

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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News Leader**
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Council decides on three issues

- Snow removal at the arena and airport will be swifter in the future. At the January 16 Town Council meeting, Council resolved to have the Town foreman, Henry Rykers, direct Town crew to remove snow at the arena and airport as soon as the streets are cleared. Formerly, the decision was left to the Town administrator as to when the snow was removed.

- A local resident will pay for two Town utilities at his residence even though one of the two suites is not rented. John Square-Briggs appealed to Council to forego paying for the second suite, but Council ruled that he must remove the kitchen unit of the suite before the utility charges would be reduced. If he can show Council the kitchen is dismantled, he can pay only one utility charge.

- At the request of Princeton & District Community Services, Town Council has agreed to supplement BC Transit services with local taxi services. This will provide service to residents when the Transit bus is not available locally. The supplemented service will be honoured only during regularly scheduled hours on days the bus is scheduled in Princeton. Taxi service at other times will be paid for by the user.

Council passed a motion to provide taxi service up to \$200 a month under the conditions specified.

Museum elects board



Princeton Museum & Archives Society 2006 Executive includes, from left, Director Jim Pincock, President Kathy Clement, Director Brenda Gould and Secretary/Treasurer Evelyn McCallum. Missing from photo: Vice President Dave Coghlan.

Clement becomes President

Kathy Clement is the new President of Princeton Museum & Archives Society. Dave Coghlan is Vice-President, Evelyn McCallum is Secretary/Treasurer and Directors are Brenda Gould and Jim Pincock.

The annual general meeting was held January 24 at the museum. Past President Nick Mills gave the report for 2006, stating it was "a success unsurpassed in recent years".

Following the election of officers, President Clement took the gavel and planning for the new year began. The Museum Society voted to join the Chamber of Commerce and work closely with them. Nick Mills was asked to attend all of their meetings.

The membership fee for the society have undergone the first increase since 1967. Membership now costs \$10 a year.

Nick Mills was appointed administrator of the museum for the coming year. He reported he has begun to set up an office in the museum basement, and has worked to organize some of the Joe Pollard collection. There is much more work to be done on cataloguing the collection.

The museum will hold a membership drive this spring. The goal is to have 100 local members representing the entire area. This is seen as a good opportunity to find volunteers with computer and office skills.

Sally Nault and Ken Heuser are going to see if any students would like to be members or enter into a work experience contract with the Museum Society.

The museum will open on the Saturday of Easter weekend (April 15) and remain open until Saturday, October 28. Plans for displays have not been finalized. Dismantling of the 2005 displays begins at 10:00 a.m. the first Saturday in February.

The next Museum Society meeting will be at 2:30 p.m. on Valentine's Day.

Welcome the Year of the Dog

Last weekend was Chinese New Year, which always coincides with the new moon in Aquarius. This year is the Year of the Dog. Persons born in the Year of the Dog are generous, dutiful, shy but friendly, courageous, faithful, modest, respectable, discreet and intelligent, and they can be too critical, too restless, stubborn, pessimistic, guarded and moralizing.

What does a dog year hold for everyone in general?

The Year of the Dog may make us feel unsure of good times in the future, but we compensate by being more generous. There is an atmosphere of goodwill.

People respond to the ideal of doing the best they can for each other. Worthy social goals stand a better chance of being met in the Year of the Dog. Those who feel they have been oppressed will speak out during a Dog year, and people will be more willing to listen.

For people born in the Year of the Dog, this is a time when they can reach success in their endeavours. They can exert a positive influence on situations.

What's in store for people born in other years?

Year of the Rat - You make progress in your work, and this year is good for your business. Keep your emotional life on an even keel.

Year of the Ox - Keep on with your work and try to ignore those who demand more power for the people. They are not your kind, but

they accomplish much good this year.

Year of the Tiger - Charge ahead with your plans despite an air of disquietude in the world. You can be successful in your projects.

Year of the Cat (Rabbit) - You feel insecure this year, but you can count on others to help you when you need it.

Year of the Dragon - Keep your good sense and know you have nothing to fear. Others may need your advice.

Year of the Snake (Ram) - Go after your highest goals. Don't be afraid of failure. You are protected this year.

Year of the Horse - Fight for what you believe in, even though you don't like all the politicking going on.

Year of the Goat - You feel left out by those pursuing lofty ideals. Have patience. Virtue is in work mode this year.

Year of the Monkey - Keep your wits about you, and be cautious about spending. Your financial situation is not good this year.

Year of the Rooster - Where did all your money go? You have to get back to work this year.

Year of the Pig (Boar) - Take time for some study. You achieve peace through virtues you believe in.

Spring has arrived?

We would like to congratulate Roy Folz of Princeton for reporting the first official sign of Spring - he found a Buttercup on January 25th

at a location about 10.5 kilometres out on the Old Hedley Road.

We're not sure if this is a record, but it sure is early!

Oops! We apologize...

We reported in our January 17th issue that Princeton's first baby of 2006 - born to the Lozinski's - was born in Princeton General Hospital.

That was obviously a mistake and should have read Penticton General Hospital.

We apologize for any confusion this error may have created.

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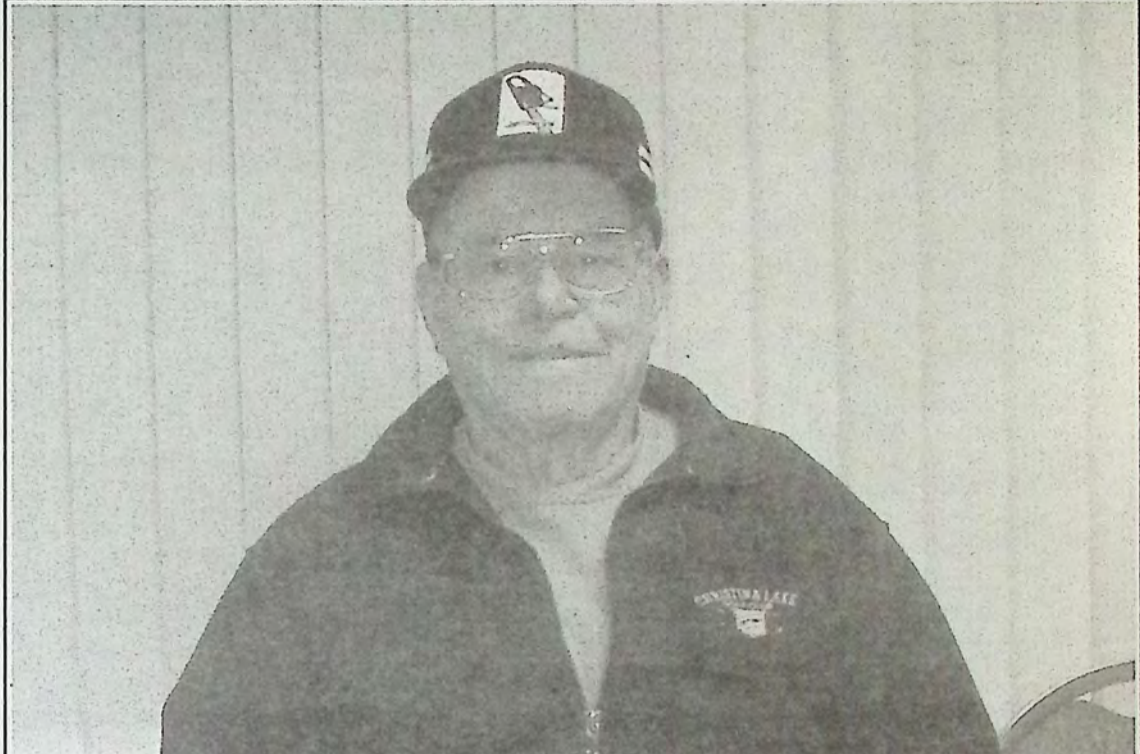
The 10% Discount is only available until 4:30 PM February 17, 2006.

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Doug Ricketts is at it again! His fourth annual 'Walk for the Heart Fund' will start at 3:00 AM on Tuesday, February 14th and will see the 70-year old walk 67-kilometres in just over 12 hours. Ricketts starts his trek from his home on Old Hedley Road and loops around Highway 3 and back home. Last year he raised just under \$4,000.00 - a record year for him. To make a donation contact Ricketts at (250) 295-7457 or Maria Sadegur at (250) 295-6211.

grey matters
MONTY RAINE - SENIOR CITIZENS BRANCH 30

Another year is here and Seniors Branch 30 is operating quite well. At this date we already have 159 members for 2006.

A new concept for the hall is the chance to play an assortment of games such as chess, checkers, Chinese checkers and Scrabble, etc. Tables are set up Mondays, Tuesdays and Wednesdays for those inclined to partake. As usual, the pool tables are being utilized and a table tennis table is also available.

Another good sign is the amount of new volunteers working the kitchen, not to say more are not needed. Very busy lunch times over the last little while has definitely put a strain on the existing workers. A proposal has been initiated to

have musical jam sessions now and again, featuring local musicians. Wednesday, February 1st at 6:30 PM is the first scheduled evening. Anyone wishing more information can phone Anita Drees at (250) 295-6916.

Also being looked into is a small extension to the hall for the purposes of storing many extra tables and chairs cluttering the main area.

The Movers and Shakers singing group is very active performing at New Beginnings, Vermilion Court, Extended Care in Penticton, and Pot Luck Suppers the last Friday of each month.

On Wednesday evening, January 25th, the Princeton and District Health Watch Coalition had their annual meeting. Elected to office

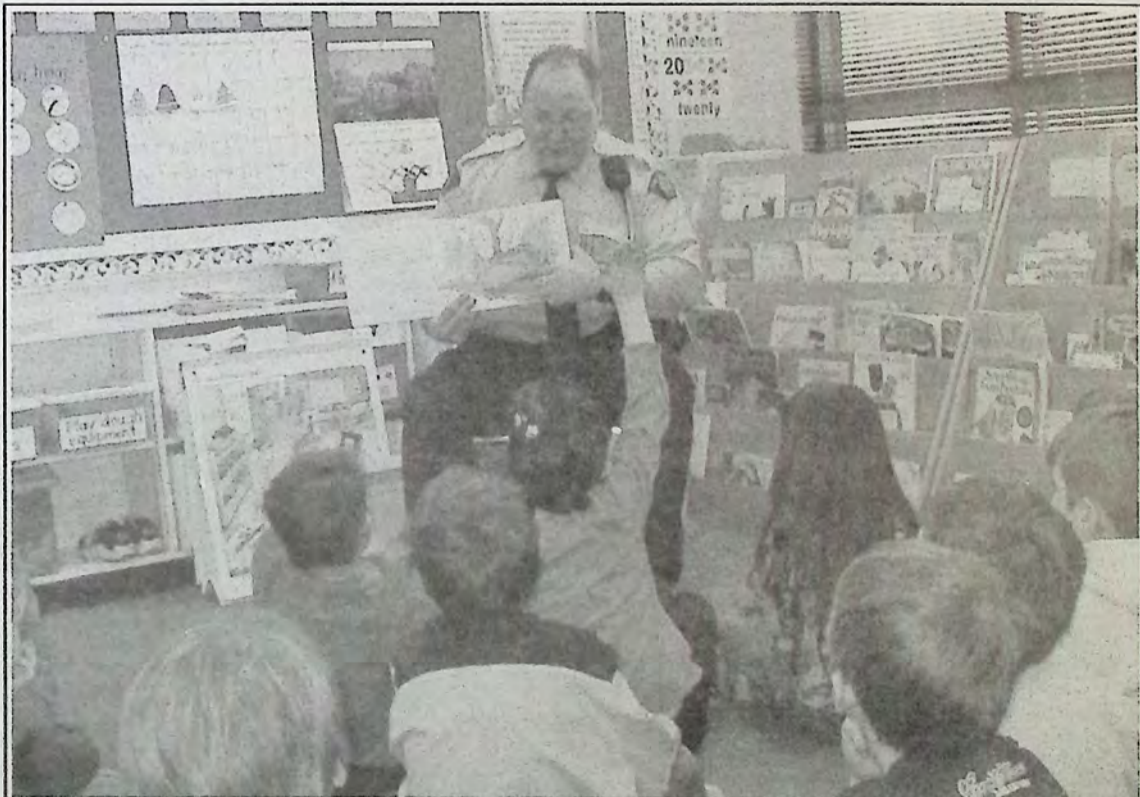
were: President - Bob Hampson, Vice President - Laurie Obey, Secretary - Lori Thomas, Treasurer - Linda Neumann and Registrar - Monty Raine.

A couple of future happenings to remember will be the Whist and Crib Tournament on the 4th of February at 1:00 PM. Four dollars entry cost includes lunch.

Also, the Valentine Tea and Bake Sale will be held on February 11th from 11:00 AM to 2:00 PM. Entry price is three dollars and fifty cents.

Please don't forget that all of the activities and services rendered at Branch 30 are available only because of volunteers. Remember, a little praise for their efforts will work wonders for morale.

- submitted



Friday, January 27th was Family Literacy Day and to celebrate students at John Allison Elementary had a number of special guests in their school reading to different classes. Cst. Myrl Stus of Princeton RCMP read to a Grade 1 class.



We can hear them having fun daily just behind out office on Bridge Street. The girls at Cut Above really enjoy what they do - you have to see the changes they made over Christmas Holiday. From left, standing, Nail Technician Tia Smith and Hair Stylists Heather Herrick, Shannon Lind and Josie Schmidhammer. Seated from left, Hair Stylists Stacy Smith and Patty Shortt - who also owns the business. Book your hair, nail or tanning appointment today at 295-7612.

Green candidate sets records

Preliminary tabulation of the nationwide ballot showed that Scott Leyland's campaign to represent the Southern Interior, was the fourth top vote getter among his Party's complete slate of 308 candidates for MP.

"I want to thank my team who helped me represent the Green Party well in this election. And I want to thank the citizens from one corner of this riding to the other who showed growing enthusiasm for the Green Party approach to the problems facing the rural communities that make up this riding," Leyland said last week.

"I have heard their message that we as a Party have a responsibility to further build the trust and familiarity in our communities that will translate into Green victories, Green seats, Green voices and an opportunity to apply Green values to the crisis we face."

He added, wrapping up his second run for MP, "The fact that the Green Party garnered about 4% more support this election than last shows growing courage and resolve amongst those voters who no longer accept the fear and loathing tactics of the main parties. Rather they want a Party that takes the many crisis of our times seriously."

Leyland placed a strong fourth, taking 11.3% of the vote with a 66% turnout. His 2006 showing of 5,258 votes represents a 43% increase over his 2004 7.9% showing with 3,663 votes in the Southern Interior. His showing compares favorably with Greens across British Columbia who took 97,002 or 5.3% of the vote, as well as Greens across Canada who took 665,940 or 4.5% of the nationwide

vote.

Due to the perverse effects of Canada's first-past-the-post election rules, the national Green Party's showing would have been enough votes to elect 7 NDP MPs, 9 independent MPs, 15 Liberals or Conservatives MPs or 22 MPs for the Bloc (who delivered a mere 30,432 votes for each seat they won). In fact, six of the top twenty-two Green Party vote getters are British Columbians, including Leyland and from adjacent Ridings, Angela Reid from Kelowna and Karen Bowyer from the Okanagan Valley.

Leyland ran an enthusiastic and visible campaign that took him across the length of this large rural riding and to its airwaves. He opened a volunteer staffed office on Ward Street in Nelson. He campaigned aggressively to stop uranium mining (flying under the radar as 'exploration') in the Boundary before it contaminates the ground water.

He has advocated for a Genuine Progress Indicator (GPI), institutionalizing a new model of economic accounting to recognize that not all economic activity contributes to the public good. He has campaigned on the need to improve the delivery of health care services in these rural communities.

Both federal and provincial Green Party leaders campaigned with the Rossland native at multiple stops in the Southern Interior.

"I would hope we can work with our new MP on the critical threat posed by uranium mining to our communities. But considering we are ranked 30th in the developed world in toxics release, 23rd of 30

in health care delivery efficiency, considering we're second worst in energy efficiency, and per capita water usage, it is obvious that none of the three main parties who have had the opportunity can or will deliver the changes necessary to sustain our world," said Leyland. "That work is left to us."

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We're going out on the Road

The Regional District Okanagan-Similkameen is continuing to take the Rural Board Meetings out into the communities.

Board members want to provide you the ability to see how the decisions are being made. They believe that by bringing the meeting out into the community there is a greater opportunity for you to become aware of what is occurring in your neighbourhood.

The first occasion for you to experience a Rural Land Use Matters Board meeting in 2006 is on Thursday, February 9, 2006 at 1:00 PM.

Come and join the Directors and staff at the *Meet and Greet Luncheon* scheduled for 12:00 noon at the Southwind Inn's Banquet Room located at 3401.7-97th Street in Oliver and then remain and experience how the Regional District Rural Board works together to ensure quality of life for our communities.

Watch for when the RDOS will be in your Community!

keremeos and area news



This is a familiar sight along Highway 3 near Keremeos. Photo: Mike Stoltz.

Group holds auditions

The Cawston Players are holding auditions for 'Cobbler, Stick to Thy Last' - A play in One Act by Kay Hill.

Auditions took place at 7:30 PM, Thursday, January 26th at the Women's Institute Room of Cawston Community Hall.

The cast includes: Standfast

Billings, a cobbler; Faithful Billings, his wife; Charity, a neighbour; Tom Pepper, a young man and Susanna Comfort, a young girl.

The play is set in the frontier home of Standfast Billings, near Fort Cumberland, Nova Scotia during a day in Late Fall, about

1780 and a divided interior set.

Though his wife Faithful isn't quite dead, Standfast, the cobbler knowing she can't last long, has advertised for a new bride. In Nova Scotia in the 1780s, it is the only practical way to get one. Besides, winter is coming and he has a house and six children to be looked after.

But Faithful takes a turn for the better just as the local postman arrives with Susannah Comfort, a pleasant lass who has answered the ad. Faithful springs out of her bed, ready to battle for her home. She is furious at her husband but rather sympathizes with poor Susannah.

Standfast and a neighbour must bring a likeable but gormless local lad to take up with the lass. High spirited, mildly risqué situation comedy with a bit of Old Country dialect for added humor. It's about 35 minutes in length.

This play could be presented on its own or with other entertainment to fill out an evening. Offers welcome.

The Production Date is set for before the end of March. Possibly on a Friday and Saturday with a Saturday Matinee.

Rehearsal schedule: about 15, 2 hour rehearsals over a 6 week period would do it, scheduled at the mutual convenience of the cast and director. *Line rehearsals, extra.

Requirements for a Production Crew include the following tasks: lighting, sound, musicians, make-up, costumes, stage manager, publicity, tickets, posters, front of house, kitchen.

For more information contact Dave at (250) 499-5417.

RDOS supports OFI

The RDOS Board provided a letter of support, following their January 19th regular meeting, to the Organic Farming Institute which is currently in the formation stages.

It is expected that the establishment of this organization will have considerable benefit to communities in the Okanagan-

Similkameen. Education will be provided to farmers who want to make the transition to organic farming or those moving from traditional to more sustainable farming methods.

The goal is to establish the Institute on a national level and then eventually expand internationally.

RDOS reviews permits

The Regional District Okanagan Similkameen reviewed the building permit totals from 2005 at their January 19th regular meeting.

The total amount of building permits issued in 2005 was 414 - of that total, 110 were issued to single family dwellings. These numbers have dropped slightly since 2004 when 416 permits were

issued in total, 119 assigned to single family dwellings.

The dollar value of the permits, however, has increased. 2004 saw a total of \$27,693,956.73 compared to \$34,807,902.10 in 2005. There has been a steady increase in building permits in recent years. In 2001 330 permits were issued with 71 issued to single family dwellings.

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Dianne Rainer, left, and Karen Giesbrecht have gone to 'The Show.' Their Tin Box Creations have hit the big time as they are currently at the Craft & Hobby Association Exhibition in Las Vegas. They are one of over 1,600 exhibitors at an event that will attract 10,000 buyer companies. Dianne commented last week when we took this photo, "We're putting Princeton on the map."

Foundation issues wish list

As we begin the 2006 year at the South Okanagan Similkameen Medical Foundation we also begin fundraising for all of the new equipment the hospital needs in order to provide the best medical care available to the entire region.

We call this our Wish List and as in past years, the list never seems to go down. This year we have been asked to purchase more than 90 individual pieces of equipment with a total cost of approximately \$1.7 million.

So where does the Penticton Regional Hospital (PRH) receive funding for equipment? Major items over \$100,000 are funded by Interior Health except when there is a campaign for new equipment like the Mobile MRI. In that case the MRI was partly funded by Interior Health and the medical foundations in Cranbrook, Trail and our own South Okanagan Similkameen SOS Medical Foundation in Penticton.

The Regional Health District, which is part of the Regional District of the Okanagan Similkameen or RDOS also provides approximately 40% of the cost for equipment on a yearly basis. The SOS Medical Foundation will attempt to fundraise the balance, which for this year is approximately \$1.3 million.

So what kind of equipment is needed for patients at the Penticton Regional Hospital?

To give you a bit of background information, five of the items are

urgently needed and the rest are required to maintain the current level of service for the patients at the Penticton Regional Hospital.

The top five urgent items needed are:

- Portage X-ray machine, to be able to X-Ray patients who are not able to come to the X-Ray department, i.e. patients in the Intensive Care Unit (ICU). The cost is \$77,414.45.
- Ventilator System, to be able to help patients adequately breath, i.e. used in ICU as a life support ventilator for patients who are not able to breathe on their own. The cost is \$69,848.16.

- Portable Defibrillator, for the Cardio Care department because the present machine is 15 years old and is not working sufficiently. The cost is \$13,591.85.

- Prevac Steam Sterilizer, for sterilizing equipment in the Operating Rooms. The cost is \$84,737.50.

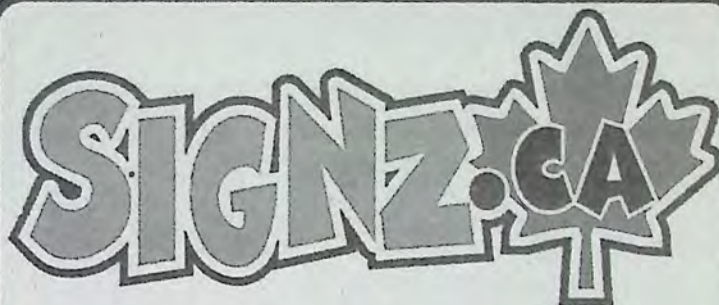
- Tissue Processor for the Laboratory department to prepare tissue specimens for diagnosis. The cost is \$76,823.50.

How do we fundraise for these items? Through the generosity of individual donors and families, service organizations and business corporations. Even more generous are the donors who make donations from a bequest in their Will. We are not able to thank them but we will never forget those who have given.

It is every single gift that gives us the opportunity to be able to provide the Penticton Regional Hospital with the best technology for patients.

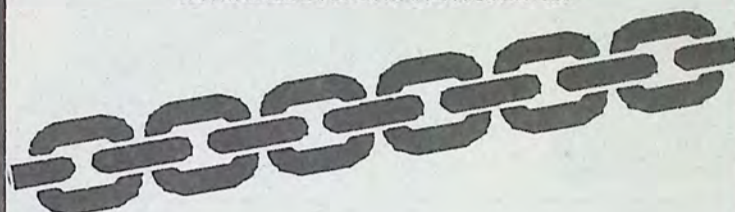
If you would like to find out more information about the equipment purchased or making a donation to the South Okanagan Similkameen Medical Foundation for the Penticton Regional Hospital call (250) 492-9027.

On behalf of all of the Board of the SOS Medical Foundation and the staff at the Penticton Regional Hospital, thank you for your support, dedication and above all your thoughtfulness.



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If your lifetime job involves working with people and doing a complex, thinking job, this fact alone can help reduce your risk of Alzheimer's disease. Studies of twins with differing work backgrounds found the twin with the more demanding and complex job didn't get Alzheimer's as often as the other twin who had a more mundane job.

The term *alternative cancer cure* is a myth. If you *google* the words "cancer cure," you will find 21 million pages of information. A person with cancer tends to want to try these first but since they aren't *proven* to do anything positive, they are a waste of time and money. If these do work, they will become one of the main treatments.

Glucosamine can be helpful in osteoarthritis. The source of this chemical can be from shellfish and sea cucumbers. If you have a seafood allergy, use caution when using glucosamine.

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news leader health page

Questions women ask about menopause

(NC)—This year, thousands of Canadian women will be experiencing physical changes in their lives as they approach menopause. Menopause can affect how a woman feels both physically and emotionally and every woman's experience is completely individual. As such, it is important for all women to be aware of how menopause will affect their bodies, and the options they have to better manage their experience with these changes.

The following are the most commonly-asked questions by women entering menopause. Dr. Shawna Johnston, obstetrician and gynecologist, provides answers.

When Does A Women Officially Experience Menopause?

When a woman's periods stop and start, she may begin to notice some signs of menopause, which occurs in stages. "Peri-" or "pre-" menopause is when a woman is experiencing changes in her body but she still has her period. This transitional period starts at about age 35.

This stage can take place for up to a decade and women may experience changes including mood swings, hot flashes and sleep disturbances. Remember, because all women are different, the changes to their bodies may vary. The age at which these changes begin, and their duration, may also be different.

When a woman goes one full year without a period, she has experienced menopause. After this, women are in their postmenopausal stage. When a woman hits the postmenopausal stage, she may feel more energetic and emotionally stable but the lower estrogen levels may contribute to changes in a woman's health.

What Can I Do To Control The Physical And Emotional Changes Associated With Menopause?

Physical and emotional changes vary from woman to woman

depending on their personal experience with menopause. One way of managing these symptoms is with hormone therapy (HT). HT is the treatment that replaces the hormones which ovaries stop making at menopause. The hormones given at and after menopause are estrogen and progesterin. Many women are hesitant to take HT but they may not have all the facts. It is important to speak with your physician to determine if HT is right for you, as many factors must be taken into consideration, including lifestyle, family medical history, current symptoms and treatment options.

Some women may decide to manage their symptoms without HT - lifestyle changes may be enough. Depending on the severity of the symptoms of menopause and their impact on a woman's quality of life, she may conclude, with her physician, that the benefits of HT are right for her and her individual situation. When a decision has been made between a woman and her physician to take HT, women should take the lowest effective dose for the shortest period of time to manage menopausal symptoms.

Is There Any Information Supporting Hormone Therapy?

Several studies have been conducted to determine the benefits of HT, notably, the Woman's Health Initiative (WHI) study. This study is the largest clinically controlled trial regarding HT. A total of 16,608 healthy post-menopausal women between the ages of 50 and 79 par-

ticipated in the estrogen plus progesterin arm of the study. The purpose of the study was to identify if combined hormone therapy was successful in preventing heart disease and osteoporosis in women past menopause. Another purpose was to identify if the benefits of hormone therapy are greater than any potential risks.

This study was not, however, designed to assess benefits of relief of distressing symptoms of menopause, as some of the individuals who started on HT in this study were healthy, menopausal women and did not suffer from any symptoms.

Among the participants studied in the WHI study, there was no benefit for the prevention of heart disease or stroke. However, findings did not take into consideration all age groups therefore conclusions are not necessarily relevant for women approaching or entering menopause.

Key findings among a sub-set of women studied - those who have had a hysterectomy, so only took estrogen, rather than the combination of estrogen and progesterin required by women with an intact uterus - showed that hormone therapy is protective for a woman's bones, prevents fractures due to osteoporosis and does not increase the risk of breast cancer. For more information about menopause and hormone therapy, visit www.sogc.org.

- News Canada

living past 100

Are Winter blues getting you down?

You may be lacking calcium.

Many people begin to feel depressed at this time of year. They can't wait until spring. If you are one of these people, and you do not suffer from Seasonal Affective Disorder, then you may have a physical reason for feeling depressed.

Sunshine always makes us feel better, and one of the reasons is that we manufacture Vitamin D from being exposed to sunlight. When we are not getting regular sunlight every day, we need cod or halibut liver oil for Vitamin D.

Lack of Vitamin D can make a person feel depressed, but that is not the whole story. Vitamin D helps us absorb calcium, and it is the calcium that turns winter blues away. Calcium deficiency is a major player in feelings of depression in otherwise healthy people.

Calcium is best known for building bones, but its major function in the body is protection of the nervous system. Calcium has many roles to play, from helping digest food (in women) to offering some protection against disease.

Without Vitamin D, your body does not absorb calcium. This will be easily remedied by taking the cod or halibut liver oil.

There is one other key factor in having calcium absorbed. You **MUST** exercise.

It does not matter what kind of exercise you do, but you must do it. Walking for a half hour every day is a good measure of how much exercise you need.

Canada's winters are notorious for keeping people in the house in front of the television set. This lack of physical activity can result in failure to absorb calcium and lead to feeling depressed.

Here are the three keys to beating winter blues: Vitamin D, calcium, and exercise.

What are your best sources of calcium? Eat peanuts, beans, broccoli, dairy products, spinach, onions, almonds, kale, parsnips, turnips and Swiss chard. Just think- peanut butter sandwiches, yogurt smoothies, ice cream, broccoli with cheese sauce, spinach salad, fried onions, cheesecake - these are good for you! Get happy!

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COFFEE MUG CHRONICLES

Female Canine Mugs For Camera



Yogi Bear is an 11-year old Australian Shepherd/Border Collie Cross owned by George and Brenda. She actually belonged to Brenda, but became part of a 'blended' pet family when George and Brenda married. Yogi is very photogenic and practically poses as soon as she sees a camera in someone's hand...or finds a toy to play with as she is very friendly. One day George was trying to come up with a very different concept for promoting subscription sales to his newspaper. He had consulted with some very important people who make lots of money advising businesses on how to better position themselves in their respective marketplace. George was considering an idea that revolved around giving away something of value to those who purchased new subscriptions. He struggled for days until it occurred to him that he had a number of coffee mugs collecting dust in a cupboard...and an idea was born. George used his warped sense of humour to weave silly little stories around how the coffee mugs - received with a new one year newspaper subscription - had enhanced people's lives. It worked far better than he expected. Until the day he needed to find a different kind of photo for the ongoing promotional campaign. One night in front of the TV, Yogi brought a toy over to George. He didn't want to participate until he pulled out a coffee mug and tried to get Yogi to play with it. Nothing. Then George put a potato chip in the mug. Yogi wouldn't leave it alone until she figured out how to get the chip out. She eventually got it. The coffee mug changed her life, it could change yours!

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SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

BUDGET INFORMATION MEETINGS

In conjunction with the School District's desire to provide information regarding the budget planning process, there will be a budget and enrollment projection presentation for interested stakeholders, including all members of the public.

This meeting will review provincial funding, district projections for enrollment and general information relating to the 2006/2007 Operating Budget.

Meetings have been scheduled as follows:

- MERRITT - 6:00 PM, Monday, February 13, 2006
Merritt School Board Office
- PRINCETON - 6:00 PM, Tuesday, February 14, 2006
Princeton Secondary School Cafeteria

All interested members of the public are invited to attend

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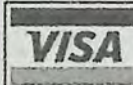
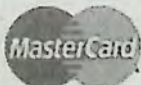
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The morning Kindergarten class at John Allison School had a story read to them by School District 58 School Board Trustee Dina Slowikowski-Campbell last Friday - Family Literacy Day.

School celebrates family literacy

Created by ABC Canada Literacy Foundation in 1999, ABC Canada Family Literacy Day is a national initiative that promotes the importance of reading and learning together as a family. Every year, on January 27th, families and communities across Canada celebrate this special day at literacy-themed events coordinated by literacy organizations, schools and libraries.

In Princeton, John Allison Elementary School marked Family Literacy Day with the appearance

of a number of local dignitaries who took time out of their busy schedules to sit and read a book to each school class.

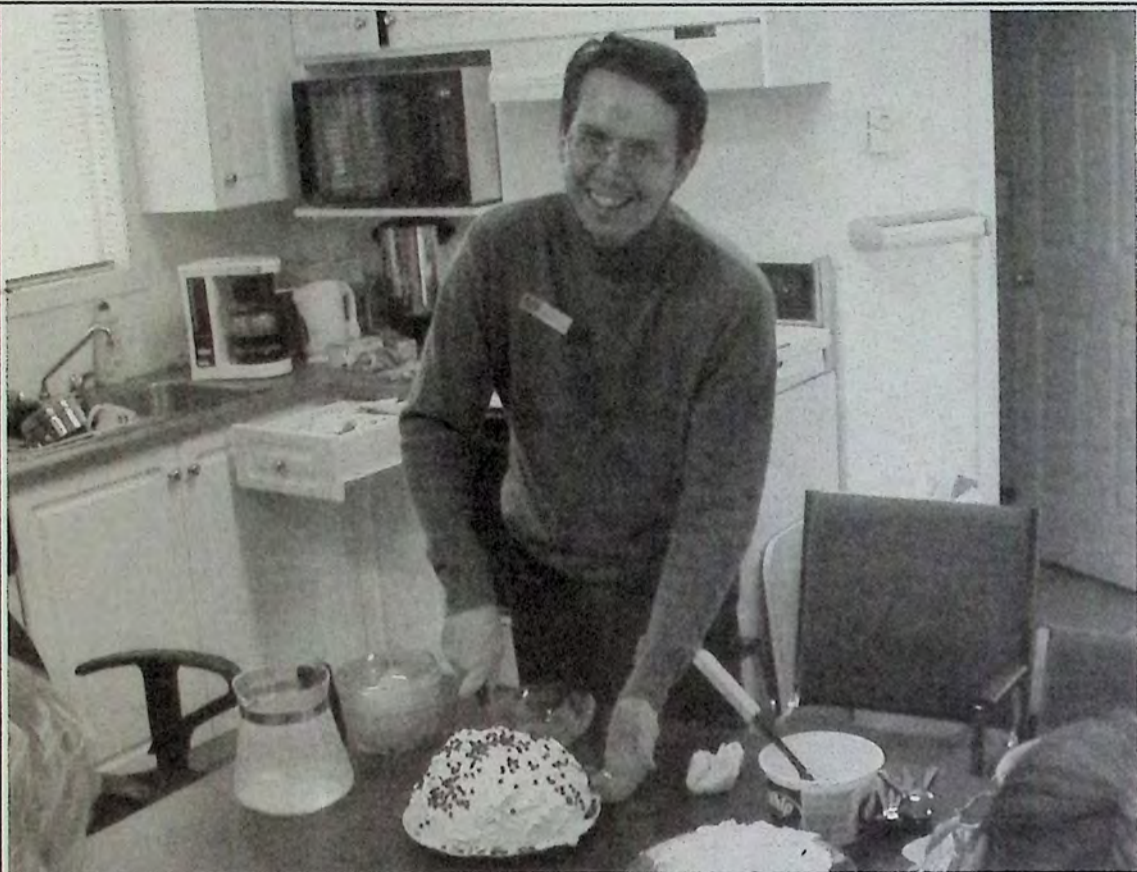
Participants this year included School District 58 School Board Trustee Dina Slowikowski-Campbell (who read to the morning Kindergarten Class), Vermilion Forks Elementary School Principal Barry Clarke (Grade 1 Class), Princeton RCMP Detachment Cst. Myrl Stus (Grade 1 Class), Town of Princeton Mayor Randy

McLean (Grade 2 Class), Princeton Secondary School Principal Bill Lawrence (Grade 2 Class), Craig Wright (Grade 3 Class), Princeton Posse Hockey Team Coach Dale 'Duner' Hladun (Grade 3 Class) and Public Health Nurse Beatrice Bibby (Afternoon Kindergarten Class).

It didn't take long to see that the students at John Allison enjoyed the special treatment as much as the 'readers' enjoyed being part of Family Literacy Day.



Craig Wright, who's wife is the Exchange Teacher at John Allison School from Australia, read to Ms. Campana's Grade 3 Class last Friday morning during Family Literacy Day.



Pharmasave Store Manager Steve McCrae-Gibson serves up dessert during Staff Appreciation Day last Thursday. The Pharmasave Staff were also fed lunch as Management's way of saying thanks.

New owner marks second anniversary

February 1st will mark the Second Anniversary of the change of ownership in the Similkameen News Leader.

"2005 was a very encouraging year for us," says Bengel Publishing Inc. President George Elliott.

"Our expansion to include a reg-

ularly updated website has proven to be a beneficial addition to our products."

The News Leader website has averaged 25,000 to 30,000 hits a month.

"We get asked a lot online about real estate and rental properties from all over Canada. There's a lot

of interest in the Similkameen."

As for future plans, Elliott says expansion plans will continue into 2006.

"We're only just getting started."

Elliott bought the newspaper from Dawn, Barry and Sharon Johnson. The News Leader was established in 1998.

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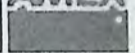
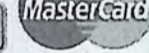
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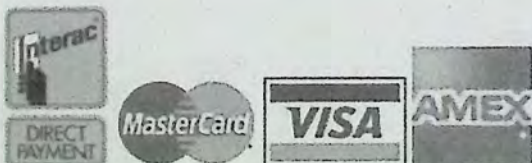


Head of the Princeton 4H Club's Promotions Committee is Janine Esdale. She is one of 20 members in the local group and visited the News Leader office last Thursday. Esdale, 14, has interests in poultry, rabbit and goat classes but told us young people between the ages of 6 and 20 are welcome to join 4H even if they do not have agricultural interests. Janine says there are a lot of youth programs available through the Princeton Club, which will be hosting an Open House and Registration from 3:30 to 5:30 PM on Tuesday, January 31st at the Princeton Secondary School Foyer. For more information, or to get involved, call Sue Coyne at (250) 295-3569. New members are always welcome!

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Naturalists take a hike

Vermilion Forks Field Naturalists participated in a Winter Survival Course lead by Lisa and Dennis Loepky. This challenging Winter hike was billed as 'Beyond August Lake' and a good contingent of over 25 people turned out for this challenge on Saturday, January 21st.

The day was sunny and bright as the hikers headed off from the bus depot - the normal meeting place - to August Lake. Some snow shoes and cross-country skis were evident

amongst the group.

Our illustrious leaders divided us into five random groups with the challenge, that the winner would be the first crew that got a fire going, and boiled their billy can and cooked their bannock.

Amongst much laughter and hilarity, a winner was declared. We then all got down to some serious outdoor cooking and enjoyed a fantastic hamburger cookout, with all the trimmings provided by Irene Logan.

A wonderful time of fellowship and fun with some walking, snow shoeing and cross country skiing thrown in as well. The sun continued to hold and contributed to a great outdoor experience.

Thanks to everyone who organized this event. Our next hike will be on February 11th - a 'Mystery Outing' with Laurence Stoochnoff. Call (250) 295-7078 if you are interested or would like more information.

- submitted by Cathie Yingling

Tourism committee makes progress

The Similkameen Valley Tourism Advisory Committee (TAC) is made up members of the tourism industry.

The Committee was created by the Similkameen Valley Planning Society to make recommendations on how to advertise the Valley and develop our tourism industry.

Committee members are contacting other tourism businesses in order to get input on how their business is doing and what can be done to increase tourism revenues. Everyone in the tourism industry is urged to contact the TAC.

TAC Chair, Philippe Batini, said, "The more input we have and the more people who know what we are doing, the more successful will

be our strategy."

The TAC has gone through some creative exercises. They are trying to decide what the primary values and unique selling points of the Valley are. Based on that, they are developing 'the look' that Valley brochures and ads will have.

The Committee has met six times and meets every second Tuesday in Hedley. They have just begun to identify the tourism products with potential to draw people to the Similkameen Valley.

EDO Michael McLaughlin is facilitating the process. "We are at the stage now where we will begin to group tourism attractions into products for advertising. By combining historic attractions, wineries,

farm tours, B&Bs, outdoor adventure, for example, we can make a product that appeals to certain types of tourists. Usually, people don't go to places, they go to products."

The TAC is trying to help tourism operators to know what other tourism businesses there are in the Valley. Batini expects one recommendation will be to have tourism industry members tour the valley to learn what other tourism operations there are in the Valley.

"Tourism is one business where working with your competition is good for everybody."

For input into the tourism development strategy, please contact Michael at (250) 295-7260 or 499-5130.

weekly entertainment guide

TUESDAY, JANUARY 31, 2006 THROUGH MONDAY, FEBRUARY 6, 2006



The skating was fast and furious for some participants in this year's annual Skate-a-Thon. The event, which took place last Wednesday, is a fundraiser for Princeton Figure Skating Club.

K&M Trucking struggle in game

On January 22 K&M Trucking Bantams traveled to South Okanagan for a league game. Coming off a 1 win-3 game lose in their home tournament the team seemed ready to change their luck.

Shawn Hearty scored only thirty seconds into the first period on a nice pass from Bryce Markin and Colton Williams. Bryce Markin and Nick Yee also scored in the first before South Okanagan finally got on the board with a goal of their own.

Once again the players stopped playing defensively and found themselves down a goal at the end of the second period. South Okanagan struck first in the third but a goal from Bryce Markin, and another from Justin Disher saw Princeton tie the game. Once again with sloppy play in their own end Princeton found themselves behind two goals before Shawn Hearty pulled the team to within one.

With time dwindling down

Princeton fell short losing 7 to 6. Points also went to Kiel Liberatore, Colton Williams, and Vian Maritz.

The weekend before was K&M Trucking Bantams Home tournament. We would just like to extend our thanks to those who donated stuff, Linen & Things (Steven Yee), Roy's Ice, Overwaitea, Glen Wilkinson, Salon D'Mar, and Princeton Greyhound. Thanks for your support!

- submitted by Kevin Williams



And they're off! More Skate-a-Thon action from last Wednesday morning at Princeton Arena. The Senior Skaters had their turn later that afternoon.

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Princeton Figure Skating Club

"Skater of the Week"



Danielle Hassel

Senior Skater

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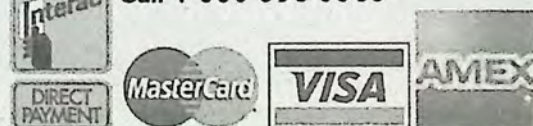
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Vermilion Forks Elementary School Principal Barry Clarke read to Ms. Barth's Grade 1 Class at John Allison School last Friday - Family Literacy Day.



Mayor Randy McLean read a story and then fielded some tough questions from the Grade 2 students about his life as Mayor of the Town of Princeton.



Ms. Froese's Grade 3 Class were treated to a special reading by Princeton Posse Coach Dale 'Duner' Hladun. He read the same book twice, only the second time he changed it to be a story about Princeton and the Posse KIJHL Hockey Club.

tuesday 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. (E)

10:00 am CITY (29) ★★ "Grey Owl" (1999, Drama) Pierce Brosnan. Based on the true story of a white trapper who defended the environment under the guise of a Canadian Indian. (E) (DVS)

Costner. A drifter in a postal uniform leads a band of citizens against fascist marauders in a post-apocalyptic United States. (E)

10:25 pm WTBS (3) ★★★ "Good Morning, Vietnam" (1987, Comedy) Robin Williams. In 1965 Saigon, disc jockey Adrian Cronauer turns Armed Forces Radio on its ear with his irreverent brand of humor. (E)

11:00 pm A&E (9) "Flight 93" (2006, Docudrama) Jeffrey Nordling. On Sept. 11, 2001, courageous passengers aboard a hijacked airplane fight back against terrorists. (E)

EVENING

7:00 pm A&E (9) "Flight 93" (2006, Docudrama) Jeffrey Nordling. On Sept. 11, 2001, courageous passengers aboard a hijacked airplane fight back against terrorists. (E)

8:10 pm 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. (E) (DVS)

10:06 pm CITY (29) ★½ "The Postman" (1997, Adventure) Kevin

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wednesday movies

MORNING

7:00 am WTBS (3) ★★½ "Red Water" (2003, Suspense) (PA) Lou Diamond Phillips. A shark terrorizes a divorced couple and three boat hijackers on a Louisiana river. (E)

10:00 am CITY (29) ★★½ "The Lonely Guy" (1984, Comedy) Steve Martin. A nerdy author of greeting cards joins the ranks of New York's lonely hearts after his girlfriend dumps him. (E)

Docudrama) Jeffrey Nordling. On Sept. 11, 2001, courageous passengers aboard a hijacked airplane fight back against terrorists. (E)

10:06 pm CITY (29) ★★ "Cradle 2 the Grave" (2003, Action) Jet Li. A Taiwanese intelligence agent and a jewel thief join forces against a common enemy. (E)

10:40 pm WTBS (3) ★½ "Domestic Disturbance" (2001, Suspense) John Travolta. A boy's real dad is the only one who believes his claim that he saw his stepfather commit a murder. (E)

EVENING

6:00 pm A&E (9) "Flight 93" (2006, Docudrama) Jeffrey Nordling. On Sept. 11, 2001, courageous passengers aboard a hijacked airplane fight back against terrorists. (E)

CITY (29) ★★ "Cradle 2 the Grave" (2003, Action) Jet Li. A Taiwanese intelligence agent and a jewel thief join forces against a common enemy. (E)

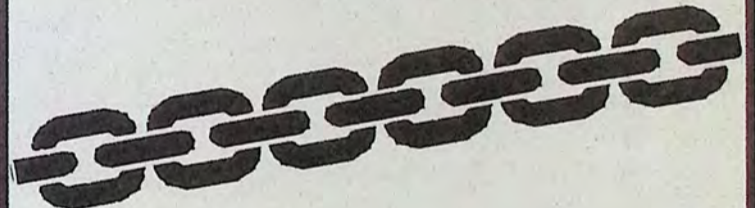
8:10 pm WTBS (3) ★★½ "Indecent Proposal" (1993, Drama) Robert Redford. A lonely billionaire offers a financially strapped couple \$1 million for a night with the wife. (E)

10:00 pm A&E (9) "Flight 93" (2006,

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6 AM	Dawson's Creek	News Body	(Off Air)	Boohbah Caillou (EI)	News	News	Airline	(5:00) News	News (Live)	(5:00) News (Live)	Monster Mona	SportsCentre	News	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies	
7 AM	Movie: "The Thomas Crown Affair" (1999)	Life Today	BluesClues	Clifford	Today	The Early Show	Rollergirl Family	Good Morning America	World Vision	(5:00) News (Live)	Winx Club	SportsCentre	Canada AM	Super Ships	Sabrina	K. Possible	News	CityLine	Rockford Files	
8 AM	Becker	Save-Ums! Doodlebob	Arthur	Sesame Street (EI)	Discover	Amer. Justice	Regis and Kelly	100 Huntley Street (N)	World Vision	100 Huntley Street (N)	Boy	SportsCentre	Regis and Kelly	Daily Planet	Fam. Feud	Benj Bear	Maury	News	Magnum, P.I.	
9 AM	Cosby	The Price Is Right	Mrs BG	Barney	Ellen DeGeneres Show	The Price Is Right	Cold Case Files	The View (N)	World Vision	Room	Rupert	Bowling: Hewitt Classic	The View (N)	Canada's Worst Driver	Starting Over (N)	Mermaid	Jerry Springer (N)	Movie: "Grey Owl" (1999)	News	
10 AM	Harvey	Judge J.	Engleth	Mr Rogers	The Tyra Banks Show	Young and the Restless	Investigative Reports	Paid Prog.	The Insider	News (Live)	Hamtaro	Mycyies	eTalk Daily	Secret Intere...	Montel Williams (N)	Henrys	Blind Date	Drama	Magnum, P.I.	
11 AM	Home Imp.	Brown	Math Shop	Sit-Be Fit	Paid Prog.	News	Airline	All My Children	News (Live)	Days of our Lives	Boy	Strongman	Daily	Secret Intere...	Perry Mason	Lilo Stitch	Maury	CityLine	Da Vinci's Inquest	
12 PM	Drew	News (Live)	Odyseys	Charlie Rose	Paid Prog.	Bold & B.	Airline	One Life to Live	As the World Turns	As the World Turns	Care Bears	George S.	Vicki G.	Frontiers of	Matlock	Hoze	Jerry Springer	In Fashion	Cosby	
1 PM	Yes, Dear	Days of our Lives	Planet	America	Days of our Lives	As the World Turns	Family	One Life to Live	As the World Turns	As the World Turns	Care Bears	George S.	Vicki G.	Frontiers of	Matlock	Hoze	Jerry Springer	In Fashion	Cosby	
2 PM	Home Imp.	Da Vinci's Inquest	Gaslight	Reading	Passions	Guilding Light	City Confidential	General Hospital	Passions	Passions	Mona	LazyTown	Interruption	General Hospital	How-Made	Love Lucy	Dalmatian	Eye Eye	Ellen DeGeneres Show	Moesha
3 PM	Seinfeld	Starting Over (N)	Bear	Postcards	Brown	Dr. Phil	Amer. Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Off-Record	Dr. Phil	Mega Machines	Montel Williams	Weekend	ER "House of Cards"	News	Home Imp.	
4 PM	Raymond	Simpsons	Dora	Cyberchas	Judge J.	Oprah Winfrey	Cold Case Files	Millionaire	Oprah Winfrey	News	Tn-Titans	Hockey	The Tyra Banks Show	Daily Planet	Little House	Barbarian	8 Rules	Sex & City	Funnest Home Videos	
5 PM	Friends	News (Live)	George S.	BBC World	News	News	Flight 11	News	News	News	Oddparent	Hockey: Toronto Maple Leafs at Tampa Bay Lightning.	News	How-Made	Malcolm	K. Possible	Sabrina	The Collector	Da Vinci's Inquest	
6 PM	Sex & City	Will-Grace	CG Kids	News-Lehrer	State of the Union (Live)	State of the Union (Live)	Dog	State of the Union (Live)	News (Live)	ET Canada	Being Ian	Mystery	News	American Chopper (N)	State of the Union (Live)	So Little	My Wife	Supernatural (N)	Da Vinci's Inquest	
7 PM	Seinfeld	Fortune	Walk on the Wild Side	Lost Empires	Movie: "Flight 93" (2006)	NCIS	Jeffrey Nordling.	Jim	Fear Factor (N)	Fear Factor (N)	SpongeBob	In Corner	eTalk Daily	Billy Lane Project (N)	'70s Show	Smart Guy	Raymond	Godiva's	WGN News at Nine	
8 PM	Movie: "The Thomas Crown Affair" (1999)	Rick Tourn	Masterpiece	Globe Trekker	Fear Factor (N)	NCIS	"Frame-Up"	Jeffrey Nordling.	Rodney	Fear Factor (N)	Sabrina	In Corner	American Idol (N)	Daily Planet	American Idol (N)	8 Rules	Gilmore Girls (N)	News	Sex & City	
9 PM	Movie: "Good Morning, Vietnam"	News	Ravens	Charlie Rose (N)	News	News	Movie: "Flight 93"	News	News	News	Inuyasha	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	KTLA Prime News	Movie: "The Postman" (1997)	Da Vinci's Inquest	
10 PM	Movie: "Good Morning, Vietnam"	News	Ravens	Charlie Rose (N)	News	News	Movie: "Flight 93"	News	News	News	Inuyasha	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	KTLA Prime News	Movie: "The Postman" (1997)	Da Vinci's Inquest	
11 PM	Movie: "Good Morning, Vietnam"	News	Ravens	Charlie Rose (N)	News	News	Movie: "Flight 93"	News	News	News	Inuyasha	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	KTLA Prime News	Movie: "The Postman" (1997)	Da Vinci's Inquest	

WEDNESDAY, FEBRUARY 1, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)	
6 AM	Dawson's Creek	News Body	(Off Air)	Teletubbies Caillou (EI)	News	News	Child Stars: Their Story	(5:00) News	News (Live)	(5:00) News (Live)	Monster Mona	SportsCentre	News	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies	
7 AM	Movie: "Red Water" (2003)	Life Today	BluesClues	Cliff Pup	Today	The Early Show	Good Morning America	Good Morning America	World Vision	(5:00) News (Live)	Winx Club	SportsCentre	Canada AM	Animal Parade	Sabrina	K. Possible	News	CityLine	Rockford Files	
8 AM	Becker	Save-Ums! Doodlebob	Arthur	Sesame Street (EI)	Discover	Amer. Justice	Regis and Kelly	100 Huntley Street (N)	World Vision	100 Huntley Street (N)	Boy	SportsCentre	Regis and Kelly	Daily Planet	Fam. Feud	Benj Bear	Maury	News	Magnum, P.I.	
9 AM	Cosby	The Price Is Right	Paddington	Barney	Ellen DeGeneres Show	The Price Is Right	Cold Case Files	The View (N)	World Vision	Room	Rupert	Bowling: 5-Pin	The View (N)	America's Loch Ness	Starting Over (N)	Sing-Story	Jerry Springer (N)	Movie: "The Lonely Guy" (1984)	News	
10 AM	Harvey	Judge J.	Mathematics	Mr Rogers	The Tyra Banks Show	Young and the Restless	Biography "Will Smith"	Paid Prog.	The Insider	News (Live)	Hamtaro	Boxing: Friday - Mora vs. Ouma	eTalk Daily	Giant Monsters	Montel Williams	Henrys	Blind Date	Drama	Magnum, P.I.	
11 AM	Home Imp.	Brown	Mathematics	Sit-Be Fit	Paid Prog.	News	Child Stars: Their Story	All My Children	News (Live)	Days of our Lives	Boy	Strongman	Daily	Secret Intere...	Perry Mason	Lilo Stitch	Maury	CityLine	Da Vinci's Inquest	
12 PM	Drew	News (Live)	Sustain	Charlie Rose (N)	Paid Prog.	Bold & B.	Child Stars: Their Story	One Life to Live	As the World Turns	As the World Turns	Care Bears	George S.	Vicki G.	Frontiers of	Matlock	Hoze	Jerry Springer	In Fashion	Cosby	
1 PM	Yes, Dear	Days of our Lives	Planet	Sewing	Days of our Lives	As the World Turns	Family	One Life to Live	As the World Turns	As the World Turns	Care Bears	George S.	Vicki G.	Frontiers of	Matlock	Hoze	Jerry Springer	In Fashion	Cosby	
2 PM	Home Imp.	Da Vinci's Inquest	Gaslight	Reading	Passions	Guilding Light	City Confidential	General Hospital	Passions	Passions	Mona	LazyTown	Interruption	General Hospital	How-Made	Love Lucy	Dalmatian	Eye Eye	Ellen DeGeneres Show	Moesha
3 PM	Seinfeld	Starting Over (N)	Bear	Postcards	Brown	Dr. Phil	Amer. Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Off-Record	Dr. Phil	Beyond Tomorrow	Montel Williams	Weekend	ER	News	Home Imp.	
4 PM	Raymond	Simpsons	Dora	Cyberchas	Judge J.	Oprah Winfrey	Cold Case Files	Millionaire	Oprah Winfrey	News	Tn-Titans	Hockey	The Tyra Banks Show	Daily Planet	Little House	Barbarian	8 Rules	Sex & City	Funnest Home Videos	
5 PM	Friends	News (Live)	George S.	BBC World	News	News	Dog	News	News	News	Oddparent	Hockey: Ottawa Senators at New Jersey Devils.	News	How-Made	Malcolm	K. Possible	Sabrina	The Collector	Da Vinci's Inquest	
6 PM	Sex & City	Will-Grace	Mechanics	News-Lehrer	News	News	Movie: "Flight 93" (2006)	News	News	News	Being Ian	Mystery	News	American Chopper (N)	State of the Union (Live)	So Little	My Wife	Supernatural (N)	Da Vinci's Inquest	
7 PM	Sex & City	Fortune	Underses	Ballroom Chall	Jeopardy!	Seinfeld	Jeffrey Nordling.	Entertain	Entertain	Falcon Beach	Justice	NHL Hockey: Columbus Blue Jackets at Calgary Flames.	eTalk Daily	MythBusters	Frasier	So Raven	Raymond	WGN News at Nine		
8 PM	Movie: "Indecent Proposal" (1993)	This Is Wonderfan (N)	Discoveries	Cathedral	E-Ring "The General"	Still	Dallas SWAT	Lopez	E-Ring "The General"	E-Ring "The General"	SpongeBob	Blue Jackets at Calgary Flames.	American Idol (N)	Daily Planet	American Idol (N)	8 Rules	One Tree Hill (N)	News	Sex & City	
9 PM	Movie: "Indecent Proposal" (1993)	News	Discoveries	Cathedral	E-Ring "The General"	Still	Dallas SWAT	Lopez	E-Ring "The General"	E-Ring "The General"	SpongeBob	Blue Jackets at Calgary Flames.	American Idol (N)	Daily Planet	American Idol (N)	8 Rules	One Tree Hill (N)	News	Sex & City	
10 PM	Movie: "Good Morning, Vietnam"	News	Ravens	Charlie Rose (N)	News	News	Movie: "Flight 93"	News	News	News	Inuyasha	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	KTLA Prime News	Movie: "The Postman" (1997)	Da Vinci's Inquest	
11 PM	Movie: "Good Morning, Vietnam"	News	Ravens	Charlie Rose (N)	News	News	Movie: "Flight 93"	News	News	News	Inuyasha	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	KTLA Prime News	Movie: "The Postman" (1997)	Da Vinci's Inquest	

Similkameen News Leader

Community Calendar

FEBRUARY

- 3 - Princeton Posse Game vs. Revelstoke, 7:30 PM
- 3, 4, 5 - Mens Curling Bonspiel, Princeton Curling Club
- 10 - Princeton OAP AGM, 2:00 PM, OAP Hall
- 10 - Princeton Posse Game vs. Summerland, 7:30 PM
- 11 - Princeton Posse Game vs. Sicamous, 7:30 PM
- 14 - Valentine's Day
- 15 - Princeton Posse Game vs. Summerland, 7:30 PM
- 17 - Princeton Posse Game vs. Revelstoke, 7:30 PM
- 17, 18, 19 - Ladies Curling Bonspiel, Princeton Curling Club
- 25 - Princeton Posse Game vs. Sicamous, 7:30 PM
- 25 - Rotary Club Mid Winter Wine Fest, 7:00 PM, Legion
- 27 - PSS PAC Meeting, 7:00 PM

MARCH

- 4, 5, 6 - Mixed Curling Bonspiel, Princeton Curling Club
- 10 - Schools close for Spring Break
- 20 - Schools re-open
- 27 - PSS PAC Meeting, 7:00 PM
- 28 - Parent/Teacher Interviews, PSS, 6:00 - 8:00 PM

APRIL

- 14 - Good Friday
- 17 - Easter Monday
- 24 - PSS PAC Meeting, 7:00 PM
- 27 - PSS Family Fair

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

Regular Meetings

- * Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- * Similkameen Christian Riders meet at Dairy Queen 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.

thursday movies

MORNING

- 7:00 am WTBS (3) ★★ "First Shot" (2002, Suspense) (PA) Mariel Hemingway. A Secret Service agent tries to prevent a U.S. rebel group from assassinating the president. (DVS)
- 10:00 am CITY (29) ★★½ "Godzilla 2000" (2000, Science Fiction) Takehiro Murata. Tokyo landmarks are reduced to rubble yet again as Godzilla battles an ancient UFO. (DVS)
- 11:30 am A&E (9) ★★½ "Shakespeare In Love" (1998, Romance-Comedy) Joseph Fiennes. Young William Shakespeare falls for Viola, reawakening his creativity, but she is betrothed to Wessax. (DVS)

AFTERNOON

- 4:30 pm WGN (38) ★★½ "Beloved" (1998, Drama) Oprah Winfrey. Toni Morrison's Pulitzer Prize-winning story about a former slave who thinks she sees her dead daughter's ghost. (In Stereo) (DVS)

EVENING

- 6:00 pm WTBS (3) ★ "Gone in Sixty Seconds" (2000, Action) (PA) Nicolas Cage. A former thief must agree to steal 50 cars in one night to save his brother from being killed by a vehicle smuggler. (DVS)
- CITY (29) "Men of Means" (1998, Action) Michael Paré. A former football star considers cutting his ties to organized crime and making a new start. (DVS)
- 8:40 pm 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. (DVS)
- 10:06 pm CITY (29) ★★½ "One True Thing" (1998, Drama) Meryl Streep. At her father's request, a reluctant woman postpones her career to care for her dying mother. (DVS)
- 10:40 pm WTBS (3) ★★ "Surviving the Game" (1994, Suspense) (PA) Ice-T. A homeless man believes he is being used as a guide for six hunters until he discovers that he is to be the quarry. (DVS)

friday movies

MORNING

- 7:00 am WTBS (3) ★ "Gone in Sixty Seconds" (2000, Action) (PA) Nicolas Cage. A former thief must agree to steal 50 cars in one night to save his brother from being killed by a vehicle smuggler. (DVS)
- 10:00 am CITY (29) ★★½ "Spy Kids" (2001, Adventure) Antonio Banderas. Two youngsters set out to save their secret-agent parents from an evil madman and foil his plot to clone world leaders. (DVS)

AFTERNOON

- 5:00 pm DISC (24) "Grizzly Man" (2005, Documentary) Filmmaker Werner Herzog profiles grizzly bear enthusiast Timothy Treadwell, who was killed by one of the animals he studied in 2003. CITY (29) ★★½ "Spy Kids" (2001, Adventure) Antonio Banderas. Two youngsters set out to save their secret-agent parents from an evil madman and foil his plot to clone world leaders. (DVS)
- WGN (38) ★½ "Just Visiting" (2001, Comedy) Jean Reno. A magic mix-up sends a medieval knight and his servant to modern-day Chicago in this remake of "Les Visiteurs." (In Stereo) (DVS)

EVENING

- 6:00 pm WTBS (3) ★★½ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A golden-haired sorority queen vows to win back her ex-boyfriend by gaining admission to Harvard Law School. (DVS)
- 7:30 pm FAM (24) "Searching for David's Heart" (2004, Drama) Danielle Panabaker. Premiere. A grief-stricken teenager tries to find the recipient of her late brother's heart.
- 8:00 pm KNOW (5) ★★½ "Much Ado About Nothing" (1993, Comedy) Kenneth Branagh. Shakespeare's Don Pedro pairs Benedick and Beatrice and woos Hero for Claudio around a lively Italian villa. (DVS)
- 8:10 pm WTBS (3) ★★ "A Walk to Remember" (2002, Romance) (PA) Shane West. A budding delinquent is forced to act in a school play and begins a tentative romance with a minister's daughter. (DVS)
- 9:00 pm FAM (24) ★★ "Before and After" (1996, Drama) Meryl Streep. Two parents find their peaceful lives forever changed when their teenage son is suspected of murdering his girlfriend.
- 10:00 pm DISC (24) "Grizzly Man" (2005, Documentary) Premiere. Filmmaker Werner Herzog profiles grizzly bear enthusiast Timothy Treadwell, who was killed by one of the animals he studied in 2003.

Horoscopes

February 1-8, 2006

- Aries** - You're making big plans this week to deal with your financial situation. It is too soon to take action. Do not go shopping except for essentials. Money judgement is clouded.
- Taurus** - Career, partner, and you feel right this week, and home life remains calm. You have a lot you want to say, but be careful how you say it. You can ruin the calm by spouting off.
- Gemini** - This week will challenge your spirit of generosity. You can keep your temper under control, but you still have a lot of hidden issues. Focus on career. Pick words carefully.
- Cancer** - Budgeting is your big bugbear right now. Kids, friends are generous, keep you busy, add laughter. Partner gives love, attention. Work on taxes, do paperwork, check accounts.
- Leo** - You feel old, burdened and out of sync these days, but home life gives you relief from these feelings. Pay attention to information related to your career. Avoid controversy.
- Virgo** - Job is active, demanding, but is interesting. You take pleasure in short trips, dealing with family, siblings. Partner is calm these days. Light foot on gas peddle please. Stay alert!
- Libra** - Be very cautious with your money. Family is kind to you. Children or lover may have harsh words. Job prospects are on hold. Look for career potential related to housing.
- Scorpio** - Home life pleases you but you have issues with partner. Partner may be difficult due to personal concerns. Sibling brings comfort, good feelings. Financial picture changes.
- Sagittarius** - Money depends on your ability to talk, persuade. Job demands a lot of short trips. Keep light touch on gas pedal. Don't believe much of what you hear this week.
- Capricorn** - You feel happy these days and you show goodwill toward others. Take care in spending - you could be fooling yourself, especially this weekend. Stay home. Don't shop.
- Aquarius** - Life seems really good to you now. Reach down into yourself to see what you can do for others. Don't count on plans to run smoothly. Keep mind focused this week.
- Pisces** - This week, you may feel like daydreaming or drifting off into fantasy movies. Any plans you make now are probably unrealistic, but there is no harm in exploring possibilities.

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Similkameen News Leader

Recipe Corner (Recipe #100)

Healthy Harvest Spaghetti

With Roasted Salmon in Sesame Oil

Ingredients

- 360 g fresh salmon (fillet with skin)
- 60 mL (1/4 cup) roasted sesame oil
- 60 mL (1/4 cup) sesame seeds, roasted
- 15 mL (1 tbsp) canola oil
- 15 mL (1 tbsp) tamari sauce
- 15 mL (1 tbsp) fresh ginger, chopped
- 375 g Catelli Healthy Harvest Whole Wheat Spaghetti
- 1 yellow bell pepper, in fine strips
- 2 green onions, finely minced
- 60 mL (1/4 cup) fresh coriander, chopped
- salt and pepper, to taste

Instructions

- Baste salmon with 30 mL (2 tbsp) roasted sesame oil; salt and sprinkle with 30 mL (2 tbsp) roasted sesame seeds. • Bake in oven preheated to 200°C (400°F) for 12-15 minutes. Set aside. • In a bowl, blend together remaining sesame oil, canola oil, tamari sauce and ginger. Set aside. • Cook spaghetti according to package directions. 1 minute before end of cooking time, add yellow pepper. • Drain pasta and pepper very well. Transfer to a serving dish. • Top with green onions, sesame oil dressing, salmon, remaining sesame seeds and fresh coriander.

Preparation: 20 minutes Cooking: 30 minutes Servings: 4 to 6

- News Canada

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

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INSURANCE SERVICES

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OPEN 8:30 AM - 5:00 PM MONDAY - FRIDAY 9:00 AM - 3:00 PM SATURDAY

THURSDAY, FEBRUARY 2, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLC (27)	CITY (29)	WGN (38)	
6 AM :30	Dawson's Creek	News	(Off Air)	Boohbah	News	News	(5:30) Movie: "Shakespeare in Love"	(5:00) News	News (Live)	(5:00) News (Live)	Monster	SportsCentre	News	Daily Planet	Believers	King	News	Maury	Hillbillies	
7 AM :30	Movie: "First Shot" (2002)	Life Today	BluesClues	Clifford	Today The U.S.	The Early Show	Good Morning America				Winx Club	SportsCentre	Canada AM	Groundhog: The Movie	Libertys	K. Possible	News	CityLine	Rockford Files	
8 AM :30	Maril Hemingway	100 Huntley Street (N)	HI-5	Dragon	Hockey Team; Terry Bradshaw; aphrodisiacs.	City Confidential				100 Huntley Street (N)	Boy	SportsCentre		MythBusters	Paid Prog.	Weekend		Close-Up	Matlock	
9 AM :30	Becker	Save-Ums!	Arthur	Sesame Street (EI)	Discover	American Justice	Regis and Kelly	100 Huntley Street (N)	World Vision	LazyTown	Off-Record	Regis and Kelly	Daily Planet	Fam. Feud	Benj Bear	Maury	News	Magnum, P.I.		
10 AM :30	Cosby	The Price Is Right	Miss BG	Barney	Ellen DeGeneres Show	The Price Is Right	Street Racing	The View (N)	World Vision	Room	Rupert	Lumberjacks	The View (N)	Animal Face-Off	Starting Over (N)	Mermald	Jerry Springer	Movie: "Godzilla 2000"	News	
11 AM :30	Harvey Home Imp.	Judge J. Brown	Canada-History	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Self House	Paid Prog.	The Insider	News (Live)	Hamtaro	Golf: Long Drive Champions	eTalk Daily	Beastly Countdown	Montel Williams	Henrys	Blind Date	Magnum, P.I.		
12 PM :30	Drew	News (Live)	Map of the Mind	Charlie Rose	Paid Prog.	News	Movie: "Shakespeare in Love" (1998)	All My Children	News (Live)	Days of our Lives	Boy	PGA Golf: FBR Open - First Round.	Daily	Nature of the Beast	Perry Mason	Lilo Stitch	Maury	CityLine	Da Vinci's Inquest	
1 PM :30	Yes, Dear	Days of our Lives	Scattering Planet	In Studio	Days of our Lives	As the World Turns	Joseph Fiennes	One Life to Live	As the World Turns	As the World Turns	Care Bears	PGA Golf: FBR Open - First Round.	Vicki G.	First Emperor: The Man	Matlock	Hoze	Jerry Springer	Relic Hunter	Cosby	
2 PM :30	Home Imp. Friends	Da Vinci's Inquest	Gaslight	Reading	Passions	Guiding Light	City Confidential	General Hospital	Passions	Passions	Mona	Off-Record	General Hospital	Who Made China	Love Lucy	Dalmanian	Eye Eye	Ellen DeGeneres Show	Moesha	
3 PM :30	Seinfeld	Starting Over (N)	Bear	Postcards	Brown	Dr. Phil	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Off-Record	Dr. Phil	How-Made	Montel Williams	Weekend	ER	News	Home Imp.	
4 PM :30	Raymond	Simpsons	Dora	Cyberchas	Judge J.	Oprah Winfrey	Street Racing	Millionaire	Oprah Winfrey	News	Tn-Titans	NHL Hockey: Canadiens at Boston Bruins.	The Tyra Banks Show	Daily Planet	Little House	Barbarian	8 Rules	Sex & City	Videos	
5 PM :30	Friends	News (Live)	George S.	BBC World	News	News	The First 48	News	News	News	Oddparent	Montreal Canadiens at Boston Bruins.	News	Beyond Tomorrow	Malcolm King of Hill	K. Possible	Sabrina	Chris	Movie: "Beloved" (1998)	
6 PM :30	Movie: "Gone in Sixty Seconds" (2000) (PA) Nicolas Cage.	Will-Grace	Skooped!	News-Lehrer	News	News	The First 48	News	News	ET Canada	Being Ian	Hockey	News	Extreme Engineering	Simpsons	So Little	My Wife	Movie: "Men of Means" (1998)	WGN News at Nine	
7 PM :30	Seconds	Fortune	Profiles of Nature	The Oregon Story	Jeopardy!	Seinfeld	Dallas SWAT	Entertain	Entertain	Without a Trace (N)	Ghost	SportsCentre (Live)	eTalk Daily	Dirty Jobs "Vexcon"	Frasler	So Raven	Raymond	Michael Paré	News	Sex & City
8 PM :30	Cage.	Will Grace	Growing Up Canadian	Rosemary and Thyme	Will Grace	Survivor: Panama - Exile	Crossing Jordan	Dancing With the Stars	Survivor: Panama - Exile	Survivor: Panama - Exile	Sabrina	Off-Record	The O.C. (N)	Daily Planet	'70s Show	8 Rules	Smallville (N)	Star! Daily	Becker	
9 PM :30	Movie: "Entrapment" (1999) (PA) Sean Connery.	70s Show	China: Ascent	Super Chief	Name Earl	CSI: Crime Scn	The First 48	Crumbs (N)	The Office	The Office	Prank Ptr	Strongest	CSI: Crime Scn	Extreme Engineering	The O.C. (N)	Brotherly Radio Free	Beauty and the Geek	Jimmy Kimmel Live (N)	Funnest Home Videos	
10 PM :30	Movie: "Surviving the Game" (1994)	National	Scientists	Soundstage	(9:59) ER "Body and Soul" (N)	Without a Trace (N)	The First 48	Primetime	Without a Trace (N)	News (Live)	My Family Bob	Series of Poker	(9:59) ER "Body and Soul" (N)	Dirty Jobs "Vexcon"	Will-Grace	Popular (N)	KTLC Prime News	Movie: "One True Thing" (1998)	Da Vinci's Inquest	
11 PM :30		News	Fighting Their Fears	Charlie Rose (N)	Tonight	Late Show	Dallas SWAT	News	News (Live)	Entertain	Inuyasha	SportsCentre (Live)	News	Beyond Tomorrow	Sex & City	8 Rules	Sex & City	Meryl Streep.	Paid Prog.	

FRIDAY, FEBRUARY 3, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLC (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News	(Off Air)	Teletubbs	News	News	Third Watch	(5:00) News	News (Live)	(5:00) News (Live)	Monster	SportsCentre	News	Daily Planet	Believers	King	News	Maury	Hillbillies
7 AM :30	Movie: "Gone in Sixty Seconds" (2000) (PA) Nicolas Cage.	Life Today	BluesClues	Clifford	Today	The Early Show	Third Watch "History"	Good Morning America			Winx Club	SportsCentre	Canada AM	Urban Wild "Paris"	Libertys	K. Possible	News	CityLine	Rockford Files
8 AM :30	Seconds	100 Huntley Street (N)	HI-5	Dragon			City Confidential			100 Huntley Street (N)	Boy	SportsCentre		Billy Lane Project	Paid Prog.	Weekend		At Movies	Matlock
9 AM :30	Cage.	Save-Ums!	Arthur	Sesame Street (EI)	Discover	American Justice	Regis and Kelly	100 Huntley Street (N)	World Vision	LazyTown	Off-Record	Regis and Kelly	Daily Planet	Fam. Feud	Feet	Maury	News	Magnum, P.I.	
10 AM :30	Cosby	The Price Is Right	Paddington	Barney	Ellen DeGeneres Show	The Price Is Right	American Justice	The View (N)	World Vision	House	Rupert	Spin	The View (N)	The Amazing Race 6	Starting Over (N)	Sing-Story	Jerry Springer	Movie: "Spy Kids" (2001)	News
11 AM :30	Harvey Home Imp.	Judge J. Brown	Sew Fun	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Third Watch	Paid Prog.	The Insider	News (Live)	Hamtaro	Golf: Pinnacle Champ.	eTalk Daily	Critical Rescue	Montel Williams	Henrys	Blind Date	Antonio Banderas	Magnum, P.I.
12 PM :30	Drew	News (Live)	Dotto Tech	Charlie Rose	Paid Prog.	News	Third Watch	All My Children	News (Live)	Days of our Lives	Boy	Pinnacle Champ.	Daily	Dirty Jobs "Vexcon"	Perry Mason	Lilo Stitch	Maury	CityLine	Da Vinci's Inquest
1 PM :30	Yes, Dear	Days of our Lives	Router Planet	Art Work	Days of our Lives	As the World Turns	Third Watch "History"	One Life to Live	As the World Turns	As the World Turns	Care Bears	PGA Golf: FBR Open - Second Round.	Vicki G.	Extreme Engineering	Matlock	Hoze	Jerry Springer	Relic Hunter	Cosby
2 PM :30	Home Imp. Friends	Da Vinci's Inquest	Gaslight	Reading	Passions	Guiding Light	City Confidential	General Hospital	Passions	Passions	Mona	Off-Record	General Hospital	Beyond Tomorrow	Love Lucy	Dalmanian	Eye Eye	Ellen DeGeneres Show	Moesha
3 PM :30	Seinfeld	Starting Over (N)	Bear	Postcards	Brown	Dr. Phil	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Off-Record	Dr. Phil	How-Made	Montel Williams	Weekend	ER	News	Home Imp.
4 PM :30	Raymond	Simpsons	Dora	Cyberchas	Judge J.	Oprah Winfrey	American Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	Hockey	The Tyra Banks Show	Daily Planet	Little House	Barbarian	8 Rules	Sex & City	Funnest Home Videos
5 PM :30	Friends	News (Live)	George S.	BBC World	News	News	Biography "Steve Martin"	News	News	News	Oddparent	Strongest	News	Movie: "Grizzly Man" (2005, Documentary)	Malcolm King of Hill	K. Possible	Sabrina	Movie: "Spy Kids" (2001)	WGN News at Nine
6 PM :30	Movie: "Legally Blonde" (2001, Comedy)	Will-Grace	Outta Town	News-Lehrer	News	News	Biography: John Belushi	News	News	ET Canada	Yu Gi Oh	Boxing: Antonio Davis vs. Koba Gogoladze	News	Simpsons	70s Show	Phil	Friends	Antonio Banderas	Jean Reno
7 PM :30		Fortune	The Life of Birds	Wash Wk	Jeopardy!	Seinfeld	Biography: John Belushi	Entertain	Entertain	NUMB3RS (TV) (N)	Cybertron	Koba Gogoladze	eTalk Daily	'70s Show	"Searching for David's Heart"	School	Raymond	"Sex Pistols"	WGN News at Nine
8 PM :30	Movie: "A Walk to Remember" (2002) (PA)	Air Farce	Movie: "Much Ado About Nothing" (1993)	Mapp & Lucia	Dateline NBC	Close to Home (N)	Biography "Steve Martin"	Dancing With the Stars	Next Chef	Next Chef	Zatch Bell	SportsCentre (Live)	Ghost Whisperer (N)	Daily Planet	Bernie Mac	Movie: "Before and After" (1996)	Reba (N)	Jimmy Kimmel Live (N)	Funnest Home Videos
9 PM :30	Remember	Hatchling	Nothing	Mapp & Lucia	Dateline NBC	Close to Home (N)	Biography "Steve Martin"	In Justice (N)	Trading Spouses	Trading Spouses	Inuyasha	Mixed Martial Arts	Close to Home (N)	Deadliest Catch	Trading Spouses	Movie: "Before and After" (1996)	Reba (N)	Jimmy Kimmel Live (N)	Funnest Home Videos
10 PM :30	Family Guy	National	Sher. Holmes	Chronicles	The Book of Daniel (N)	NUMB3RS (TV) (N)	20/20	NUMB3RS (TV) (N)	News (Live)	News (Live)	Gundam	Fight Sports Knockouts!	In Justice (N)	Movie: "Grizzly Man" (2005)	Will-Grace	KTLC Prime News	Movie: "Beverly Hills Cop" (1983)	Da Vinci's Inquest	
11 PM :30	Oblong	News	Growing Up Canadian	On the Up	News	News	Biography: John Belushi	News	News (Live)	Entertain	ReBoot	SportsCentre (Live)	News	Premiere.	Sex & City	Friends	Sex & City	Volume 2" (1997)	Paidd Prog.

saturday movies

MORNING

8:00 am WTBS (3) ★★ "A Walk to Remember" (2002, Romance) (PA) Shane West. A budding delinquent is forced to act in a school play and begins a tentative romance with a minister's daughter. (E)

9:00 am A&E (9) "Flight 93" (2006, Docudrama) Jeffrey Nordling. On Sept. 11, 2001, courageous passengers aboard a hijacked airplane fight back against terrorists. (E)

10:05 am WTBS (3) ★★ "The American President" (1995, Comedy-Drama) Michael Douglas. America's commander in chief places his political future at risk when he starts dating a dynamic lobbyist. (E)

AFTERNOON

12:00 pm FAM (26) ★★ "Super Mario Bros." (1993, Fantasy) Bob Hoskins. Based on the popular video game that takes two plumbers on a perilous mission to rescue a parallel-world princess. WGN (38) ★ "Shadow Conspiracy"

(1997, Suspense) Charlie Sheen. A White House aide becomes a target himself when he uncovers a highly placed plot against the president. (In Stereo) (E)

12:50 pm WTBS (3) ★★ "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely woman falls for an engaged pediatrician while coordinating his ceremony and wedding reception. (E)

1:00 pm CITY (29) ★★ "Star Trek III: The Search for Spock" (1984, Science Fiction) William Shatner. Kirk and the Enterprise crew defy Starfleet and return to the Genesis planet to reunite Spock's body and spirit. (E)

1:30 pm FAM (26) ★★ "Just 4 Kicks" (2003, Comedy) Cole Sprouse. A stranger tries to help twin brothers who play for a winless soccer team. (E)

3:00 pm WTBS (3) ★★ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A golden-haired sorority queen vows to win back her ex-boyfriend by gaining admission to Harvard Law School. (E)

4:00 pm YTV (18) ★★ "The Secret of NIMH" (1982, Fantasy) Voices of Elizabeth Hartman. Animated. A society of genetically altered rats comes to the aid of a mouse whose family is threatened by civilization. (In Stereo) (E)

KTLA (27) ★★ "Mimic" (1997, Horror) Mira Sorvino. A scientist's plan to control plague-carrying cockroaches leads to the creation of a deadly new breed of insect. (In Stereo)

5:00 pm WTBS (3) ★★ "Miss Congeniality" (2000, Comedy) (PA) Sandra Bullock. An uncouth FBI agent goes under cover as a beauty pageant contestant to flush out a terrorist. (E) (DVS)

EVENING

6:00 pm CITY (29) ★★ "American Pie" (1999, Comedy) Jason Biggs. Four teenagers nearing graduation make a pact to lose their virginity by prom night. (E)

7:25 pm WTBS (3) ★★ "The American President" (1995, Comedy-Drama) Michael Douglas. America's commander in chief places his political future at risk when he starts dating a dynamic lobbyist. (E)

8:00 pm KSPS (6) ★★ "Houseboat" (1958,

Comedy) Cary Grant. A wealthy young woman takes a job as a family maid, bringing a widower and his children closer together. KXLY (10) ★★ "Harry Potter and the Sorcerer's Stone" (2001, Fantasy) Daniel Radcliffe. An orphan attends a school of witchcraft and wizardry and pieces together the mystery of his parents' deaths. (In Stereo) (E)

9:00 pm YTV (18) ★★ "Lean on Me" (1989, Drama) Morgan Freeman. A principal cleans up a drug-infested New Jersey high school with his own brand of enforced discipline. (In Stereo) (E)

FAM (26) ★★ "The Air Up There" (1994, Comedy) Kevin Bacon. An American basketball coach learns how to play the Kenya way as he scouts a tall African.

CITY (29) ★★ "The Myth of Fingerprints" (1997, Drama) Arijia Bareikis. Premiere. A patriarch's bizarre behavior helps fuel a New England family's further descent into dysfunction.

9:55 pm WTBS (3) ★★ "Indecent Proposal" (1993, Drama) Robert Redford. A lonely billionaire offers a financially strapped couple \$1 million for a night with the wife. (E)

10:00 pm WGN (38) ★ "Shadow Conspiracy" (1997, Suspense) Charlie Sheen. A White House aide

becomes a target himself when he uncovers a highly placed plot against the president. (In Stereo) (E)

10:46 pm FAM (26) ★★ "Days of Thunder" (1990, Drama) Tom Cruise. A hotshot rookie stock-car driver sets his sights on the professional NASCAR circuit and the prestigious Daytona 500.

11:00 pm CITY (29) ★★ "Star Trek III: The Search for Spock" (1984, Science Fiction) William Shatner. Kirk and the Enterprise crew defy Starfleet and return to the Genesis planet to reunite Spock's body and spirit. (E)

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Road Reports?
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January - February - March - April - May - June

For Information 250-2944

Time-of-use

Power by the Hour Rates

Hour	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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3:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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5:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
6:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
7:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
8:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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11:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
12:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
1:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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11:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

sunday movies

MORNING

7:00 am WTBS (3) ★★ "Sister Act" (1992, Comedy) (PA) Whoopi Goldberg. A Reno lounge singer-turned-murder witness transforms a group of singing nuns into an unconventional convent choir. (E)

8:00 am WGN (38) ★ "Just Visiting" (2001, Comedy) Jean Reno. A magic mix-up sends a medieval knight and his servant to modern-day Chicago in this remake of "Les Visiteurs." (In Stereo) (E)

9:00 am WTBS (3) ★★ "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely woman falls for an engaged pediatrician while coordinating his ceremony and wedding reception. (E)

A&E (9) "Flight 93" (2006, Docudrama) Jeffrey Nordling. On Sept. 11, 2001, courageous passengers aboard a hijacked airplane fight back against terrorists. (E)

11:00 am WTBS (3) ★★ "Miss Congeniality" (2000, Comedy) (PA) Sandra Bullock. An uncouth FBI agent goes under cover as a beauty pageant contestant to flush out a ter-

rorist. (E) (DVS)

CITY (29) ★★ "Babe: Pig in the City" (1998, Adventure) Magda Szubanski. Premiere. Babe befriends the animal denizens of an urban jungle when he and Mrs. Hoggett embark on a mission to save the farm. (E)

AFTERNOON

12:00 pm FAM (26) "Searching for David's Heart" (2004, Drama) Danielle Panabaker. A grief-stricken teenager tries to find the recipient of her late brother's heart.

1:00 pm KTLA (27) ★★ "Dangerous Beauty" (1998, Drama) Catherine McCormack. Unable to wed the nobleman she loves, a 16th-century Venetian woman opts to improve her lot by becoming a courtesan. (In Stereo)

1:30 pm FAM (26) ★★ "Kazaam" (1996, Comedy-Drama) Shaquille O'Neal. A gigantic genie adapts to modern society while waiting for a troubled 12-year-old to request his three wishes.

2:00 pm VTV (22) "The Wandering Soul Murders" (2001, Mystery)

Wendy Crewson. A teddy bear tattoo provides the only clue for amateur sleuth Joanne Kilbourn in two seemingly unrelated deaths. (E)

3:00 pm KTLA (27) ★ "A Thousand Acres" (1997, Drama) Michelle Pfeiffer. An aging farmer's irrational actions lead to revelations and divisions among his three daughters. (In Stereo)

4:00 pm YTV (18) ★★ "Beethoven" (1992, Comedy) Charles Grodin. Children talk their father into letting them keep a St. Bernard puppy, which grows to be a problem. (In Stereo) (E)

EVENING

6:00 pm YTV (18) ★★ "Beethoven's 2nd" (1993, Comedy) Charles Grodin. A St. Bernard's evil owner tries to abduct her litter from a family who saved them from death. (In Stereo) (E)

CITY (29) ★★ "My Best Friend's Wedding" (1997, Comedy) Julia Roberts. A jealous food critic vows to prevent her longtime friend's upcoming marriage to a sunny-natured heiress. (E)

8:00 pm CHBC (4) "The Moving Finger" (2006, Mystery) Geraldine McEwan. Miss Marple investigates when a writer sends a series of poison-pen letters to residents of a

sleepy village. (E)

9:00 pm WTBS (3) ★★ "Sister Act" (1992, Comedy) (PA) Whoopi Goldberg. A Reno lounge singer-turned-murder witness transforms a group of singing nuns into an unconventional convent choir. (E)

FAM (26) ★ "The Rich Man's Wife" (1996, Suspense) Halle Berry. The unhappy wife of a wealthy television executive meets a sinister stranger with a murderous proposition.

10:30 pm FAM (26) ★★ "Married to the Mob" (1988, Comedy) Michelle Pfeiffer. An FBI agent gets close to a gangster's widow in order to nab a crime boss.

11:00 pm WTBS (3) ★★ "I Love Trouble" (1994, Suspense) Julia Roberts. Rival reporters are forced to team up when an investigative piece involving corporate intrigue turns dangerous. (E)

CITY (29) ★★ "The Myth of Fingerprints" (1997, Drama) Arijia Bareikis. A patriarch's bizarre behavior helps fuel a New England family's further descent into dysfunction.

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SATURDAY, FEBRUARY 4, 2006

Table with columns for channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM 26, KTLA 27, CITY 29, WGN 38) and rows for time slots (6 AM, 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2 PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM).

SUNDAY, FEBRUARY 5, 2006

Table with columns for channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM 26, KTLA 27, CITY 29, WGN 38) and rows for time slots (6 AM, 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2 PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM).

MONDAY, FEBRUARY 6, 2006

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

monday movies

MORNING

7:00 am WTBS (3) *The Bachelor (1999, Comedy-Drama) Chris O'Donnell. A man learns he will inherit \$100 million only if he marries before his 30th birthday, 27 hours away. (DVS)
10:00 am CITY (29) ***Babe: Pig in the City (1998, Adventure) Magda Szubanski. Babe befriends the animal denizens of an urban jungle when he and Mrs. Hoggett embark on a mission to save the farm. (E)

Dietrich Bonhoeffer, a young Christian theologian who was hanged in a Nazi concentration camp.
10:06 pm CITY (29) *Beer Money (2001, Comedy) Mark-Paul Gosselaar. Premiere. Three boozey buddies plan to sell the alien they just shot to the produc

EVENING

8:00 pm WTBS (3) **Road Trip (2000, Comedy) Tom Green. Four college buddies take time out to party as they travel from New York to Texas to retrieve an incriminating video. (E)
CHBC (4) *Murder Unveiled (2005, Romance) Anita Majumdar. A young woman's family tries to keep her separated from the man she loves. (E)
10:00 pm WTBS (3) **Boat Trip (2003, Comedy) Cuba Gooding Jr. Two skirt-chasing buddies discover too late that their travel agent has booked them on an all-gay cruise. (E)
KSPS (6) *Bonhoeffer (2003, Documentary) Eberhead Bethge. Filmmaker Martin Doblmeier profiles

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obituary



Albert Keith Irwin

October 1, 1917 - January 20, 2006

IRWIN, Albert Keith, beloved husband of Leila Margaret (Colloton), passed away peacefully on Friday morning, January 20, 2006 at the Kelowna General Hospital with his family at his side, at the age of 88. He was born October 1, 1917 in Princeton, BC to pioneers Ethel Turner (Middleton) and Albert Edward Irwin. He is also survived by his children: Albert Richard of West Vancouver, Marsha Lee Anne (Sandy Laing) of Calgary, Thomas Russell (Birgit) of Brisbane, Australia; grandchildren: Kelly Irwin, Jennifer Elizabeth Laing, David Alexander Laing, Rebecca Margaret Laing, Adam Deshamais Irwin; brother William of Vernon; and sister Ethel Bonell (Doug) of Amprior, Ontario. Bert was a long-time resident of BC, primarily in Princeton and Kelowna. He distinguished himself in WWII as a navigator in the Pathfinder Force of the RAF. His service included two tours of operation in Bomber Command. He was assigned to special duties 5 Group and tasked to set the primary target markers for the Dam Busters and other 5 Group Squadrons. He earned the D. F. C. for his bravery. Bert was an accomplished skier who competed in the 1948 Olympics in St. Moritz, Switzerland. In Kelowna he was a realtor and in his retirement years, was an avid gardener. Bert will be remembered for his sense of humour, unsurpassing loyalty, honour and fearlessness. He will be sadly missed by all. A Funeral Service was held on Tuesday, January 24th at 10:00 AM at the Chapel of Springfield Funeral Home, 2020 Springfield Road, Kelowna, BC. Condolences may be sent to the family by visiting www.springfieldfuneralhome.com. Arrangements by SPRINGFIELD FUNERAL HOME LTD., 250-860-7077.

Ruby Florence Baillie

It is with great sadness that we announce the passing of Ruby Baillie, a long-time resident of Princeton, BC. Ruby passed away peacefully in her sleep on January 20, 2006, at the age of 85. She was predeceased by her beloved husband Stuart. She was also predeceased by her parents Olivia and William Woodford and her three brothers, Garnet, Bud and Mel. Ruby is survived by her loving sisters-in-law, Ruth Woodford of Prince George, BC and Gertrude Lawn of Ashcroft, BC. She will be greatly missed by many nieces, nephews and cousins in both Canada and the United States.

A remarkable woman who was loved and respected by many dear friends and neighbours, especially Evie McCallum, and Dave and Diane Brown. Ruby was a very active member of the community. She was involved in much volunteer work and was well known for her creative and artistic abilities.

A Service of Remembrance will be held March 11, 2006 at 1:00 PM in Princeton Legion Hall. In lieu of flowers, donations may be made to the Charity of Choice.

Arrangements entrusted to the care of HANSON'S' PRINCETON FUNERAL CENTRE 295-6102.

Belly Dancing / Yoga

Give your Valentine a gift of feminine fitness and fun, Saturday, February 18th. Wendy Williams, owner of "Get Bent Yoga" and "Belly Dancing" in Penticton and assistant Linnea Cappos will be offering ladies the chance to enjoy a workout, relaxation, (and girl time!).

1. Introduction to Belly Dancing 11:00 AM - 12:30 PM
2. Experienced Belly Dancing 1:30 - 3:00 PM
3. Beginner Yoga 4:00 - 5:30 PM

Belly Dancing classes are \$15.00 each. Yoga classes are \$10.00 each. Place: Princeton United Church Christian Education Building. For registration call Ruby Cappos at (250) 295-3273. Sign up for one, two or all three classes!

obituary

for sale

1991 Dodge Caravan in good condition. Comes with good studded snow tires. \$1,200.00. (250) 295-3743. Dec 20 06

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lost

Lost on Summers Creek Road and Osprey Lake Road near Princeton a Holstein/Sadler cow. All black in colour and quite large. No tags, no brand. Call Melodye (250) 295-3739. Jan 17-31

Drinking a problem?

Alcoholics Anonymous
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At The Anchorage, 136 Vermilion Ave.
Fred 295-7272 / Rene 295-3853

for sale

1992 GMC SLE 1500 171,000km. Air/tilt, cruise, PW, PDL, excellent condition. Two sets of tires, trims, canopy and boat rack. Trailer package. \$8,500.00 OBO. (250) 295-4118. Jan 17-31

Firewood - 5 ton truckload of dry, seasoned jackpine. Various lengths to fit any stove. In town: \$125.00. Out-of-town: extra. (250) 295-4123. Jan 17-31

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notices

Notice to Creditors

Notice is hereby given to Creditors and others having claims against the Estate of John Lyman Graham that the particulars of their claims should be sent to the executor at PO Box 1175, Princeton, BC VOX 1W0 on or before February 21, 2006, after which date the executor will distribute the estate among the parties entitled to it, having regard to the claims of which the executor then has notice.

Jan 10-31

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4 bedroom house in town. Available March 1st. Asking \$650.00/month. (250) 295-0477. Jan 31-Feb 14

Residential/Commercial

Main floor suite suitable for residential or commercial. Two rooms, kitchen area. \$625.00 per month (includes utilities). To view phone Princeton Child Care at (250) 295-3126. References required. Jan 31-Feb 14

for rent

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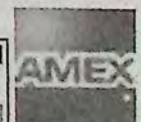
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Similkameen News Leader, 226A Bridge Street, P. O. Box 956, Princeton, B. C., V0X 1W0

my turn

Posse wins in overtime!

We can't ignore this.

All-Star Weekend - hosted by Princeton's Junior B Hockey Club - was an example of what can be achieved when you put your mind to it.

A small - yet extremely dedicated - group of volunteers operate the organization we call the Princeton Posse. Princeton somehow managed to host the All-Star Weekend on Saturday, January 21st.

The day was filled with hockey. The Top Prospects Game in the early afternoon - which ended in a tie after an overtime period and was decided by a shoot-out - was probably the best hockey game ever played at Princeton's Arena.

The banquet at RockRidge Canyon that afternoon will likely become a measuring stick all future KIJHL Banquets will be compared to. It was a fabulous venue for a wonderful event.

The All-Star Game that followed filled the stands with probably the largest crowd so far this year at our local Arena.

Princeton's local hockey club deserves a great deal of credit for putting Princeton on the map with the well organized, first-class All-Star Weekend.

Each player's jersey in both games bore an embroidered patch that identified the location of both games as being in 'Princeton, British Columbia' and will become a lasting reminder for players and their families of the experience they shared in our little town.

A number of local businesses also benefited from the All-Star Weekend - thanks to the Posse. This should help the club next year when they hit the streets soliciting for donations and sponsorships for the 2006-07 hockey season.

League Officials will likely have a completely different concept of Princeton and its hockey club following the way the whole weekend flowed without a hitch. Everything happened on time and from what we could see, without any problems.

Raffles were held and 50/50 Draws earned the club some serious money compared to a regular hockey weekend. Our rough estimate is that just over \$100,000.00 changed hands on All-Star Weekend in Princeton. If you don't think Junior B Hockey helps our economy, what do you say about that?

We can't say enough about the event and are extremely proud of the small, yet dedicated group of volunteers who somehow managed to pull it off. You guys did a great job! Score one for the Posse, in Overtime!

EDITORIAL GUIDE

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

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

Similkameen News Leader

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TIS TOONS



your turn

And the real winner is...

Dear Editor,

It's all over but the endless rehashing of the "what ifs." The election was held just this past week and in the first post-election day I lost count of the times I've heard variations of "the people have spoken." But I beg to differ. The people spoke alright only the message didn't get to Parliament.

No, this is not a sour grapes letter nor is it an endorsement of any party. I will however try to point out the good points of one of the Green Party's main concerns: that being proportional representation. It is also a plank in the NDP platform.

Letter To The Editor

Joe shares his post-election viewpoint

To The Editor,
Sir,

The expression on their faces said it all. This was a very serious business even as the line moved slowly ahead. People of all ages, shapes, and colour. Female, male, bewhiskered or hairless. All anxious to make their one little mark in the voting booth that together would make the big mark shaping our country.

No intimidation or coercion but rather in a friendly, efficient sober atmosphere. Who then was the winner in the Canadian federal election? Clearly the Canadian citizen. The outcome resulting in a second minority government confirms the diversity of ideas for the care of Canada.

Conservative Prime Minister designate Mr. Harper could do well to reach out and include other party members to be included in his cab-

form; only they haven't howled quite as loudly.

The people said that they wanted the Conservatives to have 117 seats - they got 124. They said that the Liberals should have 98 seats - they ended up with 103. The people wished that the Bloc should have 33 seats - and they got 51. The NDP got 29 seats - but the people said that they should have 57. The Greens got 0 seats but the people wanted them to have at least 6.

For most Canadians there is a bright side to the above scenario: the Bloc would lose the hammer.

Will the Conservatives now see the obvious advantage of endorsing proportional representation?

In a system that worships greed; where whoever eats the fastest gets the most; where everyone fends for themselves, it's easy to understand that the Conservatives and Liberals have no interest in changing the voting system into a democratic one.

I would predict that there will be no federal movement on proportional representation until such a time as the two major parties can see it as a benefit to themselves.

- Sincerely, HP Toews

inet. Such as Liberal Mr. Dosanjh to continue as Health Minister and NDP Leader Mr. Layton appointed as Labour Minister.

Mr. Day's re-election in Penticton's riding will see him a major cabinet minister and Princeton will gain in any spillover of benefits in education, health or other, brought by him as we are in the same orbit. On the other hand our new MP NDP Mr. Antamanenko will offer alternative ideas and contribute his expertise on Commons committees.

Hopefully on international affairs. We have Princeton grads in the Canadian military scheduled for a very dangerous part of Afghanistan which is becoming very hostile. This could be our newly elected government's greatest challenge.

It is imperative that the MP's see that our troops are the best trained and equipped with a sound knowl-

edge of the country and it's enemy, of it's history, culture, religion, philosophy and goals which may not be taught in our public schools but maybe should be - in this rapidly changing dangerous world.

In the harsh reality of international power politics our MP's will have to guard against Mr. Harper being coerced and dragged by President Bush into his 'war for oil program,' in Iraq which seems to be widening and spinning out of control.

We don't want Canada to be President Bush's 'golden retriever' as some perceive Britain's P.M. Blair to be President Bush's 'lap dog.'

There is no reason our newly elected federal government cannot serve Canada well. If not it will be swept out by a future Liberal landslide.

Regards,
Joe Schwarz, Princeton

Current Comment:

People are confused about the 'isms'



Dawn Johnson
editor@thenewsleader.ca

The recent election proved to me that most people do not know their socialism or conservatism from a hole in the political ground. I decided I should write something about the real meanings of the kinds of political structures we have in our world, and the kind we can choose from in Canada.

Politics is always about power. Conservatives favour having all enterprises in the hands of private individuals, with a minimum of involvement by government. Conservatism is the traditional policy of the privileged classes of Europe and cares little about the rights and freedoms of individual citizens. Those with wealth, property and power, sought to protect what they had always enjoyed. The poor were kept poor and their well-being was disregarded. Socialism arose in rebellion to conservatism.

Pure socialism is a political and economic principle that says the community as a whole should own and control all means of production. This was what communism was supposed to be. Communism gave priority to the state, and ruled the citizens in every aspect of their lives. Under communism, individuals have no rights and no alternative political views are permitted. Communism was so against individual freedom it had to fence the country and shoot people trying to leave.

National Socialism in Germany (Nazism) took much the same attitude, but was even more repressive, as Nazis did not allow organized labour. Nazism was conservatism, setting up a new privileged class based on ethnic, racial and religious grounds.

Facism is another form of dictatorship and the rights of citizens are disregarded. In all forms of rampant socialism, fascism or conservatism, the force of law or brute force is used to keep a privileged class in power at the expense of a repressed citizenry.

Now we come to democracy.

Democracy as we know it today emerged in the United States 230 years ago with the formation of the American Constitution. This constitution was based on the political structure of the "old" tribes of North America, who recognized the rights and freedom of the individual to create the policy of the governing body. Colonists under the King's rule learned they had less self-determination than these so-called "savages".

The opening statement of the American Constitution recognized that everyone is born equal in the eyes of the state. This concept was so abhorrent to European conservatism that they predicted the early collapse of the United States. The idea that every citizen should have rights and freedoms, and have a say in how the nation was governed, was regarded as dangerous. The Europeans were right: democracy requires a major shift in power. People who have a lot of power rarely want to share it.

Democracy led to a burgeoning economy and an increasingly resourceful, powerful nation. Soon, France followed after a horrendous revolution. Then Britain, which had been ruled partially by royalty, swung ever closer to democracy. Early democracy did not go all the way to real democracy. Women, blacks and native people were denied the vote in the United States, and women were denied the vote in most places. Tribal people were denied the vote in all places. The struggle for true equality occurred within the framework of democracy during the past two centuries. Democratic principles are common to most nations of the world today. It is not a perfect system but, as Winston Churchill commented, it is more perfect than the other forms of government. Abraham Lincoln described democracy best: "government of the people for the people by the people". Democracy calls for laws regulating how people conduct themselves so the freedom and rights of all people are respected. Democracy demands that the state meet the desires and needs of the citizens, because the citizens have a say in what the nation should be. Democracy allows for government ownership of those services and structures people share in common, but respects the right of individuals and corporations to exercise ownership.

The structure of democratic nations is meant to provide checks and balances to prevent extremes of socialism and conservatism. Such parties as the Liberals in Canada are created to keep that balance. In the United States, Republicans guard

the privileges of those who have a lot of money and own a lot of property. Democrats speak for the common good, and see nothing wrong with government initiating projects meant to improve the good of everyone. In Canada, we have the democratic socialists, known as the New Democrats. We have had socialists in the form of Social Credit. We have had the CCF socialists, and there is even a Marxist-Leninist Party, which is radically socialist. Democratic socialists firmly believe in promoting the welfare of every citizen. Liberals say the same, but do not go as far with this. Conservatives tend to promote the interests of big business, abhor any form of government regulation of business, and cater to wealthy people.

Democracy is always more socialist than conservative. Even the United Nations functions as a democratic socialist entity. Under the United Nations Charter is the Declaration of Human Rights, which states all human beings have basic rights. The United Nations functions as an international political body designed to care for all people.

American democracy was established on Christian principles as well as the Six Nations principles. Power and abundance are shared among the people. Christianity is democratic. I can never understand "Christians" who vote for conservatism.

The Green Party's top priority is preservation of the environment through legislation designed to preserve a sustainable future for all people. This party has never been good at expressing its platform to show where people fit into the picture. The problem with the Green Party is that it does not fit the "isms". However, it is democratic at a fundamental level because the Green Party believes each of us has a stake in the future of our world.

Today, we see an increasing shift to conservatism with privatization and deregulation. American propaganda makes liberalism sound like a sin and socialism sound like an enemy. Conservatism always serves the interests of the wealthy, and in today's world, that means big corporations. Regardless of political posturing, conservatives will do business with anyone of any political persuasion if they can make a buck. Democracy, socialism, liberalism and Greenism are idealistic on behalf of what they believe is good for people. Conservatism has no ideals other than preserving wealth, power and privilege. The labels of political parties tell a lot less than what they do when in power.

In a democratic society, when any group grabs too much power, then democracy swings closer to dictatorship, regardless of what it calls itself or which sector of society has the most power.

Heart Food

by Dave Machin

To build or base our relationships on what God has to say about the subject, we must begin in the book of Genesis with the relationship between God and men. God created man in his image, and God wants to be connected to, and have a relationship with every member of His creation. That includes you! Let's look at the first relationship between God and man. Gen 1:26-27, "Then God said, let us make man in our image, according to our likeness; let them have dominion over the fish of the sea, over the birds of the air and over the cattle, over all the earth and over every creeping thing that creeps on the earth. So God created man in His own image, in the image of God He created him, male and female He created them." This tells us that God created man in His image and likeness. Since God desires a relationship with the one He created, that means that mankind - His creation - was also designed with the desire to have a relationship with God. What exactly is a relationship? One dictionary defines the word as "connection, kinship or involvement." Other words with a similar meaning are affiliation, association and belonging. A relationship is something two or more people establish usually by choice. God created you to be connected to Him. All mankind was created to have a relationship with God. However, not every person has a relationship with God at this point in time. Nevertheless, every person was created for such a relationship. There used to be a popular slogan that the US Armed Forces used for recruiting. A poster displayed a picture of a fellow named Uncle Sam, pointing a finger and the caption read, "Uncle Sam wants you." I want you to imagine God sitting upon His throne in Heaven, pointing straight at you and saying, "I want you!" The purpose is for relationship not religion. If you already are a Christian and in God's family, God wants you to know Him even better. God desires for your relationship with Him to be the most important and intimate relationship in your life. I encourage you to make a decision in the New Year to a) establish a relationship with God or b) strengthen your relationship with Him. It will be the best decision you have ever made, and it has eternal benefits. God is good, His word is good and good all the time.

Pastor Dave Machin,
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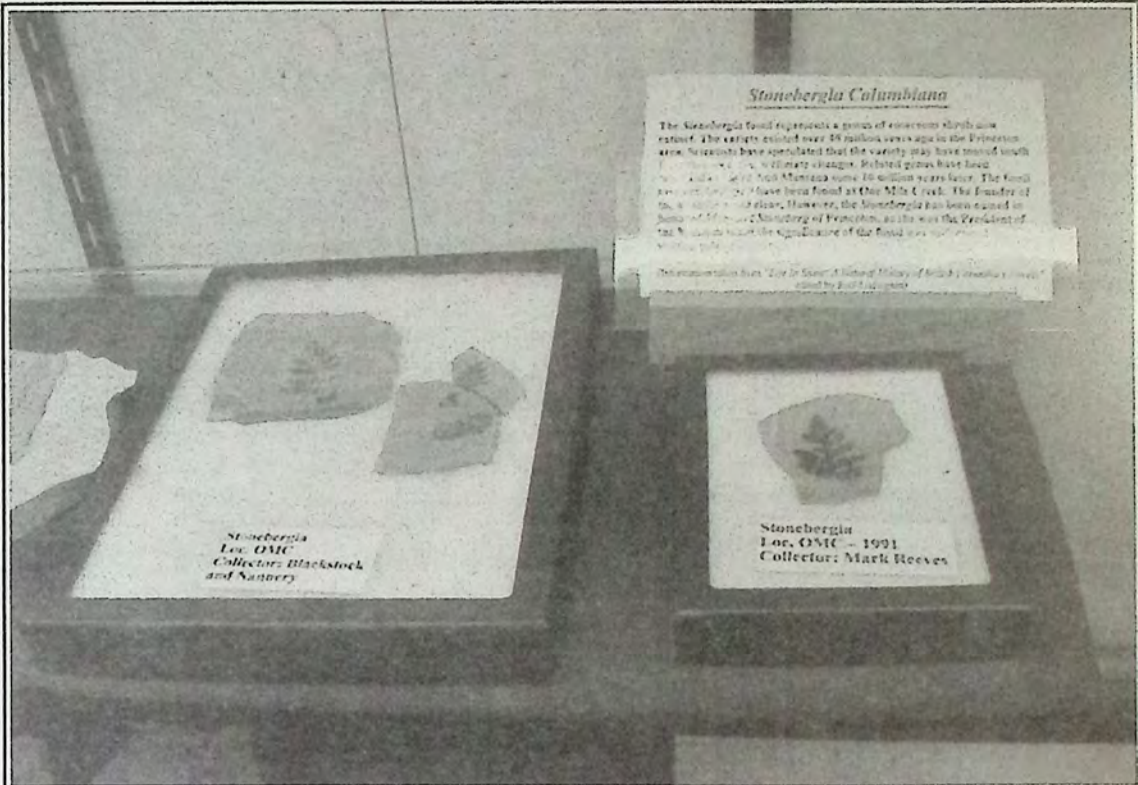
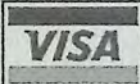
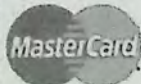
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Attractions, such as this one - a fossil named after Princeton Museum's Margaret Stoneberg - have attracted visitors from all over the globe to Princeton's Museum.

Museum President reviews year

On coming to the end of another year for the Museum, the 48th since the initial foundation in 1957, as outgoing President of Princeton and District Museum and Archives Society, I am pleased to report that 2005 was a year of success unsurpassed in recent times. I hope that what follows gives members an indication of what has been going on in the past twelve months as sometimes I remain to be convinced that the membership is fully aware of what is now involved in the running of the Museum and Archives.

For the first time ever, our visitor numbers for the year exceeded 5,000. The detailed analysis of where all those people came from is available as a separate information sheet and I cannot stress the importance of this data in planning the future development of the Museum.

With the exception of the labeling, very little work has taken place on the Joe Pollard Collection in the past twelve months and although our new laminating machine allowed all the display labeling to be upgraded before our Easter opening very little work took place either on improving and altering

existing display cases or the mammoth task of completing the mountain of outstanding cataloguing work.

Our new history displays were well received by all our visitors - from the KVR to the Chinese Community in Princeton and especially '2005 - Year of the Veteran' for which I must especially commend Jim Pincock for his hours of work and attention to detail. The fundraising Memory Wall continues to be a source of income, six new plaques having been purchased during the course of the year - four of which remain to be added before our 2006 opening.

2005 has seen the purchase of much new equipment necessary to the Museum's efficient operation. This has included a laminating machine, digital camera, new scanner for photographs and documents, laptop computer and a wireless modem to allow use of the Internet in the basement without the need for a lot of additional cabling. At a minimal cost plans are currently underway to create an office space in the basement to allow administrative work to continue in the future without the constant threat of interruption from

well-meaning visitors. Although still in storage in the Stable Block, five additional display cases were also purchased from Kelowna.

For me 2005 was a very rewarding, but tiring year, we could not have achieved what we have without the support of the Town of Princeton, the Council - especially Councillor Kathy Clement, the Town Administrator, all the girls in the front office and the Town Crew who were always here at the first sign of trouble - leaking pipes, electrical, heavy lifting and even on one occasion a very strange unidentifiable smell! I thank them all.

As President, I thank all Members of the Executive for their support over the past two years - any Secretary who serves as diligently as Evelyn has done for as long as she has and then has to put up with me surely deserves a medal!

My final thank you is a special one. In Vice President Don Coyle, I have had the best help, support and morning coffee partner that any past President of the Museum has ever had. We were a good team, but I couldn't have done my job without him. Thanks, Don.

- Nick Mills,
Museum President 2004-05

Letter To The Editor

Posse GM says thank you, Princeton!

To The Editor,

On behalf of the Princeton Posse Junior Hockey Club, I would like to take this opportunity to thank everyone who made last week's KIJHL Top Prospects and All-Star games and banquet such a huge success.

Whether you are a volunteer, corporate sponsor or just a dedicated fan you can take pride in the fact that this event was truly a showcase of our town and it's people.

The number of individuals and businesses who pulled together to help out is just too great to list, it really was a community effort. I have

received many e-mails and dozens of compliments from visitors who all were very impressed with the town, the event and the people of Princeton.

This was our weekend to show visitors our community and our spirit and show it you did. Thank you to each and every one of you for mak-

ing this a weekend to remember and an event that has raised the bar for other clubs in our league.

Yours truly,
Blair Noel, General Manager
Princeton Posse

PS: Thanks, George, for the extensive coverage you did and the great photos!

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Princeton Volunteer Fire Department Fire Chief Eric Gregson, left with John Allison Elementary School students Kennady Holland-Krenn, centre, and Samantha Lozinski this year's 'Fire Chief For The Day' winners. Photo: Dan Pippin

Siren celebrates Fire Chief for the day

If you saw and heard a fire truck in your neighbourhood last week it was probably there to pick up or drop off a lucky student who was selected to be the Fire Chief for the day.

The Fire Chief for the day was the last part of a cooperative effort

Petrobank says test well a success

Petrobank Energy and Resources Ltd. has completed evaluation of its natural gas from coal (NGC) test well located 4.5km southwest of Princeton and is considering plans for future development.

"I can say this well was a success and has helped us to understand the geological characteristics of the reservoir," says Gregg Smith, Vice President Canada, Petrobank. "Without this knowledge about the composition of this basin we would not be in a position to advance further pilot activities in the area."

In the coming months, Petrobank will develop plans for an expanded pilot program in the Princeton area. The company expects to start-up a new project in the fall of 2006.

In the meantime, Petrobank will be running a series of information ads in the local papers to help residents better understand the operations of natural gas from coal facilities.

As the details for this project become available, Petrobank will commence a very active community consultation program through the local papers, one-on-one visits

between the Princeton Fire Department, local elementary schools and the students at those schools.

It started in October of last year when local firefighters visited the schools as part of the 'Get Out Alive' program sponsored by the

with residents and public town hall meetings.

"It's very important to us that everyone in the community clearly understands our project and what we hope to do," says Smith.

"Our goal is to share non-confidential facts about our work in Princeton and we want to do that in a very public fashion."

Petrobank is maintaining a dedicated toll-free line (1-866-764-4571) for Princeton residents to ask questions about NGC and the company's role in the community. The company also posts information about the project on its website at www.petrobank.com.

As the company completes its plans for future development, it intends to hold public meetings to explain how future development might unfold.

Further information about NGC can be found through the Canadian Society for Unconventional Gas at www.csug.ca.

Petrobank operates under the British Columbia Coalbed Gas Code of Practice which can be found on the Ministry of Environment website through www.gov.bc.ca.

BC Fire Commissioners Office. Students were shown how to escape from their home in case of fire. One student was selected out of each class to receive a certificate, a t-shirt and a ride to and from school in a fire truck. A tour of the fire station with refreshments was included.

The Princeton Volunteer Fire Department thanks students and staff at John Allison Elementary and Vermilion Forks Elementary for their participation, and the people of Princeton for their understanding of the extra noise in their neighbourhood.

- submitted by Dan Pippin

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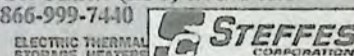
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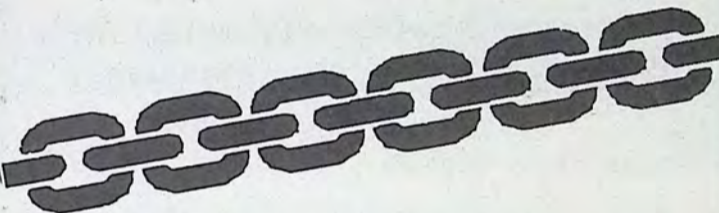
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Sue LePoidevin, following the success of this handbuilding pottery class, will offer another class soon.

Pottery classes coming to Riverside

Sue LePoidevin, a professional ceramic artist living in Princeton, will be offering her popular evening handbuilding pottery class starting February 16 and running for six weeks at the new Riverside Wellness Centre.

Sue's classes are well known for her relaxed and positive atmosphere, where everyone's creative inclinations are nurtured and encouraged. Students in past classes have made handbuilt bowls, mugs, houses, and sculptural

pieces, just to name a few. All pieces will be formed by hand from very easy to use sculpture-mix clay and then glazed and fired in an electric kiln.

LePoidevin comes to these classes with over 20 years of experience of teaching ceramics to young people and adults and her whimsical sculptures have been exhibited in juried shows world-wide. She has been asked to give workshops throughout BC, specializing in her unique method of making clay

houses.

Her class will run from 6:00 to 9:00 PM on Thursday evenings. The fee is \$68.00 for six 3-hour sessions and a \$15.00 material and firing fee. All clay, glazes, tools to use and an extensive lending library of art and ceramic books and magazines are provided.

Pre-registration is mandatory, and in the past, the class fills up fast, so sign up now to avoid disappointment. Call Mary at (250) 295-6778 for registration.

Let's talk about recreation activities!

Recreating or spending our time in our favourite leisure pursuits is not new to anyone. What we know about the Princeton CYC Community Recreation Initiative may be new to you.

The CYC Asset Development Office organizes and produces a seasonal Princeton Community Recreation Guide. This guide is full of activities and programs that a variety of groups or people offer to all residents of Princeton and District.

Community Recreation is all about fun; it's what we do in our spare time. When we play or recreate, we contribute to our mental, physical, emotional and spiritual well-being. We refresh our bodies, our minds

and restore our souls through physical or mental activity.

Recreation is both passive and active - including a wide range of activities such as walking, gardening, playing music, painting, sports and learning.

Princeton residents can be found outside or inside pursuing their favourite activities. Doing things that are fun with others are essential to human health. Princeton CYC Community Recreation Programs have begun for the winter (January to March). There is still room in a variety of programs.

Programs for Preschoolers include Little Sneakers, Kinderdance and Little Bakers, programs for children grade 1 to 7 include Sport Crazy, Drawing and Sketching, Theatresports, Spring Day Camp and Creative Dance.

Princeton Community Recreation Guides are available at the Princeton Arena. Why not stop in and pick one up? Or call Nadine at (250) 295-7222 for more information.

- submitted by Nadine McEwen, CYC Asset Development Coordinator

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This was the Detachment Vehicle used by the men at Princeton's British Columbia Provincial Police (BCPP) station in 1949. Note the large siren/horn above the left headlight. Photo: Jim McCulloch.

Former cop shares memories

The British Columbia Provincial Police (BCPP) served in Princeton for a total of 92 years, starting in 1858.

Railway construction and mining activity brought many people to the region, and policing a bustling frontier town in the early years was quite a challenge. Even more so when you consider the uniform of the first members of the Provincial Police was an officially-issued revolver and a set of handcuffs - nothing else!

The BCPP was disbanded and replaced by the federally-funded Royal Canadian Mounted Police on August 15, 1950. A plaque hangs on the wall of the Council Chambers in Princeton Town Hall to honour the service of the former BCPP, and serves as just about the only evidence of the change.

All BCPP constables in the district had been automatically accepted as members of the RCMP at the time of the change. A year before, in 1949, there were only three constables working in the Princeton area and although none of them had been officially sworn in as Mounties, policing continued without interruption.

While the Provincial Police paid more than the RCMP in 1950, existing officers were to receive the same pay as before, with the Province making up the difference in two years. By 1952, wages decreased and the switch to the RCMP was complete - although it was said that retirement pay was far greater through the RCMP.

There have been over 150 RCMP members who have served in Princeton since 1952.

One former BCPP member, Cst. Jim McCulloch, made contact with the News Leader last Summer. He shared with us many of his memories of working here during the late 1940s and early 1950s.

This week we are proud to present the first of a two part series on his experiences and reflections on the place we all call home.

by Jim McCulloch

I first came to Princeton as new member of the British Columbia Provincial Police. I was able to obtain a house for my family who would follow a month later. The house was the center one of three similar buildings next to the brewery and Joe Spangler's Grocery Store (near the current Billy's Restaurant).

Across the street was the railway station and the CBC repeater office. The rent for the two bedroom bungalow was \$27.50 a month. At the end of the month I was joined by my wife, June and daughter Terri J. who was then 4 years old.

On one side lived 'Bud' Becker and his wife. He worked in the CBC repeater station. He was also an amateur photographer who was called upon when we needed pictures of accidents and crimes taken. In those days the only police photographer available was in Vancouver or Victoria.

The police office was in the Provincial Court Building and consisted of the office and the two cell lockup. There were a further two cells in the basement.

At that time there were three of us on detachment, Corporal Gordon (Gordy) Neff was in charge, Constable Bill Hare and myself completed the roster.

During the time I was working in Princeton, Allan Gill was the Provincial Game Warden. From time to time the detachment gave assistance when requested.

The Government Agent, Charles Nichols also doubled as the Stipendiary Magistrate for the more mundane offences. For more serious crimes there was the Provincial Court room upstairs where the higher court could be held.

At this time the Provincial Library consisted of three shelves in the hallway just outside the Government Agents office. The books were changed by a bookmobile that visited periodically.

Duties ran the gamut from brand

inspections on cattle being shipped to market, patrols on the roads for traffic offences and rendering aid in accidents, to criminal investigations which ranged from murder, armed robbery, theft and rape.

The Hope-Princeton Highway was in the course of being constructed. On Saturday nights the town used to get very interesting. Between 300 and 400 construction workers, a 100 or so hardrock miners from Copper Mountain and a large contingent of loggers, sawmill workers and cowboys. There was little available for entertainment for this number of men. There were two beer parlors, the Princeton Hotel and the Tulameen Hotel.

'Tug' Wilson, who owned the Riverside Motel also ran a closely supervised poker game in a small building on the main street. This was overseen by a professional gambler who made sure there was no dishonesty. When a miner from Copper Mountain wanted to cash his pay cheques to play, he would get only a part of it in cash, 1/3 to 1/2 would be held back and delivered to his wife the next day.

When the RCMP took over the policing this was closed down. The detachment then started getting complaints from people who were cheated or robbed in gambling games in various hotel rooms, usually run by card sharks from Vancouver. Because these games were mobile, by the time we got the complaint they had moved on. Tug Wilson was also keenly interested in "Rock hounding" and started the interest in this hobby in the area.

Every Saturday night was a workout for Bill Hare and myself. A faction of the men who came to town to celebrate considered the evening wasted if they didn't try to take the local police force to pieces. In the six years I served there they were doomed to disappointment. Most of them wound up in the lock up and had a visit with the Magistrate on Monday morning.

.....continued Next Week

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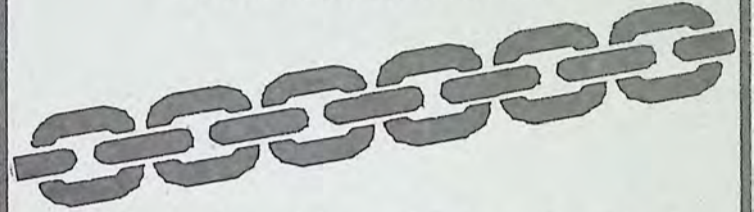
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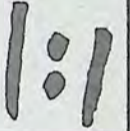
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Keep Your Money Working For You - Part 2

In the previous article 'Keep Your Money Working For You - Part 1' two options were discussed on how to handle your RRSP when you turn 69 years of age - deregistering the RRSP for cash or purchasing an annuity.

You can also transfer your RRSP funds to a RRIF, without paying tax (RRIF income will be taxable as received). RRIFs are much like RRSPs in that growth within the plans are tax deferred. The major difference is that there is a minimum amount that must be removed from the funds each year.

With a RRIF, you can take out more than a minimum, which is a significant flexibility advantage, although that will mean smaller payments later on (the excess amount is subject to withholding tax. The same RRSP withholding tax rates also apply to the RRIF withdrawals exceeding the minimum amount.) For instance, this may allow you to index your payments using inflation estimates, or have larger payments earlier if you don't expect to need the payments later. Upon your death, all remaining RRIF value becomes fully taxable unless rollover or other provisions are applicable. Any remaining RRIF funds can go to your heirs once taxes, if any, have been paid.

RRIFs allow you to control how you invest your money so you can take advantage of different investments depending on the stage of the economic cycle. As well, if you don't take large payments at first, a RRIF may earn considerably more for you over the long run than an annuity.

To determine whether an annuity or RRIF is better for your retirement, you may want to talk to an Investment Advisor.

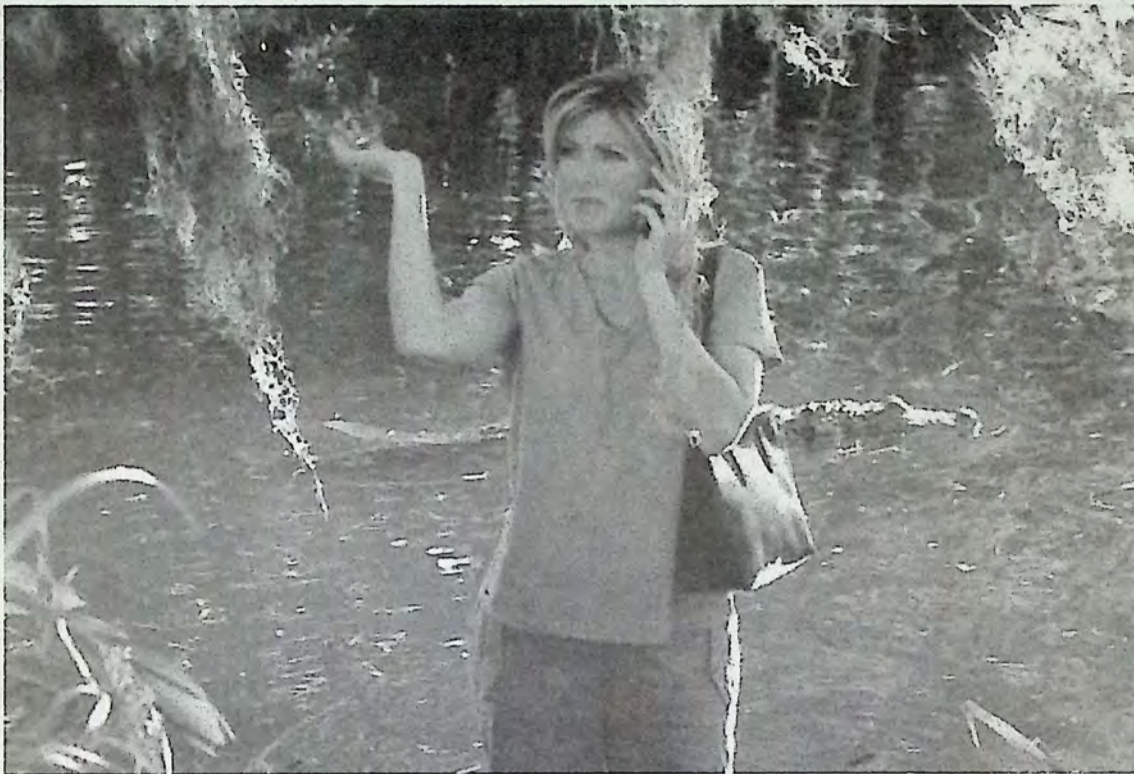
If you turn 69 this year, then you must choose an RRSP maturity option before December 31 of this year.

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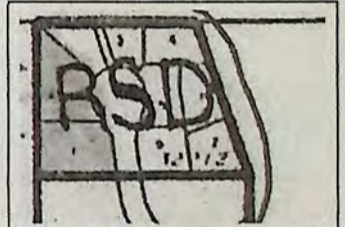
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