

# Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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News Leader**  
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## LSIB prepares for elections

Lower Similkameen Indian Band will go to the polls on November 21 to elect a Chief and two Councillors to serve for four years.

Nominations took place Saturday afternoon at the Elks Hall in Keremeos. Running for Chief are: Incumbent Chief Barbara Allison, Darrell Brewer, Joe Dennis and Peter Waardenburg.

Running for Council are: Incumbent Councillor Lauren Terbasket, Les Louis, Tammy Allison, and Peter Waardenburg.

Nominees have until 4:00 PM October 31, to withdraw.

On Saturday, November 5, there will be a candidate's forum for Chief position. The forum will be held in Cawston Hall at 1:00 p.m.

The candidate's forum for Council seats will be held at the Elks Hall in Keremeos on Saturday, November 12, at 1:00 PM.

An advance poll will be held at the LSIB office on November 19.

Those elected will be sworn in on November 22 at 11:00 AM at the LSIB office.

# Fall Fair rating climbs



Bob Hart takes a well-deserved break after two busy days at Princeton Landfill Site. Free dumping days were October 22 nd and 23rd which sent a lot of business in Hart's direction. Photo: Donna Howard.

## Grade moves up from C+ to B

At the October 25 regular meeting of Princeton & District Agricultural Fall Fair, President Jody Woodford read the BC Fairs judge's report. The judge visited the fair on September 10 to do the evaluation. The fair has received a higher rating than previous years, moving up from C+ to B. Members were pleased their hard work was showing in the annual ratings.

Election time applies to the Fall Fair in November. Members decided to hold the annual general meeting at Town Hall on November 29, at 7:00 PM. A nominating committee was struck and will contact all members to form a slate of candidates for the annual elections.

Memberships are due at the meeting. All Fall Fair meetings are open to the public. Memberships are \$5.00 per year, with family memberships at \$15.00 per year. Secondary school students may become individual members without paying a membership fee.

Other business included approving a demolition derby for next year. Members agreed to hire a person qualified to do the safety inspection of vehicles prior to competition.

## Fall Fair plans Halloween

Fall Fair members met October 25 to plan upcoming events. The Halloween Spook House was at the top of the list. A good crew would begin the Fall Fair work early in the morning, and the grill would be hot by 5:00 PM in readiness for the visiting hobgoblins, witches and other Halloween enthusiasts. The Fall Fair will serve hamburgers and fries to youngsters free of charge, while the Lions will give hot chocolate and other goodies.

A clean-up crew was organized for the following day to put the concession building "to bed" for the winter.

## ArtsNow begins performing artist assessment

Do you want to be part of a community performing arts group?

The ArtsNow committee, under the umbrella of Princeton Community Arts Council, has an opportunity to apply for funding for a local group under the Spirit of BC Legacy Now initiative.

Arts Council President Dawn Johnson, who chairs the ArtsNow committee, told the News Leader the committee plans a public meeting on November 24 to find out how many local people would like to participate in a performing arts group.

"People think of theatre as actors but there is a lot more to it than acting," Johnson said. "We will need people who can run sound systems, design and build sets, provide music, manage stage lighting, do sound effects, take care of promotion, manage the budget, make costumes, and be directors of stage productions."

The meeting on November 24, to be held at the Skills Centre, will be to assess the pool of talent available in the community.

"We will be looking for people who want to act, who know about sound and lighting systems, musicians,

dancers, comedians, directors, artists interested in set design, stage managers and anybody who is in any way interested in performing arts," Johnson said. "You do not have to be expert or experienced in stage performances. Our project is to train people so the community will have a legacy of people capable of training others."

The goal of the project is to launch a performing arts company that will be sustainable well into the future. If enough people are interested, the committee will go ahead with finding funding partners for the project.

"There is no point in going after grants if the community is not interested," Johnson commented. "However, the survey we did in August showed us there are a lot of people who want to be involved in performing arts productions. We will be asking these people to give us their names. To be successful in our grant applications, we need to have detailed information about how many, and exactly who, is interested in forming a community performing arts group."

If the application is successful, there will be money for workshops

run by professionals, and there will be money for materials such as sets, costumes, and other materials.

"We cannot build a theatre, but we can hire professionals to teach people what to do and how to do it," Johnson explained. "We are counting on Riverside School having a proper stage and seating for a theatre. This is an ongoing dream of the Arts Council."

If a performing arts group comes forward, the first major production under the Legacy Now grant will be linked to Princeton's 150th anniversary, which takes place in 2010.

"Local people will write and perform a production celebrating our own history and the history of the valley," Johnson stated. "This production can be used in 2010 to attract interest in our area as well as provide a foundation for our local celebrations. We will have thousands of people coming to British Columbia for the Olympics, and we can offer them something to see when the games are over."

Look for forthcoming advertising of the meeting. Johnson hints there may be a well-known performer as a special guest.

# Welcome Back!

## Similkameen News Leader

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## Vitamin C beats many viruses

(OMNS) High dose vitamin C is a remarkably safe and effective treatment for viral infections. In high doses, vitamin C neutralizes free radicals, helps kill viruses, and strengthens the body's immune system. Taking supplemental vitamin C routinely helps prevent viral infections.

The Avian Flu (or Bird Flu), so often mentioned by newspapers, magazines and other news sources, is a particularly severe form of influenza. It should probably be called Poultry Flu, since almost all of the 150 or so human infections have come from domestic poultry.

Interestingly, the symptoms of avian flu include hemorrhages under the skin, and bleeding from the nose and gums. These are also classical symptoms of clinical scurvy, which means a critical vitamin C deficiency is present.

This means that vitamin C (ascorbate) is needed to treat it. Severe cases may require 200,000 to 300,000 milligrams of vitamin C or more, given intravenously (IV) by a physician. This very high dosing may be needed since the Avian Flu appears to consume vitamin C very rapidly, similar to an acute viral hemorrhagic fever, somewhat like an Ebola infection.

What should you do if you think you have a viral infection - any viral infection - coming on and IV vitamin C is not readily available? Nobel laureate Linus Pauling said that as soon as you feel the symptoms of sniffles, a cold or the flu, take oral doses of thousands of milligrams of vitamin C.

For best results, take vitamin C in evenly divided doses during the waking hours.

Continue taking vitamin C on this schedule until, Pauling says, you have loose stool (just short of diarrhea). After having loosened stool, reduce the vitamin C dosage reduce by about 25 per cent.

If you have another loose stool, reduce the vitamin C again, but if the symptoms of the viral infection begin to return, increase the dosage. You will quickly learn how much vitamin C to take; even children can learn to do this. Continue until you are completely well. Vitamin C greatly shortens the severity and duration of viral illnesses.

Vitamin C expert Robert Cathcart, M.D., specifies very high therapeutic doses of vitamin C.

For a severe cold: 60,000 to 100,000 milligrams/day. For most influenza (flu), 100,000 to 150,000 mg/day. For Avian (Bird) Flu, 150,000 to 300,000 mg/day.

Remember:

Vitamin C replaces antiviral drugs



Kira Miller was a cute little devil at Wednesday night's Halloween Party hosted by Princeton's Girl Guides.

at saturation (bowel tolerance or loose stool) levels.

The reason very high doses of a vitamin can cure illnesses is because a disease-induced deficiency of that vitamin can be a cause of the illness.

As for the safety of this approach: There is not even one death per year from vitamins. Pharmaceutical drugs, properly prescribed and taken as directed, kill over 100,000 Americans annually. Hospital errors kill still more. Unlike drugs, with vitamins, the range of safe dosages is extraordinarily large.

What is Orthomolecular Medicine?

Linus Pauling defined orthomole-

cular medicine as the treatment of disease by the provision of the optimum molecular environment, especially the optimum concentrations of substances normally present in the human body. Orthomolecular medicine uses safe, effective nutritional therapy to fight illness.

For more information visit this website: <http://www.orthomolecular.org>

Take the Orthomolecular Quiz at <http://www.orthomolecular.org/quiz/index.shtml>

The peer-reviewed Orthomolecular Medicine News Service is a non-profit and non-commercial informational resource.

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



# Princeton teachers say **Thank you**

A heartfelt thank you to all the parents, students, members of CUPE, members of other unions, and community members for your tremendous support during this difficult time.

We are pleased to return to our classrooms and once again teach our students, your children.

**KIDS MATTER. TEACHERS CARE.**

BC's teachers  [bctf.ca](http://bctf.ca)

A message from the Princeton District Teachers' Union

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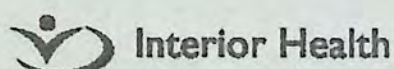
- ◆ Children with chronic health conditions and their household contacts
- ◆ Healthy children 6 months to 23 months
- ◆ Household contacts and caregivers of infants 0 to 23 months

Health Units in the area will be holding Family Flu Clinics in November and December.

**Please call your local Health Unit to book your appointment time.**

The phone number is in the blue pages of your local telephone directory. You can also get more information at

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



## keremeos and area news



Phyllis Mackenzie, who recently moved to Keremeos from Princeton, sews to raise money for Christmas hampers. She was waiting for somebody to announce a craft sale opportunity in Keremeos. As none were announced, she decided to contact fellow crafters, and organized a craft sale at the Legion Hall in Keremeos last Wednesday. There was an amazing display of excellent crafts and baking. Shoppers looking for Christmas gifts and decorations had a great selection to choose from at very reasonable prices.

## RDOS announces awards

Members of Regional District Okanagan-Similkameen Solid Waste Committee have announced they will be presenting Environmental Clean-Up Awards on Wednesday, November 10th.

These awards are intended to publicly recognize individuals and groups that have taken the initiative and time to clean up illegal dumpsites or litter in the Regional District. If you know of an individual or group that fits this description, contact the Regional District at (250) 490-4121 to submit their name for an award. The deadline for submissions is Friday, November 5th.

We all share the responsibility to dispose of our wastes legally and

with respect for our neighbours and the environment. Unfortunately, some of us don't. From throwing out a hamburger wrapper on the highway to dumping large amounts of waste in the bush, illegal dumping is wrong and should be stopped. To report an illegal dumpsite, please call the Illegal Dumping Hotline at 1-866-566-3867.

Illegal dumpsites pose health, safety, environmental and economic threats, such as injury to people and animals, contamination of water systems, damage to plant and wildlife habitats, increased risk of fire, decline in property values and loss in economic benefits attained through tourism. Call 1-877-610-3737 ext. 4129 for more information.

## Hear your Mayor candidates

Two men have tossed their hats in the ring for the office of Mayor of the Village of Keremeos.

Walter Despot, the incumbent, and Kevin Andrews, the challenger, will speak to the public on

November 10 at Victory Hall, from 6:30 to 9:00 p.m.

This candidates forum will give local residents an opportunity to hear what the candidates plan, and to ask questions of the candidates.



The craft sale last Wednesday in Keremeos was a very popular event.



The Silent Auction at Taste of Our Valley on October 22nd in Victory Hall earned Similkameen Country around \$840.00. The entire event raised \$3,000.00. Similkameen Country volunteers Lea Bradshaw and Lisa Fraser collected Silent Auction money at the event with President Ron Murdock, left, supervising.

## Hedley tours double numbers

Hedley's "Vertical Adventure" drew nearly 5,000 paying customers during the 2005 tourist season. As the season draws to a close, there were approximately 4,835 individuals on the books as members of the Hedley Mascot Mine tours.

Although Snaza'ist Centre is open, there are tours only on weekends for pre-booked tours of 16-22 people. These will end when the snow comes.

Tour receptionist Bernie Allison told the News Leader, "It's been a great summer, a really successful year."

Upper Similkameen Indian Band, owners of the old mine, saw the Snaza'ist Centre completed in June and the expansion of the mine site, which now features a 220 metre tunnel with sound and light effects depicting the old mine during its early working years.

Allison says the major tourist

attraction has been good for food and accommodation businesses in the Hedley area. The bed and breakfast businesses and RV sites were busy all summer. Snaza'ist Centre referred travellers to local businesses during the entire season. "It's a good spin-off for the town," Allison says.

A para-gliding weekend last month added to Hedley's attraction to visitors. Who knows what will come to Hedley next year?



Two of the happy bidders at Similkameen Country's Taste of Our Valley were Maria MacKenzie and her daughter Samantha Frasch. Both are serious Vancouver Canucks fans and really wanted this edge lit light donated by Signz.ca and ended up with the top bid on the item.

Similkameen News Leader thanks Bryan Smith for his continued support of our weekly publication.

Please visit his website at [www.keremeos.net](http://www.keremeos.net)

## A Strong Voice For A Strong Community



**PAM JONES**

**X**

**FOR TOWN COUNCIL**

## Town of Princeton

### NOTICE OF ELECTION BY VOTING

**PUBLIC NOTICE IS HEREBY** given to the electors of the Town of Princeton that an election by voting is necessary to elect four Councillors for a three-year term commencing December 2005 and terminating December 2008, and that the persons nominated as candidates and for whom votes will be received are:

**Councillor - Four (4) to be elected**

Surname	Usual Names	Jurisdiction of Residence
ALEXANDRE	Darrel	169 Moody Street, Princeton, BC
BABIAK	John G	143 Taptown Avenue, Princeton, BC
COYNE	Spencer	547 Old Hedley Road, Princeton, BC
ESSELINK	Lorne	364 Hillside Avenue, Princeton, BC
JARVIS	Ray	#48-263 Highway 3, Princeton, BC
JONES	Pam	103 Edgewood Drive, Princeton, BC
MANION	Jim	396 Rainbow Lake Road, Princeton, BC
SADEGUR	Maria	307 Panorama Cr., Princeton, BC
SULENTICH	Danny	503 Auburn Cr., Princeton, BC

GENERAL VOTING DAY will be open to qualified electors of the Town of Princeton on Saturday, November 19, 2005 between the hours of 8:00 AM and 8:00 PM at the following location:

Royal Canadian Legion Hall 170 Bridge Street, Princeton, BC

**Elector Registration**

If you are not on the list of electors, you may register at the time of voting by completing the required application form available at the voting place. To register you must meet the following qualifications:

- 18 years of age or older
- Canadian citizen
- resident of BC for at least 6 months immediately preceding voting day
- resident of OR registered owner of real property in the Town of Princeton for at least 30 days immediately preceding voting day, and
- not otherwise disqualified by law from voting

Resident electors will also be required to produce 2 pieces of identification (at least one with a signature). Picture identification is not necessary. The identification must prove both residency and identity.

Non-resident property electors must produce a non-resident property elector certificate and 2 pieces of identification (at least one with a signature) to prove identity.

Non-resident property elector certificates can be obtained from the Chief Election Officer or Deputy Chief Election Officer at the Town of Princeton office during regular office hours prior to 4:30 PM on Friday, November 18, 2005. On advance and general voting days, certificates can be obtained from the Chief Election Officer at the voting place during voting hours.

**Advance Voting Opportunities**

Advance voting will be open at the Town of Princeton Council Chambers, 169 Bridge St., Princeton, BC on Wednesday, November 9, 2005 between the hours of 8:00 AM and 8:00 PM. The only persons permitted to vote at an Advance Voting Opportunity are those who, being duly qualified electors, sign a statement that:

- the elector expects to be absent from the Town of Princeton on general voting day,
- the elector, for reasons of conscience, will be unable to vote on general voting day,
- the elector will be unable to attend a voting place on general voting day for reasons beyond their control,
- the elector has a physical disability or is a person whose mobility is impaired,
- the elector is a candidate or candidate representative, or
- the elector is an election official.

Chief Election Officer



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## Capsule Comments



by your Pharmasave Pharmacist Wen Wong

Wouldn't it be nice to have a tiny electrical device implanted that would provide impulses to the duodenum (the part of the small intestine into which the stomach empties) and slow it down. This will slow food passage through the area and reduce appetite. We're not sure when it will become a reality but it is interesting!

Health Canada does post-marketing information gathering on medications in an adverse drug reaction (ADR) program. Pharmacists and doctors routinely will inform this program of ADRs reported to them but soon, you the consumer, can report adverse reactions directly to Health Canada. It's a great idea! We'll let you know when this consumer reporting system is available.

It looks like cholesterol levels are higher in winter than in summer. Why? We do less physical activity and the temperatures are colder in winter. Our blood volume reduces in winter and the concentration of cholesterol increases. This reverses in summer. Solution: keep physically active all year round.

How do you know if a person is having a stroke or not? Ask three questions: 1. Ask the person to smile. 2. Ask him to raise both arms. 3. Ask him to speak a simple sentence. If there is a problem with any of these tasks, call 911.

Education is one of our jobs as your pharmacist. Let our knowledge help increase your knowledge. Our pharmacists will be happy to fill your next prescription.

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## news leader health page

# More on Hepatitis C Virus

by Dr. Michael B. Wald

### Quality of life and life expectancy

The very fact that someone is diagnosed and labeled with a degenerative disease, such as HCV, is enough in itself to create incredible psychological stress as well as various physical stressors or symptoms.

The negative impact of metabolic stress upon ones body including the nervous, digestive and immune system is unquestionable.

Other potentially associated symptoms of HCV including depression seriously impact quality of life. Joint pains, loss of libido and chronic fatigue for example, may accompany HCV and literally rob the infected individual of their quality of life.

Signs and symptoms that may accompany HCV infection uniquely influence quality and potentially length of life. The increased risk of various serious conditions such as hepatocellular carcinoma obviously decreases ones mortality and quality of life.

Overall it is safe to say that life expectancy and enjoyment of life are often reduced in those with HCV. A proactive attitude is necessary if one wishes to successfully improve their chances for a normal, if not extraordinary, life. Conquering what I call the fear-factor will improve the confidence of those infected with HCV.

Improved confidence regarding ones ability to overcome symptoms they experience from HCV infec-

tion, along with a developed or renewed sense of hope is essential if one wishes to live a joyful life. HCV infection can serve as a wake-up call and not a death sentence. The techniques, approaches and suggestions outlined throughout this book can enable those with HCV to create health even with chronic HCV infection present.

Reading this and other books regarding standard and natural approaches for managing health with this condition will establish a level of pro-activeness and self-determination that can only improve the chances of building health and not being overcome by the virus and its potential effects. I hope that the information contained in this book will serve as a starting point for those wishing to thrive, and not just survive with HCV.

### Protecting yourself and others: reducing the risk of transmission

The individual infected with HCV has a responsibility to reduce the potential of transmitting his or her disease to others.

It is also possible for those previously infected to become infected with other HCV genotypes (mutated forms), compounding disease complications. This is similar to the difficulties in treating those infected with both HCV and the HIV virus.

To avoid contracting Hepatitis C, or to avoid passing it along to others, follow these precautions:

HCV is known to be transmitted primarily blood-to-blood contact

with infected individuals, thus avoiding direct or indirect contact with blood product from such individuals is imperative.

HCV is hyperendemic among injection drug users (IDUs). Avoiding direct and indirect contact with contaminated syringes and drug preparation equipment shared with other IDUs is essential.

The incidence of HCV among non-injection drug users who report no identifiable HCV risk exposures strongly suggesting other routes, perhaps oral or intranasal, among these individuals.

More research is needed to either refute or confirm the intranasal and oral routes of infection.

- Do not share toothbrushes, razors, nail and cuticle scissors or other personal hygiene items

- Cover open cuts and sores

- Men should wear latex condoms when having intercourse

- Dental dams seem a reasonable precaution for reducing HCV transmission during oral sex

- Make sure dental offices, nail salons, barbershops, body piercing and tattoo parlors heat sterilize or autoclave instruments. (Keep in mind that some tattoo parlors may heat sterilize instruments, but may use contaminated ink over and over again.)

- If you have HCV, do not donate blood, organs, tissues or semen

It is important that the HCV infected individual realize the potential for all body fluids to transmit the virus.

If you have HCV, inform medical and dental providers so that they can take appropriate universal precautions to protect themselves and their staff.

## IH announces free flu clinics

Interior Health has announced the dates of Free Flu Clinics in the South Okanagan/Similkameen.

Clinics are planned in Princeton for Tuesday, November 8th from 9:00 AM to 3:30 PM at the Seniors Drop-In Centre and again on Tuesday, November 22nd from 9:00 AM to 12 Noon and from 1:00 to 3:00 PM at the Princeton Health Centre.

Clinics in Keremeos are set for Wednesday, November 9th from 9:00 AM to 3:00 PM and Tuesday, November 22nd from 9:00 AM to 12 Noon. The clinics will be at Keremeos Seniors Centre on both occasions.

The clinics are free to those 65 years and older; children and adults with chronic health conditions and their household contacts; health care workers, emergency responders; pregnant women in their third trimester and nursing home and chronic care facility residents.

## living past 100

### Now is the time for sunshine

As the cold, dark days of winter close in on you, you may begin to feel depressed and weary. This happens to about half of the Canadian population, except for those who habitually work outdoors.

Yes, the weather is cold, but it is important for you to go out into the natural light as much as possible, even if it is only to shovel snow or put up those Christmas lights. You will feel better, because most of the reason Canadians feel the effects of winter is due to lack of sunshine.

You should keep a bottle of sunshine in your fridge all winter. Of course, this is Vitamin D, the sunshine vitamin. In sunny weather, our bodies manufacture Vitamin D from the sunshine. In winter, we have to turn to cod liver oil or halibut liver oil.

Vitamin D is essential for good health. This vitamin builds bones. Your body cannot absorb calcium into the bones without adequate Vitamin D. Most milk is fortified with Vitamin D, but you must drink four big glasses of milk daily to reap the benefits. Most adults cannot handle that much milk, so must turn to Vitamin D in the form of cod or halibut liver oil. The recommended daily allowance for Vitamin D is 400 IU. If you take calcium supplements, be sure you are taking fortified calcium during the winter months. If not, take cod or halibut liver oil.

### Protect children

Milk is the most important food your children can have at any time of year, but it will not do them much good if they do not drink enough, or if they drink milk not fortified with Vitamin D.

Children who do not get enough Vitamin D will have weak bones, bones that bow the legs. This disorder, called rickets, has not disappeared entirely from the northern hemisphere, and the usual reason for rickets is lack of Vitamin D. We send our children to school in the dark, and when they come home, they stay indoors and watch television. Extended daylight saving time may give them more time to spend outdoors in the winter, but they need to have outdoor play time every day, even in cold weather. Make sure they go outdoors, and make sure they drink plenty of milk. Your children deserve a long, healthy life.



Hallowe'en parties took place all over Princeton during the weekend. Cheryl Langlois, left, and Tracey Quevillon were prepared for Saturday night's party at Copper Mountain Bar & Grill.

## Protect yourself and those around you

Fever, aches and fatigue. For most, getting the flu is unpleasant, but for others it can be life threatening.

Stay healthy this winter, roll up your sleeve, and get your annual flu shot. Flu (influenza) clinics start this month across Interior Health, providing free flu shots for those 65 and older and those at risk.

"The best way to protect yourself and those around you is to get your annual flu shot," recommends Dr. Paul Hasselback, Senior Medical Health Officer for Interior Health.

"It could be the person we meet in the grocery store or a family member we visit in a residential care home. Either way, a flu shot can help prevent you from getting sick with the flu and from spreading it to others. Hand washing also helps reduce the spread of germs and keeps you healthy."

Interior Health offers free flu clinics for those at risk of serious

illness or complications from the effects of influenza. Flu shots are safe, effective and free for:

- people 65 and older
- children and adults with chronic health conditions and their household contacts
- health care workers
- emergency responders
- healthy children aged 6 to 23 months
- household contacts and caregivers of infants aged 0 - 23 months
- pregnant women in their third trimester
- residents of nursing homes and other chronic care facilities

To find out times and dates for free flu clinics in your community, watch for local announcements, contact your local Public Health office (check the blue pages in your phone book under Health Authorities), or visit our website at [www.interiorhealth.ca](http://www.interiorhealth.ca) for a com-

plete listing. Many physician offices also provide free vaccine to these groups of individuals.

While Public Health offers free shots to those at risk, anyone can benefit from a flu shot. They can be purchased through pharmacies, walk-in clinics or some family physicians.

A flu shot is one of the best steps you can take to stay healthy this winter. It is 70 to 90 per cent effective in preventing influenza in healthy children and adults. Influenza is a highly contagious infection spread by respiratory droplets. Influenza disease may lead to more severe and life-threatening illnesses, such as pneumonia, especially for older and younger age groups and people

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### Regional District of Okanagan-Similkameen PUBLIC NOTICE

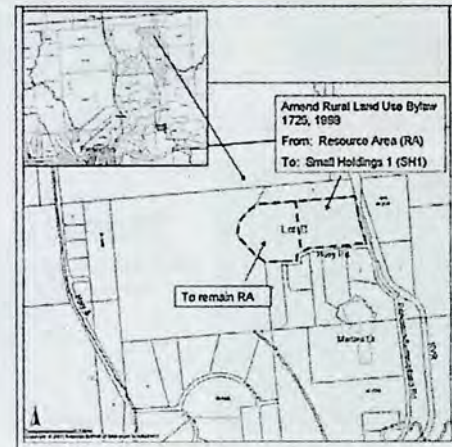
Pursuant to the provisions of Section 892 of the Local Government Act, the Regional District of Okanagan-Similkameen will conduct a Public Hearing on the following Bylaw commencing at 6:30 PM on Wednesday, November 16, 2005 at the Princeton Town Hall Council Chambers, 169 Bridge Street, Princeton, B. C.

#### AMENDMENT BYLAW NO. 1725.06, 2005

That the Official Rural Land Use Bylaw Map, being Schedule 'B', Index Map of the Electoral Area 'H' Rural Land Use Bylaw No. 1725 be amended by changing the designation of a portion of the property described as Lot B, Plan B3532, District Lot 2136, Portion (DD113682F), except Plan 22216, KDYD (located 1 km north of the Town of Princeton boundary, adjacent to Highway 5A at 422 Huey Road) from RA (Resource Area) to SH1 (Small Holdings One).

The applicant wish to rezone a portion of the property in order to allow a subdivision of four 2.02 ha lots, leaving one remaining 9.82 ha lot as Resource Area. The subject property is within the Agricultural Land Reserve.

Permitted uses within the proposed SH1 (Small Holdings One) designation include agriculture; forestry; stables, commercial or private kennels, and animal hospitals; single family dwellings, or mobile homes, or travel trailers; home occupation; home industry; auxiliary dwellings or secondary suite; care centre; public parks; fruit and vegetable stand; processing and sale of farm products; and buildings and structures auxiliary to the aforementioned uses.



Copies 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 November 1, 2005 to November 15, 2005, both inclusive, in the office of the Regional District of Okanagan-Similkameen, 101 Martin Street, Penticton, 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 November 15, 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 the Regional District of Okanagan-Similkameen.

Susanne Theurer, MCIP  
Acting Director of Planning & Building Inspection

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**Annual General Meeting**  
**PRINCETON GENERAL HOSPITAL**  
 AND  
**RIDGEWOOD LODGE FOUNDATION**  
 7:00 PM Wednesday, November 9<sup>th</sup>  
 PGH Board Room - Public Welcome  
 Providing equipment and supporting staff education for PGH, PWL and Princeton Health Centre. 100% of your donations remain in Princeton

**13<sup>th</sup> Annual**  
**Country Christmas**  
**Craft Fair**  
 Sunday, December 4<sup>th</sup>  
 9:00 am - 3:00 pm  
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Live entertainment filled Cowboy Coffee last Saturday night. Mickey MacMillan, right, performed a variety of old folk and country favourites with help from Mike Stoltz on bass.

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.....continued from Page 7 with chronic illnesses.

"That's why it is especially important to not visit residential care homes if you are not feeling well, to reduce the risk of passing it on to those at risk," adds Dr. Hasselback.

Influenza starts with muscle ache, headache, fever and fatigue. It can often develop into a dry cough. Colds on the other hand, start with a runny nose and don't often develop a fever.

If you suspect you have the flu, stay home, drink plenty of fluids, get lots of rest, and consult your family physician if your symptoms don't improve especially if you have other health concerns.

On average, every year in Canada, about 5 million Canadians (1 in 6) are infected with the influenza virus, 50,000 are hospitalized, and sadly, 4,500 will pass away. As for

our economy, influenza accounts for about 1.5 million work days lost at a cost of \$1-billion to the Canadian economy.

For information about free flu clinics for those at risk, contact your local Public Health office, or visit our website at [www.interiorhealth.ca](http://www.interiorhealth.ca). You can also check out

the BC HealthGuide Online at [www.bchealthguide.org](http://www.bchealthguide.org) or call the BC NurseLine toll free at 1-866-215-4700 and speak to a registered nurse 24-hours or a pharmacist from 5:00 PM to 9:00 AM every day - with translation services available in over 130 languages upon request.

## Miracles coming soon

Living Water Foursquare Church will be hosting "Modern Day Miracles with Greg Kurjuta" the weekend of November 18th to 20th.

Pastor Mike Stoltz invites everyone to experience the Power of God at this free event which will feature prayer for the sick at every service.

The Modern Day Miracles program schedule is as follows:

Friday, November 18th at 7:00 PM, Saturday, November 19th at 10:00 AM and 7:00 PM, and Sunday, November 20th at 10:00 AM and 7:00 PM.

The Modern Day Miracles with Greg Kurjuta program will include music, testimonies, miracles, signs and wonders.

You do not have to be a Church member to attend these meetings and if you have loved ones who are sick, you are encouraged to bring them along.

For more information, or to register for free visit this website: [www.livingwater4sqchurch.com](http://www.livingwater4sqchurch.com).

As only rush seating is available, it is suggested that participants arrive early for best seating.

Pastor Mike Stoltz also invites phone calls at Living Water Foursquare Church at (250) 295-7733.

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\* MLS statistics 1990-2004





BC Ambulance Station 330 - Princeton received a brand new 2005 Ford Ambulance last Thursday morning. The unit, which was built in May 2005, has only 500 kilometres on it and replaced a 1997 model. This is believed to be the first time the local crew has had a brand new ambulance instead of a 'hand-me-down' used unit. The new ambulance went into service immediately.

## Fall Fair honours volunteers

Princeton & District Agricultural Fall Fair Association hosted an appreciation dinner on October 23 for volunteers and sponsors. It was an "awesome" buffet, with more than enough for twice the number who attended.

Drew Nordquist provided music, and the cooks of the Fair

Association presented the roast beef, turkey, vegetables and an array of salads.

After dinner, President Jody Woodford presented certificates of appreciation to volunteers and sponsors who were present, thanking them for their support of the 2005 fair. John Bey presented a certificate

to the president for her outstanding work for the fair.

After presentations and clean-up, the younger members of the organization stayed on to enjoy the music and socializing.

Certificates for sponsors and volunteers who were not present are being distributed by Fall Fair members.

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

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Regular \$ 53.80  
Senior \$ 48.80



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# Town of Princeton

NOTICE

## WINTER SNOW REMOVAL & PARKING REGULATIONS

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

### PARKING REGULATIONS

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

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

and

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

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

### OBSTRUCTING, LITTERING, SNOW AND ICE

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

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



The splash park in Rotary Park continued to take shape last week.

# Vermilion Court report

A relatively quiet week here at the Court.  
No bus trips and no garden par-

ties. But we were busy, very busy preparing for our Tea and Bazaar. So the scissors were busy, and the glue gun had much to do. Corks were used for one project and candy canes saw new uses.

Of course, Bingo was played with all winning at least one game. We look forward to a good response to our efforts.  
- submitted by D. Stenvold

# Crib Tourney results

Twenty-eight teams enjoyed a day of crib in the Legion Lounge on Sunday, October 16th at the 6th annual Jean Smith Memorial Doubles Crib Tournament.

After ten games of play all participants enjoyed a great lunch made and donated by Sharon Paterson and Jean Borud.

Thanks also going to the great sandwich makers Millie Cook, Janice Winters and Jean Borud.

While Millie served up lunch Cecile Anderson and Kim Herzig tallied all the morning scores. Kim thanks Cecile for her help.

The outcome after 19 games was as follows:

- 1st Place: Dave Dapointe and Al Ince, 2222 - \$400.00
- 2nd: Laura Haw and Bernice Cromarty, 2218 - \$200.00
- 3rd: Ron White and Kim Herzig, 2202 - \$150.00
- 4th: John Tanaka and George Judd, 2189 - \$100.00
- 5th: Linda Gerun and Gerhard Krehmer, 2183 - \$50.00

Low game total for the day deserves free entry into the next

crib tournament. That score came from Roy Larson and Robert Clark - a 2041.

Judy Walls won the 19 pot of \$66.25.

All side pots are paid \$20.00 each: 18 hand Smudge Rubis, 22 hand Ena Weller, 28 hand Tony Cherry, Crib Flush Ena Weller and 4 of a kind dealt Ron White.

Raffles were run again this tournament by Len Heppner and Liz Smith all the way from Okanagan Falls. Thanks again for all their help sitting all day selling tickets. Thanks to Judy Walls for donating two prizes of coasters for the raffle and to Bernadette Kelleher for donating two beautiful baskets, one for the men and one for the ladies.

The patio set was raffled off on Sunday with the winner being Jean Gloch.

Thanks to everyone for all their help. The next tournament will be on Sunday, December 4th for the Betty Preston Doubles Memorial.

Hope to see you there!  
- submitted by Kim and Ron

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# Hey Kids! Meet Your Meter... And Win Great Princeton Posse Prizes!



How much energy does your house use? Peter Plug and Professor Meter can help teach you! Ask Mom or Dad to help read your meter. GREAT PRIZES: Two Princeton Posse Prize Packs to be awarded, which will include great Princeton Posse Souvenirs! TO ENTER: Fill out any of Peter Plug's activities (appearing soon in the News Leader) or draw your own picture of Peter Plug and Professor Meter. Draw to be made December 16<sup>th</sup>. BRING YOUR ENTRY TO: Princeton Light & Power Office on Bridge Street or mail to P. O. Box 700, Princeton, B. C., V0X 1W0 GOOD LUCK!!!



# weekly entertainment guide

TUESDAY, NOVEMBER 1, 2005 THROUGH MONDAY, NOVEMBER 7, 2005



Princeton Figure Skating Club hosted a Hallowe'en Party last Wednesday afternoon at Princeton Arena. The collection of ghosts, goblins, witches and others gathered for a group photo.

## Bantams split weekend games

It was another busy weekend for K&M Trucking Bantams playing two games on the weekend.

The first game saw them up against a Penticton team. This game was very exciting to watch with both teams having numerous scoring chances. Neither team could dominate but Princeton took the lead with two goals half way through the first until Penticton scored one of their own.

In the second Justin Disher who has never played hockey at all scored his first two goals to give

Princeton a 3-goal lead going into the third period. Penticton did not quit the game and came out flying scoring two goals to get within one but Princeton scored two more as well as Penticton to end the game Princeton 8 Penticton 7.

On Sunday Princeton played host to Westside #3. This team proved to be a lot tougher, with one of their players scoring most of the goals.

The team tried hard but Westside's goalie kept Princeton off the scoreboard and unfortunately Princeton lost this game. Points for the week-

end went to Bryce Markin 4 goals 3 assists, Colton Williams 2 goals 4 assists, and Justin Disher 2 goals.

A very special thanks to those Peewees that came up to help out the Bantams. Also a special get well to Taylor Esselink who was injured during Sunday's game. Get well soon.

## Flyers season underway

The Atom Flyers have had a busy schedule so far this season. Here is a short summary of games played to date:

**Game #1** - October 2nd - Princeton hosted Summerland Team #1 losing 11-5.

Rhett Ortwein had a pair of goals along with singles to Jackie Chau, Eric Hardin and Drayden Larsen.

**Game #2** - October 8th - Princeton lost to Penticton Team #1 with a score of 3-0.

It was an exciting game with the score tied 0-0 going into the 3rd period. However, Penticton managed to net one early in the third period as Princeton battled on.

**Game #3** - October 9th - Princeton had another close game vs Penticton Team #2 losing 7-4.

Drayden Larsen netted a pair of goals along with singles from Justin Gill and Rhett Ortwein.

**Game #4** - October 15th - Princeton hosted Penticton Team #3 losing 7-4.

Rhett Ortwein was on fire netting all 4 goals for Princeton. It was an exciting game but Penticton managed to net two quick goals in the last few minutes of the 3rd period taking away Princeton's hopes of victory.

**Game #5** - October 16th - Princeton hosted Westside Team #1 losing 11-3.

Jackie Chau and Justin Gill each had singles along with Shania Bertucci netting her first ever career goal (Way to go Shania!)

**Game #6** - October 22nd - Princeton battled with Summerland Team #2 resulting in their 1st win of the season with a commanding win 10-3.

Jacinda Esselink lead a with a pair of goals, singles from Bradley Palumbo, Jackie Chau, and Justin Gill. Jackie and Justin each had a pair of assists. Once again Rhett Ortwein showed his skating and puck handling skills with 5 goals and 2 assists.

## Princeton Posse KIJHL Hockey

2005-2006 Season Schedule

- NOV 4 - 7:30 PM - Revelstoke
- NOV 3 - 7:30 PM - @ Nelson
- NOV 11 - 7:30 PM - Sicamous
- NOV 12 - 7:30 PM - Osoyoos
- NOV 13 - 2:00 PM - @ Summerland
- NOV 18 - 7:30 PM - @ Summerland
- NOV 19 - 7:30 PM - Osoyoos
- NOV 20 - 2:00 PM - Revelstoke
- NOV 25 - 7:30 PM - Summerland
- NOV 26 - 7:30 PM - @ Revelstoke
- NOV 27 - 2:00 PM - Sicamous
- DEC 2 - 7:30 PM - @ Sicamous
- DEC 3 - 7:30 PM - Columbia Valley
- DEC 9 - 7:30 PM - Revelstoke
- DEC 10 - 7:30 PM - Golden
- DEC 16 - 7:30 PM - @ Osoyoos
- DEC 18 - 2:00 PM - @ Summerland
- DEC 21 - 7:30 PM - Sicamous
- JAN 4 - 7:30 PM - Summerland
- JAN 6 - 7:30 PM - Sicamous
- JAN 7 - 7:30 PM - Kimberley
- JAN 13 - 7:30 PM - @ Summerland
- JAN 14 - 7:30 PM - @ Beaver Valley
- JAN 20 - 7:30 PM - Osoyoos
- JAN 21 - ALL-STAR GAME
- JAN 27 - 7:30 PM - @ Revelstoke
- JAN 29 - 2:00 PM - @ Osoyoos
- FEB 3 - 7:30 PM - Revelstoke
- FEB 4 - 7:30 PM - @ Osoyoos
- FEB 10 - 7:30 PM - Summerland
- FEB 11 - 7:30 PM - Sicamous
- FEB 15 - 7:30 PM - Summerland
- FEB 17 - 7:30 PM - Revelstoke
- FEB 18 - 7:30 PM - @ Osoyoos
- FEB 24 - 7:30 PM - @ Sicamous
- FEB 25 - 7:30 PM - Sicamous

**CLASSIFIED ADS FOR ONLY A DOLLAR A MONTH?**  
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**Princeton Help Line Society ANNUAL GENERAL MEETING**  
12:00 Noon  
Monday, November 14<sup>th</sup>  
Belaire Restaurant

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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



Games were a big part of the Princeton Figure Skating Club's Hallowe'en Party Wednesday.

## Atoms play active schedule of games

Princeton Atoms will play a number of games in the next three months.

November will see the team host South Okanagan #1 on Saturday, November 5th (11:50 AM - 1:05 PM) and South Okanagan #2 on Sunday, November 6th (11:50 AM - 1:05 PM).

The only road game for the month is November 12th when the Atoms take on South Okanagan #1 in Osoyoos Arena (9:15 AM - 10:30 AM).

The month ends with another home game against Westside #3 on Sunday, November 13th (11:50 AM - 1:05 PM).

The highlight of the month is the Princeton Atom Hockey Tournament November 26th and 27th at Princeton Arena.

The team has four games scheduled in December.

The first is a road game against Penticton #3 in Memorial Arena Sunday, December 4th (9:00 AM - 10:15 AM).

The Atoms will then host a weekend of matches on Saturday, December 10th against Westside #2 (11:15 AM - 12:30 PM) and Penticton #2 on Sunday, December 11th (11:50 AM - 1:05 PM).

The final game of the month is Sunday, December 18th, a road game against South Okanagan #2 in Oliver Arena (11:15 AM - 12:30 PM).

January begins with a road game on the second in McLaren Arena against Penticton #1 (10:15 AM - 11:30 AM).

The following weekend the

Atoms host Westside #3 on Saturday, January 7th (9:00 AM - 10:15 AM).

The month ends with two road games. On Saturday, January 21st the team plays Westside #1 in CNC Arena, Kelowna (5:00 - 6:45 PM) and on Saturday, January 28th will take on Summerland #2 in Summerland Arena (11:00 AM - 12:30 PM).

Team coaches for this year are Dave Palumbo and Kevin Kelbert.

Weather?  
Updated Hourly...  
Road Reports?  
Updated Daily...  
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Princeton Figure Skating Club's Hallowe'en Party was as much fun for skaters as it was for parents.

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## tuesday movies

### MORNING

7:00 am WTBS (3) ★★½ "Air America" (1990, Adventure) Mel Gibson. During the Vietnam War, a co-pilot has a sobering effect on his partner, a CIA-sanctioned drug smuggler. (R)

10:00 am CITY (29) ★½ "Jaws the Revenge" (1987, Adventure) Lorraine Gary. While staying in Bermuda, Ellen Brody becomes convinced that the shark that killed her son is now after her. (R)

11:30 am A&E (9) ★★ "Murder In the First" (1995, Drama) Christian Slater. An attorney decides to expose the inhuman conditions within Alcatraz after he is assigned to defend an abused prisoner. (R)

### EVENING

8:10 pm WTBS (3) ★★½ "Life" (1999, Comedy) Eddie Murphy. Two wrongly convicted felons maintain an adversarial relationship for more than 50 years in a Mississippi prison. (R) (DVS)

9:00 pm FAM (26) ★★ "Marvin's Room" (1996, Drama) Meryl Streep. Illness spurs a reunion between a strong-willed beautician and the self-

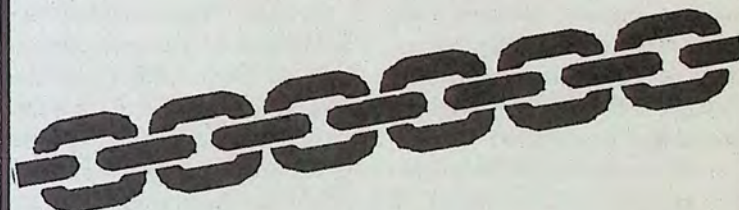
less sister who sacrificed all for their father.  
10:06 pm CITY (29) ★½ "The Pact" (1999, Suspense) Rider Strong. A teenager in the Witness Protection Program unknowingly befriends the young hit man who has been sent to kill him.

10:10 pm WTBS (3) ★★½ "Air America" (1990, Adventure) Mel Gibson. During the Vietnam War, a co-pilot has a sobering effect on his partner, a CIA-sanctioned drug smuggler. (R)

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## wednesday movies

### MORNING

7:00 am WTBS (3) ★★½ "Life" (1999, Comedy) Eddie Murphy. Two wrongly convicted felons maintain an adversarial relationship for more than 50 years in a Mississippi prison. (R) (DVS)

10:00 am CITY (29) ★★ "Mother of the Bride" (1993, Drama) Rue McClanahan. A woman's preparations for her daughter's wedding are complicated by the arrival of her ex-husband.

### EVENING

6:00 pm CITY (29) ★★ "2 Fast 2 Furious" (2003, Action) Paul Walker. A former policeman and his friend work with a U.S. customs agent to indict a money launderer in Miami. (R)

8:10 pm WTBS (3) ★★½ "Pleasantville" (1998, Comedy) Tobey Maguire. A shy suburban teen and his sister are transported into the black-and-white world of a 1950s TV sitcom. (R)

9:00 pm FAM (26) ★★½ "Radio Flyer" (1992, Drama) Elijah Wood.

The power of imagination propels this tale of two adolescents planning a fanciful escape from their abusive stepfather.

10:06 pm CITY (29) ★★ "2 Fast 2 Furious" (2003, Action) Paul Walker. A former policeman and his friend work with a U.S. customs agent to indict a money launderer in Miami. (R)

10:40 pm WTBS (3) ★★½ "Pleasantville" (1998, Comedy) Tobey Maguire. A shy suburban teen and his sister are transported into the black-and-white world of a 1950s TV sitcom. (R)

Weather?  
Updated Hourly...  
Road Reports?  
Updated Daily...  
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TUESDAY, NOVEMBER 1, 2005

Table with 20 columns (WTBS to WGN) and 12 rows of programming for Tuesday, November 1, 2005. Columns represent different TV channels, and rows represent time slots from 6 AM to 11 PM.

WEDNESDAY, NOVEMBER 2, 2005

Table with 20 columns (WTBS to WGN) and 12 rows of programming for Wednesday, November 2, 2005. Columns represent different TV channels, and rows represent time slots from 6 AM to 11 PM.

## 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 Sunday of month 1:00 p.m. Legion Hall
- \* Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- \* Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- \* Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- \* 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.
- \* Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- \* Princeton Area BEA meets the 3rd Thursday of the month. 7:00 PM, Skills Centre.

Similkameen News Leader  
Community Calendar

## NOVEMBER

- 4 - Princeton Posse Game vs. Revelstoke, 7:30 PM
- 10 - Princeton Schools - Pro-D Day
- 11 - Princeton Posse Game vs. Sicamous, 7:30 PM
- 11 - Remembrance Day
- 12 - Princeton Posse Game vs. Osoyoos, 7:30 PM
- 19 - Princeton Posse Game vs. Osoyoos, 7:30 PM
- 20 - Princeton Posse Game vs. Revelstoke, 2:00 PM
- 25 - Princeton Posse Game vs. Summerland, 7:30 PM
- 26, 27 - Atoms Hockey Tournament, Arena
- 27 - Princeton Posse Game vs. Sicamous, 2:00 PM

## DECEMBER

- 2, 3, 4 - Midget Hockey Tournament, Arena
- 3 - Christmas Arts & Crafts Fair, Keremeos
- 3 - Princeton Posse Game vs. Columbia Valley, 7:30 PM
- 7 - School Board Meeting, 7 PM, Princeton Office
- 9 - Princeton Posse Game vs. Revelstoke, 7:30 PM
- 10 - Princeton Posse Game vs. Golden, 7:30 PM
- 16 - Last day of School before Winter Vacation
- 21 - Princeton Posse Game vs. Sicamous, 7:30 PM
- 25 - Christmas

## JANUARY

- 1 - New Years Day
- 3 - Schools re-open after Winter Break
- 4 - Princeton Posse Game vs. Summerland, 7:30 PM
- 6 - Princeton Posse Game vs. Sicamous, 7:30 PM
- 8 - Tykes Fun Day, Arena
- 13, 14, 15 - Bantam Hockey Tournament, Arena
- 21 - KIJHL All-Star Game, Princeton Arena

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

## thursday movies

## MORNING

- 7:00 am WTBS (3) ★½ "The Waterboy" (1998, Comedy) Adam Sandler. A football coach harnesses a simpleton's powerful anger to help lead his downtrodden team to victory. (E)
- 10:00 am CITY (29) ★★ "The 'Burbs" (1989, Comedy) Tom Hanks. A suburbanite's plans for a peaceful vacation at home are ruined when a strange, new family moves into the neighborhood. (E)

## AFTERNOON

- 5:00 pm WGN (38) ★★ "Grave Secrets: The Legacy of Hilltop Drive" (1992, Horror) Patty Duke. New homeowner happiness turns to fear when a series of strange events points to the supernatural. (In Stereo) (E)
- 5:30 pm CITY (29) ★★ "Lethal Weapon 4" (1998, Action) Mel Gibson. Detectives Riggs and Murtaugh take on a crime gang that is smuggling Chinese families into the United States. (E)

## EVENING

- 7:00 pm WTBS (3) ★★½ "Wayne's World 2" (1993, Comedy) Mike

Myers. The late Jim Morrison tells "Saturday Night Live's" Wayne Campbell to organize a huge rock concert. (E)

8:00 pm KXLY (10) ★★½ "Pirates of the Caribbean: The Curse of the Black Pearl" (2003, Adventure) Johnny Depp. Premiere. A swash-buckler must rescue a governor's daughter from a pirate and his mates, who turn into skeletons by moonlight. (In Stereo) (E)

9:00 pm FAM (26) ★★½ "Overboard" (1987, Comedy) Goldie Hawn. An Oregon carpenter takes advantage of an amnesiac millionaire by convincing her that she is really his wife. (E)

9:10 pm WTBS (3) ★½ "The Waterboy" (1998, Comedy) Adam Sandler. A football coach harnesses a simpleton's powerful anger to help lead his downtrodden team to victory. (E)

10:06 pm CITY (29) ★★ "Lethal Weapon 4" (1998, Action) Mel Gibson. Detectives Riggs and Murtaugh take on a crime gang that is smuggling Chinese families into the United States. (E)

11:10 pm WTBS (3) ★★½ "Little Nicky" (2000, Comedy) Adam Sandler. The devil's kindhearted son is sent to retrieve his two evil brothers before they raise hell on Earth. (E)

## friday movies

## MORNING

- 7:00 am WTBS (3) ★★½ "Wayne's World 2" (1993, Comedy) Mike Myers. The late Jim Morrison tells "Saturday Night Live's" Wayne Campbell to organize a huge rock concert. (E)
- 10:00 am CITY (29) ★★½ "Coneheads" (1993, Comedy) Dan Aykroyd. The stranded aliens from "Saturday Night Live" set up house in suburbia and evade immigration agents. (E)

## AFTERNOON

- 5:00 pm WTBS (3) ★★½ "The Matrix Reloaded" (2003, Science Fiction) (PA) Keanu Reeves. Premiere. Freedom fighters use extraordinary skills and weaponry to revolt against machines. (E)
- WGN (38) ★★½ "Air Bud: Seventh Inning Fetch" (2002, Adventure) Kevin Zegers. The sports-loving golden retriever goes to bat for the Anaheim Angels while sniffing out kidnappers. (In Stereo) (E)

## EVENING

- 6:00 pm CITY (29) ★★ "Home Fries" (1998, Comedy) Drew Barrymore. A pregnant fast-food worker falls in love with the stepson of her baby's father. (E)
- 7:30 pm FAM (26) ★½ "One Small Hero" (1999, Adventure) Nathan

Kiley. A diminutive but determined boy secretly follows along after failing to qualify for a wilderness camping trip. (N)

7:50 pm WTBS (3) ★★½ "The Matrix Reloaded" (2003, Science Fiction) (PA) Keanu Reeves. Freedom fighters use extraordinary skills and weaponry to revolt against machines. (E)

8:00 pm KNOW (5) ★★½ "Mrs. Brown" (1997, Historical Drama) Judi Dench. The friendship of a loyal servant, Scotsman John Brown, revives the spirits of Britain's widowed Queen Victoria. (E)

9:00 pm FAM (26) "This Time Around" (2003, Romance-Comedy) Brian A. Green. Premiere. A publicist devises a plan to get back at the guy who once humiliated her when they were children. (E)

10:06 pm CITY (29) "Voyeur 4: Taboo Desires" (2002, Adult) Gabriella Hall. Premiere. Two lovers get a chance to act upon their sexual fantasies in one tale in a collection of erotic stories. (E)

10:30 pm FAM (26) ★★½ "Bugsy" (1991, Drama) Warren Beatty. The Oscar-winning account of Benjamin "Bugsy" Siegel, the gangster who built a gambling oasis in the Las Vegas desert. (E)

## Horoscopes

November 2 - 9, 2005

**Aries** - Your focus shifts to more intellectual and spiritual pursuits. You may want to do a lot of reading, or seek a course of education. Career runs smoothly, and you may gain from insurance, banks.

**Taurus** - Your energy may have been low, but this week you will find new energy levels and a sense of wellness. Your partner brings you benefits now, and is your source of fun. Cut back on meat, sweets, spices.

**Gemini** - Good health rules, and you feel like you can conquer the world. Put this energy to good use on your job, and improve relationships in groups. Plans can be achieved this year, starting now.

**Cancer** - If you have been looking for love and romance, now is the time you may find it. In any case, if you already have a lover, it will only get better. Creative energy flows - put it into artistic efforts.

**Leo** - Career continues hectic, but you can make it successful by putting real determined effort into making it work. Organize, plan, execute. Home life continues happy. Watch diet, drive carefully.

**Virgo** - You may find yourself forced into a learning mode this month, but it should go well. Arrange a romantic weekend and watch the results for next five weeks. You feel creative now. Good news comes.

**Libra** - Make your home a happy place this weekend. Invite family, friends, to share joy. News from sibling may change in near future - take it with a grain of salt. Focus on money, assets, gains.

**Scorpio** - A short trip this weekend will bring pleasure. You are in a generous mood now, and full of goodwill. You feel you can do anything. Back off - don't bite off more than you can chew. Times change!

**Sagittarius** - Money situation eases for next five weeks. Concentrate this month on finding correct information or you will have to backtrack and do things twice. Get health checked.

**Capricorn** - This is a good weekend to take time to improve your appearance. Need a new haircut, wardrobe? You feel like being a big spender - watch out! Make plans for coming year to ensure success.

**Aquarius** - Your mind is more at peace now. Home life is busy, full of problems. Check for fire safety. Career reaches promising peak. Check up on old folks. Information from groups may be unreliable.

**Pisces** - Career smooths out now and brings benefits. Double check information from schools, church. It may be revised soon. Prepare for winter around home. Check vehicle for needed repairs. Avoid gossip.

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Similkameen News Leader  
Recipe Corner (Recipe #88)

## Grilled Apple 'n' Honey Turkey

- 4 slices of boneless turkey breast fillets or steaks
- 1/2 cup apple juice
- 2 tbsp. liquid honey
- 1 tbsp. olive oil
- 1 tbsp. chopped, fresh mint
- 1 tsp. lemon juice
- 1/4 tsp. cinnamon

Mix all ingredients except turkey in a shallow dish. Stir thoroughly to blend honey with juice and seasonings. Add turkey pieces, turning to coat both sides. Cover and marinate in refrigerator for 4 hours (or overnight), turning occasionally. Remove turkey from marinade, pour liquid into small saucepan and set aside. Barbecue turkey on oiled grill over medium-high heat for 5-7 minutes on each side, just until meat is no longer pink in centre. Add 2 tbsp. water to marinade. Heat to a boil, boiling for at least 5 minutes. Serve as a sauce with turkey. Makes 4 servings.

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

If you have a favourite recipe you would like to share,  
contact us for details!

226A Bridge Street, Princeton

THURSDAY, NOVEMBER 3, 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 12 rows (6 AM to 11 PM) listing TV programs and their corresponding channels.

FRIDAY, NOVEMBER 4, 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 12 rows (6 AM to 11 PM) listing TV programs and their corresponding channels.

### saturday movies

#### MORNING

7:00 am WTBS (3) ★★ ★ "The Thomas Crown Affair" (1999, Adventure) Pierce Brosnan. An insurance investigator finds herself falling in love with the suave tycoon she suspects masterminded an art theft. (DVS) (E)

9:00 am WTBS (3) ★★ "Entrapment" (1999, Suspense) (PA) Sean Connery. A veteran thief is wary of his nubile young partner as they plan a Y2K heist that will yield them billions of dollars. (E)

11:00 am WGN (38) ★★ "The Last Warrior" (2000, Science Fiction) Dolph Lundgren. An Air Force captain leads a band of survivors struggling to survive in the wake of an apocalyptic earthquake. (In Stereo) (E)

11:05 am WTBS (3) ★★ ★ "Back to the Future" (1985, Fantasy) Michael J. Fox. A modern-day teenager is transported back to the 1950s, where he encounters the teens who will become his parents. (E)

#### AFTERNOON

12:00 pm FAM (26) "Mrs. Ashboro's Cat" (2003, Mystery) Michael Ontkean. A spectral feline causes mischief after a man and his teenage daughter move into an old house. (E)

1:00 pm CITY (29) ★★ "Home Fries" (1998, Comedy) Drew Barrymore. A pregnant fast-food worker falls in love with the stepson of her baby's father. (E)

1:30 pm FAM (26) ★ "Clifford" (1994, Comedy) Martin Short. An evil-minded 10-year-old exacts revenge when his uncle refuses to take him to an amusement park. (E)

1:50 pm WTBS (3) ★★ "Lara Croft: Tomb Raider" (2001, Adventure) (PA) Angelina Jolie. The virtual heroine seeks an ancient artifact that can control time in this adaptation of the popular computer game. (E)

4:00 pm WTBS (3) ★★ ★ "The Matrix Reloaded" (2003, Science Fiction) (PA) Keanu Reeves. Freedom fighters use extraordinary skills and weaponry to revolt against machines. (E)

YTV (18) ★★ ★ "The Wild

Thornberrys Movie" (2002, Adventure) Voices of Lacey Chabert. Animated. Eliza Thornberry returns to Africa to save a cheetah cub and elephants from poachers. Based on the TV series. (In Stereo) (E)

KTLA (27) ★★ "Vegas Vacation" (1997, Comedy) Chevy Chase. Gambling, goodfellas and Wayne Newton await the Griswolds during an ill-fated family excursion in Las Vegas. (In Stereo) (E)

5:00 pm WGN (38) ★★ ★ "Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. A stuffy executive reluctantly shares travel accommodations with a perky salesman in a cross-country comedy of errors. (In Stereo) (E)

#### EVENING

6:00 pm CITY (29) ★ "The List" (2000, Suspense) Madchen Amick. Premiere. A judge's life is threatened when he gains possession of a high-priced hooker's book of powerful clients. (E)

8:00 pm KSPS (6) ★★ ★ "The Bridges at Toko-Ri" (1954, Drama) William Holden. An Oscar for best special effects went to this account of the rigors endured by American servicemen in the Korean War. (E)

KXLY (10) ★★ ★ "Catch Me if You Can" (2002, Comedy-Drama)

Leonardo DiCaprio. Premiere. An FBI agent pursues Frank Abagnale Jr., a con man who assumes various identities and commits forgery. (In Stereo) (E)

9:00 pm YTV (18) ★★ ★ "The Nutty Professor" (1996, Comedy) Eddie Murphy. An obese scientist drops the pounds and his poor self-image when a secret formula turns him into a slender ladies man. (In Stereo) (E)

FAM (26) ★★ "The Program" (1993, Drama) James Caan. A college football coach forfeits all but winning to get his troubled team to the big game. (N)

CITY (29) ★★ ★ "The Devil's Advocate" (1997, Horror) Keanu Reeves. A young attorney unknowingly hops on the fast track to hell when he accepts a position at a law firm run by Satan. (E)

9:30 pm WGN (38) ★★ ★ "The Godfather" (1972, Drama) Marlon Brando. Francis Ford Coppola's Oscar-winning adaptation of the Mario Puzo novel about the Corleone crime family. (In Stereo) (E)

10:32 pm FAM (26) ★★ ★ "Baby Boom" (1987, Comedy) Diane Keaton. A high-powered executive's lifestyle is severely cramped when she takes on the care of a distantly related baby girl. (E)

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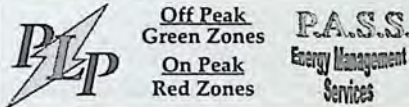
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### LEGEND TO THE TV LISTINGS Normal Months September - June "Power By The Hour" Rates

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



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Schedule for TOU \* NORMAL MONTHS  
September - October - November - December  
January - February - March - April - May - June

Time-of-use  
For Information 295-3244

Power by the Hour Rates	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Big Savings Zone 10:00 AM - 5:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
High Cost Zone 10:00 AM - 5:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
Big Savings Zone 10:00 AM - 5:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
High Cost Zone 10:00 AM - 5:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

### sunday movies

#### MORNING

7:30 am WTBS (3) ★★ ★ "Back to the Future" (1985, Fantasy) Michael J. Fox. A modern-day teenager is transported back to the 1950s, where he encounters the teens who will become his parents. (E)

10:00 am WTBS (3) ★★ ★ "Back to the Future Part II" (1989, Fantasy) (PA) Michael J. Fox. A teenager and a wacky inventor travel both forward and backward in time to alter a disastrous series of events. (E)

A&E (9) ★★ ★ "Frantic" (1988, Suspense) Harrison Ford. A doctor finds his trip to a Paris medical conference turned upside down when his wife disappears upon their arrival. (E)

WGN (38) ★★ "Race to Space" (2002, Drama) James Woods. In 1960, a scientist's lonely son helps a primate expert train chimpanzees as test pilots for NASA rockets. (In Stereo) (E)

11:00 am CITY (29) ★★ ★ "The Neverending Story" (1984, Fantasy) Noah Hathaway. An imaginative boy is transported to a magical kingdom in danger of destruction. (E)

#### (E)

#### AFTERNOON

12:00 pm WGN (38) ★★ ★ "Air Bud: Seventh Inning Fetch" (2002, Adventure) Kevin Zegers. The sports-loving golden retriever goes to bat for the Anaheim Angels while sniffing out kidnappers. (In Stereo) (E)

12:15 pm WTBS (3) ★★ "Lara Croft: Tomb Raider" (2001, Adventure) (PA) Angelina Jolie. The virtual heroine seeks an ancient artifact that can control time in this adaptation of the popular computer game. (E)

1:00 pm KTLA (27) ★★ ★ "Air Bud: Seventh Inning Fetch" (2002, Adventure) Kevin Zegers. The sports-loving golden retriever goes to bat for the Anaheim Angels while sniffing out kidnappers. (E)

2:00 pm VTV (22) ★★ "Someone Like You" (2001, Comedy) Ashley Judd. A jilted woman moves in with a male friend and writes a series of articles dissecting the male animal. (In Stereo) (E)

2:15 pm WTBS (3) ★★ ★ "The Matrix" (1999, Science Fiction) (PA)

Keanu Reeves. A computer hacker discovers his world is actually a computer simulation created by an evil cyberintelligence. (E)

3:00 pm KTLA (27) ★★ "Vegas Vacation" (1997, Comedy) Chevy Chase. Gambling, goodfellas and Wayne Newton await the Griswolds during an ill-fated family excursion in Las Vegas. (E)

4:00 pm YTV (18) ★★ ★ "Dennis the Menace Strikes Again" (1998, Comedy) Don Rickles. Dennis stops pestering Mr. Wilson long enough to rescue him from a pair of con artists. (In Stereo) (E)

5:00 pm WTBS (3) ★★ ★ "The Matrix Reloaded" (2003, Science Fiction) (PA) Keanu Reeves. Freedom fighters use extraordinary skills and weaponry to revolt against machines. (E)

EVENING

6:00 pm YTV (18) ★★ ★ "Stuart Little 2" (2002, Comedy) Voice of Michael J. Fox. Stuart is duped by a duplicitous bird who claims to be on the run from a malevolent falcon. (In Stereo) (E)

CITY (29) "Category 7: The End of the World" (2005, Suspense) (Part 1 of 2) Randy Quaid. Premiere. Massive storms wreak havoc around the globe, leading a scientist and a

storm chaser to investigate the cause. (In Stereo) (E)

7:50 pm WTBS (3) ★★ ★ "The Matrix Reloaded" (2003, Science Fiction) (PA) Keanu Reeves. Freedom fighters use extraordinary skills and weaponry to revolt against machines. (E)

8:00 pm CHBC (4) "The Walter Gretzky Story: Waking Up Wally" (2005, Docudrama) Tom McCamus. The father of hockey star Wayne Gretzky struggles to regain his memory after suffering a stroke. (E)

9:00 pm KREM (8) "Category 7: The End of the World" (2005, Suspense) (Part 1 of 2) Randy Quaid. Premiere. Massive storms wreak havoc around the globe, leading a scientist and a storm chaser to investigate the cause. (In Stereo) (E)

FAM (26) ★★ "Celtic Pride" (1996, Comedy) Damon Wayans. Two rabid basketball fans aid their team's quest for the championship by kidnapping the opposition's star player. (E)

10:31 pm FAM (26) ★★ ★ "Amazing Grace and Chuck" (1987, Drama) Joshua Zuehlke. A Little League pitcher and a pro basketball player give up their sports to protest the world's nuclear arsenal. (E)

10:40 pm WTBS (3) ★★ ★ "The Matrix" (1999, Science Fiction) (PA) Keanu Reeves. A computer hacker discovers his world is actually a com-

puter simulation created by an evil cyberintelligence. (E)

11:00 pm CITY (29) ★★ "Senseless" (1998, Comedy) Marlon Wayans. A college student becomes a human guinea pig when he takes an experimental drug that heightens the senses. (E)

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MONDAY, NOVEMBER 7, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Dawson's Creek (E)	News (E) Okanagan	(Off Air)	Body Elec. Dragon	News (E)	News	24 "5:00PM - 6:00PM"	(5:00) News (E)	News (Live) (E)	(5:00) News (E)	Hamtaro	SportsCentre (E)	News (E)	Daily Planet (E)	Believers	King (E)	News Calvin, Miller.	Maury (E)	Hillbillies
7 AM	Movie: "Stop! Or My Mom Will Shoot" (1992)	Life Today	BluesClues	Clifford	Today Where in the World Is Matt Lauer. (E)	The Early Show (E)	24 "6:00PM - 7:00PM"	Good Morning America			Winx Club	SportsCentre (E)	Canada AM (E)	Loch Ness Monster	Sabrina	Kim	News (E)	CityLine (E)	Rockford Files
8 AM	Will Shoot" (1992)	100 Huntley Street (N) Poko	Hi-5	Barney			24 "7:00PM - 8:00PM"			100 Huntley Street (N)	Neutron Beasts	SportsCentre (E)		How-Made	Paid Prog.	Weekend		StarTV	Matlock
9 AM	Becker	Save-Ums! Doodlebop	(8:50) Berenstain Bears (E)	Sesame Street (E)		Discover	City Confidential (E)	Regis and Kelly	100 Huntley Street (N)	World Vision (E)	LazyTown	Off-Record	Regis and Kelly	Daily Planet (E)	Fam. Feud	Feet	Maury (E)	News (E)	Hillbillies
10 AM	Cosby	The Price Is Right (E)	Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (N) (E)	World Vision (E)	House	Rupert	Triathlon: Ironman	The View (N) (E)	How-Made	Starting Over (N) (E)	Sing-Story PB&J Otter	Jerry Springer (N) (E)	Movie: "The Neverending Story" (1984) (E)	News (E)
11 AM	Harvey	Judge J.	Caller	Mr Rogers	The Tyra Banks Show	Young and the Restless	24 "4:00PM - 5:00PM"	Paid Prog.	The Insider	News (E)	Hamtaro	PBA Bowling: TUSA Championship	eTalk Daily	Frontiers of	Montel Williams (E)	Henry's	Blind Date	Movie: "The Neverending Story" (1984) (E)	Magnum, P.I. (E)
12 PM	Drew	News (Live) (E)	Second	Charlie Rose (N) (E)	Paid Prog.	News	24 "5:00PM - 6:00PM"	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Oddparent	Firefighter Challenge	Boyd & B.	A Machine to Die For	Perry Mason	Lilo Stitch	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
1 PM	Yes, Dear	Days of our Lives (E)	Moving On Planet	Fine Art Sewing	Days of our Lives (E)	As the World Turns	24 "6:00PM - 7:00PM"	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears	Gridiron Stars	Vicki G.	Fear Fighters (E)	Matlock (E)	Hoze	Jerry Springer (E)	Relic Hunter (E)	Cosby
2 PM	Home Imp.	Da Vinci's Inquest (E)	Gaslight Home	Berenstain Dragon	Passions (E)	Gulding Light (E)	24 "7:00PM - 8:00PM"	General Hospital (E)	Passions (E)	Passions (E)	Mona	Interruption	General Hospital (E)	How-Made	Love Lucy	Dalmatian	Eye Eye	Ellen DeGeneres Show	Moesha
3 PM	Seinfeld	Starting Over (N) (E)	Timothy	Postcards	Brown	Dr. Phil	City Confidential (E)	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Off-Record	Dr. Phil	Ultimate Explosions	Montel Williams (E)	Weekend	Pokémon	News (E)	Home Imp.
4 PM	Raymond	Direct Buy	Sagwa	Cyberchas	Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire	Oprah Winfrey (E)	News (E)	Tn-Titans	Hockey	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian	Xiaolin	Sex & City	Funnest Home Videos
5 PM	Friends	News (Live) (E)	Madeline	BBC World Business	News (E)	News	Rampage Killers: Signs	News (E)	News (E)	News (E)	Oddparent	In Corner	MythBusters (E)	Malcolm King of Hill	Kim	Sabrina	Stargate SG-1	America's Funnest Home Videos (E)	
6 PM	Friends	Will-Grace	Art Attack	News-Lehrer	News (E)	News	Gottl	NFL Football: Indianapolis	News (Live) (E)	Entertain. (E)	Being Ian	WWE Monday Night Raw (Live) (E)	News (E)	Monster Garage (E)	Simpsons	Even	My Wife	NFL Football: Indianapolis	Videos (E)
7 PM	Family Guy	Fortune	Sustain	Served	Jeopardy!	Seinfeld	Airline (E)	Colts at New England Patriots. (Live) (E)	Entertain. (E)	ReGenesis (E)	Unfabulous	Comer Gas	eTalk Daily Hollywood	Canada's Worst Driver	Frasler	So Raven	Raymond	Colts at New England Patriots. (Live) (E)	WGN News at Nine
8 PM	Movie: "Rat Race" (2001)	Movie: "Shania: A Life in Eight Albums" (2005)	Cecilia and Bryn at Glyndebourne	Antiques Roadshow	Surface "Episode 7" (N)	King	Random 1 "Bruce; Kim"	Entertain. The Insider	Prison Break (N) (E)	Prison Break (N) (E)	Yvon Fresh Pr.	WWE Monday Night Raw (E)	Medium (N) (E)	Monster Garage (E)	Prison Break (N) (E)	Movie: "Married to the Mob" (1988)	Related (N) (E)	TBA	Da Vinci's Inquest (E)
9 PM	Rowan Atkinson. (E)	The National	Bryn Terfel	American Experience "Victory in the Pacific"	Medium (N) (E)	CSI: Miami (N) (E)	Gottl	Wife Swap (N) (E)	ReGenesis (E)	News (E)	My Family Bob	Medium (N) (E)	Canada's Worst Driver	Will-Grace	Brotherly	(11:04) My So-Called Life	Sex & City	Friends	Elimidate
10 PM	Movie: "Stop! Or My Mom Will Shoot" (1992)	How I Met	Canada-History	Charlie Rose (N) (E)	News (E)	News	Airline (E)	News (E)	News (Live) (E)	Entertain. (E)	Inuyasha	SportsCentre (Live) (E)	News (E)	MythBusters (E)	Sex & City	(11:04) My So-Called Life	Friends	"Midnight"	Elimidate

monday movies

MORNING

7:00 am WTBS (3) ★★½ "Stop! Or My Mom Will Shoot" (1992, Comedy) Sylvester Stallone. A visit by a detective's meddlesome mother turns into a prolonged adventure in aggravation. (E)

10:00 am CITY (29) ★★½ "The Neverending Story" (1984, Fantasy) Noah Hathaway. An imaginative boy is transported to a magical kingdom in danger of destruction. (E)

EVENING

8:00 pm WTBS (3) ★★ "Rat Race" (2001, Comedy) Rowan Atkinson. A casino owner sends assorted vacationers dashing toward New Mexico to retrieve a bag stuffed with cash. (E)

CHBC (4) "Shania: A Life in Eight Albums" (2005, Biography) Meredith Henderson. Premiere. Singer Shania Twain rises from humble beginnings as a performer in Canadian bars to become a celebrated superstar. (E)

9:00 pm FAM (26) ★★½ "Married to the Mob" (1988, Comedy) Michelle Pfeiffer. With an FBI agent and a lustful crime kingpin on her trail, a mobster's widow finds it difficult to escape her past.

10:15 pm WTBS (3) ★★½ "Stop! Or My Mom Will Shoot" (1992, Comedy) Sylvester Stallone. A visit by a detective's meddlesome mother turns into a prolonged adventure in aggravation. (E)

11:35 pm CITY (29) ★★½ "Midnight in the Garden of Good and Evil" (1997, Drama) Kevin Spacey. A society reporter investigates a scandalous murder involving a wealthy bachelor while on assignment in Savannah, Ga.

THE NEWS LEADER WORD SEARCH

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

LET'S TALK ABOUT "SCHOOL DAYS"

- |           |            |            |            |
|-----------|------------|------------|------------|
| STUDENT   | CALCULATOR | PRINCIPAL  | PLAYGROUND |
| TEACHER   | LUNCH      | DISCIPLINE | BOOKS      |
| CLASSROOM | RECESS     | LIBRARY    | DESK       |
| BACKPACK  | BUS        | DETENTION  | COMPUTER   |
| PENCIL    | TIMETABLE  | FRIENDS    | REPORT     |
| NOTEBOOK  | GYM        | CLASSMATES | HOMEWORK   |

Let's Play Princeton Trivia!

Question:

Who is the current President of Princeton Museum Society?

Last Week:

The Ashnola Townsite was surveyed 1905 by D. R. Young, who organized the Similkameen Valley Coal Company.

www.princetonmuseum.com

Brought to you courtesy of: PRINCETON MUSEUM

# ads@thenewsleader.ca

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

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(.5¢ for each additional word)



All Classified Ads *must* be paid in advance!

Payment methods accepted:

Cash, Cheque, Debit Card,  
MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS

### card of thanks

### card of thanks

### Congratulations, Ridgewood Lodge

Once again you have gone above and beyond the call of duty! Because of your enthusiasm and caring you raised \$155.00 for the British Columbia Alzheimer's Society at the September 21st Coffee Break.

Thank you to all the residents, families and volunteers for participating. Many thanks to Overwaitea Foods, Princeton Bakery and Cowboy Coffee for their support and generosity. Many thanks to Alan Barron and his wonderful performance on the accordion. You got all our toes tapping and a few feet dancing.

A donation box has been at Cowboy Coffee for anyone wishing to contribute to the Alzheimer Society.

Thank you! - Barb Gagnon, Recreation Coordinator, Ridgewood Lodge

### garage sale

107 Edgewood Drive  
Saturday, November 5th  
9:00 AM - 2:00 PM

Christmas Craft and hairdressing supplies. Roller blades, skates. Hair dryer and shampoo chair. Garden and household goods. Books and more!

Coffee on!

105 Brandlmyr  
(behind Bowling Alley)  
Saturday, November 12th  
& Sunday, November 13th  
10:00 AM - 2:00 PMish

Miscellaneous household stuff, picnic table, wardrobe, sewing set. Come and see!

Nov 01-08

### notices

Attention Rubber stampers, Scrapbookers and Crafters! Stampin' Up! has put their wonderful Idea Book and Catalogue online effective November 1st at [www.stampinup.com](http://www.stampinup.com). Click on it to see over 500 ideas for cards, scrapbook pages and packaging. See the amazing variety of rubber stamp sets, high quality papers, coordinating inks and accessories! To order, call Sandi at (250) 492-6087 or e-mail [sage-house@shaw.ca](mailto:sage-house@shaw.ca).

### Narcotics Anonymous

**OPEN MEETINGS**  
Thursdays 7:30 PM

160 Old Hedley Road  
Baptist Church Basement  
(USE BACK DOOR)

Info: (250) 295-0542

### notice

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

### for sale

### WOOD PELLET SALES & DELIVERY

Call

**Princeton Rentals**  
(250) 295-6545

1995 AstroVan. 148,000 kms. Auto., 4-speed, loaded, excellent shape, no rust. See it at #2-34 Billiter Avenue. No test pilots. \$6,900.00 OBO. Oct 18-Nov 01

1990 Volvo 740 Turbo. Auto with sunroof, one owner, low KM's, excellent condition. New Michelin tires plus 4-studded snow tires. Roof rack, bike rack and car cover. Graphite grey with black interior. \$5,950.00. Gail (250) 493-0233. Nov 01-15

4-person hot tub. 7' x 7' with cover. No motor/pump. Water treatments included. \$200.00 OBO. (250) 295-0027. Nov 01

8-wheel Argo ATV. 260 hours. \$6,000.00. (250) 295-7261. Nov 01-15

### for rent

1 large 1-bedroom apartment near downtown. Utilities + more included. \$475/month. No pets. Damage deposit and references required. Available now! (250) 295-3691. Nov 01-15

### services

### TIN MAN

METAL ROOFING  
Sales • Installations

**295-3743**  
1-888-647-3377

Jul 06-tfn

### help wanted

### COMPUTER TRAINING

INDIVIDUAL COURSES  
START 4 X DAILY

- WordPerfect
- Keyboarding
- Bookkeeping
- Office Procedures
- Intro to Computers
- Simply Accounting
- Punctuation and Writing Skills
- MICROSOFT
- Office
- Access
- Internet
- Outlook
- ACCPAC
- Data Entry
- Networking
- Quickbooks
- Windows
- Publisher
- PowerPoint

Over 160 Lessons!

### ACADEMY OF LEARNING

LOCAL CALL 310-JOBS (5627)

### to give away

**Suzie, a 3-year old loveable, gentle, spayed cat needs an adult-oriented home.**

She's litter trained and stays indoors, but is a good mouser.

**(250) 295-0507**

### for rent

Learn to speed read in 457 weeks! My "Fast Learning - Slow Working" patented method will get the job done! To find out more, just contact "Swift McBride" at 1-888-350-9969. Don't delay! Sep 28-tfn

### Cover2Cover Bookkeeping & Office Services

Fax Services  
Scanning  
Word Processing  
Resumes - Letters

(250) 295-6905  
226A Bridge Street

### BINGO

HEDLEY  
OAPO #64

Thursdays  
5:30 PM

Play Safe - Gamble Responsibly  
Lic. # 855423

### help wanted

### help wanted

### Temporary Position - Post Office

Canada Post is now accepting resumes until November 4, 2005 for a temporary position at the Princeton Post Office. Please bring in or mail resumes to Canada Post, 185 Bridge Street, Princeton, BC V0X 1W0

Oct 25-Nov 1

### services

### services

### Yard Work - Plus More!

I will do Yard Work - raking, snow shoveling, roof raking, garden clean-up, etc.  
Call Paul at (250) 295-1687 or 295-7820.

Oct 25-tfn



### Princeton Realty

224 Bridge Street, Princeton  
Phone (250) 295-6977 Fax (250) 295-3411  
[www.princetonbc.com](http://www.princetonbc.com)

Full-Service Property Management - Neil McHaffie - 295-6977  
Residential & Commercial Renting and Leasing

- 1) 2-bedroom apartment on Bridge Street. \$365/month.
- 2) 1-bedroom house on Hallford Avenue. \$390/month.

# Classified Advertising Rates



**25 words \$5.00 + GST**  
 Pay for 2 weeks and get the third week FREE!  
 (.5¢ for each additional word)



All Classified Ads must be paid in advance!

Payment methods accepted:

Cash, Cheque, Debit Card,  
 MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS



for rent

## FOR RENT

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

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

for rent

## VERY CLEAN

One Bedroom Apartments.  
 - 2-minute walk to  
 downtown Princeton.  
 - Some suites overlook  
 Tulameen River!  
 - Start at only  
 \$325/month.

Contact new resident manager  
 (250) 295-4805

Mar 08 tfn

for sale

## RENT THIS SPACE

\$5.00+ GST per Week  
 (250) 295-4149

for sale

ALL NATURAL  
 NO ANIMAL BY-PRODUCTS  
 100% ALL VEGETABLE  
 GRAINED

ORDER SOON FOR  
**BABY BEEF**  
 LATE LAMB AVAILABLE SOON  
**(250) 295-3739**

Jul 19-tfn

notices

notices

for rent

**DID YOU KNOW THAT ONE CAT AND IT'S  
 OFFSPRING CAN PRODUCE APPROXIMATELY  
 420,000 KITTENS IN 7 YEARS?**

**SHOCKED? SO WAS I BECAUSE MANY OF THESE  
 CATS AND KITTENS DON'T FIND HOMES AND  
 BECOME A NUISANCE IN OUR COMMUNITY.**

I think a start to solving this problem is to fix our cats.  
 So I'm offering to help people with a donation of \$50 for a  
 female and \$25 for a male cat...if you get your pet fixed.  
 Contact Dawn at Princeton Bakery (295-6670) before  
 your vet appointment so we can make arrangements.

**SINCE JUNE 30th WE HAVE HELPED LOCAL PET  
 OWNERS 'FIX' 3 FEMALE AND 2 MALE CATS  
 WITH 2 MORE WAITING. THANK YOU, PRINCETON  
 FOR SUPPORTING THIS IMPORTANT PROGRAM!**

## Silver Crest Housing

For Seniors 55 & Older  
 Bachelor Suites, \$225/mo  
 1-bedroom, \$300/mo

Contact: Alice Cook  
 (250) 295-6136

Or Helen Gallagher  
 (250) 295-3825

Jan 18-tfn (b)

help wanted

## DAIRY QUEEN

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

Jan 25-tfn

## ONE FREE DRAWING LESSON

Classes take place at LenDale's  
 Pine Furniture every Thursday at  
 6:00 PM beginning October 20th.  
 For more information call (250)  
 295-6708.

## CALL FOR ARTISTS

Local Art Gallery is looking for  
 artists wishing to display their  
 work. Contact Marcela at (250)  
 295-6708.

services

real estate

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

## FOR RENT

Basement Suite/Private Entrance  
 \$350/month  
 Utilities included + extras  
 Damage Deposit req'd  
 (250) 295-6329

Oct 18-tfn

real estate

## ROYAL LEPAGE

INDEPENDENTLY OWNED AND OPERATED  
 LOCATIONS WEST REALTY

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



**HEINZ EBENAU**  
 SALES REPRESENTATIVE  
 2004 Individual Residential Sales Leader

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

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

Remember:  
 Heinz Sells!

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Fax Services  
 Scanning  
 Word Processing  
 Resumes - Letters

(250) 295-6905  
 226A Bridge Street

## PRIVATE PURCHASE

Looking for Spacious  
 3-4 Bedroom +  
 Home in Princeton.

Reply to:  
 Box 1433, Princeton, BC,  
 VOX 1W0

Oct 18-Nov 01

real estate

real estate

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

There Are No Chains On Us!  
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 Princeton, BC VOX 1W0

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

notices

notices

# WHY NOT PICK UP A NEWS LEADER SUBSCRIPTION!

## SUBSCRIPTION RATES

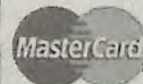
(ALL PRICES INCLUDE GST)

Princeton Local - Pick-Up, Regular \$ 26.75  
 Princeton Local - Pick-Up, Senior \$ 21.75

Similkameen Mail, Regular \$ 35.75  
 Similkameen Mail, Senior \$ 31.75  
 (Princeton, Cawston, Keremeos, Hedley, Orla, Tulameen, Coalmont)

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

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



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Cash, Cheque, Debit Card,  
 MasterCard, Visa or American Express.



**WEEKLY DEADLINE IS 12 NOON FRIDAYS**



## notices

### ALCOHOLICS ANONYMOUS

former Health Centre Building

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

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

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

## notices

### Narcotics Anonymous

**OPEN MEETINGS**  
 Thursdays 7:30 PM

160 OLD HEDLEY ROAD  
 Baptist Church Basement  
 (USE BACK DOOR)

Info: (250) 295-0542

## notices

### MONDAY NIGHT BINGO IN PRINCETON SENIOR CITIZENS BR. #30

162 Angela Avenue  
 4:30 PM Sales Start  
 5:30 PM 1st 47 Bonanza #'s  
 SPECIALS, REGULAR GAMES, ODD &  
 EVEN, PROGRESSIVE SNOWBALL &  
 LOONIE POT, "LUCKY 7" WON EVERY  
 MONDAY (MIN. \$50.00 GUARANTEED)  
 BC Gaming License #860290  
 "PLAY SMART GAMBLE RESPONSIBLY"

## BINGO

HEDLEY  
 OAPO #64

Thursdays  
 5:30 PM

Play Safe - Gamble Responsibly  
 Lic. # 855423

### SUNDAY AFTERNOON BINGO

In Hedley at the Chuchuwayha Hall

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

SEE YOU IN HEDLEY!

### KEREMEOS ELK'S & ROYAL PURPLE

Every Friday  
 Doors Open 5:30 PM  
 Elks Hall Keremeos

### SMOKE FREE BINGO

[www.thenewsleader.ca](http://www.thenewsleader.ca)  
 There Are No Chains On Us!  
 Independently Owned - Independently Operated

## Princeton & District Minor Hockey Association

We are currently looking at the option of having a Juvenile team.  
 We currently do not have enough registered for a Midget team.

If you are of age 20 or younger at December 31, 2005, and are interested in playing on a Juvenile team, please contact Jim Coyne at (250) 295-7026.

# Magic Beans!

NOT TO BE CONFUSED WITH MAGIC BEANIES

Order Yours Today! \$345.98 + GST for 12  
**(250) 293-6500**

### Cover2Cover Bookkeeping & Office Services

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(250) 295-6905  
 226A Bridge Street

### Puppies & Kittens Available For You To Adopt

6-8 weeks old

### South Okanagan Similkameen SPCA

(250) 493-0136  
 Mar 01-tfn

### Town of Princeton NOTICE

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

## notices

# Similkameen News Leader

REMINDS YOU TO  
**"VOTE"**

## On Election Day Saturday November 19<sup>th</sup>

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

## FREE AND CONFIDENTIAL COUNSELLING SERVICE

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

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

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

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

# editor@thenewsleader.ca

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

## my turn

### It's called customer service

We had an interesting experience at a local business. It was related to an item we inquired about two weeks ago. As it turned out, the item we needed was no longer available anywhere (according to the store clerk).

The business owner overheard our discussion and offered to help. We were quite satisfied that if the item was no longer available (it was a seasonal product) than it was our fault for not picking one up while still in season.

The business owner would have nothing of that. In fact, the business owner led us into a private office where a phone call was placed to a distribution centre. It was in this phone conversation that the business owner discovered there were 12 of the items we needed available and currently stored in a warehouse right now.

He promptly ordered the one we originally wanted, confirmed that it was in fact the exact size and price of what it was when we last ordered one back in May (when they were in season) and assured us the item would be in the store the following Thursday.

We were pretty impressed with the attention to detail and the extra effort this business owner put into our request and felt pretty good about supporting this person's business.

It wasn't the first time the business owner had gone to such an effort on our behalf, and although we really didn't expect that sort of treatment again, we were pleased to experience it.

It made us think maybe we should be spending a little more money at this local business as it was obvious to us that this business owner cared about us. It must mean that's that level of care extended to other customers and it made us feel all warm and fuzzy and proud to be in a small community where customer service still existed and that you can go somewhere in town to buy something and sometimes have the red carpet rolled out for you because they appreciate you as much as you appreciate them.

Blah-blah-blah.

So the Thursday comes and goes. The next time we get a chance to stop by this business is early the following Saturday. We ask about our special order.

We find out that since our name wasn't on it, (and we didn't get a call telling us it was in) it was sold a few days ago - by the clerk who first told us there were no more of them available anywhere.

Oh, well.

#### 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

ISSN 1712-090X

An Independent Newspaper - There Are No Chains On Us!

Published weekly by Bengel Publishing Inc.

226A Bridge Street, P.O. Box 956,

Princeton, B.C., V0X 1W0

Phone (250) 295-4149 • Fax (250) 295-4103

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#### MEMBER

Princeton Rotary Club  
Princeton & District Chamber of Commerce  
Similkameen Country, Keremeos  
Canadian Association of Journalists

Publisher:  
Office Administrator:  
Reporter:

George Elliott  
Brenda Engel  
Dawn Johnson



## your turn

### Reader comments on Editorial

Dear Sir:

Re: Editorial - A Short Time Ago Who We Elect and Where They Live

My apologies for the slow response to the News Leader Editorial. It made me stop and think, re: voting for a candidate in the upcoming Town Elections. Although it is within the Elections Act - To live in Hope (as an example) and run for office in Princeton as long as he or she is qualified, made me wonder whether this is like hiring a house sitter when you go away, to make renovations to your home.

Well, the house sitter does not own the home, does not pay the taxes and does not know the community, but is able to make decisions regarding everything that is important to my well being.

Such as my: Clean Drinking Water, Fire Protection, Recreational Facilities, Sidewalks and Roads, Municipal Work Crews, Community Planning.

My community as a whole, whether I walk or drive or do business, for as you seem to know your community you have to live there. Walk the street, talk to your neighbours, drink the water and talk to

the business people.

The house sitter only has to be paid and then go home to a different world.

These are my personal thoughts and do not reflect on any candi-

#### Letter To The Editor

### Group invites public

To The Editor;

Did you know that there is a proposal for a National Park in the South Okanagan?

How will this proposed park impact Princeton?

The public is invited to attend our next monthly meeting to hear John and Mary Theberg present a talk on an Ecological Excursion on the proposed National Park.

The meeting is set for Monday, November 14th starting at 7:30 PM in the Skills Centre.

date running in the upcoming election.

It was written in regards to the News Leader editorial to stop and think before you cast your ballot.

Yours truly, Don Fleming

Our next hike was to be up Osprey Lake Road with the Yinglings, but as it is colder in November the hike will be around the Hornet Lakes.

The hike will be on Sunday, November 6th. Meet at the bus station at 9:00 AM for rides and bring a lunch for an easy ramble.

If you plan to attend, please call (250) 295-4802.

Thank you,  
Vermilion Forks Field Naturalists,  
Princeton

Online Classifieds \$1.00 a Month

For Details Contact: Similkameen News Leader

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Should Princeton go back to being Vermilion Forks?

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

Tell Us What You Think.

YES

NO

**Current Comment:**

**Will you allow a toxic dump in your back yard?**



**Dawn Johnson**  
editor@thenewsleader.ca

A company decides to construct a toxic waste facility in Princeton area. You know what the reaction is going to be: people will protest immediately.

We have just such a concern now. People's bodies are being contaminated by toxic substances. In fact, our youth is buying these toxic substances and swallowing them.

All of us need to understand what 'toxic' means. Toxic means poisonous. I doubt you could sell arsenic or cyanide to our youth. They understand arsenic is poison and they will die from it. For some reason, they do not understand crystal meth is a poison, a toxic substance, and they buy it to get "high".

Anybody who understands body chemistry will tell you that getting high is a form of intoxication. "Intoxication" means full of a toxic substance. In short, to get high on anything, whether it is alcohol, pot, cocaine or crystal meth, is to become poisoned by the substance.

People believe they feel happy when they take a substance that makes them feel 'high'. In fact, they are not happy at all, they are merely poisoned to the point they are unaware of anything. The nervous system and vital organs are busy trying to do something about the poison, and a lot of normal thinking processes are out of commission.

Young people are the easiest to fool into taking toxic substances. They will be the first to believe what a drug dealer tells them about the junk on the illegal market. They need to know they turn their bodies into toxic waste dumps when they take substances such as crack and crystal meth. Even the production of crystal meth is likely to contaminate the environment and cause harm to other people, pets, plants and poison soil and water, just like arsenic.

**Looking for happiness?**

Turning off the brain and making the body sick is no way to find happiness. In reality, a turned off brain cannot be happy. Without thought processes, happiness cannot be experienced.

Perhaps we need to teach our young people how to become happy and stay happy. After all, there is plenty of research on how to be happy.

Research has shown that people experience happiness, a real "high", from achievement. When a young person is shown appreciation, approval and acceptance, then the need for artificial happiness disappears.

Parents and teachers who criticize in a destructive way help set the stage for the kind of self-hate that leads to drug use. Perhaps

more of a contributing factor is the verbal bullying of peers. The classroom ring leader who turns one or two students into scapegoats for all of their nasty jokes may do the most harm and cause the most pain. Where do these ring leaders learn this technique?

There seems to be a correlation between toxic relationships and turning one's body into a toxic waste dump. If we do not allow it in our natural environment, why do we not stamp out toxicity in our social environment?

That's something to think about.

**Heart Food**

by Dave Machin



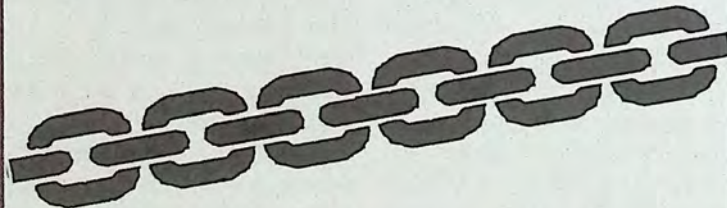
**Our Day of Atonement (At-One-Ment) with God**

And you shall return every man his possession, and you shall return every man unto his family (Lev. 25:10). This proclamation was called the Year of Jubilee in Israelite History and enabled them to return to their original possessions, even salvation through Jesus enables us to return to the original position Adam enjoyed with God. In that original state Adam and Eve both were healthy. No sickness or disease existed in their bodies, because no sickness or disease existed on Earth. If God had wanted man sick, he would have created sickness. However God never did say "Let there be cancer." He never said, "Let there be colds and flu." Instead, the Bible declares, God sent His word to heal us. (ps 107:20). Matthew 8:17 says, "Himself took our infirmities and bore our sicknesses." Referring to Jesus, 1 Peter 2:24 says, "By whose stripes ye were healed." Adam and Eve both enjoyed divine health, a sound mind and every need met before they sinned in the Garden. All they had to do was obey God's word and stay away from the tree of the knowledge of good and evil in the midst of the Garden. But when the tempter said, "Go ahead and eat from it" Adam disobeyed God and chose a new master. At that moment he lost all the blessings that come from obedience to God's word. Fear entered into his heart, which he had never experienced before. After Satan became his legal guardian (Lord), Adam told God, "I was afraid" (Gen. 3:10). From that point on Adam and all his descendants were plagued with hate, murder, poverty and sickness. But thank God then came our day of atonement because Jesus became the sacrificial lamb of God who takes away the sin of the world (John 1:29). He was the last Adam who redeemed - or bought back - for us everything the first Adam lost. Through Jesus (not religion). We can come into relationship with God and have all of our original possessions restored, for God is good, His word is good and good all the time.

**Pastor Dave Machin,**  
SUNDAY SERVICES 10:30 A.M.  
Phone 295-0599 9:00 AM - 3:00 PM Monday-Friday  
221 A Bridge Street, Princeton, B.C.

**HAVE YOU VOTED YET?**  
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AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!



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

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

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**CHINA RIDGE CROSS-COUNTRY  
SKI ASSOCIATION**

**ANNUAL GENERAL MEETING**

7:00 PM - Tuesday, November 8  
Princeton Light & Power Boardroom

REFRESHMENTS - NEW MEMBERS WELCOME

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Bring your own GPS unit or use one that is supplied.  
7:00 - 9:00 PM Wednesday, November 9, 2005

**MAINTENANCE & SAWFILING FOR THE HOME CHAINSAW USER**

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7:00 - 9:00 PM Wednesday, November 16, 2005

**HISTORICAL LANDMARKS IN PRINCETON**

Points of interest and local landmarks that make Princeton unique. Get your front end staff prepared to answer questions from visitors about what makes Princeton special!  
7:00 - 9:00 PM Wednesday, November 23, 2005

Call early to avoid unnecessary class cancellations.



Princeton & District Community Skills Centre  
206 Vermilion Avenue, PO Box 69  
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**Vote John Babiak**

These Are Issues That Are The  
Lifeline Of Our Community:



- Official Community Plan
- Industrial Park
- Airport
- Arena Expansion & Riverside Wellness Centre
- Harmony With Area H & the SVPS
- Bylaws With Teeth

**For Councillor**



The after school project last Friday at Leftovers Studio was 'haunted houses.'

**Lali says land owners are on the hook**

Yale-Lillooet MLA Harry Lali criticized the BC Liberal's last week in Victoria.

"The BC Liberal government worked very hard to protect its interests in the sale of BC Rail, and has left private landowners holding the financial bill for crossing safety in the wake of another broken New Era promise," Lali said.

"My colleagues raised the issue of the bullying tactics by CN on the private crossing affair, and I have consistently pushed for answers on behalf of the people of British Columbia," said Lali.

"The Canadian Transportation

Authority urged landowners not to sign the agreement, but Transportation Minister Kevin Falcon refused to do the same when my colleagues pressed in Question Period."

Article 10.1 of the Revitalization Agreement between the government and CN reads that: The Tenant shall be solely responsible at its own cost to effect replacements, rehabilitation, reconstruction and upgrades. Article 11.4 reads that: the Landlord shall have no obligation to make any repairs.

"The BC Liberals made a concerted effort to protect itself from

maintenance and operating expenses," Lali said.

"Those costs, as is the case with everything this Liberal government does, have been downloaded on to ordinary British Columbians."

Lali continued, "Government has a duty to listen to the people of BC. This government did the opposite, and protected itself in a most selfish way. Not only did the BC Liberals force the sale of BC Rail on British Columbians, but now it is allowing CN to bully its agenda on constituents. Its shameful."

**Mayor-Elect discusses more issues**

by Randy McLean, Mayor-Elect

I would like to correct a couple of errors in last week's article. I am not the Mayor, I am the Mayor-Elect and I served 15 years on Council, six of which was as Mayor.

I agreed to run again for several reasons, not the least of which were the projects and concerns that I believe should have been dealt with in recent years.

In all fairness, different councils have different priorities and at times are restricted by extenuating circumstances. That being said, I was disappointed that no progress was made on a number of issues.

As I stated last week we are long overdue for a full-blown Official Community Plan update, indeed I have to admit we were overdue

during my two terms as Mayor. An OCP update involves a wide scope of development and planning issues that can be expanded to include any current community affairs.

Therefore, community comment on any social, recreational, economic or infrastructure developments could be addressed through this process.

The lack of recent work on our plan as well as the many new faces in our community require the input of an immediate update in order to supply our new council with an effective mandate by the people who elected them.

In addition, I was informed by Jaymie Atkinson, a Community Futures board member that the Federal government believes so

strongly in community plans that they stand ready to assist with funding.

Princeton also faces the retirement of our administrator, the importance of this development cannot be underestimated. Unlike many communities who are facing deficit complications, Princeton is in a very enviable financial position, this is in no small part a result of the excellent budgeting advice supplied over the years by Cornie Froese, our Town Administrator.

We need only to look at those other communities difficulties to understand the importance of an outstanding replacement for this position. We need to ensure that in future the wishes of the people of Princeton are interpreted correctly by the members of council and delivered precisely by the Town Administrator.

A healthy and happy community is one where the input of the majority is being effectively represented and administrated.

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

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Friday was 'Tag Day' in Princeton where Legion members distributed poppies in support of the Poppy Fund. Charlene Longdo worked a morning shift outside the post office.

## Interior Health issues safety tips

Susie was so excited about being in grade 1. Each day she had a story, a painting, or an art project to take home.

One day, however, she took home something quite different. **HEAD LICE!**

Head lice are teeny-tiny (half the size of a sesame seed), six-legged, wingless, gray insects that live on peoples heads and feed on human blood.

They lay their eggs, called nits, on the base of the hair shaft, close to the scalp. Head lice bites can make the scalp itchy, but they do not spread disease nor are they a health hazard.

There is a stigma about having head lice and people are often ashamed when it happens to them. Head lice are non-discriminatory; it doesn't seem to matter if you are young or old, rich or poor.

Having lice does not mean you are dirty, neglected, or poor. And yes, my sons passed this gift on to me.

Head lice do not jump or fly, but rather they scuttle from the hairs of one head to the hairs of another. It comes as no surprise then, that lice are spread easily to children in day-care centres and elementary schools where they play closely together.

Head lice can also be spread by children sharing hats, combs, hair-brushes or headphones and they should be discouraged from sharing these personal items.

Often the only telltale sign that you are infested with head lice is itchiness and scratching, particularly around the hairline and ears. If you notice your child scratching his or her head excessively, check for head lice and nits.

Head lice are difficult to spot because they are small, fast, and since they are tan-colored they blend in with the hair. It is much easier to spot their nits or eggs.

Nits are most commonly found behind the ears and at the back of the head. It might be useful to use a magnifying glass when searching for them.

Once you have discovered head lice, they can be removed easily as long as you follow these three steps:

### STEP 1 - TREATMENT

There are two options for treatment. One option is to use two applications of a special head lice shampoo/rinse, seven to ten days apart.

This shampoo/rinse is available without a prescription at any pharmacy. Read and follow directions carefully. Treat all infested family members at the same time. These shampoos do NOT act as a preventive measure if a family member does not have head lice.

The second option is wet combing. This is based on the life cycle of head lice and removes them before they are fully grown and able to reproduce.

Combing treatments are done every three or four days over a two week period. This is a cheap and safe option, but it is time consuming. Talk to your local public health nurse if you'd like more information.

### STEP 2 - NIT REMOVAL

If you use a shampoo you will have to remove all nits using a fine tooth comb or your fingernails by sliding the nits off the end of the hair.

Have patience with long hair or a large number of nits. It may take

many hours or repeated nit picking sessions to remove them all.

Put on clean clothes after treatment and be sure to discard nits and any loose hair into an enclosed garbage container. Re-examine the hair in 24 hours and if nits are still found, repeat the nit-picking process.

Nit removal is not required if you use the wet combing method.

### STEP 3 - CLEANING

The rigorous practice of disinfecting all furniture and the effort to de-lice the entire house is no longer recommended. Most authorities do suggest washing clothing worn in the last two to three days and bed linen in hot water and drying it in a hot dryer. Only those items that have been in direct contact with the affected person need to be washed.

Head lice are an ongoing problem, but they are not a major public health concern because they do not spread disease. They become a community concern because of the nuisance and discomfort surrounding infestations.

Trained volunteers in the school setting can provide head lice screening and parent education. All authorities agree that the single most important preventive measure against head lice is regular inspection of your child's scalp. If your child is found to have head lice, he or she can remain in the class until the end of the day and can return to school once initial treatment is started.

For more information, contact one of your local public health nurses. - Jill Rhynard, RN, BScN, MPH, Coordinator of Health Promotion - Interior Health, Okanagan Health Service Area

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 Marge Noble (250) 492-8577 Discovery House Gift Shop



Princeton's Girl Guides celebrated Hallowe'en with a party last Wednesday night at the Legion Hall.

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- Nursing home & chronic care facility residents

**Oliver**

Wed., Nov. 2, 9 am - 3:30 pm  
 Mon., Nov. 14, 9 am - 3:30 pm  
 Oliver Seniors' Centre  
 Fri., Nov. 25, 9 am - 3 pm  
 Oliver Community Centre

**Osoyoos**

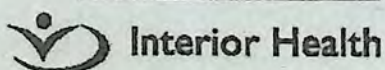
Fri., Nov. 4, 9:30 am - 3:30 pm  
 Fri., Nov. 18, 9:30 am - 3:30 pm  
 Osoyoos Seniors' Centre  
 Mon., Nov. 28, 10 am - 2 pm  
 Tues., Dec. 6, 10 am - 2 pm  
 Osoyoos Health Centre

**Princeton**

Tues., Nov. 8, 9 am - 3:30 pm  
 Seniors' Branch 30 Hall  
 162 Angela Ave.  
 Tues., Nov. 22  
 9 am - Noon & 1 pm - 3 pm  
 Princeton Health Centre

**Keremeos**

Wed., Nov. 9, 9 am - 3 pm  
 Tues., Nov. 22, 9 am - Noon  
 Keremeos Seniors' Centre  
 421 7th Avenue



## arresting memories

The Similkameen News Leader is proud to present stories and memories from former BCPP Cst. Jim McCullough who was stationed in Princeton over 50 years ago.

by Jim McCullough

In February 1949 when I was posted to Princeton in the British Columbia Provincial Police the Hope-Princeton Highway was not open, although work was in progress.

The main method of travelling in and out of Princeton was via the Kettle Valley railway or driving through Merritt to the main highway.

In most of the winter months the Kettle Valley line, which went through the Coquilhalla, was plugged with heavy snow drifts. Then the railroad went through Merritt and joined the main Trans-Continental line eventually arriving in Vancouver about 24 hours later.

As this was the only way prisoners

and mental patients could be transported it was a long tedious journey, after all the prisoners could sleep!

The Police detachment consisted of one NCO, Cpl. G. Neff, Cst. Bill Hare and myself.

A Cst. Benton had the Hedley Detachment and Cst. Jimmy Morrison had a detachment at Copper Mountain. The Sub Division headquarters was in Penticton.

It was later after the RCMP took over the Provincial policing and the Hope-Princeton Highway opened that another member was added, Cst. C. Atchison who was on highway patrol.

The sleepy little town of about 1,200 people would come alive on Saturday night with an influx of about 1,000 highway Construction workers, Miners from Copper Mountain mine, sawmill workers and ranch hands from the surrounding area.

There were two beer parlors, one BC Liquor Store and one brothel run by one 'Mickey' who brought in women from Vancouver.

There were two Chinese cafes and the Travellers Restaurant. After the beer parlors closed the main entertainment seemed to be trying to take apart the two constables who were on night duty.

The business area was one block along from the Masonic Hall and up the main street to the bridge. There were two hotels, the Princeton and the Tulameen and one Auto Court, the Riverside which was owned by 'Tug' Wilson who was the main instigator of rockhounding in the area.

Rosie Lessard owned the Pool Hall, his wife was a well known fly fisherman who developed the Princeton Special fly. Ed Cook had a grocery store next to the Tulameen Hotel, this burned down and Ed rebuilt closer to the

.....continued next page



Chrissy McAlpine and Carol Mack had a great time at the Girl Guides Hallowe'en Party.



Alexia Boyd with her decorated jack o' lantern at Wednesday night's Girl Guides party.

.....continued from Page 26  
Tulameen River.

George Gurr was the Undertaker who also owned the only ambulance in town. The hospital was well equipped and had two local Doctors, Dr. A. Hicks and Dr P. Phillips.

There were two other doctors in Hedley, a man and wife team, Dr's. Markowsky and Murphy.

The administrative building for the town was on Station Street. It housed the Government Agent, Charles Nichols, who was also the Stipendiary Magistrate, the police office and lock up.

Upstairs was the Court House and the Public Health Nurse. The Public Library consisted of three five-foot shelves on the wall outside the Government Agents office.

Next door to this building was the Mine Rescue Building which housed the rescue equipment. The Game Warden, Allan Gill worked mainly from his residence although he had an office in the main building.

Across the road from this was the High School. The Fire Hall and Canadian Legion buildings faced the Cenotaph.

At this time the town had mainly frame buildings, many with high false fronts reminiscent of the old West. There was one Jewelry store, two hardware stores, (John Ewart's and White's), a Mussendens Drapery store and Mrs. Dorflingers who specialized in female frippery and baby clothes.

There was a tailor shop, two taxi services, Joe Gallo's Shoe repair, Ed Gotts Plumbing and Heating,

two gas stations and a blacksmith/welding shop. Two Barber Shops - Mike the Barber and Jim Norman's - and one Pharmacy.

There was of course, the Princeton Brewery which was a local employer and located across from the Railway Depot.

During this period there was little if any narcotics problems. The main culprit was alcohol.

Most of the police work consisted of drunkenness, causing a disturbance, assaults, automobile accidents and suicides. Some fraud and theft but nothing major.

## Have you voted yet?

Votes are still being collected online for the poll question: "Are you in favour of changing the name of Princeton back to Vermilion Forks in 2010?"

You can cast your ballot for this poll at the website [www.vermilionforks.ca](http://www.vermilionforks.ca) and there is no time limit set for when the voting will close at this website.

There has been quite a movement in and around the community suggesting a name change in 2010, which would also mark the anniversary of the renaming of the settlement of Vermilion Forks to Princeton.

A total of 54% of votes online are currently against the name change.



Keisha Miller and Kennedy Smeaton enjoying the fun at the Girl Guides Hallowe'en Party.

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Investment Advisor  
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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  
*Expertlso that's one to one.*

Secrets To A Successful Retirement - Part 4 of 4

Risk in relation to prospective reward, and the balancing of the two, are what investment is all about. If the focus is growth, there must be risk; the greater the sought-for growth, the higher the risks. Therefore, the greatest potential rewards are found in young companies in their formative growth stages, when the risks are highest. These types of stocks are called small cap, and there are growing numbers of them available. Like seasoned growth stocks, small cap stocks are a 'must have' in every growth portfolio. However, to temper the above-average risks, I usually recommend either a package approach or a mutual fund that invests in a number of small cap stocks.

The longer term impact of saving at a compound rate of interest can be astounding. What's more, the benefits of compounding apply even more forcibly to dividends. While interest is an annual constant, dividends in successful companies rise over time, with the result that the continuous reinvestment or rising dividends has an added compounding effect. Dividend reinvestment is often facilitated through dividend reinvestment plans, and can boost the long-term returns on successful equity investments considerably. In effect, by reinvesting dividends, the power of compounding can make assets invested in dividend-paying equities work over time. If you don't need the income for current cash flow purposes, I urge you to put it to work through reinvestment.

It is never too late to put successful investment strategies in place. The worry-free retirement that we all must aspire to, but must now make happen ourselves, lies in the implementation of a well thought out retirement strategy. There is no denying the complexities of modern-day investing. On the other hand, our parents never had anything like today's range of investment products and services, and access to professional financial advice, with which to plan and build for their own long-term futures. The ingredients for successful investing are in place as never before, and you should be all the more confident in setting up and pursuing growth strategies.

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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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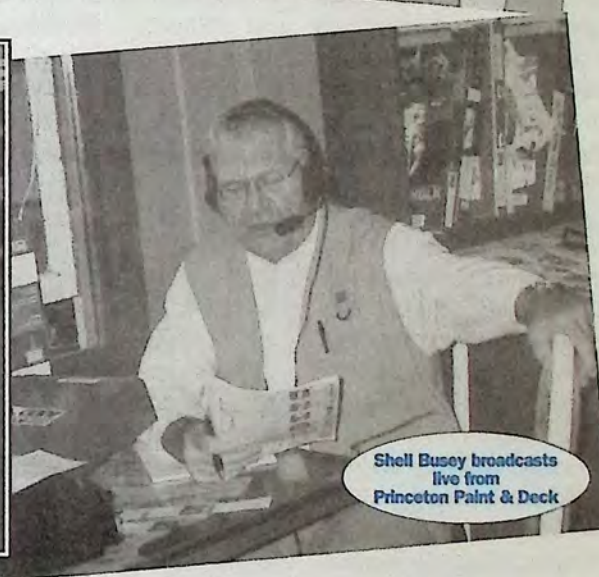
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