

Similkameen News Leader

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News Leader**
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TV GUIDE

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Princeton

GSAR

seeks

members

Princeton GSAR is accepting applications for new members for the 2005 training sessions.

If you are reasonably fit, a team player and want to learn and participate in helping find lost persons, please fill out, and submit an application.

Some of the training you will receive are Backcountry navigation, (maps, GPS, pacing) Ropes, (knots, and rigging) First aid, Survival skills, and safely working with, and around Helicopters.

This years highlights will be Swift water rescue, and the ongoing man tracker training.

PGSAR meets the first 3 Tuesdays of the month at 7:00 pm in the basement boardroom of the Princeton General Hospital.

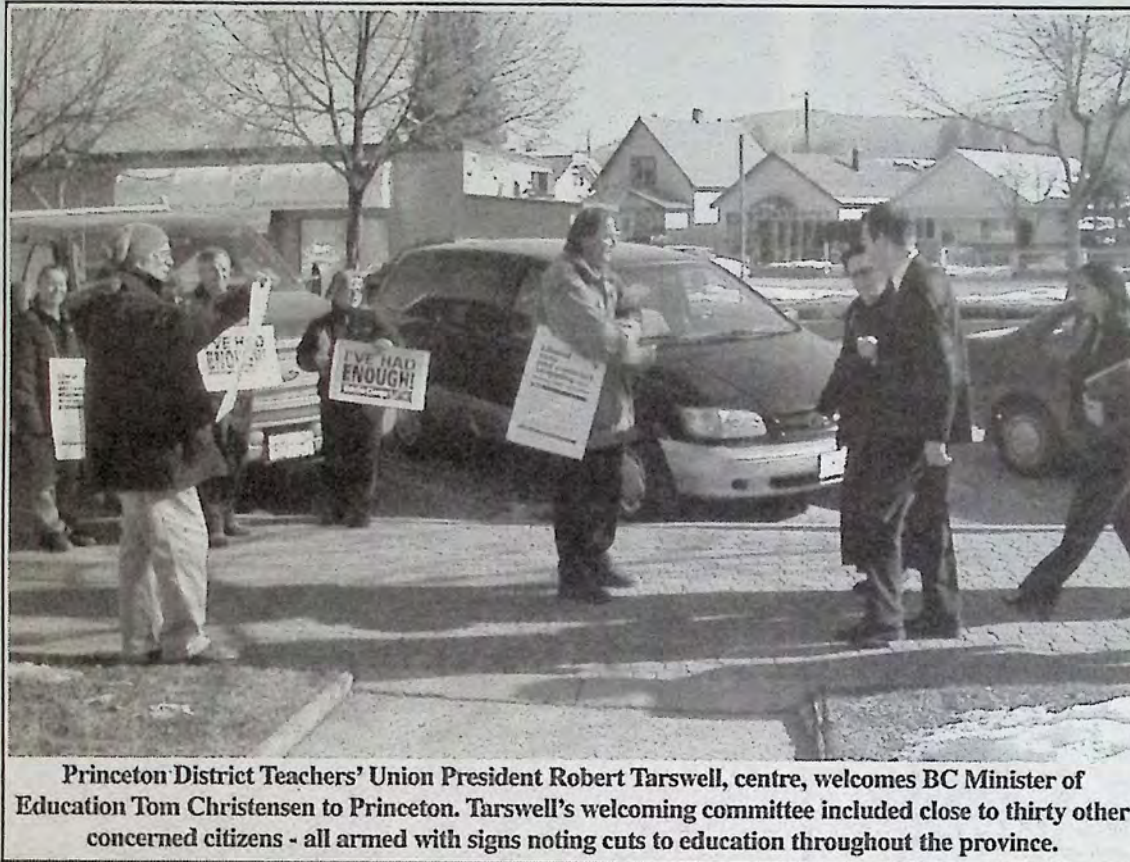
Feel free to drop by and check us out.

Applications can be picked up then, or at The News Leader office, R.C.M.P. station or from any GSAR member.

If you want more information please call Arnie 295-6759, Randy 295-3868, RCMP Mike or Joe 295-6911.

Or email: princetonbcgsar@hotmail.com. On the web www.pep.bc.ca click: Search and Rescue or www.bcsara.com/ click: Teams.

Skills Centre stays open



Princeton District Teachers' Union President Robert Tarswell, centre, welcomes BC Minister of Education Tom Christensen to Princeton. Tarswell's welcoming committee included close to thirty other concerned citizens - all armed with signs noting cuts to education throughout the province.

*Facility
looks to
fulfilling
mandate*

Princeton's Community Skills Centre is still in business and will continue to be.

Skills Centre Manager Sharan Jung spoke to the Princeton Area Business Enhancement Association Tuesday night about recent changes to her business.

Jung says changes started six months ago "when HRDC started looking at how they were delivering services here" and determined there was a "need to streamline to address confusion experienced by clients."

HRDC (Human Resources Development Canada) amalgamated services in the region and developed a 'mega-contract' for the delivery of employment services throughout the entire South Okanagan-Similkameen.

Jung says the Skills Centre chose not to seek the contract for Princeton.

"To bid on the contract would remove the Skills Centre from it's mandate of serving the people of Princeton."

The current HRDC contract with the Skills Centre ends at the end of February. Jung says all her staff has resigned an found employment with the new service provider, WorkZone.

What this means is that employment services once provided by the Skills Centre will move to WorkZone (located in the Princeton Plaza Mall) and all other services will remain functioning in the Skills Centre on Vermilion Avenue.

"We still have things that are going on at the Skills Centre. We're not closing, we're moving forward."

The Skills Centre has been in operation for seven years and Jung sees a working relationship developing between WorkZone and the Skills Centre.

"They will only deal with unemployed Canadians looking for work. The Skills Centre provides training."

Jung says there is some funding in reserve which will likely be used to rebuild the organization as they use the opportunity to revisit their mandate.

"We really do want to re-focus on skills and training programs."

Gouk supports compassionate airfares

Jim Gouk, MP for British Columbia Southern Interior has written to Robert Milton, CEO of Air Canada, expressing his disappointment with the airlines decision to stop offering reduced cost fares for special situations such as family bereavement.

"A spokesperson for the airline offered two explanations for the decision, neither of which provides much justification," said Gouk. "One of the explanations for the move was that not very many people used the special fare. If that's the case, it obviously wouldn't have much negative impact on the airline to continue to offer the compassion-

ate special fare."

"The other explanation was that under the airlines new fee structure, fares lower than the compassionate fares are often available on-line, but those reduced fares usually require three weeks booking notice," continued Gouk. "Is it realistic to expect that a person on bereavement travel would have three weeks advance notice of the death of a loved one through illness or accident?"

"I realize that Air Canada has gone through some financial challenges and has just emerged from bankruptcy protection," Gouk said. "The airlines challenge is to make Air Canada viable and increase traveler

support. Cutting off a compassionate fare that in the words of their own personnel is not used very often would save very little and may serve to alienate potential passengers. It also creates a special hardship for communities such as those in my riding in the British Columbia Interior, where Air Canada is the only carrier."

"In my letter to Mr. Milton, I urged him to reconsider the decision and return low cost tickets for family bereavement and special medical reasons. My constituents do not have the option of turning to cheaper fares in case of emergency or tragedy," concluded Gouk.

Education Minister zips through Princeton

BC Minister of Education Tom Christensen squeezed in a short visit in Princeton last week.

The Minister, who was riding in a vehicle with Alberta licence plates, was supposed to spend a half-hour reading to students at John Allison Elementary School.

He arrived late at the school, but kept his promise to read to the students.

Christensen chose a book on the Canadian Alphabet to share with

students.

He completed the book and was whisked away for a no-host lunch with Town Council, School District Trustees, School Board Officials and members of local school Parent Advisory Committees.

The Minister arrived late to the lunch and was met by thirty residents carrying signs that made reference to cuts made in education throughout the Province.

The Minister ignored the protesters

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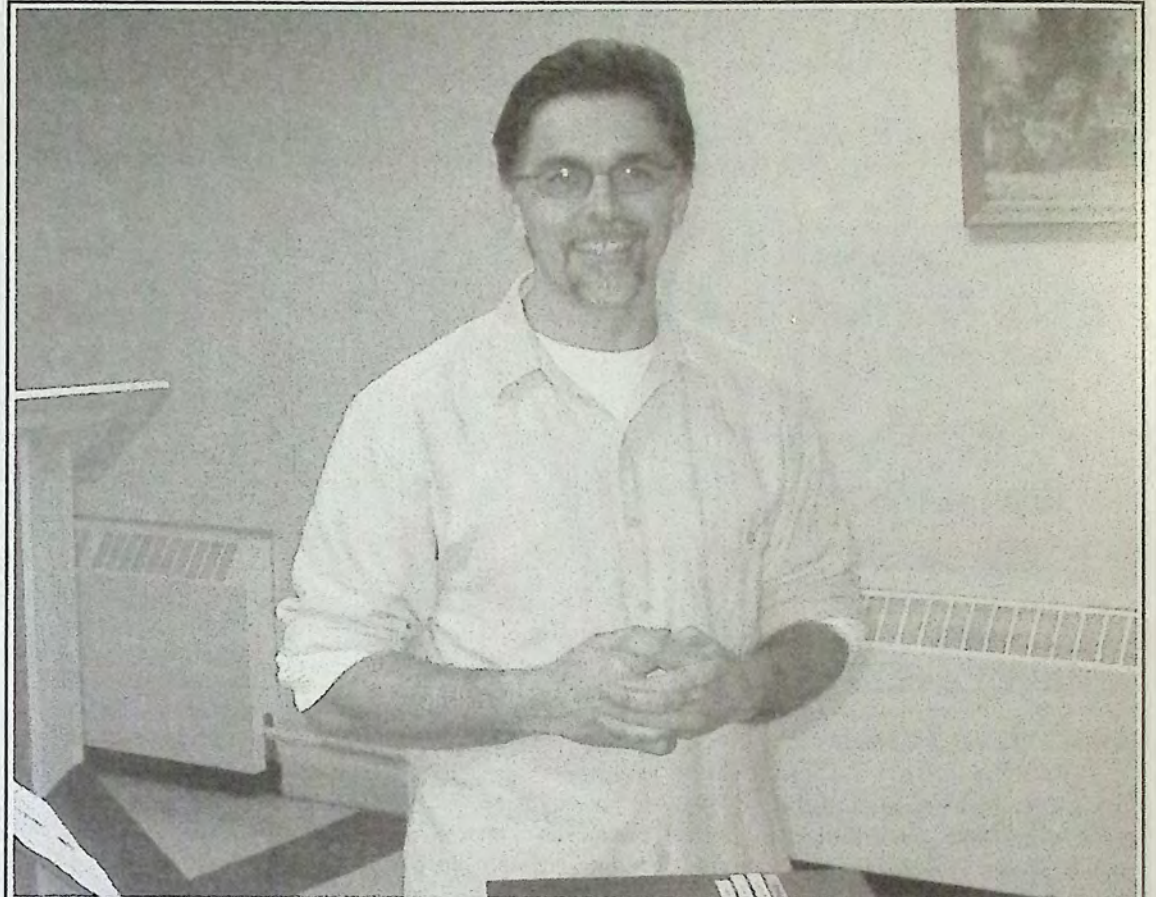
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Cornel Hanson - 101-7th Avenue, Keremeos - (250) 499-2068

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Robert Hager, Director of Finance for the Heart & Stroke Foundation of BC & Yukon was the guest speaker Monday night at the 17th annual Volunteer Appreciation Dinner. He discussed how the donations collected annually are spent. Hager is from the Vancouver Foundation office.

Volunteers treated royally at dinner

Princeton area Heart & Stroke Foundation volunteers were thanked for their continued support at a dinner last Monday night.

The 17th Annual Heart Fund Volunteer Appreciation Dinner filled the Legion Hall. Following a dinner, served by Katimavik participants, Princeton Legion President John Haayer made a cheque presentation.

Heart Fund Committee Chair Maria Sadegur accepted the \$500 donation stating the Legion annually kicks off the fundraising efforts with a \$500 cheque.

Councillor Kathy Clement then read the proclamation - recently signed by Mayor Keith Olsen - naming February 'Heart Month' in Princeton.

A total of \$8,580 was collected by canvassers in the Princeton area last year and a large portion of that came from local resident Doug Ricketts.

Ricketts wanted to show appreciation to the fund following an operation in 2000. It was at that time he chose to raise money for a one man walk-a-thon.

"I wanted to see what I could do to give back a little bit," Ricketts said.

After leaving his home at 3:00 AM Monday he walked a 67-kilometre loop that took him from the Bromley Subdivision on Old Hedley Road to the intersection of Highway 3 near Sterling Creek Bridge, along Highway 3 to Princeton and back along Old Hedley Road to his home.

The walk took 12-hours to complete and raised around \$3,000.

This is the third year he has done this and donations have increased with each walk.

"Other than being stiff and sore, I don't mind doing it at all."

The guest speaker for the evening was Robert Hager of Vancouver. Hager is the Director of Finance for the Heart & Stroke Foundation of BC and Yukon.

Hager discussed how the money raised by volunteer canvassers is spent.

Almost \$12-million was spent last year and he used summarized financial statements to explain details.

Hager explained the money goes to four main components; Administration Costs (4%), Fundraising Costs (19%), Health Promotion (29%) and Research (48%).

Fundraising costs include the operation of ten offices, staffing and marketing.

Health promotion includes advocacy, public awareness, patient programs and Children & Youth programs.

Over \$5-million was spent last year in research, which included basic bio-medical, clinical, health services and population health.

Hager explained the mission of the Heart & Stroke Foundation is to work "towards generations free of heart disease and stroke" and 77¢ of every dollar spent by the Foundation goes to mission spending.

To prove that the efforts are working, Hager displayed stats that indicated the death rate in Canada from heart disease and strokes has dropped 56%.

He also explained the difference between a heart attack and stroke.

"A heart attack is a lack of blood supply to the heart where we call a stroke a brain attack. It's a lack of blood supply to the brain."

The information was valuable to volunteers in helping them focus on why they do what they do when canvassing for the Heart Fund.

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Meet the 2005 Princeton Ambassador Candidates



Kassi Crimmon
Princeton Lions Club

Kassi is a 16-year-old student attending grade 11 at PSS.

She loves the fact that she was born and raised in Princeton. Kassi enjoys many sports, some of which include soccer, snowmobiling and dance.

One of her favourite pastimes is to go quading with her Grandma on their family ranch.

She also enjoys being involved with the Community and spending time with her friends.

Kassi's plans are to complete University with a psychology degree, which will lead her to her dream job of being a psychologist.

Kassi is very proud to be sponsored by the Princeton Lions Club.



Rebecca Donohoe
Royal Canadian Legion

Rebecca is a very enthusiastic 16-year-old who enjoys helping her Community.

She was born in Newcastle, England and moved to Princeton 4 years ago. She currently attends Princeton Secondary School and after graduation plans to go to the University of Alberta to become a Lawyer.

She enjoys playing soccer, visiting family in England and has a weakness for anything sweet.

Rebecca is proud and honoured to be sponsored by the Royal Canadian Legion and is proud to be Past President of the Legion Youth Auxiliary. Rebecca loves life and her favourite quote is "C'est la vie", which means "That's life".



Ashley Goreas
Princeton Rotary Club

Ashley was born in Kelowna then moved to Princeton where she has lived for 16 years.

She enjoys being around people and loves to work with children.

She was a member of the Princeton Figure Skating Club for 10 years, is currently a swimming instructor at Centennial Pool, and is a Volunteer Fire Fighter.

Ashley enjoys snowmobiling, snowboarding, and swimming. She also likes to shop and be with family and friends.

Her future plans are to travel Europe and then go to BCIT to become a forensic chemist. Ashley is proud to be sponsored by the Princeton Rotary Club.



Colby Whelpton
Valley First Financial Group

Colby is an outgoing, athletic 16-year-old who is in grade 11 at PSS. She was born in Kelowna but is very proud to be raised in Princeton.

She loves the outdoors, riding horses, and making people laugh. She also enjoys sports such as volleyball, basketball, and especially soccer.

Colby is honoured to be sponsored by her friends at the Valley First Financial Group. After graduation from Princeton Secondary School, Colby's goal is to visit New Zealand.

Her dream is to one day have her own horse ranch where she will train and sell horses.



J-lee White
Similkameen Spotlight

J-lee is a fun-loving 16-year-old grade 11 PSS student who was born and raised in Princeton.

She is currently a volunteer junior reporter and columnist for the Similkameen Spotlight whom she is very proud to be sponsored by.

Some of her favourite pastimes include writing, photography, film making, playing soccer, karaoke, and making people laugh.

J-lee is a believer that humour and laughter are essential ingredients in everyday life.

She has only one weakness and that is for Italian Food.

Her future plans include going into the career field of Law or Film Making.

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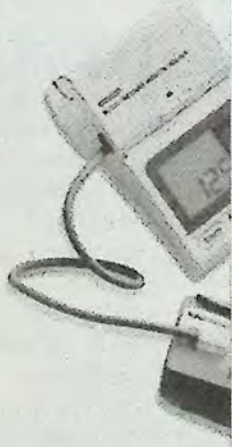
Do you know which of the following statements about blood pressure are true?

- High blood pressure rarely causes any signs or symptoms.
- Untreated high blood pressure is a major factor in strokes, heart disease and kidney failure.

If your answer is "true" for both statements, you're correct! These are just two things your Live Well Pharmacist can tell you about blood pressure.

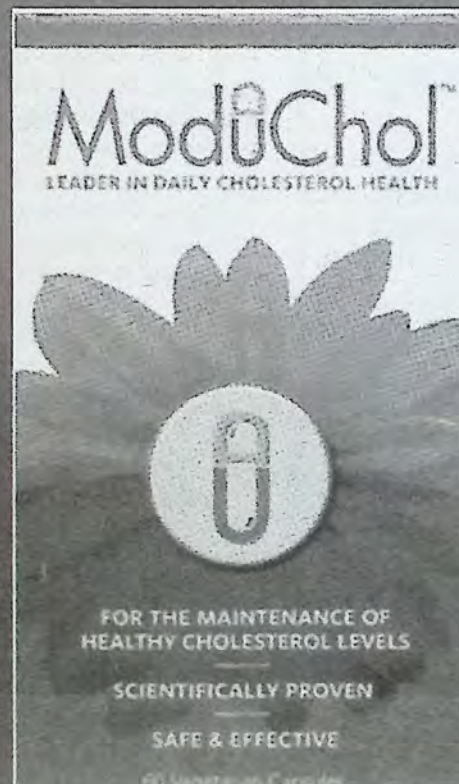
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Regional District of Okanagan-Similkameen PUBLIC NOTICE

Pursuant to the provisions of Section 892 of the Local Government Act, the Regional District of Okanagan-Similkameen will conduct a Public Hearing on the following Bylaw commencing at 6:30 PM on Monday, March 1, 2005 at the Princeton Town Hall Council Chambers, 169 Bridge Street, Princeton, B. C.

AMENDMENT BYLAW NO. 1725.02, 2005

That the Electoral Area 'H' Rural Land Use Bylaw No. 1725 be amended by adding an RA - Site Specific Zone for the property, adding "Provisions for Kennedy Lake Resort," and by amending the Official Rural Land Use Bylaw Map, being Schedule 'B', Index Map of the Electoral Area 'H' Rural Land Use Bylaw No. 1725 by changing the designation of the property described as District Lot 889, For Kennedy Lake Resort Folios C/Ref 70789.010 et al (located 20 km south of Princeton, west of Highway 3, opposite the Similco Mines site) from RA (Resource Area) and CR (Commercial Recreation) to RA - Site Specific A and B (Resource Area - Site Specific A and B).

The application is for a rezoning of the subject property in order to accommodate the present usage.

Permitted uses within the proposed RA - Site Specific designation:

In the case of the property described as DL 889, For Kennedy Lake Resort Folios C/Ref 70789.010 et al: for Area A, all of the uses outlined in Sec. 7.3 a) excluding guest ranches and guide camps, and including general store; for Area B, all of the uses outlined in Sec. 7.3 a) excluding guest ranches, guide camps, resort, and tourist camp sites, and including public tourist camp sites.



A copy of the above Bylaw is available for inspection between the hours of 8:30 AM and 4:30 PM Monday through Friday, excluding holidays, from February 16, 2005 to March 1, 2005, both inclusive, in the office of the Regional District of Okanagan-Similkameen, 101 Martin Street, Princeton, B. C. and at the Princeton Town Hall, 169 Bridge Street, Princeton, B. C.

Written comments regarding this application will be received at the Regional District office up to and including February 28, 2005. At the Hearing, all persons who deem their interest in property affected by the proposed Bylaw shall be given an opportunity to present written information or to speak to matters contained within the Bylaw.

Pursuant to Section 891 of the Local Government Act, this Public Hearing has been delegated to the Director of Electoral Area 'H'.

Susanne Theurer, MCIP
 Acting Director of Planning & Building Inspection

keremeos and area news



Cornel Hanson sprays paint on laminated foam dimensional lettering for a major sign.

New Keremeos businesses succeed

Two businesses are doing well after relocating to Keremeos in the past year. Signz.ca came from Penticton, and Yesterday's Treasures was formerly in Osoyoos.

Signz.ca

Cornel Hanson bought his building last July and began renovations immediately. He moved to Keremeos for the quality of life – small town living and low crime rate. He has no regrets.

"It's a great community, I couldn't find a better location," Hanson says.

Signz.ca makes signs using computer numerically controlled equipment, as well as some handiwork of his own. He can make signs of metal, laminated foam, or wood. One of the popular signs is the LED illuminated, a system that cuts costs of lighted signs. Cost-cutting is part of the package on the laminated foam (see photo) and other lightweight durable materials. Shipping costs are very low.

Hanson receives most of his orders through Internet, where signz.ca has a website. He says 90 percent of his business comes from Internet. He ships to seven provinces and 30 American States, but he does signs for local firms as well. You can walk into his shop, located across from Parsons' fruit stand, look at his materials and designs, and place an order.

Yesterdays Treasures

When Wayne Stoltz closed his shop in Osoyoos, he did not plan to be in retail ever again. He settled into enjoying life in Keremeos, where he has lived since 1998. However, when a small shop became available last December, he decided to move a garage full of product into a store. It was a good move.

When the News Leader asked continued on page 5



Wayne Stoltz has opened "Yesterday's Treasures" in Keremeos.

Music Under the K prepares for Year 7

This year will be the seventh year for a wonderful music festival held in Keremeos the last weekend in May.

Organizers are already gearing up for the big event, which features a unique combination of school, community and professional groups.

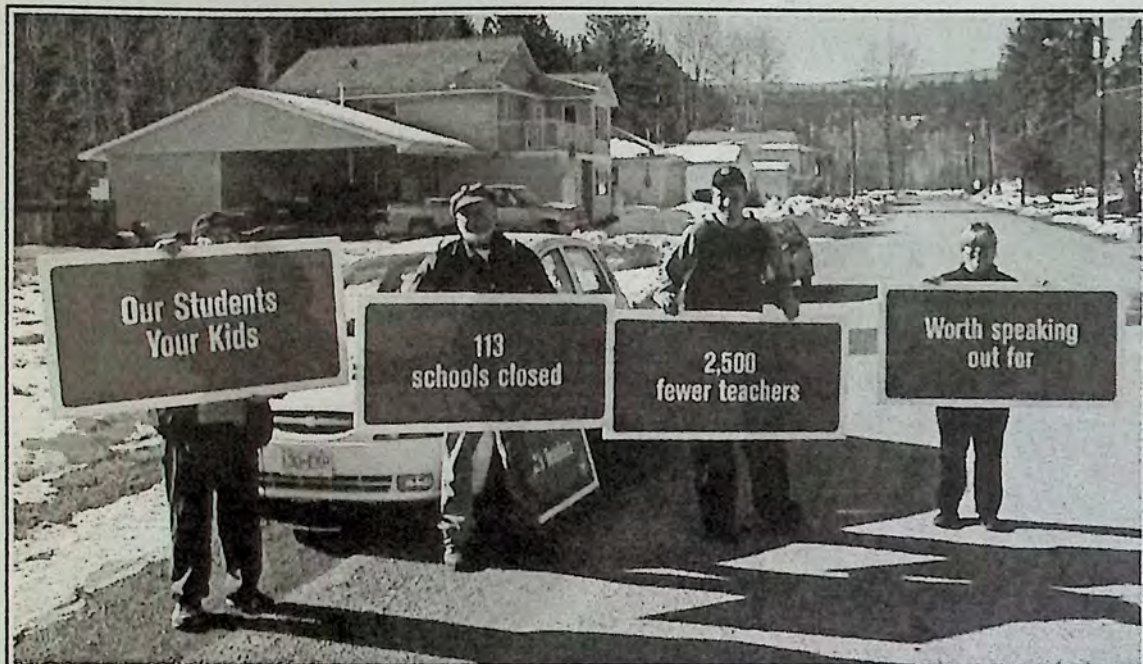
The next few months will fly by, so committee members are hard at work doing the million and one jobs required to continue the successful history of the festival. This year there are thirteen schools registered.

Students will come from all over B.C., including Fernie, Quesnel, Kamloops, the Lower Mainland and Victoria.

There will be 484 visiting students, plus their chaperones, and 120 students from Similkameen Elementary/Secondary School. As for professional groups, confirmed performers include "Wheat in the Barley", who are a Celtic band from Vancouver, The 15th Field Artillery Regiment Reserve Band, also from Vancouver, "The Wailin' Jennys", a folk group from Winnipeg, and Mike Herriott, a classical trumpet player.

Herriott is the Yamaha/Long & McQuade sponsored artist, and he will be playing at Cawston Hall.

So mark May 26th-29th on your calendar now! All roads lead to Keremeos and Music Under the K! - submitted by Maggie Frasch



Four local residents made their point on Corina Avenue as Education Minister Tom Christensen drove by for an appointment to read to students at John Allison School last Thursday.

Look for Lions Auction

Save your money for the big Lions Action Auction on April 23. You will not believe the amount of goods going to auction this year. There is some really great furniture, a travel trailer, and countless other items. It looks like an outstanding event is in the works.

The event will feature a Flea Market in the morning with the Auction slated for evening entertainment.

The Lions Auction has been a local favourite Spring activity for many years. It has also become a social event.

Keremeos Businesses.....from Page 4

Stoltz if he was happy, he said, "I'm ecstatic!"

Yesterdays Treasures opened on December 10, and Keremeos was ready for this kind of business. Stoltz sells items people commonly collect. He has a wonderful selection of player cards, lapel pins (1988 Olympics, Legion, flags) and sports memorabilia, especially hockey items, as he is a hockey fan. Stoltz told the News Leader he had hockey memorabilia sales the day he opened the shop.

Yesterdays Treasures sounds like an antique shop, and Stoltz does have a couple of antiques, but the shop is about all kinds of things

people treasure. He sells John Stone wildlife prints, Indonesian arts and crafts, silver sets, collector plates (he sold out his Norman Rockwell items), glassware, crystal, and china. He has tall wooden giraffes and tiny bongo drums. The selection is huge, and to cap it off, the prices are lower than on e-bay.

Stoltz offers more than just selling. He provides service, too. He will make up albums of player cards, or help a customer locate an item.

To Wayne Stoltz, his shop is more than a business, it is a way of enjoying his life. He intends to stay in Keremeos.

Green Party seeks candidates

The Green Party of British Columbia in the Yale-Lillooet Electoral District is looking for a candidate to represent the party in the May 2005 Provincial General Election.

The Yale Lillooet constituency extends from Hope through Manning Park to Princeton, down to Keremeos and up to Merritt, Logan Lake and Lillooet.

The constituency of Yale Lillooet includes people in the mid Fraser, Thompson, Coquihalla, Similkameen and Nicola areas

with a number of First Nations communities and a variety of economic interests.

The provincial Green Party was founded in 1983. Its policies compare with other Green Parties in Europe, Australia and New Zealand, The United States, Mexico and Latin America.

Good air, water and soil in sustainable non-polluting economies have been the main platform planks for Green Parties in 78 countries where Greens have been elected.

In B.C. The Greens seek to provide a progressive voice beyond the traditional left wing and right wing swing.

.....continued on Page 8

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Over the past fifteen years, obesity rates have tripled in Canada. As we cruise through February, which we know as Heart Month, here is a gentle reminder to get off the couch. Physical activity will help keep your heart healthy.

As the days become longer and warmer, spring into action and reap the many health benefits of living an active life. Being active is a great way to maintain a healthy weight, reduce high blood pressure, lower elevated cholesterol and cut your risk for heart disease and stroke. The bottom line is that being physically active helps you feel good!

Still aren't sure that you want to spring into action? Consider these suggestions:

- Choose an activity you'll enjoy.
- Set goals for yourself, but make them achievable and realistic.
- Give your program time to become a habit.
- Ask for support and encouragement from family and friends.
- Plan activities that include others.
- Keep track of your progress. Write it down, or try a pedometer to track the number of steps you take.
- Be your own best friend. Be supportive of your efforts and forgiving of your lapses.

Make your whole lifestyle more active. you can do it! Build physical activity into your daily routine - it doesn't have to be hard.

- Walk whenever you can; park in the corner of the parking lot, take the stairs instead of the elevator,

get off the bus early.

- Decrease your TV watching or Internet surfing.
- Actively play with your kids.
- Learn about the walking and cycling paths in your community and then use them.
- Do the activities you are doing now, but just more often.
- Just going a short distance? Choose to walk or bike.
- Do things the old-fashioned way. Wash and wax your car yourself instead of going thru a car wash. Walk to the mailbox instead of driving.
- Take occasional stretch breaks to relieve muscle tightness and recharge your batteries.
- Try something different if you are in a rut.

The Heart and Stroke Foundation of Canada says that potatoes are good on the plate - but NOT ON THE COUCH! Play the Remote Control Hot Potato game with your family. Pass the remote control around the room. Whoever is left holding the remote at commercial breaks has to lead a family exercise break.

If you are planning to start a new fitness program, be sure to discuss it with your physician first. And remember, every little bit counts!

For more information, visit Interior Health's website at www.interiorhealth.ca

Jill Rhynard, BScN, MPH, Coordinator of Health Promotion Interior Health, Okanagan Health

Rebekah Lodge News

Vermilion Lodge is so lucky to have Sister Pam as their member. Last meeting she acted as Secretary due to the absence of Sister Marion. This week she took the position of Chaplain.

Our members are becoming involved in the homecoming of Sister Pam when we look forward to

a large crowd of Rebekahs who will be pleased to thank and congratulate her on a years hard work.

Vermilion Rebekahs have received several invitations to attend other lodges when Sister Pam PRA makes her official visit to them.

The tea draw was won by Sister Nellie-an assortment of coffees.

living past 100

Sex can kill you

No, this is not about an overdose of Viagra. This is about all of the diseases you can contract through sexual activity. Some sexually transmitted diseases can kill you, and even if some do not, they make your life miserable.

There is some good news, too. One of the killer diseases can now be prevented through a vaccination, although a condom is still a great way to prevent any sexually transmitted disease.

The good news is there is a vaccination for human papillo virus. This is the virus that can cause prostate cancer, cervical cancer, and, for some people, anal cancer. This virus can kill, and has killed thousands of people.

A medical specialist talked about the importance of having the vaccine available for young people before they become sexually active. To give her credit, she also emphasized educating young people about sexually transmitted diseases before they become sexually active.

All of us have heard of HIV, which leads to AIDS and death. Even young people have heard of it. Many have not heard of human papillo virus, nor chlamydia, nor genital herpes. Some may have heard of syphilis and gonorrhea. There is pelvic inflammatory disease, too, which can kill through toxic shock syndrome.

If you are a parent, or grandparent, make sure the youngsters in your family know about the hazards of unsafe sexual activity. If you are a young person reading this column, go to your health unit and find out about what these diseases are, and how to prevent them. Ask your doctor about a vaccination against human papillo virus.

If you want to live past 100, you have to live intelligently.

Thank You for the memories...

It's our 15th Year...
and it's time for us to CLOSE OUR DOORS
and we're saying good-bye...

EVERYTHING IS REDUCED TO GO!

Thank You

To all my Princeton Customers for supporting me over the past 15 Years. Looking back, I'm so proud of the amount this little store was able to donate back into the Community.

Thank You to my incredible Staff. You were always there for me. Char, Linnea, Gerry, Roni and Tania. Also, to my two walking angels, Bonnie & Kooz. Thank You for being there when I needed you.

Thanks, Mom for all your love and help.

- Lynore

CUSTOMER APPRECIATION DAY
Friday, February 25th
Forget-Me-Not Antiques, 248 Bridge Street
Join us for coffee & goodies!



I'll miss your Smiles, Laughter and Good Visits...

Fond farewell to all our Out-Of-Town Regular Customers

It was a good thing...

We're first and that's why we're the

Similkameen News Leader

otherwise we'd just be news later.



BC Minister of Education Tom Christensen was 16-minutes late for a date to read to children at John Allison Elementary last Thursday. He did what he promised, then attended at no-host lunch with Town Council, PAC Presidents, School Board Trutees and School District Staff.

grey matters

SENIOR CITIZENS BRANCH #30

Seniors Branch 30 is lucky to have a very dedicated executive, each one of them, from the President on down, involved in multiple tasks and responsibilities. Setting this example definitely motivates many other members to assist in the operation and ultimate

success of Branch 30, although more volunteers are always need to spread the work load.

One of the secrets of success is to have the right person for a specific role. A perfect example if Dorothy Stenvold being the perfect candidate for Sick and Visiting, a

delicate responsibility of visiting or sending "Get Well" cards to those members having ill health who are confined to home or hospital. Dorothy, although having her own health problems in recent times, has still performed the task for many years.

Ex Mayor of Princeton Eric Jacobson was recently in hospital for a number of weeks and is now wheelchair bound. Hopefully, Eric will make progress soon. Dave

McMau has unfortunately had to have a partial amputation to one leg after having trouble with his circulation due to diabetes. Dave is well known at the Seniors for his gift of playing the piano in a familiar and relaxing style. All the best Dave.

Another somewhat similar group to Sick and Visiting is the Good and Welfare Committee composed of Ray Jarvis, Marion Marcel, Flossie Parsons and Marshall Johnson.

These people focus their attention on checking whether members living alone need assistance in any form.

On a different note, anyone visiting the hall must have noticed the new wallboard covering the interior and the excellent two-tone pastel paint work all done by volunteer labour.

The construction was done mainly by Keith Parsons, Tom Parsons and John Zamluk while the painters included Wayne Hooper (retired painter), Gordon Ingles, Greg Davenport and Allan Monkman.

On Sunday, February 13th their was a nostalgic party for John Sinclair on his 90th birthday. Family and friends exchanged

memories and wished for John and Eleanor to have many more years together.

John was born in 1915 at Belvoir, Saskatchewan, a town that he told me is now non-existent, not even on the map. Well John, the main thing is that you're still in existence and still treading the good earth.

John Sinclair and Al Hill were two of the main cogs in getting Branch 30 off the ground by canvassing and other methods of promotion. Al, who will be 92 in March, is unfortunately in an extended care home in Penticton.

Although very well looked after, Al is missed by many, and particularly his singing partners with the Movers and Shakers and his bowling buddies.

A Valentine's Tea had a good turn out on Saturday February 12. The hall and tables were nicely decorated and many of the members provided baked goods.

Ways and Means Committee chairperson Anita Drees wishes to convey her thanks to the many volunteers who donated their time for the event.

Well, I had much more information, but I've run out of space for now. Until next time....
Monty Raine

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Princeton RCMP - Victim Services

Unique opportunity for VOLUNTEER WORK.

Must be 20 years or older, have a valid drivers license and safe vehicle, pass a criminal records check and security enhancement. It is helpful if you can work flexible hours for crisis interventions. Training provided.

Victim Services gives support to victims of crime, accidents, witness and court preparation, crisis intervention, transportation, accompaniment, information and liaison with RCMP.

This is a dynamic position.

Phone Rosemary 295-7901 during office hours

Drobot examines calcium

Everybody knows that taking vitamins is good for your health, but minerals are equally important. Vitamins and mineral are essential compounds which facilitate a number of essential functions in the body from muscle contraction and nerve signal transmission to cellular metabolism.

Calcium is the most abundant mineral in the body. It is primarily stored in bone but it is released to facilitate metabolic processes in the body. Calcium is absorbed in the small intestine. The absorption of calcium requires an acidic environment and the presence of vitamin D. Vitamin D is important because it activates a calcium transporter in the cellular lining of the gastrointestinal tract which facilitates transport into the body. For this reason, a rich source of vitamin D in the diet or by supplement should always accompany calcium supplementation. There are few food sources which are rich in vitamin D. It is often contained with supplements or fortified in food.

The majority of people in Canada obtain calcium from their diet. Calcium is naturally found in foods such as milk products. Milk products such as milk, yogurt, cheese and cottage cheese are excellent sources of calcium. Green leafy vegetables, fish, almonds, oranges are also good sources. Calcium can also be fortified in orange juice, soy milk, cereals, tofu and soy products. Calcium supplements are also an important way of achieving your daily intake. There are several forms of supplement. The supplement with the highest bioavailability is chelated with an amino acid such as calcium citrate or malate. Calcium carbonate is another common calcium form derived from limestone. Calcium carbonate is an

inexpensive form but does not absorb as easily as the chelated form. It has a lower bioavailability. Bioavailability refers to the amount of calcium a person actually absorbs from a supplement, rather than the amount of elemental calcium the supplement contains before it is taken. Calcium citrate is even more easily absorbed than the calcium obtained from dairy sources. This is a good choice for people who don't wish to consume 5 glasses of milk daily. Furthermore it is the only choice for a growing number of people who cannot tolerate either the lactose or protein in dairy products.

For the majority of people, meeting daily calcium requirements should occur with dietary consumption of calcium rich foods.

Within the past decade, guidelines were established to recommend optimal vitamin and mineral levels for different age groups and sexes. These intake levels are referred to as the dietary reference intake (DRI). The dietary reference levels will differ from one individual to the next based on health status, age and sex. Many people are only consuming approximately 50% of their daily reference intake. Inadequate calcium intake can lead to a number of health conditions the most common is a reduced bone mass. This is referred to as osteoporosis and osteomalacia. The next article in the series will further discuss the importance of calcium, meeting your DRI, osteoporosis and at risk populations.

Green Partyfrom Page 5

In the 2001 Provincial General Election The Green Party in Yale Lillooet was represented by Haru Kanemitsu, a Japanese Canadian school teacher. B.C. Liberal, Dave Chutter, was elected in a provincial landslide which many saw as a reaction to disappointment with the previous NDP government. In that

election The Green Party took 12.5% of the popular vote. The Green Party continues its candidate search in Yale Lillooet and is inviting anyone interested in party policy or platform to contact the Green Party at Leader Adriane Carr at 604-886-9399 or party organizer Tom Cornwall at 604-986-3843.

thoughts on education



EXCLUSIVE TO THE NEWS LEADER
BY JINNY SIMS - BCTF PRESIDENT

an Ontario company, Administrative Assistants, Ltd. (AAL), to provide the software and maintain the data. AAL has many U.S. school districts as clients, and could easily merge with or be taken over by an American company. This would make the data accessible to U.S. intelligence agencies.

Of course, there is the issue of cost - \$6 million per year if all districts participated. This amount doesn't include the cost of computers with internet connection for every teacher, nor the cost of training and other costs involved in maintaining the system. Furthermore, there is a significant cost in terms of time taken away from instruction in order to enter and maintain the information.

Perhaps most importantly however, are the built-in limitations of BCeSIS. It is based solely on quantitative data that focuses on the individual student rather than broader measures, and as such moves many decisions outside the classroom relationship between teacher and students. Indeed, the apparent goal of the provincial government in encouraging its widespread adoption is to ensure compliance and congruence with government objectives.

Until we see evidence of any educational benefits, the \$6 million could be much better spent on services for students. Jinny Sims is President of the B.C. Teachers' Federation representing 42,000 public school teachers in B.C.

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rotary international celebrates 100th!

The history of Rotary International

Today, Rotary is well known throughout the world for its dedication to service and international goodwill. Changing the world through service, however, was hardly uppermost in the mind of Paul P. Harris when he founded the organization in 1905. Harris, a lawyer in Chicago, Illinois, USA, had been raised in a rural village in Vermont. He envisioned a new kind of club for professionals that would kindle the fellowship and friendly spirit he had known in his youth.

On the evening of 23 February 1905, Harris invited three friends to a meeting. Silvester Schiele, a coal dealer, Hiram Shorey, a merchant tailor, and Gustavus Loehr, a mining engineer, gathered with Harris in Loehr's business office in Room 711 of the Unity Building in downtown Chicago. They discussed Harris' idea that business leaders should meet periodically to enjoy camaraderie and to enlarge their circle of business and professional acquaintances. The club met weekly; membership was limited to one representative from each business and profession. Though the men didn't use the term Rotary that night, that gathering is commonly regarded as the first Rotary club meeting.

As they continued to convene,

members began rotating their meetings among their places of business, hence the name Rotary. After enlisting a fifth member, printer Harry Ruggles, the group was formally organized as the Rotary Club of Chicago. The original club emblem, a wagon wheel design, was the precursor of the familiar cogwheel emblem now used by Rotarians worldwide.

By the end of 1905, the club's roster showed a membership of 30 with Schiele as president and Ruggles as treasurer. Paul Harris declined office in the new club and didn't become its president until two years later. Club membership grew, making it difficult to gather in offices, so the members shifted their meetings to hotels and restaurants, where many Rotary club meetings are held today.

These early "Rotarians" realized that fellowship and mutual self-interest were not enough to keep a club of busy professionals meeting each week. Reaching out to improve the lives of the less fortunate proved to be an even more powerful motivation. The Rotary commitment to service began in 1907, when the Rotary Club of Chicago donated a horse to a preacher. The man's own horse had died, and because he was too poor to buy another one, he was unable

to make the rounds of his churches and parishioners. A few weeks later, the club constructed Chicago's first public lavatory. With these inaugural projects, Rotary became the world's first service-club organization.

Rotary's popularity began to spread throughout the USA. The second Rotary club was chartered in 1908 in San Francisco, California, with a third club formed in Oakland, California. Others soon followed in Seattle, Washington; Los Angeles, California; and New York, New York. When the National Association of Rotary Clubs held its first convention in 1910, Harris was elected president.

At the following year's convention, speakers used the phrases "Service, Not Self" and "He Profits Most Who Serves Best," which became the organization's mottoes. "Service, Not Self," was later changed to "Service Above Self" and has since been adopted as Rotary's primary motto.

Princeton's Rotary Club will mark the 100th Anniversary of the service club with their Mid-Winter Wine Fest.

The event will take place this Saturday night at the Legion Hall. Tickets are \$30 each and are available at the office of Stevens & Stevens on Bridge Street.

Rotary meets locally every Tuesday at 12:15 PM in the Belaire Restaurant and is involved in many fundraising activities throughout the year.



Princeton's Rotary Club has been very active in the Youth/Student Exchange Program. This year's Rotary Exchange Student is Cyrielle Bon from France. Bon spoke at last week's meeting.

**Congratulations
Rotary Club
of Princeton**

**FOR BEING PART OF AN
ORGANIZATION CELEBRATING
100 YEARS OF SERVICE**



**We're Proud To Be Part
Of The Celebration!**

**Similkameen
News Leader**

Celebrating Rotary International's 100 Years of Service...

Princeton Rotary Club Proudly Presents:



**Midwinter
Wine Fest 2005**



**Saturday, February 26th
7:00 - 10:00 PM - Princeton Legion**

- * Wine tasting from the Okanagan-Similkameen Wine Country
- * International Foods
- * Bid for great items in the SILENT and LOONIE AUCTIONS

**Tickets:
\$30.⁰⁰ per Person**
(Price includes your own wine glass, wine, food and door prizes!)

**TICKETS AVAILABLE AT:
Stevens & Stevens Notary Public
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AND FROM LOCAL ROTARIANS**



ALL PROCEEDS TO BENEFIT PRINCETON ROTARY INTERNATIONAL YOUTH EXCHANGE AND OTHER LOCAL ROTARY PROJECTS

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**Similkameen
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otherwise we'd just be news later.

Living Water Foursquare Church

would like to thank the following for making our Comedy Night and Cheesecake Auction such a success!

Cheesecakes Supplied By:

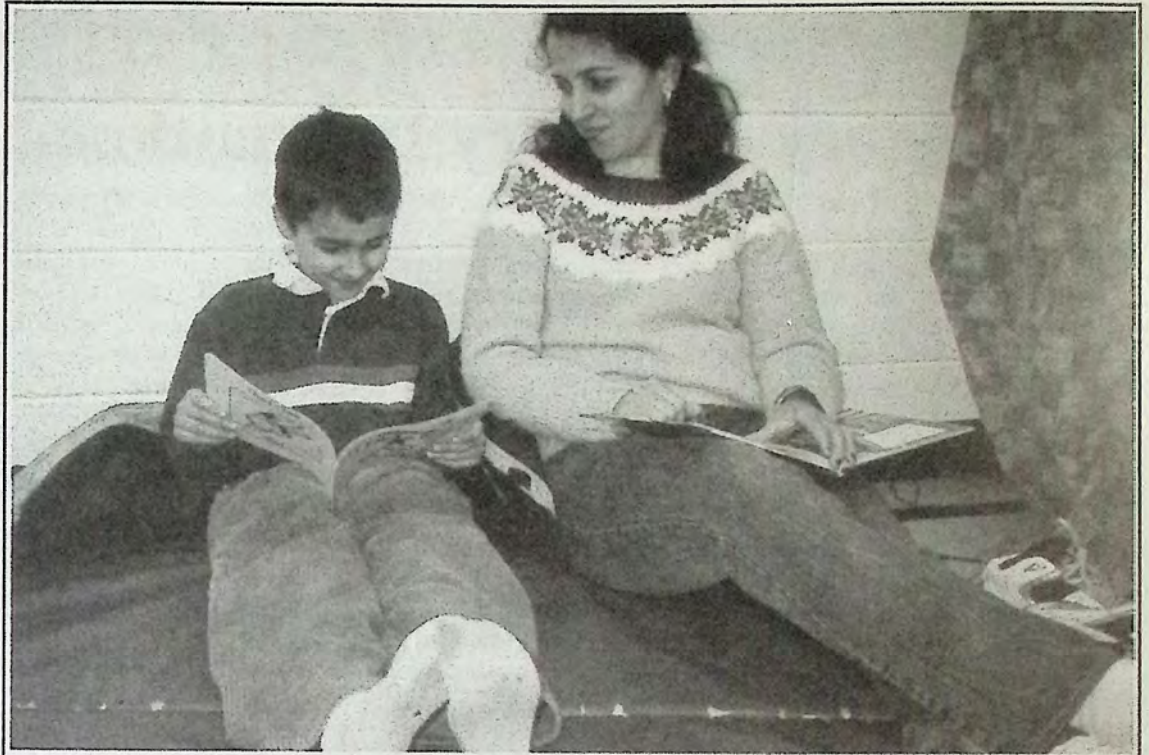
Sylvia Bailey, Jen Bailey, Lynette Boyd, Bev Huff, Pauline Neufeld, Cyndy Malyea, Diane Marshall, Mike & Peggy Stoltz, George & Brenda Elliott and Santo's Restaurant

Oldie-Wed Game Contestants:

Mike & Peggy Stoltz, Rick & Trudy Flegel, Kurt & Shelly Lozinski

MC/Auctioneer: George Elliott

Also, thank you to all the bidders, everyone who attended and anyone we may have missed.



Avin Gill, 6, shares a book with his mom, Jaswinder during Bedtime and Books night at John Allison Elementary School. The event, held on February 9th, was to mark Family Literacy Day.

Useful tips for beating stress

Have you seen the latest statistics on stress?

Canadians are now suffering from more stress related illnesses than ever before.

A Stats Canada study, released in 2004, followed individuals for a six year period. It found that adults who suffered high stress in 1994/95 had higher odds of developing a number of chronic conditions by 2000/01. Time pressure was particularly common, with 44% of Canadians reporting they were trying to do too many things at once. Each additional stressor reported led to a 6% increase in the odds of reporting a chronic condition six

years later for men, and an 8% increase for women.[i] Interior Health has some suggestions to help you manage.

Creating balance is becoming a common theme for handling stress, says Dr. Don Duncan, Mental Health Services in Interior Health. With all of the pressures an individual experiences in today's society, it is important for them to recognize the warning signs of too much stress.

Carleton University Professor Linda Duxbury, who conducted the largest ever Canadian study on work-life balance, noted that over 50% of the individuals surveyed indicated that they are, or have experienced, role overload while trying to balance work and personal commitments.[ii]

Although it is not realistic to think we can lead a stress free life, the goal should be to create more balance and avoid getting stuck in a stage of chronic stress, explains Duncan. There are a variety of ways to do this. Most importantly, individuals need to become more committed to creating balance in

their lives.

Interior Health advises the following ways to reduce your stress:

- Review your lifestyle and see what can be changed -- in your work situation, your family situation, or your schedule.

- Learn to feel comfortable saying No.

- Exercise - Physical activity is one of the most effective stress remedies around.

- Do essential tasks and prioritize the others.

- Watch your diet - Alcohol, caffeine, sugar, fats and tobacco all put a strain on your body's ability to cope with stress.

- Get enough rest and sleep.

- Use relaxation techniques - yoga, meditation, deep breathing, or massage.

- Talk with friends about what is bothering you.

- Get extra help if you need it.

Looking for more information on handling stress and creating balance? Check out the Canadian Mental Health Association website on stress: http://www.cmha.ca/english/coping_with_stress/index.html.

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Keep It In The Green Zone!

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

The Quiz - Week 4

Today's Date is Monday, July 11, 2005 - the Time is 7:30 PM.
According to PLP's Time Of Use Schedule, would this be in a
"RED ZONE" time period or would it be in the "GREEN ZONE"?

Winners!

13 Weekly Draws - to April 29th, 2005
\$25.00 Credit to the PLP Power Bill of your choice!
Monthly Draws
\$100.00 Credit to the PLP Power Bill of your choice!
Final Grand Prize Draw - May 6th, 2005
\$500.00 Credit to the PLP Power Bill of your choice!

The Gear

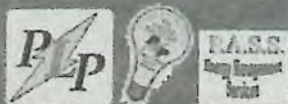
You will need a "Power-By-The-Hour" Resource Kit.
They are available at both the Princeton Light & Power offices
and at the News Leader. You will require this kit to get the
correct answers to the weekly questions.

The Loot Goes To

WEEK 3 WINNER: Ken Lewison

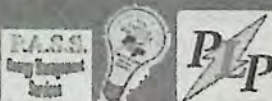
The Routine

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



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weekly entertainment guide

TUESDAY, FEBRUARY 22, 2005 THROUGH MONDAY, FEBRUARY 28, 2005



The Princeton Curling Club has been a busy place this month! Above, action from the Ladies Bonspiel which was held last weekend. The Mens Bonspiel was two weeks ago, and the Mixed Bonspiel will take place March 4, 5 and 6.

Mens Curling Bonspiel results

The men had a great bonspiel on the weekend of February 11 - 13 with 20 rinks, 11 out of town and 9 local rinks. A good time was had by all.

Realty (Neil McHaffie), Dennis Cook Holdings Ltd., Terry Wright Trucking Ltd., G.Johnson Logging Ltd., Perogy Hut, Westland

Insurance, Princeton Glass Co., Princeton Castle Resort.
The men are already looking forward to next year.

The results are as follows:

1st "A" Event - Winner - Mike Muncie Rink from Vancouver
2nd "A" Event - Gable Rink from Vancouver

1st "B" Event Winner - Beeman Rink from Chilliwack
2nd "B" Event Rob Marshall Rink from Princeton

1st "C" Event - Winner - Bob Paterson Rink from Princeton
2nd "C" Event Len Liberatore Rink from Princeton

The club would like to thank all the volunteers and the following sponsors who helped make the weekend a success.

John Tanaka, Jim Emmons, Cornie Froese, On Time Auto Service, Whipsaw Land & Cattle Co., A&W-Princeton, Billy's Restaurant, FBC Firemaster, Bob Wick's Law Office, Delrane Bothe, Princeton Co-Gen, Princeton Forest Products, Princeton Light & Power Co., Jebway Contracting, K&M Trucking Ltd.

Hayes Creek Electric, Excel Tire-Kamloops, Keith Wishart Trucking Ltd., Valley First Credit Union, Model Transfer Ltd., James Western Star-Kelowna, Princeton Husky, Princeton Builders Mart, Mac's Auto Parts Ltd., Princeton Plaza, Stevens & Stevens Notary Public.

Harold Walsh (Sears Canada), Cool Creek Agencies, Princeton

Princeton Figure Skating Club "Skater of the Week"



C. C. MacDonald

5 Years Old - Can Skate B

Skater of the Week is brought to you by
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THANK YOU!

The Princeton Posse Executive and the Posse Team would like to extend a huge thank you to all the Ladies that run the Concessions during Home Games.

We really appreciate your hard work and cheery smiles.

PSS Class of 2005

Grads vs RCMP Hockey Game

Raffles

50/50

Admission
by
Donation

Fun for the
Whole
Family!



7:00 PM Saturday, March 5th
Princeton Arena

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

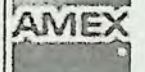
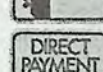
Out-of-Valley, British Columbia
Rural or Box (VO), Regular \$ 40.90
Rural or Box (VO), Senior \$ 35.90
Delivery to Door, Regular \$ 53.80
Delivery to Door, Senior \$ 48.80

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

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Princeton skaters Marie Gibson, Emily Allison, Trevor Tory and Christina Smyth participated in the Ogoogo Figure Skating Competition in Penticton February 11-13. Tory won a gold medal!

tuesday movies

MORNING

10:00 am CITY (29) ★★ "French Silk" (1994, Mystery) Susan Lucci. A homicide detective is torn between suspicion and overwhelming attraction for his murder suspect, a lingerie designer. (E)
11:30 am A&E (9) ★★ "Indecent Proposal" (1993, Drama) Robert Redford. A lonely billionaire offers a financially strapped couple \$1 million for a night with the wife. (E)

AFTERNOON

4:30 pm WGN (38) ★★ "The Fugitive" (1993, Drama) Harrison Ford. Based on the 1960s TV series about an innocent doctor on the run from the law as he pursues his wife's real killer. (In Stereo) (E)

EVENING

6:00 pm CITY (29) ★★ "Kiss the Girls" (1997, Suspense) Morgan Freeman. A forensic expert on the trail of a killer looks for help from a woman who managed to escape from her captor's lair. (E)
7:10 pm WTBS (3) ★★ "Serendipity" (2001, Romance) John Cusack. Years after they tempted fate once too often, two destined lovers return to New York to find each other once again. (E)

9:00 pm FAM (26) ★★ "School Ties" (1992, Drama) Brendan Fraser. A Jew attempts to conceal his heritage from his anti-Semitic classmates at a prep school during the turbulent 1950s.

9:10 pm WTBS (3) ★★ "Parenthood" (1989, Comedy-Drama) Steve Martin. Ron Howard directed this look at the joys and headaches that come with the responsibility of raising children. (E)

10:06 pm CITY (29) ★★ "She's So Lovely" (1997, Drama) Sean Penn. A suburban mother receives an unwelcome jolt when her mentally disturbed ex-husband suddenly re-enters her life. (E)

11:40 pm WTBS (3) ★★ "Rain Man" (1988, Drama) Dustin Hoffman. A greedy hustler bonds with the brother he never knew, an autistic savant who inherited most of their father's estate. (E)

Weather?
Updated Hourly...
Road Reports?
Updated Daily...
www.thenewsleader.ca



REQUEST FOR EXPRESSION OF INTEREST FOR FOREST DEVELOPMENT SERVICES FOR BC TIMBER SALES KAMLOOPS BUSINESS AREA 2005

The Kamloops Timber Sales Office, in cooperation with the Cascades, Clearwater, 100 Mile House and Kamloops Forest Districts (hereafter referred to as Districts), is establishing a Select List of pre-qualified contractors in the following areas:

FULL PHASE DEVELOPMENT OF TIMBER SALES, which will require Silviculture Prescriptions, GPS, Cruising, Block, Road Layout (Full Phase) and TSFA's when done under full phase contracts.

In addition the REI will establish lists for qualified contractors who can carry out the following activities: Residue and Waste Surveys, Soil Disturbance surveys, Riparian Assessments, Road layout and design, Total Chance planning, Visual Inventory assessments, Slash burning.

SILVICULTURE ACTIVITIES such as: Tree Planting, Brushing, Silviculture Surveys, Planting Implementation, Juvenile Spacing, Silviculture Surveys, Site Preparation, Forest Health activities.

MAPPING SERVICES - which include data maintenance and conversion, map preparation and production normally associated with Forest Development Forest Stewardship Plans; site plan maps and Exhibit 'A' preparation.

Contractors may be invited to participate in subsequent invitations to Tender for contracts in the above areas to be completed by the Kamloops Timber Sales Office or Districts during the term from April 1, 2005 to March 31, 2006. Only those contractors who have been pre-qualified will be invited to submit bids on contracts tendered by Select Invitation. The contractor may be required to meet all of the BCTS EMS requirements before commencing work on contract in the Cascades, Clearwater, 100 Mile House or Kamloops Field Units or for the Kamloops Timber Sales Office. Work done for the districts does not have this requirement unless required by contract.

Contractors are invited to obtain an information package containing the pre-qualification mandatory requirements and complete instructions for submission of an Expression of Interest information packages may be obtained at no charge from the BC Bid Website: http://www.bcbid.gov.bc.ca/open_dtl/welcome. Please note that this list may be used to Tender multi-year or renewable contracts.

Expressions of interest will be received until 2:00 p.m. PST on **March 31, 2005**. Fax machine submissions or revisions will not be accepted. Submissions may be submitted electronically in either Microsoft Word or .pdf format viewable with Adobe Acrobat®. Consultants are solely responsible for delivery of their electronic submission to Excel Personnel Inc. by closing deadline. Submissions must be in accordance with the terms and conditions specified in the information package. Applications or questions will not be accepted at the Kamloops Timber Sales Office or any of the Field Unit Offices. They will not be forwarded.

The Contractor for the REI is Duncan Watt at: Excel Personnel Inc., Phone 250-374-3853. E-mail: d.watt@excelpersonnel.com.

Submissions are to be sent to the above e-mail up to March 25 at 16:30 hours.

Submission of a pre-qualification application does not guarantee being awarded a contract or inclusion on a resulting short list of pre-qualified contractors. BCTS reserves the right to limit the number of pre-qualified contractors invited to compete on a subsequent contract.

**IMPORTANT NOTICE:
CONTRACTORS THAT WERE SUCCESSFUL IN PREVIOUS
EVALUATIONS NEED NOT RE-APPLY.**

This solicitation is subject to Chapter 5 of the Agreement on Internal Trade.



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wednesday movies

MORNING

10:00 am CITY (29) ★★ "Manhunt: Search for the Night Stalker" (1989, Drama) Richard Jordan. Based on the true story of the hunt for and capture of California's homicidal "Night Stalker."

11:00 am A&E (9) ★★ "Shades of Fear" (1994, Mystery) Vanessa Redgrave. A would-be aviator and a pair of suspected lesbian missionaries are among the passengers on a ship bound for England. (E)

AFTERNOON

5:00 pm CITY (29) ★ "The Master of Disguise" (2002, Comedy) Dana Carvey. Premiere. The son of a former spy utilizes the family legacy of chameleonlike disguises to rescue his kidnapped parents. (E)
WGN (38) ★★ "Witness" (1985, Drama) Harrison Ford. A tough cop takes refuge in Amish country when corrupt officers come after the young murder witness in his charge. (In Stereo) (E)

EVENING

8:10 pm WTBS (3) ★★ "Girl, Interrupted" (1999, Drama) Winona Ryder. Based on Susanna Kaysen's book about her experiences as a troubled young woman in a psychiatric

hospital in the 1960s. (E)
9:00 pm KSPS (6) ★★ "Dirty War" (2004, Drama) Alastair Galbraith. Premiere. British authorities track the terrorists who detonated a dirty bomb in London.

FAM (26) ★★ "Green Card" (1990, Comedy) Gérard Depardieu. A woman and the French husband she barely knows get acquainted when immigration officials investigate their marriage.

10:06 pm CITY (29) ★ "The Silence of the Hams" (1994, Comedy) Dom DeLuise. Suspense films old and new are lampooned in this tale of a shower stabbing, a rookie FBI agent and a sultry seductress.

10:40 pm WTBS (3) ★★ "The Craft" (1996, Horror) (PA) Robin Tunney. A teenager grows alarmed when her and her new friends' involvement with witchcraft gets dangerously out of hand. (E)

Weather?
Updated Hourly...
Road Reports?
Updated Daily...
www.thenewsleader.ca

Wild Rose Cafe

OPEN 7:30 AM - 8:00 PM DAILY
Breakfast - Lunch - Dinner

CLOSED SUNDAY / MONDAY
Chinese Menu Saturdays 5-9 PM with Reservations

TRAVELLERS AND ALL OUR FRIENDS FROM PRINCETON WELCOME!
Just West of Hedley on Highway 3

TUESDAY, FEBRUARY 22, 2005

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows (6 AM to 11 PM) listing TV programs and channels.

WEDNESDAY, FEBRUARY 23, 2005

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows (6 AM to 11 PM) listing TV programs and channels.

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.
- * Vermillion 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

FEBRUARY

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
 23 - Lions Club Flea Market & Auction, Arena

MAY

10 - Highland Dancers Tea Fundraiser
 13, 14, 15 - Let's Play Princeton Concert
 14, 15 - CPRA Rodeo, Princeton Fairgrounds
 21 - Young Life AGM, RockRidge Canyon
 22 - Keremeos Pow Wow, Ashnola Pow Wow Grounds
 22, 23, 24 - Meadowlark Festival

Check our 'Events Calendar' at 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

thursday movies

MORNING

10:00 am CITY (29) ★★ "The Master of Disguise" (2002, Comedy) Dana Carvey. The son of a former spy utilizes the family legacy of chameleon-like disguises to rescue his kidnapped parents. (E)
 11:00 am A&E (9) ★★ "In Self Defense" (1987, Suspense) Linda Purl. The life of a murder witness is endangered when a killer is released from custody due to insufficient evidence. (E)

AFTERNOON

5:00 pm WGN (38) ★★ "Airplane!" (1980, Comedy) Robert Hays. A neurotic former war pilot is pressed into service when an airliner's crew succumbs to food poisoning.

EVENING

6:00 pm WTBS (3) ★★ "The Mask of Zorro" (1998, Adventure) (PA) Antonio Banderas. The fabled avenger trains an uncouth protege to drive an evil Spanish tyrant from California once and for all. (E)
 CITY (29) ★★ "Playing God" (1997, Suspense) David Duchovny. A decertified doctor gets caught up in murder and mayhem when his surgical talents catch the eye of a crafty criminal. (E)

8:00 pm KTLA (27) ★★ "Ever After" (1998, Romance) Drew Barrymore. A servant girl's courage and wit win her the heart of a prince in this retelling of the fairy tale "Cinderella." (In Stereo) (E)

8:40 pm WTBS (3) ★★ "The Mask of Zorro" (1998, Adventure) (PA) Antonio Banderas. The fabled avenger trains an uncouth protege to drive an evil Spanish tyrant from California once and for all. (E)

9:00 pm FAM (26) ★★ "Betsy's Wedding" (1990, Comedy) Alan Alda. A simple wedding becomes a three-ring circus when the parents of the bride and the groom wage a war of one-upmanship.

10:06 pm CITY (29) ★★ "Playing God" (1997, Suspense) David Duchovny. A decertified doctor gets caught up in murder and mayhem when his surgical talents catch the eye of a crafty criminal. (E)

11:10 pm WTBS (3) ★★ "American Outlaws" (2001, Western) (PA) Colin Farrell. Brothers Jesse and Frank James form a gang when greedy railway interests conspire to take control of the family farm. (E)

friday movies

MORNING

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

AFTERNOON

5:00 pm WGN (38) ★★ "National Lampoon's Animal House" (1978, Comedy) John Belushi. In the early 1960s, the repulsive Delta House frat brothers battle the suave Omega House and the college dean. (E)

EVENING

6:00 pm WTBS (3) ★★ "Twister" (1996, Drama) (PA) Helen Hunt. State-of-the-art special effects stir up this tale of tornado chasers on a perilous quest to test a new sensor device. (E)
 CITY (29) ★★ "Vampires" (1998, Horror) James Woods. A vampire slayer tracks a 600-year-old bloodsucker, who's in search of a crucifix that will make him powerful.

7:30 pm FAM (26) ★★ "Miracle In Lane 2" (2000, Drama) Frankie Muniz. A youngster in a wheelchair is determined to prove himself by entering the Soap Box Derby.

8:00 pm KNOW (5) "The Woman in White"

8:10 pm WTBS (3) ★★ "Turbulence" (1997, Suspense) (PA) Ray Liotta. Premiere. A lone flight attendant must

bring passengers to safety after a cunning killer commandeers her jetliner. (E)

9:00 pm FAM (26) ★★ "The Boyfriend School" (1990, Comedy) Steve Guttenberg. A romance novelist attempts to reshape her nerdy brother into the macho man of every woman's dreams.

10:06 pm CITY (29) "Kissing a Dream" (1996, Adult) Erin Lanza. Premiere. A woman has an affair to get back at her unfaithful husband but later has difficulty getting rid of the new lover.

10:30 pm FAM (26) ★★ "Weekend at Bernie's II" (1993, Comedy) Andrew McCarthy. The search for dead Bernie's stolen cash prompts a voodoo queen to send two inept lackeys to revivify the late CEO.

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 9:00 AM - 3:00 PM
 Saturday

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Horoscopes

February 23 - March 1, 2005

Aries - Your mind is very active now, but watch out for stuff coming up from your subconscious. Your impressions may be valid, or may be coming from something long past. Avoid people with colds.

Taurus - Career matters continue to run smoothly. Your urge to travel increases, and you may start planning for a vacation. Go over plans carefully, as there are some problems if you want to use your vehicle.

Gemini - Career and family matters continue hectic all week, but ease up this weekend. Concern for a parent can be relaxed now. Money situation continues tight, but will improve this summer.

Cancer - Your mind turns to educational opportunities now, and these could be beneficial. Opposition from friends, partner continues, or maybe you're not ready for the fast pace set. Friday brings surprise.

Leo - The loss of a friend, or the death of somebody you know, could bring a shock this week. Watch out for thefts, double check tax reports. Somebody could be pulling the wool over your eyes.

Virgo - Your partner, spouse could give you a surprise this week. He, she, is unpredictable. Do not over-react. Be cautious of sports, gambling this week and up to the end of March. Young are lively, bold. **Libra** - You may have a sudden "great" idea this week, or you may hear of a great opportunity. Watch out for infections. Most of all, keep your feet out of your mouth. Family life is active, demanding.

Scorpio - Surprising events take place in sports, and with young people in your life. Double check information, as it could be vague or deliberately misleading. You do a lot of talking, listening, and errands.

Sagittarius - Home property and parents is a major concern now, and you do a lot of talking about it. Unexpected change takes place this week. Home and career matters may conflict until weekend.

Capricorn - Energy cycle continues high. Sibling may surprise you this weekend with unexpected news or visit, or you may be the one who offers the news. Weekend looks pleasant. Double check money matters.

Aquarius - You could get a financial surprise this week, good or bad. However, the information could be a mistake. Check all information carefully. Situation may reverse by weekend. Take care.

Pisces - By the end of this week, everything about you will improve, including health and appearance. You may launch a surprise on Thursday or Friday, as mental vagueness causes problems. Consult.

Similkameen News Leader Recipe Corner (Recipe #52)

Chocolate Apple Cake

- 1 chocolate cake mix
- 1 can apple pie filling
- 3 eggs

Mix all ingredients together and put in a greased cake pan. Bake at 350-degrees for 35 to 40 minutes. Do not add any other liquid.

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

saturday movies

MORNING

7:05 am WTBS (3) ★★½ "King Ralph" (1991, Comedy) John Goodman. The future of Britain's monarchy is in a Las Vegas lounge lizard's hands when an accident wipes out the royal family.

9:10 am WTBS (3) ★★½ "As Good as It Gets" (1997, Comedy-Drama) Jack Nicholson. A crusty New York writer who suffers from obsessive-compulsive disorder finds romance with a waitress. (E)

9:30 am A&E (9) ★★½ "Indecent Proposal" (1993, Drama) Robert Redford. A lonely billionaire offers a financially strapped couple \$1 million for a night with the wife. (E)

11:00 am WGN (38) ★★½ "The Fly" (1986, Science Fiction) Jeff Goldblum. David Cronenberg's remake of the 1958 classic about a botched experiment that transmutes a man into a monstrous insect.

AFTERNOON

12:00 pm FAM (26) "Stepsister From Planet Weird" (2000, Comedy)

Courtney Draper. A teenager learns that her mother's fiancé and his incredibly strange daughter are from another planet.

12:25 pm WTBS (3) ★½ "The Haunting" (1999, Horror) (PA) Liam Neeson. Jan de Bont's effects-laden remake of the 1963 classic about research subjects who spend a weekend in a haunted house. (E)

1:00 pm CITY (29) ★★½ "In & Out" (1997, Comedy) Kevin Kline. A high-school English teacher tries to prove to his fiancée that he is not gay after being outed by a former student. (E)

1:30 pm FAM (26) ★★½ "Corrina, Corrina" (1994, Comedy-Drama) Whoopi Goldberg. A vivacious black housekeeper brings happiness back into the lives of a Jewish widower and his troubled young daughter.

3:00 pm WTBS (3) ★½ "Turbulence" (1997, Suspense) (PA) Ray Liotta. A lone flight attendant must bring passengers to safety after a cunning killer commandeers her jetliner.

4:00 pm KTLA (27) ★★½ "Rocky V" (1990, Drama) Sylvester Stallone. The former heavyweight champ puts

his personal life on the ropes to train a promising young fighter. (In Stereo)

5:00 pm WTBS (3) ★★½ "Twister" (1996, Drama) (PA) Helen Hunt. State-of-the-art special effects stir up this tale of tornado chasers on a perilous quest to test a new sensor device. (E)

EVENING

6:00 pm CITY (29) "Out of Sync" (2000, Comedy) Gail O'Grady. Premiere. A record producer schemes to use a housewife's extraordinary voice to dub over a talentless diva's vocals. (E) (DVS)

7:00 pm WTBS (3) ★★½ "Deep Blue Sea" (1999, Suspense) (PA) Thomas Jane. A marine biologist and her staff become the prey of scientifically altered sharks with a hunger for human flesh. (E) (DVS)

CHBC (4) ★★½ "Spirit: Stallion of the Cimarron" (2002, Adventure) Voices of Matt Damon. Animated. A wild mustang resists a cruel cavalryman's attempt to break him. (E)

8:00 pm KSPS (6) ★★½ "El Dorado" (1967, Western) John Wayne. A veteran gunslinger, a drunken sheriff, an elderly ex-deputy and a vengeful young man confront a greedy land baron.

KXLY (10) ★★½ "Forrest Gump" (1994, Comedy-Drama) Tom Hanks.

A simple-minded Southern man's innocent nature propels him through major events of recent American history. (In Stereo) (E)

8:30 pm WGN (38) ★★½ "National Lampoon's Animal House" (1978, Comedy) John Belushi. In the early 1960s, the repulsive Delta House frat brothers battle the suave Omega House and the college dean. (E)

9:00 pm WTBS (3) ★½ "Deep Rising" (1998, Horror) (PA) Treat Williams. A gang of looters discovers a deadly sea creature when they board a luxury liner littered with corpses. (E)

CHBC (4) ★★½ "Saving Private Ryan" (1998, Drama) Tom Hanks. Steven Spielberg's World War II epic about a squad of American soldiers looking for a missing comrade in France. (E)

FAM (26) ★½ "Armed and Dangerous" (1986, Comedy) John Candy. Premiere. An ex-cop and a former lawyer uncover corruption

within their union after taking jobs as security guards.

CITY (29) ★★½ "A Life Less Ordinary" (1997, Comedy-Drama) Ewan McGregor. Romance develops between a recently fired janitor and the pampered young woman whom he kidnapped.

10:30 pm FAM (26) ★★½ "F/X" (1986, Suspense) Bryan Brown. A special-effects whiz becomes involved in espionage and murder after government agents hire him to fake a mob hit.

11:00 pm WTBS (3) ★★½ "Cliffhanger" (1993, Adventure) (PA) Sylvester Stallone. A mountain climber and his former captors play cat and mouse across icy mountain peaks in a scramble for stolen money. (E)

CITY (29) ★★½ "In & Out" (1997, Comedy) Kevin Kline. A high-school English teacher tries to prove to his fiancée that he is not gay after being outed by a former student. (E)

Similkameen News Leader Community Events Cruiser



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On Peak BLACK BACKGROUND

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

7:00 am WTBS (3) ★½ "Deep Rising" (1998, Horror) (PA) Treat Williams. A gang of looters discovers a deadly sea creature when they board a luxury liner littered with corpses. (E)

9:00 am WTBS (3) ★½ "The Haunting" (1999, Horror) (PA) Liam Neeson. Jan de Bont's effects-laden remake of the 1963 classic about research subjects who spend a weekend in a haunted house. (E)

A&E (9) ★★½ "The Man in the Iron Mask" (1998, Adventure) Leonardo DiCaprio. Ex-musketeers attempt to unseat the tyrannical King Louis XIV by using his imprisoned twin brother in their plan. (E)

11:00 am WTBS (3) ★★½ "Cliffhanger" (1993, Adventure) (PA) Sylvester Stallone. A mountain climber and his former captors play cat and mouse across icy mountain peaks in a scramble for stolen money. (E)

VTV (22) ★★½ "Pushing Tin" (1999, Comedy) John Cusack. An air

traffic controller engages in a serious game of one-upmanship with a cool-headed new colleague. (In Stereo) (E)

11:30 am A&E (9) ★★½ "The Good Son" (1993, Suspense) Macaulay Culkin. A boy has nowhere to turn for help when his young cousin reveals an evil core beneath his innocent exterior. (E)

AFTERNOON

12:00 pm YTV (18) ★★½ "Jimmy Neutron: Boy Genius" (2001, Adventure) Voices of Megan Cavanagh. Animated. A young science whiz and his pals blast off in homemade spaceships to rescue their parents from evil aliens.

FAM (26) ★★½ "Air Bud: World Pup" (2000, Comedy) Kevin Zegers. Josh and his amazing golden retriever join the local soccer team just in time for the championship playoff.

WGN (38) ★★½ "Witness" (1985, Drama) Harrison Ford. A tough cop takes refuge in Amish country when corrupt officers come

after the young murder witness in his charge. (In Stereo) (E)

1:00 pm WTBS (3) ★★½ "Deep Blue Sea" (1999, Suspense) (PA) Thomas Jane. A marine biologist and her staff become the prey of scientifically altered sharks with a hunger for human flesh. (E) (DVS)

KTLA (27) ★★½ "Rocky V" (1990, Drama) Sylvester Stallone. The former heavyweight champ puts his personal life on the ropes to train a promising young fighter. (In Stereo)

1:30 pm FAM (26) ★★½ "Going to the Mat" (2004, Drama) Andrew Lawrence. A blind teenager becomes a high-school wrestler after his family moves from New York to the Midwest.

2:00 pm YTV (18) ★★½ "The Muppet Movie" (1979, Comedy) Charles Durning. An ambitious amphibian named Kermit goes to Hollywood in search of fame and fortune in this star-studded extravaganza.

2:30 pm CHBC (4) ★★½ "The Country Bears" (2002, Comedy) Christopher Walken. A runaway cub and his new friends attempt to reunite the former members of a once-popular all-bear band. (E)

3:00 pm WTBS (3) ★★½ "Bait" (2000, Action) (PA) Jamie Foxx. A small-time crook becomes an unknowing pawn in the government's plan to

lure a high-tech criminal out of hiding. (E)

4:00 pm YTV (18) ★★½ "The Wizard of Oz" (1939, Fantasy) Judy Garland. A tornado whisks a Kansas farm girl to the land of Oz, where she and three companions journey to the Emerald City.

5:00 pm WTBS (3) ★★½ "Bad Boys" (1995, Drama) (PA) Martin Lawrence. Two Miami cops must switch identities while searching for a large quantity of heroin stolen from police headquarters. (E)

EVENING

6:00 pm CITY (29) ★½ "Collateral Damage" (2002, Action) Arnold Schwarzenegger. Premiere. A firefighter seeks revenge on the terrorist responsible for a bombing that claimed the lives of his wife and son. (In Stereo) (E) (DVS)

7:00 pm FOX (25) ★★½ "Independence Day" (1996, Science Fiction) Will Smith. Survivors band together to fight back after alien invaders in gargantuan ships threaten mankind with total destruction. (In Stereo) (E)

7:15 pm WTBS (3) ★★½ "Bad Boys" (1995, Drama) (PA) Martin Lawrence. Two Miami cops must switch identities while searching for a large quantity of heroin stolen from

police headquarters. (E)

9:00 pm KREM (3) ★★½ "Collateral Damage" (2002, Action) Arnold Schwarzenegger. Premiere. A firefighter seeks revenge on the terrorist responsible for a bombing that claimed the lives of his wife and son. (In Stereo) (E) (DVS)

FAM (26) ★★½ "The Pelican Brief" (1993, Suspense) Julia Roberts. A law student is marked for murder after she writes a brief concerning the deaths of two Supreme Court justices.

9:30 pm WTBS (3) ★½ "Bait" (2000, Action) (PA) Jamie Foxx. A small-time crook becomes an unknowing pawn in the government's plan to lure a high-tech criminal out of hiding. (E)

11:00 pm CITY (29) ★½ "Double Dragon" (1994, Adventure) Robert Patrick. In a future L.A., a megalomaniac sends his minions after two teen brothers who possess one half of a powerful charm. (E)

11:18 pm FAM (26) ★★½ "Benny & Joon" (1993, Drama) Aidan Quinn. The brother of a mentally ill young woman becomes concerned when an eccentric newcomer and his sister fall in love.

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SATURDAY, FEBRUARY 26, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	XCU Storyline	News Pet Guys	(Off Air)	Globe Trekker "Peru"	(5:00) Today	Saturday Early Show	Movie: "Titanica"	Good Morning America	Fire Station Blackfly	Diva Dime Room	Monsters Monster	SportsCentre tre	OWLTV Kingdom	Daily Planet	Body-Jake Paid Prog.	Daigunder Rangers	Paid Prog. Paid Prog.	Caribbean Dharti	Paid Prog. Paid Prog.
7 AM	Movie: "King Ralph" (1991)	Pet Guys Fishn	BluesClues Dora	MotorWeek Fly Tying	News	LazyTown Spider	Old House Old House	Good Morning Northwest Saturday	News	News (Live)	Transform Gundam	Fishing PGA Golf: WGC Accenture Match Play Championship - Quarterfinals (Live)	Katie-Orbie Leaps	Unsolved History	Mew Maw Winx Club	Rangers All That	Scooby Mucha	Eye on Asia	Paid Prog.
8 AM	John Goodman Direct Buy	Powerboat Bus	Jakers Router	Router Hometime		Backyard Dora	Ask This Ask This						Good Morning Canada	Mayday II "Lost!"	Sonic X (N) Sonic X (N)	Lizzie Radio Free	Tn-Titans Xiaolin	Polish Studio	Paid Prog.
9 AM	Movie: "As Good as It Gets" (1997, Comedy-Drama)	Bobsledding: World Championships. (Taped)	Arthur (9:40) Lilly	Workshop Old House		Little Bill BluesClues	All Year Movie: "Indecent Proposal" (1993)	Proud		Pet Guys Popstars	Beyblade Beyblade			Ultimates	F-Zero So Raven	So Raven Batman	Pokémon CityLino	Arts	Paid Prog.
10 AM	Jack Nicholson, Helen Hunt Curling: Scott Tournament of Hearts - Semifinal (Live)	Macphee Burt Wolf	Burt Wolf Christina	Workshop Old House	Shark Discover	Discover College Basketball: Kentucky at Alabama.	Investigative Reports Investigative Reports		Phil Lillo Stich	GetUpGrow Room	Sacred World Ski	Phantom Powerpuff		Daily Planet	Forensic Evidence	Winx Club Even	Yu-Gi-Oh! Yu-Gi-Oh!	In Fashion	Soul Train (N)
11 AM	Helen Hunt Movie: "The Haunting" (1999, Horror) (PA) Liam Neeson	Animals Garden	Animals Garden	Family K Gymnastics: Visa American Cup. (Live)	College Basketball: Connecticut at Pittsburgh. (Live)	Investigative Reports Investigative Reports			Entertainment Tonight Simpsons	Transform Mystery	SportsCentre (Live)	Raising Rover	How-Made How-Made	Buff Vampire	Lizzie	Andromeda (N)	News	Home Imp.	
12 PM	Movie: "Twister" (1996) (PA) Helen Hunt	Air Farce 22 Minutes	renegade Swap TV	Lawrence Welk Show Barbara	News News	News News	Cold Case Files The Insider	News News	News News	It's a Great Game (N)	Academy Timeblazr		News Great Biker Build-Off	Simpsons Barbarian	Will-Grace Will-Grace	Movie: "Rocky V" (1990)	MovieTV StarTV	NBA Basketball: Chicago Bulls at Charlotte Bobcats.	
1 PM	Movie: "Deep Blue Sea" (1999)	Movie: "Spirit: Stallion of the Cimarron" (2002)	National Geographic Heartbeat	Time Goes Barbara	CSI: Crime Scn Barbara	Wickedly Perfect (N)	American Justice Movie: "Forrest Gump" (1994) Tom Hanks, Robin Wright, Gary Sinise.	News News	News News	It's a Great Game (N) Design	Mystery Oracle	Sports Boxing: DeMarcus Corley vs. Miguel Cotto. (Live)	W-Five MythBusters	American Chopper Cops (N)	Knock First Cops	Movie: "Total Recall" (1990), Rachel Ticotin News	News	Becker	
2 PM	Movie: "Deep Rising" (1998) (PA) Treat Williams	Movie: "Saving Private Ryan" (1998) Tom Hanks, Edward Burns.	A Touch of Frost John Wayne, Robert Mitchum.	Law Order: CI Law & Order: SVU	48 Hours Mystery	Cold Case Files Cold Case Files	City Confidential Cold Case Files	News News	News News	Driving TV Funpak	SportsCentre (Live)	News News	American Hot Rod Mad TV (N)	Cheaters (N)	Movie: "In & Out" (1994)	Street Exposure			
3 PM	Movie: "Turbulence" (1997) (PA) Ray Liotta	On Road Ciao Bella	Art Attack Arthur	Tracks Travels	Trading Endurance	The West Wing City Confidential	College Basketball: Teams TBA. (Live)	Simpsons Simpsons	Simpsons Simpsons	Accelerate Tournament	Tourname Boxing (Taped)	Sue Thomas: F.B. Eye Sue Thomas: F.B. Eye	American Chopper Cops (N)	Will-Grace Will-Grace	Radio Free Heartbeat	Friends Raymond	News	Becker	
4 PM	Movie: "Twister" (1996) (PA) Helen Hunt	Air Farce 22 Minutes	renegade Swap TV	Lawrence Welk Show Barbara	News News	News News	Cold Case Files The Insider	News News	News News	It's a Great Game (N)	Academy Timeblazr		News Great Biker Build-Off	Simpsons Barbarian	Will-Grace Will-Grace	Movie: "Out of Sync" (2000) Gall O'Grady.	WGN News at Nine		
5 PM	Movie: "Deep Blue Sea" (1999)	Movie: "Spirit: Stallion of the Cimarron" (2002)	National Geographic Heartbeat	Time Goes Barbara	CSI: Crime Scn Barbara	Wickedly Perfect (N)	American Justice Movie: "Forrest Gump" (1994) Tom Hanks, Robin Wright, Gary Sinise.	News News	News News	It's a Great Game (N) Design	Mystery Oracle	Sports Boxing: DeMarcus Corley vs. Miguel Cotto. (Live)	W-Five MythBusters	American Chopper Cops (N)	Knock First Cops	Movie: "Total Recall" (1990), Rachel Ticotin News	News	Becker	
6 PM	Movie: "Deep Rising" (1998) (PA) Treat Williams	Movie: "Saving Private Ryan" (1998) Tom Hanks, Edward Burns.	A Touch of Frost John Wayne, Robert Mitchum.	Law Order: CI Law & Order: SVU	48 Hours Mystery	Cold Case Files Cold Case Files	City Confidential Cold Case Files	News News	News News	Driving TV Funpak	SportsCentre (Live)	News News	American Hot Rod Mad TV (N)	Cheaters (N)	Movie: "In & Out" (1994)	Street Exposure			
7 PM	Movie: "Deep Blue Sea" (1999)	Movie: "Spirit: Stallion of the Cimarron" (2002)	National Geographic Heartbeat	Time Goes Barbara	CSI: Crime Scn Barbara	Wickedly Perfect (N)	American Justice Movie: "Forrest Gump" (1994) Tom Hanks, Robin Wright, Gary Sinise.	News News	News News	It's a Great Game (N) Design	Mystery Oracle	Sports Boxing: DeMarcus Corley vs. Miguel Cotto. (Live)	W-Five MythBusters	American Chopper Cops (N)	Knock First Cops	Movie: "Total Recall" (1990), Rachel Ticotin News	News	Becker	
8 PM	Movie: "Deep Rising" (1998) (PA) Treat Williams	Movie: "Saving Private Ryan" (1998) Tom Hanks, Edward Burns.	A Touch of Frost John Wayne, Robert Mitchum.	Law Order: CI Law & Order: SVU	48 Hours Mystery	Cold Case Files Cold Case Files	City Confidential Cold Case Files	News News	News News	Driving TV Funpak	SportsCentre (Live)	News News	American Hot Rod Mad TV (N)	Cheaters (N)	Movie: "In & Out" (1994)	Street Exposure			
9 PM	Movie: "Deep Blue Sea" (1999)	Movie: "Spirit: Stallion of the Cimarron" (2002)	National Geographic Heartbeat	Time Goes Barbara	CSI: Crime Scn Barbara	Wickedly Perfect (N)	American Justice Movie: "Forrest Gump" (1994) Tom Hanks, Robin Wright, Gary Sinise.	News News	News News	It's a Great Game (N) Design	Mystery Oracle	Sports Boxing: DeMarcus Corley vs. Miguel Cotto. (Live)	W-Five MythBusters	American Chopper Cops (N)	Knock First Cops	Movie: "Total Recall" (1990), Rachel Ticotin News	News	Becker	
10 PM	Movie: "Deep Rising" (1998) (PA) Treat Williams	Movie: "Saving Private Ryan" (1998) Tom Hanks, Edward Burns.	A Touch of Frost John Wayne, Robert Mitchum.	Law Order: CI Law & Order: SVU	48 Hours Mystery	Cold Case Files Cold Case Files	City Confidential Cold Case Files	News News	News News	Driving TV Funpak	SportsCentre (Live)	News News	American Hot Rod Mad TV (N)	Cheaters (N)	Movie: "In & Out" (1994)	Street Exposure			
11 PM	Movie: "Cliffhanger" (1993)	Rosemary and Thyme	Austin City Limits	Sat. Night Seinfeld															

SUNDAY, FEBRUARY 27, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Movie: "Red Water"	News Body	(Off Air)	Caillou (EI) Clifford	Today	Discover Discover	Breakfast With the Arts	Good Morning America	Popstars MoneyWs	Adventure Gold Trails	Monsters Monster	SportsCentre tre	Acorn Kids	Explosion at Sea	Hour of Power	Daigunder Rangers	Pacesetter Success	Mix TV	NightMan
7 AM	Movie: "Deep Rising" (1998) (PA) Treat Williams	In Touch Slothfulness	BluesClues Dora	Bob Build Thomas	Strange Darcy	CBS News Sunday Morning	Biography "Robert Redford: Hollywood Outlaw"	News	Weekend TBA	Fishing Is Written	Mona Winx Club	PGA Golf: WGC Accenture Match Play Championship - Final. (Live)	Good Morning Canada	Martian Mania	Libertys Business	Rangers All That	Facts Believers	Eye on Asia	Mutant X "Understudy"
8 AM	Movie: "Deep Rising" (1998) (PA) Treat Williams	Van Impe Is Written	Jakers Magic Bus	Real Dragonfly	Meet the Press Nation				News	TribalTrail World Vsn	Jacob Grown Up	Final. (Live)	Out of the Blue	Fox News Sunday	Lizzie Radio Free	Feed J. Osteen	Eye-Asia	The X-Files	
9 AM	Movie: "The Haunting" (1999) (PA) Liam Neeson	Listen Up Curling: Scott Tournament of Hearts - Final.	George S. Lilly	Jakers! College	Paid Prog. Paid Prog.	College Basketball: Michigan State at Indiana.	Movie: "The Man in the Iron Mask" (1998) Leonardo DiCaprio.	This Week With George	Driving TV Pet Guys	Hour of Power (N) Entert'nt	Jimmy Neutron: Gen. Oddparent	Final. (Live)	Eagle Animals	How-Made Paid Prog.	So Raven Paid Prog.	Pastor Changing	Italiano di Johnny Lombardi (In Italian)	Andromeda (N)	
10 AM	Movie: "Cliffhanger" (1993) Sylvester Stallone	From Mile One Stadium in St. John's, Nfld.	Router SportFish	Wall FYI	Ice From Los Angeles.	College Basketball: UCLA at Notre Dame.	Movie: "The Good Son" (1993) Macaulay Culkin.		News	Hour of Power WGC Accenture Match Play Championship - Final. (Live)	Being Ian Being Ian	NASCAR Pre-Race NASCAR Nextel Cup Series - Auto Club 500. (Live)	Martian Mania	NASCAR Racing: Nextel Cup Series - Auto Club 500. From California Speedway in	Movie: "Air Bud: World Pup" (2000)	Movie: "Rocky V" (1990) Sylvester Stallone.	Starville	Movie: "Witness" (1985) Harrison Ford.	
11 AM	Movie: "Cliffhanger" (1993) Sylvester Stallone	Gold Trails Be the Creature (N)	Lava Hunters: Shaping At the Drive-In	Ballykissangel At the Drive-In	College Basketball: Oklahoma State at Kansas.	College Basketball: Oklahoma State at Kansas.	Sell House Sell House		Sacred TBA	Malcolm Simpsons	Malcolm Simpsons	Tournament	Great Biker Build-Off Frontiers of	Fontana, Calif. (Live)	Smart Guy Lizzie	Live From the Academy Awards	Academy Awards From the Red Carpet	Live From the Academy Awards (Live)	
12 PM	Movie: "Cliffhanger" (1993) Sylvester Stallone	Gold Trails Be the Creature (N)	Lava Hunters: Shaping At the Drive-In	Ballykissangel At the Drive-In	College Basketball: Oklahoma State at Kansas.	College Basketball: Oklahoma State at Kansas.	Sell House Sell House		Sacred TBA	Malcolm Simpsons	Malcolm Simpsons	Tournament	Great Biker Build-Off Frontiers of	Fontana, Calif. (Live)	Smart Guy Lizzie	Live From the Academy Awards	Academy Awards From the Red Carpet	Live From the Academy Awards (Live)	
1 PM	Movie: "Deep Blue Sea" (1999)	Movie: "The Country Bears" (2000) (PA) Jamie Foxx	Art Attack Hometime	Wdwright Hometime	CSI: Crime Scn	The West Wing	Jam Sessions	Ebert News	Just Shoot Simpsons	Malcolm Simpsons	Malcolm Simpsons	Timeless	Countdown Animal Face-Off (N)	Andromeda (N)	Fillmore Kim	What I Like What I Like	The Collector "Mother"	Funniest Home Videos	
2 PM	Movie: "Bad Boys" (1995) (PA) Martin Lawrence	Makeover: Home	Heartbeat Monarch of the Glen	News Zags	News Zags	News Zags	Dog Dog	The 77th Annual Academy Awards (Live)	News (Live)	Makeover: Home Garf-Holly	Garf-Holly	I'd Do Anything	The 77th Annual Academy Awards (Live)	Animal Face-Off (N)	Barbarian Mentors	Jack & Bobby	Movie: "Collateral Damage" (2002)	WGN News	
3 PM	Movie: "Bad Boys" (1995) (PA) Martin Lawrence	Marketplace Venture (N)	Nature (DVS) Dateline NBC	60 Minutes Dog	Dog Dog	Dog Dog	Dog Dog	Countdown Global	Global Global	King of Hill Malcolm	Malcolm Simpsons	SportsCentre (Live)	MythBusters (N)	Movie: "Independence Day"	Radio Free Heartbeat	Summerland Summerland	News	Maximum Exposure	
4 PM	Movie: "Bad Boys" (1995) (PA) Martin Lawrence	Marketplace Venture (N)	Nature (DVS) Dateline NBC	60 Minutes Dog	Dog Dog	Dog Dog	Dog Dog	Countdown Global	Global Global	King of Hill Malcolm	Malcolm Simpsons	SportsCentre (Live)	MythBusters (N)	Movie: "Independence Day"	Radio Free Heartbeat	Summerland Summerland	News	Maximum Exposure	
5 PM	Movie: "Bad Boys" (1995) (PA) Martin Lawrence	Marketplace Venture (N)	Nature (DVS) Dateline NBC	60 Minutes Dog	Dog Dog	Dog Dog	Dog Dog	Countdown Global	Global Global	King of Hill Malcolm	Malcolm Simpsons	SportsCentre (Live)	MythBusters (N)	Movie: "Independence Day"	Radio Free Heartbeat	Summerland Summerland	News	Maximum Exposure	
6 PM	Movie: "Bad Boys" (1995) (PA) Martin Lawrence	Marketplace Venture (N)	Nature (DVS) Dateline NBC	60 Minutes Dog	Dog Dog	Dog Dog	Dog Dog	Countdown Global	Global Global	King of Hill Malcolm	Malcolm Simpsons	SportsCentre (Live)	MythBusters (N)	Movie: "Independence Day"	Radio Free Heartbeat	Summerland Summerland	News	Maximum Exposure	
7 PM	Movie: "Bad Boys" (1995) (PA) Martin Lawrence	Marketplace Venture (N)	Nature (DVS) Dateline NBC	60 Minutes Dog	Dog Dog	Dog Dog	Dog Dog	Countdown Global	Global Global	King of Hill Malcolm	Malcolm Simpsons	SportsCentre (Live)	MythBusters (N)	Movie: "Independence Day"	Radio Free Heartbeat	Summerland Summerland	News	Maximum Exposure	
8 PM	Movie: "Bad Boys" (1995) (PA) Martin Lawrence	Marketplace Venture (N)	Nature (DVS) Dateline NBC	60 Minutes Dog	Dog Dog	Dog Dog	Dog Dog	Countdown Global	Global Global	King of Hill Malcolm	Malcolm Simpsons	SportsCentre (Live)	MythBusters (N)	Movie: "Independence Day"	Radio Free Heartbeat	Summerland Summerland	News	Maximum Exposure	
9 PM	Movie: "Bad Boys" (1995) (PA) Martin Lawrence	Marketplace Venture (N)	Nature (DVS) Dateline NBC	60 Minutes Dog	Dog Dog	Dog Dog	Dog Dog	Countdown Global	Global Global	King of Hill Malcolm	Malcolm Simpsons	SportsCentre (Live)	MythBusters (N)	Movie: "Independence Day"	Radio Free Heartbeat	Summerland Summerland	News	Maximum Exposure	
10 PM	Movie: "Bad Boys" (1995) (PA) Martin Lawrence	Marketplace Venture (N)	Nature (DVS) Dateline NBC	60 Minutes Dog	Dog Dog	Dog Dog	Dog Dog	Countdown Global	Global Global	King of Hill Malcolm	Malcolm Simpsons	SportsCentre (Live)	MythBusters (N)	Movie: "Independence Day"	Radio Free Heartbeat	Summerland Summerland	News	Maximum Exposure	
11 PM	Movie: "Bad Boys" (1995) (PA) Martin Lawrence	Marketplace Venture (N)	Nature (DVS) Dateline NBC	60 Minutes Dog	Dog Dog	Dog Dog	Dog Dog	Countdown Global	Global Global	King of Hill Malcolm	Malcolm Simpsons	SportsCentre (Live)	MythBusters (N)	Movie: "Independence Day"	Radio Free Heartbeat	Summerland Summerland	News	Maximum Exposure	

MONDAY, FEBRUARY 28, 2005

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

monday movies

MORNING

10:00 am CITY (29) ★★ "Children of the Bride" (1990, Drama) Rue McClanahan. A middle-aged woman tries to cope with her four adult children as they arrive to attend her wedding to a younger man. (E)

Moore. A married TV personality falls in love with a concert musician and decides that two wives are better than one.

10:00 pm WTBS (3) ★★ "Summer Rental" (1985, Comedy) John Candy. An overworked air traffic controller and his family head for Florida for a restful vacation that turns calamitous. (E)

10:06 pm CITY (29) ★★ "She's So Lovely" (1997, Drama) Sean Penn. A suburban mother receives an unwelcome jolt when her mentally disturbed ex-husband suddenly re-enters her life.

AFTERNOON

4:30 pm WGN (38) ★★ "Eraser" (1996, Adventure) Arnold Schwarzenegger. An agent for the Witness Protection Program uncovers a mole in his own department while guarding a young woman. (In Stereo) (E)

EVENING

8:00 pm WTBS (3) ★★ "National Lampoon's Vacation" (1983, Comedy) Chevy Chase. A Chicago family sets out for a two-week road trip to California and encounters every conceivable mishap along the way. (E)

9:00 pm FAM (26) ★★ "Micki & Maude" (1984, Comedy) Dudley

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THE NEWS LEADER WORD SEARCH

Word search grid containing letters for a search puzzle.

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Let's Play Princeton Trivia!

Question:

The Similkameen River was once known by another name. What was it?

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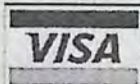
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WEEKLY DEADLINE IS 12 NOON FRIDAYS



obituary

obituary

help wanted

Raymond (Sam) Tollefson passed away quietly in hospital on February 11, 2005. He will be greatly missed by his wife Tsiki, daughter Cindy (Jay), son Shawn (Vicki), grand-daughters Jillian, Megan, Colby-Lee, sister Sonja (Jack) and his nephews and nieces. Sam requested no service but donations can be made in his memory to the Princeton Hospital.

Mr. Ronald Peter Joseph (Ron) Bilodeau passed away suddenly at his residence on Sunday, February 6th, 2005 at the age of 48 years, after having finished life's race. He will be lovingly remembered by his daughter, Raelene, his father, Roland, his siblings: Laurette, Gerry, Rick, George, Gisele and Gilbert, numerous nieces and nephews and many friends. He was predeceased by his mother, Juliette. Ron loved horse racing. He started in 1976 as an apprentice jockey and won his first race in 1978 at Exhibition Park in Vancouver, continuing on to become the leading jockey in the Interior for a number of years. His smile and his laugh were infectious and he will be greatly missed by all who knew him. A celebration of Ron's life was held at the Vernon Alliance Church on Saturday, February 19th, 2005 at 11:00 AM with Mr. Brad Houghton officiating. As an expression of sympathy, those who wish to do so may send donations in memory of Ron to the charity of their choice. Funeral arrangements were made with Bethel Funeral Chapel Ltd., 5605-27th Street, Vernon, BC, V1T 8Z5. (250) 542-1187

Frances Muriel Tagseth November 18, 1919 - February 10, 2005

It is great sorrow that we announce the passing February 10th, of our beloved mother, grandmother, and great-grandmother (G. G.), Frances Muriel Tagseth (Lake).

She was a pioneer of the Hope-Princeton Highway, moving from Vancouver to the Similkameen Falls in 1948 along with her husband Harold LaValle Lake and his two brothers and families. They built the Falls Auto Court, Falls Cafe and Shell Service Station. They worked very hard to have a small cafe open for the opening of the Hope-Princeton Highway. They lived at the Falls until 1960, when they moved to Princeton and built the Princeton Bus Depot which is now Billy's Restaurant. A new venture was the Villager Motel, built in 1966. Harold Lake predeceased her in 1972, and she and second husband, Louis Tagseth, ran the motel until 1992. After selling the motel, they moved to Osoyoos for a few years, back to Princeton for a year, and then to Kamloops. Fran had lived with her daughter Louise Szezebanik and family in Kelowna for the past 7 months.

She leaves her children from her first loving family with her husband of 32 years, Harold Lake (predeceased) - Sharon Krenn (Earle) of Osoyoos, Brian Lake (Brenda) of Kamloops, Louise Szezebanik (Stan) of Kelowna. She was predeceased by her beloved son Danny in 1960. Step-children from her second loving marriage of 25 years with Louis Tagseth (predeceased) - Linda Christiansen (Bill), Laurie Sale (Dave), Allen Tagseth (Cathy) and Dale Tagseth (Sherry), all from Vancouver and Vancouver Island. Brothers Raymond Cullen (Flo) of Delta, and William (Bill) Cullen of Vancouver. Sister-in-Law and Brother-in-Law Myrtle and Ed Sadar of Kamloops, and numerous other in-laws across Canada and many nieces and nephews. Beloved grandchildren from the Lake Family, Kelly Bothe (Bill), Kim Krenn, of Princeton, Kory Krenn (Tracey) of Westbank, David Lake (Rhonda) of Kamloops, Alana Weber (Quinn), Danny McLean (Dionne) and Roman Szezebanik all of Kelowna. Grandchildren from the Tagseth Family, Bill Geddes (Jenny) and Carrie Geddes from Vancouver Island. "G. G." as she was known by her great-grandchildren, shall also miss her dearly and they are Brayln and Sheldon Bothe, Colton Wilson of Princeton, Kolby Ewen, Brittany and Kody Krenn of Vancouver area, Aaron and Robin Lake of Kamloops, Aidan and Lucas Weber, and Alysha McLean of Kelowna, and Cameron and Reghan Geddes of Vancouver Island.

She had been our power of strength, never judged any of us, and was always there for all through thick and thin. Never once did she not listen to whoever needed her and her wisdom and caring ways will always be with us. All our love goes with you Mom and we know that you will take good care of your loved ones that you had missed so dearly. There will be no funeral by request, and her remains will be placed in the Princeton Cemetery with Memorial Graveside Service sometime in the coming Summer. The date for the Graveside Service will be posted in this paper at a later date.

"Hope that you enjoyed your Greyhound ride to Osoyoos, Mom!!"

card of thanks

card of thanks

I would like to thank everyone who was at my 90th birthday party, for all the cards and gifts. Special thanks to the people who helped my wife in putting the party on, Senior Citizens Branch #30, my daughter Barbara, Darlene Lind, Peggy Coyne, Evelyn Cook, Nita Dress, Ron and Barb McDonald and the Princeton Bakery. And anyone who I may have missed. As friends are one of the greatest asset anyone can acquire. - John Sinclair

The family of Sam Tollefson would like to express their appreciation to Dr. Adams, Dr. Geerts, and all the staff at the Princeton Hospital for the wonderful care they gave Sam over the last few months. A big Thank You to Bud Marshall for being such a good friend to Sam and to Leona Stacy for the pies, cabbage rolls, lasagna and all the other goodies she made him. He looked forward to his "care packages." Thank you all.

notice

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295-3196

Feb 15-Apr 25

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Permanent part time position at Similkameen Chiropractic and Rehabilitation. We are looking for an outgoing, self-motivated individual with the ability to multi-task. Applicants with a working knowledge of windows and simply accounting will be considered. Please bring resume to the office on Monday or Friday mornings. Closing Date: February 28th.

FOR SALE: 5,500 watt diesel powered electric generator. Brand new, never used. Asking \$5,500 OBO. 6.5 HP gas 3"x3" displacement pump. Brand new. Asking \$550. Phone (250) 499-2856 and ask for Joe.

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Small 3-bedroom house in country. Pets on approval. \$550/month. DD and references req'd. (250) 295-7278. Feb 15-tfn (b)

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



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Jul 8-tfn

for sale

92 wood padded chairs, 1 old combination safe (Hall Battent 1906), air conditioner (12,000 BTU, window or wall), 4 older style floor tri-lights, 3 small round wood tables, 1 Admiral stove, 1 Viking fridge, 1 oak corner shelving unit, Sanyo micro wave. Call (250) 295-0449 after 6:00 PM. Feb22-Mar01

8' x 10' metal shed. \$125. (250) 295-7480. Feb22-Mar08

Heavy duty Kenmore washer and dryer. Older but in good working condition. \$50. (250) 295-0028 Feb22

Wednesday night meetings for members of "Those Addicted to Football" have been postponed until the end of the current NFL season. We apologize for the inconvenience. Nov 23-tfn

for rent

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 Alice Cook
(250) 295-6136

Or
 Helen Gallagher
(250) 295-3825

Jan 18-tfn (b)

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help wanted

card of thanks

Thank You

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Thank You to all who donated and continue to support the work of the Heart & Stroke Foundation.

- Doug Ricketts

help wanted

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We are looking for Registered Nurses for both permanent and casual positions. If you are an RN or know of an RN who might be interested in working in Princeton, please call Rachel Donohoe at (250) 295-4421.

card of thanks

card of thanks

Princeton Crisis Assistance Society would like to thank the following for helping us with the Christmas Hamper Drive:

Princeton Bakery, Radio Shack, Overwaitea Foods (especially Mike & Debbie), Westland Insurance, Town of Princeton, Royal Canadian Legion Youth Auxiliary, Princeton District Teachers' Union, O. A. P., Vermilion Rebekah Lodge, Royal Canadian Legion Branch #56, Princeton Redi-Mix, Princeton Builders Mart, Legion Ladies Auxiliary, Similkameen Riders ATV Club, Mac's Auto Parts, Century 21 - Princeton Realty, Valley First Credit Union, Princeton Lions Club, Copper Creek Ranch, Princeton A&W, Princeton Dairy Queen, Curly Adams - family and friends, Vermilion Forks Elementary School - teachers and students, John Allison Elementary School - teachers and students (and Bonnie Jeston), Princeton Secondary School - teachers and students, Similkameen News Leader, Similkameen Spotlight, Pro Automotive/Tirecraft, Camp Tulahead, Don & Sharon McAlpine, Norman Rae, Kandice, Katelynn and Amanda Jean, Princeton Baptist Church (Dan Brama), Princeton Pentecostal Tabernacle (Tony Essex), Dave Machin (Similkameen Christian Centre), Home Hardware, Diane Wanner and Cadets, Babs Williams, REMAX country (especially Brenda Crawford), R. C. M. P., Volunteer Firefighters, nurses at Princeton General Hospital, Search and Rescue, Dennis Cook Logging, K&M Trucking, Bugnut Toys, Rosemary Doughty, Princeton United Church (especially Chris Hauglund, Shirley Hill and the ladies who put on the Christmas Dinner), St. Peter's Catholic Church (especially Father Gordon Walker for donating space for us), Brenda Kirkland (who tirelessly produces beautiful gift baskets), Living Water Foursquare Church (especially the ladies who also made some lovely gift baskets), the Katimavik Kids, Ursel Ebenau, Heinz Ebenau (Royal LePage Locations West), B. C. Liquor Stores, everyone who participated and organized the hockey game with proceeds to Crisis Assistance, Seniors Branch #30, CHBC-TV and Bears & Bedtime (who look after the Good News Teddy Bears), Barrie Fraser (Town Dump), Leonard Liddicoat. Last, but not least, we also thank the Elks, Rosemary and Doris (for putting up all those lunches) and Heather & Al Tremblay, Liz & Maryanne for looking after the store while we were busy with the Hampers. There are also many donors who wish to be anonymous - you know who you are - thank you.

If we have forgotten anyone, please accept our sincerest apologies.

Earl Driver, President
 Princeton Crisis Assistance Society

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notices

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Feb 1-tfn

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 CORNER OF HAROLD AND LIME

Info: (250) 295-0542

notices

HEDLEY OAPO THURSDAY NIGHT BINGO

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notices notices

PROVINCE OF BRITISH COLUMBIA
 MINISTRY OF FORESTS

CASCADES BC TIMBER SALES (Small Business)
Forest Development Plan Amendment 32

Take notice that the BC Timber Sales, in the Cascades Forest District (previously Merritt Forest District) intends to submit an amendment to its currently approved 2001-2006 Forest Development Plan.

The amendment is necessary to obtain Ministry of Forests approval for block shapes and road locations that were not previously identified on the currently approved Forest Development Plan. The blocks are proposed for harvesting of Mountain Pine infested timber and timber susceptible to future attack.

The areas included in this amendment are located in the Sunday Summit, Copper Creek and Elusive Creek areas.

Specifically:

Location	TSL	# of Blocks	Approximate Total Block Area (Ha)r	Approximate Road Length (km)
Sunday Summit / Copper Creek	A76280	2	115.3	3.7
Sunday Summit / Copper Creek	A76281	1	19.4	3.5
Elusive Creek	A75828	1	29.8	1.8

Public viewing of this amendment is available for the period ending during normal working hours at the Kamloops Timber Sales Office (Kamloops District Office), 1265 Dalhousie Drive, until April 22, 2005. Comments may also be made in writing; c/o Jason Stafford, Planner - BC Timber Sales, 1265 Dalhousie Drive, Kamloops, BC, V2C 5Z5. All written comments must be received before April 22, 2005.

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Valley First Credit Union, a leading and progressive financial institution serving the Southern and Central Interior of British Columbia, is currently accepting applications for a Member Service Representative in the Princeton area. Candidates must exhibit exceptional interpersonal and communication skills, have a flair for building business relationships as well as be sales-oriented and service-driven. Preference may be given to those with financial services experience. Please submit your resume including salary expectations in confidence to:

Human Resources Department
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 3rd Floor, 184 Main Street
 Penticton, B. C., V2A 8G7
 Fax (250) 490-3661
 e-mail: humanres@valleyfirst.com

Applications will be accepted until Wednesday, March 2, 2005

We thank all applicants for their interest in Valley First Financial Group; however, only short listed candidates will be contacted.

Valley First Credit Union, voted finalist as the South Okanagan's Best Financial Institution by the readers of *Okanagan Life* magazine.

editor@thenewsleader.ca

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

my turn

The Community Forest Lottery

We understand there is pretty close to one million dollars in the Princeton Community Forest Bank Account.

Any idea what it'll be spent on?

We haven't heard, but we have a great idea.

Every non-profit organization in Princeton should sit down and write a letter to Town Council making application for some of the funds.

Maybe the best suggestion should get a bit of the money - sort of like a lottery.

We've already decided what we would do with our portion of the funds. We'd use some of it to promote the extremely affordable industrial land we have in our 'Industrial Park' and invite prospective land/business developers to a wine and cheese where we could sell them on the idea of setting up business here.

We'd also spend some of it on the airport runway and promote the airport as an important transportation link for our new business development friends.

We'd use some of it to develop a community centre of some kind to attract workers - and their families - to be employed at the new businesses our Industrial Park developers will need once they start production.

We'd use some of it to help develop the trails system in and around town to give those of us who don't work in the Industrial Park something to keep us busy until the Community Centre is open.

We'd use some of it to build big signs that say things like, "Princeton Is Open For Business" and "Clean Air, Easy Lifestyle...Come To Princeton" and we'd put them up somewhere other than close to town so maybe others might get the idea of how special Princeton is and want to either visit or move here.

We'd spend the balance of the Community Forest Lottery Prize on a Community Plan that would pave Princeton's future well into the first half of this Century.

So, start writing your applications today to see if maybe your group or idea will earn a bit of the Community Forest money.



your turn

Reader examines French Immersion

Dear Editor;
"Skeptical" would be an understatement of how I felt when asked if I was interested in French Immersion. "Nice idea," I thought, "but it will never fly in Princeton. Not enough support." Or is there?

I guess it was that nagging doubt that motivated me to investigate further. I managed to temporarily suspend my fears of jeopardizing our family's primary income source and began my research. I spent considerable time looking at the Ministry of Education, and other similarly sized school districts, while sifting through a myriad of research study results.

What I found, to my surprise, was that French Immersion has proven itself in BC and across Canada. The Ministry of Education officially recognizes the cognitive, social, and career benefits. Research is conclusive. Research also shows that Immersion can not succeed without several key factors, such as: board, administrative, teacher, parent and community support. Although federal and provincial funding are available, does the school district have the will?

I am not naive enough to think French Immersion is a magic elixir for all the education challenges of today. However, I now believe a French Immersion program in our community will help revitalize the system, increase parental involvement, and bring program choice. The French Immersion choice will play a

key factor, not only in attracting young families such as health care professionals to our fair town, but also in keeping those professionals in our community once they have moved here. Given the status of health care in Princeton I think I can not overstate the importance of being competitive with other small communities in this regard.

WCB becomes target

Dear Editor;

Hi, my name is Steve Marshall and I live in the interior of British Columbia, near Princeton. I have been involved in a bitter dispute with WCB (Worker's Compensation Board) for over a year now, and I am on my 1st appeal with WCAT (Worker's Compensation Appeal Tribunal)

This dispute with WCB has opened my eyes and heart to the fact that I am just one of countless others who have been facing the same waiting game, causing a lack of timely medical care and family income, even after a legitimate claim has been proven beyond a shadow of a doubt. I am going to do something about it on behalf of ALL workers and their families in BC.

Unfortunately, I can't tell anyone but my MLA about the details of my own case against WCB until it is finally accepted or denied.

I need to hear your stories and proof of legitimacy in order to move toward. I will be heading up this collaborative effort. I, Steve Marshall, have the plan, the determination, and the heart to take this

Our School Board has formed a committee to investigate French Immersion in Princeton. On February 23rd, at the 7:00 pm school board meeting, the committee reports back to the Trustees.

Can we risk not offering French Immersion?

Respectfully, Sharon Anderson

job on. I will supply our politicians with the information and the power of the people of BC.

During Phase One I need to be exposed to the public so that the workers of BC can unite with one strong, clear voice, not an angry mob. I need to hear from EVERYONE who is having or who has had problems with WCB, so that I can document it and give it to the proper authorities.

So that no voice goes unheard, I have created four categories for the people of BC to choose from. They are as follows:

1. A Class Action law suit against WCB.
2. Complaints against WCB that will have people's names and complete case files.
3. Just complaints against WCB, or the "Angry Mob" section, with or without names
4. A petition for change to have WCB work for the people of BC, not to victimize them. All British Columbians can sign it.

After I have completed Phase One of this plan, I intend to make sure that no one is left out orcontinued on Page 26

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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Current Comment:

Are you afraid of the Spanish Flu?



Dawn Johnson
editor@thenewsleader.ca

A local senior citizen told me he is afraid of the Spanish flu coming back. I know there has been a lot of stuff on television about "what if it comes back?" I told him a story about what happened to my father during the Spanish flu and why I am not afraid of it.

My father was travelling from Sydney, Australia, to Vancouver. The ship he was on stopped in the islands of Bora Bora to take on fresh water on the way to New Zealand. My father saw sick and dead monkeys on the island, and after the ship returned to sea, many people came down with the flu. When the ship approached Auckland, New Zealand, it was ordered to stay out of the harbour. Fresh water and fruit were left for the ship on a tiny island.

The flu swept through the ship, but only one person died, and that was an elderly man who had a heart attack. The ship's doctor had taken on board, in Sydney, several cases of a new medicine which he administered to everyone with flu symptoms. The new medicine was called Aspirin.

Most of the local native people survived the Spanish flu if they had somebody to care for them. They drank tea of the leaves of local eucalyptus sage.

Most of the people who did die suffered from complications such as pneumonia. Today, we can prevent or cure the pneumonia.

This is why I do not fear a return of the Spanish flu. The bird flu is something else. It has crossed the species barrier which means it is very dangerous, and it appears to be airborne, just like the Spanish flu. We need to be cautious about every flu.

I do not know why the media is making a big deal out of the Spanish flu, but I have noticed the media, especially the American media, wants us to be afraid of something at all times.

Have you noticed how easy it is to stop people thinking clearly when they are afraid? Fear interferes with independent thinking. Fear causes people to revert to herd mentality and cling together, as if their combined strength would protect them.

The media tells us we should fear

global warming, terrorists, Spanish flu, and sundry other things we know little about. You never hear the media talking about real fears and what to do to protect yourself.

There are no daily reports of how many people died in motor vehicle accidents, but there is a daily report of how many soldiers died in Iraq. You never hear American media report how many citizens died each day from gunshot injuries and murders of all kinds. There are no daily reports of how many elderly people died as a result of falling. These are things we really need to fear on a daily

basis, but does anybody try to make us afraid of these all-to-familiar ways to die? No!

Why not?

The reason is that we have learned to turn a blind eye to these things because they are part of our daily life. These things are known and expected to occur. Our minds cannot be controlled by fears we understand. Our minds can be controlled only by what is strange or unknown, because we have no coping skills to deal with what we do not know about.

We should be asking why anybody wants to control our minds through fear.

Letter To The Editor

Joe scores one in the empty net

Dear Editor;

There's all kinds of debate about the cancellation of the national league hockey season but suffice to say the owners and players indefinitely locked themselves in the penalty box and the fans moved on to better things in their life. The owners and players certainly got their cap. We could see them hat in hand on the corner Bridge Street and Vermillion begging for alms for the love of new unemployed.

Next time they might want to try a couple of novel ideas well before hand to resolve their hard put problems.

Both owners and players, together spend an hour in a dark room watching a video on the floods, wars hunger, sickness and misery and real poverty suffered by millions around the world. Following this they immediately

attend as spectators in the ice arena watching the little people all suited up sliding into their first hockey game. Each imagining they're the great hockey star they idolize and be that great hero of the game.

If this doesn't give the NHL owners and players the incentive to solve their problems they all should be obliged.

With their own shovel, to provide the highest level of hygienic conditions [without any air freshener] for the cattle, [preferably hogs] in the Chicago stock yards for at least one year or until they reach a resolution to their perceived problems -- all at minimum wage [Canadian]. it's "the puck or the shovel."

Boo on them all!

Regards,
Joe Schwarz, Princeton

Heart Food

by Dave Machin

When Jesus bore away the sins He also bore away our sicknesses and diseases. The cross pronounced a complete cure for the ills of mankind. The church of Jesus Christ has been made just as free from sickness as it has been made free from sin. A Christian man may continue to sin after he has been born again but he does not have to. Sin no longer has dominion over him unless he allows it. A Christian may continue to be sick after he has been born again but he does not have to be. He has been redeemed from sickness the same way he has been redeemed from sin. The price has been paid for his healing. Sickness no longer has any dominion over him unless he allows it. Most believers have only known a part of the redemption. There faith will operate to the degree of their knowledge of God's word. Most of us would have begun to live in divine health long ago, if we had realized that healing and health belong to us. As we accept the truth that just as surely as Jesus bore our sin, he also bore our sickness and disease, our days of sickness will be over when the light of the word of God shines this truth into our hearts. The enemies grip in our lives in the area of physical suffering is broken when we realize that healing has already been purchased by the sacrifice of Jesus on the cross (Surely he has born our griefs and carried our sorrows, yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities, the chastisement of our peace was upon him and by His stripes we are healed. Isaiah 53:4-5) All of Isaiah 53 is about the substitution of Jesus for mankind. It says "surely he has born our griefs" - Youngs analytical concordance says (choly) translated griefs means sicknesses, weaknesses and pains. Surely he has born your sickness, weakness and pain. Jesus bore sin and sickness in order for us to go free. This was so clearly depicted in the movie, The Passion of the Christ. It could not be God's will for you to be sick with the sicknesses that Jesus already suffered for you. For 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

Similkameen News Leader

YOUR INDEPENDENT SOURCE FOR VALLEY NEWS & INFORMATION



Brenda Engel
OFFICE ADMINISTRATOR
brenda@thenewsleader.ca

George Elliott
PUBLISHER
george@thenewsleader.ca

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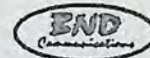
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- Should have construction experience and construction knowledge.

All resumes to be directed to:
 Town of Princeton
 169 Bridge Street, P O Box 670
 Princeton, BC, V0X 1W0

Closing date is March 2, 2005 by 4:30 PM.



Renee Clevin is Princeton Secondary's Student of the Month. This is the second time this school year that Clevin has had the honour (last time was in September). She was recognized for her efforts in organizing a school fundraiser for tsunami relief. "She's the first to step up to the plate and gives her all in anything she does." Clevin was also involved in the Ambassador program.



Some of the concerned citizens who welcomed BC Education Minister Tom Christensen to Princeton last week. They posed for a group photo just moments before the Minister arrived for a no-host lunch where he met Princeton Town Council, School Board Trustees and other District members.

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* MLS statistics 1990-2004



Giant-FM hosted a Customer Appreciation Night last Wednesday aboard the S. S. Sicamous. Out of town visitors to the event travelled from as far as Princeton to attend. Above, from left, Keremeos Mayor Walter Despot talks politics with the News Leader's George Elliott. Photo: Brenda Engel.

BEA hosts another symposium

Princeton Area Business Enhancement Association will host another Calendar of Events Symposium.

The first one, held last October, brought together various non-profit organizations to plan their upcoming events.

The second symposium will do much the same with a focus on Spring and Summer activities.

Non-Profit organizations will be contacted with details in the mail

and will be encouraged to send representation to the symposium.

The symposium allows local non-profit groups an opportunity to communicate and share ideas with each other.

It will also bring about dialogue between groups that may have events planned on the same dates that could be potential conflicts.

The BEA has already produced a Calendar of Events with the information gathered from the October

session and will likely do the same following this upcoming session.

Non-profit groups are also encouraged to attend so they can network with other groups and pool resources for marketing and organizational purposes.

The event will take place from 7:00 to 9:00 PM on Tuesday, March 15th at the Princeton Skills Centre.

For more information call (250) 295-4149.

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Comedian Leland Klassen kept everyone laughing as part of the Comedy Night/Cheesecake Auction held February 14th at Living Water Foursquare Church.

Letter To The Editor

Stakeholder discusses Princeton's Community Airport

Dear Editor;

Re: "quit your wining"

I would like to take this opportunity to thank Will Patrick for keeping the airport agenda in the forefront of the readers mind in the Town of Princeton. Prior to these articles there were many people that live in the Princeton area that didn't know that there is an airport nearby and that the town owns it. So thank you again for keeping the subject alive.

As to your lack of credible information on the subject I would like to suggest to you to come to town council meetings. They are held the first and third Monday of every month. This might give you some insight as to what is really happening about the airport so you won't have to "shoot from the lip" on a subject you know nothing about.

A small community having an airport is a great asset, and one that many small towns throughout British Columbia wish that they could afford. Keeping the airport runway free of snow in the winter time is telling the aviation community and businesses that are affiliat-

.....continued from Page 22 unheard.

I am committed to this for reasons that I do not fully understand myself, out of my heart and soul compel me to help make BC the best place to live on this planet.

Yours truly, Steve Marshall
 Box 1132, Princeton, BC
 VOX 1W0 (250)295-4151

ed with airports that the Town of Princeton is open for business. Plans are being discussed even now on ways to turn the airport into a viable business. On a project like this it takes support from the people

of Princeton, and except for one ill-informed resident, the support is there.

Mr. Patrick, hope to see you at the next town council meeting.
 - D "Chip" Woodruff

Letter To The Editor

RCMP subject to recall?

To The Editor;

As you are all aware Companies and Manufacturers recall faulty products from the market place. This is to correct a fault or to replace the item. In the Automobile industry it is generally to tighten or replace a bolt that has been left loose or a computer problem.

If we use this same analogy in respect to the RCMP, they are putting a product on the market that should also be subject to a recall if the product is faulty.

In the Princeton detachment we have a high ranking officer who has told me personally that he only enforces the laws he feels like. (An obvious computer malfunction between the brain and the mouth)

He has also suggested that I should take a petition to have a bylaw put in place, that is already a law he does not feel like enforcing (An obvious software problem between the ears)

He complains bitterly to anyone who will listen that he can not fly like an eagle when he is saddled with a bunch of rookies. (An obvious hard drive problem suffered by

spending to much time in the evidence room testing the evidence to decide if this is the right grass to grow on the detachment lawn).

He does have two outstanding achievements or as rumor has it (1) He has enticed the owner of a fast food restaurant in Princeton to install PC simulators in his establishment, this is so he knows where these rookies are at all times. This saves not having to keep the Search and Rescue on standby all the time. It also allows tipsy preachers to get home safely unimpeded.

(2) He has enlisted a group of citizens of Princeton who he thought had too much time on their hands, to do the work he does not feel like doing, or he does not trust rookies to do. I think they call them selves POPS or MOMS or some such acronym.

I do suggest the RCMP recall this faulty product immediately to rectify the faults and give him a complete tune-up.

But as I have been told, You do not make a diagnosis, You are not a mechanic just tow the damn car.
 - A. Kent Westerman, Tulameen

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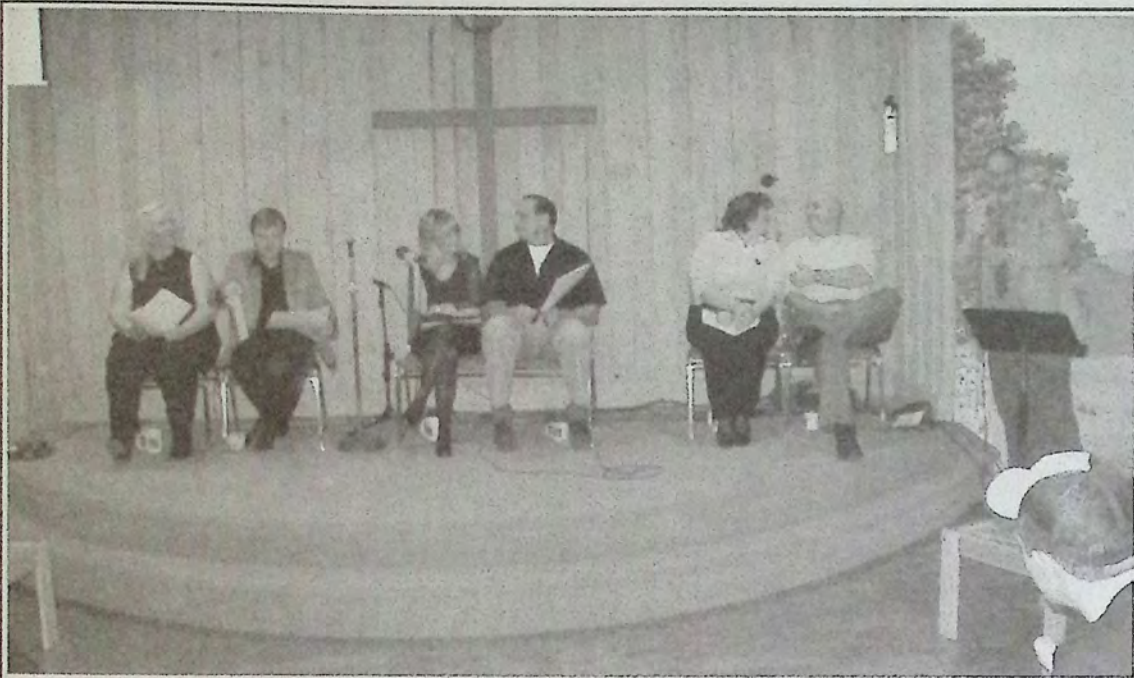
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Non-Perishable Food Items

RE/MAX country asks you to help the Princeton Crisis Assistance Society by dropping off non-perishable food items at our office at 240 Bridge Street or at Overwaitea

RE/MAX PUTTING HEART INTO OUR COMMUNITY



Comedy Night at Living Water Foursquare Church last Monday night started with the 'Oldie-Wed Game.' From left, Peggy and Pastor Mike Stoltz, Trudy and Rick Flegel and Shelly and Kurt Loziński answer questions from MC George Elliott, far right.

Letter To The Editor

Toews points finger at education cuts

Dear Editor;

For the last four years, our provincial government has made many cuts. Social services have been the big losers. Government attitude is simply that we'll get services when we can afford them. I find that this attitude also pervades a large segment of our community.

- The previous government built schools; the 'Liberals' closed them down.

- The previous government reduced class sizes so that teachers could teach more effectively; the Liberals increased class sizes, thereby turning classrooms into baby-sitting services.

- Slow learning students used to get special attention from teacher's aides, leaving the teachers to work with the advanced students; the Liberals discharged the teacher's aides, leaving the slow learners to drag down the rest of the class.

- Extra-curricular activities, such as sports, used to have funding so that all kids with athletic ability had a level playing field; that is no longer the case, the "Liberals" have seen to it that only those kids whose parents can afford it get this special treatment.

- The previous government reduced advanced education fees to the lowest in Canada, making BC universities the most sought after, and also the highest ranked in

Canada; the "Liberals" have increased tuition to the highest in Canada, a *sure-fire formula for the race to the bottom!*

This is only a partial list of the destruction that public education in BC has endured over the last four

Dryland nursery opens in April

The new Grasslands Nursery will be at the Penticton Seedy Saturday, March 5th, 9:30am to 2:30pm. The event will take place at the Penticton Seniors Drop In Centre, 2965 South Main Street. The nursery will also offer a Free Workshop at 1pm, by Eva Durance, which will cover Water-Wise and Wildlife Friendly Gardening.

Dryland nursery caters specifically to South Okanagan residents increasing desire to conserve water and to re-connect with the valleys marvelous dry natural landscape. It is opening in Trout Creek, this April at 3615 Gartrell Rd.

Conventional gardening tends to be high-maintenance, with water-hungry lawns and plants from climates much damper than this increasingly arid valley.

Xeriscape (water-wise) gardening is the conservation of water through creative landscaping. The use of a wide range of drought-tolerant native and ornamental plants is one important aspect of this approach.

years. The small minds in our government apparently can't see that if we're going to be number one in the world, we have to start with the best possible education for all of our students.

Sincerely, HP Toews

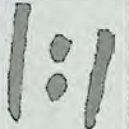
To better meet the needs of individual gardeners, businesses, and municipalities wishing to adopt dryland landscapes, Grasslands Nursery will offer a full immersion experience in waterwise gardening:

- drought-tolerant native and ornamental perennials, vines, shrubs, trees, and grasses
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- on-site demonstration plots (in development)
- on-site propagation and/or grown in conditions similar to the Okanagan's.

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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.



What Happens To Your RRIF After Death? Part 1

When you pass away, your RRIFs (other than those with "spousal annuitant" designations) are automatically deregistered, which can leave your estate with a substantial tax liability. However, in some situations, leaving your RRIF assets to the right individual can defer this tax liability.

Here are some specifics on what happens to your RRIF on death: You are deemed to have received, immediately prior to death, the fair market value of your plan assets. This amount will be included in income on your terminal return. If you leave the plan assets to a qualified beneficiary, your executor and that beneficiary can elect to have him/her receive these assets as a "refund of premiums."

In this case, you'll receive a deduction for the amount included on your terminal tax return under the first step. The result is that you'll pay no tax on your RRIF assets. The qualified beneficiary receiving the refund of premiums will now be taxable on the refund of premiums received unless proper steps are taken by him or her to avoid the tax. If the eligible person transfers the plan assets received as a refund of premiums to their own RRSP or RRIF, they'll be entitled to a deduction for the amount transferred. The result is that the tax is deferred until the qualified beneficiary makes withdrawals from his or her own RRSP or RRIF.

In order to avoid paying tax on RRIF assets on death, you must leave your plan assets to a qualified beneficiary.

See "Your RRIF After Death - Part 2" for a definition of qualified beneficiary as well as further information.

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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.

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CURVES SUPPORTS COMMUNITIES NATIONWIDE WITH 7th ANNUAL FOOD DRIVE



Curves, 30 Minute Fitness and Weight Loss Centre, in Princeton will be joining the Curves International inc. "Curves Food Drive" to benefit local food banks.

Last year, the Curves food drive collected over 4,000 tons of food for local communities.

Anyone joining Curves the week of March 7th may bring a bag of groceries and have the normal service fee waived. Anyone may drop off non-perishable food items at Curves Monday through Friday during business hours during the month of March.

"The Curves Food Drive promotion allows us, the franchisees, to help more women reach their fitness goals, while giving back to the community simultaneously," says Henriette Ittenman, the owner of the Princeton club.

With over 8,000 locations worldwide, Curves is the world's largest fitness franchise and the fastest growing franchise in history. Currently, Curves helps over four million women realize their fitness and weight loss goals every day.

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