psychic to help save his fiancée from the thugs who killed him. (In Stereo) (CC)

8:00 pm WTBS (3) ★★½ "When Harry Met Sally" (1989, Comedy-Drama) Billy Crystal. Rob Reiner's portrait of a couple whose growing attraction toward each other threatens to disrupt their friendship. (CC)

KSPS (6) ★★½ "Quo Vadis?" (1951, Drama) Robert Taylor. A

Roman aristocrat earns Nero's disfavor when he falls in love with a young Christian. (CC)

KXLY (10) ★★½ "The Lion King" (1994, Adventure) Voices of Matthew Broderick. Premiere. Animated. After the death of his royal father, a young lion returns to battle his scheming uncle for the jungle throne. (In Stereo) (CC)

YTV (18) ★★½ "Clueless" (1995, Comedy) Alicia Silverstone. The social make-over of a fellow student forces a pampered Beverly Hills teen to re-examine her life and relationships. (CC)

9:00 pm FAM (26) ★★½ "Dirty Rotten Scoundrels" (1988, Comedy) Steve Martin. Two con artists zero in on a wealthy woman

in a contest to determine who will lay claim to the French Riviera. (CC)

CITY (29) ★★½ "The Last Supper" (1995, Comedy) Cameron Diaz. Premiere. Five liberal graduate students take it upon themselves to rid the world of individuals who do not share their views. (CC)

10:00 pm WTBS (3) ★★½ "Betsy's Wedding" (1990, Comedy) Alan Alda. A simple wedding becomes a three-ring circus when the parents of the bride and the groom wage a war of one-upmanship. (CC)

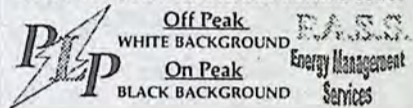
10:45 pm FAM (26) ★★½ "Teen Wolf" (1985, Comedy) Michael J. Fox. A high-school student's popularity soars when it is discovered that he is cursed with the mark of the werewolf. (CC)

LEGEND TO THE TV LISTINGS

Normal Months
September - June

"Power By The Hour" Rates

Use this handy chart and watch the TV Guide for On Peak/Off Peak Normal Months code.



Princeton Light & Power
231 Bridge Street, Princeton
Phone (250) 295-3244
Fax (250) 295-3611

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIDNIGHT							
1:00 AM							
2:00 AM							
3:00 AM							
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10:00 PM							
11:00 PM							

SUNDAY MOVIES

MORNING

6:15 am WTBS (3) ★★½ "When Harry Met Sally" (1989, Comedy-Drama) Billy Crystal. Rob Reiner's portrait of a couple whose growing attraction toward each other threatens to disrupt their friendship. (CC)

8:30 am WTBS (3) ★★½ "Dave" (1993, Comedy) Kevin Kline. A look-alike changes political policies for the better when he impersonates the United States' ailing president. (CC)

10:00 am FOX (25) ★★½ "Sister Act" (1992, Comedy) Whoopi Goldberg. A Reno lounge singer-turned-murder witness transforms a group of singing nuns into an unconventional convent choir. (CC)

WGN (38) ★★½ "Air America" (1990, Adventure) Mel Gibson. During the Vietnam War, a co-pilot has a sobering effect on his partner, a CIA-sanctioned drug smuggler. (In Stereo) (CC)

10:30 am WTBS (3) ★★½ "Home Fries" (1998, Comedy) Drew Barrymore. A pregnant fast-food worker falls in love with the stepson of her baby's father. (CC)

11:00 am CITY (29) ★★½ "Smokey and the Bandit" (1977, Comedy) Burt Reynolds. A man hired to high-tail it to Texas for an illegal beer run picks up a runaway bride and angers a stubborn sheriff. (CC)

AFTERNOON

12:00 pm FOX (25) ★★½ "First Blood" (1982, Drama) Sylvester Stallone. Vietnam veteran John

Rambo leads police on a dangerous wilderness hunt after escaping from a brutal sheriff. (CC)

FAM (26) ★★½ "The Last Starfighter" (1984, Science Fiction) Robert Preston. A teenage video-game whiz is recruited as an interstellar fighter pilot by an emissary from a league of planets. (CC)

WGN (38) ★★½ "Total Recall" (1990, Science Fiction) Arnold Schwarzenegger. Recurring nightmares of the planet Mars lead a confused earthling into the center of an intergalactic conspiracy. (In Stereo) (CC)

12:30 pm WTBS (3) ★★½ "You've Got Mail" (1998, Comedy) Tom Hanks. Two rival bookstore owners are unaware that they are conducting a secret romance with each other on the Internet. (CC)

1:45 pm FAM (26) ★★½ "Earth Star Voyager" (1988, Science Fiction) Duncan Regehr. A 21st-century crew of space cadets finds its mission to explore a distant planet threatened by traitors and saboteurs. (CC)

2:00 pm VTV (22) "Treacherous Beauties" (1994, Drama) Emma Samms. A photojournalist goes under cover to search for her brother's killer only to become involved with the prime suspect. (CC)

WGN (38) ★★½ "Red Heat" (1988, Drama) Arnold Schwarzenegger. A Soviet policeman and an American cop tear up the streets of Chicago in pursuit of a Russian drug smuggler. (CC)

3:00 pm WTBS (3) ★★½ "Fools Rush In" (1997,

Comedy) Matthew Perry. A fateful one-night stand leads to a rocky marriage between a WASPish New Yorker and a lively Latina. (CC)

4:00 pm YTV (18) ★★½ "Passport to Paris" (1999, Comedy) Mary-Kate Olsen. A gruff grandfather tries his best to dampen twin sisters' glee as they spend their summer vacation touring Paris. (CC)

VTV (22) ★★½ "Falling for You" (1995, Suspense) Jennie Garth. A serial killer makes plans to finish the job after the woman he attacked survives, but struggles with amnesia. (CC)

5:00 pm WTBS (3) ★★½ "Ever After" (1998, Romance) (PA) Drew Barrymore. A servant girl's courage and wit win her the heart of a prince in this retelling of the fairy tale "Cinderella." (CC)

EVENING

6:00 pm CITY (29) ★★½ "Swordfish" (2001, Action) John Travolta. A criminal mastermind recruits an ex-con computer hacker to pull off a multibillion dollar heist. (CC)

7:00 pm WTBS (3) ★★½ "You've Got Mail" (1998, Comedy) Tom Hanks. Two rival bookstore owners are unaware that they are conducting a secret romance with each other on the Internet. (CC)

KXLY (10) ★★½ "Pearl Harbor" (2001, Drama) Ben Affleck. Premiere. Two pilots and lifelong friends put their differences aside after the Japanese launch a surprise attack against the U.S. (In

Stereo) (CC)

9:00 pm FAM (26) ★★½ "F/X" (1986, Suspense) Bryan Brown. A special-effects whiz becomes involved in espionage and murder after government agents hire him to fake a mob hit. (CC)

9:30 pm WTBS (3) ★★½ "Ever After" (1998, Romance) (PA) Drew Barrymore. A servant girl's courage and wit win her the heart of a prince in this retelling of the fairy tale "Cinderella." (CC)

10:47 pm FAM (26) ★★½ "Clue" (1985, Comedy) Madeline Kahn. Fearful for

their own fate at a New England estate, seven unacquainted guests investigate the murder of their host. (CC)

11:00 pm CITY (29) ★★½ "Looking for Richard" (1996, Documentary) Al Pacino. Al Pacino and colleagues break through the difficulties of understanding William Shakespeare's play, "Richard III." (CC)

11:30 pm WTBS (3) ★★½ "Home Fries" (1998, Comedy) Drew Barrymore. A pregnant fast-food worker falls in love with the stepson of her baby's father. (CC)

Movie Night

Sunday, February 1st
5 - 10 PM

**Old School Trading Places
The Sweetest Thing**

ON THE BIG SCREEN TV
FREE POPCORN

KITCHEN SPECIALS:
1/4 Pound Hot Dogs & Mini Nachos

Copper Mountain Bar & Grill

Highway 3 West

SATURDAY, FEBRUARY 7, 2004

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	"Some- Wonderful"	News Body	(Off Air)	Globe Trekker	(5:00) Today	Saturday Early Show	(4:00) "The Boys From Brazil"	Good Morning Northwest	Real Kids	Prairie	Uh Oh!	SportsCenter	OWLTV Kingdom	Daily Planet	Cosby	Ripley	Paid Prog.	Indo	Paid Prog.
7 AM :30	Ripley-Believe	Prairie	Elliot	Field Guide	News	Thornberr	Old House	Saturday	Mechanics	Body	Monster	Fishing	Katie-Orbie	Rocket Science	Cubix	Rangers	Jackie	Eye on Asia (In Hindi)	Paid Prog.
8 AM :30	Movie: "Betsy's Wedding"	Outdoor	BluesClues	Router		ChalkZone	Ask This	Lilo Stitch			Beasties	Fishing	Katie-Orbie	Rocket Science	Cubix	Rangers	Jackie	Eye on Asia (In Hindi)	Paid Prog.
9 AM :30	Movie: "Alan Alda"	Pet Guys	Magic Bus	Hometime		Little Bill	Sell House	Football			Medabots	Motoring	Leaps	Forensic Evidence	Turtles	King	Astro Boy	Polish Studio	Walgreens
10 AM :30	Movie: "Three Men and a Cradle"	POV Sport	Zoboo	Workshop		To Be Announced	Makeover	Recess (N)			Yu-Gi-Oh!	SnowTrax	Good Morning Canada	Daily Planet	Sonic X (N)	All That	Pokemon	Arts	Soul Train (N)
11 AM :30	Men and a Baby (1987)	World Cup Skiing	Sew Fun	Ming	Paid Prog.	Wake Forest	Sylvester Stallone	College Championships	Pet Guys	Taste-Life	Titans	Boxing: Gianluca Branco vs. Arturo Gatti	Daily Planet	More Extremes	Ult. Muscle	So Raven	Yu-Gi-Oh!	CHUM FM 30	Chicago Auto Show
12 PM :30	Movie: "I Love Trouble"	World Cup Bobsledding	Thimbles Planet	Garden	Track and Field: Millrose Games	PGA Golf: AT&T Pebble Beach National Pro-Am -- Third Round. (Live)	MI-5 "Military Strikes"	College Basketball	News	Teens	Pokemon	PGA Golf: AT&T Pebble Beach National Pro-Am -- Third Round. (Live)	Creepy Canada	FBI Files	Dharma	Movie: "The Stupids"	Soul Train (N)	Fashion	Mel Brooks
1 PM :30	(1994) Julia Roberts, Nick Nolte	World Cup Skeleton	Health	Painting		Bull Riding: PBR Tampa Bay Open.	Detective Beat		Teens	Ride Guide	Top 10	Beach	Eagle	American Chopper	Movie: "The Terminator"	Movie: "Tru Confessions"	BeastMaster "Xinca"	Mutant X Diffuse bomb.	Andromeda (N)
2 PM :30	Home Imp.	World Cup Skiing	Gaslight	Lost Empires		Killed-Durst	Winter X Gmes		Ride Guide	Just Shoot	Zoids	Third Round. (Live)	Balance	Secret History of Bikers	Livin' Large (N)	Teamo	Mutant X (N)	News	Home Imp.
3 PM :30	Friends	Powerboat	Swap TV	MotorWeek	Athlete	To Be Announced	Parole Board	Movie	Will-Grace	70s Show	Boy	SportsCenter (Live)	Mysterious Ways	How-Made	Outer Limits	Proud	Andromeda (N)	MovieTV	Fresh Pr.
4 PM :30	Movie: "The Wedding Planner"	Hockey Night	Babar	Vets	Trading	To Be Announced	City Confidential		Just Shoot	Simpsons	Movie: "The King and I"	One Hit	Mysterious Ways	Frontiers of	Cops (N)	Honey	Patrick	SexTV	Movie
5 PM :30	Movie: "Fools Rush In"	NHL Hockey: All-Star Saturday Night	CG Kids	Ed Sullivan	College Basketball: LMU at Gonzaga	News	Amer. Justice	News	King of Hill	Simpsons	News	NASCAR	Jim	Monster House	She Spies (N)	Lizzie	Movie: "Black Rain"	Media	"Ghost" (1990)
6 PM :30	Movie: "Matthew Perry"	From Xcel Energy Center in St. Paul, Minn.	Parks	Lawrence Welk Show	News	King	City Confidential	Entertainment Tonight	As We Appear: Story	Andromeda	Mystery	SportsCenter (Live)	W-Five	American Chopper	Just Shoot	Franklin	Friends	Winnie Hung	News
7 PM :30	Movie: "When Harry Met Sally"	NHL Mega Stars Game.	Heartbeat	Movie: "Quo Vadis?"	Morgan	Star Search	Crossing Jordan	Movie: "The Lion King"	Andromeda	Andromeda	Movie: "Clueless"	NFL Films	Sue Thomas: F.B. Eye	World Records	Cops (N)	Afraid?	Patrick	SexTV	Movie
8 PM :30	Movie: "Home Fries"	Touch of Frost "The Things We Do for Love"	Touch of Frost "The Things We Do for Love"	Taylor, Deborah Kerr.	Law & Order	District "a.k.a." (N)	Cold Case Files	To Be Announced	Outer Limits	Fire and Ice-Riot	Hit List	Mixed Martial Arts: Ultimate Fighting	Comedy	Monster Garage	America's Most Wanted	Movie: "Dirty Rotten Scoundrels"	News	Cameron Diaz	Rockford Files
9 PM :30	Movie: "Home Fries"	District "a.k.a." (N)	Do for Love	Taylor, Deborah Kerr.	Law & Order	District "a.k.a." (N)	Cold Case Files	To Be Announced	Outer Limits	Fire and Ice-Riot	Hit List	Karate	Law & Order	American Chopper	Unexplained Mysteries	Movie: "Teen Wolf"	Cheaters (N)	Blind Date	Rockford
10 PM :30	Movie: "Home Fries"	News	Montreal Jazz	Austin City Limits	News	News	City Confidential	News	News	J.R. Digs	Breaker	SportsCenter (Live)	News	Frontiers of	Mad TV (N)	(1985)			
11 PM :30	Movie: "Home Fries"	Sports			Sat. Night	Seinfeld		Cash Flow	Sat. Night	Sat. Night	Ready-Not		News						

SUNDAY, FEBRUARY 8, 2004

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	(6:15) Movie: "When Harry Met Sally"	News Body	(Off Air)	Jakers Jay Jay	Today	CBS News Sunday Morning	Breakfast With the Arts	Hour of Power	Mechanics	Travel	Uh Oh!	SportsCenter	Acorn Kids	Frontiers of	Paid Prog.	Ripley	Pacesetter	Mix TV (In Russian)	Hillbillies
7 AM :30	Harry Met Sally (1989) Billy Crystal	Gadget	Elliot	Big Comfy	Strange	Nation	America's Castles	News	Entertainment Tonight	Fishing	Dexter	Reporters	Good Morning Canada	Animals	Littles (E)	Rangers	Paid Prog.	Eye on Asia (In Hindi)	Home Imp.
8 AM :30	Movie: "Dave"	Impe	Hi-5	Angelina	Safari	Dora	Star Treatment	This Week With George	News	TribalTrail	Thornberr	Timberspt	Animals	Animals	Fox News Sunday	Lizzie	Amazing	Eye-Asia	Fresh Pr.
9 AM :30	Movie: "Kevin Kline"	Powerboat	BluesClues	Real	Meet the Press	BluesClues	Big Dogs/Little Dogs	NBA Basketball: Los Angeles Lakers at Orlando Magic (Live)	Hour of Power	Farm Rpt	ChalkZone	Wtr. X-Games	Eagle	Daily Planet	Paid Prog.	All That	Feed	Johnny Lombardi's Festival	BeastMaster "Xinca"
10 AM :30	Movie: "Home Fries"	Is Written	Magic Bus	Dragonfly	NASCAR	To Be Announced	College Basketball: Regional Coverage	House of Dreams	MoneyWs	Hour of Power	Arnold	PBA	Eagle	How-Made	Movie: "Sister Act"	So Raven	Paid Prog.	Italiano (In Italian)	Movie: "Air America"
11 AM :30	Movie: "Home Fries"	On Road	Router	Nature (DVS)	500 Pole Qualifying.	College Basketball: Regional Coverage	House of Dreams	House of Dreams	Hour of Power	Heart	Charlie B.	Billiards	Eagle	Into the Death Zone	Whoopi Goldberg	Teen Angel	Mutant X Diffuse bomb.	Movie: "Smokey and the Bandit"	Movie: "Total Recall"
12 PM :30	Movie: "You've Got Mail"	NHL Hockey: All-Star Game.	Dotto Tech	American Experience	Arena Football: Los Angeles Avengers at Arizona Rattlers. (Live)	PGA Golf: AT&T Pebble Beach National Pro-Am -- Final Round. (Live)	House of Dreams	NHL Hockey: All-Star Game. From Xcel Energy Center in St. Paul, Minn.	News	They Call Me Chief	Yvon	PGA Golf: AT&T Pebble Beach National Pro-Am -- Final Round. (Live)	Question Period	Animals	Movie: "First Blood"	Griffith	Andromeda	World	Movie: "The Last Starfighter"
1 PM :30	Movie: "Ever After"	Higher Ground	Swap TV	Reduced Shakespeare	Andromeda (N)	TBA	Makeover	Matthews	Heart City	Ten Crows	Mystery	NFL	Animals	Animals	Angel "A New World"	Everwood	News	James Belushi	
2 PM :30	Movie: "Ever After"	Gold Trails	Babar	NW Prof	Providence	West Wing	Crossing Jordan	Old House	Heart City	Ten Crows	Movie: "Passport to Paris"	Countdown	Animals	Animals	Shark Roulette	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"
3 PM :30	Movie: "Ever After"	Okanagan	George S.	Hometime	Fortune	News	News	ABC News	Bob	Bob	Valentine	Stadium in Honolulu. (Live)	Animals	Animals	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"	
4 PM :30	Movie: "Ever After"	News	CG Kids	Workshop	News	Backroads	America's Top Dog (N)	News	Bob	King of Hill	Hit List	Countdown	Animals	Animals	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"	
5 PM :30	Movie: "Ever After"	Pioneers	Creatures	Old House	NBC News	CBS News	News	ABC News	Bob	Bob	Valentine	Stadium in Honolulu. (Live)	Animals	Animals	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"	
6 PM :30	Movie: "Ever After"	Ed "The Offer" (N)	Heartbeat	American Family	Fortune	News	News	ABC News	Bob	Bob	Valentine	Stadium in Honolulu. (Live)	Animals	Animals	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"	
7 PM :30	Movie: "Ever After"	60 Minutes	Monarch of the Glen	Nature "Diamonds" (N)	Dateline NBC	60 Minutes	America's Top Dog	Movie: "Pearl Harbor"	Bob	King of Hill	Hit List	Countdown	Animals	Animals	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"	
8 PM :30	Movie: "Ever After"	Cirque-Soleil	Royal	Masterpiece Theatre "The Forsyte Saga II" (N)	Law Order CI	46th Annual Grammy Awards	America's Top Dog	Movie: "Pearl Harbor"	Bob	King of Hill	Hit List	Countdown	Animals	Animals	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"	
9 PM :30	Movie: "Ever After"	Da Vinci's Inquest (N)	Wycliffe	Forsyte Saga II (N)	Law Order CI	46th Annual Grammy Awards	America's Top Dog	Movie: "Pearl Harbor"	Bob	King of Hill	Hit List	Countdown	Animals	Animals	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"	
10 PM :30	Movie: "Ever After"	Sunday R.	Canada-History	Served Mr. Bean	Law Order CI	46th Annual Grammy Awards	America's Top Dog	Movie: "Pearl Harbor"	Bob	King of Hill	Hit List	Countdown	Animals	Animals	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"	
11 PM :30	Movie: "Ever After"	News	What	Charlie Rose (N)	News	ER	America's Top Dog	Movie: "Pearl Harbor"	Bob	King of Hill	Hit List	Countdown	Animals	Animals	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"	
		Open Book	Rough Sci		Sports	ER	America's Top Dog	Movie: "Pearl Harbor"	Bob	King of Hill	Hit List	Countdown	Animals	Animals	Unexplained Mysteries	King of Hill	Smallville	Movie: "The Last Starfighter"	

MONDAY, FEBRUARY 9, 2004

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) *** 1/2 "Looking for Richard" (1996, Documentary) Al Pacino and colleagues break through the difficulties of understanding William Shakespeare's play, "Richard III."

AFTERNOON

5:00 pm WTBS (3) *** "Analyze This" (1999, Comedy) (PA) Robert De Niro. A psychiatrist cannot refuse to help one of New York's most-feared mobsters get over his anxiety attacks.

CITY (29) *** 1/2 "The Mummy Returns" (2001, Adventure) Brendan Fraser. Premiere. The son of adventurer Rick O'Connell and his wife, Evie, is at the center of the evil Imhotep's plot to rule the world. (In Stereo) (CC) WGN (38) "Kojak: Ariana" (1989, Mystery) Telly Savalas. A drug lord on an unusual mission to the United States uses a frightened girl to divert Kojak.

EVENING

7:10 pm WTBS (3) *** "Ghostbusters" (1984, Comedy) (PA) Bill Murray. Free-lance ghost fighters meet big-time poltergeists when a demon tries to

reach Earth through a Manhattan high-rise. (CC) (DVS)

8:00 pm KXLY (10) *** 1/2 "The Mummy Returns" (2001, Adventure) Brendan Fraser. Premiere. The son of adventurer Rick O'Connell and his wife, Evie, is at the center of the evil Imhotep's plot to rule the world. (In Stereo) (CC)

9:00 pm FAM (26) *** "Love Story" (1970, Drama) Ali MacGraw. Based on Erich Segal's novel about a pair of deliriously happy college students whose marriage is struck by tragedy. (CC)

9:35 pm WTBS (3) *** "Analyze This" (1999, Comedy) (PA) Robert De Niro. A psychiatrist cannot refuse to help one of New York's most-feared mobsters get over his anxiety attacks. (CC)

10:06 pm CITY (29) *** 1/2 "The Mummy Returns" (2001, Adventure) Brendan Fraser. Premiere. The son of adventurer Rick O'Connell and his wife, Evie, is at the center of the evil Imhotep's plot to rule the world. (In Stereo) (CC)

11:35 pm WTBS (3) *** "Ghostbusters" (1984, Comedy) (PA) Bill Murray. Free-lance ghost fighters meet big-time poltergeists when a demon tries to reach Earth through a Manhattan high-rise. (CC) (DVS)

THE NEWS LEADER WORD SEARCH

Word search grid containing letters arranged in a 15x20 grid for a word search puzzle.

LET'S TALK ABOUT "FAMOUS WOMEN CHARACTERS"

VIRGINIA DAISY ANNIE CLEOPATRA JOAN ELIZABETH

SCARLETT LUCIA POCAHONTAS ARIEL SAMANTHA ERIN

BABE EMMA LARA SUYIN MICHELLE BUFFY

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1 WELCOME TO THE WORLD!

It's a Boy!
 Derek and Christine Christianson would like to announce the arrival of their son Maverick Murray. He was born on November 28, 2003 at Children's Hospital and weighed 6 lbs 4 oz. He was finally able to come home on January 23rd, 2004. Proud grandparents are Lorne & Darlene Cochet and Lana Flaman.

It's a Girl!
 Chris and Leah announce the birth of their daughter Kolby Christyn Lytle on January 6, 2004. Arrived weighing 7lbs 12 oz. Proud grandparents are Al & Vicki Marr of Tulameen and Stan & Sheila Lytle of Maple Ridge.

7 APPRECIATION

Members of Princeton & District Fall Fair Association sincerely thank Snowpatch Ski Society for their generous donation of \$300.

PERSONAL

FEMALE ~ Late 50's, seeking male 55 - 68 yrs. for friendship & dating. Ordinary Joe with a sense of humour, kind hearted & financially independent. Contact "Box A" Similkameen News Leader.

9 IN MEMORIAM

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

IN MEMORIAM DONATIONS TO THE B.C. & YUKON HEART & STROKE FOUNDATION
 Box 1838, Princeton, B.C.
 or contact Maria at 295-6247

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 295-0450 OR 295-0319

HELP WANTED

Princeton & District Community Services
 is accepting applications for a **PART-TIME HOME SUPPORT WORKER.**
 Preferred applicants will have:
 - one year experience in the Health Care Field, Long Term Care Aid Certificate, Home Support Worker Certificate or equivalent certificate.
 - must have a valid drivers license, vehicle, and appropriate insurance.
 - flexibility to work various hours and days of the week.
 Application forms are available at the Community Services office located at 154 Halliford Avenue, Princeton, BC.
 A criminal record check and medical form (attached to the application form) must be completed by all applicants.
 Please submit applications to:
 Box 1960
 Princeton, BC
 V0X 1W0
 by February 6, 2004. J20/F3

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

NOTICES

PRINCETON O.A.P.O. BRANCH 185 ANNUAL GENERAL MEETING
 FEBRUARY 13, 2004
 AT 2:00 PM
 68 BILITER AVE.
 F3/10

PRINCETON FISH & GAME ASSOCIATION IS HOLDING A C.O.R.E. HUNTER TRAINING COURSE
 THE LAST 2 WEEKS OF FEBRUARY.
 TO REGISTER: CALL 295-7508

The Next Meeting of the PRINCETON RODEO CLUB
 Friday, February 6, 2004
 7:00 pm
 Town Hall
 Anyone interested in Rodeo events, and would like to volunteer, you are welcome to attend.

ALCOHOLICS ANONYMOUS
 Sunday (open meeting) at 8 p.m. in the health centre. Wed. at 8 p.m. in the health centre. Ph: 295-7229, 295-6138. (closed meeting). Ph: 295-7005. Open Discussion, Sat. 7:30 p.m. Health Unit (closed). Ph: 295-3407.

ALCOHOLICS ANONYMOUS
 Big Book Study at the Anchorage (across from No.1 Video) Tues at 7:30 PM. Closed Meeting. Ph: 295-7272

NOTICES

PRENATAL CLASSES

The next series of labor and delivery classes offered at the Princeton Health Unit will begin Wednesday, February 18, 2004 at 7:00 P.M.

These classes will be for women in their second or third trimester and their partner or support person. Class topics will include: signs of labor, stages of labor and delivery, comfort measures, breathing and relaxation, medical and surgical interventions during labor and delivery, breastfeeding, and caring for the newborn.

Please register for classes in advance at the Princeton Health Unit. Fee for the classes is \$30.00. Subsidies are available.

Wednesday, February 18, 25, and March 3, 2004
 7:00 - 9:30 P.M.
 at the Princeton Health Unit
 47 Harold Ave.
 Phone: 295-3133.
 F3/17

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

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18 VEHICLE SALES
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 Ph: Dan @ 250-642-6078 J27/rts

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HIRED EQUIPMENT REGISTRATION

Okanagan Shuswap Highway District

The Ministry of Transportation, in the Okanagan Shuswap District is compiling its Hired Equipment List for fiscal year 2004/2005, which begins April 1, 2004.

If you have construction equipment to register, or if your equipment is currently registered and you have acquired new equipment or made changes to your previously registered equipment, please contact the District Office for registration forms. Current address, telephone and WCB numbers are also required.

All owners of dump trucks or belly dump trucks must provide a current weigh scale slip and also provide front axle weight. (This is used for the purpose of calculating hourly rates.)

Registration forms are available at:
 Okanagan Shuswap District Office
 Ministry of Transportation
 473 West Avenue
 Kelowna, BC V1Y 4Z3

For inquiries:
 Phone: (250) 712-3660

Re-registration forms will be sent to all contractors currently registered with the Okanagan Shuswap District. The deadline for registration is March 31, 2004. Registrations received after March 31, 2004 will be recorded on a late registration list and consequently may not receive a share of the available work.

BRITISH COLUMBIA
 Ministry of Transportation

14 BUSINESS SERVICES

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UPCOMING SPECIAL EVENTS

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Adult Draft
 Saturday & Sunday, February 28 & 29

Figure Skating
 Saturday, March 6

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To begin developing a plan, you need to answer the following questions:

1. At what age do you plan to retire?
2. How many years will you spend "in retirement?" When, estimating, you should plan to live to age 90 or 95.
3. How much do you expect to receive from Social Security? Your local Social Security office should have an "Earnings and Benefits Estimate" form for you to complete and submit. You'll receive a report that estimates your personal Social Security payments at age 62, 65 and 70.
4. What other sources of income do you expect? Does your employer provide a company-sponsored pension plan? If so, check with the plan administrators to see if they can estimate your monthly benefit or lump sum.
5. How much do you currently have set aside as retirement savings? Include IRAs, savings accounts and company retirement plans (like 401ks, profit sharing or money purchase pension).
6. How much income will you need in retirement? This is always a difficult question to answer. Most individuals assume that their expenses will go down upon retirement. That may be true - you may no longer have a mortgage payment, but you'll have utilities, maintenance, insurance and property taxes on any home that you own.

Budgeting for medical expenses, including insurance, is a must. Below is a list of items to help you begin thinking about your "true" annual expenses.

Housing, Recreation, Transportation, Gifts/Contributions, Food, Home Care, Clothing, Maintenance, Travel, Taxes, Personal Care, Insurance, Medical and Other Expenses.

Once you have gathered this information, ask your investment representative to prepare a savings projection for you. In only a few minutes, you will have a good idea of what you need to save today for the retirement you deserve tomorrow.

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for technical assistance provided in registering and setting up our new e-mail addresses.

Your help has been appreciated!

editor@thenewsleader.ca

Similkameen News Leader, 226A Bridge Street, P. O. Box 956, Princeton, B. C., V0X 1W0

My Turn

With a little help from my friends

I must admit the view from this chair is somewhat different to what I'm accustomed.

What makes it feel comfortable is the support that has been offered since the announcement was made about my purchase of this paper.

Most of which I really did not expect, but appreciate just the same.

There will be some changes to the News Leader, but mostly cosmetic in nature. Some of which you'll notice in this issue, some you may never see.

I'm told change is good.

One thing I hope will never change is the charm of the Similkameen Valley.

I don't know if it's the air, the water or our geographic location, but what never ceases to amaze me is the willingness of area residents to throw their support behind someone else they know in the community.

Most of the things I accomplished in my eighteen years in Princeton would not have been possible without the help of others.

Be it a favour, or a major contribution of some kind, I have never forgotten the importance of helping each other.

So tell me, how else can I help you by making this paper more enjoyable to you?

I have an open door policy and invite your feedback.

After all, what are friends for?

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.

Similkameen News Leader

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226A Bridge Street

Phone (250) 295-4149 Fax 295-4103

e-mail: nwsleadr@nethop.net
editor@thenewsleader.ca

Publisher:

George Elliott

Office Manager:

Brenda Engel

Reporter:

Dawn Johnson



Your Turn

Politicians are rushing to join the party

Dear Editor;

The corporate puppeteers are coming out of the woodwork to make a bid to become Prime Minister of Canada. Unfortunately, their promises and propaganda, in order to be elected, are not what they display when they are in power.

It must be acknowledged that there are only two classes of people on this continent – the corporate elite and the slaves. The plot for creating the New World Order took shape when the de facto central government in Ottawa passed the Bank Act in July, 1913. This laid the foundation for slavery of Canadian citizens through taxation by the central government in 1917 to pay for World War I efforts. The provinces failed to take back their power under the BNA Act.

At the same time, the money masters were financing the campaigns for both the United States political

parties, in order to influence the next President. It turned out that Woodrow Wilson defeated Theodore Roosevelt and his fellow Republican, President William Taft. Wilson did not identify the insidious secretive awesome power behind the election campaign but was fully aware of it being the Freemasons because he and Roosevelt were both members.

These men knew legislation had been drafted by a select group of 15 members of the International Millionaire Bankers, except one non-banker, in secret meetings held during 1910 on Jekyll Island, Georgia. President Tate had declared he would veto the Federal Reserve Bill. The bankers schemed to prevent him from being re-elected to thwart their covert plot for world domination through control of the monetary system in creating a credit monopoly. This was designed to force the governments to borrow from them with interest

and bankrupt the countries.

History was made on December 23, 1913, when the Federal Reserve Bill was passed to create a central banking system privately owned by 60 rich families. Since then, the control of money and the economy in every country in the world comes under the U.S. Federal Reserve Bank, the World Bank and the International Monetary Fund.

It is so obvious that the legacy from former Prime Ministers and Presidents continues to enslave the citizens when only the governments, prior to 1913, have the power to create money and/or destroy it, NOT the banks. The same secrecy, conspiracy and deceit will continue unless the citizens are educated and protest being slaves to the money masters and corporate giants.

Note the smoke screen for the alleged drug involvement and money laundering to raise campaign funds for Paul Martin's leadership of the Liberal Party in order to elevate him to become Prime Minister of Canada. He solicited media coverage to convince the public that his campaign funds had come from his corporate friends.

I question whether there is any difference between corporate campaign contributions and bribery. There is not much doubt who is behind all the front runners in Canada in 2004 and those in the U.S. 2004 election for President so as to have absolute assurance that some puppet of the One World Government gets in the top position of power regardless of the Party affiliation.

Yours truly,
Kay Hardy

Ask anyone, reader says

Dear Editor;

Power to the people is the rallying cry. Municipal governments want more power from provincial governments who in turn want more power from the feds.

The voting public gets caught up in the rhetoric while the real issues fade into the background. Ask anyone if we are getting a fair shake from the feds and they'll go ballistic while quoting the Opposition politicians. They'll use hot-button issues: the allocation of certain taxable items such as gasoline taxes, to be specific.

Isn't the real issue how much

taxes is returned to each of us in the form of services – no matter which level of government is doing the sharing?

I am not familiar with the figures, but I believe it to be common knowledge that the Liberal government in BC has been getting more money from the feds in transfer payments than we've paid out in taxation. That makes the gas tax argument a red herring and evades the real problem – more than three years of a grossly mismanaged provincial economy.

C'est la vie!
HP Toews

Current Comment

What's our government's excuse?



Dawn Johnson
editor@thenewsleader.ca

The basics of life are food, shelter and clothing. Any nation worth it's taxes will ensure the citizens of that nation have these basics. Canada is failing.

Thirty years ago, we Canadians pointed to the United States' poverty and homelessness and we pointed with an air of superiority. We cannot do that today. We have homeless people, not just the drug addicts and mentally deranged, but good, honest citizens, sometimes whole families, who have had bad luck. These people go to soup kitchens for food and shelters for the homeless.

The plight of the homeless and underfed is our national disgrace. In one of the richest countries in the world, we cannot adequately feed and house our people.

Our government takes little responsibility for this situation. Despite the fact Ottawa "found" \$700 million to help the citizens of Iraq, Ottawa cannot find money to provide housing and food for the poor.

Who does look after the homeless and the needy? You and I, who pay the taxes, give to charities to fund food banks and shelters. This is not to say we begrudge the money, but rather to say charity should not be funding the basic essentials of our nation. We are taking up the slack for an issue the government is not willing to deal with. In fact, provincially, our government actually seems to want to punish the poor for being poor.

I am going to take you back forty

years to southern Italy near Christmas time. The cathedral in the city where we lived rested on a sandstone bluff overlooking the harbour. Below the cathedral, there were caves excavated from the sandstone. One of the Canadians discovered a poverty-stricken family living in one of the caves.

The man of the family, who was the major bread-winner, had become ill with tuberculosis. There was no health care in Italy at that time and no welfare. Due to his illness, he lost his job, and his apartment. As a last-ditch survival effort, the family moved into the cave.

The first thing Canadians did was go to the cathedral to speak with church authorities. They would do nothing. If they did this for one family, they would be drowned in a sea of appeals from other families.

Canadians and Americans stationed in Italy with NATO forces had a benevolent fund. It was only a few thousand dollars, but it bought medicine for the man and food for his family, along with a kerosene heater for the cave, and more blankets. We continued to support the family for five or six months, until the man was able to return to work.

We were appalled at the Italian government, and the church, in

allowing a destitute family to live in a cave and subsist at almost starvation level.

There were more such cases during the years I lived in Italy. Canadians and Americans provided aid to families who were flooded, to widows with children, to orphanages and to elderly homeless people. Our standards and principles demanded we do something to alleviate the suffering of others.

Now, both Canada and the United States have citizens living on the streets and food banks are everywhere. At the same time, the rich are receiving tax breaks from the government in both countries.

So, what went wrong? Did we forget our principles and standards? Did we become totally "me first" people? Did we convince ourselves that this rampant conservatism, known as "right-wing thinking" appeal to us so much we decided to forget all of the principles by which we had lived?

When all is said and done, we voters must take responsibility for the situation. We put into power the people who decide where government money will be spent. Furthermore, we seem quite pleased to keep our mouths shut while the decisions are made.

Heart Food

by Dave Machin

How does a young boy learn to become a godly upright man who is committed to both the privileges and responsibilities of being a husband and father? How does a young girl learn to become a virtuous attractive woman, wife, and mother, who is capable of handling domestic responsibilities as well as many other duties outside the home? Children learn these responsibilities best through the examples set before them by their parents. The lessons that will have the greatest impact on children and shape their character are those they see modeled before them as they grow up. The responsibility to teach children how to be successful in life rests with the parents. Children will imitate what they see. It is not enough to instruct a child verbally! Parents must also set proper examples before their children. The task of training children should not be left to the church or the schools, for even if a child receives correct teaching at the church or school, it will avail little if they do not see these things demonstrated at home. However, if a child is taught proper values at home and sees those values demonstrated in parents' lives, the child will be able to make wise judgements and decisions when coming into contact with conflicting values outside the home. That doesn't mean a child won't make mistakes. Have you ever heard someone say about a 'black sheep', "I don't understand it, he/she comes from a good home"? A good home is not judged by outward appearance and wealth. A truly good home where children can be raised to be happy and successful in life is a home where love, respect and forgiveness are demonstrated and a solid marriage forms the base for the family. Of all the responsibilities God has entrusted to man, teaching and guiding children by our own example is probably the most demanding and the most important. He does not want us to shrink from such an awesome task but wants to fully equip us by His word and His spirit. God is good, His word is good and good all the time.

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

Don't forget to check the News Leader Community Datebook for dates of upcoming events see TV guide

Can't Find Us?

We're @thenewsleader.ca!



George Elliott
Publisher
george@thenewsleader.ca



Brenda Engel
Office Manager
brenda@thenewsleader.ca

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Congratulations and Good Luck!

We at Westland Insurance thank the Similkameen News Leader for their continued support. We also wish Dawn, Sharon, Barry & George all the best with their future plans.

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Winning story by a young writer

Prizes for the annual Youth Writing Contest, sponsored by Princeton Writers' Group and Princeton Light & Power, were awarded to several local children in various age categories. The News Leader is pleased to present stories from the youngest writers.

Kentucky Derby Winner by Amy Brewer (age 9)

And they're off! "GO GO GO" yelled Tom. "I don't need to use the whip until the end" he thought. "Uh Oh!" Tom said as Sky High pulled up beside his horse, Flash. Slap! The whip landed square on Flash's rump. She answered with a burst of speed. Sky High got a whip from his rider too. He also answered with a burst of speed. With still a mile to go, Flash was going all out. "Come on Flash, you can do this" encouraged Tom. "Don't let Sky High get in front of you." Only a quarter of a mile to go and Flash's front legs went down. Tom knew what to do and quickly pulled up her head. Flash quickly resumed her previous speed and raced under the finish line. Tom wondered "Did she win? I won't know until the winner's board shows who won." The judges announced the winner. "I won! Yes, yes, yes!!!! Am I going to be on TV?"

"yes" said Jake, Tom's trainer. "But for now, go to the winner's circle."

"Flash, Flash, Flash" the crowd chanted.

The wreath of flowers was put around Flash's neck and Tom led her out of the ring.

When they got back to the stables, lots of people were saying congratulations to Tom.

"I'm ready to go" Tom said as the crowd grew thinner.

"Why?" asked Jake.

"Because I've had enough of racing" Tom said tiredly.

"That's him" called Nick, one of Tom's racing opponents.

"What did I do?" asked Tom.

"You ran Flash into Sky High" answered Nick.

"I did no such thing" Tom protested.

"Well Nick said that you did" said the officer.

"Well he didn't" Jake said stepping in front of Tom.

"I'm sorry sir you are not in this. Are you sure it was Flash that ran into you?" the officer asked turning to Nick.

"There are no other rusty horses in this race" replied Nick.

"Yes there is" said Jake.

"Ace" said Tom.

"Oh yeah, now I remember, do you know what stall he is in?"

Nick asked.

"Stall number 12, barn four" Tom said confidently.

"Don't get to happy" the officer said "it might be you".

Sure enough, when they got to Ace's stall, he had a cut on his leg.

"You are disqualified from any future races for the next month" the officer told Martin. Ace's jockey. The officer got the race on videotape from the race manager.

The next day, Tom, Martin and Nick went to court, and the officer brought the tape. It turned out, nobody ran into Sky High.

"Sorry for kicking you out of all of next month's races" said the officer.

"As for you, you are disqualified from any future races for the next month" announced the judge.

"I object" yelled Nick.

"You can't object now Nick" said the judge.

"Yes I can" retorted Nick.

"No you can't; court dismissed" bellowed the judge.

"I thought that you were telling the truth, Nick" said the officer.

"So did I" replied Nick.

"I'm relieved" said Tom.

"About what?" asked Nick.

"About me not running into you" said Tom.

"I'm not" replied Nick.

"Why not?" asked Tom.

"Would you be relieved if you were disqualified from any future races for the next month?" yelled Nick.

"No, not exactly" answered Tom. "Just my point" Nick said matter-of-factly.

"This is my barn" Tom said when they got back to the race track.

"Pack up your stuff, Tom" said Jake.

"Okay" Tom said in agreement.

Once everything was packed up, they headed back to their country ranch. Tom's final words before they left the stables were "we're going home Flash, we're going home".

(Readers of the previous winning story asked why we had not corrected errors in grammar and punctuation. The stories are printed as presented to the judges.)

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Weyerhaeuser Princeton received a \$15,000 rebate from Aquila Networks Canada and Princeton Light and Power's PowerSense Program. The rebate is for Variable Frequency Drivers (VFD's) that were installed on the fan motors of two new lumber drying kilns. The VFD's save energy when the fan motors are powered down during lower load periods.

Weyerhaeuser is planning to upgrade their remaining three kilns with VFD's, and have recently made improvements to their compressed air system, which will result in additional energy savings.

Weyerhaeuser recently entered into a Partner in Efficiency (PIE) agreement with PLP and Aquila, and is committed to working together on energy efficiency projects.

PHOTO LEFT TO RIGHT

Perry Fraser of Aquila presents a \$15,000 cheque to Rick Flegel and Jack Angstadt of Weyerhaeuser.

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Poster contest offers big prizes

Canadian Mental Health Association SOS branch and Penticton Mental Health Center invites all students grades 6 to 12 to participate in a poster contest. Students must attend a school in the South Okanagan or Similkameen Valley.

Prizes are: \$500 for first place, \$300 for second, \$200 for third,

New RCMP Constable steals teacher

Rosemary Dunsmore, recent resident of Princeton, graduated on January 27 from the RCMP Academy in Regina. Constable Dunsmore has been posted to Fort St. John where her family will join her.

Alex Dunsmore, Constable Dunsmore's husband, has been teaching Math and Physics at Princeton Secondary School. His final day at that job was January 30. Dunsmore and their two children are moving to be with Constable Dunsmore at her new post.

Crystal Larson will replace Alex Dunsmore at Princeton Secondary School.

\$150 for fourth, \$100 for fifth and \$50 for sixth to tenth places.

Students are to create a poster on 22 inch by 28 inch poster board utilizing World Mental Health Day 2003's theme of "Emotional and Behavioural Disorders of Children and Adolescents": Utilizing their artistic expression, students are to create a vision of "imagine all children have the skills and

abilities to help themselves and others" and what their outcomes for government and social action and involvement in developing treatment resources for children and youth suffering from disabling mental illnesses would look like.

Posters are to be submitted to Canadian Mental Health at 825 Westminster Avenue W., Penticton, B.C. V2A 1L1 by 4:00 p.m., February 23, 2004.

Congratulations!

George on your new business...
we wish you the best!

Dawn, may you enjoy the rest...
as you deserve it!

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Congratulations, George and Good Luck!

Best Wishes with the Similkameen News Leader

FROM: Copper Mountain Bar & Grill - Highway 3 West

Best Wishes with the Similkameen News Leader



Teams of mixed ages got together last Friday morning at John Allison Elementary School for the annual IceCastles Project. Students learn to cooperate with children of other ages and skills. The group shown above is adding the finishing touches to their castle. Everyone had a lot of fun.

Fall Fair switches from expensive ribbons

This year, prize winners in some Fall Fair categories will receive stickers, not ribbons, for their winning entries.

At the January 27 Fall Fair meeting, members were made aware of the high cost of prize ribbons. President Jody Woodford told members the bill for ribbons last year was \$2,000. She pointed out

that each winner has received a ribbon plus cash, while paying only a small entry fee. In addition, many ribbon winners do not want the ribbons and leave them at the fair, or return them later.

Members agreed to purchase inexpensive decorative sticker "ribbons" to be placed on winning entries, and to reserve ribbons for

such things as the livestock and pet parade winners. This way, the present supply of ribbons will last several years. The cost of 1500 sticker "ribbons" is less than \$100.

Christopher Kelley,
of McConnell, Voelkl Chartered Accountants

wishes the
Similkameen News Leader
much success and welcomes
George Elliott and his new
business to 226A Bridge Street!

PRINCETON FAMILY EYECARE CENTRE

Dr. Carrie-Lynn Snee and
Princeton Family Eyecare Centre
congratulates George Elliott on his
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Congratulations, George!

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Congratulations,



Sharon & Dawn & Barry Johnson
on the sale of the Similkameen News Leader
to local businessman George Elliott.

We wish each of you all the best!



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