

Similkameen News Leader

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News Leader**
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**RCMP
nab
driver**

On the evening of October 24, Princeton RCMP stopped a vehicle on Highway 5A.

The new driver, a 20 year old Princeton man, provided a breath sample on the ASD instrument, which revealed he had been consuming alcohol.

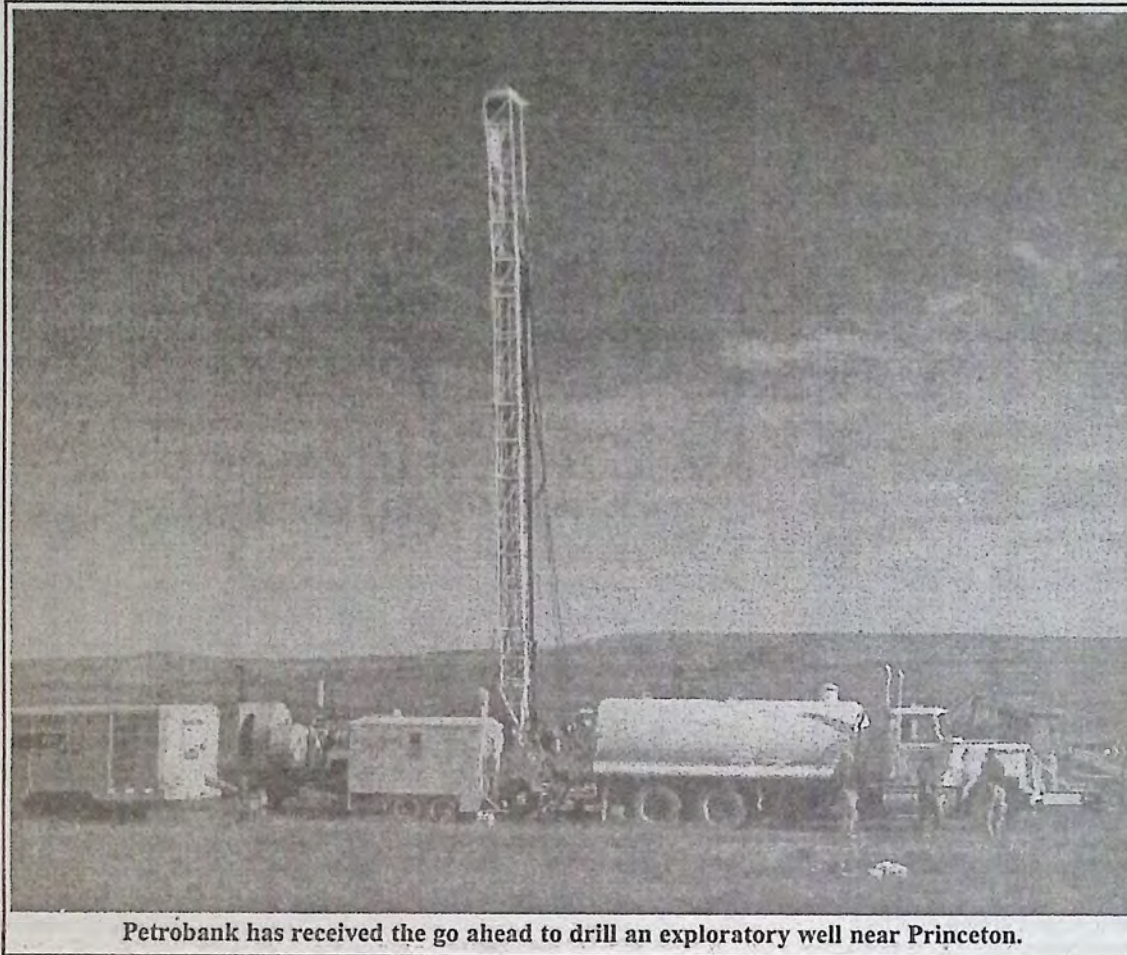
He was issued a 12-hour driving prohibition and a violation ticket. There is a zero tolerance for alcohol in the system for new drivers with a class 7 licence.

The following day, RCMP stopped a vehicle on Highway 3 near the Tourist Information Centre.

The driver, a 39 year old Hedley resident, exhibited signs of alcohol impairment. RCMP gave a breath sample demand, but when taken to the detachment office, the man refused to give a breath sample.

He was given a 24-hour driving prohibition along with an Administrative Driving Prohibition (90 days), and will appear in Provincial Court in Princeton on February 10, 2005, to answer to the charges.

Petrobank receives licence



Petrobank has received the go ahead to drill an exploratory well near Princeton.

*Government
approves
exploratory
well
drilling*

Petrobank Energy and Resources Ltd. (Petrobank) announces that it has received all government and regulatory approvals to drill an exploratory natural gas from coal (NGC) well near Princeton.

"We are truly pleased that our NGC exploration program is finally getting underway," said Gregg Smith, Vice-President, Canada, Petrobank. "Our drilling activities will help us assess the potential of this field and moreover, if the reserves are sufficient to warrant further development in 2005."

Petrobank will drill a test well located 4.5 km southwest of Princeton. As the well is drilled, a constant monitoring of well bore characteristics will be conducted. All findings from drilling activity will be provided confidentially to the Government of British Columbia to allow it to monitor regulatory compliance.

"While here in Princeton, we will make every effort to conduct our business in a safe and environmentally friendly manner with particular emphasis on local traffic management, noise control, and effective water-handling," said Smith.

"All produced water from the well will be transported by truck and disposed of in government-approved disposal wells. We will ensure this NGC project is managed properly, incorporating best industry practices every step of the way."

Petrobank expects that its project will have numerous tangible benefits for the residents of Princeton during the construction period through local purchase of construction materials, supplies, services and hotels, equipment, and fabrication. If gas production is commercial, provincial royalties will be paid which will benefit the entire province.

Petrobank will comply, and in many situations, exceed, government regulations (among the leading requirements in North America). Community members concerns will be addressed throughout the life of this project. The company encourages area residents who may have specific questions, suggestions or concerns to call them immediately at 1-866-764-4571.

Petrobank to Increase Public Communication

Petrobank Energy and Resources Ltd. is planning to drill an exploratory Natural Gas from Coal (NGC) well in the Princeton area. The company has been waiting for regulatory approval and is securing the appropriate equipment.

The company has noted residential concern for more information.

"During the past few weeks we have been preparing materials to provide to the community and have been in discussion with government officials to educate and inform them about this project," said Rene LaPrade, Vice President Operation.

"Our company along with two government agencies are preparing to provide the community with information about NGC and our specific project."

Petrobank first introduced the project to the community in April, 2004, through letters to residents immediately surrounding the well site.

Two open houses were held in Princeton with approximately 200 people attending. In addition, the company has informed community

officials of the project through personal visits and correspondence. A number of news stories have appeared on the project.

A toll free number (1-866-764-4571) has been set up for residents to call with their inquiries.

The company is preparing information to publish regarding its project and has recently sent a letter to residents within a 3 km radius of the project.

"We know a desire for more information exists. Our interest is to ensure the community knows the

Gouk named to Transport Committee

Jim Gouk, Member of Parliament for British Columbia Southern Interior was elected as 1st Vice Chair of the House of Commons Standing Committee on Transport at its October 20th inaugural meeting for the 38th Parliament.

"When my party announced that senior critics could not hold chairs at committees, I immediately requested that I not be appointed as a senior critic and asked instead for the party's support for the vice chair position on the Transport

Committee," Gouk advised. He has served as a senior critic in several portfolios for most of his previous three terms.

Information about the company can be found at www.petrobank.com. Information about Natural Gas from Coal can be secured from the Canadian Society for Unconventional Gas (www.csug.ca).

facts about our exploration well and we will be sharing information in a very public fashion," concluded LaPrade.

Petrobank is a Calgary-based oil and natural gas production company with operations in western Canada.

Information about the company can be found at www.petrobank.com. Information about Natural Gas from Coal can be secured from the Canadian Society for Unconventional Gas (www.csug.ca).

"With this Parliament being a minority government, committee work is going to be the real key to the legislative agenda," said Gouk. "Most controversial bills are going to be referred to committee before Second Reading in order to avoid a possible confidence vote in the House."

Once in committee, the bill can be studied, witnesses called and the legislation amended or even defeated without defeating the government," Gouk pointed out. "As the 1st Vice Chair and a senior member of the Committee, I am actually now in a better position to guide the agenda of the committee than I have ever been before," concluded Gouk.

Did You Set Your Clocks Back An Hour?

A REMINDER FROM

Similkameen News Leader

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Jolene Verbakel, left, displays the wrist watch she won for being chosen PSS Student of the Month. Verbakel, a Grade 12 student, is with Linda Neumann. Neumann says Jolene has been very helpful in the school cafeteria, has been folding laundry and working on recycling around the school.

Interior Health looks at healthy kids

There has been much said recently about children and the rising obesity rates. In fact, the rate of being overweight in Canadian children has tripled during the years 1981 to 1996!

Some of the eating habits of young people include:

- Fewer children eat regular meals with the family.
- The predominant source of energy for adolescents comes from the other food group; sweetened beverages, desserts, candies, ice cream bars and/or potato chips.

Teenagers drink twice as much soda pop as milk and only 19% of girls aged 9 -19 meet the recommended intakes for calcium.

The food choices that children make directly influence learning and health. Nutrition plays an instrumental role in optimal health, growth, intellectual development, preventing immediate health problems and preventing chronic disease.

Studies show that children who were at nutritional risk had significantly poorer attendance, punctuality and grades at school and more behaviour problems. Adequate nutrition has been shown to improve learning skills, especially memory work.

Skipping breakfast decreases memory and attention while eating a nutritious breakfast that is high in complex carbohydrates helped to maintain mental performance over the morning.

Daily physical activity is associated with improved academic and cognitive performance, attitude, self-discipline, social behaviour and creativity.

Children and adolescents who eat

more meals with their families have more balanced meals, skip breakfast less often, and have less snacks, empty calorie foods, fried foods, saturated fat, trans fat and soft drinks.

Children watch and copy adults and look to them to learn proper behaviour. The trick is to make sure you yourself are modeling the behaviour you want them to mimic. Set a positive example!

Here are some healthy habits to consider:

- Make subtle changes (like changing from 2% milk to 1%).
- Make only one change at a time.
- Avoid using food as a reward.
- Eat your food slowly.
- Avoid skipping meals - especially breakfast.
- Include fruits and vegetables in meals and snacks.
- Avoid putting yourself or your child on a diet.
- Follow Canada's Food Guide to Healthy Eating.
- Eat together as a family.
- Encourage children to eat until they are full, rather than forcing them to eat everything on their plate.
- Stock up on healthy snacks.

.....continued Next Page

Petrobank receives approval

.....continued from Front

"Producing natural gas from coalbeds can be a viable and environmentally sound way to meet this province's future natural gas needs. Like conventional natural gas, NGC is a cost effective and clean burning fuel that has many applications, such as heating your home," said Smith.

Petrobank has considerable experience in conventional oil and gas operations. Like conventional wells, this exploratory NGC test well will involve drilling down to the reservoir, completing the well, connecting it to pipelines and pending successful results, producing gas.

Petrobank Energy and Resources Ltd. (Petrobank) is a Calgary-based oil and natural gas production company with operations in western Canada and Colombia, South America. Petrobank pursues new strategic domestic and international opportunities, which complement its existing operating base, where risk factors can be managed and significant return on investment may be achieved. Petrobank is publicly traded on the Toronto Stock Exchange under the symbols PBG and PBG.NTA. Additional corporate information can be found at www.petrobank.com <<http://www.petrobank.com/>>



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Claire Proulx, left, is presented with a Valley First throw by Barb Fraser. The prize was won during Credit Union Day.

Healthy kids

...continued from Page 2

Limit less healthy food and drink choices.

- Make healthier choices when eating out.
- Turn off the TV when you eat.
- Do physical activities together as a family and use these activities as opportunities to talk about healthy habits.

Healthy children have the best opportunity of reaching their full potential.

Excerpts taken from the School Nutrition Handbook, Calgary Health Region. Check out www.interiorhealth.ca for this and other information.

Jill Rhynard, Coordinator of Health Promotion Interior Health, Okanagan Health Service Area

PSS Drama Club presents Alice In Wonderland

The PSS Drama Club invites everyone out to their wonderful production of Lewis Carroll's famous story "Alice in Wonderland" on Friday, November 5 at 7 pm or Saturday, November 6 at 2 pm in the PSS Gym. Admission is by donation at the door.

The asset building efforts put into this production by students, staff, parents and community volunteers has been remarkable. Drama students have created scenery, props, costumes and script ideas. Mr.

Newman's carpentry classes built the scenery flats. Under the management of Ms. D. Cappas the drama students and volunteers will transform the PSS gym into the imaginative world for all to visit. Come on out to enjoy a fantastic show.

The creative efforts of the Drama students and the support of adults in this production are commendable. By supporting young people in developing their creative ideas we build on their assets. Early and ongoing exposure to and participa-

tion in the arts - music, drama, painting and so forth - can have a profound effect on children and youth. Not only does this develop an appreciation for aesthetics, but it also can teach skills, build discipline (through regular practice), and enhance self-esteem.

As we all know we have some very talented young people in our community, so grab a friend, family member, and children and join the PSS Drama Club at PSS this weekend for their unique and creative show. - submitted

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Princeton Exhibition Association

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Princeton Town Hall
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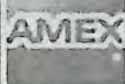
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keremeos and area news



Joe Ritlop is a busy man these days. He is making wine from this year's grape harvest. He says both the quantity and quality of the grapes is above average. As the News Leader was interviewing Joe, two different groups were selecting and buying St. Lazslo's fine wines. One of the customers said she rates it "the best winery in B.C.". Wineries in the South Similkameen are part of the annual Wine Festival and Joe says he had a lot of tours at St. Lazslo's this year. For newcomers to the Similkameen, the wineries are located on Highway 3 south of Keremeos (toward Osoyoos). Look for signs.

Construction industry offers training

People interested in construction trades training should attend an information session on November 9 at Keremeos Employment Access Centre. Representatives of the Southern Interior Construction Association (SICA) will begin the session at 10:00 a.m., outlining the 22 week program which assists those wishing to enter the construction industry in gaining background knowledge.

To be eligible for the training, candidates must have a minimum Grade 10 education, pass a SICA math proficiency test, pass the Construction Safety Training System (7 hours on CD), attend the information session, and be interviewed by the Program

AGM promises fun

Most annual general meetings are dull and hardly anyone wants to go. There is nothing dull about Similkameen Country's annual general meeting!

The actual meeting portion begins at 6:00 p.m. Saturday, November 13, at Victory Hall, but it will soon be followed by a dinner at 7:00 p.m.

After everyone has enjoyed a good meal, there will be entertainment.

Similkameen Country has been an active force in the promotion and marketing of the Keremeos area. Their Annual General Meeting is a form of celebration for a job well done during the past year by it's members and volunteers.

Keremeos business people can circle their calendars for this special evening. Check with Similkameen Country for tickets.

Coordinator.

The training involves 13 weeks of classroom instruction covering construction safety, blueprint reading, trade math, welding and mechanical, carpentry and construction, hand and power tools, material handling and rigging, wood frame construction, and electrical work.

The next four weeks cover First Aid and students will receive first aid certification. A one-week

training period will follow on equipment and machinery handling, with an additional three weeks of on-site training. The course concludes with job search training for the construction industry.

The entire program was developed by SICA because the industry is seeking qualified employees. Some financial assistance will be available to students who qualify for assistance.

Similkameen Country plans light-up

Pull those outdoor lights out of the closet, or basement, or garage - wherever you keep them - and make sure they will be ready! The Christmas light-up plans for Keremeos are well underway. Similkameen Country members have an outline for all of the activities to take place Friday, December 3.

As always, the first act will be the Christmas parade. Anna Bartlett will be the parade marshal.

If you want further information about entering a float, contact Anna at 499-5785.

A community social evening, hosted by Santa and Mrs. Claus,

will be held at Victory Hall after the parade. Local organizations and Valley First Credit Union will participate and provide hot drinks and goodies.

Donna Gunther and Kelly Kerr are convenors for the Christmas crafts bazaar to be held at the Legion Hall. If you would like to reserve a table, contact either of these convenors.

At some point in the midst of all this fun, there will be a fireworks display using the fireworks left over from Canada Day.

Further details will be available in coming weeks in the News Leader.

Elks Club looks for input

Keremeos Elks will be holding an important public meeting on Thursday, November 18th in the Elks Hall.

Elk Joe Reichert told the News Leader the meeting is to address concerns revolving around the annual Rodeo.

"We want residents to help us determine if we are going the right direction or not with it."

A shortage of volunteers and

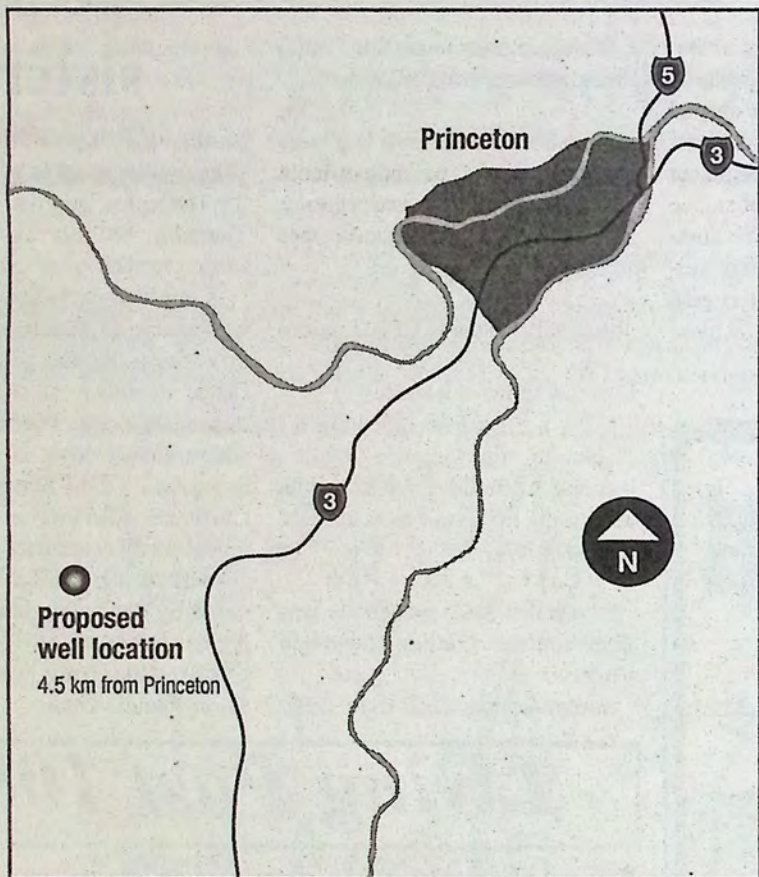
weather conditions have been recent issues the club has had to deal with.

The annual May Long Weekend Keremeos Elks Rodeo marked it's 66th year this past Spring.

Anyone interested in helping, with the event, or with new ideas are welcome to attend this important meeting.

Reichert says the community needs to get behind the event.

Regulatory approval has been granted for the drilling of an exploratory natural gas from coal (NGC) well 4.5 km southwest of Princeton.



Our NGC drilling program in Princeton will incorporate best industry practices every step of the way.

Environmental Management

Our goal is to create as little impact as possible on the environment and land by putting in place a thorough, non-intrusive plan for the area focused on reducing potential disturbances to wildlife, habitat and flora.

Traffic Management

Vehicular traffic in the vicinity of the well will range from intermittingly busy to infrequent. When traffic is heavy, we will have traffic control personnel present as well as "slow traffic" signage to ensure the safety of passers-by.

Flaring and Emissions

Flaring is a normal procedure for any new test well. During initial production testing, gas will be flared in keeping with government regulations. This is a one-time test to determine the productivity of the coals. Natural gas produced from coal does not contain hydrogen sulphide (H₂S) and therefore the concerns associated with sour gas flaring are not warranted for NGC. Once initial testing of the well is completed, all future gas will be transported to market via gas pipelines. This is a safe, closed system, which will not release emissions into the environment.

If you would like more information about how NGC projects are managed in Canada, please visit the website of the Canadian Society for Unconventional Gas (www.csug.ca).

If you have any questions or concerns please call 1.866.764.4571.

For more information about our company, go to www.petrobank.com or alternatively, write us at:

Petrobank Energy and Resources Ltd.

NGC Information Request

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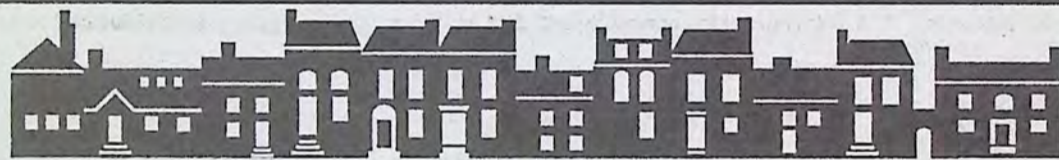
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news leader health page

Think Chiropractic: Curling advice for 2004

It is curling season once again. Curling is a popular sport whose historical roots date back to 16th century Scotland.

It has thrived in northern countries, such as Canada, where granite and cold weather are plentiful. The sport is appealing for many reasons. It is a game enjoyed by those of varying age, ability and gender. Curling does require balance and flexibility and therefore care should be taken when preparing for the season.

The most significant injuries in curling revolve around falling on the ice and stretching muscles beyond their functional limit. There are certain exercises which can help improve balance and flexibility.

One answer is to warm-up your body prior to curling. We warm our cars up in winter, therefore why not our bodies prior to use. Rather than driving to the rink, plan ahead and walk. Walking, even in cooler temperatures, allows your body to warm-up and stretch muscles throughout the body.

The increase in metabolic activity in the muscle during walking results in heat generation and an increase muscle temperature. Furthermore, movement enhances joint and muscle flexibility.

Stretching should only be completed after the body has had sufficient time to warm-up. The goal for a warm up activity is achieving a light sweat.

More often than not, people will stretch without doing a sufficient warm-up activity. Failing to warm-up significantly increases the risk of injury for both stretching and curling. In fact, you are often better off not stretching if you have not sufficiently warmed up the body with an aerobic activity.

Performing curling specific exercises and stretches is important. Commonly used muscles and joints of the shoulder, spine, hip, knee and ankle should be included in a stretching routine.

Another fact to consider is using proper form when stretching a specific muscle group. A general stretching program is available at our clinic website for download that includes instruction on type of stretches and proper form (thinkchiropractic.com).

Stretching will increase your performance during the game, reduce risk of injury and extend the age in which you are able to curl. The following stretching tips are recommended:

- Warm-up prior to curling (walk, run, stationary bike, treadmill).

- Stretch the major muscle groups prior to match and only after a proper warm-up. Contact a health care provider for appropriate stretches.

- Stretching focus is on relaxation.

- Do not strain or bounce!

- Isolate the muscle group, increase to moderate tension and hold until the muscles relax and release.

- If you feel pain; reduce the tension, you are exerting too much strain.

- Stretch both left and right sides.

- Practice your delivery prior to the game.

- Stretch again after the match.

- Perform stretching routines on a daily basis to gain the most benefit.

If you have an existing problem or complaint, get it assessed and treated properly by a knowledgeable health professional. Chiropractic is a great choice because of its expertise in neuromusculoskeletal health.

If you have questions or need advice, consult Dr. Drobot at Similkameen Chiropractic & Rehabilitation (295-0533). Visit the clinic's website for more information on stretching and related health care topics (www.thinkchiropractic.com).

Rebekahs help sister

by Dorothy Stenvold

The regular meeting of Vermilion Rebekah Lodge was held on Thursday, October 21 with eight sisters present.

As our Secretary, Sister Marion, was unable to attend, we had the privilege of having Sister Pamela Ottas, President of the Rebekah Assembly, do the honours.

Vermilion Lodge is making a donation to Sister Diane Corriveau, who lost her home in a mudslide this summer.

Delicious sandwiches were provided by our Noble Grand, Sister Nellie Carvonen.

The table draw was won by Sister Pamela Ottas.

Living Past 100

Cold weather can be good!

The Similkameen Valley is a sun-lover's haven, and most people here react negatively to the first signs of winter. We associate winter with poor health, colds, and general discomfort. We need to take a second look at cold weather. It can be good for your health.

Probably the worst thing about winter is the loss of sunshine. All of us know how much better we feel when the sun is shining. The sun causes our bodies to make Vitamin D, but we can get our sunshine in a bottle of cod liver oil capsules.

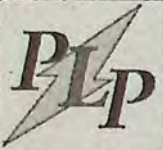
The biggest cause of winter "blahs" and discomfort is lack of exercise. A walk in the cold is just as healthy (perhaps healthier) when compared with a walk in the heat. Moving at a pace to stimulate warmth will be good for you.

A lot of illness in winter is due not only to turning into a couch potato, but in staying indoors in unhealthy air. Going outdoors is a "breath of fresh air" in the best sense. Sitting in a car while it heats up may expose you to harmful exhaust fumes. There are hazards involved in trying to stay warm in winter.

Bundle up, wear warm mittens and boots, and go out in the cold. You can enjoy the often dazzling scenery of the Similkameen, and you will feel much better for having braved the cold for awhile.

Hey Kids! Meet Your Meter...

And Win Great Princeton Posse Prizes!



How much energy does your house use? Peter Plug and Professor Meter can help teach you! Ask Mom or Dad to help read your meter. **GREAT PRIZES:** Two Princeton Posse Prize Packs to be awarded, which will include great Princeton Posse Souvenirs! **TO ENTER:** Fill out any of Peter Plug's activities (appearing soon in the News Leader) or draw your own picture of Peter Plug and Professor Meter. Draw to be made December 3rd. **BRING YOUR ENTRY TO:** Princeton Light & Power Office on Bridge Street or mail to P. O. Box 700, Princeton, B. C., V0X 1W0 **GOOD LUCK!!!**



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September-October-November-December-January-February-March-April-May-June

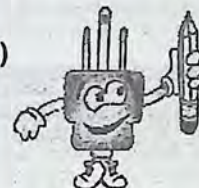
Power-By-The-Hour Rates	SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY						
	Midnight	GREEN ZONE					
1:00 AM	GREEN ZONE						
2:00 AM	GREEN ZONE						
3:00 AM	GREEN ZONE						
4:00 AM	GREEN ZONE						
5:00 AM	GREEN ZONE						
6:00 AM	GREEN ZONE						
7:00 AM	GREEN ZONE						
8:00 AM	GREEN ZONE						
9:00 AM	RED ZONE						
10:00 AM	RED ZONE						
11:00 AM	RED ZONE						
Noon	RED ZONE						
1:00 PM	RED ZONE						
2:00 PM	RED ZONE						
3:00 PM	RED ZONE						
4:00 PM	RED ZONE						
5:00 PM	RED ZONE						
6:00 PM	RED ZONE						
7:00 PM	RED ZONE						
8:00 PM	RED ZONE						
9:00 PM	RED ZONE						
10:00 PM	RED ZONE						
11:00 PM	RED ZONE						

Princeton Light & Power Company (PLP) and Princeton Automation Systems and Support (PASS) wants to remind everyone we entered the "Normal Season" September 1st with our "Time Of Use" Rates. The purpose of the system is to save you money and conserve energy. PLP has outlined 2 rating schedules which consist of the Normal Month schedule, (September through June) and the Summer Month schedule, (July and August). The customer benefits when he/she uses electricity in the non-peak periods. The plan is very effective as it does allow for cheap KWH rates in convenient time slots. This is just another way PLP/PASS is helping the residents of the Similkameen Valley. If you would like a Resource Kit or to know how you can benefit, drop by the PLP office on Bridge Street or call Sam Costa at 295-3244, at PLP's Energy Management Services, PASS Division.

PETER'S ACTIVITY NO. 1

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

- Your bedroom light _____ watts (_____ kilowatts)
- Your bathroom light _____ watts (_____ kilowatts)
- Your clock radio _____ watts (_____ kilowatts)
- Your electric toaster _____ watts (_____ kilowatts)



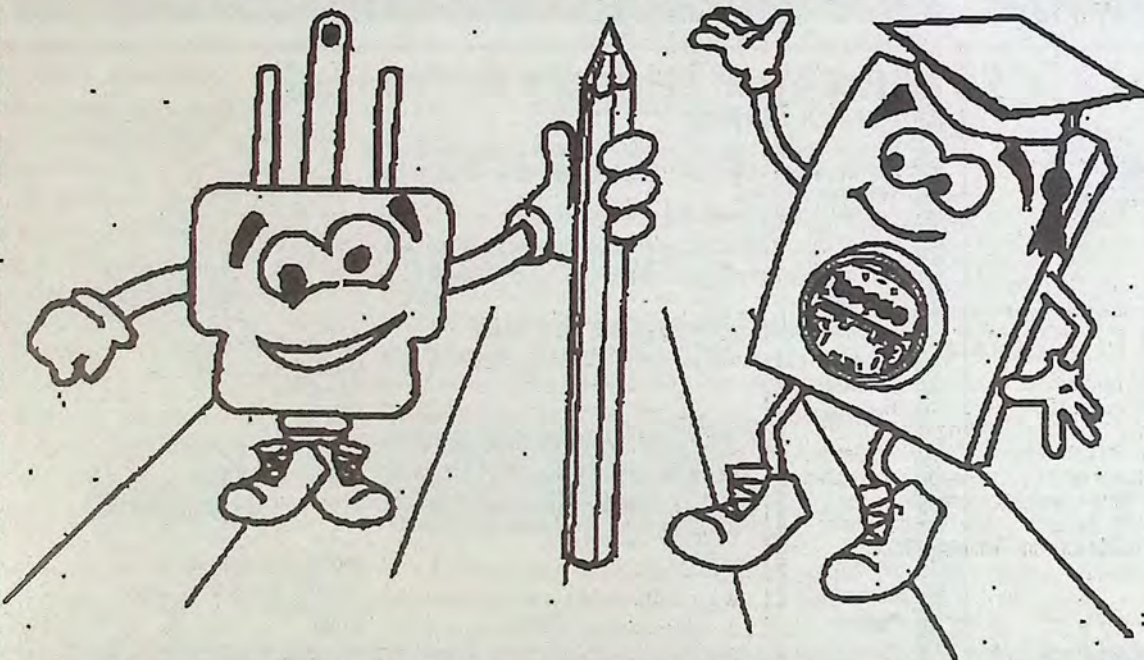
Thanks for joining me and my friend, Professor Meter. We hope you've had fun learning about electricity.

PETER'S ACTIVITY NO. 2

We know that large cars use more fuel than small cars. Well, it's the same for electrical appliances. A large appliance, such as a refrigerator, uses more electricity than a small appliance, like an iron. To calculate the amount of electricity an appliance uses, multiply the wattage by the length of time it operates. For example: If the light bulb in your bathroom used 100 watts and it is on for 10 hours, it consumes: 100 watts x 10 hours = 1,000 watt hours of electricity = 1 kilowatt hour (kWh)

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

LET'S COLOUR



HEY KIDS!

Princeton Light & Power presents Meet Your Meter and Win Great Prizes!

Colour this page and answer the questions to enter Princeton Light & Power Company's Read your Electric Meter Contest for a chance to win great prizes. How much energy does your house use? Peter Plug and Professor Meter can help teach you. Ask Mom or Dad to help read your meter.

GREAT PRIZES: Two Princeton Posse Prize Packs to be awarded, including Posse which will include great Princeton Posse Souvenirs! To enter fill out any of Peter Plug's activities or draw your own picture of Peter Plug and Professor Meter. Extra colouring entries and activity worksheets are available at the PLP Office.

Bring your entry to the Princeton Light & Power Office on Bridge Street or mail it to:

PLP P. O. Box 700, Princeton B. C., V0X 1W0
GOOD LUCK EVERYONE!!!

PRIZE DRAW TO BE MADE ON DECEMBER 3, 2004

Name: _____

Address: _____

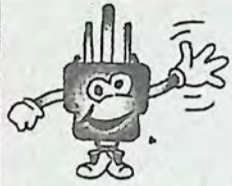
Postal Code: _____ Phone: _____ Age: _____

Hey Kids! Meet Your Meter...

And Win Great Princeton Posse Prizes!



How much energy does your house use? Peter Plug and Professor Meter can help teach you! Ask Mom or Dad to help read your meter. **GREAT PRIZES:** Two Princeton Posse Prize Packs to be awarded, which will include great Princeton Posse Souvenirs! **TO ENTER:** Fill out any of Peter Plug's activities (appearing soon in the News Leader) or draw your own picture of Peter Plug and Professor Meter. Draw to be made December 3rd. **BRING YOUR ENTRY TO:** Princeton Light & Power Office on Bridge Street or mail to P. O. Box 700, Princeton, B. C., V0X 1W0 **GOOD LUCK!!!**



Normal Months

September - October - November - December
January - February - March - April - May - June

Summer Months

July and August

Hi! I'm Peter the Plug and this is my friend Professor Meter.

We're here to tell you about electricity - where it comes from how we use it and how we measure it. *Let's start by asking:*

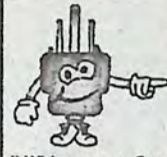
What is Energy?

Energy is what makes things work. Every minute of every day we use energy in one way or another. When you ride your bicycle, you're using your own physical energy to turn the pedals. Whenever your Dad or Mom drive the family car, they're using the energy in gasoline. When you turn on a light, you're using electric energy.

There are two types of energy: **RENEWABLE** - Renewable energy comes from resources which will always be with us. Some renewable energy resources are water, sun and wind. **NON-RENEWABLE** - Energy resources that we will eventually use up are non-renewable. Non-renewable energy resources include coal, oil and natural gas.



Non-renewable energy resources are created over millions of years from the remains of animals and plants. The gasoline your parents use when driving your family car will take millions of years to replace.



Meet Your Meter!

My friend, Professor Meter, can help measure how much electricity your family uses.

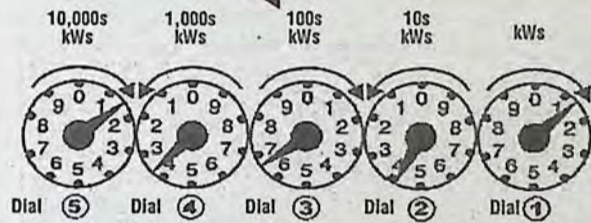
Reading your electric meter is as easy as telling time. By reading the dials on the face of your meter, you can figure out the amount of electrical energy (kWh) you use. Once you understand the instructions, you can do the exercise.

The example below is a close-up of the dials on your electrical energy meter. Most meters in homes have five dials, but some of the older models may have four. Reading and writing down how many kWh you use is the same for both types.

Each dial turns in the opposite direction from the one beside it. Dial 1 turns clockwise; dial 2 counter-clockwise; dial 3 clockwise, etc... As dial 1 goes around completely, dial 2 will move 1/10 of a full turn. When dial 2 goes around completely, dial 3 will turn 1/10 of a full turn. In other words, dial 1 must go around 10 times before dial 2 will go around once. Before the dials from right to left, and write the figures in the same order - from right to left. When the pointer on the dial is between two numbers, write down the smaller number.

Example 1

← READ DIALS RIGHT TO LEFT



The meter reading in Example 1 is 13641

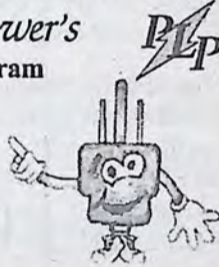
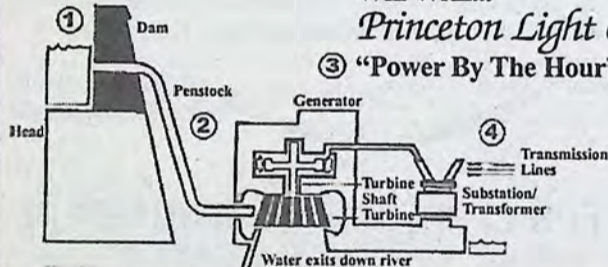
Hydro Electricity (hydro means water)

Water is used to generate most of the electric power in B.C. A very small amount is also generated from wind, natural gas, diesel and other resources.

Hydro electric plants use the energy in rivers, a renewable resource, to generate electricity.

1. A large amount of water is held by a dam in a reservoir.
2. Rapidly moving water is directed through tunnels turning turbine blades, creating mechanical energy.
3. The mechanical energy is then turned into electric energy by a generator.
4. The electricity is transported to your home or farm through high-voltage transmission lines. (Those big metal towers.)
5. Smaller distribution lines carry the electricity throughout your home or farm buildings to electrical outlets.

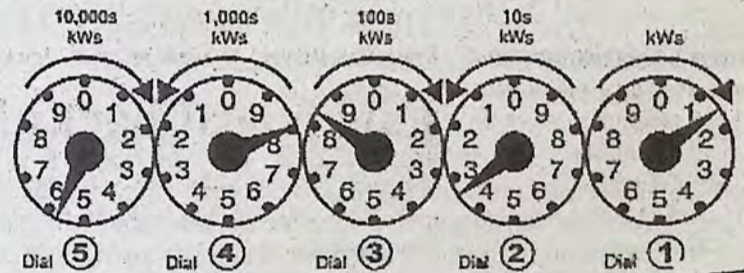
Win With...
Princeton Light & Power's
③ "Power By The Hour" Program



TRY THIS EXAMPLE:

Example 1

← READ DIALS RIGHT TO LEFT



- Dial 1 reads 1.
- Dial 2 reads 3.
- Dial 3 reads 8.
- Dial 4 reads 7. (The pointer appears to be on 8, but the actual reading is 7 as dial 3 has not completed a full revolution.)
- Dial 5 reads 5.

The actual reading is 57831!

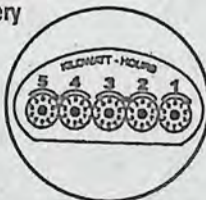
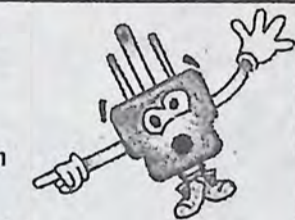


Just How Much Electricity Do Things Use?

Cars and appliances have one thing in common - they both need energy to work. A car uses the energy in gasoline while an appliance uses electric energy.

The amount of gasoline a car uses is measured by a gas pump in litres. The amount of electric energy an appliance uses is measured by the energy meter in your home in kilowatt-hours.

Just as the speed of a car at a point in time is measured in kilometres per hour, the amount of electricity an appliance needs to work is measured in watts or kilowatts (1 kilowatt = 1,000 watts) and is called wattage. Every electrical appliance has a nameplate which indicates wattage (how many watts of electricity it uses) of the appliance.



How Much Electricity Do You Use?

Peter's Activity

This exercise will help you find out how much electricity you and your family use. It has to be done every day for five days, at the same time each day.

* NOTE: Some meters may have four dials.

1. Draw the position of the pointers on your electric meter dials
2. Write the number for your reading in the space provided for each dial,
3. Subtract the meter reading for each day previous.
4. Record in a notebook the electrical appliances and equipment that were used each day.

Example:

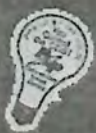
Tuesday Reading	=	51470
Monday Reading	=	51451
Difference	=	19
TOTAL		19 kWh
(19 kWh USED BETWEEN MONDAY AND TUESDAY)		

Name: _____
Address: _____
Phone: _____ Age: _____

Monday Reading = _____

Tuesday Reading = _____
Monday Reading = _____
Difference = _____
TOTAL = _____ kWh

Wednesday Reading = _____
Tuesday Reading = _____
Difference = _____
TOTAL = _____ kWh



Princeton Light & Power Co. Ltd.

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





Long time Princeton resident John Henry started his Property Management business, Cottage Country Caretaker, this past August and says he already has a number of clients.

Property Management becomes hot topic

Former business owner, John Henry, has a property management business of his own called Cottage Country Caretaker.

Henry, 56, is very clear on the credentials he carries.

"I'm a licenced property manager through the Real Estate Council of B. C. which means I can do property management."

Many problems can face a cottage owner when the property is unoccupied.

Henry says his service contains three aspects including a basic service package, additional services and leasing opportunities.

"There are three different areas and the licenced property management is the fourth area."

The basic service package provides security checks inside and outside a property every two weeks; an emergency repair program; a 24-hour availability of spare keys and advice on urgently needed repairs or problems.

Additional services available include landscaping, grass cutting, tree trimming and snow removal; pine beetle management and control; sales and survey referrals; and assorted other cleaning and contracting.

The leasing opportunities cover items such as listing and advertising services; tenant interviews; carrying out pre and post rental inventories; a check for grow-ops and security checks every two weeks.

The information sheet from Cottage Country Caretaker points out most insurance policies are not valid without frequent visits.

Henry, who has lived in the Princeton area for over twenty years, started his business on

August 15th and works as a full time property manager.

"I've done property management in Penticton, too."

Henry is quite proud of the business he established with the help of Community Futures Development Corporation.

"I already have some residential property clients in Princeton through Century 21, but I'm not restricted to Century 21."

He has an office at Century 21 Princeton Realty as well as an

office at home.

Cottage Country Caretaker promotes itself as providing property owners with peace of mind, more leisure time and more holiday enjoyment.

To reach Henry, call (250) 295-7142 or e-mail: johnhenry@uniserve.com.

He also has a website located at www.cottagecaretaker.ca.

Henry says he provides service for both recreational and residential property management.

Fair board backs Skills Centre

The Fall Fair Association likes the idea of an organization to help other organizations.

Sharan Jung, manager of Princeton and District Community Skills Centre, spoke to members at their October 26 meeting. She outlined a plan to apply for Western Diversification funding for one year to set up an organization to assist non-profit groups with administration, accounting, record keeping and storage, policy and procedure manuals, and access to technology to assist them with a number of activities, including marketing. She said a similar organization in Alberta has seen great success.

Jung explained the economic impact of events which bring outside money to Princeton area, and handed out documents which showed that even a small event can generate a lot of money for the community. She asked for a letter of support from Fall Fair members. She got it.

Other Fall Fair business for the evening included a report from President Jody Woodford about the

annual BC Fairs convention and plans for the annual general meeting to be held November 23, and plans for the volunteer and sponsor appreciation dinner to be held this Saturday at the OAP Hall beginning at 4:00 p.m., with dinner served at 4:30 p.m. Fall Fair members are supplying the food.

Sponsorship money has already come in for next year's fair, thanks to the efforts of Jenn Bernard. The new brochure has been proofed and changes will be made. Carol Ruoss presented a list of suggestions for next year's fair, and these will be acted upon.

The idea of Countdown to 2010 as an exhibitor's challenge has brought almost no response from the public. This idea is to challenge descendants of immigrants and recent immigrants to showcase the contributions made to Canadian agriculture and culture in general. The first five countries selected for exhibits were France, Scotland, Germany, Finland and Greece. If there are no groups indicating by February 28 that they intend to do an exhibit, the idea will be dropped.

Recreational & Residential Property Management



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250-295-7142

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CALL FOR EXPRESSIONS OF INTEREST

COMMUNITIES FOR KIDS Funding Opportunity

Communities for Kids is requesting expressions of interest for a one-time funding opportunity of a special event or project to benefit early childhood development. All special events/projects must relate to the optimum health and development of children from conception to age six in the South Okanagan and Similkameen.

To be eligible, applicants must be a community based group with a goal of promoting early childhood development. Preference may be given to non-profit organizations and registered charities.

For a complete application package, please contact Pat Buckland, Community Facilitator at (250) 498-8433 or pat_buckland@hotmail.com.

Applications must be submitted to Communities for Kids by December 1, 2004.



Mmmm...All-You-Can-Eat Baron of Beef - \$ 7.99

Copper Mountain Bar & Grill, Highway 3 West

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1:00 - 5:00 PM
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Hedley OAPO Craft & Gift Fair

10:00 AM - 3:00 PM
Saturday, November 27th

Lunch Available • Table Rental \$8.00 or 2 for \$15.00

Phone Michelle Bishop (250) 292-8548 to book your table.
Everyone Welcome!
Come and enjoy an early start to your Holiday Shopping!

Volunteer? Sponsor? Be our guest!

If you helped Fall Fair 2004,
come to the Fall Fair Appreciation Dinner
Saturday, November 6,
OAP Hall on Billiter Avenue.
Doors open 4:00 PM, Dinner at 4:30 PM

SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

BOARD MEETING DATES

Regular Meetings of the Board of School Trustees will be held as follows. Meetings are held in the School Board Office and start at 7:00 pm.

January 12, 2005	Princeton
February 2, 2005	Merritt
February 23, 2005	Princeton
March 16, 2005	Merritt
April 20, 2005	Princeton
May 11, 2005	Merritt
June 1, 2005	Princeton
June 22, 2005	Merritt

12th Annual Country Christmas Craft Fair

Sunday, December 5th
9:00 am - 3:00 pm
Princeton Secondary School

SPONSORED BY:
Grad Class of 2005

\$15.00 per Table
20' x 30' TABLE CALL



Twenty people attended the Winterfest planning meeting last Thursday night at the Chamber.

Winterfest plans coming together quickly

A total of twenty people attended the Winterfest planning meeting last Thursday night in the

Police charge local man

Actions on August 2, during Tulameen Days, have resulted in the arrest of Jason Arnold Willis, age 31, who faces a number of charges. He will appear in Provincial Court in Princeton on December 16 to answer to charges of dangerous driving, impaired driving, uttering threats and mischief under \$5,000.

Womens Institute plans for regional

by Dorothy Stenvold

The regular meeting of Princeton Women's Institute was held at the Leisure Inn with six members present and one visitor. Pat Williams has been working hard but as she is going on a brief holiday, Mona Willis has said she will take over her job temporarily.

A regional meeting of W.I. will be held in Oliver in the near future. Princeton W.I. has been asked to make something for the craft table, and to bring a dessert. Speakers will be present. We hope Billy will soon feel well again and be able to attend this meeting.

Legion Auxiliary resumes meetings

by Dorothy Monkman

Summer is over and the Legion Ladies Auxiliary is back at work, although members wonder whether or not they really had the summer off. The Auxiliary catered two dinners and five funerals during the summer.

The next Auxiliary meeting is November 10 at 6:00 p.m. The regular Tuesday meeting is shifted to Wednesday to prepare for Remembrance Day. The Auxiliary hopes for a good turn-out to the meeting.

Elections will be held in December. Anyone interested in running for office is asked to come to the November meeting.

Chamber meeting room.

Discussion revolved around a lot of items and a few decisions were made by the end of the meeting.

Downtown merchants will be encouraged to put on sales from 6:00 to 9:00 PM on Friday, December 3rd.

There will also be a parade of carollers with a set walking along Bridge Street from the brown bridge meeting at the Cenotaph with a group of carollers that will have travelled along Vermilion Avenue to the Cenotaph.

Businesses will be asked to decorate their storefronts and light them up as the carollers walk past.

The evening will also include the lighting of the official Town of Princeton Christmas Tree.

The Winterfest celebration will run all day Saturday, December 4th with a Christmas Parade in the afternoon and a childrens visit with Santa in the Legion Hall.

Do dues pay for benefits?

A study of Canada's professional, industrial and volunteer associations clearly indicates a need to base membership dues in any organization on the benefits to members. In short, what do members receive in return for the dues they pay?

One of the discoveries made in the study was that members are willing to pay more if they can see an improvement in their group's public image. They accept the higher cost of advertising their group because it enhances the public image of members.

Conversely, many of the functions of some associations, especially in industry, are educational, and membership dues remain the same while seminar costs are on a user-pay basis. This was true for most professional associations.

On average, industry seminars were less costly than professional seminars. A one-day seminar cost \$151.70, on average, while the average cost for professional associations was \$232.90.

Many details were left to be worked out, but volunteers at the meeting took on many tasks including the organization of a Gingerbread Contest, an Ice Sculpturing Contest, an Ice Candle Contest, a Christmas Tree Contest and a parade.

The whole celebration will follow a Heritage Theme with the parade to celebrate an 'Old-Fashioned Christmas.'

Chamber Manager Lori Thomas stressed the importance of participation from downtown merchants.

"We want to promote local shopping."

Merchants will be expected to put on in-store prizes draws and serve popcorn or hot chocolate outside their businesses to add to the festive atmosphere of Winterfest.

Another meeting is set for Thursday, November 4th in the Chamber Office to firm up scheduling.

Professional Associations charged nearly one-third higher for conference registration than industry organizations.

The study notes that leaders of volunteer organizations worry too much about the costs, and not enough about the value of what members are getting. The recommendation is that volunteer leaders should look first to the value to members before deciding whether the cost is justified.

Organizations that provide educational opportunities for members have less trouble recruiting members regardless of dues structure. In volunteer organizations, the biggest complaint was not about costs, but about the amount of work volunteers faced. Volunteers rejected saving a few dollars if it meant they had to give up more of their leisure time.

The study noted an interesting fact: non-profit organizations change their methods faster than organizations in which membership is required for recognition of professional qualifications.

weekly entertainment guide

TUESDAY, NOVEMBER 2, 2004 THROUGH MONDAY, NOVEMBER 8, 2004



Thursday Seniors Curling action last week at Princeton Curling Club.

Posse still looking for second win

Princeton Posse played host to Summerland Sting Friday night at Princeton Arena.

For a team that tries so hard, but can't seem to win, they sure can draw a crowd!

The Arena was packed with fans cheering the home team and jeering the officiating.

As word of Chance Lintink's hunting accident passed through the crowd, Summerland scored the first goal of the game, short handed, at 4:41 of the first period.

Princeton tried hard to tie the game but the period ended with Sting leading 1 - 0.

Princeton burst out the gates in the second frame and tied the game at 1-all 36-seconds into the period.

Taylor Henry was given the points with assistance from Kevin Flather.

Then Summerland turned up the heat scoring unanswered goals at 2:07, 4:51, 6:25 and 12:30. By this time the Sting was leading 5 - 1.

Princeton had a goal waved off at 13:41 as it was apparently kicked into the Summerland net.

Steve Bilic went in all alone at 18:52 and scored Princeton's second goal of the game.

After two periods it was Summerland leading 5 - 2.

The Posse once again flicked on the turbo chargers at the start of the third period when David Wyman scored one for the home team at 2:00. He was assisted by Steve Bilic.

Summerland scored three more goals at 4:23, 10:06 and 14:00 to widen the gap to 8 - 3.

Frustrations on the ice lead to a scrap at 16:39 and once play resumed, it was obvious this game was over.

Another fight as time ran out sealed the win for Summerland.

Princeton's next home games are back-to-back contests this week-

end.

Nelson Leafs visit the OK Corral Friday night at 7:30 and Beaver

Valley Night Hawks will take on Princeton Saturday night at 7:30 pm.



Twenty-six young women, aged 15 and 16, travelled from various locations in B. C. to be awarded documentation through a special Girl Guides of Canada presentation. The girls achieved their Canada Cord and two high school credits for their graduation. This is the second time in the last twenty years that the Princeton Unit has had members, who have obtained such an honourable award. Congratulations to Charmaine Aiken and Miranda Grigg from your fellow Girl Guides!

Lynch Atom Flyers tie one up

On Saturday October 23rd, just before high noon the Lynch Bus Lines Atom Flyers went up against the Westside #3 Atom team.

In the first period Colby Williams scored the first goal of the game, then Westside came back with three of their own.

Rhett Ortwein scored his goal in the 2nd period then Westside scored two more.

Third period started with the opposition ahead 5-2.

Colby Williams scored once more

assisted by Kraig Leochko and Brant Fenrick then Drayden Larsen put one in assisted by Josh Coyne and Graham Bibby.

Kraig Leochko assisted by Brant put one in and tying the game 5-5. Westside picked up the pace and scored once more then Brant assisted by Kraig put one past the goalie to tie the game 6-6 and that is the way it ended.

Way to work hard Lynch Bus Lines Atom Flyers.

- submitted

Weekly News Leader Fishing Report

CHAIN LAKE - Ron at Princeton Outdoor Supply says the cooler weather is when anglers often turn to hunting. Those still braving the lakes are reminded to check out Chain Lake. Ron says it's been a good bet all season.

MULE DEER CONTEST - Hunters are reminded to find out more about this event at Princeton Outdoor Supply. There are plenty of great prizes to be won.

The Weekly Fishing Report is brought to you by:
PRINCETON OUTDOOR SUPPLY and PRINCETON HISTORY BOOKLETS

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BILLY'S RESTAURANT - CHAMBER OF COMMERCE
PRINCETON OUTDOOR SUPPLY

Princeton History Booklets
info: george@thenewsleader.ca

The Princeton Posse Junior "B" Hockey Club need a variety of volunteers for this season. Security Guards, Score Keepers, Time Clock, Announcers, Merchandise Salespeople, Game Night Organizer...and more!

The future success of our club in this community depends upon all of us. If you think you can help us out in any way please phone 295-6432 or 295-6544 or e-mail mba76@uniserve.com

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Princeton Secondary School Senior Boys Soccer Team. Back Row, from left: Dale Johnson, Michael Bedard, Morgan Desabrais, Nathan Howe, Blake Tarswell, Lewis Smith, Brian Schewchuck, Dave Rainer. Middle Row, from left: David Pattison, Tom Smyth, Nathan Welsh, Peter Newman. Front Row, from left: Joe Obey, Paul Houben, Jerrid Lay, Pat Lepoidevin, Marcel Lameroux, Justin Scott Walker. The News Leader thanks Lawrence Newman for sharing his photo with us.

Senior Boys finish fourth in the Valleys

PSS boys went to the Valleys play-off in Kamloops on October 22nd and 23rd.

The team adapted quickly to playing in snow and slushy conditions.

In the first game they came out strong against St. Annes but could not put enough goals in. The second game was much more successful with the boys beating Logan Lake 3-2.

On Saturday the boys competed hard but came up one game short of going to the provincials. Overall PSS placed 4th in the Valleys.

MVP award went to Blake

Tarswell for his outstanding play in midfield.

Jerrid Lay also had a strong game in net, especially against Ashcroft.

Coach David Pattison was pleased to see the team reach new levels of skill this season.

- submitted by L. Newman

Local Garden Club news

We held our annual meeting October 12th at Branch 30.

We had a very good turn out.

Our elections were held and the new executive is President Albert Engles, Secretary Jackie Chaston, Treasurer Ross Chaston.

We all expressed our thanks to the out going executive for a job well done.

This has not been a good year for some of the gardeners but we planned a Harvest Dinner using the veggies we had grown for October 25th at Noon in the Cultural Centre.

All members and spouses are welcome.

Our next meeting is November 9th at the Seniors Drop-In Centre.

- submitted



Princeton Golf Club hosted their Annual General Meeting Sunday at the Curling Club. The total number of members for 2004 went up from 268 a year ago to 279. There was also an increase in Junior Members from 37 to 39. Member played rounds in 2004 increased in the past year from 9,078 to 10,017. Non-member rounds dropped from 9,557 to 8,972. "Green fee'rs are who will drive and maintain our golf course," stated Club President Gordon Comeau. The 2005 Golf Club Executive includes Gordon Comeau - President, Gerry Kind - Vice President, Jim Jackson - Treasurer, Sharon Davidson - Secretary and Directors Al Anderson, Gerry Cooper, Dave Rainer, Richard White, Dinny Mullin and Ken Blower. The group passed a Resolution which will see the annual Membership Fees increase by \$100 in 2005. In photo above, from left, Al Anderson, Sharon Davidson, Gordon Comeau, Richard White, Jim Jackson, Gerry Kind and Dinny Mullin.

tuesday movies

MORNING

10:00 am CITY (29) ★ "The Brady Bunch in the White House" (2002, Comedy) Gary Cole. The Bradys move to 1600 Pennsylvania Avenue after Mike becomes America's new president.

11:00 am A&E (9) ★★½ "Vanished Without a Trace" (1993, Suspense) Karl Malden. Based on the true story of a school-bus driver who risked his life to save a group of kidnapped children. (E)

AFTERNOON

5:00 pm WGN (33) "The Pandora Project" (1998, Adventure) Daniel Baldwin. A government agent faces the ultimate test as he attempts to retrieve a stolen weapon from a renegade commando. (In Stereo)

EVENING

6:00 pm CITY (29) ★★ "Election" (1999, Comedy) Matthew Broderick. Premiere. A popular teacher's life takes a downward turn as he attempts to ruin a hated student's campaign for class president. (E)

8:00 pm KNOW (5) ★★ "Madama

Butterfly" (1995, Musical) Ying Huang. Based on Puccini's opera about the doomed affair between a young geisha and an American Naval officer in 1900s Japan.

8:10 pm WTBS (3) ★★ "The Mask of Zorro" (1998, Adventure) (PA) Antonio Banderas. The fabled avenger trains an uncouth protege to drive an evil Spanish tyrant from California once and for all. (E)

9:00 pm FAM (26) ★★½ "Love Leads the Way" (1984, Drama) Timothy Bottoms. The story of the training of America's first Seeing Eye dog and how it risked its life for its blind master. (E)

9:05 pm CITY (29) ★★ "Election" (1999, Comedy) Matthew Broderick. Premiere. A popular teacher's life takes a downward turn as he attempts to ruin a hated student's campaign for class president. (E)

10:40 pm WTBS (3) ★★ "The Mask of Zorro" (1998, Adventure) (PA) Antonio Banderas. The fabled avenger trains an uncouth protege to drive an evil Spanish tyrant from California once and for all. (E)

11:05 pm CITY (29) "Balls Up" (1997, Comedy) Albert Schultz. The director of a TV station's lottery program and a script assistant attempt to beat the lottery. (E)

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wednesday movies

MORNING

10:00 am CITY (29) "Balls Up" (1997, Comedy) Albert Schultz. The director of a TV station's lottery program and a script assistant attempt to beat the lottery.

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. (E)

AFTERNOON

5:00 pm WGN (33) ★★ "Militia" (2000, Action) Dean Cain. A federal agent must join forces with a convict to prevent terrorists from using anthrax missiles to kill the president. (In Stereo)

EVENING

9:00 pm FAM (26) ★★ "Invisible Dad" (1997, Comedy) Daran Norris. After an inventor turns himself invisible, his son attempts to reverse the procedure.

9:10 pm WTBS (3) ★★½ "Angel Eyes" (2001, Mystery) (PA) Jennifer Lopez. A Chicago policewoman becomes involved with a sad-eyed good Samaritan with a mysterious past. (E)

10:06 pm CITY (29) ★★½ "Up Close & Personal" (1996, Drama) Robert Redford. Romance inevitably follows when a veteran TV newsmen grooms an ambitious new reporter for stardom. (E)

11:10 pm WTBS (3) ★★½ "Angel Eyes" (2001, Mystery) (PA) Jennifer Lopez. A Chicago policewoman becomes involved with a sad-eyed good Samaritan with a mysterious past. (E)

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TUESDAY, NOVEMBER 2, 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 :30	(5:00) "Murder at 1600" (PA)	News	(Off Air)	Body Elec. Dragon	News	News	"Vanished-Trace"	(5:00) News	News	(5:00) News	Monsters	SportsCentre	News	Daily Planet	GRC	Something	News	Maury	Hillbillies
7 AM :30	Dawson's Creek	Life Today	BluesClues	Clifford	Today Jim Miller; the centennial of the banana split.	The Early Show	Murder, She Wrote	Good Morning America			Hamtaro	SportsCentre	Canada AM	Wild Havens-Giraffes	Sabrina	Rangers	News	CityLine	Matlock
8 AM :30	Dawson's Creek	100 Huntley Street	Hi-5	Barney			Third Watch			100 Huntley Street	SpongeBob	SportsCentre		Monster Garage	Paid Prog.	Hoze		Fashion	In the Heat of the Night
9 AM :30	Saved-Bell	Save-Ums!	Little Bear	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Care Bears	Record	Regis and Kelly	Daily Planet	Good Day Live (N)	Pooh	Maury	News	Magnum, P.I.
10 AM :30	Cosby	The Price Is Right	Elliot Moose	Reading Lions	Ellen DeGeneres Show	The Price Is Right	American Justice	The View (N)	World Vision	Antique MoneyWs	Rupert	ATP Tennis	The View (N)	Monster House	The Larry Elder Show	Stanley	Jerry Springer (N)	Movie: "The Brady Bunch In the White House"	News
11 AM :30	Harvey	Judy	Snoops	Yoga	Frasier	Young and the Restless	Movie: "Vanished Without a Trace" (1993)	News	The Insider	News	Hamtaro	UEFA	Balance-TV	Intruders	Montel Williams	King	Jerry Springer	Bunch In the White House	Rockford Files
12 PM :30	Drew	News	Odysseys	Charlie Rose	Shop	News	All My Children	News	Days of our Lives	News	Neutron	Champions League Soccer	Daily Bold & B.	Warrior Women-Lucy	Perry Mason	Hercules	Home Delivery	CityLine	Magnum, P.I.
1 PM :30	Yes, Dear	Days of our Lives	Small Spc Planet	Art Quilting	Days of our Lives	As the World Turns	Murder, She Wrote	One Life to Live	As the World Turns	As the World Turns	George S.	Wrecked	Vicki G.	Monster Garage	Fam. Feud	Mermaid	Jerry Springer	Relic Hunter	Funniest Home Videos
2 PM :30	Home Imp.	Starting Over (N)	Gaslight	Mr Rogers	Passions	Guiding Light	Third Watch	General Hospital	Passions	Passions	Mona	Interruption	General Hospital	Great Biker Build-Off	Pat Croce	Dalmatian	Maury	Ellen DeGeneres Show	Cosby
3 PM :30	Seinfeld	Emmerdale	Zoboo	Postcards	Judy	Dr. Phil	City Confidential	GRC	Young and the Restless	Young and the Restless	Jacob	Record	Dr. Phil	Mega Machines	Starting Over (N)	Fillmore	Pokémon	News	Home Imp.
4 PM :30	Raymond	Simpsons	George S.	Cyberchas	Decision 2004: Election	Election 2004 Dan Rather anchors network coverage of election results in key national and state races; with Bob Schieffer, Ed Bradley, Lesley Stahl, and John Roberts.	American Justice	Vote 2004 (Live)	Oprah Winfrey	News	Neutron	Canada Cup Classic: 1976 Finals Game 2 - Canada vs. Czechoslovakia.	Frasier	Daily Planet (N)	Little House	Recess	Yu-Gi-Oh!	Sex & City	Will-Grace
5 PM :30	Friends	News	Bus	BBC World	Night (Left In Progress) (Live)		Biography: Dahmer	News	Global	Global	Phantom	1976 Finals Game 2 - Canada vs. Czechoslovakia.	News	How-Made	Malcolm	Proud	Sabrina	Smallville (N)	Movie: "The Pandora Project" (1998, Adventure)
6 PM :30	Sex & City	Will-Grace	Planet	News-Lehrer			Cold Case Files	News	Train 48	Simpsons	SpongeBob	News	American Chopper (N)	Simpsons	So Raven	Raymond	Will-Grace	Movie: "Election" (1999)	WGN News at Nine
7 PM :30	(7:10) He's a Lady (N)	Fortune	Children of Bach	Election Coverage: NewsHour			Dog	Entertain	Simpsons	Simpsons	Mystery	SportsCentre (Live)	The Daily Show	American Hot Rod (N)	Will-Grace	Brotherly	Friends	Matthew Broderick	WGN News at Nine
8 PM :30	Movie: "The Mask of Zorro" (1998) (PA)	Making the Cut (N)	Movie: "Madame Butterfly" (1995) Ying Huang.	Nova (DVS)			Crossing Jordan	ABC News	Simpsons	Simpsons	Inuyasha	UEFA Champions League Soccer	Comer Gas	Daily Planet	You Decide 2004 (Live)	Boy World	Gilmore Girls (N)	News	WGN News Election
9 PM :30	Antonio	Da Vinci's Inquest (N)	Ying Huang	Kilimanjaro	News	News	Biography: Dahmer	(8:35) Vote 2004 (Live)	Simpsons	Arrested	Mystery	Law & Order: SVU	Law & Order: SVU	American Chopper	News	Movie: "Love Leads the Way" (1997)	News	Matthew Broderick	Home Delivery
10 PM :30	Movie: "The Mask of Zorro" (1998)	The National	Bach				Cold Case Files	20/20	Arrested	News	Radio Act	Wakebrd	Law & Order: SVU	American Hot Rod	Malcolm	Boy World	News	Matthew Broderick	Justice
11 PM :30	Movie: "The Mask of Zorro" (1998)	News	Reach Top	Globe Trekker	Decision	TBA	Dog	News	News	(11:03) Fear Factor	Ready-Not My Family	SportsCentre (Live)	News	How-Made	Becker	My So-Called Life	Friends	Will-Grace	Movie: "Balls Up"

WEDNESDAY, NOVEMBER 3, 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 :30	"Where Are Children?"	News	(Off Air)	Body Elec. Dragon	News	News	Movie: "The Long Kill"	(5:00) News	News	(5:00) News	Monsters	SportsCentre	News	Daily Planet	GRC	Something	News	Maury	Hillbillies
7 AM :30	Dawson's Creek	Life Today	BluesClues	Clifford	Today Today Throws a Wedding; orthodontic advice.	The Early Show	Murder, She Wrote	Good Morning America			Hamtaro	SportsCentre	Canada AM	Awesome Opossum	Sabrina	Rangers	News	CityLine	Matlock
8 AM :30	Dawson's Creek	100 Huntley Street	Hi-5	Barney			Third Watch			100 Huntley Street	SpongeBob	SportsCentre		American Chopper	Paid Prog.	Hoze		Start Inside	In the Heat of the Night
9 AM :30	Saved-Bell	Save-Ums!	Little Bear	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Care Bears	Record	Regis and Kelly	Daily Planet	Good Day Live (N)	Pooh	Maury	News	Magnum, P.I.
10 AM :30	Cosby	The Price Is Right	Elliot Moose	Reading Lions	Ellen DeGeneres Show	The Price Is Right	American Justice: Waco	The View	World Vision	Diva Dime MoneyWs	Rupert	ATP Tennis	The View	How-Made	The Larry Elder Show	Stanley	Jerry Springer (N)	Movie: "Balls Up" (1997)	News
11 AM :30	Harvey	Judy	Mathematics Instruction	Yoga	Frasier	Young and the Restless	Movie: "The Long Kill" (1998)	News	The Insider	News	Hamtaro	Fishing	Balance-TV	Untamed North America	Montel Williams	King	Jerry Springer	Comedy	Rockford Files
12 PM :30	Drew	News	Histories	Charlie Rose (N)	Shop	News	Willie Nelson	All My Children	News	Days of our Lives	Neutron	Champions League Soccer	Daily Bold & B.	Smarter-Rest	Perry Mason	Hercules	Home Delivery	CityLine	Magnum, P.I.
1 PM :30	Yes, Dear	Days of our Lives	Thimbles Planet	Simp Paint Sewing	Days of our Lives	As the World Turns	Murder, She Wrote	One Life to Live	As the World Turns	As the World Turns	George S.	Wrecked	Vicki G.	Beyond Invention	Fam. Feud	Mermaid	Jerry Springer	Relic Hunter	Funniest Home Videos
2 PM :30	Home Imp.	Starting Over (N)	Gaslight	Mr Rogers	Passions	Guiding Light	Third Watch	General Hospital	Passions	Passions	Mona	Interruption	General Hospital	How-Made	Pat Croce	Dalmatian	Maury	Ellen DeGeneres Show	Cosby
3 PM :30	Seinfeld	Emmerdale	Zoboo	Postcards	Brown	Dr. Phil	City Confidential	Good Feet	Young and the Restless	Young and the Restless	Jacob	Record	Dr. Phil	Top Speed: Land	Starting Over (N)	Fillmore	Pokémon	News	Home Imp.
4 PM :30	Raymond	Total Home	George S.	Cyberchas	Judy	Oprah Winfrey	American Justice: Waco	The Jane Pauley Show	Oprah Winfrey	News	Neutron	Hockey	Frasier	Daily Planet (N)	Little House	Recess	Yu-Gi-Oh!	Sex & City	Will-Grace
5 PM :30	Friends	News	Bus	BBC World	News	News	Amer. Justice	News	Global	Global	Oddparent	1975 Central Red Army at Montreal Canadiens.	News	Supernatural Science	Malcolm	Proud	Sabrina	Next Top Model	Movie: "Militia" (2000)
6 PM :30	Seinfeld	Will-Grace	Imprint	News-Lehrer	News	News	Family	News	News	Train 48	SpongeBob	News	Bermuda Tri.	Simpsons	So Raven	Raymond	The Bachelor (N)	Dean Cain, Stacy Keach.	
7 PM :30	Sex & City	Fortune	BC	National Geographic	Jeopardy!	Seinfeld	Biography "Melanie"	Entertain	Entertain	Queer Eye-Guy	Mystery	SportsCentre (Live)	eTalk Daily Hollywood	MythBusters	Will-Grace	Brotherly	Friends	Sex & City	WGN News at Nine
8 PM :30	(8:10) He's a Lady	The Greatest Canadian	BC	Six Wives of Henry VIII	LAX (N)	60 Minutes	Crossing Jordan	Lost "The Moth" (N)	Will-Grace	70s Show	Inuyasha	UEFA Champions League Soccer	Lost "The Moth" (N)	Daily Planet	70s Show	Boy World	Smallville "Jinx" (N)	News	Becker
9 PM :30	Movie: "Angel Eyes"	the fifth estate	BC	Regency House Party (N)	The West Wing (N)	King Universe	Amer. Justice	(9:01) The Bachelor (N)	Gilmore Girls (N)	King Universe	Mystery	Law & Order	MythBusters	Nanny 911 (N)	Movie: "Invisible Dad" (1997)	News	Jack & Bobby (N)	Jimmy Kimmel Live (N)	Home Delivery
10 PM :30	Jennifer Lopez	The National	BC	Back	Law & Order	CSI: NY "A Man a Mile"	Family Airline	(10:02) Wife Swap (N)	Queer Eye-Guy	News	Radio Act	In Corner	CSI: NY "A Man a Mile"	Supernatural Science	Malcolm	Boy World	News	Movie: "Up Close & Street	
11 PM :30	Movie: "Angel Eyes"	News	Second	National Geographic	News	News	Biography "Melanie"	News	News	(11:03) Fear Factor	Ready-Not My Family	SportsCentre (Live)	News	Bermuda Tri.	Becker	My So-Called Life	Friends	Personal" (1996)	Street

Regular Meetings

- * Otter Valley Fish & Game Club 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 Weychaucuser 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
- * Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- * Living Water Church hosts Ladies Aerobics, Tuesdays/Thursdays, 6:00 - 7:00 PM, \$2 drop-in fee.
- * Living Water Church hosts "Country Gospel Hour" 7:00 PM the last Saturday of each month
- * Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- * Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- * Just For Me Ladies Group meets 1st Monday of the month, 7:00 PM Living Water Church.
- * Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in Hospital Board Room.
- * Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.

**Similkameen News Leader
Community Calendar**

NOVEMBER

- 5 - Princeton Posse host Nelson, 7:30 pm, Arena
- 6 - Princeton Posse host Beaver Valley, 7:30 pm, Arena
- Hedley Market Day, 8am - 3 pm, Hedley Community Hall
- 9 - Garden Club meeting, Seniors Branch #30
- 11 - Remembrance Day
- 13 - Princeton Posse host Revelstoke, 7:30 pm, Arena
- 14 - Princeton Posse host Sicamous, 2:00 pm, Arena
- 16 - Business Enhancement Assn. 7 pm Copper Mtn. Pub
- 19 - Annual Turkey Dinner, St. Paul's United Church
- 1, 20, 21 - PeeWee/AAA Hockey Tourney, Arena
- 20 - Princeton Posse host Grand Forks, 7:30 pm, Arena
- 24 - Princeton Posse host Osoyoos, 7:30 pm, Arena
- 27, 28 - Novice Hockey Tourney, Arena
- 27 - Princeton Posse host Castlegar, 7:30 pm, Arena
- Kid's Christmas Day Camp, Living Water Church, 9:00 am

DECEMBER

- 4, 5 - Midget Hockey Tourney, Arena
- 11 - Princeton Posse host Summerland, 7:30 pm, Arena
- 15 - Princeton Posse host Osoyoos, 7:30 pm, Arena
- 17, 18, 19 - PeeWee Hockey Tourney, Arena
- 18 - Princeton Posse host Sicamous, 7:30 pm, Arena
- 25 - CHRISTMAS DAY

JANUARY

- 1 - NEW YEAR'S DAY
- 1 - Princeton Posse host Sicamous, 7:30 pm, Arena
- 8 - Princeton Posse host Summerland, 7:30 pm, Arena
- 9 - Tykes Day, Arena
- 14, 15, 16 - Bantam Hockey Tourney, Arena

If your Club, Group or Organization has set an important date, it can be listed here Free. Contact us for details!
ads@thenewsleader.ca

thursday movies

MORNING

10:00 am CITY 29 ★★ "Up Close & Personal" (1996, Drama) Robert Redford. Romance inevitably follows when a veteran TV newsman grooms an ambitious new reporter for stardom. [E]

11:00 am A&E 9 ★★★ "The Lords of Discipline" (1983, Drama) David Keith. A military cadet is determined to expose the group responsible for the brutal hazing of cadets deemed undesirable. [E]

AFTERNOON

5:00 pm WGN 38 ★★ "Chain of Command" (2000, Action) Michael Biehn. The U.S. president is kidnapped along with a portable command center capable of launching nuclear missiles. (In Stereo) [E]

EVENING

6:00 pm WTBS 3 ★★★ "Rush Hour" (1998, Action) (PA) Jackie Chan. A Chinese supercop and a rule-breaking American detective team up to find a Chinese consul's kidnapped daughter. [E]

CITY 29 "Murder Seen" (2000, Suspense) Nicole Eggert. Premiere. Police peg a student as their prime suspect when she reports her own psychic visions of a horrible crime. [E] (DVS)

8:10 pm WTBS 3 ★★★ "A Knight's Tale" (2001, Adventure) (PA) Heath Ledger. Anachronisms abound in this tongue-in-cheek tale of a young peasant who improves his lot by masquerading as a knight. [E]

9:00 pm FAM 26 ★★★ "The Color Purple" (1985, Drama) Whoopi Goldberg. Based on Alice Walker's Pulitzer Prize-winning novel about 40 years in the tumultuous life of a Southern black woman.

10:06 pm CITY 29 ★★ "Midnight in Saint Petersburg" (1997, Suspense) Michael Caine. British spy Harry Palmer is on the hunt for a multimillion-dollar cache of stolen plutonium. (DVS)

11:50 pm WTBS 3 ★★★ "A Knight's Tale" (2001, Adventure) (PA) Heath Ledger. Anachronisms abound in this tongue-in-cheek tale of a young peasant who improves his lot by masquerading as a knight. [E]

friday movies

MORNING

10:00 am CITY 29 ★★ "The Last Fling" (1987, Comedy) John Ritter. A lonely yuppie learns that the woman who stole his heart is engaged to be married.

11:30 am A&E 9 ★★★ "The Hard Way" (1991, Comedy) Michael J. Fox. Preparing for a screen test, a pampered actor becomes the unwelcome partner of a detective on the trail of a killer. [E]

AFTERNOON

5:00 pm WGN 38 ★★ "The Tigger Movie" (2000, Adventure) Voices of Jim Cummings. Animated. Tigger and Roo scour the Hundred Acre Wood for branches of Tigger's family tree. (In Stereo) [E]

EVENING

6:00 pm WTBS 3 ★★ "The Haunting" (1999, Horror) (PA) Liam Neeson. Premiere. Jan de Bont's effects-laden remake of the 1963 classic about research subjects who spend a weekend in a haunted house. [E]

CITY 29 ★★ "Mercury Rising" (1998, Suspense) Bruce Willis. A maverick FBI agent must protect a 9-year-old autistic child who broke a top-secret government code.

7:30 pm FAM 26 ★★ "Bingo" (1991, Comedy) Cindy Williams. Premiere. A

clever canine embarks on a cross-country search for the family who left him behind on the move to Wisconsin.

8:00 pm KNOW 5 ★★★ "Bye Bye Blues" (1989, Drama) Rebecca Jenkins. In 1940s Alberta, a woman embarks on a new life as a member of a local band while her husband is serving in the war. [E]

8:10 pm WTBS 3 ★★ "The Haunting" (1999, Horror) (PA) Liam Neeson. Jan de Bont's effects-laden remake of the 1963 classic about research subjects who spend a weekend in a haunted house. [E]

9:00 pm FAM 26 ★★★ "The Pelican Brief" (1993, Suspense) Julia Roberts. A law student is marked for murder after she writes a brief concerning the deaths of two Supreme Court justices. [E]

10:00 pm KSPS 6 ★★★ "Casablanca" (1942, Drama) Humphrey Bogart. The Oscar winner about a club owner who shelters his old flame and her husband from Nazis in World War II Morocco.

10:06 pm CITY 29 "Sinful Intrigue" (1995, Suspense) Bobby Johnston. A mysterious handyman is the likeliest suspect in a series of attacks on the women of an affluent neighborhood.

11:18 pm FAM 26 ★★★ "Defending Your Life" (1991, Comedy) Albert Brooks. A heavenly panel must decide whether a deceased yuppie should be granted eternal happiness or be sent back to Earth.

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Monday - Friday
9:00 AM - 3:00 PM
Saturday

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Horoscopes

November 3 - 9, 2004

Aries - A good relationship with partner, close friends, and people you consult is the highlight of this week. You need to continue your focus on financial planning, but you will look at education, image.

Taurus - You will receive news regarding finances and it could be good news. Your health is good, but you are not in the best of spirits. Take some time to just putter around. Rest. Wait 2 weeks for more energy.

Gemini - Your partner has things to tell you this week. Plans for the future need discussion. Your mind is still on fun, health, job. These go well this week, but take care - next week poses problems.

Cancer - Home life is busy but pleasant. You still want to spend time in creative activities, but news about your health and job should make you sit up and take notice. Weekend leaves you frustrated, angry.

Leo - This is a good week to drive very carefully, especially on the weekend. Enjoy music, conversation this weekend. You are due for surprises from young people Thursday or Friday. Friends call.

Virgo - Watch road conditions this week and drive carefully! You could be facing an accident. Watch what you say, too. You may stick your foot in your mouth. Computers could give you a lot of problems, too.

Libra - You receive unexpected news this week, which may disrupt some plans you had. This may leave you disappointed, angry and frustrated. Calm down - it is temporary. Take action next week.

Scorpio - Financial news may come as a shock this week, or possessions/money may be stolen. Self-image may seem at a low point, and you feel worn out. Rest, take time for you. Energy soars next week.

Sagittarius - Financial pressure seems to weigh you down this week. Expect a frustrating weekend. Things improve next week. Watch what you say at home or to parents - you could create chaos!

Capricorn - Your partner may be uncooperative, lazy or downright annoying this week, but improvements come next week. Your mind is very active now, but career seems very demanding. Steady as she goes!

Aquarius - Health and employment matters are at a low point this week and most of next week. News from groups surprises. Expect plans, finances, to be disrupted. Forward planning is needed now.

Pisces - News about your career or parents throws a monkey wrench into your plans, and you may be in a turmoil. Family matters are restrictive, frustrating, but maintain a positive approach. Expect some luck.

**Similkameen News Leader
Recipe Corner (Recipe #37)**

Turkey, Bacon Mushroom Caps

- 3 slices bacon, cut into 1/4 inch slices
- 1 large clove garlic, minced
- 2/3 cup fresh breadcrumbs
- 2 tbsp. grated Parmesan cheese
- 2 tbsp. chopped parsley
- 1/4 tsp. dried thyme
- salt and pepper to taste
- 1/4 lb. chopped, cooked turkey
- 3 tbsp. 10% cream
- 8 large mushrooms
- 1 tbsp. butter, melted

In small skillet, over medium heat, fry bacon until almost crisp; add garlic and cook 1-minute. Remove from heat and stir in breadcrumbs, Parmesan, parsley and thyme. Season with salt and pepper. In food processor, process turkey until minced. Add bacon mixture and pulse a few times to mix. With machine running, drizzle in cream, just until moistened. Cut stems from mushrooms, trim inside edge of cap to enlarge stuffing area; discard trimmings. Brush top of caps with melted butter and place top down in baking dish. Fill caps with turkey filling. Bake at 425 F for 10 to 12 minutes or until caps are tender. Makes 4 servings.

Used by permission of Manitoba Turkey Producers. For more great turkey recipes check <http://www.turkey.mb.ca>

*If you have a favourite recipe you would like to share,
contact us for details!*
226A Bridge Street, Princeton

THURSDAY, NOVEMBER 4, 2004

Table with 19 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 12 rows (6 AM to 11 PM) listing TV programs and their times.

FRIDAY, NOVEMBER 5, 2004

Table with 19 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 12 rows (6 AM to 11 PM) listing TV programs and their times.

saturday movies

MORNING

8:00 am WTBS (3) ★★★"Mr. Destiny" (1990, Comedy) James Belushi. A mysterious stranger helps a man redirect his mediocre existence by altering the outcome of a long-ago baseball game. (E)
 10:15 am WTBS (3) ★★"The Craft" (1996, Horror) (PA) Robin Tunney. A teenager grows alarmed when her and her new friends' involvement with witchcraft gets dangerously out of hand. (E)
 11:00 am 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)

AFTERNOON

12:00 pm FAM (26) ★★"The Even Stevens Movie" (2003, Comedy) Shia LaBeouf. The Stevens family's free vacation turns out to be a TV producer's secret ploy to get them on a reality series.

12:20 pm WTBS (3) ★★½"Pleasantville" (1998, Comedy) Tobey Maguire. A shy suburban teen and his sister are transported into the black-and-white world of a 1950s TV sitcom. (E)
 1:00 pm FOX (25) ★★½"Batman Returns" (1992, Adventure) Michael Keaton. Gotham City's Caped Crusader faces double jeopardy when Catwoman joins forces with the maniacal Penguin. CITY (29) ★★½"Big" (1988, Comedy) Tom Hanks. A 13-year-old boy transformed into a 35-year-old man by a carnival wishing machine becomes a successful executive. (E)
 1:34 pm FAM (26) ★★"Help Wanted: Kids" (1986, Comedy) Cindy Williams. A childless couple hire stand-in children to perpetuate an employer's belief that they are a perfect family. (E)
 4:00 pm YTV (18) ★★"The Powerpuff Girls Movie" (2002, Action) Voices of Catherine Cavadini. Premiere. Animated.

Buttercup, Bubbles and Blossom battle the villainous Mojo Jojo's monkey army. (E)
 KTLA (27) ★★½"The Nightmare Before Christmas" (1993, Fantasy) Voices of Danny Elfman. The Pumpkin King gives the yuletide season a touch of Halloween in this animated tale from the mind of Tim Burton. (In Stereo)
 5:00 pm WGN (38) ★★½"Top Gun" (1986, Drama) Tom Cruise. A maverick Navy pilot is forced to grow up during the course of a specialized training program in California. (In Stereo) (E)

EVENING

6:00 pm CITY (29) ★★"Before and After" (1996, Drama) Meryl Streep. Premiere. Two parents find their peaceful lives forever changed when their teenage son is suspected of murdering his girlfriend. (E)
 7:00 pm CHBC (4) ★★½"Pocahontas" (1995, Adventure) Voices of Irene Bedard. Animated. Based on the story of the Algonquian Indian who singlehandedly stopped a war between her tribe and the British. (E)
 7:30 pm WTBS (3) ★★½"The Mummy" (1999, Horror) (PA)

Brendan Fraser. A cursed Egyptian priest is roused from his 3,000-year slumber by foolhardy fortune hunters searching for gold. (E) (DVS)
 8:00 pm KSPS (6) ★★½"Casablanca" (1942, Drama) Humphrey Bogart. The Oscar winner about a club owner who shelters his old flame and her husband from Nazis in World War II Morocco. KXLY (10) ★★½"The Rookie" (2002, Drama) Dennis Quaid. Premiere. Based on a true story. High-school baseball coach Jim Morris follows his dream of playing in the major leagues. (In Stereo) (E) YTV (18) ★★½"The Karate Kid, Part Two" (1986, Drama) Ralph Macchio. Premiere. Old rivalries and new adversaries await Daniel and Miyagi as they travel to Okinawa to visit Miyagi's ailing father. (E)
 8:30 pm WGN (38) ★★½"Gun Shy" (2000, Comedy) Liam Neeson. A fearful federal agent is sent back into the field for a sting operation involving mobsters and Colombian drug lords. (In Stereo) (E)
 9:00 pm CHBC (4) ★★½"Back to the Future" (1985, Fantasy) Michael J. Fox. A modern-day teenager is transported back to the

1950s, where he encounters the teens who will become his parents. (E)
 FAM (26) ★★½"Family Business" (1989, Comedy-Drama) Sean Connery. Premiere. A businessman is reluctantly drawn into a high-tech heist masterminded by his son and his roguish father. CITY (29) ★★½"Fast Times at Ridgemont High" (1982, Comedy) Sean Penn. Students in a Southern California town divide their time between high school and the neighborhood shopping mall.
 10:54 pm FAM (26) ★★½"Irreconcilable Differences" (1984, Comedy) Ryan O'Neal. A 10-year-old girl seeks legal aid to divorce herself from the custody of her ever-preoccupied parents.
 11:00 pm CITY (29) ★★½"Before and After" (1996, Drama) Meryl Streep. Two parents find their peaceful lives forever changed when their teenage son is suspected of murdering his girlfriend. (E)
 11:30 pm WGN (38) ★★½"The Tigger Movie" (2000, Adventure) Voices of Jim Cummings. Animated. Tigger and Roo scour the Hundred Acre Wood for branches of Tigger's family tree. (In Stereo) (E)

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIDNIGHT	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
1:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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11:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

sunday movies

MORNING

6:30 am WTBS (3) ★★½"Dead Calm" (1989, Suspense) (PA) Sam Neill. A husband and wife are threatened after they rescue a mysterious stranger from a boatload of corpses. (E)
 8:00 am A&E (9) "The Brooke Ellison Story" (2004, Docudrama) Mary Elizabeth Mastrantonio. A youth vows to lead as normal a life as possible after she is hit by a car and left paralyzed from the neck down. (E)
 8:30 am WTBS (3) ★★½"The Craft" (1996, Horror) (PA) Robin Tunney. A teenager grows alarmed when her and her new friends' involvement with witchcraft gets dangerously out of hand. (E)
 10:00 am A&E (9) ★★½"Fargo" (1996, Comedy-Drama) Frances McDormand. A pregnant police chief probes the murderous events that evolved from a desperate car salesman's kidnapping scheme. (E)
 FOX (25) ★★½"Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter.
 WGN (38) ★★½"Maid to Order" (1987,

Fantasy) Ally Sheedy. A father's idle wish, intercepted by a fairy godmother, turns a spoiled Beverly Hills heiress into a penniless maid. (E)
 10:30 am WTBS (3) ★★½"Arachnophobia" (1990, Horror) (PA) Jeff Daniels. A doctor's fear of arachnids becomes a terrifying reality when an army of Venezuelan spiders invades his community. (E)
 11:00 am CITY (29) ★★½"Fast Times at Ridgemont High" (1982, Comedy) Sean Penn. Students in a Southern California town divide their time between high school and the neighborhood shopping mall. (E)

AFTERNOON

12:00 pm A&E (9) ★★½"Good Will Hunting" (1997, Drama) Matt Damon. A young janitor with a high intellect goes through a battle of wits with a therapist over his true feelings. (E)
 FAM (26) ★★½"Free Willy" (1993, Drama) Jason James Richter. A young misfit pledges to help a captive killer whale escape the clutches of an amusement park's evil owner.
 WGN (38) ★★½"Mermaids" (1990, Comedy) Cher. A teen is caught in an emotional tug of war as she tries to deal

with both her first love and an unconventional mother.
 12:30 pm WTBS (3) ★★½"The Others" (2001, Horror) Nicole Kidman. A tightly wound widow begins to unravel as strange occurrences point to the presence of ghosts in her isolated mansion. (E)
 1:00 pm KTLA (27) ★★½"Weird Science" (1985, Comedy) Anthony Michael Hall. Two high-school nerds accidentally create the woman of their dreams when an electrical storm zaps their home computer. (In Stereo)
 1:38 pm FAM (26) ★★½"The Real Macaw" (1998, Adventure) Jamie Croft. A talking bird who once belonged to a pirate leads his new owner's grandson on a search for buried treasure. (E)
 2:30 pm WTBS (3) ★★½"The Mummy" (1999, Horror) (PA) Brendan Fraser. A cursed Egyptian priest is roused from his 3,000-year slumber by foolhardy fortune hunters searching for gold. (E) (DVS)
 3:00 pm KTLA (27) ★★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.
 4:00 pm YTV (18) ★★½"Dennis the Menace" (1993, Comedy) Walter Matthau. Based on the comic strip by Hank Ketcham about a mischievous boy whose antics annoy his grumpy old neighbor Mr. Wilson. (E)
 5:00 pm WTBS (3) ★★½"The Haunting"

(1999, Horror) (PA) Liam Neeson. Jan de Bont's effects-laden remake of the 1963 classic about research subjects who spend a weekend in a haunted house. (E)
 A&E (9) ★★½"Mrs. Doubtfire" (1993, Comedy) Robin Williams. Premiere. An unemployed actor disguises himself as an elderly nanny in order to spend more time with his estranged family. (E)
 WGN (38) ★★½"Joe's Apartment" (1996, Comedy) Jerry O'Connell. Musically gifted cockroaches band together to help the human whose flat they share win the girl of his dreams. (In Stereo) (E)

EVENING

6:00 pm CITY (29) ★★½"Black Hawk Down" (2001, Drama) Josh Hartnett. Premiere. Based on the true story of a disastrous mission in 1993 Mogadishu, Somalia, that left 18 U.S. soldiers dead. (E)
 7:00 pm WTBS (3) ★★½"The Haunting" (1999, Horror) (PA) Liam Neeson. Jan de Bont's effects-laden remake of the 1963 classic about research subjects who spend a weekend in a haunted house. (E)
 8:00 pm KTLA (27) ★★½"The Lord of the Rings: The Fellowship of the Ring" (2001, Fantasy) (Part 1 of 2) Elijah Wood. Premiere. Based on the first installment of J.R.R. Tolkien's epic about the quest to destroy or possess

the all-powerful One Ring. (In Stereo) (E)
 9:00 pm WTBS (3) ★★½"The Others" (2001, Horror) Nicole Kidman. A tightly wound widow begins to unravel as strange occurrences point to the presence of ghosts in her isolated mansion. (E)
 A&E (9) ★★½"Mrs. Doubtfire" (1993, Comedy) Robin Williams. An unemployed actor disguises himself as an elderly nanny in order to spend more time with his estranged family. (E)
 FAM (26) ★★½"All the President's Men" (1976, Drama) Robert Redford. Based on the book by Carl Bernstein and Bob Woodward. Two reporters uncover scandals behind the Watergate break-in.
 11:00 pm WTBS (3) ★★½"Arachnophobia" (1990, Horror) (PA) Jeff Daniels. A doctor's fear of arachnids becomes a terrifying reality when an army of Venezuelan spiders invades his community. (E)
 11:18 pm FAM (26) ★★½"Popeye" (1980, Comedy) Robin Williams. The comic-strip sailor meets an adorable founding and the sweetheart of his dreams while searching for his father.
 11:30 pm CITY (29) ★★½"Tarzan and the Lost City" (1998, Adventure) Casper Van Dien. Jane follows in hot pursuit when the Lord of the Apes swings back into action to stop an evil explorer in his tracks.

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SATURDAY, NOVEMBER 6, 2004

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)	
6 AM :30	The Mansion	News Prairie	(Off Air)	Globe Trekker	(5:00) Today	Saturday Early Show	Movie: "Fargo" (1996)	Good Morning America	Fire Station	Diva Dime	Monsters	(5:50) ATP Tennis: Masters Series - BNP Paribas - Semifinals (Live)	OWL/TV Kingdom	Daily Planet	Paid Prog.	Hoza	Paid Prog.	Indo	Ladder	
7 AM :30	The Mansion (N)	Prairie Fishn	BluesClues Dora	MotorWeek Fly Tying	News	Lazy Town	Old House	Good Morning Northwest Saturday	News	News	Transform	Tennis	D'Myna	Bermude-Solvd	Cramp	Rangers	Yu-Gi-Oh!	Eye on Asia	Paid Prog. Mured	
8 AM :30	Movie: "Mr. Destiny" (1990)	My Boat	Timothy	Router		Spider	Ask This				Gundam	Paribas - Semifinals (Live)	Good Morning Canada	Cruise Ship Rescue	Sonic X	Teen Angel	Tn-Titans	Polish Studio	Prolino Walgreens	
9 AM :30	James Belushi	Making the Cut	George S. Zoboo	Workshop Old House		Backyard	Design	Proud		Pet Guys	Jackie	PGA Golf: The Tour Champion		Forensic Factor	Turtles	All That	Pokémon	Arts	Bow Flex	
10 AM :30	Movie: "The Craft" (1996, Horror)	Bowling: 10-Pin	Madeline Little Bear	Ask This Americas	Shark	To Be Announced	All the Presidents' Wives	Phil	GetUpGrow	Strange	Phantom	From East Lake Golf Club in Atlanta.	Daily Planet	The FBI Files	Kirby	Even	Yu-Gi-Oh!	Fashion	Soul Train (N)	
11 AM :30	(PA) Robin Tunney	Athletes	Macphee	Burt Wolf	Paid Prog.	Cycling		Lilo Stitch	Antique	Motorcycle Racing	Tn-Titans	2004 Special Olympics Day (Live)	Unwanted	Forensic Evidence	NFL	Smart Guy	Libertys	Hair Wars	Movie: "Air America" (1990) Mel Gibson.	
12 PM :30	Movie: "Pleasantville" (1998, Comedy)	The Last Round: Chuvato vs. All	Moving On	Tuscan	Paid Prog.	Football	Mondo	Football	News	Trauma	Pokémon	2004 Special Olympics Day (Live)	Tahitian	Exhibit A	Paid Prog.	Movie: "The Even Stevens Movie"	Libertys	Chum Chart		
1 PM :30	Toby Maguire	Equestrian: Royal Winter Fair	Journal	Joy of	NASCAR Racing: Busch Series - Bashas' Supermarkets 200.	College Football: Notre Dame at Tennessee (Live)	Investigative Reports	The Big House	News	Malcolm	Academy	2004 Special Olympics Day (Live)	Eagle Communications	American Chopper	Animal At	Movie: "Batman Returns" (1992, Adventure)	Movie: "Help Wanted: Kids" (1986)	Libertys	Movie: "Big" (1988, Comedy)	Mutant X "Lit Fuse"
2 PM :30	Home Imp.	My Boat	Creatures	Flyfisher	Athlete		American Justice: Mafia		Wealth	'70s Show	Powerpuff	SportsCenter (Live)	Mysterious Ways	How-Made	Keaton	Smart Guy	Andromeda (N)	News	Home Imp.	
3 PM :30	Home Imp.	Red Green	Arthur	National Geographic	Tutenstein				Simpsons	'70s Show	Powerpuff	2004 Poker Million (N)	Sue Thomas: F.B. Eye	Super Ships "Top Ten"	Angel "A New World"	So Raven	Movie: "The Nightmare Before Christmas" (1993)	MovieTV	Funnest Home Videos	
4 PM :30	College Football: Teams to Be Announced (Live)	Wind at My Back	Art Attack	CG Kids	Travels	The West Wing	City Confidential	PGA Golf: The Tour Champion	Simpsons	Simpsons	Movie: "The Powerpuff Girls Movie"	2004 Poker Million (N)	Charmed "Witch Wars"	Monster Garage	Just Shoot	Fillmore	Before Christmas	News Wkd	Movie: "Top Gun" (1986) Tom Cruise.	
5 PM :30		News	Babar	Porridge	News	News	Cold Case Files	From East Lake Golf Club in Atlanta.	Simpsons	News	Academy	SportsPage 20th Anniv.	News	Great Biker Build-Off	Simpsons	Barbarian	Will-Grace	Movie: "Before and After" (1996)	WGN News at Nine	
6 PM :30		Air Farce	renegade	Lawrence Welk Show	Raymond	Access Hollywood (N)	City Confidential (N)	In a Common Cause	In a Common Cause	Zoe Buisiek: Wild Card	Mystery	SportsCenter (Live)	Sue Thomas: F.B. Eye	American Chopper	Will-Grace	Radio Free	Friends	NBA Basketball: Clippers at Warriors	Movie: "Gun Shy" (2000) Liam Neeson.	
7 PM :30	Movie: "The Mummy" (1999) (PA) Brendan Fraser	Movie: "Pocahontas" (1995), Mel Gibson	Heartbeat	Movie: "Casablanca" (1942) Humphrey Bogart.	The Apprentice	CSI: Miami "Rap Sheet"	Cold Case Files	The First 48	Movie: "The Rookie" (2002) Dennis Quaid, Rachel Griffiths. Premiere.	Blue Murder (DVS)	National Hit List	UEFA	Wife Swap (N)	American Hot Rod	Cops (N)	Knock First	SexTV	Movie: "Fast Times at Ridgemont High" (1982)	Street	
8 PM :30		Movie: "Back to the Future" (1985) Michael J. Fox	Touch of Frost "Line of Fire"	Red Green	Law & Order: SVU	48 Hours Mystery	News	News	City Confidential	News	News	SportsCenter (Live)	CSI: Miami "Rap Sheet"	Monster Garage	America's Most Wanted	Movie: "Family Business" (1989) Sean Connery.	News	Movie: "Fast Times at Ridgemont High" (1982)	Street	
9 PM :30		College Football: Teams to Be Announced.	Future	Craftsman	American	News	News	City Confidential	News	News	Academy	SportsCenter (Live)	Billiards: Champs.	Law & Order: SVU	Unexplained Mysteries	Mad TV (N)	Quest-Ring	"Before and After"	"Tigger"	
10 PM :30			Rosemary and Thyme	Austin City Limits (N)	Sat. Night	Seinfeld			Sat. Night	Sat. Night	Oracle		Billiards: Champs.	Law & Order: SVU	Unexplained Mysteries	Mad TV (N)	Cheaters			

SUNDAY, NOVEMBER 7, 2004

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	"Fallen"	News	(Off Air)	Jakers	Today	CBS News Sunday Morning	Breakfast With the Arts	Good Morning America	Prairie	Adventure	Monsters	Sports	Acorn	Superheroes Unmasked	Hour of Power	Hoza	Pacesetter	Mix TV (In Russian)	NightMan "Fear City"
7 AM :30	Movie: "Dead Calm" (1989) (PA) Sam Neill.	In Touch Patience.	BluesClues Dora	Couch	Strange	Nation	Biography	News	Weekend	Fishing	Mona	CFL Countdown (Live)	Good Morning Canada	Jekyll & Hyde	Libertys	Rangers	Facts	Eye on Asia	Mutant X
8 AM :30		Impe	Timothy	Real	Meet the Press	Little Bill	Movie: "The Brooke Ellison Story" (2004)	This Week With George	News	TribalTrail	Detention	NFL Countdown (Live)		Exorcists-Story	Fox News Sunday	Teen Angel	Feed	Eye-Asia	The X-Files "Oubliette"
9 AM :30	Movie: "The Craft" (1996) (PA) Robin Tunney	Listen Up	George S. Zoboo	College	Paid Prog.	NFL Today (Live)			Hour of Power (N)	Robot	Neutron	Eagle Communications	How-Made	Fox NFL Sunday	All That	Pastor	Festival Italiano di Johnny Lombardi (In Italian)	Andromeda (N)	
10 AM :30	Movie: "Arachnophobia" (1990) (PA) Jeff Daniels.	Nothing Too Good	Madeline Little Bear	Carlson	Body-Jake	NFL Football: Oakland Raiders at Carolina Panthers. (Live)	Movie: "Fargo" (1996) Frances McDormand	Mathews	Driving TV	NFL Football: Teams to Be Announced (Live)	SpongeBob	PGA Golf: The Tour Champion - Final Round.	Eagle	Mutter Museum	Movie: "Father of the Bride Part II" (1995)	Even	Paid Prog.	Movie: "Fast Times at Ridgemont High" (1982)	Movie: "Maid to Order" (1987) Ally Sheedy.
11 AM :30		On Road	Router	Nature (DVS)	NYC Marathon	Raiders at Carolina Panthers. (Live)	Movie: "Good Will Hunting" (1997, Drama) Matt Damon.	Old House	Hour of Power (N)	Jacob	Grown Up	From East Lake Golf Club in Atlanta.	Eagle	Jekyll & Hyde	Brotherly	Sabrina	Wild Am.	World Poker Tour	Movie: "Mermmaids" (1990)
12 PM :30		Okanagan	Dotto Tech	National Geographic	Countdown	NASCAR Racing: Nextel Cup Series - Checker Auto Parts 500. (Live)	Movie: "Good Will Hunting" (1997, Drama) Matt Damon.	Old House	News	Yvon	Mystery	From East Lake Golf Club in Atlanta.	Joan of Arcadia	Monster Garage	NFL Football: Regional Coverage	Movie: "Free Willy" (1993)	Movie: "Weird Science" (1985), Kelly LeBrock	World Poker Tour	Movie: "Mermmaids" (1990)
1 PM :30	Movie: "The Others" (2001) Nicole Kidman	To Be Announced	Champions	Bob Hope: The Road	Nextel Cup Series - Checker Auto Parts 500. (Live)	NFL Football: New England Patriots at St. Louis Rams. (Live)	Movie: "Good Will Hunting" (1997, Drama) Matt Damon.	Old House	Driving TV	Weekend	Stuff	From East Lake Golf Club in Atlanta.	Figure Skating: Skate Canada Gala. (Taped)	Great Biker Build-Off	NFL Football: Regional Coverage	Movie: "The Real Macaw" (1998)	Smart Guy	World Poker Tour	Movie: "Mermmaids" (1990)
2 PM :30			Creatures	World's Fair Memories	Shop	Rams. (Live)	Design	Inside Stuff	Announced (Live)	Ag 21 (N)	Stu Little	Champ Car World Series Racing	Skate Canada Gala. (Taped)	Frontiers of	Smart Guy	"Spaceballs" (1987, Comedy)	MovieTV	Funnest Home Videos	
3 PM :30	Movie: "The Mummy" (1999) (PA) Brendan Fraser	CFL Football: West	Arthur	Art Attack	Desert	CSI: Crime Scn	The West Wing	Airline	News	Simpsons	Movie: "Dennis the Menace" (1993)	NFL Primetime	My Wife	Daily Planet	Columbia	So Raven	MovieTV	Funnest Home Videos	
4 PM :30		Division Semifinal - Eskimos vs. Roughriders	Babar	Workshop	News	Backroads	Movie: "Mrs. Doubtfire" (1993) Robin Williams, Sally Field. Premiere.	Health	MoneyWs	News	Global	NFL	8 Rules	How to Monsterize Everything (N)	Dharma	Fillmore	What I Like	The Collector	Movie: "Joe's Apartment" (1996)
5 PM :30	Movie: "The Haunting" (1999) (PA) Liam Neeson.		Rabbit	Old House	NBC News	CBS News	News	ABC News	Global	Global	Drake	Football: Cleveland Browns at Baltimore Ravens. (Live)	Hope	Andromeda (N)	Barbarian	Jack & Bobby	Movie: "Black Hawk Down" (2001) Josh Hartnett.	Movie: "Black Hawk Down" (2001) Josh Hartnett.	
6 PM :30			Heartbeat	Monarch of the Glen	Fortune		Williams, Sally Field. Premiere.	Makeover: Home	King of Hill	King of Hill	What I Like	Desperate Housewives	Desperate Housewives	MythBusters (N)	Simpsons	Radio Free	Steve Harvey	World Poker Tour	Funnest Home Videos
7 PM :30	Movie: "The Haunting" (1999) (PA) Liam Neeson.	American Dreams (N)	The Royal "Cliffhanger"	Masterpiece Theatre "Henry VIII"	American Dreams (N)	Cold Case "Sleepover"	CSI: Miami	Makeover: Home	Simpsons	Simpsons	Gilmore Girls	Cold Case "Sleepover"	Daily Planet	Simpsons	Knock First	"Lord of the Rings: Fellowship of Ring"	News	World Poker Tour	Movie: "Black Hawk Down" (2001) Josh Hartnett.
8 PM :30			Rosemary and Thyme	Crater	Law Order CI	Dallas Reunion: Return to Southfork (N)	Movie: "Mrs. Doubtfire" (1993, Comedy) Robin Williams, Sally Field.	Desperate Housewives (10:01) Boston Legal	Obnox. Boss	Obnox. Boss	Hit List	ATP Tennis	Law Order CI	How to Monsterize Everything	Obnox. Boss	Movie: "All the President's Men" (1976)	News	World Poker Tour	Movie: "Black Hawk Down" (2001) Josh Hartnett.
9 PM :30	Movie: "The Others" (2001) Nicole Kidman	CBC News: Sun.	Eat Like a King	Coupling	Crossing Jordan (N)	Crossing Jordan (N)	Williams, Sally Field.	Desperate Housewives (10:01) Boston Legal	News	Popoff	Fries That?	SportsCenter (Live)	The Sopranos (N)	Unexplained Mysteries	Maximum Exposure	Raymond	Night Party	World Poker Tour	Movie: "Black Hawk Down" (2001) Josh Hartnett.
10 PM :30			Impossible Dream	Liberty-Amricn	News	News	Williams, Sally Field.	Desperate Housewives (10:01) Boston Legal	News	Popoff	Fries That?	SportsCenter (Live)	MythBusters	Maximum Exposure	Raymond	Night Party	World Poker Tour	Movie: "Black Hawk Down" (2001) Josh Hartnett.	
11 PM :30	Movie: "Arachnophobia" (1990)	Open Book			Sports	ER		Desperate Housewives (10:01) Boston Legal	Complete	Ford Motor	Ready-Not		MythBusters	Maximum Exposure	Raymond	Night Party	World Poker Tour	Movie: "Black Hawk Down" (2001) Josh Hartnett.	

MONDAY, NOVEMBER 8, 2004

Television schedule grid with columns for channel (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, 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) ★ "Tarzan and the Lost City" (1998, Adventure)
11:30 am A&E (9) ★★ ★ "Deliverance" (1972, Drama)
AFTERNOON
5:00 pm WGN (38) "Gideon Oliver: Sleep Well Professor Oliver" (1989, Adventure)
EVENING
6:00 pm CITY (29) ★★ "She's All That" (1999, Comedy)
8:00 pm WTBS (3) ★★ ★ "The Whole Nine Yards" (2000, Comedy)
9:00 pm FAM (26) ★★ ★ "Planes, Trains and Automobiles" (1987, Comedy)
10:00 pm WTBS (3) ★★ "The Big Hit" (1998, Action)
10:06 pm CITY (29) ★★ ★ "Cry Freedom" (1987, Drama)

THE NEWS LEADER WORD SEARCH

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

LET'S TALK ABOUT "LANGUAGES"

- HINDI
TAGALOG
CHINESE
ENGLISH
RUSSIAN
FRENCH
SALISH
THAI
ARABIC
LATIN
ROMANIAN
FLEMISH
GAELIC
HEBREW
PATOIS
PORTUGUESE
SWAHILI
AFRIKAANS
HAWAIIAN
TUAREG
INUIT
ATHAPASKAN
GERMAN
KOREAN

Let's Play Princeton Trivia!
Question: What event occurred at Copper Mountain in 1928?
Last Week: Coalmont was once promoted as the "City of Destiny."
Brought to you courtesy of: PRINCETON MUSEUM

ads@thenewsleader.ca

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

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MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS



obituary

Jean Maude Angstadt



May 16, 1924 - October 26, 2004

An end has come to the rich and meaningful life of Jean Maude Angstadt. She left us peacefully surrounded by her family and with the loving support of the wonderful staff at Ridgewood Lodge. She is able at last to join her beloved George, "her jewel."

We'll always love you, Mom.

A celebration of Jean's life will take place on May 14, 2005. In lieu of flowers, donations to Ridgewood Lodge would be greatly appreciated.

in memoriam

HAKER

On November 4, 1991
In Loving Memory Of Our Precious
Sons & Brothers
Donald - Age 18, Rick - Age 16 &
Ronny - Age 13

They have gone across the river
To the shore of ever green
And we long to see their dear faces
But the river flows between.
Some day, some time, we shall see
The faces we loved so well,
Some day we'll clasp their loving hands
And never say farewell

Gone From Our Home
But Not From Our Hearts

Loving & Missing You Always

Mom, Dad & Vickie
(Shirley & Tom)

birth



Jarod John Ritter is proud to announce the arrival of his baby sister, Michelle Nicole Ritter. She was born on October 8, 2004 in Burnaby, BC weighing 7 lbs., 13 oz and 21 inches long. Proud parents John & Nicole Ritter are now blessed with two wonderful children. Proud grandparents are Jake Ritter of Princeton, Alvena Ritter of Ontario and Bud & Sandy Derker of Princeton.

notices

Learn to speed read in 457 weeks! To find out more, just contact "Swift McBride" at 1-888-350-9969. Don't delay!
Sep 28-tfn

Telemarketers bugging you? New product eliminates those annoying calls at dinnertime. Call anytime, day or night. 1-866-344-8298.
Sep 14-tfn

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

services

Household Helper - housecleaning, organizing, friendship. Dependable and trustworthy. References. Call Sharon (250) 295-7210.
Oct 29-Nov 09

found

Young black lop-eared rabbit. Very tame. Contact Kevin Acres 295-0255.

for sale

1980 Ford 3/4 ton 4x4. Body good, running condition. \$1,000 OBO. (250) 295-7828.
Oct 19-Nov 02

14' x 70' mobile home with 8' x 20' addition. Renovated in and out, new carpet, lino, paint in and out. Five appliances, new hot water tank, and roof re-done. Pellet stove, fenced yard. Two garden sheds, 8 x 10 garden plot. Great starter...must see! Asking \$25,000.00 OBO. To view call Tina (250) 295-0252.
Oct 26-7

Entertainment centre, \$500.00 OBO; Table saw, \$100.00; Recliner, \$100.00 OBO; Ball Pit for Kids, \$40.00. (250) 295-7210.
Oct 29-Nov 09

1970 Cougar, one owner, 58,000 miles, 351, V8, P/S, P/B, good condition. (250) 295-3992 or 295-3258.
Oct 26-Nov 09

wanted

Indoor storage for 24.5 foot fifth wheel. (250) 295-7480.
Nov 02

notice

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

help wanted

COMPUTER TRAINING
DIPLOMA PROGRAMS
• Desktop Publishing
• Office Administration
• Administrative Assistant
• Computerized Accounting
• Microcomputer Business App.
• MOA-Medical Office Assistant
• PC Troubleshooting and Repair
• AutoCAD-Computer Aided Design
"Job Placement Assistance"

Over 180 Locations
ACADEMY OF LEARNING &
LOCAL CALL **310-JOBS (5627)**

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

notices

Come to Hedley Market Day! Saturday, November 6th from 8:00 AM - 3:00 PM at the Hedley Community Hall. Lots of tables with collectables, toys, crafts, chocolates, vintage clothing, flea market and more!
Nov 02

Princeton Help Line Society AGM. 12 PM Noon, November 8th at Belaire Restaurant.
Oct 19-Nov 02

Telemarketers bugging you? New product eliminates those annoying calls at dinnertime. Call anytime, day or night. 1-866-344-8298.
Sep 14-tfn

Tired of spending big money on 'distressed' furniture? Let my 5-year old dog create the same effect on your couch, bedding, carpeting, vehicle, deck or yard. Now booking appointments. 1-877-295-7754.
Aug 24-Sep 28

Can't see the forest for the trees? I can give you valuable information to make it all very clear. Call me anytime for details! (250) 295-6640.
Aug 24-Sep 28

Men...looking for that 'extra something?' Call for details of new medication. (250) 295-3387.
Sep 14-tfn

Limited edition Jim-Jam Flatter. Appraised value at \$1,500. Must sell for the giveaway price of \$250. Call (250) 295-1960.
Sep 14-tfn

services

TIN MAN

METAL ROOFING
Sales • Installations

295-3743
1-888-647-3377

Jul 06-tfn

help wanted

DAIRY QUEEN

Hiring for full & part-time positions. Front of the house, back of the house. Experience not necessary. Drop off resume in Person at the Princeton Dairy Queen.

Sep 28-tfn

notices

VEGETABLE AND FRUIT RAISED PORK BY THE POUND

BACON - SAUSAGES CHOPS - HAMS ROASTS

ALSO ROASTING CHICKENS, SPRING LAMB

ORDERS TAKEN NOW FOR BARBEQUE PIGS

MELODYE HOPE
(250) 295-3739

Oct 19 - tfn

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

lost

Photo album somewhere in Princeton. (250) 295-0025.

Stress-free weightlifting program using products found in your backyard! Proven results in days! Call (250) 293-6500.
Sep 14-tfn

card of thanks

The family of Jean Angstadt wish to express our profound gratitude for the loving care extended to Jean at Ridgewood Lodge.

Hats off to the care aides, nurses, cleaning staff and Doctors.

What a wonderful Team!

for rent

Three bedroom, two bathroom family townhouse with fenced backyard. Pay 30% of your monthly income towards rent. Please phone 295-6666 for more information..
Nov 02-09

Nice, large 1-bedroom apartment. \$400/month including utilities and more. References and security deposit required. (250) 295-3691.
Oct 19-tfn(b)

Available immediately 1-bedroom home, all appliances, fenced yard, centrally located. \$400/month. Damage deposit/references required. Call Dan (250) 642-6078
Oct 05-tfn(b)

Two trailers for sale, rent or rent to own. Deblyn Trailer Park. Call (250) 295-6794.
Oct 12-tfn(b)

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



for rent

2-Bay Shop
(250) 295-3919

Jul 8-tfn

for sale

**WESTERN
 RAWHIDE**

**15 1/2 inch
 CARIBOU SADDLE**

Model 1746

New \$ 900.⁰⁰

Used Twice Asking
\$700.⁰⁰ FIRM

(250) 295-6905

for sale

ROYAL LEPAGE

INDEPENDENTLY OWNED AND OPERATED
 LOCATIONS WEST REALTY

HEAD OFFICE:
 484 Main Street, Penticton, B. C., V2A 5C5



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SALES REPRESENTATIVE
 2004 Individual Residential Sales Leader

Princeton Office
 105 Vermillion Avenue
 Phone: (250) 295-7427
 1-866-562-8855
 Fax: (250) 295-7417

e-mail:
 heinzsells@cablerocket.com
 www.royallepage.ca/princeton

**Remember:
 Heinz Sells!**

notices

notices

Town of Princeton

NOTICE

WINTER SNOW REMOVAL & PARKING REGULATIONS

PLEASE BE REMINDED OF THE FOLLOWING
 REGULATIONS WHICH ARE IN EFFECT DURING
 THE WINTER MONTHS (Re: Bylaw No. 573, 1991)

PARKING REGULATIONS

Section 5. (m) (iii) "Where a vehicle is standing or parked in a position that causes it to interfere with the removal of snow from a highway or lane by a person authorized to do so by the Town Foreman, the person so authorized may;

1. move the vehicle; or
2. cause it to be moved"

and

Section 5. (m) (iv) "All costs and charges for the removal, care, storage of a vehicle removed under this Section shall be paid by the owner of the vehicle, and shall be a lien thereon in favour of the keeper of any repair shop, garage, or storage place in which such vehicle is stored, and the same may be enforced by him in the manner provided by the Mechanic's Lien Act, Warehousemen's Lien Act, Highway Scenic Improvement Act of the Local Government Act" be enforced and adhered to.

That the provision of the Town of Princeton Highways, Traffic and Parking Regulations Bylaw No. 573, 1991,

OBSTRUCTING, LITTERING, SNOW AND ICE

Section 8. (g) (i) "It shall be the duty of every person who is the owner or occupier of any business premises within the Town of Princeton to remove all snow, ice and rubbish from the sidewalk before the hour of 11:00 AM each day, unless requested to do so sooner by the Town"

"Where any person fails to comply with the provision of this section, the Town may, by its workmen or others, clean and remove any snow, ice or rubbish from the sidewalk adjacent to the offending property, and the cost of such cleaning and removal shall be charged to the owner or occupier and where such charges remain unpaid on the thirty-first (31st) day of December in the same year, they shall be added to and form part of the taxes payable in respect of that real property as taxes in arrears."

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www.thenewsleader.ca

for rent

Silver Crest Housing

Bachelor Suites, \$225/mo
 1-bedroom, \$300/mo

Contact:
 Alice Cook
 (250) 295-6136

Or
 Helen Gallagher
 (250) 295-3825

Nov 02-30

business services

INDIVIDUALLY PREPARED HOROSCOPE

Natural character
 chart - \$25.

Basic chart plus
 predictive - \$50.

Phone 295-6063

Completely confidential

for rent

FOR RENT

• UPPER DUPLEX, 2 BDRM,
 LARGE LIVINGROOM,
 \$500/MO INCLUSIVE DRIVE
 BY 1088-7 MILE RD. TO
 VIEW.

Drive by then call Neil at
 295-6977 Mar 23-tfn

for sale

Cover2Cover Bookkeeping & Office Services

226A
 Bridge Street
 Princeton

Phone/Fax
(250) 295-6905



GET OUT AND
 SUPPORT THE "POSSE"
 GREAT HOCKEY ACTION!
 CHECK TV GUIDE FOR GAME
 SCHEDULE

for rent

ALLISON COURT
 1 BDRM APARTMENTS
 \$325. per month & up, security
 deposit and references required,
 no pets, laundry room. For more
 info: 295-6252 Feb3-tfn

for sale

1991 Geo Metro

White 4-Door Hatchback,
 5-Speed Standard.
 Has grey interior.
 Some rust spots.
 120,000 Km.
 Excellent Gas Mileage!

\$2,500.⁰⁰ OBO

(250) 295-7754

Sep 28-tfn

found

Valuable item at Vermilion
 Forks School Parking Lot.
 Phone to identify. (250)
 295-6742.

notices

Mobile Home Pads

Close to school and includes
 water/sewer. Other utilities
 available on site.

Pad Rent:

\$200.⁰⁰

Phone:

(250) 295-6794

Jul 3-tfn

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 This...To Find Out How
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Call:

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Need A Christmas Gift Idea?

BUY A GIFT SUBSCRIPTION TO THE NEWS LEADER!

When You Purchase A One Year Subscription To Give To Someone As A
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WEEKLY DEADLINE IS 12 NOON FRIDAYS



notices

notices

FREE AND CONFIDENTIAL COUNSELLING SERVICE

IS AVAILABLE TO ANY WOMAN WHO HAS EXPERIENCED SEXUAL ABUSE AS A CHILD OR ADULT OR ARE PRESENTLY LIVING IN AN EMOTIONALLY OR PHYSICALLY VIOLENT RELATIONSHIP

Funded by the Ministry of Women's Equality
 Office hours 8:30 AM - 4:30 PM

MONDAYS, FRIDAYS - KEREMEOS (250) 499-5928
 TUESDAYS, THURSDAYS - PRINCETON (250) 295-4453

www.thenewsleader.ca
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bingo

MONDAY NIGHT BINGO
 IN PRINCETON
 SENIOR CITIZENS BR. #30

162 Angela Avenue
 4:30 PM Sales Start
 5:30 PM 1st 47 Bonanza #s
 SPECIALS, REGULAR GAMES, ODD &
 EVEN, PROGRESSIVE SNOWBALL &
 LOONIE POT, LUCKY 7 WON EVERY
 MONDAY (MIN. \$50.00 GUARANTEED)
 BC Gaming License #854326
 PLAY SMART GAMBLE RESPONSIBLY

KEREMEOS ELK'S & ROYAL PURPLE

Every Friday
 Doors Open 5:30 PM
 Elks Hall Keremeos

SMOKE FREE BINGO

HEDLEY OAPO THURSDAY NIGHT BINGO

5:30 PM Sharp
 Speedo, Drop-ins, Early Birds,
 Regular Games, Progressive,
 Odd & Even, 7-Up, G-Ball
 Licence #855423
 Play Smart. Gamble Responsibly.

SUNDAY AFTERNOON BINGO

In Hedley at the Chuchwayha Hall

\$25 GUARANTEED MINIMUM
 PAYOUT ON REGULAR GAMES
 (\$50. DOUBLE - UP CARD)
 PROGRESSIVE JACKPOT
 MINIMUM \$1,000! PROGRESSIVE
 POT OF GOLD MINIMUM \$500!
 PROGRESSIVE LOONIE POT
 MINIMUM \$100
 DOORS OPEN AT 9:00 AM
 NUMBER CALLED AT 11:30 AM
 FOLLOWED BY EARLY BIRDS,
 REGULAR GAMES,
 SPECIALS & CONCESSION.

SEE YOU IN HEDLEY!

for sale

RV/Trailer

1998 Mallard

25-foot Travel Trailer
 Roof Air, Front Bed, Rear Bunks

Was \$15,500

Reduced to \$12,500

Reduced again to
 \$10,000

(250) 295-7900

Jun 15-tfn

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for sale

1991 Geo Metro

White 4-Door Hatchback,
 5-Speed Standard.
 Has grey interior.
 Some rust spots.
 120,000 Km.
 Excellent Gas Mileage!

\$2,500.00 OBO

(250) 295-7754

Sep 28-tfn



GET OUT AND SUPPORT THE "POSSE"
 GREAT HOCKEY ACTION!
 CHECK TV GUIDE FOR GAME SCHEDULE

notices

Puppies & Kittens Available For You To Adopt

6-8 weeks old

Merritt Humane Society

(250) 378-5500

May 25-tfn

for sale

Town of Princeton NOTICE

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

SUBSCRIBE TO THE NEWS LEADER - GET 6 MONTHS FREE

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 Princeton Local - Pick-Up, Senior \$ 21.75

Similkameen Mail, Regular \$ 35.75
 Similkameen Mail, Senior \$ 31.75

(Princeton, Carleton Place, Keremeos, Hedley, Orlia, Tulameen, Coalmont)

Out-of-Valley, British Columbia
 Rural or Box (VO), Regular \$ 40.90
 Rural or Box (VO), Senior \$ 35.90
 Delivery to Door, Regular \$ 53.80
 Delivery to Door, Senior \$ 48.80

Out-of-Valley, Alberta, Rest of Canada
 Regular \$ 53.80
 Senior \$ 48.80

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Write your Classified Ad in the spaces provided.
 Indicate the Dates the Ad should run and drop it into our office with Payment!

editor@thenewsleader.ca

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

my turn

Why such a lack in interest?

Only seven businesses were represented at a meeting on October 19th to plan the annual Christmas Celebration.

The Chamber of Commerce says over sixty invitations were distributed.

A follow-up meeting held October 28th attracted a handful of businesses and just as many residents.

Why is there such a lack of interest in celebrating the season in our home town?

We like the idea of Winterfest - or Christmas Light-Up - for many reasons.

It's a local event planned entirely for the enjoyment of local residents and their families.

It's an event that should bring many downtown merchants together working to keep holiday spending in town.

It's an event for children, but also for the child in each of us.

Christmas should be a happy, joyful time worthy of a celebration for all.

We think the lack of interest is because business owners in Princeton are busy enough minding their own businesses.

So busy that they don't have time to dedicate to organizing much outside of what they plan to do the following day inside their own store.

This is why we believe there should be a Christmas Celebration Committee struck by Town Council, working on planning the event all year.

The Committee would be responsible for all the planning and promoting of the annual event.

Working with Town Council, the Committee can make suggestions and recommendations months in advance.

Town Council should also set aside a large Christmas Celebration Fund to finance some of the event. Funding could go towards entertainment and signage on the Highway.

Vernon has hosted an extremely successful Winter Carnival for many years.

Maybe we should explore the possibilities.



your turn

Community Living Month nears end

Dear Editor;

As Community Living Month draws to a close, the Board, staff and participants of Community Services would like to thank the Community for their continued support of our programs and services.

Your willingness to accept our clients as equals and encourage their participation in community events exemplifies the concept of inclusion to the highest level.

The board of Community Services has strived to develop and implement programs to enhance the lives of the developmentally disabled.

Those of us who have the privilege of working with these special people are able to observe daily their great achievements. It is gratifying to witness their unconditional acceptance within our

community.

A new level of residential living will be realized in the coming year when we replace an existing structure with a new home capable of housing up to four individuals with higher needs. This new level of housing will expand the residential options we are able to offer our clients.

We celebrate community living in October but our programs, ser-

vices and advocacy work on behalf of all persons with disabilities continues year round. Life is often challenging for these folks but with the support and understanding of the community, the challenges can be met.

Thank you for your continued support!

Lynn Pelly
Executive Director,
Community Services

Forman says 'Up with Merritt'

To the Editor;

I had the good fortune to be able to attend the two-day forum on "Chartering our Water Future in The Nicola Basin."

Although there was a lot of very sobering information I was most impressed with the cohesive feelings generated by one hundred and ten people with very diverse interests, the overpowering

strength of common interest easily laid to rest any personal agendas.

Although there is much work to be done with respect to decisions on growth, management and conservation of water, I believe Merritt has shown the ability and desire to deal effectively with this very serious issue.

Congratulations, Merritt!
Larry Forman

Reader says deer bylaw is a joke

Letters to the Editor:

Dear Sir:

Re: The Deer Bylaw in the Oct. 26/04 issue of the Newsleader

One of the Mayors promises was to update and enforce the existing bylaws.

Nothing has been done and nothing has changed.

Now the mayor and council are going to pass a bylaw making feeding of deer illegal.

What a joke that is.

Yours truly,
Julie Fleming



The cast of characters at this year's Spook House included the Katimavik participants. In photo above, the crew poses for a fast group photo while preparing costumes at Princeton Fire Hall.

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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Current Comment:

Are We Stupid? Backward? Old-Fashioned?



Dawn Johnson
editor@thenewsleader.ca

A study of childcare practices in developing countries shows Canada lags behind most developed nations in the daycare provided for working mothers. The study describes most daycare as little more than glorified babysitting services. The study suggests Canada's daycare should be more focused on education.

As a nation, we spend very much lower amounts of money on supporting daycare facilities. Why is that?

I believe we need to re-examine some of our attitudes and myths about the role of women in our society, because the care of children is closely connected to our view of what the role of women should be. There are still a lot of people (mostly men) who believe a woman's proper role in life is to stay at home with the children. Therefore, if a woman is out there in the workforce, and she has children, she is automatically doing what she ought not to do, and it follows that we, as a nation, should not support her job activities. This is reflected in our lack of provision for daycare through government sources.

Other studies of Canada's working women show that the majority work because they must make a living, or must assist their husbands in supporting the family. With the high incidence of divorce and "dead-beat dads", and the high cost of raising families, it is no wonder women have to find wage-paying jobs.

There is a myth in Canada (perpetuated by American TV shows) that says women get a fair shake in divorce, and can probably live on alimony. Forget it! The truth is that divorced women often struggle to force ex-husbands to support the children from the marriage. The courts tend to award low monthly payments, and studies show ex-husbands are generally financially better off after divorce than their wives. This is because wives generally get the children, who require a larger residence, more food and clothing, and more dental care, than the single ex-husband. Further, men tend to make more money than women on the job.

There are consequences to not providing decent daycare for

working women. A declining birth rate is the first sign, with corresponding need to fill the gap with immigrants.

Speaking from personal experience of staying at home with the kids and going out on the job, I know working women are probably the toughest bunch of people in our country. Until the kids are raised, they do two full-time jobs

(and there's another study to prove that!) Staying at home to raise the kids is a luxury most Canadian working women can't afford, and if we really cared about the future of our nation, we would see that our daycare spending matched those of other developed countries.

Canadians need attitude adjustment!

**Have something to say?
We'd like to hear it!**

SEND YOUR LETTERS TO THE EDITOR TO:

Similkameen News Leader
P O Box 956, Princeton, B. C., V0X 1W0

or e-mail them to:
editor@thenewsleader.ca

Heart Food
by Dave Machin

When learning how to distinguish counterfeit money from the real thing bank tellers are never shown a counterfeit bill. Instead they study real money. As a result they become so familiar with the real thing that a counterfeit becomes obvious. The same should be true for you. You should be so familiar with Christianity and what it means to have a genuine relationship with God that you can easily spot an obvious deviation. For example lets take a look at the New Age movement for a moment. Based on the principles of Eastern religions it is a broad spiritual, and intellectual movement. New Age teaches people that we ourselves are "gods". It does not recognize the omniscient, omnipresent creator or Heaven and Earth as God. When people involved in the New Age movement talk about God, they are actually referring to a "Higher consciousness" within themselves. In other words they believe that self is the originator, controller and god of all. To them reality does not exist outside of what an individual determines. In addition New Age acknowledges many gods and goddesses and believes that the earth is the source of all spirituality and that it has its own intelligence, emotions and piety. New Age leaders often promote Eastern mysticism and teach spiritual metaphysical and psychic techniques such as breathing exercises, chanting, drumming and meditating. Followers believe that these techniques will help them to develop an altered consciousness and achieve their own individual divinity.

On Nov. 18, 1978 millions of people around the world listened in horror to news reports that stated nearly 1000 followers of Jim Jones founder and leader of a religious organization known as Peoples Temple...committed suicide by drinking a cyanide laced beverage in Guyana on orders from Jones. Those who refused were killed. Over 200 children were listed among the dead. It is important that you do not get involved or misled into a cult. "A group of people whose beliefs and practices are unacceptable to members of mainstream society." The following are simple criteria you can use to recognize a cult from a legitimate Christian church.

- A) Rejection of the Doctrine taught by the Apostles and other inspired writers of the Bible
- B) unbiblical leadership
- C) unhealthy group pressure and hostility to the truth whenever the authority of the scripture or the principle of Salvation by Grace through Faith in Jesus is excluded from a religious sect that groups beliefs will most likely not line up with the other three criteria either. Always check the leaders relationships and who they are submitted to.

God is God, His Word is Good and Good all the time.

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

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News Leader**

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JOIN US!

295-7752



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Tue / Thu 9:30AM - 12 NOON

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10:30 AM

Minister Chris Haugland
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Also serving the Anglican Community

Hymn Sing

at
First Baptist Church
1498 Gov't Street, Penticton
7:00 PM, NOVEMBER 7th
with
THE BAYLEY ENSEMBLE
Everyone welcome!

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Christian Center**

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Office Hours: Monday-Friday 9AM - 1PM
Pastors Dave & Tena Machin
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Princeton & District Community Skills Centre Celebrates Canada Career Week



IT'S FREE! **TRADE INDUSTRY INFORMATION SESSION** **IT'S FREE!**

In B. C. there are currently more than 150 trades and industry career choices. Curious? Look no further.

10:00 AM - 12 Noon • Wednesday, November 3rd
Princeton Skills Centre

Pat Roy, Trades Manager of T.R.A.D.E.S. Okanagan will be on hand to present and answer questions. Session will revolve around the trades industry, apprenticeships, career options, labour market information and much more.

Don't Miss This Session!
CALL 295-4051 TO RESERVE YOUR SEAT

The Government of Canada has contributed funding to this initiative
Canada

Calendar of Events

November 3, 2004 - Take Our Kids to Work Day

Take Our Kids to Work will celebrate its 10th anniversary in 2004. On November 3, 2004 many grade 9 students from Princeton Secondary will be participating in Take Our Kids to Work Day.

This is a great opportunity for students to experience workplace interactions and investigate the variety of career opportunities that are available to them. It demonstrates the importance that education, development of skills, proper training and research of labour market information play throughout ones career.

The Take Our Kids to Work program enables the entire community - parents, teachers and workplaces - to play a significant role in the career development of the Princeton youth. If you see a young person in the workplace on Wednesday November 3, embrace them, make them feel welcomed and share a story or experience related to your own career journey. These young individuals are forming their futures - we can make a difference.

Friday, November 6, 2004

Join us for a Canada Career Week open house. Take advantage of the many services brought to you by the Princeton Skills Centre. Take an assessment, do career research, job search online, fine-tune your resume or browse our career library.

Refreshments and goodies from 10:00 AM - 3:00 PM.

STAY ON TOP OF THE TRENDS!

Be an on the ball job seeker.
Seek out local labour market information!!

The Skills Centre receives weekly and monthly labour market bulletins. If you want to be at the top of the job search game it pays to know what's going on (new development, expansions, booming industries etc).

Stop by our office to pick up a copy or better yet attend Day 4 of Job Jolt, which explains how to sleuth your way into a job.

SKILLS CENTRE WORD SEARCH

A	P	U	W	O	L	L	O	F	R
S	V	C	W	C	J	E	H	E	W
S	O	D	N	A	L	S	S	C	M
E	L	S	M	R	R	U	E	I	J
S	U	S	B	E	M	Z	D	E	O
S	N	A	L	E	E	W	M	S	B
M	T	O	J	R	E	P	A	Y	J
E	E	V	I	T	C	E	J	B	O
N	E	F	T	G	P	Q	E	Z	L
T	R	P	U	W	O	L	L	O	T

1. An _____ is a "test" that can help you narrow down career choices or find out more about yourself.
2. A 10-day career exploration/ management program offered at the Princeton Skills Centre. _____
3. Heading on resume that tells what type of job or career you are seeking. _____
4. To contribute to your community (without pay). A great way to gain skills and expand your circle of contacts! _____
5. A document summarizing ones skills and abilities, education and work history. _____
6. After sending out resumes it is very important to _____ with the employer to show continued interest.
7. Webster's dictionary: "One's life work or employment" _____

1. ASSESSMENT 2. JOB JOLT 3. OBJECTIVE 4. VOLUNTEER 5. RESUME 6. FOLLOW UP 7. CAREER

**The Skills Centre is open from
8:30 AM - 4:00 PM Monday to Friday**

HIGH 5!

An integrated philosophy for career development

Accessing your allies—making career connections with those around you—is just one principle for building a fulfilling work life. It's part of a broader philosophy endorsed by career practitioners—counsellors, coaches, facilitators—across the country; part of a philosophy called the High 5.

- 1. KEEP ON LEARNING.**
Strive for continuous personal improvement. Stay motivated by learning new skills and developing new talents.
- 2. FOCUS ON THE JOURNEY.**
Recognize that your career journey will be lifelong. Appreciate each and every experience along the way.
- 3. FOLLOW YOUR HEART.**
Pursue your passion to find fulfillment. Discover ways to marry your interests with career opportunities.
- 4. ACCESS YOUR ALLIES.**
Rely on the support of your family, your mentors and your peers. Make your career success a team effort.
- 5. BE OPEN TO CHANGE.**
Recognize that the world around you is constantly changing. Stay open to that change and remain alert to new opportunities.

Princeton & District Community Skills Centre Employment Assistance Services

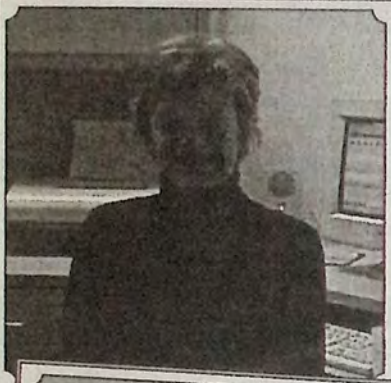


Misty Douglas Employment Facilitator

Are you searching for employment or thinking of making a career change?
Need help with a resume or cover letter or guidance on the computer to fine tune your searching skills? Or are you just not sure what you want or where to begin?
Sit down with our Employment Facilitator, Misty Douglas to help sort out your ideas and form your next steps. Misty is stationed in the resource centre workshop and is available Monday to Friday 8:30 am - 4:00 pm. No appointment is necessary but to ensure that you get undivided time and attention it is best to call ahead.

FREE AT THE RESOURCE CENTRE!!

One on One assistance with Job Searching,
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Local Job Board & Job Seekers Database
Computer Workshop with book marked sites
and high speed internet
Phone access for local or long distance
Photocopy and Faxing services
Career library - video, audio, books
Local and regional newspapers
Labour Market Information
"Job Jolt" Employment Preparation Workshops
Access to a variety of self-assessments



Jenny Bouwer Case Manager, Connections

The Government of Canada
has contributed to this initiative **Canada**

Case Manager, Jenny Bouwer of Connections comes to the Princeton Skills Centre on Tuesdays.

Connections can help you reach your employment goals.

At Connections they will help you define an action plan for your employment future and link you to the many resources in Princeton and the surrounding area.

Appointments can be made at the Skills Centre or toll free 1 877 493 0245.



Bob Coombs Employment Counselor, Momentum

The Government of Canada
has contributed to this initiative **Canada**

Employment Counselor, Bob Coombs comes to the Skills Centre on Tuesdays.

Momentum Employment Counselling offers you an opportunity to work one on one with a counselor to:

- * Identify your employment barriers
- * Identify employment related interests, personality traits, values and skills
- * Explore and research career options and labour market opportunities
- * Identify training and skill enhancement options
- * Develop a plan to reach your career goals.

A referral from Connections is needed prior to obtaining an appointment with Bob.

Job Jolt

Kick start your job search or fuel a search gone grey.

Job Jolt is a series of ten two-hour workshops covering all the necessary tools to give you a competitive edge in getting and keeping employment. Sessions run monthly.

Topics cover such areas as:

- What employers want
- Getting organized to job search
- Exploring interests, values and beliefs with assessments
- Using technology for career management
- Uncovering the hidden job market
- Deciphering resumes and cover letters
- Interview tips and techniques
- Keeping your job within a workplace and life skills

Next session starts
November 22 - December 3

Sign up today!

Staff

Sharan Jung - Manager
Gerri Logan - Programs
Misty Douglas - Employment Facilitator
Tara Atkinson - Business Development
Cheryl O'Connor - Administrative Assistant

CAREER PI GUIDE TO THE INFORMATION INTERVIEW

Information interviews allow you to hear first hand the experience of individuals working in your field of interest. Before jumping into an information interview it is important to understand one key ground rule: an information interview is not a job interview. The goal of an information interview is to find out what the work is really like, what opportunities exist and whether the job matches your interests and skills.

Six Steps to a Successful Information Interview:

1. Do your homework.

Before the interview, gather basic information about the career in question - from books, newspaper articles, course calendars and websites. Go in with some background.

2. Develop a list of questions.

Spend some time thinking of some strong questions. Here are some suggestions:

- * What do you do on a typical day on the job?
- * What aspects of the work do you like the most? Least?
- * What personal qualities are important to succeed in this kind of work?
- * If you had to do it all over again, is there anything you would change in how you prepared for your career?
- * What career opportunities are there for someone entering into this type of work?
- * How do you see this occupation or industry changing in the future?

3. Book Your Interview

Contact your candidate you'd like to learn more about. Tell them you'd like to book 15 minutes of their time. Tell them up front that you are not seeking a job but doing research about your field or occupation of interest.

4. Prepare

Prepare what you will take along to the interview - list of questions, notebook, pen, any information about courses or schooling that you may be considering in respect to this occupation - essentially anything that you feel your candidate could lend some insight into.

5. Ending on a High Note.

At the end of the interview thank your interview subject for their time and assistance and ask if there is anyone else he or she could suggest you speak with to gather further information.

Taken from Canada Prospects 2004 - 2005. This article includes materials adapted from Nova Scotia Community College resources with permission.

Living Networking

A New Model for Making Career Connections

CATHY KEATES RECOMMENDED STRATEGIES FOR LIVING NETWORKING:

1. **ENGAGE IN CURIOSITY CONVERSATIONS.** - Don't begin conversations with prospective career allies with a 30 second self promotion followed by discussion geared toward reinforcing your qualifications. Instead, let curiosity be your guide. Speak to people just to find out more about them, because you value them as interesting human beings, because you want to discover common interests and make real connections. Let them ask you questions about yourself, then offer information about your career interests.

2. **SHARE INFORMATION.** - Once you've connected with career allies, share information with them. Send them articles you think may interest them or websites they may be keen to know about.

3. **CONVEY YOUR PASSION.** - Isn't it energizing to listen to someone talk about their passion? They get so excited, they offer a glimpse at their true selves. When you are speaking to others about your interests, capabilities, goals and aspirations, be open about passion. People will meet the real you and you'll begin to form lasting relationships.

4. **PARTICIPATE IN PROFESSIONAL COMMUNITY.** - This activity is not so much about attending events and collecting business cards. Rather, it's about being part of a community, getting to know others, and contributing your time and expertise. When you work with others toward a shared purpose, you make strong connections.

5. **CONNECT OTHERS TO OPPORTUNITIES.** - Living networking also means looking for and creating opportunities for others - being a career ally yourself.

Taken from Canada Prospects 2004 - 2005



PRINCETON & DISTRICT COMMUNITY SKILLS CENTRE

206 Vermilion Avenue, P. O. Box 69, Princeton, B. C., V0X 1W0
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- How to achieve excellence in your own life.

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Country Gospel singer Crystal Taylor performed as part of Country Harvest Fest.

Foursquare church harvests new celebration

Living Water Foursquare Church celebrated harvest time with their first annual 'Country Harvest Fest' Saturday night.

Just over forty people dined on a three-course meal and were entertained by the Country Gospel Band singing classic country gospel tunes.

Crystal Taylor, who had performed the night before with her husband, Herb, at the Princeton Pentecostal Church sang a set of her own songs at the end of the evening.

The Taylor's, from Red Deer, Alberta, have spent the past two years ministering on the road throughout North America.

Country Harvest Fest was meant as an evening of entertainment for adults with children occupied with games and activities in the lower

floor of the church.

Pastor Mike Stoltz, and his wife, Peggy, have been working hard to make their church a leader in the

community by offering various activities during the year of interest to all residents.

Watch for more to come!

FINANCIAL FOCUS

Gaining Ground With A Spousal RRSP

One of the most misunderstood and under-used elements of retirement planning is the spousal RRSP. But it can be a good tool to help maximize your after-tax dollars in retirement, splitting a couple's income to avoid one spouse carrying a huge tax burden.

When one married partner earns more than the other it can have significant implications not only in the present but in the future as well. When the couple retires, if the higher income earner has a pension plan as well as a registered retirement savings plan, he or she can end up paying much more in income tax than the spouse who earns less. That's why it makes sense to open a spousal RRSP for the lower income earner. That way, the spouse earning more money can direct his or her RRSP contributions to the plan opened in the spouse's name. The spouse who makes the contribution receives the income tax deduction but when that money is accessed in retirement it is withdrawn by the spouse with the lower income. That means the amount received is taxed at a lower rate, evening out the couple's income. For example, a husband and wife who each generate \$50,000 at a 40 per cent marginal tax bracket will have more to spend than the couple with only one partner earning \$100,000, taxed at 50 per cent.

Another benefit of the spousal plan is that contributors over the age of 69 can continue to contribute to a spousal RRSP until the end of the year the planholder turns 69, an advantage when there is an age gap.

There are safeguards in place to make sure spousal plans are not abused. Canada Customs and Revenue Agency guidelines state that any money withdrawn will be taxed at the contributor's income tax rate if contributions were made in the same year or in the two previous years.

As with other RRSPs, Canadians are not limited to owning only one spousal RRSP. However, employing a self-directed spousal RRSP will ensure not only convenience in tracking your retirement savings but clarity when looking at the big picture.

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Council plans to move sign

Ron Harkness, owner of Princeton Plaza, has asked Town Council to remove the "Opportunity" sign between Highway 3 and the Plaza parking lot. Harkness said the sign blocks the view of the Plaza sign, and is in the way of landscaping he plans for the strip of land bordering the highway.

At the October 4 Town Council meeting, Council agreed to move the sign, but first had to find a place to which it could be relocated.



Anton Evans won the Princeton Library Reading Club draw. The 11-year old, along with other club members, read a total of 790 books. A total of 14 book prizes were awarded during the season. The Reading Club is for young readers 11 and older.

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John "Noah" Anderson soaks up some sun at Mascot Mine.

Katimavik important to Chamber

John "Noah" Anderson of Calgary learned about the Katimavik program through a chance encounter.

"I met one of the past members at Mount Royal and he made it sound interesting."

The 19-year old liked what he heard and investigated further.

"I checked it out and here I am."

Anderson has been doing some very physical work outdoors at the Princeton & District Chamber of Commerce.

"I love it."

As for future plans, Anderson thinks he may go back to University and study sociology.

Chamber Manager Lori Thomas can't say enough about the Katimavik volunteers and the program.

It was the Chamber and Princeton & District Community Services who were the first two work partners when Katimavik originally arrived in Princeton.

As for the current Katimavik participants, Thomas is happy.

"John is actually a very hard worker who will take on challenges and figure out what to do with them."

Projects at the Chamber of Commerce have included the construction of walkways around the Chamber office and the sanding, then staining of the large deck on the building.

Patricia Gratton, 18, of Hearst, Ontario had Katimavik experience in her own home.

"My mom did the program when she was younger and I like volunteering."

She is also working at the Chamber of Commerce and has enjoyed the experience.

"It's very different work."

Thomas points out Gratton has made large contributions at work.

"Patty is working just as hard as Noah. She knows a lot about B. C. and wants to learn more about

tourism."

Gratton says her future plans will likely send her to university.

"I am interested in civil engineering as I like working with blueprints."

Thomas says the pair have made a big difference at the Chamber of Commerce office from their physical work down to and including dealing with the public.

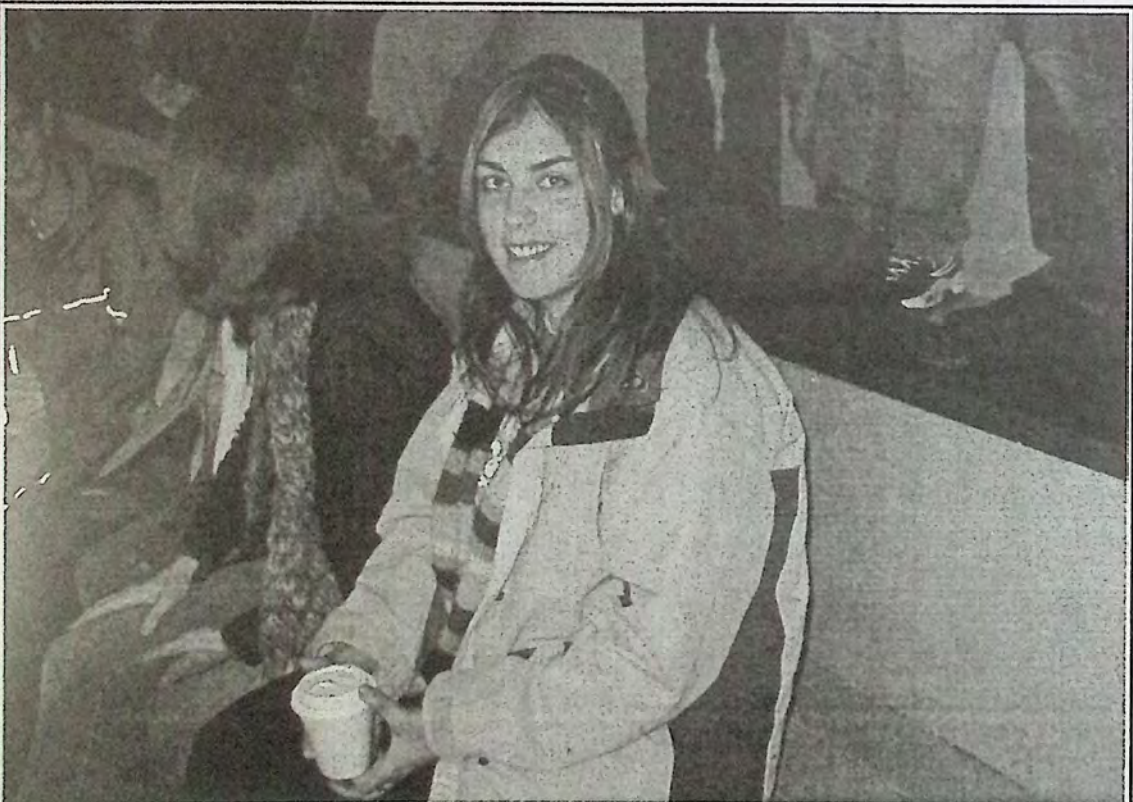
Anderson and Gratton also took the initiative to create a small kayak and canoe launch site on the Similkameen River behind the Chamber office.

Thomas states the contributions made by work partners and billet families should be noted.

"The billet families are just fantastic here."

Each Katimavik participant spends a short stint of their time in Princeton at a local home.

The 'billet' program exposes each participant to a personal connection with the local culture.



Patricia Gratton joins other Katimavik gals at a Posse game.

www.thenewsleader.ca

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NOTICE OF

Annual General Meeting

PRINCETON GENERAL HOSPITAL

AND

RIDGEWOOD LODGE FOUNDATION

7:00 PM Wednesday, November 10th

PGH Board Room - Public Welcome

Buy ONE All-You-Can-Eat Buffet and receive a SECOND All-You-Can-Eat Buffet of equal or lesser value FREE!

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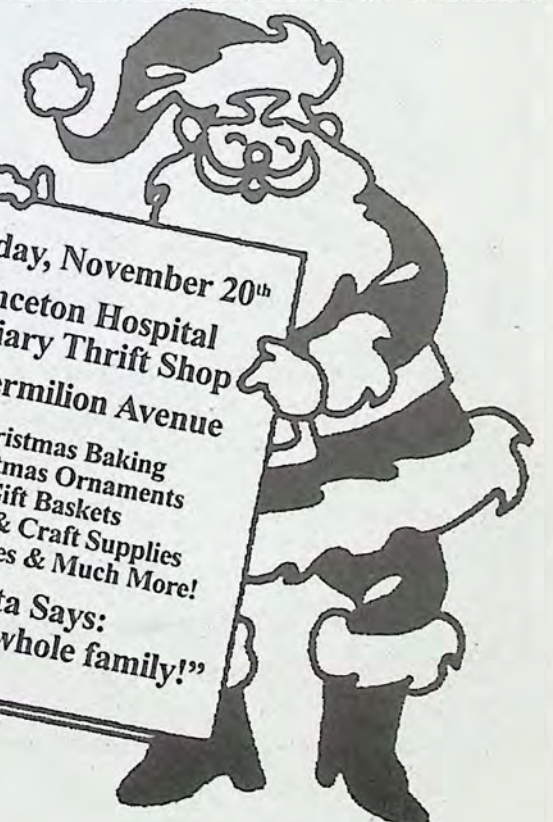
Santa's Waiting For...

Princeton Hospital Auxiliary
2nd Annual Christmas Sale

Saturday, November 20th
Princeton Hospital
Auxiliary Thrift Shop
251 Vermilion Avenue

- Christmas Baking
- Christmas Ornaments
- Gift Baskets
- Crafts & Craft Supplies
- Door Prizes & Much More!

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"Bring the whole family!"



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GRAND PRIZE WINNERS

Jordy & Carol Bouilet, Kaleden

The Bouilet's won a \$3,500.00 Gift Certificate for the destination of their choice arranged through LLOYD'S TRAVEL of Princeton, compliments of Royal LePage Locations West Realty.

Details of their Holiday Getaway will follow...

Call Heinz (250) 295-7427... Call Heinz 866-562-8855 Toll Free

2nd PRIZE WINNERS

Don & Doreen Taylor, Princeton

The Taylor's won a One Night Stay in the romantic honeymoon suite of the RAMADA INN, PENTICTON, including Dinner for Two at THEOS GREEK RESTAURANT.



Call Heinz (250) 295-7427... Call Heinz 866-562-8855 Toll Free



NOT EXACTLY
AS SHOWN

3rd PRIZE WINNER

Tom Anderson, Vancouver

Tom won a Dinner for Two at the restaurant of his choice in Princeton not to exceed \$100.00 compliments of Royal LePage Locations West Realty. Tom chose to dine at at MIKADO JAPANESE RESTAURANT on Vermilion Avenue.

2005 Spring Getaway Contest Is Underway...

To qualify for the contest entrants must either:

- BUY a home through Heinz Ebenau and ROYAL LePAGE Locations West Realty Princeton
- SEE a home through Heinz Ebenau and ROYAL LePAGE Locations West Realty Princeton
- Or REFER someone to Heinz Ebenau and ROYAL LePAGE Locations West Realty Princeton between May 22, 2004 and May 21, 2005 that either buys a home or sells a home.

Prize winners must be present on the draw date to claim their prize. All winners give their permission for photos to be used in advertising/marketing campaigns for ROYAL LePAGE Locations West Realty Princeton. All prizes are non-transferrable and no cash equivalent will be given. All prizes to be utilized before December 31, 2005.