

# Similkameen News Leader

YOUR INDEPENDENT SOURCE FOR VALLEY NEWS & INFORMATION

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**Property  
assessments  
mailed**

Close to six thousand property owners in the Princeton area will be receiving their annual Property Assessment notice in the mail.

Land values remained much the same in Princeton but have increased, but not to the extent values have in the Okanagan.

For example, a home in the Summer of 2003 valued at \$100,000 is now worth \$115,000.

Rural Princeton property values are up significantly, mostly in the Tulameen area. Waterfront properties on Otter Lake have seen substantial increases.

## Screening van comes to town

The Screening Mammography mobile van will be at Princeton General Hospital from February 4th to 7th.

SMPBC eligibility criteria is as follows: - BC resident aged 40 to 79 (outside of this age group women are accepted with a doctor's referral). - have no breast changes (new lumps, thickening or discharge) - can provide the name of a doctor to receive the results - have not had a mammogram within 12 months - have not had breast cancer - do not have breast implants - are not pregnant or breast feeding.

To arrange an appointment call 1-800-663-9203.

The Screening Mammography mobile van is a free service funded by the Ministry of Health Services through the Provincial Health Services Authority.

# \$3,975 raised locally



Princeton paramedics Dean Howard and Miranda Sherwood braved the cold last Wednesday as BC Ambulance conducted a province-wide blitz to collect donations for tsunami victims.

## Tsunami relief floods in

Princeton area residents have a reputation of helping out in times of need and the December 26th tsunami that hit countries halfway around the world is no exception.

BC Ambulance partnered with Red Cross last week for a two-day fundraising blitz.

Local paramedics collected donations in front of Overwaitea and outside the post office in -17 weather.

Their efforts were rewarded with a total of \$3,975.00 collected.

"For two days it just amazes me," says Dean Howard, who braved the cold with other members of Princeton's BC Ambulance crew collecting cash and cheques in their yellow 'sharp containers.'

"The Federal Government will match us dollar for dollar which means Princeton actually raised just about \$8-thousand," Howard adds.

"We even raised an extra \$130 after we had finished for the day and people stopped us on the street between Overwaitea and the post office."

One generous resident gave a cheque worth \$1,000 to the cause.

The paramedics were also looked after by someone who chose to contribute hot chocolate during the two-day fundraising blitz.

Other local contributions include a \$200US cheque from Princeton Lions Club. The donation has gone to the Lions International Relief Fund. Princeton Lions Club also extend a challenge to other local clubs, groups and organizations to meet or beat their donation.

John Allison School students have been collecting pennies in their 'Tsunami Penny Drive' and last Friday hosted a Cupcake Sale with all proceeds to the disaster relief efforts.

## Restaurants serve up tsunami relief

On Wednesday January 12th, restaurants and food service establishments throughout the Okanagan/Similkameen will be joining forces to show their support for the victims of the devastating tsunami.

Participating restaurants and food service establishments from Vernon to Osoyoos and Keremeos will be donating proceeds from their sales on January 12th to the Red Cross via the British Columbia Restaurant and Food Service Association (BCRFA).

Come and be a part of a great effort...warm your belly and your heart! Enjoy breakfast, lunch or dinner and feel good about doing something to help those in need.

"I've seen disasters before and every time something like this happens, my heart goes out to these people," says Ron Kalenuik of Chef K's on Main in Penticton. "I hope that as a group we can help in a larger way. By working together, we can make a difference in these people's lives."

The Island of Sumatra was wiped out. Did you know that some of our finest coffee comes from Sumatra? Help to rebuild with your morning coffee. Plant a seed through the Red Cross and watch it grow.

All funds collected will be forwarded to the BCRFA and the final total will be announced on Thurs. Jan 13. For every donation received by January 15, the Federal Government of Canada will match dollar for dollar.

Look for the bright-colored "Wave of Support" posters on Wednesday January 12th at participating restaurants and food service establishments. We (and the victims of the tsunami) look forward to your support.

The list of participating restaurants at press time include the following:

Vernon: KT's Restaurant, Lord Chumley's.

Kelowna: Cherry Hill Coffee, DJ's Restaurant, Freddy's Brew Pub.

Lord Chumley's, White Spot, Laughing Moon Restaurant.

Penticton: Chef K's On Main, MousePad Restaurant, Pizza Stop, Flight Deck Cafe, Lord Chumley's, Lost Moose Lodge, Pacific Brim Cafe, Tokyo Japanese Restaurant, Wendy's, Whole Foods Market, Merlin's Espresso Garden and Three Thirty Grill (Apex).

Naramata: Naramata Inn.

Keremeos: Ranch Restaurant.

- submitted

## Tsunami relief contact list

If you are either planning an individual donation, or represent a group planning a fundraiser of some kind to aid in the tsunami relief efforts, these are the agencies that will accept your financial support.

Charitable organizations the government is matching dollar for dollar:

- Canadian Red Cross: 1-800-418-1111 or [www.redcross.ca](http://www.redcross.ca)

- CARE Canada: 1.800.267.5232 or [www.care.ca](http://www.care.ca)

- Development and Peace: 1-888-664-3387 or [www.dev.org](http://www.dev.org)

- Oxfam Canada: 1-800-466-9326 (1-800-GO-OXFAM) or [www.oxfam.ca](http://www.oxfam.ca)

- Save The Children: 1-800-668-5036 or [www.savethechildren.ca](http://www.savethechildren.ca)

- Doctors without Borders Canada <http://www.msf.ca/>

- World Vision Canada: 1-800-268-5528 or [www.worldvision.ca](http://www.worldvision.ca)

- UNICEF Canada at [www.unicef.ca](http://www.unicef.ca), toll-free at 1-877-

955-3111

- Oxfam <http://www.oxfam.org.uk/>

Anyone with good reason to believe that Canadian friends or relatives are in the affected areas can contact Foreign Affairs Canada's Emergency Operations Centre at 613-944-2471 or 1 800 606-5499.

The Princeton Branch of CIBC is accepting cash donations. They have collection tins located on the counter in front of their bank tellers.

Expect more fundraising projects to develop in the next few weeks.

Hourly Weather,  
Daily Road Reports,  
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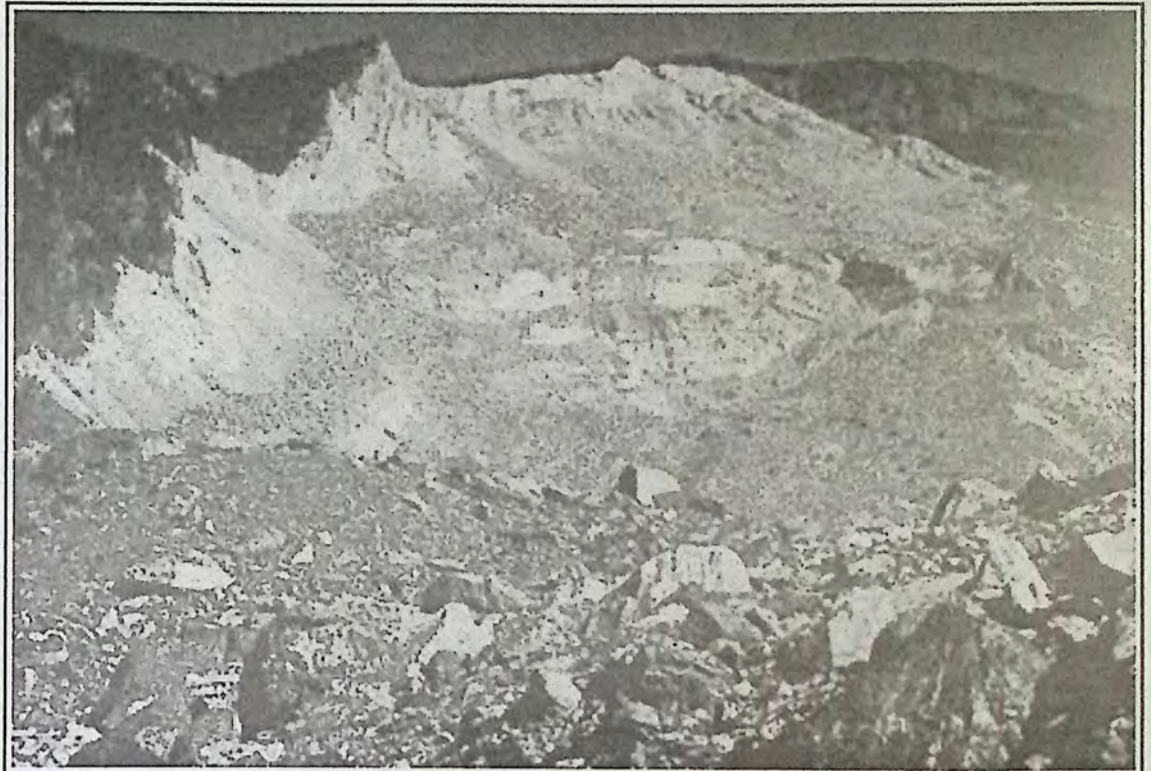


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The Hope Slide as it appears today.

### We Look Back 40 Years Ago

## Slide kills four on highway

You can still see the scar on the face of Mt. Coulter when you travel from Princeton to Hope. A pull-out and a sign proclaim this is the site of the Hope-Princeton Slide. Sunday, January 9, marked the fortieth anniversary of the slide. There will be many who remember, and some who will remember the dead.

At 7:00 a.m., Saturday, January 9, 1965, a hundred million tons of rock loosened by a magnitude 3 earthquake was dislodged by a subsequent aftershock.

The mass hurtled down the slope of Mt. Coulter, ran some distance up the side of Mt. Johnson facing it, then turned eastward and swept up the highway. In its path, the slide pulverized a small yellow convertible, an oil tanker, and a hay truck. These vehicles had stopped due to a small slide generated by the initial earth tremor.

Four people died. They were Mary Kalamakoff, Dennis Arlitt, Bernie Beck and Thomas Starchuk. Beck and Starchuk were married men with children.

Kalamakoff and Arlitt were single. The bodies of Kalamakoff and Arlitt were never recovered, and the present slide remains their grave.

Despite the best efforts of the Highways Department and the optimism of Highways Minister Phil Gagliardi, it took heavy equipment 21 days to make a path through the slide rubble.

Among the lucky people were Norman Stehanishin, who had been driving the oil tanker. He had left it 300 yards from the first small slide, and had walked back to Sumallo Lodge to call the Highways crew at Allison Pass.

Other lucky people included the driver and passengers of a Greyhound bus which driver David Hughes had taken back to Sumallo Lodge after Stephanshin had stopped the bus. There, Hughes stopped another Greyhound bus to tell the driver the road was blocked.

What saved their lives? These experienced drivers knew that a small slide is often followed by a larger slide or a series of additional small slides. The move back to Sumallo Lodge was a precaution. However, nobody guessed the second slide would bring down half the mountain!

## BCGEU survey shows widespread opposition

An end of year public opinion survey on information privacy issues shows that British Columbians strongly oppose controversial privatization deals signed this fall by the Campbell government that expose their personal health and financial records to scrutiny by the FBI and other US government agencies.

According to the poll paid for by the BC Government and Service Employees' Union, 85 per cent of the public think it's a bad idea to contract out management of sensitive personal records to US based corporations, including 57 per cent who think it's a very bad idea. By comparison, only nine per cent of respondents feel the privatization arrangements have merit.

From a different perspective, the results are just as bleak for the government. When asked whether they support or oppose contracting our records management, only 16 per cent of British Columbians say they back the Campbell government's plan. Some 82 per cent are against it - including 69 per cent

who say they are strongly opposed.

BCGEU president George Heyman says the poll shows that British Columbians have made up their minds on the privacy issue. "It's pretty clear people don't want to share their sensitive personal information - like bank account and credit card numbers, and medical histories - with the Bush government," Heyman says.

At the centre of the records management privatization controversy is the impact of the US Patriot Act. Many experts - including BC's Privacy Commissioner David Loukedelis - say Patriot Act provisions mean British Columbian's personal information in the hands of US-based companies can be scrutinized by the FBI and other US agencies.

And Heyman says the public isn't buying Victoria's efforts to minimize the risk potential. According to the poll, 79 per cent of respondents agree even the slightest risk that privacy could be compromised is reason for the Campbell government's plan. ....continued Page 3

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## Otter Valley Fish & Game Club

### ANNUAL GENERAL MEETING

AND

### ELECTION OF OFFICERS

6:00 PM Saturday, January 15<sup>th</sup>

At The Clubhouse, Tulameen

\*\* POTLUCK SUPPER \*\*

FOR MORE INFORMATION CONTACT:

Ron White 295-7384 OR Ron Jones 295-3642



Chartered Accountant Chris Kelley will soon become a very busy man as income tax season approaches. Kelley, who shares space in the News Leader building, is in Princeton every Thursday and works for the accounting firm of McConnell, Voelkl.

## Survey says ecosystems need protection

Nature first, say residents of the South Okanagan and Similkameen.

Ninety-three per cent of surveyed residents believe it is important to protect the natural ecosystems and wildlife of the South Okanagan and Similkameen

Protecting the natural ecosystems, plant and wildlife species in the South Okanagan in order to maintain the quality of life here is just one of the significant findings in a community research project conducted under the auspices of the South Okanagan-Similkameen Conservation Program (SOSCP).

The poll shows that residents of the South Okanagan-Similkameen have tremendous pride in the natural heritage of the region, and want far more done to protect the valleys' natural environment. Residents show overwhelming support (76%) for protecting species and their habitats – even if that means slowing down economic development.

The survey was conducted by telephone among 300 adults in the South Okanagan-Similkameen between November 2nd and 3rd 2004. Overall results are accurate to within ± 5.7%, with a 95% level of confidence for margin of error.

The survey was commissioned by Okanagan University College, Okanagan-Similkameen Conservation Alliance and the

En'Owkin Centre with funding from Environment Canada, and was conducted by Synovate Research and IMPACS – the Institute for Media, Policy and Civil Society, a Canadian non-profit organization focused on media and communications.

One of the survey's most startling findings is the concern for loss of ecosystems and wildlife species. More than 80 per cent of respondents indicated that they were concerned about the loss or extinction of wildlife species or natural ecosystems here. Further, 71 per cent of people polled disagree with the statement that we have protected too much land in the valleys already, indicating that strong conservation is essential for the future health and vitality of the region.

The South Okanagan-Similkameen findings are consistent with the recently released results of an annual national poll carried out by the Centre for Research and Information on Canada (CRIC) that ranks the protection of the environment as the Canadian public's number one priority for the first time in over a decade. The top environmental concerns for residents here include safety of drinking water, fire protection, and water shortage/drought.

Other highlights include:

- 81% of residents feel regional and local governments should do more to protect species at risk and their habitats. A full 44% feel this strongly, compared to only 6% that strongly disagree.

- 85% of residents disagree with the notion that industries should be allowed full rein, even if they harm habitat for endangered or threatened wildlife or the environment. Of those, a full 58% strongly disagree, compared to only 2% that strongly agree.

- 71% disagree with the statement  
.....continued on Page 5

## BCGEU survey results

.....continued from Page 2  
ment to abandon its privatization plans. Only 14 per cent feel the risk is minimal, and no reason to cancel the deals.

Heyman says his union is pressing ahead with a legal challenge to the privatization deals, which is expected to be heard in BC Supreme Court over a three-day period in early March.

The telephone survey of some 511 British Columbians was conducted for the union during the first week in December by Fingerhut Granados Opinion Research and Viewpoints Research. It has an error margin of plus or minus 4.3 per cent, 95 per cent of the time.

There are a number of BCGEU members working in the Princeton and Keremeos areas.

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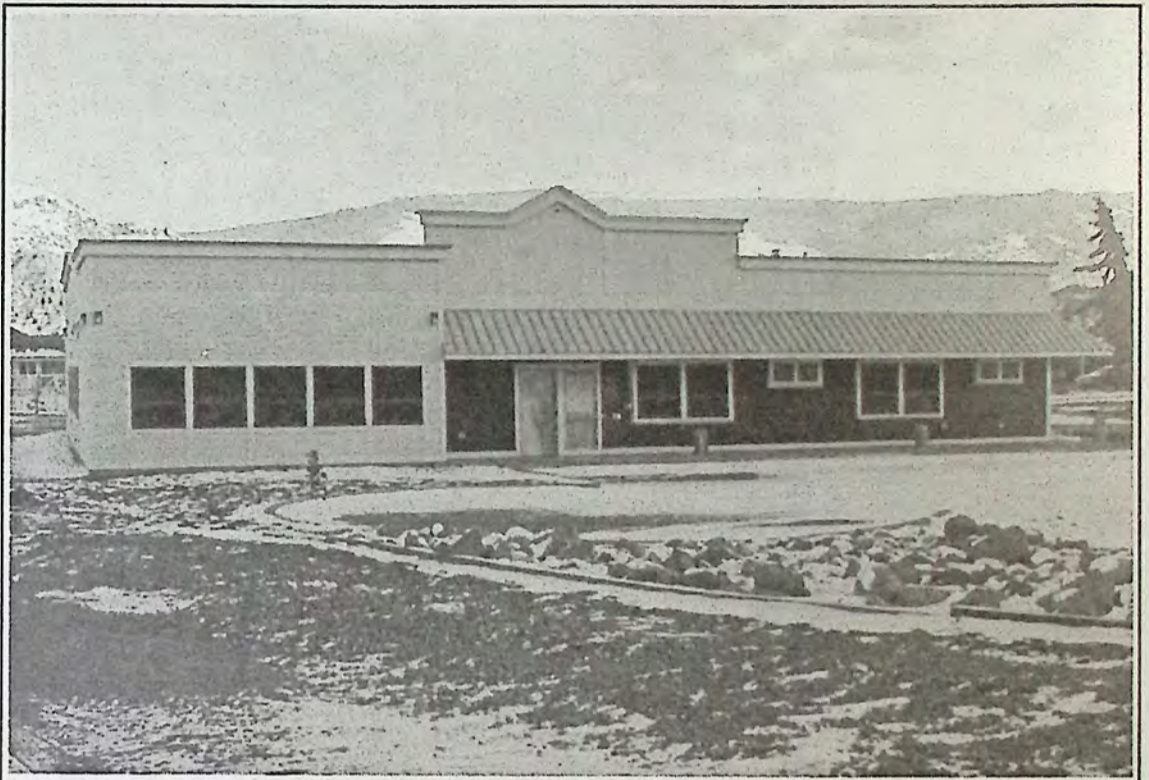
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**keremeos and area news**



The new Keremeos RCMP Detachment building is nearing completion. It sits at the corner of Highways 3 and 3A, where many oldtimers will remember a large fruit stand once sat. The present RCMP station is located just behind this new facility.

**Numbers up in Cawston bird count**

Sixty one different species of birds were identified at this years Cawston Christmas Bird Count held all day on December 30th.

A team of intrepid volunteers braved snow and cold to cover their appointed areas.

Each year, across North America, local volunteers get together under the auspices of the Audubon Society to evaluate the local bird population by way of an area to area count.

Cumulative totals for each area

**Similkameen Country hosts Rails to Trails meeting**

Similkameen Country will host a Rails to Trails meeting at 7:00 PM on Wednesday, January 12th.

The meeting will take place in the Similkameen Country Board Room.

Guest speaker for the evening will be Murray McCory.

McCory is the Outdoor Recreational Manager / Coordinator from the Okanagon County Department of Public Works in Oroville, Washington.

His department has obtained a grant for the development of the Similkameen Trail from Nighthawk, at the US Border, to Oroville.

For more information contact Similkameen Country Office Manager Anna Bartlett at (250) 499-5225.

are then incorporated into a continent wide data base which when combined with other ecological information provides a measure of the health of each species and records increases and decreases in numbers.

The health of bird populations is

**Cawston bird count totals**

Compiled by Doug Brown of Osoyoos

- Heron - 1
- Canada Goose - 157
- Mallard - 558
- Common Goldeneye - 9
- Barrow's Goldeneye - 5
- Bufflehead - 7
- Hooded Merganser - 2
- Common Merganser - 6
- Bald Eagle: adult - 11
- immature - 9
- Northern Harrier - 5
- Sharp-shinned Hawk - 2
- Cooper's Hawk - 3
- Red-tailed Hawk - 6
- Rough-legged Hawk - 2
- American Kestrel - 6
- Merlin - 3
- Chukar - 2
- Ring-necked Pheasant - 4
- Ruffed Grouse - 3
- California Quail - 835
- Mourning Dove - 46
- Eurasian Collared-Dove - 155
- Great Horned Owl - 1
- Belted Kingfisher - 5
- Downy Woodpecker - 1
- Hairy Woodpecker - 4
- N. (Red-shafted) Flicker - 58
- Pileated Woodpecker - 7
- Gray Jay - 6
- Steller's Jay - 18

considered a good measure of the health of the ecosystems in which they have thrived over eons and sharp changes can serve as warnings about pollution and the effects of climactic change.

Last year in 2003 the Cawston Bird Count recorded 53 species.

- Clark's Nutcracker - 3
- Black-billed Magpie - 89
- American Crow - 21
- Common Raven - 38
- Black-capped Chickadee - 77
- Mountain Chickadee - 29
- Northern Shrike - 5
- Song Sparrow - 37
- Red-breasted Nuthatch - 9
- White-breasted Nuthatch - 8
- Pygmy Nuthatch - 39
- Canyon Wren - 3
- Winter Wren - 1
- Marsh Wren - 2
- American Dipper - 2
- Golden-crowned Kinglet - 2
- Ruby-crowned Kinglet - 1
- Townsend's Solitaire - 9
- American Robin - 3
- Bohemian Waxwing - 20
- European Starling - 672
- Spotted Towhee - 1
- White-crowned Sparrow - 16
- Dark-eyed Junco (Oregon) - 464
- Pine Grosbeak - 1
- House Finch - 451
- Red Crossbill - 6
- Common Redpoll - 2
- Pine Siskin - 30
- American Goldfinch - 46
- House Sparrow - 119

TOTAL Species identified during bird count- 61

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Jenni Liss, centre, is flanked by Connie Howe and Lynn Pelly at her retirement party.

## December busy for Vermilion Court residents

Here we are in a new year with a blanket of snow all around us. It seems just like yesterday when we were all wondering, "When will it snow?"

It was a few months ago when we all started guessing the day of the first snowfall. Our calendar was filled with guesses and as the days passed without any snow, we pushed our guesses ahead.

Finally, on the 18th of November we woke up to snow, much to the joy of Eileen our cook who won the prize for the correct guess.

On Saturday, December 4th, our very own line dancers, 'George and his Angels,' Aida, Jeanette and Eileen, braved the elements and danced through the streets in the Santa Parade.

On the 9th, the Adult Day Centre (ADC) had a retirement lunch for Jenni Liss. Aida, with her keen eye for decorating, had the dining room tables set up beautifully for this occasion. We all wished Jenni well with flowers and a cake so big that Tina had to bring it through the kitchen door sideways!

December was filled with the making of Christmas crafts, being entertained and eating treats. Throughout the month we were led in song by the 'Brownies and Girl Guides,' the 'John Allison Choir,' the 'Beavers, Cubs & Scouts,' and the 'Movers and Shakers.' Home baking, chocolates, candy, nuts and oranges quickly filled our tummies. A gift basket from the Legion was untied and shared by all. Thank you all for the time and effort you put into making our Christmas season a happy one. It was greatly appreciated and enjoyed by all.

We also had our yearly visit from Santa himself bearing gifts for everyone. This year he brought along Mrs. Claus who gave out cane deer which she had made up special for all of us. Thank you, Santa and Mrs. Claus for your visit...see you next year!

On the 25th, a traditional turkey dinner with all the trimmings was

cooked and served by Tina, Jill and Cilica. A special thank you to the Beavers, Cubs and Scouts for the hand made napkin holders with napkins. There were 37 people for Christmas dinner and these made our tables look very festive.

A happy time was had by all!

When the meal was over, Mary

had a big job ahead of her. With her expertise and skills in dishwashing, she had the kitchen cleaned up in no time. Thank you, Mary...well done.

All of us at Vermilion Court and the Adult Day Centre want to wish all of you a healthy, happy 2005!

- submitted

## Gasoline thief fuels neighbourhood search

An alert neighbour contacted Princeton RCMP in regards to a suspect observed siphoning gas from his neighbours vehicle. Police immediately attended, however, the suspect fled. Police made extensive patrols in the area but were not able to locate him.

Police have received a number of complaints lately of gas being siphoned from vehicles. These occurrences are happening late at night. Police are encouraging owners to purchase and use locking gas caps to deter thieves.

In addition, police are requesting the assistance of the community to help identify those involved in the crime. Any suspicious occurrences should be reported immediately to the police.

This matter is still under investigation.

## Ecosystem survey results

.....continued from Page 3 that we have protected too much land in the South Okanagan already, of those, 36% strongly disagree.

"This survey clearly indicates a strong message for conservation of our unique and endangered wildlife and ecosystems from a significant portion of residents in the South Okanagan-Similkameen," says Dan Ashton, Chair of the Regional District of the Okanagan-Similkameen.

"People in the South Okanagan and Similkameen clearly want a

healthy environment AND jobs for future generations - and we believe that the two go hand-in-hand. This is what we are hoping to achieve through our Regional Growth Strategy - a truly balanced approach."

## Basket winners

The winners in our Third Annual December Basket Raffle were:

Christmas Basket - Diane McIvor  
Coffee Lover's Basket - Elaine Cook

Kitchen Basket - Sylvia Adams  
Arts and Crafts Basket - Katie Liberatore

Stationary Basket - Darell Brewer  
Tool Basket - Dwayne Drobot

Chocolate Lover's Basket - Norm Anderson  
Italian Basket - Mike Talarico

Bath Basket - Hermene Yee  
Movie Basket - Brittany Folk

We thank all the student and parents of John Allison for their donations.

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## Princeton & District Museum & Archives Society

167 Vermilion Avenue, Princeton

ANNUAL GENERAL MEETING

2:30 PM Tuesday, January 11<sup>th</sup>

Everyone Welcome!

## Town of Princeton

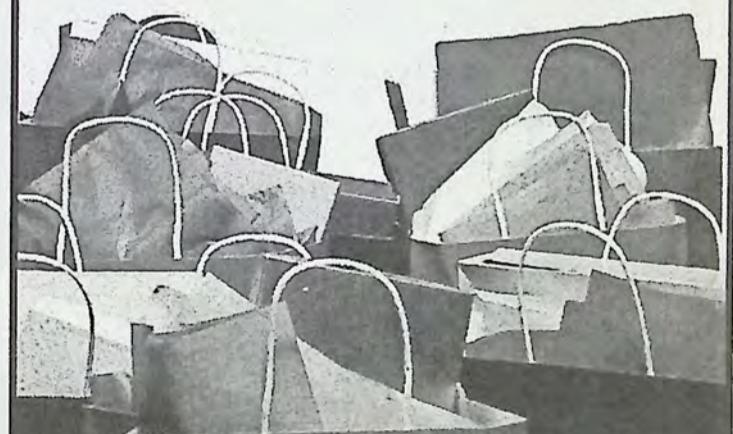
### Public Notice

Please be advised that dogs within the Town of Princeton boundaries must be licenced. The 2005 Dog Tags are now available for sale at the Town of Princeton Office at 169 Bridge Street, Princeton BC.

For any Animal and Pest Control Concerns/Complaints please contact the Animal Control Officer at 295-0333 or at the Town of Princeton Office at 169 Bridge Street, phone 295-3135.

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## SIMILKAMEEN EMERGENCY SERVICES ACADEMY OF EMERGENCY TRAINING

2005 TRAINING SCHEDULE

LARRY McINTOSH - INSTRUCTOR

EFA Workplace (WCB Level 1)  
Saturday, January 15

WCB Transportation Endorsement  
Sunday, January 16

Emergency Medical Responder (WCB Level 3)  
January 17 - January 28



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SCHOOL DISTRICT NO. 58  
(Nicola-Similkameen)

FIFTY-EIGHT  
Nicola Similkameen

Property in Princeton

### REQUEST FOR OFFERS TO PURCHASE OR LEASE

The Board of School Trustees of School District No. 58 (Nicola-Similkameen) is requesting offers to purchase or lease the School Board office building and property located within the municipal boundaries of Princeton, BC and having a civic address of 170 Vermilion Avenue, Princeton, BC.

This property is legally described as:

PID 003-214-958, Lot B, District Lot 706 Yale (formerly Osoyoos) Division Yale District Plan 33345 EXCEPT: (1) Coal See AFB Vol 18 Fol 123 No. 9729D (2) Plan M18345

In order to view the property and improvements, please contact:

Mr. Bruce Tisdale, Secretary Treasurer  
Administration Office  
P. O. Box 4100 - Stn. Main  
1550 Chapman Street  
Merritt, BC, V1K1B8

Telephone: (250) 315-1105  
Fax: (250) 378-6263  
e-mail: btisdale@sd53.bc.ca

Interested parties are asked to submit written offers by January 21, 2005, although offers received after that date may be considered and any offer received before that date may be negotiated and accepted before that date.

The School District may reject any or all offers and may negotiate with any one or more offerors to the exclusion of other offerors. The School District may negotiate and accept an offer it considers to be in its best interests.

## news leader health page

### Interior Health Winter sports safety tips

Heading for the ice, snow, or slopes? Before you do, take this true or false winter sports safety quiz and see how you do!

1. Almost one-quarter of snowboarding injuries occur during a person's first experience? True. This is attributed to their inexperience and inability to maintain a stable stance. Being properly trained cannot be overemphasized.

2. Head injuries are the leading cause of snowmobile related death and serious injuries? True. Striking a stationary object is usually the cause of the accident and speed is almost always a contributing factor.

3. Ice must freeze to a uniform depth of at least two inches before it is firm enough for group skating? False. Ice should be four inches (10cm) thick and it is thinner and less stable at the start and end of winter.

4. Skiers and snowboarders below you always have the right of way? True. It is your responsibility to avoid them.

5. The key to safe and successful skiing and snowboarding is control. True. Be able to stop or avoid other people or objects.

6. A Swedish study determined that skiers wearing a helmet were 50 per cent less likely to suffer head injuries compared with skiers who did not wear helmets? True. However, more skiers suffer from knee injuries so it is important to know how to fall correctly. Keep your arms forward, your skis together and your hands over your skis. Don't use your hands to break a fall and don't try to get up until you have stopped sliding.

Here are some other tips to ensure you have a safe and great time outdoors.

**Dress with safety in mind:** Dress in layers and add hats, gloves and waterproof boots. Check for hanging drawstrings that can catch on sleds, ski lifts or other equipment and make sure they are removed. Use short, not long, scarves and tuck them into jackets.

**Respect the cold:** Beware of frostbite and hypothermia when the temperature drops below freezing. Check on children often to make sure they don't get too cold.

**Take lessons:** Before starting a new sport take some lessons from a qualified instructor. Always make sure your children are properly supervised.

**Wear safety gear:** Learn what safety gear is recommended for your particular sport it might be goggles, a helmet or knee pads and then wear that item!

**Check your equipment:** Make sure you have all the right equipment and that it fits. If your equipment is too big for you it will be hard to stay in control.

**Be sun safe:** Sunlight reflects off the bright snow and ice and back onto your face, so cover up with

sunscreen and put some lip balm that contains sunscreen on your lips.

By playing it safe you can enjoy yourself all winter long.

- Jill Rhynard, BScN, MPH,  
Coordinator of Health Promotion  
Interior Health, Okanagan Health  
Service Area

## we beat those cravings

by George Elliott

Over the past few weeks we've been giving you details on our craving reduced eating plan.

We've also been explaining that it's a very simple way to eat, and have shared some of our findings as we continue to educate ourselves on why we eat the things we eat.

Our first goal was to beat cravings, and as far as I can tell, we do not crave the foods we used to eat.

We now need to incorporate exercise into our busy lives as I've always believed in the importance of being active both physically and mentally.

Both Brenda and I spend hours on tasks that mentally stimulate us. She very much enjoys crossword puzzles (I do them occasionally) where I prefer logic puzzles (she prefers I did them myself).

I do find our television viewing choices also say much about our mental fitness.

Brenda loves to watch 'who-dunnits' and often solves the crime long before the truth is revealed. I find the way she picks up on the smallest detail in these situations very interesting.

While I like to think of myself as a logical thinker, Brenda will tell you I often find the longest route

from Point A to Point B.

But when it comes to plans, strategies and procedures, I'm pretty efficient.

Is it any wonder I prefer to watch programs on TV where I don't have to spend a lot of time thinking? Besides, by the end of the day, my mind is pretty much worn out!

To make sure you follow me here, there are three key elements to healthy living (as far as I'm concerned). They are healthy eating, mental exercise and physical exercise.

We appear to have two of them pretty much under control at this point. Next is the physical exercise.

I am a fan of running. Over the past 25 years I have logged somewhere in the neighbourhood of 4,000 miles. That's not competitive, it's recreational. My New Year's resolution for 2005 is to get back into running form and actually run the pavement starting this Spring.

My last run was over a year ago, so I'm not far off the pace. We bought one of those machines that mimics the cross country ski motion a couple Winters back, and I did find it was a good way for me to prep for running season.

Now it's just a matter of getting on it!

## living past 100

### Mind over matter brings health

Some people live to a ripe old age despite all kinds of adversity. Other people have endless complaints about every little thing and you wonder how they can survive from one day to the next without giving up.

The key to a long life is the right attitude. Negative thinking can do as much damage as a germ, and all of us know we wage war with germs every day. How many of us think of waging war with our own thoughts and habits?

People who do not have many friends and supportive relationships die younger than people who have friends. One of the keys to having friends and good supportive relationships is a positive attitude. People who see the down side of every situation drive away friends they might have had. People who complain a lot may not have supportive relationships for the same reason.

We often hear how stress ages people, but research has proven that stressful situations are handled easily by those who are able to cope. They can work through a crisis without creating health problems nor speeding aging. It is the inner resources of the individual that determine how well stress is handled.

Believe it or not, research has shown that people who can handle stressful situations effectively can enhance their immune systems, while people who feel helpless or take a negative view will have their immune systems weakened by stress.

If you are a complainer who does not seem to cope well, remember the old saying, "Have a little bread and cheese with your whine." In other words, in the midst of whining, find the resources which will sustain you. You will live longer, be happier, and meet every challenge with confidence.

www.thenewsleader.ca

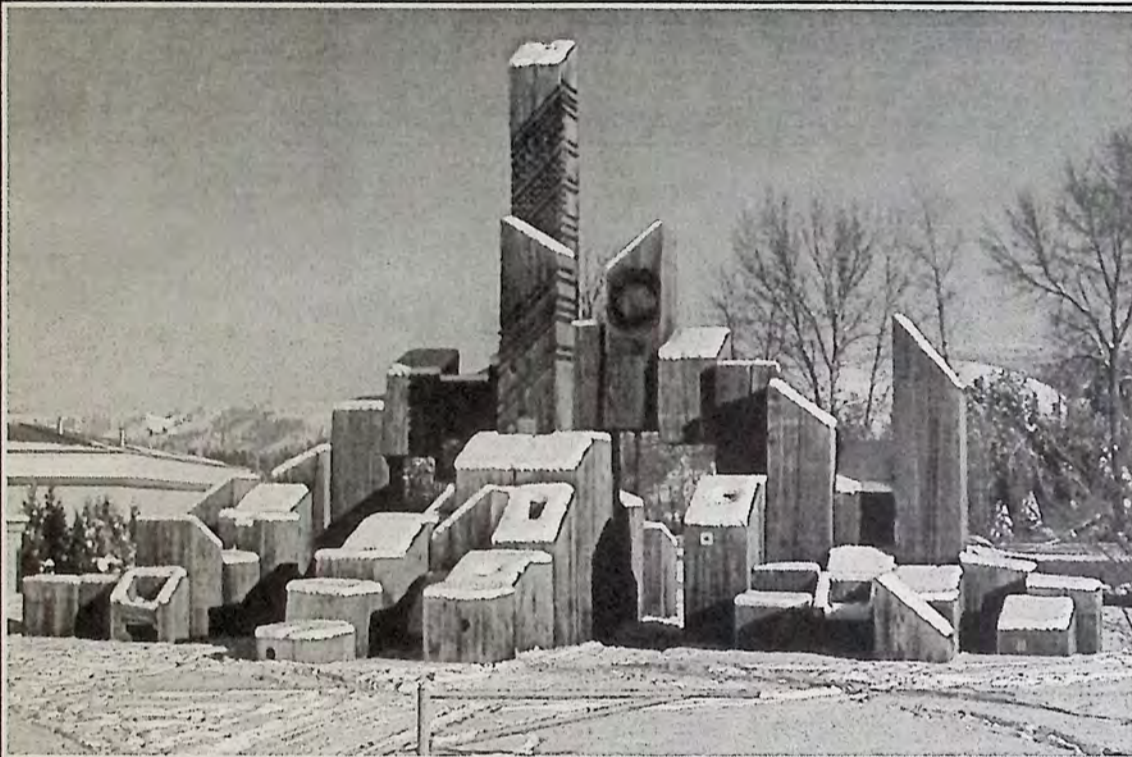
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Contest details available in the January 25<sup>th</sup> Similkameen News Leader

# Keep It In The Green Zone!

**Power-By-The-Hour Time-Of-Use Charts**  
Available at the PLP Office, 231 Bridge Street, Princeton

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

13 Weekly Prizes of \$25.<sup>00</sup> PLP Account Credits - 3 Monthly Prizes of \$100.<sup>00</sup> PLP Account Credits - \$500.<sup>00</sup> PLP Account Credit Grand Prize  
**Contest Details available in the January 25<sup>th</sup> Similkameen News Leader**



This local landmark brings on a whole new look when covered with a few inches of snow.

## Keremeos to celebrate 50th in August

The first Committee meeting of the Keremeos K-50 Celebrations was held on Thursday, January 6th. The Chair Person for the Committee is Judy Egli.

Egli has extensive experience in organizing events and is looking forward to this new challenge.

"Keremeos is my hometown and I am proud to be a part of this community. The K-50 Celebration is to honour all the residents that live in the Village. We are proud that the Village is 50 years old and are excited about looking back to see what we have accomplished and also to look forward to the next 50 years."

The Committee is in its early planning stages and have tentatively suggested the August long weekend for the birthday party.

A day event is being planned with all ages in mind. Think Birthday Party with all the trimmings on a

huge scale.

The Committee is looking at involving all aspects of the community and would like to see the First Nations, Indo-Canadians, Ranchers, Fruit Growers and possibly the Hudson Bay Company involved. There will be invitations out to all the events held in Keremeos asking for their participation in celebrating Keremeos'

50th Anniversary throughout the year.

The Committee is still looking for volunteers to be a part of this exciting celebration.

The next meeting of the K-50 will be held on Wednesday, January 19, 2005 at Noon in the Employment Center Boardroom.

Bring a bag lunch and we hope to see you there.

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otherwise we'd just be news later.

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1:00 - 5:00 PM Wednesdays

**295-3222**

**St. Paul's United Church**

presents

an evening of

## Talents & Treats

DATE:

**Saturday, January 15<sup>th</sup>**

PLACE:

**St. Paul's Church Hall**

TIME:

**7:00 PM**

COST:

**\$8.<sup>00</sup> per Person**

Tickets available from:

**Stevens & Stevens - Notaries Public**  
195 Bridge Street, Princeton

**St. Paul's United Church**  
190-1st Street, Princeton



**Princeton Realty**  
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**SUE LEPOIDEVAN**

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CLASS FEE \$60.00 • Vermilion Artist Membership \$10.00  
Clay \$15.00 (payable to Sue at First Class)

REGISTER NOW to avoid disappointment!  
Phone Mary at 295-6778



Grade 2's at John Allison School have been working hard getting the rest of their fellow students collecting pennies for a Tsunami Penny Drive. Principal Bonnie Jeston says response has been very good. "They're everywhere, the pennies are coming out of our ears." Posing above, with only a small sample of what's been collected so far are, from left, Cameron Vinthers, Megan Liddicoat and Taylor Carmichael. Anyone wishing to add to the collection can drop their pennies off at the school.

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**Princeton & District Museum & Archives Society**  
167 Vermilion Avenue, Princeton

Interior Health

## Confidential Grief and Loss Support Group

Will be offered FREE, every second week, for 6-8 weeks

- Starting Tuesday, January 18th in Keremeos
- Starting Wednesday, January 19th in Princeton

To Register or for More Information Call:  
**Community Social Worker Sylvia Bailey**  
(250) 295-4464 or (250) 499-3020

(1-800-663-7867 will reach either of these numbers if you ask for them)  
You MUST register for the first day - after that it will be a closed group - this service will be offered again in the Fall.

If you have lost a loved one come and get support from others in the same situation.

Refreshments will be provided.

## PSS supports Heifer International

by Kaylie Gibb, Grade 12

Heifer International is an organization created to help poor third world families.

Through donations, the organi-

zation teaches a selected family how to raise an animal and then utilize it, through other means than just eating it.

The animal and training is paid

for by donations. In the 2003/2004 school year, a donation jar was set up in Diane Rodewoldt's Social Studies room.

From kind donations of pocket change from students, money raised by the participants of the Thirty-Hour Famine and a kind \$100.00 donation from the School District's Superintendent, Dr. B. Peacock, the school was able to donate over \$1,200.00.

The cost of the animals is as follows: \$500.00 for a Heifer; \$250.00 for a Water Buffalo; \$150.00 for a Llama; \$120.00 for a Sheep, Goat or Pig; \$60.00 for Trees, \$30.00 for Honey Bees and \$20.00 for a flock of Chicks, Ducks or Geese.

Animals are donated to over 125 countries around the world, and this has been a great way to spend our small change.

A big thank you goes out to everyone who donated to the fund, and all who were encouraged to give what they could, no matter the size of their donation.

## thoughts on education



EXCLUSIVE TO THE NEWS LEADER  
BY JINNY SIMS - BCTF PRESIDENT

Teachers, parents, and other citizens are concerned about the B.C. government's latest move to implement large-scale standardized assessments for Grade 10 students. Research indicates that such tests do not contribute to student achievement, and may even lead to an increase in the student drop-out rate. We are particularly concerned that students who are performing marginally may be discouraged and give up if they are unsuccessful in their exam attempts.

The pressure placed on students and their families as a result of these high-stakes exams is both unnecessary and disturbing. As teachers, we feel that the focus should be on learning rather than measurement. We want our students to learn how to think, not just how to take tests.

Rather than following the lead of

the U.S., where student achievement lags behind many other countries, why not follow the lead of Finland? The Finns outperformed all other countries in mathematics and reading on the Organization for Economic Co-operation and Development's recent Programme for International Student Assessment (PISA). Other than PISA, Finnish students are not subjected to any standardized tests. However, Finland does provide teachers with the autonomy needed to create meaningful learning experiences for students.

Teachers would rather help all children explore and develop their full potential instead of having to teach to the test.

As Alfie Kohn, a respected educator, advises us, we need to abandon this fixation on testing in favour of a system that values the true joy of learning. As any rancher will tell you, weighing the calves will not fatten them up!

For the sake of children and families, we hope that the B.C. government will recognize that money earmarked for testing would be better spent on proven education reforms such as reducing class size, rather than ill-advised measures such as large-scale standardized tests.

Jinny Sims is the President of the BC Teachers' Federation representing 42,000 public school teachers in BC.

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# weekly entertainment guide

TUESDAY, JANUARY 11, 2005 THROUGH MONDAY, JANUARY 17, 2005



Players scramble for the puck following a face off in the Princeton zone.

## Posse add another 'L' to record

During the pre-game skate, prior to the Princeton Posse / Summerland Sting game last Saturday night (January 8th) Princeton's Chance Lintick told the News Leader some great news.

"I'm going to be able to play again."

Lintick indicated he would be joining the team at practice Monday and would be back in uniform soon.

"I'm pretty happy about it."

Lintick's hockey future was in the air following a hunting accident a couple months ago.

As for the scheduled game, both teams played it pretty fast and hard.

Summerland tried to score on numerous occasions when they had a two-man advantage, but Princeton's Brad Fraser kept them at bay.

The Sting finally got their first goal at 8:09, with a one-man advantage.

Princeton nearly tied it up following a flurry of activity in front of the Summerland goal. The Posse applied pressure to their net, digging after rebounds and adding extra effort with each shot on goal, but they were unable to score.

Summerland had a marker at 11:36 disallowed due to a high stick. The first period ended with

the Sting leading 1 to 0.

The second period saw Summerland stretch their lead with their second goal in the first minute of the period.

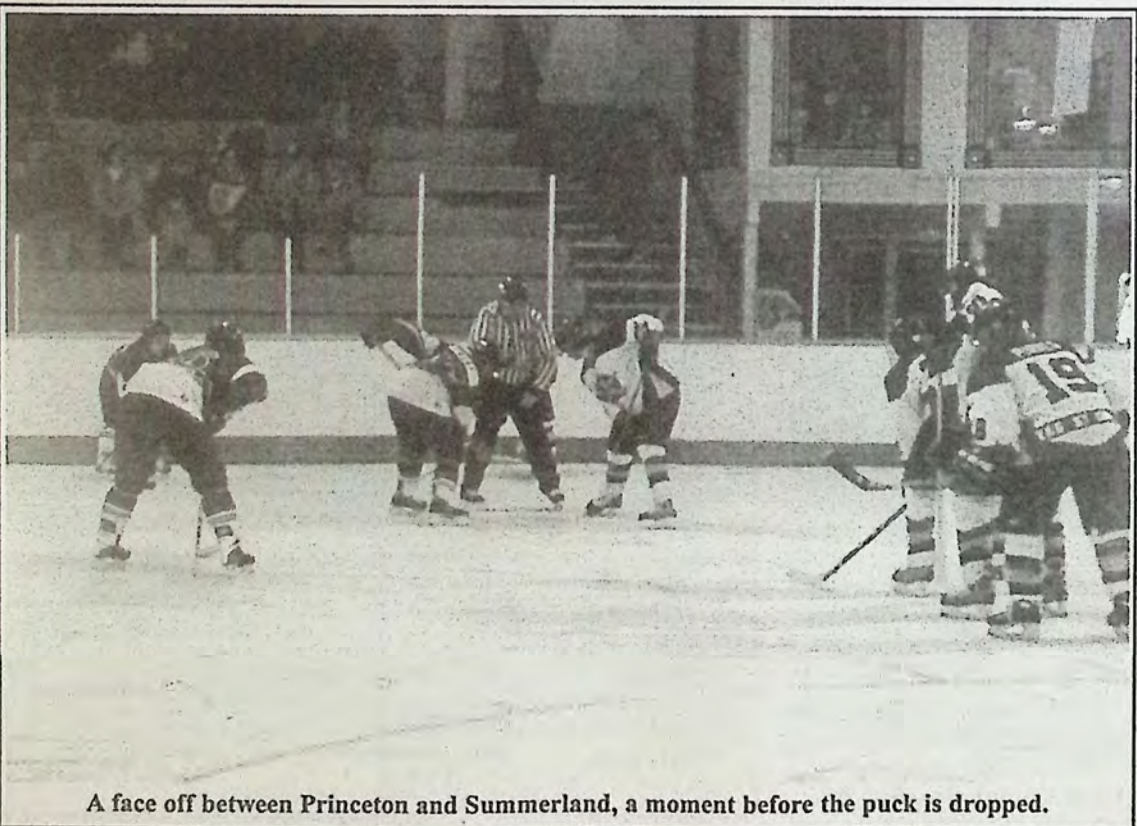
Both teams played fast and hard, without any further scoring.

The third period saw Summerland add their third goal at 6:00.

Both teams started to look tired and once the Sting started to hit hard, the Posse found their second wind and turned up the pressure.

Tony Bertuzzi added one for the home team at 12:00, following a series of shots on goal.

Summerland scored one more at 16:53. Final: Sting 4, Posse 1.



A face off between Princeton and Summerland, a moment before the puck is dropped.



### Princeton Area Fishing Guide - 2<sup>nd</sup> Edition

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info: george@thenewsleader.ca

### Princeton Ground Search & Rescue Society

#### Annual General Meeting

7:00 PM, Tuesday, January 11, 2005

Princeton General Hospital Boardroom

Everyone Welcome.

For information: Arnie (250) 295-6759

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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The Ottas/Woods 'outlaws' during their Christmas Family Reunion in Princeton.

## Christmastime is family reunion time

The Ottas/Woods 'outlaws' rolled into town,

For Christmas dinner, and they did it up brown.

They filled up a motel located downtown,

Then 'Brekkie at Billy's' on their way out of town!

The Ottas/Woods family arrived in Princeton over the holidays for a Christmas reunion. Almost forty members of Ed and Pam's family came to share dinner with them at the OAPO hall; travelling from Newcastle England, Calgary Alberta, Comox, North Vancouver,

Coquitlam, Mission, Abbotsford and Merritt.

There were four of five generations represented, with Pam's mother being too ill to travel. Grandson Lance and his family from Vernon were also unable to attend because of illness.

Six children, fourteen grandchildren, and six great grandchildren all helped celebrate Ed's 75th birthday and the Christmas celebration.

A slide show resulted in laughs of disbelief with many old photos that hadn't been seen since the last get-together twenty years ago. Everyone stayed at the Princeton

Motel and thoroughly enjoyed their holiday hospitality.

Some 'kids' even got to play in the snow on Boxing Day before enjoying breakfast at Billy's and tackling the highways. Mother Nature certainly cooperated by keeping the snow away for a few days, which meant the roads were in good condition until all were safely home again.

The Ottas/Woods 'outlaws' would like to thank the OAPO, Princeton Motel and Billy's Family Restaurant for their cooperation and friendly attitudes.

- submitted



Princeton Minor Hockey Association hosted a Tykes Day on Sunday at Princeton arena. They may not be fast, but they had a great time playing hockey and testing their skills! Photos: Brenda Engel

## tuesday movies

### MORNING

10:00 am CITY 29 ★★½ "The Mary Kay Letourneau Story: All-American Girl" (2000, Drama) Penelope Ann Miller. Based on the true story of a married school-teacher who had an affair with and became pregnant by a 13-year-old student.

11:30 am A&E 9 ★★ "The Man in the Iron Mask" (1998, Adventure) Leonardo DiCaprio. Ex-musketees attempt to unseat the tyrannical King Louis XIV by using his imprisoned twin brother in their plan.

### AFTERNOON

5:00 pm WGN 38 ★★ "Braddock: Missing in Action III" (1988, Drama) Chuck Norris. Col. James Braddock returns to Southeast Asia to rescue his Vietnamese wife and their son from the sadistic Gen. Quoc. (In Stereo)

### EVENING

6:00 pm CITY 29 ★★ "Gattaca" (1997, Science Fiction) Ethan Hawke. An outcast takes part in a complicated and

perilous scheme to assume the identity of a genetically engineered citizen.

7:10 pm WTBS 3 ★★ "The Wedding Singer" (1998, Comedy) Adam Sandler. A romantically unlucky wedding singer and a compassionate waitress search for true love during the 1980s. (DVS)

9:00 pm FAM 26 ★★ "Mixed Nuts" (1994, Comedy) Steve Martin. The stressed-out staff of a telephone crisis center is overwhelmed by an influx of Christmas-season craziness. (In Stereo)

9:10 pm WTBS 3 ★★ "The Wedding Singer" (1998, Comedy) Adam Sandler. A romantically unlucky wedding singer and a compassionate waitress search for true love during the 1980s. (DVS)

10:06 pm CITY 29 ★★ "Gattaca" (1997, Science Fiction) Ethan Hawke. An outcast takes part in a complicated and perilous scheme to assume the identity of a genetically engineered citizen.

11:10 pm WTBS 3 ★★ "High School High" (1996, Comedy) Jon Lovitz. An idealistic teacher leaves a comfortable position at a private school to turn inner-city hoodlums into scholars.

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## wednesday movies

### MORNING

10:00 am CITY 29 "Bonhoeffer: Agent of Grace" (2000, Drama) Ulrich Tukur. Based on the true story of Lutheran pastor Dietrich Bonhoeffer's fight against the Nazis and his eventual execution.

11:00 am A&E 9 ★★ "Brassed Off" (1996, Comedy-Drama) Pete Postlethwaite. The threat of their mine's closure strikes a sour note with amateur musicians in a small Yorkshire village.

### AFTERNOON

5:00 pm WGN 38 ★★½ "Delta Force 2" (1990, Adventure) Chuck Norris. An American colonel and his elite Marine unit head to South America to bring a sadistic drug czar to justice. (In Stereo)

### EVENING

6:00 pm CITY 29 ★★ "Riding In Cars With Boys" (2001, Comedy-Drama) Drew

Barrymore. Premiere. A teenager struggles to make her dreams a reality in the face of an unwanted pregnancy and shaky marriage.

8:10 pm WTBS 3 ★★ "Fools Rush In" (1997, Comedy) Matthew Perry. A fateful one-night stand leads to a rocky marriage between a WASPish New Yorker and a lively Latina.

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

10:05 pm CITY 29 ★★ "Soul Food" (1997, Comedy-Drama) Vanessa L. Williams. A youth devises a way to strengthen family ties when domestic troubles and illness threaten to tear them apart.

10:10 pm WTBS 3 ★★ "Guarding Tess" (1994, Comedy) Shirley MacLaine. An ambitious Secret Service agent meets his match in the defiant presidential widow he is assigned to protect.

## Wild Rose Cafe

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Chinese Menu Saturdays 5-9 PM with Reservations.

TRAVELLERS AND ALL OUR FRIENDS FROM PRINCETON WELCOME!

Just West of Hedley on Highway 3

TUESDAY, JANUARY 11, 2005

Table of TV schedule for Tuesday, January 11, 2005. Columns include time slots (6:30 AM to 11:30 PM) and stations (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN). Rows list program titles and descriptions.

WEDNESDAY, JANUARY 12, 2005

Table of TV schedule for Wednesday, January 12, 2005. Columns include time slots (6:30 AM to 11:30 PM) and stations (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN). Rows list program titles and descriptions.

**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 Weyerhaeuser training building Call Ray 295-7508.  
 \* Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm  
 \* Legion Branch 56 meets 3rd Thursday of month 7:30 p.m. Legion Hall  
 \* 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. POSTPONED 'TIL NEW YEAR  
 \* 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.  
 \* Princeton Toastmasters Club meets 2nd and 4th Tuesday of the month, 7:00 PM in the Seniors Drop-In Centre.

**Similkameen News Leader Community Calendar**

**JANUARY**

11 - Princeton GSAR AGM, 7:00 PM, Hospital Boardroom  
 13 - Princeton CYC AGM, 12 Noon, Arena Mezzanine  
 14, 15, 16 - Bantam Hockey Tourney, Arena  
 15 - Princeton Posse host Summerland, 7:30 pm, Arena  
 21 - Princeton Posse host Revelstoke, 7:30 pm, Arena  
 26 - Posse host Summerland, 7:30 PM, Arena  
 29 - Timberline Cruisers Lodestone Ride (Norm 295-4011)

**FEBRUARY**

4,5, 6 - Mens Open Bonspiel, Curling Club  
 5 - Princeton Posse host Revelstoke, 7:30 pm, Arena  
 11 - Heart Fund Dinner  
 11, 12, 13 - Mens Bonspiel, Curling Club  
 12 - Princeton Posse host Osoyoos, 7:30 pm, Arena  
 12 - Princeton Posse host Sicamous, 2:00 pm, Arena  
 14 - Valentine's Day  
 18, 19, 20 - Ladies Bonspiel, Curling Club  
 26, 27 - Princeton Hockey Adult Draft, Arena

**MARCH**

4, 5, 6 - Mixed Open Bonspiel, Curling Club  
 12 - Princeton Figure Skating Club Carnival, Arena  
 17 - St. Patrick's Day  
 21 - FIRST DAY OF SPRING!!!

**APRIL**

1 - April Fool's Day

Check our 'Events Calendar' at [www.thenewsleader.ca](http://www.thenewsleader.ca) for more events and meetings in the Similkameen!

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

**thursday movies**

**MORNING**

10:00 am CITY (29) ★★"Riding in Cars With Boys" (2001, Comedy-Drama) Drew Barrymore. A teenager struggles to make her dreams a reality in the face of an unwanted pregnancy and shaky marriage. (E)  
 11:00 am A&E (9) ★★"Children of the Revolution" (1996, Comedy-Drama) Judy Davis. A fervent Australian communist bears Joseph Stalin's illegitimate son, who grows up to become a politician. (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)

**EVENING**

6:00 pm WTBS (3) ★★"Fools Rush In" (1997, Comedy) Matthew Perry. A fateful one-night stand leads to a rocky marriage between a WASPish New Yorker and a lively Latina. (E)  
 CITY (29) ★★"The Sixth Sense" (1999, Horror) Bruce Willis. A child psychologist attempts to help a bright but troubled youngster who is haunted by visions of dead people. (E)

A child psychologist attempts to help a bright but troubled youngster who is haunted by visions of dead people. (E)  
 8:00 pm KTLA (27) ★★"Love & Basketball" (2000, Drama) Sanaa Lathan. A tomboy and the son of a pro athlete share a passion for the game that draws them together throughout the years. (In Stereo) (E)  
 8:10 pm WTBS (3) ★★"EDtv" (1999, Comedy) Matthew McConaughey. An amiable video-store clerk becomes the willing participant in a 24 hour-a-day television show chronicling his life. (E) (DVS)  
 9:00 pm FAM (26) ★★½"The Naked Gun" (1988, Comedy) Leslie Nielsen. Lt. Frank Drabin ("Police Squad!") attempts to thwart a drug kingpin's plot to assassinate the Queen of England. (In Stereo) (E)  
 10:06 pm CITY (29) ★★"The Sixth Sense" (1999, Horror) Bruce Willis. A child psychologist attempts to help a bright but troubled youngster who is haunted by visions of dead people. (E)  
 10:40 pm WTBS (3) ★★½"I Love Trouble" (1994, Suspense) Julia Roberts. Rival reporters are forced to team up when an investigative piece involving corporate intrigue turns dangerous. (E)

**friday movies**

**MORNING**

10:00 am CITY (29) ★★½"An Unexpected Family" (1996, Drama) Stockard Channing. An emotionally distant career woman is faced with the daunting task of raising her sister's young children.

**AFTERNOON**

5:00 pm A&E (9) ★★"Clear and Present Danger" (1994, Drama) Harrison Ford. CIA agent Ryan comes up against a duplicitous American government during his quest to nab a Colombian drug lord. (E)  
 WGN (38) ★★"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**

6:00 pm WTBS (3) ★★½"The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A former mob assassin with a price on his own head moves in next door to a timid Montreal dentist. (E) (DVS)  
 CITY (29) ★★"Beverly Hills Cop" (1984, Drama) Eddie Murphy. A fast-talking cop trails his best friend's killer from the alleys of Detroit to the posh galleries of Beverly Hills.  
 7:30 pm FAM (26) "Just 4 Kicks" (2003, Comedy) Cole Sprouse. A stranger tries to help twin brothers

who play for a winless soccer team. (In Stereo) (E)  
 8:00 pm KNOW (5) ★★½"The Bridge on the River Kwai" (1957, Drama) William Holden. Seven Oscars went to this story about World War II POWs forced to build a jungle bridge for their Japanese captors.  
 8:10 pm WTBS (3) ★★½"The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A former mob assassin with a price on his own head moves in next door to a timid Montreal dentist. (E) (DVS)  
 9:00 pm A&E (9) ★★"Clear and Present Danger" (1994, Drama) Harrison Ford. CIA agent Ryan comes up against a duplicitous American government during his quest to nab a Colombian drug lord. (E)  
 FAM (26) ★★½"The Three Musketeers" (1993, Adventure) Charlie Sheen. D'Artagnan and his comrades come to the aid of king and country when the evil Richelieu plots an alliance with Britain. (In Stereo) (E)  
 10:06 pm CITY (29) "Voyeur 7: Open Marriage" (2002, Adult) Monica Mayhem. Premiere. Beautiful women indulge their fantasies with a variety of explicit encounters.  
 11:17 pm FAM (26) ★★"Back to the Beach" (1987, Comedy) Frankie Avalon. Two middle-aged and married former beachniks learn how times have changed upon returning to their California haunts. (In Stereo) (E)

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**Horoscopes**  
January 11-17, 2005

**Aries** - You receive good news at the beginning of this week. Your energy level is high, and it is a good time to apply that energy to learning. Beware unrealistic plans. Home, family make demands.  
**Taurus** - You can be lucky at the beginning of this week, and you may receive good news about travel, education, or public image. Make an effort to look good this week. Money demands are strong. Conserve.  
**Gemini** - Partner is difficult all month, and it is mostly a matter of ego. Be pleasant about handling shared resources. Take care of insurance, investments, taxes, and financial matters. Patience!  
**Cancer** - A woman will bring you news this week. Pay attention - it can benefit you. Rewards come from family, home activities. This weekend you can avoid depression by talking to close friends.  
**Leo** - Your health improves, but do not take risks in sports, as you are still inclined to problems. Keep exercise sensible - no snowboarding or downhill skiing! You hear both good news and bad.  
**Virgo** - News comes from family member at start of week. Put damper on your spending. Watch out for icy roads, slippery surfaces while driving. Information keeps you very active, errands demand short trips.  
**Libra** - Family member gives you news, but family could be a source of disappointment or a burden later this week. Children, parents, lover are unrealistic this weekend. Stay sober, drive slow.  
**Scorpio** - You could have some good luck to start this week, or you could have some surprising news about child, or both. End of week may bring need to save money, or conserve resources. Drive carefully.  
**Sagittarius** - Your energy level is high, and you make plans for some significant changes in the future. You get good news about money at start of week. News from female will surprise you end of week.  
**Capricorn** - This is your birthday month and it looks like a good year ahead for career, but don't count on help from anybody. Your greatest resource is your ability to remain in balance, and to plan for future.  
**Aquarius** - Suddenly, you have some peace of mind. Inspiration surprises you, will bring you money if you use idea wisely. By weekend, you learn earlier plans will not work out. Health improves.  
**Pisces** - Career is still demanding, but a good plan is going to solve a problem in a creative way. Determination creates tension but makes change through planning. Seize the moment, do the work, then rest.

**Similkameen News Leader Recipe Corner (Recipe #46)**

**Kibble Enhancing Gravy**  
(for Dogs)

- 1 boneless, skinless chicken breast
- 4 cups water
- 1 cup white flour
- 2 large eggs

Boil chicken breast in the water for about 30-minutes and then cool. Add flour to the chicken lumps. Add pre-beaten eggs. Cook on low heat until it's done thickening. Puree chicken and add to the flour/egg mixture - stir until completely mixed. You may or may not need tablespoons daily on your dog's kibble.

reprinted with permission from Puppy Love Gourmet Bakery Inc.  
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If you have a favourite recipe you would like to share, contact us for details!  
**226A Bridge Street, Princeton**

THURSDAY, JANUARY 13, 2005

Table of TV programming for Thursday, January 13, 2005. Columns include channel numbers (3-30) and program titles. Rows show time slots from 6 AM to 11 PM.

FRIDAY, JANUARY 14, 2005

Table of TV programming for Friday, January 14, 2005. Columns include channel numbers (3-30) and program titles. Rows show time slots from 6 AM to 11 PM.

# saturday movies

## MORNING

7:00 am WTBS (3) ★★½ "Bird on a Wire" (1990, Adventure) (PA) Mel Gibson. The prison release of an old nemesis puts a federal witness on the run, with his girlfriend of 15 years earlier in tow. (E)

9:10 am WTBS (3) ★★½ "Heartbreakers" (2001, Comedy) Sigourney Weaver. A con woman's daughter jeopardizes their latest scam when she falls in love with her mark. (E)

11:00 am WGN (38) "The Void" (2001, Science Fiction) Adrian Paul. A corporation's new process of generating cheap and unlimited energy may bring about the Earth's destruction. (In Stereo) (E)

## AFTERNOON

12:00 pm WTBS (3) ★½ "Sweet November" (2001, Romance) Keanu Reeves. A self-absorbed workaholic meets a vivacious free spirit who promises to change his life within one month. (E)

FAM (26) ★★½ "Eddie's Million

Dollar Cook-Off" (2003, Comedy) Taylor Ball. A baseball prodigy puts his teammates in a pickle when he enters a cooking contest that interferes with the playoffs. (In Stereo)

1:00 pm CITY (29) ★★½ "Godzilla 2000" (2000, Science Fiction) Takehiro Murata. Tokyo landmarks are reduced to rubble yet again as Godzilla battles an ancient UFO.

1:30 pm FAM (26) ★½ "Lightning - The White Stallion" (1986, Drama) Mickey Rooney. A young woman's chance for a costly eye operation rides on the back of the horse she entered in a jumping championship.

2:30 pm WTBS (3) ★½ "Switchback" (1997, Suspense) (PA) Dennis Quaid. An FBI agent travels to Amarillo, Texas, to hunt down the serial murderer who may have abducted his son. (E)

4:00 pm YTV (18) ★★½ "FernGully... the Last Rainforest" (1992, Fantasy) Voices of Tim Curry. Animated. A lumberjack helps a tribe of forest elves protect their kingdom from an evil spirit and greedy clear-cutters. (E)

KTLA (27) ★★½ "In the Heat of

the Night" (1967, Mystery) Sidney Poitier. Tensions rise when a black detective from Philadelphia arrives in a small Mississippi town to help solve a murder case. (In Stereo)

5:00 pm WTBS (3) ★★½ "G.I. Jane" (1997, Drama) (PA) Demi Moore. A woman is determined to prove that she can withstand the rigors of Navy SEALs training and join their elite ranks. (E)

WGN (38) ★½ "Spanish Judges" (1999, Drama) Vincent D'Onofrio. A pair of priceless antique pistols is the prize sought by a sometime con man and his lowlife comrades. (In Stereo) (E)

## EVENING

6:00 pm CITY (29) ★★ "Second Skin" (2000, Suspense) Natasha Henstridge. Premiere. A bookseller's own checkered past is exposed after he becomes involved with a beautiful but mysterious amnesiac. (E) (DVS)

7:00 pm CHBC (4) ★★½ "The Iron Giant" (1999, Adventure) Voices of Jennifer Aniston. Animated. A malevolent government agent threatens to destroy the friendship between a boy and a huge alien robot. (E)

7:30 pm WTBS (3) ★★½ "The Pelican Brief" (1993, Suspense) (PA) Julia Roberts. A law student is

marked for murder after she writes a brief concerning the deaths of two Supreme Court justices.

8:00 pm KSPS (6) ★★½ "The Great White Hope" (1970, Biography) James Earl Jones. Based on the Broadway play about a boxer who becomes the first black heavyweight champion of the world. (E)

YTV (18) ★★½ "Adventures in Babysitting" (1987, Comedy) Elisabeth Shue. Mishaps turn a routine sitting assignment into a hair-raising evening for three youths and their teenage guardian.

8:30 pm WGN (38) ★½ "Turbulence II: Fear of Flying" (1999, Action) Craig Sheffer. Terrorists aboard a passenger plane fight over a chemical weapon that is hidden somewhere aboard. (In Stereo) (E)

9:00 pm CHBC (4) ★★½ "Star Wars" (1977, Science Fiction) Mark Hamill. George Lucas' revamped version of his space opera about rebels and robots united against the evil Galactic Empire. (E)

FAM (26) ★★ "Weekend at Bernie's II" (1993, Comedy) Andrew McCarthy. Premiere. The search for dead Bernie's stolen cash prompts a voodoo queen to send two inept lackeys to revivify the late CEO. (In Stereo) (E)

CITY (29) ★½ "The Ripper" (1997, Mystery) Patrick Bergin. Premiere. A

Scotland Yard detective suspects that England's Prince Edward is the cunning killer known as Jack the Ripper.

10:00 pm WTBS (3) ★½ "Snake Eyes" (1998, Suspense) (PA) Nicolas Cage. A homicide detective investigates the assassination of the U.S. Secretary of Defense at a boxing match. (E)

10:30 pm FAM (26) ★★½ "Everyone Says I Love You" (1996, Musical) Alan Alda. New Yorkers deal with life and love in director Woody Allen's salute to the classic Hollywood musical. (In Stereo)

11:00 pm CITY (29) ★★ "Second Skin" (2000, Suspense) Natasha Henstridge. A bookseller's own checkered past is exposed after he becomes involved with a beautiful but mysterious amnesiac. (E) (DVS)

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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
2:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
3:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
4:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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6:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
7:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
8:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
9:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
10:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
11:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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1:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
2:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
3:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
4:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
5:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
6:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
7:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
8:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
9:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
10:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
11:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

# sunday movies

## MORNING

7:30 am WTBS (3) ★½ "Snake Eyes" (1998, Suspense) (PA) Nicolas Cage. A homicide detective investigates the assassination of the U.S. Secretary of Defense at a boxing match. (E)

8:00 am A&E (9) ★★½ "Navy SEALs" (1990, Adventure) Charlie Sheen. An elite combat unit battles Arab terrorists who have commandeered a shipment of deadly Stinger missiles. (E)

9:30 am WTBS (3) ★½ "Switchback" (1997, Suspense) (PA) Dennis Quaid. An FBI agent travels to Amarillo, Texas, to hunt down the serial murderer who may have abducted his son. (E)

10:00 am WGN (38) ★½ "Meet Wally Sparks" (1997, Comedy) Rodney Dangerfield. As the threat of cancellation looms, a TV talk show host pulls an outrageous stunt in an attempt to boost his ratings. (In Stereo) (E)

10:30 am A&E (9) ★★½ "In the Name of the Father" (1993, Drama)

Daniel Day-Lewis. Based on the true story of Gerry Conlon, an Irishman who was wrongly imprisoned for a fatal bombing in London. (E)

11:00 am CITY (29) ★★½ "The Associate" (1996, Comedy) Whoopi Goldberg. A female financial analyst invents a fictitious male partner to attract the business clients who initially snubbed her. (E)

## AFTERNOON

12:00 pm WTBS (3) ★★½ "G.I. Jane" (1997, Drama) (PA) Demi Moore. A woman is determined to prove that she can withstand the rigors of Navy SEALs training and join their elite ranks. (E)

FAM (26) ★★½ "Teenage Mutant Ninja Turtles" (1990, Adventure) Judith Hoag. Four wisecracking superturtles battle martial artists terrorizing New York. Based on the comic-book characters.

WGN (38) ★★ "The Real Howard Spitz" (1998, Comedy) Kelsey Grammer. A writer discovers the real meaning of life as he helps his 10-

year-old creative partner look for her missing father. (In Stereo) (E)

1:00 pm KTLA (27) ★½ "Ernest Goes to Camp" (1987, Comedy) Jim Varney. A bumbling counselor comes to the rescue when a summer camp on sacred American Indian land is threatened. (In Stereo)

1:30 pm FAM (26) ★½ "Theodore Rex" (1996, Comedy) Whoopi Goldberg. A wisecracking detective is saddled with a talking dinosaur partner to help her solve a high-profile murder case. (E)

2:00 pm VTV (22) "This Matter of Marriage" (1998, Drama) Michael Nouri. After a number of disappointing dates, an architect comes to the realization that she is in love with her neighbor. (In Stereo) (E)

2:30 pm WTBS (3) ★★½ "The Pelican Brief" (1993, Suspense) (PA) Julia Roberts. A law student is marked for murder after she writes a brief concerning the deaths of two Supreme Court justices.

CHBC (4) ★★½ "What About Bob?" (1991, Comedy) Bill Murray. A pompous psychiatrist's vacation is disrupted by the arrival of his new patient, a lovable but aggravating neurotic. (E)

3:00 pm KTLA (27) ★★½ "Angels in the Endzone" (1997, Comedy) Christopher Lloyd. A boy solicits help

from a celestial source to turn his grieving brother's high-school football team into winners. (In Stereo)

5:00 pm WTBS (3) ★★½ "A Few Good Men" (1992, Drama) Tom Cruise. A Navy lawyer tries to prove two Marines accused of beating a comrade to death were following their commander's orders. (E)

A&E (9) ★★½ "Windtalkers" (2002, Action) Nicolas Cage. Premiere. During World War II, a traumatized Marine is assigned to protect a Navajo code talker. (E)

WGN (38) ★★½ "Too Young to Die?" (1990, Drama) Michael Tucker. Fearing his teenage client may receive the death penalty, an attorney tries to keep her from being tried as an adult. (In Stereo)

## EVENING

6:00 pm CITY (29) ★★ "The Scorpion King" (2002, Adventure) The Rock. The leader of a band of desert mercenaries is hired to kill a ruthless despot and his clairvoyant sorceress. (E)

8:00 pm WTBS (3) ★★½ "Red Heat" (1988, Drama) (PA) Arnold Schwarzenegger. A Soviet policeman and an American cop tear up the streets of Chicago in pursuit of a Russian drug smuggler. (E)

CHBC (4) ★★½ "The Hamburg Cell" (2004, Docudrama) Karim Saleh. Premiere. A Lebanese dental student falls in with Muslim extremists who later carry out the terrorist attacks of Sept. 11, 2001. (E)

9:00 pm A&E (9) ★★ "Windtalkers" (2002, Action) Nicolas Cage. During World War II, a traumatized Marine is assigned to protect a Navajo code talker. (E)

FAM (26) ★★½ "Chariots of Fire" (1981, Drama) Ben Cross. Social pressure and personal turmoil beset two British athletes on their way to glory in the 1924 Olympics.

10:00 pm WTBS (3) ★★½ "The Net" (1995, Suspense) (PA) Sandra Bullock. A reclusive computer expert is plunged into high-tech intrigue when she comes into possession of a top-secret program. (E)

11:00 pm CITY (29) ★★ "Video Voyer: The Susan Wilson Story" (2002, Drama) Angie Harmon. A neighbor secretly captures a family's most intimate moments on videotape.

11:04 pm FAM (26) ★★½ "Ladyhawke" (1985, Fantasy) Matthew Broderick. A young thief aids a 13th-century Spanish knight and his lady, who are under the curse of an insanely jealous bishop. (In Stereo) (E)

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SATURDAY, JANUARY 15, 2005

Table of TV programming for Saturday, January 15, 2005. Columns include channel (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and time slots (6:30, 7:30, 8:30, 9:30, 10:30, 11:30, 12:30, 1:30, 2:30, 3:30, 4:30, 5:30, 6:30, 7:30, 8:30, 9:30, 10:30, 11:30). Rows list various programs such as Dawson's Creek, News, Pet Guys, BluesClues, MotorWeek, News, LazyTown, Old House, Good Morning America, Fire Station Blackfly, Diva Dime Room, Monsters, SportsCentre, OWLTV Kingdom, Daily Planet, Paid Prog., Daigunder, Paid Prog., Indo, Paid Prog., etc.

SUNDAY, JANUARY 16, 2005

Table of TV programming for Sunday, January 16, 2005. Columns include channel (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and time slots (6:30, 7:30, 8:30, 9:30, 10:30, 11:30, 12:30, 1:30, 2:30, 3:30, 4:30, 5:30, 6:30, 7:30, 8:30, 9:30, 10:30, 11:30). Rows list various programs such as Movie: "Heartbreakers", News, (Off Air), Caillou (El Clifford), Today, CBS News Sunday Morning, Breakfast With the Arts, Good Morning America, Popstars, Adventure, Monsters, SportsCentre, Acorn Kids, Hunt-Derbyshire, Hour of Power, Daigunder, Pacesetter, Mix TV, NightMan, etc.

MONDAY, JANUARY 17, 2005

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

monday movies

MORNING
10:00 am CITY (29) \*\*\*"The Electric Horseman" (1979, Drama) Robert Redford. An idealistic rodeo star steals a \$12 million Thoroughbred from its exploitative owners to return it to the wilderness.
11:00 am A&E (9) "Target for Rage" (1997, Drama) Rick Schroder. A heavily armed young man takes 80 students captive at a high school where a teacher once refused to pass him.
AFTERNOON
5:00 pm WGN (38) \*\*\*"For Us the Living: The Medgar Evers Story" (1983, Drama) Howard Rollins Jr. The story of Medgar Evers, whose dedication to the civil rights movement led to his assassination in 1963. (In Stereo)
EVENING
8:00 pm WTBS (3) \*\*\*"Arachnophobia" (1990, Horror) (PA) Jeff Daniels. A doctor's fear of arachnids becomes a terrifying reality when an army of Venezuelan spiders invades his com-

munity.
9:00 pm FAM (26) \*\*\*"Moonstruck" (1987, Comedy) Cher. Three Oscars went to this tale of a widowed Brooklyn book-keeper who falls in love with her fiancé's brother.
10:00 pm WTBS (3) \*\*\*"Batman Forever" (1995, Adventure) (PA) Val Kilmer. A seductive psychologist seeks a hold on Batman's heart while the Riddler and Harvey Two-Face threaten Gotham City.
10:06 pm CITY (29) \*\*\*"Video Voyeur: The Susan Wilson Story" (2002, Drama) Angie Harmon. A neighbor secretly captures a family's most intimate moments on videotape.

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Word search grid containing letters for finding words related to flowers.

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### announcements

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### announcements

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3-bedroom townhouse, 4 appliances, family room down. No pets. Available January 1st. \$575 per month. Call Randy (250) 295-8591. Dec 14-tfn (b)

### notice

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PRE-OWNED RIFLES.  
FOR MORE  
INFORMATION CALL RON  
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Jul 06-tfn

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(250) 295-7345  
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(250) 295-6583

Dec 7-20

### notices

VEGETABLE AND FRUIT  
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THE POUND

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ALSO ROASTING  
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LAMB

ORDERS TAKEN NOW  
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Oct 19 - tfn



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Available Dec. Laundry included. Close to downtown.

5-bedroom home, \$525/month RENTED  
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NO DAMAGE DEPOSIT REQUIRED!!!

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**WEEKLY DEADLINE IS 12 NOON FRIDAYS**



### for rent

**2-Bay Shop**  
**(250) 295-3919**

Jul 8-tfn

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Enjoy reading Classified Advertising? Imagine what could happen if you had an ad in this section. People would read it, and if it was about something they were interested in, they would likely respond. Think you may want to give it a try? Just call our Classified Advertising Department at (250) 295-4149 for all the details. Next week someone could be reading your Ad!

Have trouble sleeping? If you moved here from the city, it's because you aren't used to the quiet of country living! My new revolutionary "Sound Sleeper" sends sounds into your bedroom that will lull you to sleep. Choose from "Sounds of Rioting Youth" or "Sirens, Horns and Industrial Noises." Each tape contains 56 hours of continuous sounds you are accustomed to falling asleep to. For a FREE demo call 1-877-295-7754. Ask for Operator 57X.

Nov 23-tfn

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One day it'll all make sense to you.

### for sale

**WESTERN RAWHIDE**

15 1/2 inch  
**CARIBOU SADDLE**  
 Model 1746  
 New \$ 900.<sup>00</sup>

Used Twice Asking  
**\$700.<sup>00</sup> FIRM**  
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### 1991 Geo Metro

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

**\$2,500.<sup>00</sup> OBO**

**(250) 295-7754**

Sep 28-tfn

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 PREPARED  
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Natural character  
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 Phone 295-6063

Completely confidential

### 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 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

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Similkameen Mail, Regular \$ 35.75  
 Similkameen Mail, Senior \$ 31.75  
(Princeton, Carleton Place, Keremeos, Hedley, Osoya, Tulameen, Coalmoot)

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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226A Bridge Street, P. O. Box 956, Princeton, B. C., VOX 1W0

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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!

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MasterCard, Visa or American Express.



**WEEKLY DEADLINE IS 12 NOON FRIDAYS**

notices

notices



PROVINCE OF BRITISH COLUMBIA  
MINISTRY OF FORESTS



## WOODLOT LICENCE PROGRAM EXPANSION

The Cascade Forest District is anticipating an expansion of the Woodlot Licence Program and is seeking the public's assistance in identifying potential areas for new woodlot licences.

A woodlot licence should be comprised of sufficient Crown land, to a maximum of 1,200 hectares, to enable a viable operation. An ideal woodlot area will have unencumbered public access, have no major management problems, have forest management as its best use and include a suitable mix of tree species and age classes to enable long term sustained management of the area.

For your suggested area to be considered as a future woodlot please submit it to Rod DeBoice, District Manager, Cascades Forest District, PO Box 4400, Station Main, 3840 Airport Road, Merritt, BC, V1K 1B8 no later than **January 31, 2005**. All woodlot licence opportunities will be competitively advertised in accordance with the *Forest Act*.

Please note that suggested areas are only being considered for the Merritt Timber Supply Area at this time. Submissions received later than the deadline specified above may be considered during future expansion of the Woodlot Program as it occurs.

If you would like further information on the Woodlot Licence Program, please contact Ralph Kossinn, Tenures Forester, Cascades Forest District (250) 378-8400.

bingo

notices

notices

### HEDLEY OAPO THURSDAY NIGHT BINGO

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

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

MONDAYS, FRIDAYS - KEREMEOS (250) 499-5928  
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### SUNDAY AFTERNOON BINGO

In Hedley at the Chuchuwayha Hall

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

SEE YOU IN HEDLEY!

### ALCOHOLICS ANONYMOUS

former Health Centre Building

SUNDAY OPEN MEETINGS - 8 PM  
(295-7931 / 295-7229)  
WEDNESDAY CLOSED - 8 PM  
(295-7931 / 295-7229)  
SATURDAY OPEN - 7:30 PM  
(295-3571)

TULAMEEN LIBRARY  
FRIDAY OPEN - 8 PM (295-7005)

ALANON - HEALTH CENTRE  
MONDAY 12 NOON  
ARBOR HOUSE  
WEDNESDAY 7:30 PM  
(295-7005 / 295-3784)

### Narcotics Anonymous

OPEN MEETINGS  
Thursdays 7:30 PM

IN THE FORMER  
HEALTH CENTRE  
CORNER OF HAROLD AND LIME

Info: (250) 295-0542

### Puppies & Kittens Available For You To Adopt

6-8 weeks old

Merritt Humane Society

(250) 378-5500  
May 25-11n

### 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.

### 1991 Geo Metro

SAME MOTOR AS FIREFLY

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

\$2,500.<sup>00</sup> OBO

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

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

### KEREMEOS ELK'S & ROYAL PURPLE

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Doors Open 5:30 PM  
Elks Hall Keremeos  
SMOKE FREE BINGO

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otherwise we'd just be news later.

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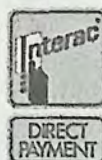
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Out-of-Valley, British Columbia	
Rural or Box (VO), Regular	\$ 40.90
Rural or Box (VO), Senior	\$ 35.90
Delivery to Door, Regular	\$ 53.80
Delivery to Door, Senior	\$ 48.80
Out-of-Valley, Alberta, Rest of Canada	
Regular	\$ 53.80
Senior	\$ 48.80

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(250) 295-4149



# editor@thenewsleader.ca

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

## my turn

### Why we love the Similkameen

Christmas morning found us in conversation with a family friend in the North Okanagan.

We were leaning on snow shovels watching the road and driveways slowly fill up after our cleaning efforts while the subject matter shifted to our lives in Princeton.

It became obvious to us there are people who live not far from the Similkameen who don't know much about our area. Not much more than there used to be a copper mine here and there's still a lumber mill and it gets pretty cold at times.

It was at about this time we started 'talking up' our community. It's something we often find ourselves doing in this situation.

We mentioned there's a Junior B Hockey team, the four seasons of recreation, the fact that the home we live in has the Similkameen River two-hundred feet behind it and the Trans Canada Trail two-hundred feet in front of it, and then we talked about one of the reasons why we love our home town so much: it's character.

We went on and on about how the community bands together in times of tragedy and helps others - just because.

We're often giving aid and support to people we don't even know, but somehow know deep inside us we must do something to help because it's the right thing to do. If the shoe was on the other foot, they'd help us, right?

There was also no way of knowing the day after our conversation the World would experience such a tragic event as the tsunami that hit Sri Lanka and area.

However, we did know once the death toll numbers starting climbing to unbelievable plateaus it wouldn't be long before residents in the Princeton area sprang into action - just as we had explained days before on a snowy side street 250 kilometres from home.

Thank you, Princeton for proving us right and for being so predictable!

If you are part of a club, group or organization planning a fundraising event of any kind to aid in the tsunami disaster relief efforts, let us know!

We'll promote it FREE OF CHARGE - our way of doing whatever it takes to get the word out that Princeton cares!

[www.thenewsleader.ca](http://www.thenewsleader.ca)

#### 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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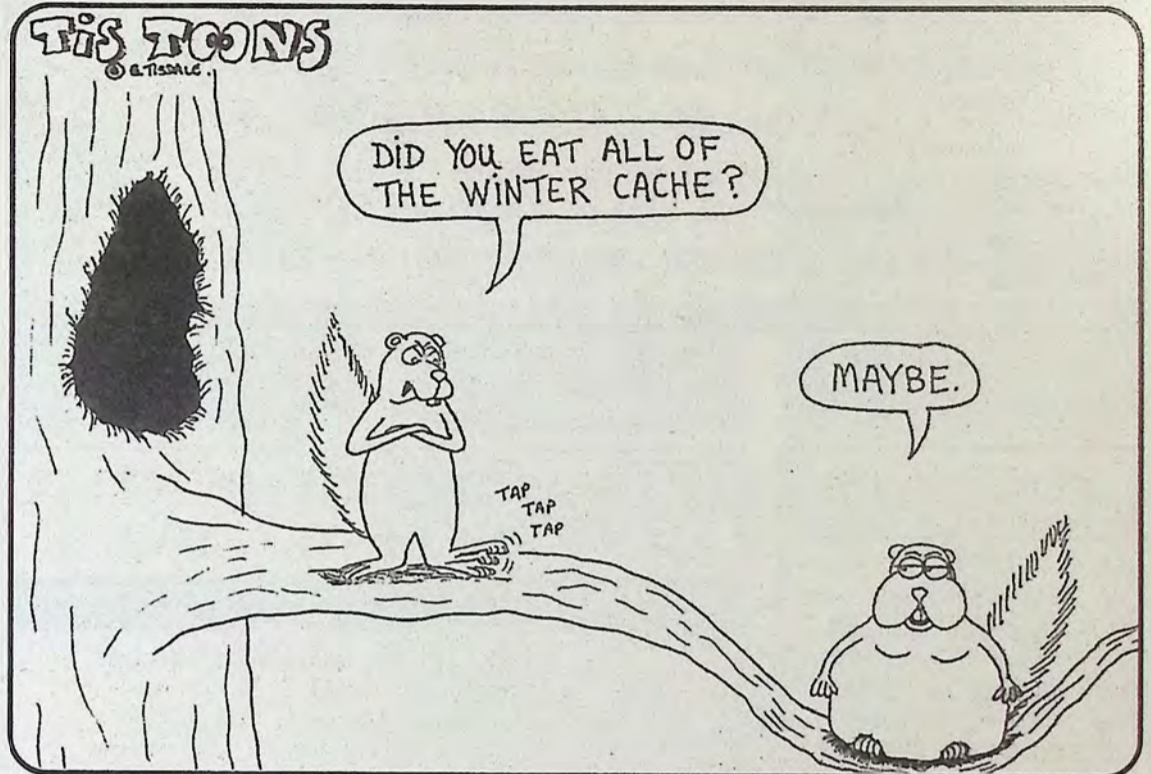
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George Elliott  
Brenda Engel  
Dawn Johnson



## your turn

### Posse Asst. Coach cross checks us

Dear Editor,

I am writing this letter in response to your editorial of December 21, 2004. I was pleased to read that you are behind the Princeton Posse. However, the editorial was overly critical of the honest efforts of our volunteers. I personally would like to thank these people for their efforts so far this season. Without these people the quality of entertainment that you now seem to take for granted would be greatly reduced.

We have a team of 20 young men. All of whom have displayed integrity beyond their years. One point we have taught these players is "accountability." Not just in their actions on the ice, but their actions off the ice, their actions on the numerous road trips we have taken, and their actions when they leave our town and our team as well. A lesson that I can say each young man has learned. Several times we (the Posse management) have been told that these young men have represented our town with class and dignity. Other team's management continue to say that although our record is not strong, our team competes every game and they can not take a night off, because if they do the Posse will make them pay. These are the things that are worth our admiration - not a win/loss record or personal statistics.

As you probably know, our organization is almost entirely comprised of volunteers. Like everyone in this community, our volunteers have jobs, homes, and other responsibilities to which we prioritize our time. I offer a suggestion

to your complaint. Like our players, become accountable. Rather than sitting in the "reds" and complaining, get out of the stands, offer your support and services to improve that one area you feel we are not performing to expectations. Volunteer your publishing services. Take the time to support our team by printing the program, complete with the updated statistics. Become the "voice" of the Princeton Posse. Come to the dressing room after our games and interview these young men. Write a "player profile" every week. It seems to me that a local newspaper that is truly proud of this team would have offered these services rather than be goaded into it by an assistant coach. As we have tried to teach these young men, we must first do our job before we can complain about what our line mate is or is not doing.

I thank you for your time and

### Toews targets Campbells

Dear Editor,

While scanning a major Vancouver newspaper to see the pictures of destruction in Indonesia on December 31, 2004, I came upon a news item in which an astrologer was being introduced as a new and regular contributor to that paper. This clairvoyant predicted a very bright economic outlook for BC in 2005. Her predictions were based on the fact that Jupiter is entering BC's astrological chart. When Jupiter enters he brings jobs, prosperity and a robust economy. Well, how fortunate for us! Has Gordon-Campbell

look forward to your improved support of the Princeton Posse Jr. B Hockey Club.

Sincerely,

Kevin Robillard - Assistant Coach  
Princeton Posse Jr. B Hockey Club

(Editor's Note: Most of the suggestions you've made we have either done, or are currently doing. We've been part of the team since it's inception, having worked as it's first Office Manager (Brenda) for a period of time to currently providing the KIJHL website with the only news on Posse games this season. Our own website includes a page just on the Posse. We've also 'paid our way' by declining FREE season tickets for the Press and purchasing our seat this year. That's just a small sample of what our commitment is to the team. Further details available upon request).

heard the good news?

This news item brought back memories of a few years ago when the investment advisor, Michael Campbell, purportedly told his readers that he consulted the stars for investment advice. I did not read that startling revelation in his column but it was widely reported in the media.

At last I am able to connect the dots. Do Gordon and his brother Michael receive the same astrological advice? Surely, a stargazer must have been involved when our Premier blew millions of our tax .....continued on Page 21

Current Comment:

# Holiday thoughts were remarkable



Dawn Johnson  
editor@thenewsleader.ca

It may seem Christmas is over and done with and I should be writing about something else, but this Christmas holiday brought so many different impressions it has taken awhile to put them together in a mural instead of a collage. Most of what I will share went on in my own mind, but that's where most of us really live, isn't it?

The first revelation of the season came through Discovery channel. I learned we not only do not celebrate Christ's birthday on the right day, we are five years late in our count! He was actually born April 17, 05 B.C. I decided celebrating Christmas in April would be better because road travel would be better, but I realized it would interfere with Easter and with my gardening plans.

My next revelation came after watching The Sound of Music. I realized how unoriginal the Nazis were with the "Heil, Hitler" salute. It was the old Roman "Hail, Caesar" salute. Did you ever think how silly it looks? I tried to imagine "Hail, Paul Martin!" and began to giggle. Try to imagine people gathered in front of the House of Commons and doing "Hail, Paul Martin!" Ask yourself what makes us so different from those Nazis.

We have come a long way from the reptile brain thinking that would allow us to give the "Hail" to anyone. Those people were afraid to stand out, to be different and to be individuals. They had a history of cultural uniformity, while we have a history of cultural diversity. We're making progress.

The next thing which inspired me was the new freedom of the Ukraine, and the sheer stupidity of those who want to cling to the Russian past. Nothing will stop Ukrainians now. One taste of self-rule after generations of oppression will keep them free forever.

Like everyone else, I felt the horror of the tsunami, but I see something good can come from it. I applaud the use of military people to take aid to the distressed areas. I believe the military should be trained to meet all crisis situations, and meeting the demands of natural disaster is good training for war, and a far better use of expensive resources.

Another good thing which can

come out of the tsunami is the impact of concentrated help to Islamic people from nations they have been trained to hate and to believe hated them. They will see a new image of the enemy.

Finally, the tsunami answered the wet blanket complaint about Christmas, "It's too commercial". Some people dislike the Santa Claus spirit of Christmas. St. Nicolas began a tradition of giving food and clothing to poor children. After the tsunami, Canadians, Americans, British and all sorts of people became Santa Claus, even though they had probably spent a bundle on Christmas giving. They

## Toews hits favourite target....from Page 20

dollars in the last few months to tell us of his government's great accomplishments.

What Premier Campbell omitted in his ads was that most of his budget surplus is due to federal transfer payments made to a 'have-not' province, where BC has been for the last four years; a province whose economy has been rapidly deteriorating for low-wage earners while destroying the middle class and boosting the incomes of the top ten percent — and of course his redistribution of wealth has led to a province that resembles Mexico, minus the sunny beaches. If you need proof, take a drive through the countryside where you'll see palatial mansions being constructed next to shantytowns. Granted, Gordon Campbell, like

pulled out their wallets, or plastic, and donated money to take food, clothing, medical aid, and comfort to people they will never meet. The spirit of Christmas begins with looking for an opportunity to give, and our world has taken the opportunity to be Santa Claus in a big way. Yes, it takes a mountain of cash and tremendous effort, but that doesn't make it "commercial", it makes it an exercise in generosity. Maybe the world needed that lesson?

So, next Christmas, even though it's the wrong date in the wrong year, let's celebrate freedom, and the opportunity to be Santa Claus.

previous leaders, is not entirely to blame for our province's poor economic performance. BC's economy depends almost entirely on our lumber sales to the US among other factors beyond provincial control. So what conclusion have I reached? There is always a price to pay for foreign investment - profits and more leave our country with minimal benefit for the resident population and we are left at the mercy of the foreign investor.

The next politician who tells me that we need to find other trading partners, that we must curtail American investment and that these steps are necessary in order to control our own destiny, gets my vote forever!

Sincerely,  
HP Toews

# Heart Food

by Dave Machin

Your body gives you authority here in the earth. Have you ever noticed that when people lose this body they lose authority here? God is a very legal being. He gave Adam authority in the earth, by giving him a flesh and blood body. He gave Adam authority and to do as he would, to serve God or not serve God with it. Obviously, he didn't serve God with it and he died. So, God has to send Jesus, the second Adam. But he couldn't just create Jesus, put Him in the earth and give Him authority. No, that man was going to have to come through the door of natural birth. Now, Satan gained authority not through natural birth, but through trickery and chicanery. Jesus said he is a thief and a robber. Since your father passes down the nature of death to you, Satan thought he had it all figured out. Adam has the nature of death; and everyone has to have a father. So, we were all born with the nature of death. Satan thought, everybody is under my authority. Everybody's got death. But God said, "I've got a plan." God is smart. He sent Jesus through the door of natural birth. But Jesus was born of a virgin. Mary was willing to receive His word by faith. That child that came out of her womb had a daddy, but it was not Adam. It was God. Jesus was a flesh and blood man, born into this world without sin. He came through the doorway of natural birth. He is like the first Adam before he sinned. Jesus said, "Now I came through the door of natural birth without the nature of sin. Therefore, I am the Savior." The only way you can get to heaven is that you have to come through the door of natural birth into a spiritual door - Jesus. That is why the only way you can be saved is that you have to receive Jesus Christ by faith. Hari Krishna is not the way. Buddha is not the way. Muhammad is not the way. Church attendance is not even the way. You have to go through the door; His name is Jesus. When you walk through the door of Jesus you receive God's eternal life. God is good, His word is good and good all the time.

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

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Brenda Engel  
OFFICE ADMINISTRATOR  
brenda@thenewsleader.ca

George Elliott  
PUBLISHER  
george@thenewsleader.ca

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Respite care may be arranged for your loved one through the community nurses. Princeton meetings will be every second Wednesday at 1:30 PM to 3:00 PM in the Education Room of PGH. Next meeting is January 12th. Keremeos meetings are every second Tuesdays at 1:30 PM to 3:00 PM in the Activity Room of Orchard Haven. Next meeting is January 11th. Refreshments will be provided.  
Please call Sylvia Bailey, community Social Worker at (250) 295-4464 or 1-800-663-7867 and ask for 295-4464 for more information.



Grade 3's sell cupcakes to fellow students at John Allison School to raise money for tsunami relief.

## Wright's pre-election wedge issue

Don Wright's report on Teacher Collective Bargaining hasn't gotten much attention because it was released just as politicians, media scribes and pundits were taking off for a long holiday season. If the resignation of Gary Collins counted as a lump of coal in Premier Campbell's stocking, the Wright report was a giant candy cane, big enough to be used as a club.

Wright essentially said that teachers don't really have the right to strike because governments of all political stripes legislate them back to work rather than taking the pressure and waiting until an agreement is reached. He deserves credit for recognizing that the absence of child minding is one of the factors that contribute to the pressure to end strikes. While his report makes twelve recommendations, the bottom line is eliminating the right to strike for teachers and replacing it with final offer arbitration.

As of January 5, 2005, no one in the Campbell government has reacted to the report; it falls under the responsibility of Minister of Skills, Development and Labour, Graham Bruce. When Education Minister Tom Christensen was asked to comment on the report, he said he hadn't read it yet.

Once upon a time, less than 20 years ago, contracts between teachers and their respective local school boards were routinely settled by arbitration. The government concluded that arbitration was too expensive, so Bill Vander Zalm eliminated it and gave teachers the right to strike. The difference between final offer arbitration and simple binding arbitration is that in the former the arbitrator must choose the final offer of one of the parties; splitting the baby in half is not allowed.

The BC Teachers' Federation reacted strongly against Wright's report. Within days of its release, BCTF President Jinny Sims authored an opinion piece in the Vancouver Sun and hit the talk show circuit. In the

BCTF's news release she described the report as a "pre-election ploy". She may be right.

It would not be surprising to see the Campbell government introduce legislation sometime in February to implement the recommendations of the Wright report, in particular, legislation that would eliminate the right of teachers to strike and that would impose final offer arbitration in the event the parties could not negotiate a contract. The Campbell Liberals campaigned in the last election with a promise to make education an "essential service", but an essential service under the Labour Code is different from eliminating the right to strike. Essential service simply means that the Labour Relations Board determines essential staffing levels. When the BCTF began their last job action, the Campbell government imposed a contract by legislation long before all options were exhausted under the Labour Code.

This time the government that didn't understand essential services may be willing to come right out and eliminate the right to strike. The difficulty was immediately recognized by the BCTF; final offer arbitration might only mean the forced acceptance of the employer's last offer since the government would still be able to use its legislative power to overturn the arbitration if the arbitrator choose the BCTF's

last offer. That is exactly what the Campbell government did to the BCMA when it refused to implement a binding arbitration.

Notwithstanding the legitimate concerns of the BCTF, the Campbell government is likely to be attracted to the divisive nature of imposing Wright's recommendations. It will drive their much hated critic, the BCTF, off the wall. It will force the NDP to vote on whether it supports the right of teachers to strike. If the NDP votes against the legislation, it will provide the Liberals with a rallying cry throughout the election campaign; they will say the party is in the pocket of labour and doesn't care about kids. If the NDP votes for the legislation, the BCTF will turn on it more harshly than it has on the government, and it will call on the BC Federation of Labour to do likewise. It looks like an issue where the Campbell government wins no matter what happens. The only losers are those who depend on stable industrial relations in the K-12 education system.

Political observers of all stripes will be waiting with great anticipation to see how the political parties and interest groups deal with Wright's report.

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- submitted by Robert Tarswell, Princeton District Teachers' Union

## Vermilion Rebekah Lodge news

How quickly the seasons pass! It's only January but we Rebekahs are already planning our Spring activities.

The District Association meeting will be held in April in Kelowna, and then the Assembly of BC Lodges will be held in Richmond in May.

All lodges in BC can have members attend as delegates and others to take part in a great event.

Sister Pam Ottas, President, Rebekah Assemblies of B. C. pre-

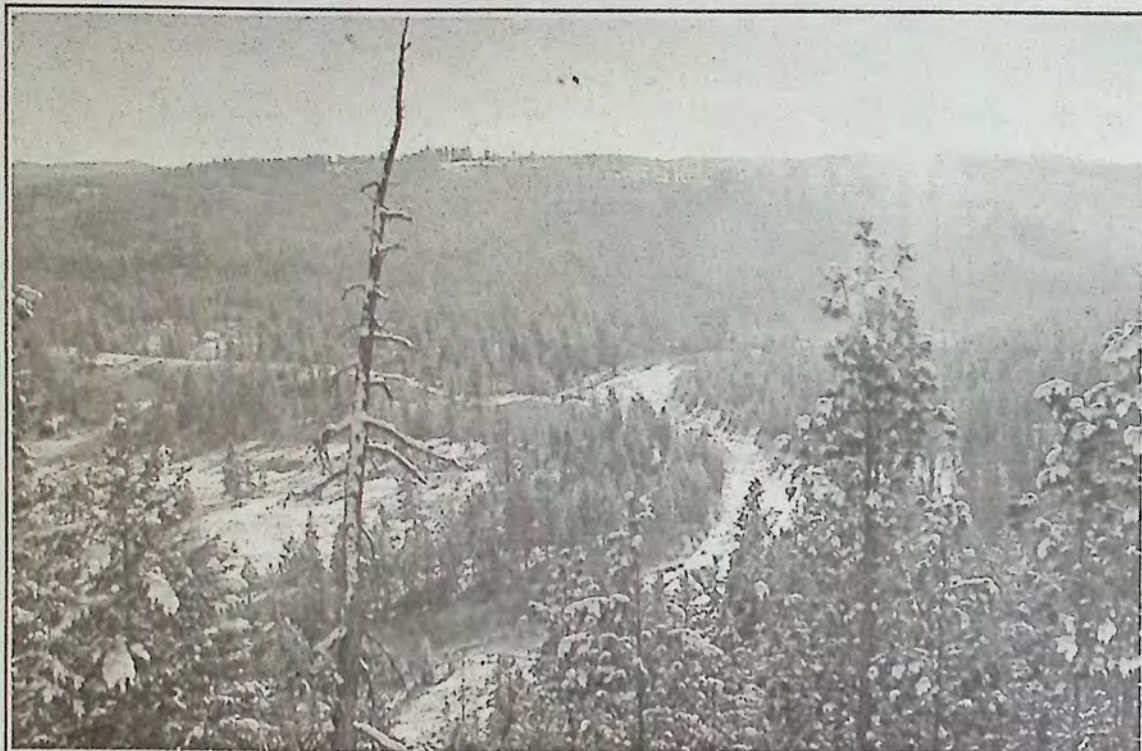
sented each of us a very useful purse sized calendar with many other articles - a much appreciated gift.

We missed Sister Nancy and Sister Freda at this meeting and certainly hope they will be able to join us at our next meeting.

Sister Michele won the table draw - a set of lotions.

The cheese and crackers supplied by Sister Marion soon vanished with our tea.

- submitted by D. Stenvold



The view from the back deck at Copper Mountain Bar & Grill appeared as a postcard scene when the sun came out briefly last Wednesday morning. We had to share it with our readers.

## Real estate sales dropped last month

The South Okanagan Real Estate Board (SOREB) reports that MLS sales decreased by -22% to 163 units sold in December 2004 compared to 199 sold during the same period in 2003. This is up from last month's 150 units sold (November 2004).

Year-to-date sales total 2,530, up over last year's 2,428 by 4%. Total year-end sales are the highest since 1991, when sales hit the Board's high of 2,674! The December market slowdown is typical for this time of year but the year-end record-breaking trends continue. All indications are in place for the market to continue to be robust throughout 2005.

In sales units, Osoyoos again leads the way with a substantial 46% increase, 19 units sold compared to 13 last December. All other areas show decreases for December 2004. Kaleden/Okanagan Falls sales units are down -53% at 6 this December compared to 13 last year. Penticton units sold are down -15%, at 70 sales this month compared to 83 last December. Naramata sales units are down -100%, no sales compared to 1 last December. Summerland units sold total 12, which is down -25% from 16 last December. Oliver sales units at month-end are down -33%, 12 sales compared to last December's 18. In the Similkameen, Keremeos sales are down -33% with 4 units this December compared to 6 last year. Princeton shows a decrease of -64% in units sold over last year, 5 compared to 14 in December 2003.

The Board Listings' total inventory increased by 6%, for a total of 1,256 active listings, compared to 1,181 last December. Actual Listings taken in December 2004 are down -18%, 163 compared to 199 in December 2003. Year-to-date listings are up 10%, 4,311 compared to 3,915 last year. 2004's total is the highest number of listings processed in one year since

1998. Total Sales volume for the entire Board decreased by -12% at month-end, \$28,500,974 compared to December 2003 at \$32,529,700. However, the year-to-date volume is up 17% overall, \$478,837,393 compared to \$406,107,568 last

## RCMP locate another grow-op

Princeton RCMP detachment members executed a search warrant in the 2400-block of Princeton-Summerland Road at about 5:00 PM on January 7th.

The occupants of the home were arrested and are facing charges of production of a controlled substance and possession for the pur-

## Foster parents info meeting planned

Are you interested in becoming a foster parent?

The Ministry of Children and Family Development will be hosting an information session for individuals interested in becoming foster parents.

The meeting is set for 6:30 PM on

## Storytime comes to library

The Princeton Library will be offering Pre-School Storytime as an on-going program.

Storytime is for children aged 3

year. This is the highest sales volume ever recorded in the Board's 25-year history!

The South Okanagan Real Estate Board is comprised of 244 member REALTORS and 28 real estate offices in the southern interior of BC.

pose of trafficking.

RCMP seized over 115 marijuana plants in various stages of growth. They also seized growing equipment and drug paraphernalia.

The accused will be appearing in Princeton Court on April 14, 2005.

Police are still investigating this matter.

Thursday, January 27th.

It will be held in the Princeton office of the Ministry of Children and Family Development, located at 89 Kenley Avenue, behind the post office.

For more information contact Judy at (250) 295-7585.

to 5 and will take place every Friday at 1:00 PM and at 1:45 PM.

To register your child for this program call (250) 295-6495.

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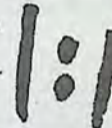
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WOOD GUNDY GREG STEWART IS IN PRINCETON THE SECOND AND FOURTH THURSDAY EACH MONTH

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## INVESTMENT INSIGHTS

By John Vaccaro Investment Advisor with CIBC Wood Gundy and Greg Stewart Associate Investment Advisor with CIBC Wood Gundy  
Expertise that's one to one.

### Guidelines For Intelligent Investing - Part 1

What are the guidelines for being a successful investor? It certainly isn't a rule of thumb that you have to start out with a lot of money. As with anything in life, success is being the best you can be, using the resources you have available. The following guidelines can help you make the business of wealth accumulation a little bit easier.

#### Have a Plan.

If you don't have a plan, how do you know where you are going, and how will you know when you arrive? Your plan will help you set realistic goals, order your long-term priorities and show you what you need to do. Moreover, it will help you maintain perspective and avoid panic when the next inevitable market or economic gyrations occurs. Make it as simple or complex as you want, but make a plan.

#### Get Started - Don't Procrastinate

After you make your plan, do something with it. Not getting started is the downfall of too many people. No amount of planning will remove all uncertainty.

#### Let Time Do Its Work

Don't be impatient. Remember, your plan is a long-term one. Let time and the power of compound growth be your greatest allies. Don't be afraid of starting small. You will be surprised how fast your capital can build.

#### Always Take Taxes Into Account

Always consider the effects of taxes on your returns. Some investments are more advantageous than others from a tax point of view, and taxes and inflation can make some returns completely illusory.

See our next article "Guidelines for Intelligent Investing - Part 2" for additional valuable guidelines.

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John Vaccaro is an Investment Advisor and Greg Stewart is an Associate Investment Advisor with CIBC Wood Gundy in Penticton. Comments and opinions expressed herein are the result of work done by John Vaccaro. They may differ from the opinions of CIBC World Markets Inc. Research Department and should not be considered representative of CIBC World Markets Inc.'s beliefs, opinions or recommendations.

**Appy Hour** Starts January 13<sup>th</sup>

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**Copper Mountain Bar & Grill**  
**Highway 3 West**



Grade 3 students at John Allison Elementary School held a cupcake sale last Friday to raise funds for victims and families affected by the December 26th tsunami. Teachers Robert Tarswell and Kathy Froese have used the disaster to teach students geography and history. The cupcake sale also helped students with their math skills. Above, students carefully choose their purchases.

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**Community Club elects new Board of Directors**

Tulameen Community Club held their Annual General Meeting Thursday, January 6th. Marg Reichert was returned to the President's chair with Anne Passey elected Vice President. Secretary is Janet Scotland and Jim Michaud was elected Treasurer.

Three new Directors were elected to the board. They are Colleen Hughes, Loretta McDairmid and Trudy Kotzian.

Other Directors are Nadine McEwen and Ann Hassel. The Tulameen Community Club organizes many activities in and

around the Tulameen area, including the annual Tulameen Family Fun Days on August long weekend.

The group meets the first Thursday of each month at 7:00 PM in the Tulameen Community Hall.

**PHARMASAVE PRINCETON STAFFERS**

Look who's part of our local Team!



**TEAM STATS**

Lindsay is the newest member of the team!

**FAVOURITE FOOD:** Spaghetti

**HOMETOWN:** Princeton

**FAVOURITE SPORT:** Basketball (She used to play!)

**SECRET STUFF:** Lindsay's first day on the job was December 20th!

**TEAM PERK:** "I like that this is a friendly environment and everyone is just so nice."

**#00 - Lindsay 'Lunny' Colman**

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