

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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**Similkameen
News Leader**
This Week

Page 12
Anderson
rides again

Page 27
More BCPP
memories

Page 4
KEREMEOS NEWS
Pages 19-26
TV GUIDE

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Posse season nears completion

By the time you read this, Princeton's Junior B Hockey Club, the Posse, will be nearing the end of their 2005/06 hockey season.

The team has only seven Regular Season games left to play and could still manage to take the final playoff spot in their division.

The last games scheduled are as follows:

- Friday, February 10th, 7:30 PM Princeton hosts Summerland Sting.
- Saturday, February 11th, 7:30 PM Princeton hosts Sicamous Eagles.
- Wednesday, February 15th, 7:30 PM Princeton hosts Summerland Sting.
- Friday, February 17th, 7:30 PM Princeton hosts Revelstoke Grizzlies.
- Saturday, February 18th, 7:30 PM Princeton travels to Osoyoos to play the Storm.
- Friday, February 24th, 7:30 PM Princeton travels to Sicamous to play the Eagles.
- Saturday, February 25th, 7:30 PM Princeton hosts Sicamous Eagles in their last Regular Season home game.

Crucial games are against Summerland as Princeton has been trailing the Sting by one point for the last playoff spot in the Okanagan Shuswap Division of the Kootenay International Junior Hockey League.

Fair Board needs heroes



Sunday, January 29th this single vehicle accident occurred on Highway #3 near the brake check at the Mine Hill. A 67-year old female from Summerland was driving eastbound and encountered deer on the highway. She swerved to miss them and entered the ditch, overturning her vehicle. She had minor injuries, a sore back and neck, but nothing major. "There were fresh deer tracks at the scene which confirmed her story that there were deer on the highway, so no charges were laid," says Princeton RCMP Cst. Myrl Stus.

Goldcliff reports gold and silver values

Goldcliff Resource Corporation reports significant assay results from the drilling at the Panorama Ridge property, York-Viking gold zone, in the Hedley Gold Basin.

In 2005, Goldcliff drilled 1,211 metres in 13 core drill holes. These drilling results continue to confirm that gold mineralization occurs throughout the York-Viking zone. Notably, these new results have, for the first time, also revealed that significant continuous silver mineralization is also present at Panorama Ridge.

The York-Viking zone drilling results that relate to section 9980N are highlighted by 1.17 grams per tonne gold (g/t) and 1.0 g/t silver over a drill intercept of 73.77 metres (m) - a highlight of which is 4.23 g/t gold and 2.1 g/t silver over 7.80 metres. High-grade values of 16.60 g/t gold and 10.0 g/t silver are intersected in the drilling.

The significantly strong drilling and trenching results at the York-Viking gold zone (YVZ) successfully establishes that gold mineralization occurs concurrently at depth and on the surface. Section 9980N in the YVZ has two 2005 drill holes to demonstrate the continuity of gold and silver grades at depth.

The total silver production at the Nickel Plate-Mascot mine (1904-1996) was 18,480,903 grams (594,175 ounces) at an average grade of 1.09 g/t silver. During the mining, silver grades ranged from 0.48 to 4.09 g/t silver (BC Minfile Reports 092 HSE 036 & 092 HSE

038).

Additional assays for the remaining YVZ and the Nordic zones drill holes are pending.

In summary, gold results are consistent with the Panorama gold deposit model a world-class, sedimentary, strata-bound gold skarn deposit with an important silver grade component. The gold mineralization at YVZ occurs concurrently on the surface and at depth. The drilling results for silver in DDH25042 ranges from 1.0 to

10.0 g/t silver and in DDH25043 ranges from 0.1 to 0.9 g/t silver. These silver grades add significantly to the YVZs economic potential.

Eco Tech Laboratory Ltd. of Kamloops, B.C., an accredited laboratory, is conducting the sample preparation and analyzes. Leonard W. Saleken, PGeo, is the qualified person as defined by National Instrument 43-101 who supervised the preparation and verification of the technical information in this release.

Conference coming

Citizen activists concerned with uranium exploration and mining in the Southern Interior will meet in Conference at Kelowna on Saturday February 18th at The Royal Anne Hotel.

The conference will be attended by representatives of regional groups concerned with the resurgence of interest in uranium deposits in the Okanagan and Kettle Valleys.

The day long event will be followed by an evening Town Hall Meeting at The Royal Anne Hotel where the public is invited to put questions and offer their views on uranium exploration and mining.

A Commission of Inquiry into uranium exploration and mining was cut short in the early 1980s when the Social Credit Government of then Premier Bill Bennett declared a seven year moratorium.

Members of the Canadian Coalition for Nuclear

Responsibility are calling for a new Public Inquiry into uranium exploration and mining. In order to deal with public health and safety matters which were not dealt with prior to the moratorium being called in BC in 1980.

The price of uranium has risen enough to interest companies in the Blizzard Claims at Beaverdell as well as claims in the Eneas Creek, Farleigh Lake and Shingle Creek areas above Penticton. Birch Island near Clearwater on the North Thompson River is also a uranium mining prospect.

Renewed interest in uranium for nuclear power generation has been sparked by potential uranium shortages.

There is no safe way to deal with radioactive wastes resulting from uranium mining.

The health and safety danger of radioactive waste can persist for hundreds of thousands of years.

41st Fall Fair is in doubt

Princeton's annual Fall Fair may not happen this year, despite a healthy bank account and a 40-year history of success. The Fall Fair Association needs heroes to step forward to become President, Vice-President, and Directors.

Despite placing full-page advertisements in both local newspapers, and discussions with those who might "consider" filling the vacancies on the Fair Board, nobody stepped forward at the January 31 meeting. However, two new members signed on.

Councillor Jim Manion attended to conduct the election, and had some good suggestions, such as sharing the responsibilities through having a President with two Vice-Presidents. He encouraged members to keep trying rather than give up and let the Fall Fair die.

Members went on to discuss some of the problems of running the fair. Former President Jody Woodford said one of the problems is that it is no longer a "little" fair. It offers much more entertainment, and needs to offer enough to attract people and keep the bank account healthy.

There will be one more attempt to put together a Board of Directors. At this time, there are three Directors, a Secretary and a Treasurer, and two more Directors are needed as well as a President and Vice-President.

The next meeting will be held at Town Hall on February 28 at 7:00 PM. If the remaining positions on the Board are not filled, members will decide whether or not to proceed with a fair.

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Osprey Snowwheelers Snowmobile Club 11th Annual Poker Run

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REGISTRATION: 9:00 - 10:00 AM / START: 10:00 - 11:00 AM
PRIZE DRAW: 3:00 PM / REGISTRATION FEE: \$30.00
Place: 4109 Lakesyde Drive, Osprey Lake

For Information Call: (250) 295-7880
e-mail: snowwheelers@ospreylake.ca

Hired Equipment Registration

Okanagan Shuswap District – Okanagan Area

The Okanagan Shuswap District Office, Okanagan Area, geographically covers the area from the U.S. borders, east to Osoyoos, west to Princeton and north to Salmon Arm.

All individuals or companies who WERE registered this past year through the District Office in Kelowna will be receiving invitations to re-register their equipment for the coming fiscal year by mail by the end of February.

Any individuals or companies who were NOT registered in 2005, but who wish to have their equipment listed, are hereby invited to contact the District Office either in person or by phone to obtain the appropriate registration forms. The District Office is located at #300 – 1358 St. Paul Street, Kelowna, BC V1Y 2E1. You can also phone 250 712-3660 to have the forms mailed or faxed to you. You may also re-register your equipment, or register new equipment electronically at www.bcbid.gov.bc.ca

Note that while you do not need to have Commercial (Comprehensive) General Liability insurance, or up-to-date WCB coverage to register, you will have to meet these requirements prior to working on any ministry projects. Only owned or lease-to-own equipment is eligible for registration. Equipment can only be registered in one area in any given year. Seniority is not transferable from area to area.

The deadline for new registrations for fiscal year 2006/2007 is 4:30 p.m. on Monday, March 20, 2006. Late registrations will be accepted, but will be put at the bottom of the Open list. Note that there is no charge for registering new equipment, or for changing or deleting equipment already listed.

Grant Lachmuth,
District Manager,
Transportation
Okanagan Shuswap District



Copper Mountain Bar & Grill has special meals and entertainment planned for you and your sweetheart on February 14th. Standing from left, Cheryl Langlois and Nikki Timms. Seated from left, Diane and John Vandermeulen. They have put a great deal of effort into making Valentine's Dinner special for you!

Skating Club jumps into ticket program

Princeton Figure Skating Club is trying to raise over \$5,000 to purchase a jumping harness.

The jumping harness will enable skaters to learn jumps and acrobatics that will allow them to progress to a higher level skating club.

The Princeton Figure Skating

Club does not have that kind of money, but has a lot of imagination.

The Club has developed a 50/50 Draw where the tickets will cost \$50.00 each. There are only 200 tickets available and the grand prize for the winning ticket is

\$5,000 cash.

Tickets are available from all club members or by calling (250) 295-6455.

The ticket draw will be made at 3:00 PM on March 11th during the annual Figure Skating Carnival at Princeton Arena.

RCMP report two gas station incidents

On January 29th Princeton RCMP received a complaint that a motorist had failed to pay for gasoline at the Eastgate Ultra Fuels located on Highway 3 West of Princeton.

"After receiving further information from witnesses," says RCMP Detachment Commander Sgt. Kurt Lozinski, "It was determined that the suspect vehicle had been stolen hours earlier in Burnaby."

Police waited in the Whipsaw Creek area and when the vehicle proceeded past that point, tires on the vehicle were successfully deflated using a spike belt.

"The male occupant abandoned the vehicle a short distance away and fled into the bush, but he was apprehended a short time later without incident."

Jason Allen Wilkening, 25, of Calgary appeared in court in Penticton on January 31st to answer to charges of theft over \$5,000, theft under \$5,000, possession of stolen property and possession of house breaking instruments.

He was remanded in custody for a bail hearing/video conference this week in Penticton Provincial Court. He is currently awaiting the appearance in Kamloops Regional Correctional Centre.

On Wednesday, February 1st at 12:30 AM an RCMP officer observed some erratic driving as a vehicle pulled into a local gas station.

"The driver did not have any identification and could not produce his drivers licence, claiming at first he lost his wallet, then

claimed later that it was stolen from him."

The vehicle's ignition showed it to be running without the use of an ignition key, and the driver could not name the owner of the car.

"Checking the glove box for registration papers, the investigating officer observed drug paraphernalia in the front seat," says RCMP Sgt. Kurt Lozinski.

"A further check found a loaded 12-gauge pump-action shotgun that was sawed off at the barrel and stock."

A 25-year old male from Brooks, Alberta was arrested and faces several charges under the Firearms Act. He was released later with a court date for a First Appearance in April at Princeton Provincial Court.

Saturday, Feb. 11
Penticton Trade and Convention Centre
Part of this year's CHBA Home Show

Heating With Wood?

Learn how to make less smoke....more heat!

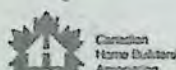
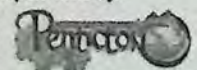
Admission to Home Show includes:

Workshops at 11:00 am or 3:00 pm (90 mins)

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www.burnitsmart.org

Wood Smoke Causes Known Problems

Today's science, tell us that chimney smoke is a sign of inefficient wood burning, causing air pollution and affecting health.

Wood smoke contains the fire hazard creosote and particulate matter small enough to settle in the deepest part of the lungs. Smoke seeps into your neighbour's ventilation system and in around doors and windows. Wood smoke contains 100 known toxins.

GOOD NEWS - wood smoke pollution can be minimized by updating burning practices. This year the **BURN IT SMART** Workshop will focus on the skills for efficient burning at this year's CHBA Home Show.

Each workshop covers: ~ planning an effective wood heat system ~ purchasing and preparing wood ~ proper moisture content ~ cutting ~ splitting ~ storing ~ loading a firebox ~ burn techniques ~ chimney pointers ~ wood heat options ~ maintenance and certification. "There is nothing dry about this workshop except the wood."

On display outside see the display of working stoves; one efficient and one inefficient.

Door Prizes

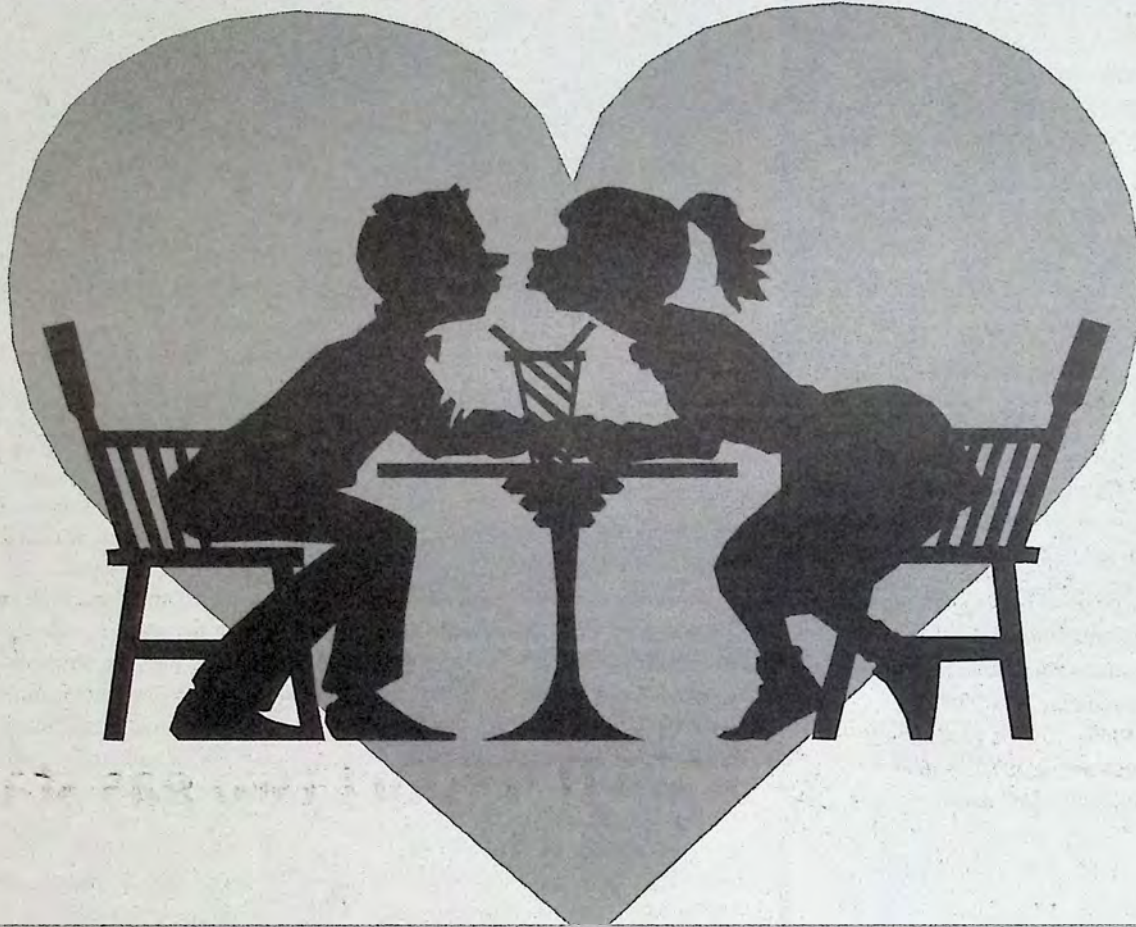
Reid Harvey will answer your questions.

Door Prizes

Look for us Feb 11 at the CHBA Home Show

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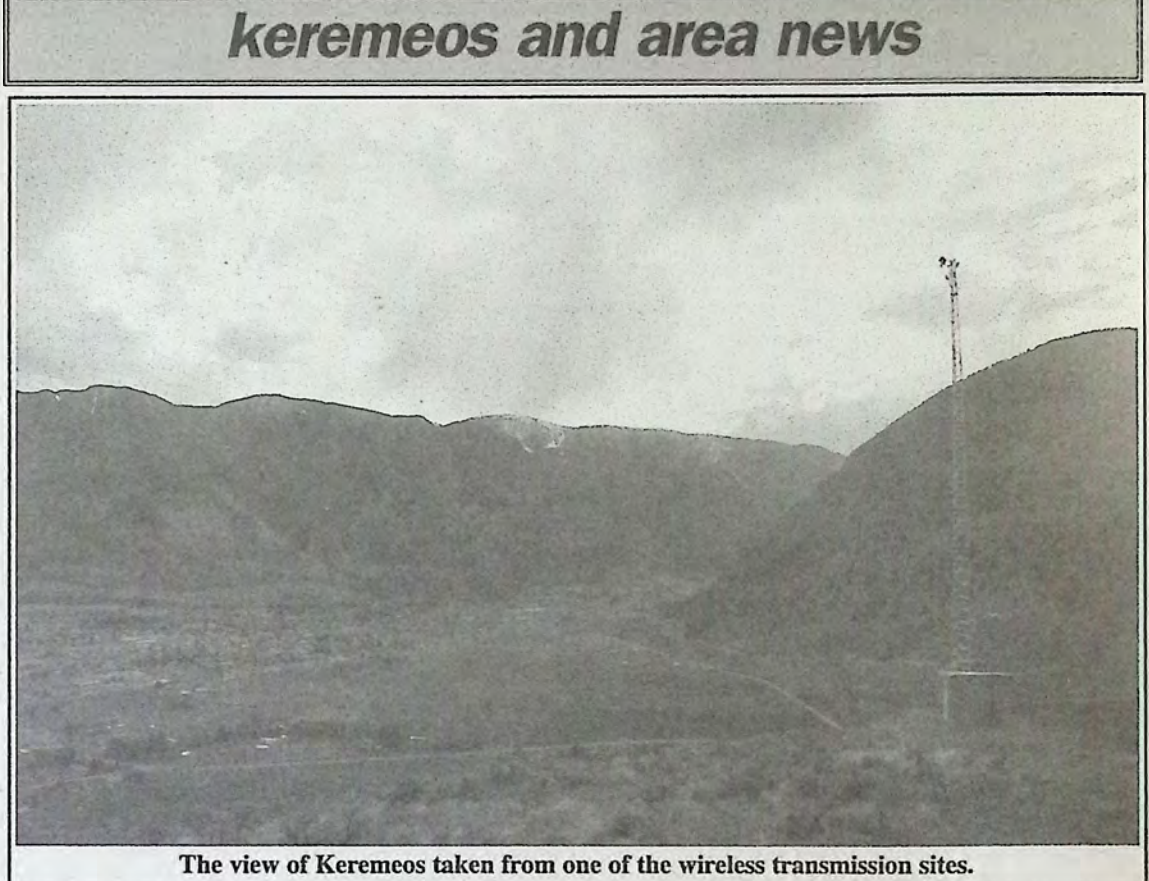
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keremeos and area news

The view of Keremeos taken from one of the wireless transmission sites.

Wireless network now complete

A wide area wireless network project that provides high speed Internet connections to communities and rural areas in the lower Similkameen Valley has been completed as of the end of 2005. The project is a partnership between the Regional District of Okanagan-Similkameen and China Creek Internet Service, a regional Internet provider.

The project consists of twelve wireless transmission sites that were built throughout the lower Similkameen Valley to provide a high speed Internet connection to homes, businesses and farms along the valley floor. Coverage from these sites extends for 70 kilometres along Highway 3 and 3A from the US Border to West of Hedley, and from Keremeos to North of Ollala. The communities of Keremeos, Cawston, Ollala, Hedley and Chopaka, and the rurals areas surrounding these communities, including several reserves of the Lower Similkameen Indian Band and the Upper Similkameen Indian Band are served by the network. The coverage area has about 2,000 homes and businesses, about 600 users currently subscribe to the Internet service.

The project uses high frequency radio signals to provide the broadband services. Each home or business has a small radio and antenna attached to the roof which receives and transmits the radio signal to one of the transmission sites in the valley. The Internet traffic from the network is then sent to a fibre optic Internet hub in Penticton through a microwave connection. Each subscriber has Internet access speeds similar to those available on DSL or Cable networks in major centres.

The project received funding from Industry Canada's Broadband for Rural and Northern

Development Pilot Program initiative, which provides financial assistance to bring broadband access to rural, remote and Aboriginal communities. Roger Mayer, then the area representative for Area G in the Regional District, sponsored an application to the Industry Canada program in 2003, and the Similkameen project was approved for funding of about \$475,000 towards project costs of almost \$1-million. The balance of the project costs were contributed by the project vendor, China Creek Internet Service of Princeton, who designed and built the network, and by the Regional District.

Mayer explains how the project got started, "We were very fortunate to obtain the federal funding assistance to make this project happen. In an area such as the lower Similkameen where the population density is about two people per square kilometre, the costs to provide the wiring and infrastructure by traditional internet vendors such as the telephone and cable companies is too high for them to justify offering the service in rural areas. We had looked at wireless technology, but the up-front costs still made it difficult to make a business case. With the assistance from the federal government towards some of the capital costs, it became possible for China Creek Internet to finance the balance of the project, and the project is self sustaining on an ongoing basis from subscription fees."

The first transmission sites, providing service to Keremeos and to Hedley were built in early 2004, and the last site at Chopaka was completed in late 2005.

Project Details - Introduction

The Similkameen Valley Wireless network is a demonstration project to show how wireless

networks can be used to provide high speed internet access for small communities and rural areas.

For many areas of the country, the capital costs to bring internet to every home using traditional wiring such as DSL connections using telephone wires or cable modems using cable TV networks is prohibitive. Telephone companies and cable TV systems are readily available in larger communities where the initial investment can be spread over a large number of subscribers, but small and remote communities do not have a large enough customer base in a given area to justify the investment. Wireless networks have gained popularity in recent years as a means of providing the infrastructure for these un-served areas because the initial capital costs are lower than wired networks, and because they can be deployed relatively quickly.

Wireless networks can provide an internet connection to homes and businesses within radio range (several kilometres) of a transmission site using a radio signal to carry the information. A small subscriber unit consisting of a radio card and antenna is installed at the user's home or business and connected to their computer. One transmission site can serve several hundred users, providing internet service at speeds that are as fast as or faster than traditional wired networks (up to 10 megabits per second). The Similkameen network has 12 such transmission sites positioned at strategic locations throughout the valley to provide continuous coverage throughout the service area. These sites are interconnected with microwave links between towers, and the internet traffic is carried back to a fibre optic internet hub in Penticton via Apex Mountain.

.....continued on Page 5



Here's a different view of the Similkameen Valley near Hedley. Note the wireless transmission site.

Wireless internet project completed

.....continued from Page 4
Community Impact

Residents and businesses in the lower Similkameen region have been lobbying for some time to get high speed internet service in their communities. Their neighbours and competitors in the Okanagan Valley, a few kilometres to the East have had access to broadband service for many years, but internet service to the Similkameen was limited to dial-up service. As the popularity of the internet grew, these communities were placed at a disadvantage as the applications for broadband, such as education, health care, e-commerce and electronic government were not accessible. At the same time, the need for these electronic services in the remote and rural areas is more acute than in urban areas because there are fewer local resources for health, education, shopping and government.

Industry Canada BRAND Program

The Similkameen project received funding assistance from Industry Canada's Broadband for Rural and Northern Development (BRAND) Pilot Program. This program was announced in 2003 as a means to promote demonstration projects for broadband service to un-served regions of the country. The program offered matching funds to local initiatives. The Similkameen project was structured as a Public - Private Partnership, with the project vendor, China Creek Internet Service of Princeton contributing approximately half the cost of the network. Industry Canada provided approximately \$475,000 towards the cost of the project and the Regional District of Okanagan-Similkameen provided \$50,000 towards the project costs and provided the administration and project management for the net-

work. Subscribers to the network pay monthly usage fees to China Creek Internet Service, and China Creek Internet operates, manages and maintains the network.



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* MLS statistics 1990-2004

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ANNUAL GENERAL MEETING
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Capsule
Comments

by your Pharmasave Pharmacist Wen Wong



Not all prescription vials are labeled with an expiry date. If you are giving your medication cabinet a good cleaning, bring all your medications to your pharmacist for assessment and disposal. Keep only current, in-date medications on hand.

One in three Canadians change their toothbrush only every 6-12 months. It's best to do it every *three* months for the most efficient cleaning. Bristles get 'tired' and become less efficient with time. You can microwave your toothbrush or place it in boiling water for a couple of minutes to kill any bugs lurking in it.

Vaccines work. How many polio cases have you seen lately? Before the mid-50's, it was a real worry for all parents. Everyone back then knew of someone who had polio. Not anymore, thanks to the protection of polio vaccines.

Since the introduction of disposable diapers, the incidence of diaper rash has dropped significantly. The new absorptive materials of these diapers can pull moisture away from which cloth diapers are unable to do. These diapers do create more waste, though.

Our pharmacists are a great source of information on the treatment of diaper rash and many other conditions that may afflict your child. Use *our* knowledge to increase *your* knowledge.

"We're here to give you the advice you need to meet your need."

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Pharmacy Open Monday - Saturday 9:00 AM - 5:30 PM

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news leader health page

Cold and flu prevention for seniors

By J. Caroline Carroll

(NC)—Canadian seniors need more than a flu shot to keep winter illness bugs away. Several studies over the last 40 years confirm that the flu vaccine is 28 to 50 percent effective for people 65-plus, depending on circumstances. As a result, seniors suffer 90 percent of the deaths caused by flu complications.

"It is true that the flu vaccine is not as effective in seniors as we would like," said Canadian cold and flu expert, Dr. Jacqueline Shan. "Regrettably, it doesn't offer protection from potential new strains of flu during the season, and as for other germs, there is no vaccine available against common cold viruses."

Prevention is the best option experts agree, which in addition to the annual flu shot, includes reducing risks and exposure with the following pro-active measures:

- Wash your hands frequently and thoroughly, using warm water and soap all over the hands, fingers and under fingernails. Wash for at least 15 seconds.
- Avoid putting your hands near your eyes, nose or mouth. Most bacteria and germs enter through these areas.
- Strengthen your immune system with balanced meals, enough sleep, and with a natural booster. One example is celebrity senior Don Cherry's favourite booster - Cold-fX. Ten years of clinical studies has shown it enhances the natural viral-fighting mechanism of our immune cells with no known side effects or interaction with the flu shot. In one FDA regulated trial, Cold-fX was shown to reduce the risk of colds

and flu up to 89 percent. If you feel a cold or flu coming on, you can also increase the dosage to help combat the virus before it takes hold.

- Drink more water. You might not be thirsty, but it is easy to get dehydrated in the winter if you don't make a point of drinking eight glasses of water a day.
- Exercise regularly. Maintain an exercise program at least three or four days each week. Consistency is key.

"The immune system is our internal defence mechanism protecting us against germs like viruses, bacteria and fungi," said Dr. Shan. "Many factors in our daily lives such as stress, fatigue, travel and exposure to illness weaken our defences, making us more vulnerable to infection - this is especially true for seniors. Clinical studies indicate that taking matters into your own hands will go a long way to keeping you healthy."

- News Canada

Eye Health News: Revolutionary treatment approved for macular degeneration

(NC)—Age-related macular degeneration (AMD) is the leading cause of permanent vision loss in Canada. Dry AMD is the more common form of the disease and accounts for as many as 85 to 90 percent of all AMD cases. Age, a history of smoking, excessive sun exposure and a genetic predisposition to the disease are all risk factors in the development of AMD.

"Dry AMD occurs when small deposits, called drusen, form in the tissue just below the retina," says Dr. David Eldridge, an international specialist in the field. "This gradually worsening condition can cause a significant loss of central vision, noticed by patients as a constant blur, or a distortion of the objects they see - even after they replace their lenses. Over time this degeneration can severely compromise one's independence, where simple tasks like driving, writing, reading street signs, labels and medication

instructions, may no longer be possible."

Procedure explained

"Using a patented filtering technology, a revolutionary new treatment called The RHEO Procedure, removes the particles that are found in drusen associated with dry AMD from your blood plasma," Dr. Eldridge explained. "Clinical trials have demonstrated significant success in stopping or slowing down the progression of dry AMD, and conclusions are also pointing to the improvement of lost vision in some patients." During the RHEO procedure, here's what to expect:

- An intravenous (IV) device is placed in each forearm;
- In a sterile closed circuit, your blood is circulated from one arm, through a dual-filter filtration system, and returned to your body through the second arm;
- The filtration process removes high molecular weight proteins and other macromolecules that are theorized to be at the source of AMD development;
- Each RHEO procedure lasts approximately 2-3 hours.

"In other words, your blood goes out of one arm and into the other," Dr. Eldridge explained. "In the two-to three-hour period, the goal is to filter 100 percent of the blood volume, but with never more than 10 percent of it outside your body at any given time."

If you have Dry AMD or think you may be at risk for developing it, contact your eye doctor or visit www.rheo.com for further information about the procedure.

- News Canada

living past 100

Get to the bottom of health

North Americans spend around \$1 billion a year on laxatives. This tells you there are a lot of people who suffer from constipation. If you want to live a long, healthy life, having a daily bowel movement is important, but laxatives should be used only when nothing else works.

Constipation is dangerous. It harms your whole body, because the wastes contained in your body longer than necessary may mean an increase in toxins absorbed back into your body. Secondly, continual use of laxatives weakens the bowels. In some cases, people become addicted to taking laxatives, and drain themselves of energy-giving minerals and proteins.

The first thing you need to do is look at what you're eating. You need to eat plenty of fibre. You will find fibre in whole grain cereals and bread, and in vegetables and fruit.

First thing in the morning, drink a cup of hot water laced with lemon juice (about a tablespoon full). Hot water stimulates the squeezing action of the bowels. Then have a whole grain cereal and some stewed or fresh fruit.

Rather than take a laxative, take a fibre supplement such as psyllium. Eat prunes or drink prune juice (or fresh Italian prune plums).

Eat salads dressed with a combination of lemon juice and olive oil. The olive oil helps lubricate the bowels and will not produce cholesterol. Raw vegetables help clean the bowels and add fibre.

The reason for your constipation may be a shortage of the mineral called magnesium. Take a daily supplement of 400 milligrams (mg) and see if it helps.

You may need more choline, an amino acid that builds the nervous system. Take a 250 milligram supplement and see if that helps.

Finally, make sure you take a long walk, for at least 30 minutes, three times a week or more. This will relieve stress, which is often the real culprit causing constipation.

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COFFEE MUG CHRONICLES

Gadget Guy Becomes Tidy Guy



Ronald van der Spleen is what you would consider a 'gadget freak' who owns somewhere in the neighbourhood of a few dozen pieces of electronic equipment. He has it all: big screen television, mini dish, DVD player, VCR, computers, radios and just about anything else you can think of that plugs into a wall and has switches and dials on it. The only problem with owning so many of these gadgets is the remote controls. It got so bad that at one time Ronald ended up sticking velcro to the back of his thirty-seven remotes and then a large patch of velcro on one of his livingroom walls. Whenever he needed a remote, it could be located hanging from the wall. It was at about this time that Ronald earned the nicknames of 'Remote Ronnie' and 'Ronnie Remote Control.' It was quite a sight to see, a whole wall covered with velcro and dozens of remotes clinging to it. Ronald was even featured on a small, low-budget cable television show once highlighting the velcro wall of remotes he had created. In fact, the velcro wall became such an attraction that people from throughout the region visited the home just to get a glimpse at the amazing wall. The traffic pretty much convinced Ronald that he had to do something about the large collection of remotes. He bought some universal remotes and programmed them to operate a number of his gadgets. Soon there was no longer a need for the velcro wall, but he still needed a place to store his new remote controls. Then Ronald remembered the coffee mug he received FREE with his new one-year subscription to the News Leader. The coffee mug changed his life, it could change yours!

Purchase a NEW One-Year Subscription to the News Leader today, get a Limited Edition News Leader Coffee Mug FREE!

What Will You Do With Your FREE Mug?



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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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The South Okanagan Community Information Paper

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Jana McKenzie is the Student of the Month for January at Princeton Secondary School. The Grade 12 student was nominated for "being helpful to staff and students, achieving academically and for helping coach junior girls basketball." Jana received a watch, from the PSS PAC.

Stus shares details on two scams

A person who resides in Ollala has been released from jail and is well known to commit scams.

The scam works like this: He pays for an item and hands over a large bill - \$50 or \$100 - the clerk gives him back change and he quickly pockets the bills in his waistband, then continues to wait like he is expecting change.

He will argue that the clerk never gave him back any change and even empty his pockets inside out to prove that he doesn't have any money, and will continue to argue, intimidate and even ask for the manager in an attempt that the change is given.

The suspect is described as an overweight male, short red hair, round face, usually wears sweatpants, mid 20's to early 30's.

I request that retailers to be aware of this person as he did pull this scam in Princeton last year.

Here's details I just received on another 'phone scam' that's just starting to make the rounds.

This one is pretty slick since they provide YOU with all the information, except the one piece they want. WARNING...New Credit Card Scam. Note, the callers do not ask for your card number; they already have it. This information is worth reading. By understanding how the VISA and MasterCard Telephone Credit Card Scam works, you'll be better prepared to protect yourself.

One of our employees was called on Wednesday from "VISA." and I was called on Thursday from "MasterCard." The scam works like this: Person calling says, "This is (name), and I'm calling from the Security and Fraud Department at VISA. My Badge number is 12460 Your card has been flagged for an unusual purchase pattern, and I'm

calling to verify. This would be on your VISA card which was issued by (name of bank). Did you purchase an Anti-Telemarketing Device for \$497.99 from a Marketing company based in Arizona?"

When you say "No," the caller continues with, "Then we will be issuing a credit to your account. This is a company we have been watching and the charges range from \$297 to \$497, just under the \$500 purchase pattern that flags most cards. Before your next statement, the credit will be sent to (gives you your address), is that correct?"

You say "yes." The caller continues - "I will be starting a Fraud investigation. If you have any questions, you should call the 1- 800 number listed on the back of your card (1-800-VISA) and ask for Security. You will need to refer to this Control Number. The caller then gives you a 6 digit number. "Do you need me to read it again?"

Here's the IMPORTANT part on how the scam works. The caller then says, "I need to verify you are in possession of your card." He'll ask you to "turn your card over and look for some numbers." There are 7 numbers; the first 4 are part of your card number, the next 3 are the security Numbers that verify you are the possessor of the card.

These are the numbers you sometimes use to make Internet purchases to prove you have the card. The caller will ask you to read the 3 numbers to him. After you tell the caller the 3 numbers, he'll say, "That is correct, I just needed to verify that the card has not been lost or stolen, and that you still have your card. Do you have any other questions?"

After you say No, the caller then thanks you and states, "Don't hesi-

tate to call back if you do," and hangs up. You actually say very little, and they never ask for or tell you the Card number. But after we were called on Wednesday, we called back within 20 minutes to ask a question.

Are we glad we did! The REAL VISA Security Department told us it was a scam and in the last 15 minutes a new purchase of \$497.99 was charged to our card. Long story made short - we made a real fraud report and closed the VISA account. VISA is reissuing us a new number. What the scammers want is the 3-digit PIN number on the back of the card.

Don't give it to them. Instead, tell them you'll call VISA or Master Card directly for verification of their conversation. The real VISA told us that they will never ask for anything on the card as they already know the information since they issued the card! If you give the scammers your 3 Digit PIN Number, you think you're receiving a credit. However, by the time you get your statement you'll see charges for purchases you didn't make, and by then it's almost to late and/or more difficult to actually file a fraud report.

What makes this more remarkable is that on Thursday, I got a call from a "Jason Richardson of MasterCard" with a word-for-word repeat of the VISA scam. This time I didn't let him finish. I hung up! We filed a police report, as instructed by VISA. The police said they are taking several of these reports daily! They also urged us to tell everybody we know that this scam is happening. Please pass this on to all your family and friends. By informing each other, we protect each other.

- submitted by Cst. Myrl Stus, Princeton RCMP Detachment



The only traffic jam witnessed last week in Princeton was in front of the Revelstoke goal during Friday night's Posse game at Princeton Arena. The boys played their best but were still beat by the Grizzlies.

Skills Centre remains busy this month

Princeton's Skills Centre continues to be busy this month with a variety of programs being offered.

An Employment Standards information session is set for February 8th. If you are an employee or an employer with staff, these two workshops will provide you with all you need to know about your employee rights and employer responsibilities.

The program is delivered by the Employment Standards Branch so the information is direct and current. There are two separate workshops planned. The first one runs from 9:30 AM to 12 Noon for Employers, and from 1:00 PM to 2:30 PM for Employees. The workshops are \$5.00 each so cost is very affordable.

The employee workshop will also be useful for anyone just entering the workforce, including youth.

It is surprising how many violations of rights there are. This is a timely workshop for everyone.

Coming up on February 21st is something called 'Justice Institute Building Collaborative Teams.' This is a full day workshop that provides credit towards a Certificate in Conflict Resolution.

The Justice Institute is recognized and respected in British Columbia. This is a must attend for anyone working on teams or committees. If you work as a member of any kind of team, professionally or a part of a leisure time organization, these skills are used time and time again.

Help build the effectiveness of your teams through attendance at this workshop.

Other programs planned for February include More Spanish, Simply Accounting and Digital Photography.

Looking into March there's Business Marketing, Red Cross

Standard First Aid, Level C CPR, Spine & Joint Health, Traffic Control Person Certification, Conversational Spanish Level 1, Getting Creative, Introduction to Computers, Microsoft Sampler and Occupational First Aid Level 1.

Coming in April: Conversational Spanish Level 2, Bear & Cougar Awareness, Self Defense for Women, Historic Landmarks of Princeton, Foodsafe Level 1, Foodsafe Level 2, Native Spirituality, Occupational First Aid Level 1 and 2010 Procurement Workshop.

In May the list includes Airbrakes, Occupational First Aid Level 1, MS Office Sampler and Cultural Diversity in the Community: Harnessing the Potentials.

The Princeton Skills Centre also provides online education opportunities through Education to Go, or Ed2Go, their online education partner.

Many Princeton learners have benefited from this learning format, and accessed education and information on their terms, in their own time.

For example, current students are taking Dreamweaver and A+ Certification Prep.

For more information on what programs are available using this format check out www.ed2go.com/princetoncsc. There are over 300 courses that take only six weeks to complete. The site is easy to use and right

from the comfort of your own home.

Here's some exciting news from Okanagan College in Penticton. They will be bringing two trades certifications to Penticton on a rotating basis. These trades are: Electrical and Sheet Metal. First intake will be March 2006.

Also for Princeton with Okanagan College, the Skills Centre is trying to provide the delivery of an academic program using video conferencing. Possibly first year English or Psychology. The Skills Centre wants your feedback on what course would be most in demand in Princeton through this format.

Using this technology will enable students to study in Princeton while the course is being delivered at Okanagan College Penticton. If this proves successful, other courses will follow.

If you are interested in the work of the Skills Centre and wish to lend a hand keeping lifelong learning alive, your input is welcome. The Board of Directors currently has vacancies. If you are interested, a membership is only \$1.00 per year.

Contact our Chairman Jim Manion at (250) 295-7988 to discuss becoming part of this exciting community organization. Lend your support, energy and ideas.

The Board meets quarterly in March (Budget meeting), June (AGM), September and December. Your ideas are welcome anytime by contacting Sharan Jung at (250) 295-4051.

**CLASSIFIED ADS
FOR ONLY A
DOLLAR A MONTH?**
www.thenewsleader.ca



SCHOOL DISTRICT NO. 58
(Nicola-Similkameen)

"Learning For Today And Tomorrow"

PARENTS WORKSHOP

Managing Challenging Behaviour

"Why is my child displaying challenging behaviours? What can I do to help? This workshop will discuss how to determine the function of challenging behaviours in your child and will provide practical ideas for positive behaviour supports to prevent the challenging behaviours."

7:00 - 9:00 PM

Monday, February 13
Vermilion Forks Elementary Library

Facilitated by: Fran Campbell, SD#58 Consultant:
Provincial Outreach Program for Autism and Related Disorders

THE WORKSHOP IS OPEN TO ALL PARENTS
Coffee and snacks will be provided



Regional District Okanagan-Similkameen

RIPARIAN AREAS REGULATION IMPLEMENTATION
Official Community Plan and Zoning Amendment Bylaws
NOTICE OF PUBLIC HEARING
TUESDAY, FEBRUARY 21, 2006 - 7:00 PM
REGIONAL DISTRICT OKANAGAN-SIMILKAMEEN BOARD ROOM
101 MARTIN STREET, PENTICTON, BC

Applicable to development and or land alteration within 30m of a watercourse for Electoral Areas 'A', 'C', 'D', 'E', 'F' & 'H'.

PURPOSE:

In an attempt to find a reasonable and efficient method for meeting the Riparian Areas Regulation (RAR) given the largely rural nature of this region, the Regional District proposes the following:

Official Community Plan Amendment Bylaw No. 2337, 2005: proposes to establish a Watercourse Development Permit Area. For development intended within a riparian area, a Watercourse Development Permit must be applied for and a Qualified Environmental Professional report submitted to the Province prior to Board consideration. The development permit would incorporate fish protection and/or enhancement measures and the reduced riparian protection setback recommended by the QEP.

Zoning Amendment Bylaw No. 2338, 2005: proposes to meet the RAR requirements by not permitting development or land alteration to occur within a 30m riparian assessment area for watercourses. Any reduction to this setback may be provided for through a Watercourse Development Permit.

VIEW COPIES OF THE DRAFT BYLAWS & SUPPORTING INFORMATION AT:
Monday to Friday 8:30 AM to 4:30 PM

- | | |
|---|---|
| Regional District of Okanagan-Similkameen
101 Martin Street, Penticton, BC | Osoyoos Town Hall
8707 Main Street, Osoyoos, BC |
| Oliver Town Hall
35016-97th Street, Oliver, BC | Okanagan Falls Post Office
6-5350-9th Avenue, Okanagan Falls, BC |
| Kaleden Post Office
334 Lakehill Road, Kaleden, BC | District of Summerland
13211 Henry Avenue, Summerland, BC |
| Naramata Post Office
225 Robinson Avenue, Naramata, BC | Princeton Town Hall
169 Bridge Street, Princeton, BC |

Anyone who considers themselves affected by the proposed bylaw amendments can present written information or speak at the public hearing. No letter, report or representation from the public will be received after the conclusion of the Public Hearing. This Public Hearing has been delegated to a Director of the Regional District.

FOR MORE INFORMATION PLEASE CALL PLANNING SERVICES:
Phone: (250)490-4107 Fax: (250)492-0063 e-mail: planning@rdos.bc.ca Web: www.rdos.bc.ca

Susanne Theurer, MCIP
Planning Services Manager

www.thenewsleader.ca
There Are No Chains On Us!

Keep It In The Green Zone!

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

The Concept

Princeton Light & Power introduced the "Time-Of-Use" Program seven years ago. The program was to show all PLP Customers that they could save on their energy costs. All you have to do is make small changes to the time of day in which you perform duties that use electric power. The "Time-Of-Use" Charts developed by PLP outline High Cost Zones (identified as the RED ZONE) and Big Savings Zones (identified as the GREEN ZONE).

The Loot

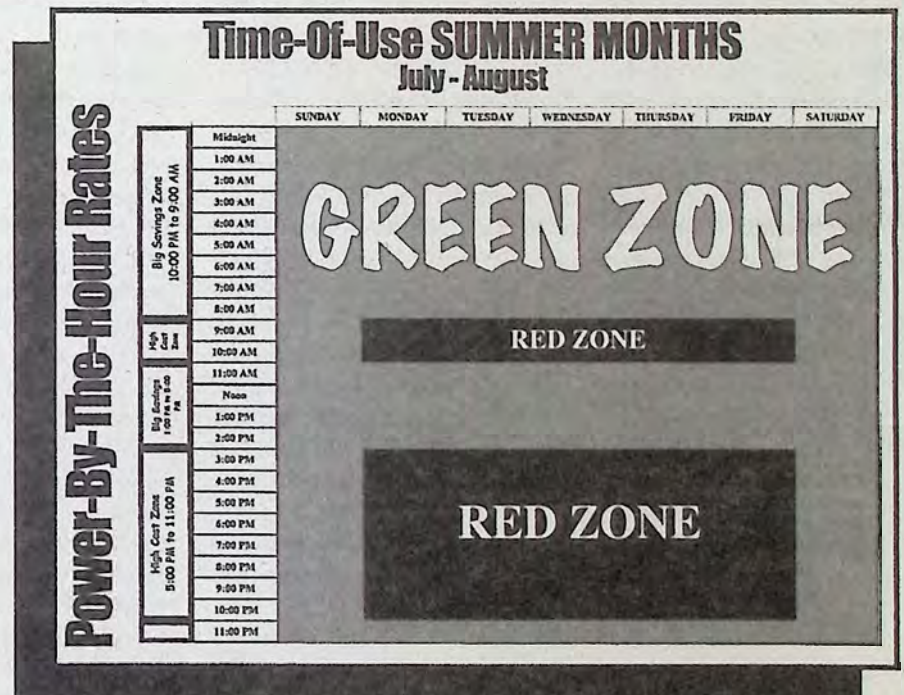
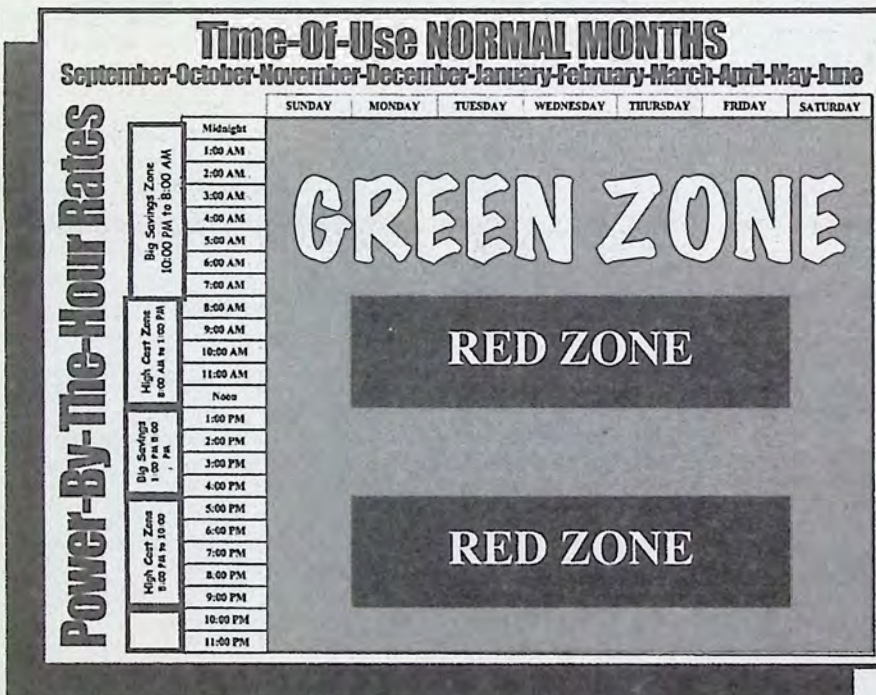
There will be a Prize Draw every Friday for 13 weeks, which started on February 3rd. The Weekly Draws are for a \$25.00 credit to the PLP Power Bill of your choice. Monthly Draws will be made on the last Friday of each of the three months the contest runs for a \$100.00 credit to the PLP Power Bill of your choice. The Final Grand Prize Draw will be made on April 28th for a \$500.00 credit to the PLP Power Bill of your choice. Winning entries go back into the draw and may win more than once! You are also encouraged enter your name twice weekly!

Limited to 2 Entries per Week!

The Details

Limited to 2 Entries per Week!

Each week, there will be a question about the cost of electricity printed on the first page of the Recreation and TV Guide section of the Similkameen News Leader. Once you have figured out the correct answer to the question, fill in an entry form and drop it off at the News Leader or Princeton Light & Power office. Your entry will go into the draw box for a chance to win one of many prizes!



The Fun Part

The whole idea of the Contest is to have fun and to offer some great rewards for PLP Customers who are willing to learn how to use the "Power-By-The-Hour" rates effectively. Princeton Light & Power hopes that you will find that using the "Power-By-The-Hour" rates as a part of your daily lives continues to be fun even after the contest is over. The real long term fun is that if each person does just one or two things each month to move some consumption out of the "ON PEAK" Red Zones and into the "OFF PEAK" Green Zones, everyone on the PLP System will enjoy significant savings - now and forever in the future. There is no need to inconvenience yourselves unnecessarily - use as much electricity as you want and when you need it. But if you have a choice - use it in the "OFF PEAK" Green Zones - that's all it takes!

The Gear

You will need a "Power-By-The-Hour" Resource Kit. They are available at both the Princeton Light & Power office and at the News Leader. You will require this kit in order to get the correct answers to the weekly questions. This contest is open to ALL Princeton Light & Power Customers and their families. Remember, it's easy and fun to KEEP IT IN THE GREEN ZONE!



Princeton Light & Power Co. Ltd.
231 Bridge Street, Princeton
Phone (250) 295-3244 Fax (250) 295-3611



weekly entertainment guide

TUESDAY, FEBRUARY 7, 2006 THROUGH MONDAY, FEBRUARY 13, 2006



This is what it looks like when Princeton scores. The blurry guy in the front of the shot is Brad Davis, celebrating his goal Friday night scored on Princeton's former goalie Tony Johnston.

Grizzlies dig claws into Princeton

Slashing and cross checking penalties only 21-seconds into the start of Friday night's game between Princeton and Revelstoke set the tone for the balance of the contest.

Playing 4-on-4, neither team could score, but when Revelstoke was on the power play at 10:22 they bagged the first goal of the game.

Flying elbows, sticks and pucks sailing into the stands made for a high-spirited contest. At 14:09 one of the linesmen left the ice bleeding after taking a stick to the face. The game continued with only two officials following a short delay.

Revelstoke scored their second goal at 16:46 and at 16:51 the officiating team was back to full strength when the injured linesman skated back into the game to a round of applause.

Revelstoke added one more power play goal with 1:02 left to finish the period leading 3 to zip.

The second period saw more

scoring and more physical play from both sides of the rink.

Revelstoke scored goal number 4, another power play effort, at 5:49. Princeton got on the scoreboard at 7:36 with a goal from Brad Davis with assists going to David Wyman and Chad Hohmann. That fired the boys up and they added another one at 8:56 from Conner McGarry (assisted by Jeremy Wagner).

Revelstoke gained some ground with another power play goal at 11:45.

Then the game turned weird. A bit of roughing after the whistle in front of the Grizzly goal at 12:57 saw former Princeton goalie Tony Johnston take a shot at a Posse player who was already down on the ice in front of the net.

Johnston earned a misconduct which delighted the small crowd. A few more penalties were handed out and when play resumed both teams were playing 3-on-3 although Revelstoke had more men in the penalty box.

Princeton added their third goal at 13:25 with Chad Hohmann getting the credit with assists going to Conner McGarry and Jeremy Wagner.

Revelstoke added another goal with 4.8-seconds left. The third period saw much of the same kind of play, but no additional scoring.

Final score: Revelstoke 6, Princeton 3. Shots on goal: 60 per team. Penalty minutes: Revelstoke 48, Princeton 45.

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Princeton Figure Skating Club "Skater of the Week"



Johnathon Gibson
Junior Skater

Skater of the Week is brought to you by
Similkameen News Leader

Keep It In The Green Zone!

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

The Quiz - Week 2

Today's Date is Tuesday, February 14, 2006 - the Time is 5:00 AM.
According to PLP's Time Of Use Schedule, would this be in a
"RED ZONE" time period or would it be in the "GREEN ZONE"?

Winners!

13 Weekly Draws - to April 28th, 2006
\$250.00 Credit to the PLP Power Bill of your choice!
Monthly Draws
\$100.00 Credit to the PLP Power Bill of your choice!
Final Grand Prize Draw - May 5th, 2006
\$500.00 Credit to the PLP Power Bill of your choice!

The Gear

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

The Loot Goes To

WEEK 1 WINNER: Lea Benjamin

The Routine

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

Hitching Post Restaurant Valentine's Day Menu

Appetizer Choices:

Lobster Bisque
Tomato Bocconcini Salad w/Balsamic Vinaigrette

Entrée Choices:

Duck Confit w/Sauce Grand Bonheur
Osso Bucco Milanaise (braised veal shank in a tomato herb sauce)
Seafood Medley in a Pernod Cream Sauce

Served with your choice of:

Rice or Potato and Fresh Vegetables

Dessert:

Peppered Strawberries and cream in filo pastry

\$69.95 per Couple

Call (250) 292-8413 To Reserve

Princeton Light & Power Co. Ltd.
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Neil and Sharon Anderson at the beginning of what has turned into a wonderful adventure.

Local writer 'peddles' new book

Special to the News Leader
by W. George Elliott

Have you ever considered riding a bike across Canada? Neither have I. In fact, I wasn't sure how interesting reading about such a trip would be when Coalmont resident - and accomplished author - Neil Anderson handed me a copy of his latest volume 'Partners In Grime' and requested a book review.

Well, I have a confession to make. Only last year was I able to actually finishing reading a pocket book from cover to cover. That was a major accomplishment, I figured, considering I usually have more than three books on the go at any given time so adding one more to the list seemed alright - but could I finish it in a reasonable time frame and tap out a review before Neil publishes his third volume? This was my fear.

So I took 'Partners In Grime' home with me on a Friday. I started reading it that evening. Three evenings later I had finished the 252-pages and was looking for more.

I thought it may have to do with the fact that I sort of know the main characters - Neil and Sharon - but then I realized what I liked so much about the book was that it was a true account of two adventurers

embarking on what was to become a life-changing experience.

The book follows the Andersons from their home in Edmonton (in July 1994) where they basically sold everything they could, stored what didn't sell and loaded up their bikes and 'escaped the rat race cycling across Canada.'

They eventually cycled over 30 countries and returned to Vancouver in August 1997. 'Partners In Grime' documents the very start of the series of adventures that also produced the 'prequel' book 'The Lead Goat Veered Off' - which details a three month cycle trip on the Mediterranean island of Sardinia.

Anderson's quirky sense of humour peppers the story in what sometimes appears to be an endless search for shelter from rain; the hunt for food; sneaking into school yards and ball fields to pitch a tent; the constant repair of flat tires and encounters with crazy drivers and road construction.

I know I'll forever pass a touring cyclist slower and wider whenever I see one in future. There are times in the book you really feel like you're on the bike dealing with situations in much the same way the Andersons had to.

On the upside - and there are

plenty of good parts in the story - they seem to become a people magnet and discover a lot of good still exists in people.

Anderson describes it best: *'I was thinking that something we had come to term as the kindness principle was in effect. The first time we noticed the rule was on our cycle trip across the States. Whenever we became dispirited - from rainy weather; a bike breakdown; or just from being on the road too long, far from family and friends - someone (or something) happened along to rally our spirits. It occurred repeatedly...so often that we began to wonder if a series of occurrences weren't merely coincidences at all. Perhaps a patron saint really did look after wayward travellers?'*

I still chuckle at some of Neil's descriptive narratives on situations they encountered.

'It was Sunday. And on Sundays, in small prairie towns, everything was closed more tightly than a two-year-old's fist clenching a handful of Smarties.'

Other funny moments I enjoyed include a stretch of highway littered with tomatoes that led to - oddly enough - a ketchup factory, Neil's embarrassed request in

tuesday movies

MORNING

7:00 am WTBS (3) ★½ "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)

10:00 am CITY (29) "Deadly Whispers" (1995, Drama) Tony Danza. A father who disapproves of his daughter's romance with a married man becomes the prime suspect when she is murdered. (E)

EVENING

8:10 pm WTBS (3) ★½ "Crocodile Dundee in Los Angeles" (2001, Comedy) Paul Hogan. Mick and his girlfriend return to America and link the mysterious death of a reporter to a movie studio. (E)

10:06 pm CITY (29) ★★½ "Zero Effect" (1998, Comedy-Drama) Bill Pullman. The world's greatest private detective undertakes the challenging case of a businessman plagued by blackmail. (E)

10:10 pm WTBS (3) ★★½ "Spaceballs" (1987, Comedy) Mel Brooks. President Skroob pits evil Dark Helmet against Lone Starr and the half-man, half-dog Barf. (E)

wednesday movies

MORNING

6:00 am A&E (9) ★★½ "Flight 93" (2006, Docudrama) Jeffrey Nordling. On Sept. 11, 2001, courageous passengers aboard a hijacked airplane fight back against terrorists. (E)

7:00 am WTBS (3) ★★½ "Boys on the Side" (1995, Comedy-Drama) Whoopi Goldberg. A strong bond forms among three diverse women as they share adventures on a cross-country drive to California. (E)

10:00 am CITY (29) ★★½ "Coneheads" (1993, Comedy) Dan Aykroyd. The stranded aliens from "Saturday Night Live" set up house in suburbia and evade immigration agents. (E)

AFTERNOON

12:00 pm A&E (9) ★★½ "Flight 93" (2006, Docudrama) Jeffrey Nordling. On Sept. 11, 2001, courageous passengers aboard a hijacked airplane fight back against terrorists. (E)

EVENING

6:00 pm CITY (29) ★★ "American Wedding" (2003, Comedy) Jason Biggs. Premiere. "American Pie's" Jim and Michelle prepare to get married, while Stifler plans to throw a bachelor party. (E)

8:10 pm WTBS (3) ★★½ "Kate & Leopold" (2001, Romance-Comedy) Meg Ryan. A Manhattan woman falls in love with the 19th-century Duke of Albany who has stepped through a time portal. (E)

10:05 pm CITY (29) ★★ "American Wedding" (2003, Comedy) Jason Biggs. "American Pie's" Jim and Michelle prepare to get married, while Stifler plans to throw a bachelor party. (E)

10:40 pm WTBS (3) ★★½ "Boys on the Side" (1995, Comedy-Drama) Whoopi Goldberg. A strong bond forms among three diverse women as they share adventures on a cross-country drive to California. (E)



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French for a shower and a night spent sleeping in a washroom building - in the Ladies side - to avoid cold and wind.

The latter started to show signs of how grueling the trip must have actually been with this exchange documented in great detail:

'Apparently the journey had lost its allure. Combined with the cold weather and my cheapness about not getting motels, or even eating in restaurants, I was subjecting Sharon to an unrewarding experience that wasn't providing her with a great deal of personal satisfaction. "When I was slaving away at work," she said, "at least I was warm."

It was apparent that cycling in October in Quebec was a whole different thing than touring the same countryside in a motorhome. The tone of the book, and the balance of the trip, changed from that moment. Neil had obviously had a reality check.

I quite enjoyed the read. Neil is a funny guy and is able to translate his humour into the book. One favourite story is about a dinner

cooked on a campstove that turned into a serious fire, burning eyebrows and a picnic table. Not that that would be a funny experience, but in Neil's eyes, he found some humour in it.

I wonder how different the book would have been if Sharon had written it. It still hasn't convinced me I should attempt a similar trip, but gave me a whole new respect for those I often see from our front deck cycling along the Trans-Canada Trail.

The Andersons moved to Coalmont in 1998 and as Neil explains, "Our plan was to buy a property where we could store our possessions between world travels. Turned out, we liked it so much, we never left!"

It's a fun book from front to back. For more information on how you can purchase your copy of "Partners In Grime" by Neil Anderson of Coalmont, visit his website at www.cyclelogicpress.com. The book is also available at Pharmasave or by calling 1-866-825-1837.

TUESDAY, FEBRUARY 7, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Dawson's Creek (E)	News (E) Body	(Off Air)	Boohbah Caillou (E)	News (E)	News	Airline (E) Airline (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona	SportsCentre (E) SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E) Paid Prog.	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies
7 AM	Movie: "Boat Trip" (2003)	Life Today 100 Huntley Street (N) Poko	BluesClues Dora Hi-5	Clifford Arthur (E)	Today Florence, Italy; Harry Connick Jr.; author Noah	The Early Show (E)	Family Family City Confidential (E)	Good Morning America (E)			Winx Club Jacob	SportsCentre (E)		Super Ships (E) Greatest Ever... (E)	Sabrina Charles	K. Possible Recess	News (E)	CityLine (E)	Rockford Files
8 AM	Cuba Gooding Jr. (E)	Save-Ums! Doodlebop	Arthur (E) Little Bear	Sesame Street (E)	McCullough (E)	Discover Discover	American Justice Regie and Kelly		100 Huntley Street (N)	World Vision	LazyTown Monster	SportsCentre (E) SnowTrax			Paid Prog. Paid Prog.	Weekend Lilo Stitch		In Fashion Seinfeld	Matlock (E)
9 AM	Becker Becker	The Price Is Right (E) Cosby	Miss BG Sagwa	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (N) (E)	World Vision (E)	Room Diva Dime	Rupert Monsters	Bowling: 5-Pin	The View (N) (E)	Canada's Worst Driver	Starting Over (N) (E)	Mermaid PB&J Otter	Jerry Springer (N) (E)	Movie: "Deadly Whispers" (1995) Tony Danza.	News (E)
10 AM	Harvey Home Imp.	Judge J. Brown	English Math Shop	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	World-Dietz Paid Prog.	Paid Prog. Paid Prog.	The Insider Diva Dime	News (Live) (E)	Hamtaro Fly Rhino	Motorcycle Canadian Strongman	eTalk Daily Balance-TV	Forensic Factor (E)	Montel Williams (N)	Henry's King (E)	Blind Date	(1995) Tony Danza.	Magnum, P.I. (E)
11 AM	Drew Drew	News (Live) (E)	Odysseys Imprint	Charlie Rose (E)	Paid Prog.	News	Airline (E) Airline (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy (E) Mischief	Poker Million (Taped)	Bold & B.	Forensic Factor (E)	Perry Mason	Lilo Stitch Aladdin	Maury Paternity results.	CityLine (E)	Da Vinci's Inquest (E)
12 PM	Yes, Dear Yes, Dear	Days of our Lives (E)	Foot Notes Planet	Wonderful America	Days of our Lives (E)	As the World Turns	Family Family	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.		Vicki G. Vicki G.	Frontiers of	Matlock "The View"	Hoze Mouse	Jerry Springer (E)	Relic Hunter (E)	Cosby Cosby
1 PM	Home Imp. Friends	Da Vinci's Inquest (E)	Gaslight Pan Asia	Reading Lions	Passions (E)	Gulding Light (E)	City Confidential (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona LazyTown	Off-Record Sports	Dr. Phil (E)	Mega Machines (E)	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye	Ellen DeGeneres Show	Moesha Moesha
2 PM	Seinfeld Seinfeld	Starting Over (N) (E)	Bear BluesClues	Postcards Arthur (E)	Brown	Dr. Phil (E)	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Battle	Off-Record Sports				Weekend Lloyd	8 Rules	Home Imp.	Home Imp.
3 PM	Raymond Raymond	Simpsons Malcolm	Dora Rolle Polle	Cyberchas Zohoo	Judge J. Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	Early News Global	Rocket Flamingo	Hockey: Atlanta Thrashers at Toronto Maple Leafs. (Live)	The Tyra Banks Show	Daily Planet (E)	Little House	Barbarian Proud	8 Rules NBA	Sex & City	Funnest Home Videos
4 PM	Friends Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News CBS News	Street Racing ABC News	News (E) Global	News (E)	News (Live) (E)	Oddparent SpongeBob	Hockey: Atlanta Thrashers at Toronto Maple Leafs. (Live)	News (E)	How-Made How-Made	Malcolm King of Hill	K. Possible Lizzie	Basketball: Los Angeles Clippers at New York Knicks.	The Collector "The VJ"	Da Vinci's Inquest (E)
5 PM	Sex & City Sex & City	Will-Grace 70s Show	CG Kids Dotto Tech	News-Lehrer	News (E) Raymond	News Hollywood	Dog Dog	News (E)	News (E)	ET Canada	Being Ian Mystery	SportsCentre (Live) (E)	eTalk Daily Hollywood	American Hot Rod (E)	Frasier 70s Show	So Raven Smart Guy	Raymond	Godiva's (E)	WGN News at Nine
6 PM	Seinfeld Seinfeld	Fortune Jeopardy!	Walk on the Wild Side	Nova (N) (DVS)	Jeopardy! Fortune	Seinfeld Friends	Airline (E) Airline (E)	Entertain The Insider	Entertain ET Canada	Gilmore Girls (N) (E)	Drake Prank Ptri	SportsCentre (Live) (E)	American Idol (N) (E)	Daily Planet (E)	American Idol (N) (E)	8 Rules Boy World	Gilmore Girls (N) (E)	Star! Daily	Becker
7 PM	Movie: "Crocodile Dundee in Los Angeles" (E)	Da Vinci's City Hall (N)	With Glowing Hearts	Frontline "Sex Slaves"	Scrubs (N) Scrubs (N)	Criminal Minds (E)	Fatal Fathers (E)	Accrd Jlm Crums (N)	House "Need to Know"	House "Need to Know"	15/Love Factory	Boxing: Thomas Damgaard vs. Arturo Gatti. (E)	Criminal Minds (E)	American Chopper (E)	House "Need to Know"	Brotherly Radio Free	Supernatural (N) (E)	Jimmy Kimmel Live (N)	Funnest Home Videos
8 PM	Movie: "Spaceballs" (1987)	National Imprint	Foot Notes	Independent Lens (N)	Law & Order	Love Monkey (N) (E)	Dog Dog	Boston Legal (N) (E)	Gilmore Girls (N) (E)	News (Live) (E)	My Family Bob	vs. Arturo Gatti. (E)	Law & Order	American Hot Rod (E)	Will-Grace	Popular (N) (E)	KTLA Prime News (E)	Movie: "Zero Effect" (1998) Bill Pullman. (E)	Da Vinci's Inquest (E)
9 PM	Mel Brooks. (E)	News (E) Court Alex	Ravens Moving On	Charlie Rose (N) (E)	News (E) Tonight	News Late Show	Airline (E) Airline (E)	News (E) Nightline	News (E)	Entertain ET Canada	Inuyasha Gundam	SportsCentre (Live) (E)	News (E)	How-Made How-Made	Sex & City Becker	8 Rules Radio Free	Sex & City Friends	Elmdate Paid Prog.	

WEDNESDAY, FEBRUARY 8, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Dawson's Creek (E)	News (E) Body	(Off Air)	Teletubbs Caillou (E)	News (E)	News	Movie: "Flight 93" (2006)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona	SportsCentre (E) SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E) Animal Parade (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies
7 AM	Movie: "Boys on the Side" (1995) (E)	Life Today 100 Huntley Street (N) Poko	BluesClues Dora Hi-5	Cliff Pup Arthur (E)	Today (E)	The Early Show (E)	Jeffrey Nordling. (E) City Confidential (E)	Good Morning America (E)			Winx Club Jacob	SportsCentre (E)			Sabrina Charles	K. Possible Recess	News (E)	CityLine (E)	Rockford Files
8 AM	Cuba Gooding Jr. (E)	Save-Ums! Doodlebop	Arthur (E) Little Bear	Sesame Street (E)	McCullough (E)	Discover Discover	American Justice Regie and Kelly		100 Huntley Street (N)	World Vision	LazyTown Monster	SportsCentre (E) SnowTrax			Paid Prog. Paid Prog.	Weekend Lilo Stitch		Star! Inside Seinfeld	Matlock "The Suspect"
9 AM	Becker Becker	The Price Is Right (E) Cosby	Paddington Sagwa	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (N) (E)	World Vision (E)	Room Diva Dime	Rupert Monsters	Winter X-Games From Aspen, Colo. (Taped)	The View (N) (E)	Loch Ness Monster	Starting Over (N) (E)	Sing-Story PB&J Otter	Jerry Springer (N) (E)	Movie: "Coneheads" (1993)	News (E)
10 AM	Harvey Home Imp.	Judge J. Brown	Mathematics Sit-Be Fit	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Biography "Al Qaeda"	Paid Prog. Paid Prog.	The Insider Diva Dime	News (Live) (E)	Hamtaro Fly Rhino	Motorcycle Canadian Strongman	eTalk Daily Balance-TV	Walking With Cavemen: "First Ancestors" (E)	Montel Williams (N)	Henry's King (E)	Blind Date	Dan Aykroyd. (E)	Magnum, P.I. (E)
11 AM	Drew Drew	News (Live) (E)	Sustain Scattering	Charlie Rose (N) (E)	Paid Prog.	News	Movie: "Flight 93" (2006)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy (E) Beasts	In Corner Poker Million (Taped)	Bold & B.	Forensic Factor (E)	Perry Mason	Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
12 PM	Yes, Dear Yes, Dear	Days of our Lives (E)	Home Biz Planet	Painting Sewing	Days of our Lives (E)	As the World Turns	Jeffrey Nordling. (E)	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.		Vicki G. Vicki G.	Monster Garage (E)	Matlock "The Play"	Hoze Mouse	Jerry Springer (E)	Relic Hunter (E)	Cosby Cosby
1 PM	Home Imp. Friends	Da Vinci's Inquest (E)	Gaslight Journal	Reading Lions	Passions (E)	Gulding Light (E)	City Confidential (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona LazyTown	Off-Record Sports	Dr. Phil (E)	Deadliest Catch	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye	Ellen DeGeneres Show	Moesha Moesha
2 PM	Seinfeld Seinfeld	Starting Over (N) (E)	Bear BluesClues	Postcards Arthur (E)	Brown	Dr. Phil (E)	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Yu-Gi-Oh!	Off-Record Sports				Weekend Lloyd	8 Rules	Home Imp.	Home Imp.
3 PM	Raymond Raymond	Simpsons Malcolm	Dora Rolle Polle	Cyberchas Dragonfly	Judge J. Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	Early News Global	Rocket Being Ian	NHL Hockey: Ottawa Senators at New York Rangers. (Live)	The Tyra Banks Show	Daily Planet (E)	Little House	Barbarian Proud	8 Rules NBA	Sex & City	Funnest Home Videos
4 PM	Friends Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News CBS News	Dog Dog	News (E) Global	News (E)	News (Live) (E)	Oddparent SpongeBob	Hockey: Atlanta Thrashers at Toronto Maple Leafs. (Live)	News (E)	MythBusters (E)	Malcolm King of Hill	K. Possible Lizzie	Basketball: Los Angeles Clippers at Detroit Pistons. (E)	Movie: "American Wedding" (2003) Jason Biggs.	Home Imp. Home Imp.
5 PM	Sex & City Sex & City	Will-Grace 70s Show	Mechanics Della Smith	News-Lehrer	News (E) Raymond	News Hollywood	Inked (E) Inked (E)	News (E)	News (E)	ET Canada	Being Ian Mystery	SportsCentre (Live) (E)	eTalk Daily Hollywood	MythBusters (E)	Frasier 70s Show	So Raven Smart Guy	Raymond	Jimmy Kimmel Live (N)	Funnest Home Videos
6 PM	Movie: "Kate & Leopold" (2001) Meg Ryan. (E)	This Is Wonderian d (N) fifth estate	Discoveries Scientists Hiding	Ballroom Danc African American Lives (N) (E)	The Biggest Loser: Special Edition (N) (E)	The 48th Annual Grammy Awards (E)	Crossing Jordan (E) Freddie (N)	Lopez Lost "The Long Con"	The 48th Annual Grammy Awards (Same-day Tape) (E)	The 48th Annual Grammy Awards (Same-day Tape) (E)	Sabrina Off-Record	15/Love 15/Love	Off-Record Sports Knockouts!	American Idol (N) (E)	American Idol (N) (E)	8 Rules Boy World	One Tree Hill (N) (E)	Star! Daily	Becker
7 PM	Movie: "Boys on the Side" (1995)	National Imprint	Foot Notes	Independent Lens (N)	Law & Order "Magnet"	Love Monkey (N) (E)	Dog Dog	Boston Legal (N) (E)	Gilmore Girls (N) (E)	News (Live) (E)	My Family Bob	Series of Poker	Law & Order "Magnet"	MythBusters (E)	News Will-Grace	Popular (N) (E)	KTLA Prime News (E)	Movie: "American Wedding" (2003) Jason Biggs.	Da Vinci's Inquest (E)
8 PM	Mel Brooks. (E)	News (E) Just Shoot	Ravens Dotto Tech	Charlie Rose (N) (E)	News (E) Tonight	News Late Show	Angel Nightline	News (E)	News (E)	Entertain ET Canada	Inuyasha Hunter	SportsCentre (Live) (E)	News (E)	MythBusters (E)	Sex & City Becker	8 Rules Radio Free	Sex & City Friends	Elmdate Paid Prog.	

Similkameen News Leader Community Calendar

FEBRUARY

- 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

- 3 - Keremeos Cawston Game Banquet, Victory Hall
- 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
- 16 - Chopaka Rodeo, Chopaka Rodeo Grounds
- 17 - Easter Monday
- 24 - PSS PAC Meeting, 7:00 PM
- 27 - PSS Family Fair

MAY

- 13, 14 - Princeton Pro Rodeo, PXA Grounds

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 St 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) ★★★ "Kate & Leopold" (2001, Romance-Comedy) Meg Ryan. A Manhattan woman falls in love with the 19th-century Duke of Albany who has stepped through a time portal. (E)
- 10:00 am CITY (29) ★★½ "Crocodile Dundee II" (1988, Comedy) Paul Hogan. The adventurer and his girlfriend seek refuge in Australia after they run afoul of drug dealers. (E)
- 11:30 am A&E (9) ★★½ "Falling Down" (1993, Drama) Michael Douglas. A traffic jam helps push a stressed-out former defense worker to the breaking point and beyond. (E)

AFTERNOON

- 4:30 pm WGN (38) ★★½ "The Silence of the Lambs" (1991, Suspense) Jodie Foster. An FBI trainee seeks advice from a brilliant, psychopathic prisoner to catch a killer who skins his victims. (In Stereo) (E)

EVENING

- 6:00 pm WTBS (3) ★★ "Dumb & Dumber" (1994, Comedy) Jim Carrey. Two intellectually challenged buddies follow a woman to Colorado to return the ransom-filled briefcase she left behind. (E)
- CITY (29) ★★½ "Final Destination 2" (2003, Horror) Ali Larter. Premiere. Death returns to claim the lives of those who did not die in a horrible highway calamity as they were meant to do. (E)
- 8:10 pm WTBS (3) ★★ "Ace Ventura: When Nature Calls" (1995, Comedy) Jim Carrey. A sacred white bat's disappearance begets bloodshed between African tribes and puts the goofy pet sleuth on the case. (E)
- 10:06 pm CITY (29) ★½ "The Substitute 2: School's Out" (1998, Drama) Treat Williams. A former soldier of fortune assumes the role of an inner-city schoolteacher in order to avenge his brother's death.

friday movies

MORNING

- 7:00 am WTBS (3) ★★½ "The Cable Guy" (1996, Comedy) Jim Carrey. An architect pays a heavy price when he begins a friendship with an unhinged employee of a cable television company. (E)
- 10:00 am CITY (29) ★★½ "Footloose" (1984, Drama) Kevin Bacon. A big-city teen rallies his new small-town friends against a minister opposing their right to dance. (E)

AFTERNOON

- 5:00 pm A&E (9) ★★½ "Batman Returns" (1992, Action) Michael Keaton. The Caped Crusader clashes with Catwoman and saves gloomy Gotham City from the foul Penguin's plot. (E)
- CITY (29) ★★½ "Final Destination" (2000, Horror) Devon Sawa. Teens meet with horrible ends after a classmate's precognitive vision leads to their ejection from a doomed airliner. (E)
- WGN (38) ★★ "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) (E)

EVENING

- 6:00 pm WTBS (3) ★★½ "The Mask" (1994, Comedy) (PA) Jim Carrey. An ancient mask transforms a drab bank clerk into a grinning Romeo with superhuman powers. (E)
- 7:30 pm FAM (26) ★½ "Houseguest" (1995, Comedy) Sinbad. A con artist brings normalcy to a dysfunctional family after he assumes the identity of an old friend.
- 8:00 pm KNOW (5) ★★½ "Restoration" (1995, Drama) Robert Downey Jr. In 17th-century England, a hedonistic doctor travels a difficult road after falling out of favor with King Charles II. (E)
- KTLA (27) ★½ "Swimfan" (2002, Suspense) Jesse Bradford. A new student at a high school obsesses over a swimming champion who does not return her advances. (In Stereo) (E)
- 8:10 pm WTBS (3) ★★½ "The Cable Guy" (1996, Comedy) Jim Carrey. An architect pays a heavy price when he begins a friendship with an unhinged employee of a cable television company. (E)
- 9:00 pm A&E (9) ★★½ "Batman Returns" (1992, Action) Michael Keaton. The Caped Crusader clashes with Catwoman and saves gloomy Gotham City from the foul Penguin's plot. (E)

Horoscopes

February 8 - 15, 2006

Aries - This week isn't much different from last, except that your mind is going into full gear. You may not be ready to talk about all of the things you're thinking, but you're at it.

Taurus - This weekend would be a good time to start some planning for what you want to achieve this year. You are still caught up in the happy winter lazy time, but it is nearly over.

Gemini - Your health has been very good recently, but watch out now for colds. News may affect your career this weekend, or you may hear from a parent. Pay close attention.

Cancer - Your partner continues to be reasonable, but your boss may be the opposite. You're thinking of taking a trip just to get away for a little while. Longterm plans change. Stay alert.

Leo - Make arrangements this week to have your taxes done. Your work situation remains calm and pleasant. Your health is good. Family life is busy but fun. Be sure to rest.

Virgo - Partner, spouse has some news to tell you this weekend. Listen closely. Children, hobbies, art, give you pleasure. Sibling creates challenging situation. You communicate enjoyment.

Libra - News about job or health is important this week. Home life is happy. You dream of spending a lot on something you enjoy. Make clear, concise plans for future now.

Scorpio - You are in a pleasing mood these days. News from young person is important, may cause tension this weekend. Career demands attention at same time. Focus on family truth.

Sagittarius - News about home, family, may pose problem this weekend. If you feel tension in regard to job or health, find a reasonable compromise. Home, family need you.

Capricorn - You're busy making plans that could cost a lot of money. Do not proceed with plans until March. You could be underestimating the cost. News, travel on Monday is disruptive.

Aquarius - Changes in family produce tensions. Plans are full of difficulties. Work on home creates subtle change. News about money will affect job, partner this weekend.

Pisces - This week, you really want to talk about your ideas. Be cautious about how you express yourself - don't be too forceful. You are pleased with plans you have been toying with since Christmas. Partner, friend gives feedback at end of week.

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Similkameen News Leader Recipe Corner (Recipe #101)

Healthy Harvest Asian-Style Linguine

Ingredients

- 375 g Catelli Healthy Harvest Whole Wheat Linguine
- 75 mL (1/3 cup) hoisin sauce
- 45 mL (3 tbsp) chicken broth
- 2 chicken breasts, boned and skinned
- 90 mL (6 tbsp) roasted peanuts, coarsely chopped
- 30 mL (2 tbsp) canola oil
- 1 bag (171 g) shiitake mushrooms
- 1 red bell pepper, in strips
- 3 green onions, in fine strips
- Salt and pepper, to taste
- 75 mL (1/3 cup) fresh coriander, coarsely chopped

Instructions

• Cook linguine according to package directions; set aside. • In a bowl, blend 15 mL (1 tbsp) hoisin sauce with 5 mL (1 tsp) water. Use to baste chicken breasts; salt and sprinkle with 30 mL (2 tbsp) roasted peanuts. • Cook in oven preheated to 200°C (400°F) for 15 minutes; set aside. • Meanwhile, clean mushrooms and remove stems. Cut bigger mushrooms.

In a skillet, heat oil and sauté mushrooms around 1 minute. Add pepper strips and continue cooking another minute. • Add chicken strips, remaining hoisin sauce and chicken broth, then bring to a boil. Add pasta and green onions, mixing well to coat pasta. • Sprinkle with remaining peanuts and fresh coriander.

Preparation: 20 minutes **Cooking:** 25 minutes **Servings:** 4 to 6

- News Canada

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

226A Bridge Street, Princeton

www.theNewsLeader.ca

THURSDAY, FEBRUARY 9, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Dawson's Creek (E)	News (E) Body	(Off Air)	Boohbah Calliou (E)	News (E)	News	Movie: "Falling Down" (1993) Michael Douglas.	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies
7 AM	Movie: "Kate & Leopold" (2001) Mog Ryan. (E)	Life Today 100 Huntley Street (N) Poko	BluesClues Dora Hi-5	Clifford Arthur (E) Dragon	Today (E)	The Early Show (E)	(1993) Michael Douglas. City Confidential (E)	Good Morning America (E)			Winx Club Jacob	SportsCentre (E)		Beauty Countdown MythBusters (E)	Libertys Charles	K. Possible Recess	News (E)	CityLine (E)	Rockford Files
8 AM		Save-Ums! Doodlebop	Arthur (E) Little Bear	Sesame Street		Discover Discover	American Justice	Regis and Kelly	100 Huntley Street (N)	World Vision	LazyTown Monster	Off-Record Timeless	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Benj Bear McDonald	Maury (E)	News (E) City	Matlock "The Suspect"
9 AM	Becker	The Price Is Right (E)	Miss BG Sagwa	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right (E)	Fatal Fathers (E)	The View (N) (E)	World Vision (E)	Room Diva Dime	Rupert Monsters	Winter X-Games From Aspen, Colo. (Taped)	The View (N) (E)	Animal Face-Off (E)	Starting Over (N) (E)	Mermald PB&J Otter	Jerry Springer (N) (E)	Movie: "Crocodile Dundee II" (1988) Paul Hogan.	News (E)
10 AM	Cosby	Judge J. Brown	Canada-History	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Sell House Movie: "Falling Down" (1993, Drama) Michael Douglas. (E)	Paid Prog. Paid Prog.	The Insider Diva Dime	News (Live) (E)	Hamtaro Fly Rhino	Aspen, Colo. (Taped)	eTalk Daily Balance-TV	Klondike & Snow	Montel Williams (N)	Henrys King (E)	Blind Date Blind Date	Magnum, P.I. (E)	
11 AM	Harvey Home Imp.	Judge J. Brown	Canada-History	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Sell House Movie: "Falling Down" (1993, Drama) Michael Douglas. (E)	Paid Prog. Paid Prog.	The Insider Diva Dime	News (Live) (E)	Hamtaro Fly Rhino	Aspen, Colo. (Taped)	eTalk Daily Balance-TV	Klondike & Snow	Montel Williams (N)	Henrys King (E)	Blind Date Blind Date	Magnum, P.I. (E)	
12 PM	Drew Drew	News (Live) (E)	Living With Depression	Charlie Rose (E)	Paid Prog. Paid Prog.	News Bold & B.	"Falling Down" (1993, Drama) Michael Douglas. (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy (E) Jane	PGA Golf: AT&T Pebble Beach National Pro-Am --	Daily Bold & B.	Nature of the Beast	Perry Mason	Lilo Stitch Aladdin	Maury Paternity tests.	(12:15) CityLine (E)	Da Vinci's Inquest (E)
1 PM	Yes, Dear Yes, Dear	Days of our Lives (E)	Scattering Planet	In Studio Needle Art	Days of our Lives (E)	As the World Turns	Drama: Michael Douglas. (E)	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.	Beach National Pro-Am --	Vicki G. Vicki G.	MythBusters (E)	Matlock "The Diner"	Hoze Mouse	Jerry Springer (E)	(1:15) Relic Hunter (E)	Cosby Cosby
2 PM	Home Imp. Friends	Da Vinci's Inquest (E)	Gaslight Home Biz	Reading Lions	Passions (E)	Guiding Light (E)	City Confidential (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona LazyTown	First Round. (Live)	General Hospital (E)	MythBusters "Jet Pack"	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha
3 PM	Seinfeld Seinfeld	Starting Over (N) (E)	Bear BluesClues	Postcards Arthur (E)	Brown Brown	Dr. Phil (E)	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Battle	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Montel Williams (E)	Weekend Lloyd	ER (E)	News (E)	Home Imp. Home Imp.
4 PM	Raymond Raymond	Simpsons Malcolm	Dora Rolle Polle	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	Fatal Fathers (E)	Millionaire Millionaire	Oprah Winfrey (E)	Early News Global	Rocket Amyumi	Hockey NHL Pre	The Tyra Banks Show	Daily Planet (E)	Little House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Videos Movie: "The Silence of the Lambs" (1991) Jodie Foster. (E)
5 PM	Friends Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News (E) CBS News	The First 48 (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Oddparent SpongeBob	NHL Hockey: Detroit Red Wings at Nashville Predators. (Live)	News (E)	Beyond Tomorrow (N)	Malcolm King of Hill	K. Possible Lizzie	Sabrina My Wife	Chris MovieTV	"The Silence of the Lambs" (1991) Jodie Foster. (E)
6 PM	Movie: "Dumb & Dumber" (1994) Jim Carrey. (E)	Will-Grace 70s Show	Skoool! Edge	News-Lehrer Raymond	News (E) Raymond	News (E) Hollywood	The First 48 (E)	News (E)	News (E)	ET Canada Entertain	Being Ian Mystery	NHL Hockey: Detroit Red Wings at Nashville Predators. (Live)	News (E)	Extreme Engineering (N)	Simpsons 70s Show	So Little Darcy	My Wife Friends	Movie: "Final Destination 2" (2003) All Larler.	WGN News at Nine
7 PM	Movie: "Ace Ventura: When Nature Calls" (1995)	Will-Grace Four Kings	Growing Up Canadian	Rosemary and Thyme Four Kings	Survivor: Panama - Exile	Survivor: Panama - Exile	Crossing Jordan (E)	Dancing With the Stars (E)	Survivor: Panama - Exile	Survivor: Panama - Exile	SpongeBob Sabrina	SportsCentre (Live) (E)	The O.C. (N) (E)	Daily Planet (E)	70s Show 70s Show	8 Rules Boy World	Smallville "Tomb" (N)	News (E)	Sex & City Becker
8 PM	Movie: "Ace Ventura: When Nature Calls" (1995)	Will-Grace Four Kings	Growing Up Canadian	Rosemary and Thyme Four Kings	Survivor: Panama - Exile	Survivor: Panama - Exile	Crossing Jordan (E)	Dancing With the Stars (E)	Survivor: Panama - Exile	Survivor: Panama - Exile	SpongeBob Sabrina	SportsCentre (Live) (E)	The O.C. (N) (E)	Daily Planet (E)	70s Show 70s Show	8 Rules Boy World	Smallville "Tomb" (N)	News (E)	Sex & City Becker
9 PM	Nature Calls" (1995)	Will-Grace Four Kings	Growing Up Canadian	Rosemary and Thyme Four Kings	Survivor: Panama - Exile	Survivor: Panama - Exile	Crossing Jordan (E)	Dancing With the Stars (E)	Survivor: Panama - Exile	Survivor: Panama - Exile	SpongeBob Sabrina	SportsCentre (Live) (E)	The O.C. (N) (E)	Daily Planet (E)	70s Show 70s Show	8 Rules Boy World	Smallville "Tomb" (N)	News (E)	Sex & City Becker
10 PM	(10:10) Movie: "A Night at the Roxbury" (1998) (E)	National Malcolm	Scientists Hiding	Soundstage (E)	(9:59) ER (N) (E)	Without a Trace (N)	The First 48 (E)	Primetime (E)	Without a Trace (N)	News (Live) (E)	My Family Bob	Motoring Poker	(9:59) ER (N) (E)	Dirty Jobs Will-Grace	News Will-Grace	Popular (N) (E)	KTLA Prime News (E)	(10:06) Movie: "The Substitute 2: School's Out" (1998)	Da Vinci's Inquest (E)
11 PM	Mr. Show	News (E) Malcolm	Perspectives (E)	Charlie Rose (N) (E)	News (E) Tonight	News (E) Late Show	Dallas SWAT (E)	News (E) Nightline	News (E)	Entertain ET Canada	Inuyasha Ghost	SportsCentre (Live) (E)	News (E)	Beyond Tomorrow (E)	Sex & City Becker	8 Rules Radio Free	Sex & City Friends	Elimidate Paid Prog.	

FRIDAY, FEBRUARY 10, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Dawson's Creek (E)	News (E) Body	(Off Air)	Teletubbs Calliou (E)	News (E)	News	Third Watch (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies
7 AM	Movie: "The Cable Guy" (1996) Jim Carrey. (E)	Life Today 100 Huntley Street (N) Poko	BluesClues Dora Hi-5	Clifford Arthur (E) Dragon	Today A U.S. Ski Team report; an Olympic venue tour.	The Early Show (E)	Third Watch "Duty" (E)	Good Morning America (E)			Winx Club Jacob	SportsCentre (E)		Urban Wild "New York"	Libertys Charles	K. Possible Recess	News (E)	CityLine (E)	Rockford Files
8 AM		Save-Ums! Doodlebop	Arthur (E) Little Bear	Sesame Street		Discover Discover	American Justice	Regis and Kelly	100 Huntley Street (N)	World Vision	LazyTown Monster	Off-Record Motoring	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Feet McDonald	Maury (E)	News (E) City	Matlock "The Gambler"
9 AM	Becker	XX Olympic Winter Games: Opening Ceremony.	Paddington Sagwa	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right (E)	American Justice (E)	The View (N) (E)	World Vision (E)	House Diva Dime	Rupert Monsters	Winter X-Games From Aspen, Colo. (Taped)	The View (N) (E)	The Amazing Race 6 (E)	Starting Over (N) (E)	Sing-Story PB&J Otter	Jerry Springer (N) (E)	Movie: "Footloose" (1984) Kevin Bacon. (E)	News (E)
10 AM	Cosby	Games: Opening Ceremony.	Sew Fun Thimble	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Third Watch (E)	Paid Prog. Paid Prog.	The Insider House	News (Live) (E)	Hamtaro Fly Rhino	Aspen, Colo. (Taped)	eTalk Daily Balance-TV	Critical Rescue (E)	Montel Williams (N)	Henrys King (E)	Blind Date Blind Date	Magnum, P.I. (E)	
11 AM	Harvey Home Imp.	Games: Opening Ceremony.	Sew Fun Thimble	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Third Watch (E)	Paid Prog. Paid Prog.	The Insider House	News (Live) (E)	Hamtaro Fly Rhino	Aspen, Colo. (Taped)	eTalk Daily Balance-TV	Critical Rescue (E)	Montel Williams (N)	Henrys King (E)	Blind Date Blind Date	Magnum, P.I. (E)	
12 PM	Drew Drew	From Turin, Italy. (E)	Dotto Tech SportFish	Charlie Rose (E)	Paid Prog. Paid Prog.	News Bold & B.	Third Watch (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy (E) Beasts	PGA Golf: AT&T Pebble Beach National Pro-Am --	Daily Bold & B.	Dirty Jobs	Perry Mason	Lilo Stitch Aladdin	Maury Paternity results.	CityLine (E)	Da Vinci's Inquest (E)
1 PM	Yes, Dear Yes, Dear	Days of our Lives (E)	Router Planet	Art Work Scrapbook	Days of our Lives (E)	As the World Turns	Third Watch "Duty" (E)	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.	Beach National Pro-Am --	Vicki G. Vicki G.	Extreme Engineering (N)	Matlock (E)	Hoze Mouse	Jerry Springer (E)	Relic Hunter (E)	Cosby Cosby
2 PM	Home Imp. Friends	Da Vinci's Inquest (E)	Gaslight Edge	Reading Lions	Passions (E)	Guiding Light (E)	City Confidential (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona LazyTown	Second Round. (Live)	General Hospital (E)	Beyond Tomorrow (E)	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha
3 PM	Seinfeld Seinfeld	Starting Over (N) (E)	Bear BluesClues	Postcards Arthur (E)	Brown Brown	Dr. Phil (E)	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Pokemon	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Montel Williams (E)	Weekend Lloyd	ER "What Life?" (E)	News (E)	Home Imp. Home Imp.
4 PM	Raymond Raymond	Simpsons Direct Buy	Dora Rolle Polle	Cyberchas Dragonfly	Judge J. Judge J.	Oprah Winfrey (E)	American Justice (E)	Millionaire Millionaire	Oprah Winfrey (E)	Early News Global	Rocket SpongeBob	Hockey NBA	The Tyra Banks Show	Daily Planet (E)	Little House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Funnest Home Videos
5 PM	Friends Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News (E) CBS News	Movie: "Batman Returns" (1992, Action) Michael Keaton. (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Oddparent SpongeBob	Basketball: Toronto Raptors at Charlotte Bobcats. (Live)	News (E)	Deadliest Catch	Malcolm King of Hill	K. Possible Lizzie	Sabrina My Wife	Movie: "Final Destination" (1997, Horror) Mira Sorvino. (E)	Movie: "Mimic" (1997, Horror) Mira Sorvino. (E)
6 PM	Movie: "The Mask" (1994) (PA)	Will-Grace 70s Show	Outta Town Animals	News-Lehrer Raymond	News (E) Raymond	News (E) Hollywood	(1992, Action) Michael Keaton. (E)	News (E)	News (E)	ET Canada Entertain	Yu Gi Oh D.I.C.E.	SportsCentre (Live) (E)	News (E)	Spies That Fly (N)	Simpsons 70s Show	Zoey 101 Phil	My Wife Friends	Devon Sawa.	WGN News at Nine
7 PM	Jim Carrey. (E)	XX Olympic Winter Games: Opening Ceremony.	The Life of Birds (E)	Wash Wk McLaughlin	Jeopardy!	Seinfeld	Angel	Entertain The Insider	ET Canada	NUMB3RS "Obsession"	Cybertron One Piece	SportsCentre (Live) (E)	eTalk Daily Hollywood	Mayday (N) (E)	Frasier 70s Show	School Movie: "Houseguest" (1995) Sinbad.	Raymond	Wanted (E)	WGN News at Nine
8 PM	(8:10) Movie: "The Cable Guy" (1996) Jim Carrey. (E)	Games: Opening Ceremony.	Movie: "Restoration" (1995) Robert Downey Jr.	NOW (N) Europe	XX Olympic Winter Games: Opening Ceremony.	Ghost Whisperer (E)	Amer. Justice	Dancing With the Stars	Arrested Development (Season Finale) (N) (E)	Arrested Development (Season Finale) (N) (E)	Zatch Bell Dragonball	Boxing: Paul Malignaggi vs. Donald Camarena	Ghost Whisperer (E)	Daily Planet (E)	Arrested Development (Season Finale) (N) (E)	Movie: "Days of Thunder" (1990)	Jesse Bradford. (E)	Jimmy Kimmel Live (N)	Funnest Home Videos
9 PM	Family Guy	National Futurama	Sher. Holmes Barbara	Chronicles Barbara	From Turin, Italy. (Same-day Tape) (E)	NUMB3RS "Obsession"	(1992, Action) Michael Keaton. (E)	20/20 (E)	NUMB3RS "Obsession"	News (Live) (E)	Gundam Hack/Sign	Boxing	In Justice (N) (E)	Deadliest Catch	News Will-Grace	Sex & City Becker	Sex & City Friends	Elimidate Paid Prog.	
10 PM	Mr. Show	News (E) Olympic	Growing Up Canadian	On the Up Coupling	News (E) Late Show	News (E)	Angel	News (E) Nightline	News (E)	Entertain ET Canada	ReBoot Beast	SportsCentre (Live) (E)	News (E)	Beyond Tomorrow (E)	Sex & City Becker	Simple Twist of Fate"	Sex & City Friends	Elimidate Paid Prog.	

saturday movies

MORNING

7:00 am WTBS (3) ★★½ "Dennis the Menace Strikes Again" (1998, Comedy) Don Rickles. Dennis stops pestering Mr. Wilson long enough to rescue him from a pair of con artists. (E)

8:35 am WTBS (3) ★★ "Fools Rush In" (1997, Comedy) Matthew Perry. A fateful one-night stand leads to a rocky marriage between a WASPish New Yorker and a lively Latina. (E)

10:45 am WTBS (3) ★★ "The Mask" (1994, Comedy) (PA) Jim Carrey. An ancient mask transforms a drab bank clerk into a grinning Romeo with superhuman powers. (E)

AFTERNOON

12:00 pm FAM (26) "MXP: Most Xtreme Primate" (2003, Comedy) Devin Drewitz. Two brothers must rescue a snowboarding chimp from kidnappers and return him to his rightful owner. (E)

WGN (38) "Alice Through the

Looking Glass" (1999, Fantasy) Kate Beckinsale. Based on Lewis Carroll's classic novel about a girl's adventures in a magical place called Wonderland. (In Stereo) (E)

12:30 pm CITY (29) ★★½ "Star Trek IV: The Voyage Home" (1986, Science Fiction) William Shatner. Kirk and company travel back in time to 20th-century San Francisco, where two whales hold the key to Earth's future. (E)

1:00 pm WTBS (3) ★★ "Tommy Boy" (1995, Comedy) Chris Farley. A hefty underachiever becomes a traveling salesman to save his father's auto-parts company from financial ruin. (E)

1:30 pm FAM (26) ★★ "Pixel Perfect" (2004, Comedy) Ricky Ullman. A technical wizard creates a hologram that becomes a singer for his friend's struggling band. (E)

3:00 pm WTBS (3) ★★ "Son-in-Law" (1993, Comedy) Pauly Shore. A South Dakota farm family gets a taste of life in the surf lane when their daughter brings home a California friend. (E)

4:00 pm YTV (18) ★★ "Rugrats in

Paris: The Movie" (2000, Adventure) Voices of E.G. Daily. Animated. When Stu Pickles must travel to Paris to work on a new amusement park, the gang accompanies him. (In Stereo) (E)

KTLA (27) ★★½ "The Devil's Advocate" (1997, Horror) Keanu Reeves. A young attorney unknowingly hops on the fast track to hell when he accepts a position at a law firm run by Satan. (In Stereo) (E)

5:00 pm WTBS (3) ★★ "National Security" (2003, Comedy) (PA) Martin Lawrence. Two misfit security guards must stop arguing with each other long enough to nail a gang of murderous thieves. (E)

A&E (9) ★★½ "Lake Placid" (1999, Suspense) Bill Pullman. A conservation officer and a paleontologist square off against a monstrous crocodile in rural Maine. (E)

EVENING

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

6:25 pm FAM (26) ★★ "Stitch! The Movie" (2003, Comedy) Voices of Chris Sanders. Premiere. Animated. With help from Lilo, the blue alien

tries to save other extraterrestrials from a villain. (E)

7:00 pm WTBS (3) ★★ "Lethal Weapon 4" (1998, Action) (PA) Mel Gibson. Los Angeles police partners take on members of a Chinese triad who are smuggling families from the mainland. (E) (DVS)

8:00 pm KSPS (6) ★★ "The In-Laws" (1979, Comedy) Peter Falk. A federal agent and a dentist become involved in Latin American espionage on the eve of their children's wedding. (E)

KXLY (10) ★★½ "The Green Mile" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. (In Stereo) (E) (DVS)

FAM (26) ★★ "Stitch! The Movie" (2003, Comedy) Voices of Chris Sanders. Animated. With help from Lilo, the blue alien tries to save other extraterrestrials from a villain. (E)

9:00 pm KNOW (5) "Last Seen Wearing" (1988, Mystery) John Thaw. Inspector Morse uncovers devious doings at a boarding school from which a girl disappeared six months earlier. (E)

KREM (8) ★★ "Die Another Day" (2002, Action) Pierce Brosnan. Premiere. James Bond and an alluring American agent hunt a North Korean villain and an icy megaloma-

niac bent on world domination. (In Stereo) (E)

A&E (9) ★★½ "Lake Placid" (1999, Suspense) Bill Pullman. A conservation officer and a paleontologist square off against a monstrous crocodile in rural Maine. (E)

CITY (29) ★★ "Starship Troopers" (1997, Science Fiction) Casper Van Dien. Enthusiastic but badly outnumbered young soldiers attempt to protect Earth from a vicious army of gigantic insects. (E)

9:07 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. (E)

9:30 pm WTBS (3) ★★½ "The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A former mob assassin with a price on his own head moves in next door to a timid Montreal dentist. (E) (DVS)

WGN (38) ★★ "The Silence of the Lambs" (1991, Suspense) Jodie Foster. An FBI trainee seeks advice from a brilliant, psychopathic prisoner to catch a killer who skins his victims. (In Stereo) (E)

10:00 pm YTV (18) ★★ "Romeo & Juliet" (1996, Romance) Leonardo DiCaprio. Twentieth-century teenagers fall in love, despite feuding families, in an update of the classic tragedy. (In Stereo) (E)

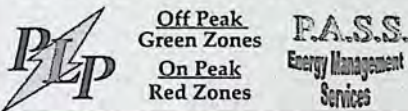
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LEGEND TO THE TV LISTINGS Normal Months September - June "Power By The Hour" Rates

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



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

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

Time-of-use For Information 2005-2006

Power by the Hour Rates	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Big-Saver Zone 11:00 AM to 6:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
High-Cost Zone 7:00 PM to 11:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
Big-Saver Zone 11:00 AM to 6:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
High-Cost Zone 7:00 PM to 11:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

sunday movies

MORNING

6:30 am WTBS (3) ★★½ "Major League II" (1994, Comedy) (PA) Charlie Sheen. Cleveland's new coach whips his lackluster baseball players into winning shape. (E)

8:30 am WTBS (3) ★★ "Tommy Boy" (1995, Comedy) Chris Farley. A hefty underachiever becomes a traveling salesman to save his father's auto-parts company from financial ruin. (E)

9:00 am A&E (9) ★★½ "Falling Down" (1993, Drama) Michael Douglas. A traffic jam helps push a stressed-out former defense worker to the breaking point and beyond. (E)

10:00 am FOX (25) ★★ "Die Hard With a Vengeance" (1995, Drama) Bruce Willis. Police officer John McClane teams up with a Harlem store owner to stop a terrorist's bombing attack upon New York. (E)

WGN (38) ★★ "First Comes Love" (1999, Romance) John Stamos. A stranger's passionate letter to an ex-lover is the catalyst that may alter a groom-to-be's entire life. (In Stereo) (E)

10:30 am WTBS (3) ★★ "Son-in-

Law" (1993, Comedy) Pauly Shore. A South Dakota farm family gets a taste of life in the surf lane when their daughter brings home a California friend. (E)

11:00 am CITY (29) ★★½ "Wayne's World" (1992, Comedy) Mike Myers. Wayne and Garth battle an evil TV producer in this big-screen adaptation of the "Saturday Night Live" skit. (E)

AFTERNOON

12:00 pm FAM (26) ★★ "Clifford" (1994, Comedy) Martin Short. An evil-minded 10-year-old exacts revenge when his uncle refuses to take him to an amusement park. (E)

WGN (38) ★★ "Video Voyeur: The Susan Wilson Story" (2002, Drama) Angie Harmon. A neighbor secretly captures a family's most intimate moments on videotape. (In Stereo) (E)

12:30 pm WTBS (3) ★★½ "The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A former mob assassin with a price on his own head moves in next door to a timid Montreal dentist. (E) (DVS)

1:00 pm KTLA (27) ★★ "The Mod Squad" (1999, Drama) Claire Danes. A police captain saves three young adults from jail, recruiting them to work under cover in Los Angeles. (In Stereo) (E)

1:30 pm FAM (26) ★★ "Fluke" (1995, Adventure) Matthew Modine. A man is reincarnated as a dog after a fatal car accident and sets out to find his former family. (E)

2:00 pm VTV (22) "The Waiting Game" (1998, Drama) Chandra West. A pair of mysterious strangers brings romance and intrigue into the lives of two longtime friends in New England. (In Stereo) (E)

2:30 pm WTBS (3) ★★ "Lethal Weapon 4" (1998, Action) (PA) Mel Gibson. Los Angeles police partners take on members of a Chinese triad who are smuggling families from the mainland. (E) (DVS)

3:00 pm KTLA (27) ★★ "Incognito" (1997, Suspense) Jason Patric. An art forger takes a professor hostage as he flees from British police after a deal goes bad. (In Stereo) (E)

4:00 pm YTV (18) ★★ "Billboard Dad" (1998, Comedy) Mary-Kate Olsen. Concerned about their widowed father, twin sisters place an ad on a Los Angeles billboard to find him a date. (In Stereo) (E)

5:00 pm WTBS (3) ★★½ "The Replacements" (2000, Comedy)

Keanu Reeves. A motley crew of aspiring athletes gets a chance to play professional football when league players go on strike. (E)

EVENING

6:00 pm YTV (18) ★★ "Getting There" (2002, Adventure) Mary-Kate Olsen. Teenage twin sisters hop in classic convertible and take off on their very first road trip. (In Stereo) (E)

CITY (29) ★★ "The Sum of All Fears" (2002, Suspense) Ben Affleck. Premiere. Based on Tom Clancy's novel, Jack Ryan tries to avert disaster as terrorists plot to set off a nuclear bomb in the U.S. (In Stereo) (E)

7:30 pm WTBS (3) ★★½ "The Replacements" (2000, Comedy) Keanu Reeves. A motley crew of aspiring athletes gets a chance to play professional football when league players go on strike. (E)

9:00 pm KREM (8) ★★ "The Sum of All Fears" (2002, Suspense) Ben Affleck. Premiere. Based on Tom Clancy's novel, Jack Ryan tries to avert disaster as terrorists plot to set off a nuclear bomb in the U.S. (In Stereo) (E)

FAM (26) ★★½ "I Love Trouble" (1994, Suspense) Julia Roberts. Rival reporters are forced to team up when an investigative piece involving

corporate intrigue turns dangerous. (E)

10:00 pm WTBS (3) ★★ "In the Army Now" (1994, Comedy) Pauly Shore. A free-spirited slacker leads his group of misfit soldiers against Libyan troops when they wind up behind enemy lines. (E)

10:30 pm FAM (26) ★★½ "Flashdance" (1983, Drama) Jennifer Beals. A young woman who works as a welder by day and an exotic dancer by night aspires to join the Pittsburgh Ballet. (E)

11:30 pm CITY (29) ★★ "One True Thing" (1998, Drama) Meryl Streep. At her father's request, a reluctant woman postpones her career to care for her dying mother. (E)

Weather?
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Road Reports?
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SATURDAY, FEBRUARY 11, 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	XCU Storyline	(5:00) XX Olympic Winter Games (Live) [E]	(Off Air)	Globe Trekker "Hawaii"	Today [E]	Saturday Early Show	Ask This Ask This	Good Morning America	Pioneers Room	Design Room	Monster Mona	SportsCen tre [E]	OWL/TV Kingdom	Greatest Ever... [E]	Paid Prog. Paid Prog.	Spider-Man Rangers	Paid Prog. Paid Prog.	Indo Dharti	Paid Prog. Paid Prog.							
7 AM	"Dennis the Menace Strikes Again"	Games (Live) [E]	BluesClues Dora	MotorWeek Fly Tyng	News	LazyTown Go Diego	Old House Old House	Good Morning Northwest Saturday [E]	News (Live) [E]	News (Live) [E]	Krypto Battle	Fishing Motoring	Katie-Orbie Hobo	Spies That Fly	DoReMi DoReMi	Robot W.I.T.C.H.	Xiaolin Xiaolin	Eye on Aela	Paid Prog. Paid Prog.							
8 AM	Movie: "Fools Rush In" (1997) Matthew Perry.	XX Olympic Winter Games (Live) [E]	George S. Bus	Router Hometime	Workshop Old House	Backyard Dora	Biography "Steve Martin" [E]	Lilo Stich	Pet Guys	Tr-Titans	Bowling: 5-Pin	SnowTrax Motorcycle	Good Morning Canada [E]	Mayday [E]	Bratz [E]	Suite Life Zoey 101	Viewtiful Batman	Polish Studio [E]	Paid Prog. Paid Prog.							
9 AM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Arthur [E]	Workshop Old House	Paddington	Jakers	Ask This	Tutenstein	College Basketball: Duke at Maryland. (Live) [E]	Angel	Proud	GetUpGrow	Caitlin	Phantom	Hockey: Pond Hockey	Nature	How-Made	Sonic X (N)	Even	Pokémon Pokémon	In Fashion Moesha					
10 AM	Movie: "The Mask" (1994, Comedy) (PA) Jim Carrey. [E]	XX Olympic Winter Games (Live) [E]	Babar	Americas	Time Warp	Macphee	Chefs	Time Warp	Trading	Router	Lidas	Darcy	PGA Golf: AT&T Pebble Beach National Pro-Am -- Third Round. (Live) [E]	inlited [E]	College Basketball: Regional Coverage	Ride Guide	70s Show	Beyblade National Pro-Am -- Third Round. (Live)	inlited [E]	70s Show	Battle	D.I.C.E.	First Story [E]			
11 AM	Movie: "The Mask" (1994, Comedy) (PA) Jim Carrey. [E]	XX Olympic Winter Games (Live) [E]	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
12 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	SportFish	Garden	Paid Prog.	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker
1 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
2 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
3 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
4 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
5 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
6 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
7 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
8 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
9 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
10 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			
11 PM	Movie: "Tommy Boy" (1995) Chris Farley. [E]	Fortune	Dotto Tech	Painting	Next Snow Search	Fork Fork	Plano Guy	Animals	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) [E]	Discover	American Justice	NBA Acc Paid Prog.	Just Shoot Thane	Simpsons Simpsons	Movie: "Rugrats in Paris: The Movie" (2000) [E]	NASCAR Racing: Nextel Cup Series	Wife Swap (N) [E]	Deadliest Catch	70s Show (6:25) "Stitch! The Movie" Einstein	Friends Raymond	Friends Raymond	Sex & City Becker			

SUNDAY, FEBRUARY 12, 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	"Fools Rush In" (1997) Matthew Perry.	(3:00) XX Olympic Winter Games (Live) [E]	(Off Air)	Noddy Cliff Pup	Today [E]	Discover	Breakfast With the Arts	Good Morning America	Variety Show of Hearts (N)	Fishin	Monster Mona	SportsCen tre [E]	Acorn Kids	Dirty Jobs	Hour of Power [E]	Spider-Man Rangers	Pacesetter Success	Mix TV	Feed
7 AM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
8 AM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
9 AM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
10 AM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
11 AM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
12 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
1 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
2 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
3 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
4 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
5 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
6 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
7 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
8 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
9 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
10 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
11 PM	Movie: "Major League II" (1994) Charlie Sheen.	Games (Live) [E]	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning	24 [E]	News [E]	[E]	Canada	Winx Club	Reporters	Good Morning Canada [E]	MythBuste rs [E]	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.

MONDAY, FEBRUARY 13, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Dawson's Creek (E)	(4:30) XX Olympic Winter Games (Live) (E)	(Off Air)	Teletubba Callou (E)	News (E)	News	24 (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona Winx Club Jacob	(5:00) XX Olympic Winter Games (Live)	News (E) Canada AM (E)	Daily Planet (N) (E) Science of Kissing (E) How-Made How-Made	Believers Pald Prog. Sabrina Charles Pald Prog. Pald Prog.	King (E) Spider-Man K. Possible Recess Weekend Lilo Stitch	News Calvin, Miller. News (E)	Maury (E)	Hillbillies Hillbillies
7 AM	Movie: "In the Army Now" (1994) Pauly Shore.		BluesClues Dora Hi-5 Berenstain	Clifford Arthur (E)	Today (E)	The Early Show (E)	24 (E)	Good Morning America											
8 AM																			
9 AM	Becker Becker	XX Olympic Winter Games (Live) (E)	Arthur (E) Little Bear	Sesame Street (E)		Discover Discover	American Justice	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	LazyTown Monster	Off-Record Fishing	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Pooh PB&J Otter	Maury (E)	News (E) City	Hillbillies Rockford Files Matlock "The Outcast"
10 AM	Cosby Cosby		Paddington Sagwa	Barney Bob Bulld	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (N) (E)	World Vision (E)	House Diva Dime	Rupert Monsters	XX Olympic Winter Games (Live)	The View (N) (E)	How-Made How-Made	Starting Over (N) (E)	JoJo Feet	Jerry Springer (N) (E)	"Cry in the Wild: The Taking of Peggy Ann" (E)	News (E)
11 AM	Harvey Home Imp.		Snoops Women	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	24 (E)	Bosley Hair Pald Prog.	The Insider House	News (Live) (E)	Hamtaro Fly Rhino		eTalk Daily Balance-TV	Super Ships (E)	Montel Williams (E)	Stanley King (E)	Blind Date Blind Date	Magnum, P.I. (E)	
12 PM	Drew Drew		Undersea Second	Charlie Rose (N) (E)	Pald Prog. Pald Prog.	News Bold & B.	24 (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy (E) Beasts		Daily Bold & B.	The Black Death	Perry Mason	Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
1 PM	Yes, Dear Yes, Dear		Moving On Planet	Fine Art Sewing	Days of our Lives (E)	As the World Turns	24 (E)	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.	Hockey: Pond Hockey	Vicki G. Vicki G.	Canada's Worst Driver	Matlock (E)	Hoze Mouse	Jerry Springer (E)	Relic Hunter (E)	Cosby Cosby
2 PM	Home Imp. Friends	Brown 70s Show	Gaslight Home	Reading Lions	Passions (E)	Gulding Light (E)	24 (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona LazyTown	Poker Interruption	General Hospital (E)	How-Made How-Made	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha
3 PM	Seinfeld Seinfeld	Starting Over (N) (E)	Bear BluesClues	Postcards Arthur (E)	Judge J. Judge J.	Dr. Phil (E)	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Yu Gi Oh	Sports XX Olympic Winter Games (Live)	Dr. Phil (E)	Greatest Ever... (E)	Montel Williams (E)	Weekend Lloyd	ER (E)	News (E)	Home Imp. Home Imp.
4 PM	Raymond Raymond	Will-Grace Malcolm	Dora Rolle Poile	Cyberchas Dragonfly	XX Olympic	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	Early News Global	Tn-Titans Grown Up	Winter Games From Turin, Italy, Curling, (Live)	The Tyra Banks Show News (E)	Daily Planet (N) (E)	Little House House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Funniest Home Videos Funniest Home Videos
5 PM	Friends Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News CBS News	Flip This House (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Oddparent SpongeBob		The Tyra Banks Show MythBusters (E)	MythBusters (E)	Malcolm King of Hill	K. Possible Lizzie	Sabrina My Wife	VJ Search (E)	America's Funniest Home Videos (E)
6 PM	Friends Friends	XX Olympic Winter Games (Same-day Tape) (E)	Backyard Moving On	News-Lehrer Raymond	News (E) Hollywood	News Hollywood	Skinheads: Race War	News (E)	News (E)	ET Canada Entertain	Being Ian Jacob	WWE Monday Night Raw (Live) (E)	News (E)	Dirty Jobs Simpsons	So Little 70s Show	My Wife Darcy	Friends Raymond	The Bachelor: Paris (N) (E)	WGN News at Nine
7 PM	Family Guy Family Guy		Time Gardens	Served My Hero	Jeopardy! Fortune	Seinfeld Friends	Rollergirls (N) (E)	Entertain The Insider	Entertain ET Canada	Love Monkey (N) (E)	Unfabulous 15/Love		eTalk Daily Hollywood	Deadliest Catch (N)	Frasier 70s Show	So Raven Smart Guy	Raymond Raymond		
8 PM	Movie: "Beverly Hills Ninja" (1997) Chris Farley.		That'll Teach 'em (E)	Antiques Roadshow (N)	XX Olympic Winter Games (Same-day Tape) (E)	King How I Met	Crossing Jordan (E)	Wife Swap (E)	Skating-Celeb. Skating-Celeb.	Skating-Celeb. Skating-Celeb.	SpongeBob Sabrina	SportsCenter (Live) (E)	Corner Gas Degraass	Daily Planet (E)	Skating-Celeb.	8 Rules Boy World	7th Heaven (N) (E)	News (E)	Star! Daily Becker
9 PM	Movie: "Surf Ninjas" (1993) Ernie Reyes Jr.		Perspectives (E)	American Experience	Two Men Court Alex	Flip This House (E)	The Bachelor: Paris (N) (E)	24 (N) (PA) (E)	24 (N) (PA) (E)	Sabrina Fresh Pr.	WWE Monday Night Raw (Live) (E)	Medium (E)	Dirty Jobs	24 (N) (PA) (E)	Brotherly Radio Free	Related (N) (E)	Jimmy Kimmel Live (N) (E)	Funniest Home Videos	
10 PM	Movie: "Flashdance" (1983) Jennifer Beals.		Women-Badge TBA		News Late Show	Rollergirls (E)	News (E)	News (E)	News (E)	Entertain ET Canada	Inuyasha Hack/Sign	SportsCenter (Live) (E)	News (E) News (E)	MythBusters (E)	Sex & City Becker	8 Rules Radio Free	Sex & City Friends	Da Vinci's Inquest (E)	

monday movies

MORNING

7:00 am WTBS (3) ★★ "In the Army Now" (1994, Comedy) Pauly Shore. A free-spirited slacker leads his group of misfit soldiers against Libyan troops when they wind up behind enemy lines. (E)

10:00 am CITY (29) ★★ "Cry in the Wild: The Taking of Peggy Ann" (1991, Drama) David Morse. A lovesick recluse leads more than 2,000 police and volunteers on one of the largest manhunts in Pennsylvania history. (E)

EVENING

8:00 pm WTBS (3) ★★ "Beverly Hills Ninja" (1997, Comedy) Chris Farley. A bumbling warrior-in-training agrees to help a beautiful woman investigate her boyfriend's suspicious activities. (E)

10:00 pm WTBS (3) ★★ "Surf Ninjas" (1993, Comedy) (PA) Ernie Reyes Jr. Two California surfers must overthrow a dictator after discovering they are the long-lost princes of an obscure nation.

10:06 pm CITY (29) ★★ "Flashdance" (1983, Drama) Jennifer Beals. A young woman who works as a welder by day and an exotic dancer by night aspires to join the Pittsburgh Ballet. (E)

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Let's Play Princeton Trivia!

Question:

What happened to Princeton tap water in Oct. 1949?

Last Week:

The Hedley Community Assn. hosted the 3rd Annual Paystreak Night & Dance on October 23, 1939 in Hedley Community Hall. Admission was 50¢ and included games of skill, amusements, horse racing and prizes.

www.princetonmuseum.com

Brought to you courtesy of: PRINCETON MUSEUM

THE NEWS LEADER WORD SEARCH

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

LET'S TALK ABOUT "WAR"

- | | | | |
|----------|-------------|-----------|-------------|
| GUNS | HELICOPTERS | MARINES | CASUALTIES |
| TANKS | AIRCRAFT | POLITICS | DEATH |
| MISSILES | SHIPS | MONEY | DESTRUCTION |
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WEEKLY DEADLINE IS 12 NOON FRIDAYS



notice

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

services

Gel Tax

Tax Preparation
E-Filing
OFFICE OPENS February 20th

for sale

1988 F-250 4x4. 5-speed, 351, V8.
\$5,000.00 OBO. (250) 295-6902. Feb 7 - 21

1994 Jeep Cherokee Laredo. In excellent condition. \$4,500.00. (403) 598-2540 or (250) 295-4072. Feb 7 - 21

Electric stove in good condition.
\$200.00. (250) 295-7029. Feb 7

Ladies leather jacket. New. Zipper front. Navy. Size 14-16. \$160.00 OBO. (250) 295-6976. Feb 7-21

services

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1-888-647-3377

Jul 06-tfn

help wanted

COMPUTER TRAINING

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- PowerPoint

Over 180 Locations

ACADEMY OF LEARNING
LOCAL CALL 310-JOBS (5627)

notices

IMPROVE YOUR JOB SEARCH TECHNIQUES

Job Finding Club is offering 3 weeks of job search training in Princeton at WorkZone starting Monday, Feb. 27.

This is a free service.
For information call 490-8380
www.jobfindingclub.com

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

for rent

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

Immaculate 3-bed, 2-bath duplex for rent. 5 appliances, close to downtown shopping. Avail. Feb. 1, 2006. Damage deposit and references req'd. (604) 858-8492 - leave message. Jan 24-Feb 6

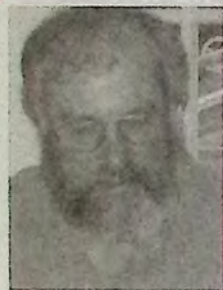
Clean, comfortable kitchen units. Weekly or monthly. (250) 295-3237. Jan 10-tfn (MC)

More classified Ads available online. Visit our website at www.thenewsleader.ca. Dec 06-tfn

obituary

obituary

for sale



Robert Harry Gibson

January 14, 1950 - January 23, 2006

Bob Gibson was born on January 14, 1950 in Princeton, BC and passed away suddenly due to an unfortunate accident on January 23, 2006 at his secondary residence in Kamloops, BC at the age of 56. Bob was a long time resident of Princeton and began working for Lind's Logging in 1972. With the exception of a short stint of work in Mackenzie, BC in 1981 and 1982, he continued to work at Lind's

Logging for approximately 34 years in various positions. He was a valuable member of the crew and was appreciated for his dependability, solid work ethic, and common sense in dealing with work issues. In his early years Bob enjoyed filling his free time with activities such as hunting, fishing and restoring vintage automobiles. More recently he found happiness in taking various sightseeing trips with his wife Brenda and trying to outsmart the slot machines at their favourite casinos. Bob was a solid presence in the lives of the people he knew, and he approached the world with a no nonsense attitude, yet he always had time to relax with family and friends and delighted in finding the humorous side of life. His knowing smile and soft chuckle will be sadly missed by everyone who knew him. He is predeceased by brother-in-law Larry Brown and survived by his wife Brenda, stepson Casey, parents John and Jean Gibson, siblings Ken (Isabelle), Gloria (Gord), Carolyn, Louise (Bill), Alan and Arlene (Mike) plus many nieces and nephews, great nieces and nephews, aunts, uncles and cousins.

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

WOOD PELLET SALES & DELIVERY

Call
Princeton Rentals
(250) 295-6545

IN MEMORIAM
DONATIONS TO THE
B.C. & YUKON HEART
& STROKE
FOUNDATION
Box 1838, Princeton, B.C.

Memorial For Frances M. Tagseth (Lake)

November 18, 1919 - February 10, 2005

God saw you getting tired, when a cure was not to be
So he wrapped his arms around you and whispered 'come to me'
One year has passed since God reached out and called you home.
We know that even though you're there, we'll never be alone
You're with us every moment, every day and every night
Dear Momma, you'll always be our shining guiding light.

Love and miss you terribly,
---- All Your Loving Family

announcements

announcements



Mumby / Neufeld

Ray and Mavis Mumby of Penticton, BC are pleased to announce the engagement of their daughter Carla Lynn to Ryan James, son of Jim and Carol Neufeld of Winnipeg, Manitoba. Wedding to take place in September 2006. We wish you a lifetime of love and happiness together!

The Gibson family would like to send a heartfelt thank you to all of the friends and extended family who attended the memorial service for Bob Gibson and sent cards, flowers and food to the family. A special thank you goes out to Jim and Debbie Byrne and the Princeton logging contractors for their hard work and thoughtfulness in organizing the memorial service, the Legion Ladies Auxiliary for providing refreshments at the service, and Rob Marshall, Bob Lind and Bill Hughes for speaking at the service and helping to pay tribute to Bob's life.



Norman Ralph Clevon

On January 29th, 2006, at the age of 55, Norman Ralph Clevon passed away peacefully at the Penticton General Hospital with family by his side. Norm will be eternally missed and lovingly remembered by Michelle, his wife of 29 years, his four children, Jason (Tristen Pederson), Annette (Victor Darel), Jennifer and Renee, his sisters Diane Wick (Roland Marshall) of Princeton and Marilyn (Ron) Burkett of Summerland, eighteen nieces, nephews and many friends. Sadly, Norm was predeceased

by his brother Robert, sister Lou-Anne, mother and father, Christine and Ralph. Norm was born in New Westminster and spent time living in Surrey, Oliver and Mackenzie Lake. His chosen trade of carpentry took him to Kamloops, where in 1976 he met and married Michelle. The Spring of 1978 they moved to Calgary where their first two children were born. In 1983 they moved to Coalmont where their family was completed with the arrival of their final two children. Norm enjoyed the local outdoors where he spent most of his spare time hiking, hunting and fishing.

In August 1998 Norm received the news that he had leukemia. He underwent many chemotherapy treatments over the next seven years. On March 17, 2005 Norm had a successful stem cell transplant. Unfortunately the battle was not over because he was diagnosed with Post-Transplant Non-Hodgkin Lymphoma. Again Norm underwent another six rounds of chemotherapy. On January 29th of 2006 Norm's long and courageous battle came to an end.

The family would like to give special thanks to the following for their care and compassion: Drs. Ariff and Caskey, the staff of the Penticton oncology and intensive care unit, Dr. Neville, the doctors and nursing staff of T 15 and B 4 in Vancouver, Dr. Maritz, nurses and paramedics of Princeton. We would also like to thank everyone for all of the caring thoughts and prayers; it has brought great comfort to our family.

A memorial service will be held on February 11, 2006 at 1:00 PM at the Baptist Church (across from the arena), with tea to follow. In lieu of flowers please make donations to the Tulameen and District Fire Department, where Norm was a member.

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 MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS

for rent

for rent

FOR RENT

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

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

VERY CLEAN

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

Contact new resident manager
 (250) 295-4805

Mar 08-tfn

help wanted

for sale

DAIRY QUEEN

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

Jan 25-tfn

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

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

Jul 19-tfn

notices

notices

for rent

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

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

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

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

Silver Crest Housing

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

Contact: Alice Cook
(250) 295-6136

Or Helen Gallagher
(250) 295-3825

Jan 18-tfn (b)

to give away

To a good home a female lab cross. 1-
 year old, has had all shots and is
 spayed. Good for an acreage. (250)
 295-3550. Feb 7-tfn

Drinking a problem?

Alcoholics Anonymous
 Meets 7:30 PM Thursdays
 At The Anchorage, 136 Vermilion Ave.
 Fred 295-7272 / Rene 295-3853

real estate

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Fax: (250) 295-7417

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heinzsells@cablerocket.com
 www.royallepage.ca/princeton

**Remember:
 Heinz Sells!**

Drinking a problem?

Alcoholics Anonymous
 Meets 7:30 PM Thursdays
 At The Anchorage, 136 Vermilion Ave.
 Fred 295-7272 / Rene 295-3853

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-tfn

**If you are interested in starting up a
 Princeton 4H Horse Club, you are invited to
 attend a meeting at 7:00 PM on February 9th
 in Riverside Centre. For more information call
 Linda (250) 295-6574 or Sue (250) 295-8160.**

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 work-
 out, 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!

real estate

real estate



Princeton Realty

224 Bridge Street, Princeton
 Phone (250) 295-6977 Fax (250) 295-3411
 www.princetonbc.com

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

- 1) 3-bedroom upper duplex, Similkameen Avenue
 with natural gas heat. \$600/month.
- 2) 1-bedroom house on Halford Avenue. \$390/month.

Take notice that, pursuant to Section 20 of the *Forest Act*, timber sale licence
 A76280 is being offered for sale by BC Timber Sales, Kamloops Business
 Area.

Closing Date: February 16, 2006 at 2:00 PM

Geographic Location: Sunday Summit

Field Unit: Cascades

Estimated Volume: 39,982 cubic metres, more or less

Term: 22 months

Logging method: This timber sale licence has been designed for harvest using
 the conventional system. The use of other systems may be subject to the
 Forest Practices Code of British Columbia Act and its regulations.

Upset stumpage rate: The upset stumpage rate was determined by the market
 pricing system and is applicable to green and grade 3 sawlogs..

Upset Stumpage Rate / cubic metre for competitive volumes:

Timber Mark	Product	Volume	Rate
76280	Sawlog & Grade 3	39,982	\$32.98

SPECIAL NOTE: For all TSL's advertised after December 2, 2005 to
 March 31, 2006, MPS upset stumpage rates have been decreased by an
 adjusted forest district specific factor that reflects a ratio of Grade Code
 (blank) sawlogs to Grade 3 dry sawlogs. The adjusted upset rate and
 bonus bid will apply to both the Grade code (blank) green sawlog and the
 Grade 3. Grade 4, 5 and 6 will be billed at minimum stumpage rates of
 \$0.25/m³.

Species percent:

Timber Mark	Species	%
76280	Lodgepole Pine	65%
76280	Spruce	30%
76280	Balsam	3%
76280	White pine	1%
76280	Douglas-fir	<1%
76280	Hemlock	<1%

This timber sale licence is fully developed.

Tenders will only be accepted from individuals or corporations registered as a
 BC Timber Sales Enterprise in Category 2. **CATEGORY 2 - 50% VOLUME
 MILLING REQUIREMENT FOR THIS LICENCE.**

This licence is subject to, among other things, new maximum term limits and
 extension fee and surrender provisions.

Applicants are advised to carefully consider the impact of these changes when
 formulating their bids. Further information on these changes may be found in
 Advisory Bulletin 08/03/04.

Applications will be accepted by the Timber Sales Manager, Kamloops
 Business Unit, 1265 Dalhousie Drive, Kamloops, BC V2C 5Z5.

There is additional material that the applicant must consider in their application.
 This material which includes application forms and other information about the
 TSL can be obtained from the above BC Timber Sales Business Area Office
 or via the Internet at: <http://www5.for.gov.bc.ca/notices/init.do>.

The Kamloops Business Area will no longer be relieving Licensees of their
 obligation to dispose of logging debris. This obligation will now rest solely
 with the licensee. Please ensure you check the applicable legislation for
 your legal obligations.

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



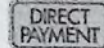
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WEEKLY DEADLINE IS 12 NOON FRIDAYS



notices

Town of Princeton NOTICE

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

notices

INDIVIDUALLY PREPARED HOROSCOPE

Natural character chart - \$25.

Basic chart plus predictive -\$50.

Phone 295-6063

Completely confidential

Puppies & Kittens Available For You To Adopt

6-8 weeks old

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Mar 01-tfn

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226A Bridge Street

notices

ALCOHOLICS ANONYMOUS
Chamber of Commerce Basement

SUNDAY OPEN MEETINGS - 8 PM
(295-7931 / 295-7229)
WEDNESDAY CLOSED - 8 PM
(295-7931 / 295-7229)

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

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

notices

Narcotics Anonymous

OPEN MEETINGS
Thursdays 7:30 PM

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

Info: (250) 295-7919

notices

Examine your relationship with God at the place of Worship of your choice.

Examine your relationship with God at the place of Worship of your choice.

BINGO

HEDLEY
OAPO #64

Wednesdays
5:30 PM

Play Safe - Gamble Responsibly
Lic. # 863877

SUNDAY AFTERNOON BINGO

In Hedley at the Chuchuwayha Hall

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

SEE YOU IN HEDLEY!

MONDAY NIGHT BINGO IN PRINCETON SENIOR CITIZENS BR. #30

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

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WHY NOT GIVE A GIFT THAT LASTS A WHOLE YEAR - A SUBSCRIPTION TO THE SIMILKAMEEN NEWS LEADER!

Purchase A Gift Subscription
And We'll Give You A Limited Edition
Similkameen News Leader Coffee Mug



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Rest of Canada - Senior \$48.80

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Phone (250) 295-4149 - Toll Free 1-888-350-9969

Cash - Cheque - Debit - Visa - MasterCard - American Express

GOD POWER

Finally, be strong in the Lord and in His mighty power. Eph. 6:10

Yard Work - Plus More!

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

Oct 25-tfn

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

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Office hours 8:30 AM - 4:30 PM

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

editor@thenewsleader.ca

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

my turn

Careful what you wish for

We are guilty of something we are not ashamed of in any way whatsoever.

We have been wishing for more snow for days. Our fear revolves around the 'what ifs' come Summer and there's another lengthy hot, dry spell and those pesky forest fires start up and destroy a lot more than just trees.

As much as we hate slogging through the snow and slush, we have come to terms with the fact that a mild Winter often spells trouble come Spring and Summer. We are not complaining about not having to pump out our crawl-space the past three Springs, but it does tell us something.

That is why we have wished and wished for more snow. We really need it this year.

Ordinarily we'd be celebrating the joys of a mild Winter, but what made us realized how dangerous that could be was a guided tour last Spring in Manning Park to view the bug-kill devastation and the huge fire breaks that were put in place in the park to hopefully eliminate the fear of 'what happens when Manning Park catches fire?'

It's not that we don't trust the engineering of those fire breaks, we'd just rather not have them tested and have them there as added insurance.

We knew then that we needed more snow. Not just a few feet, but a major record-setting amount that has not been seen in this area for years.

So we started to wish for snow. In our own selfish little way, we waited until after Christmas so travellers visiting with family could take care of those important connections at a time of year best celebrated with family.

Well, and so we could do the same.

Then we set out on our quest for Winter. It took a while, but it's safe to say we are now getting a taste of what we've needed so badly all these years - snow...and lots of it.

We need a lot more, so if you'd like to join us in our wishes, feel free to send a little one out there to support ours. If enough of us do it, we may not see the kinds of Summers we've had for the past few years.

Don't get us wrong - we like it hot and dry at Summertime, but there is a limit and when it's so dry that a sideways glance is all it takes to spark a fire, we've gone too far!

We expect so see quite a bit more snow before the month is over and then we shift gears and will start to wish for rain in April and May. Not just a sprinkle, but lots of it.

So if you hate the weather these days, you can blame us for it and we won't mind at all!

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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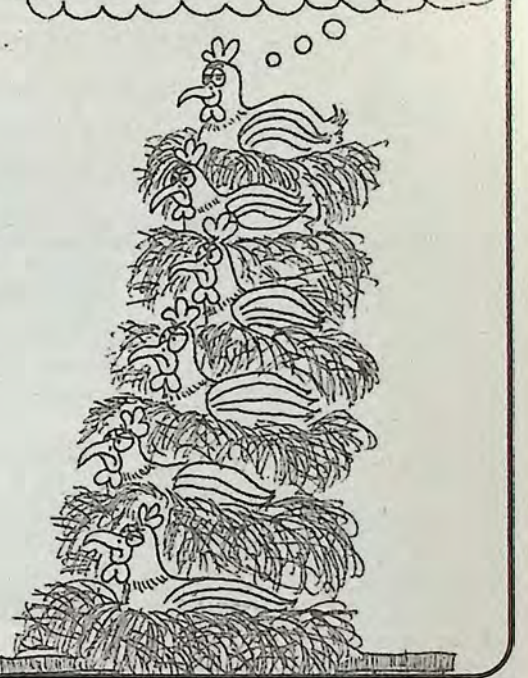
George Elliott
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TIS TOONS

SORRY GIRLS, BUT YOU HAVE TO PUT UP WITH A HOUSING SHORTAGE UNTIL A NEW CHICKEN COOP IS BUILT.



I FIND THE VIEW FROM THE PENTHOUSE QUITE SATISFACTORY.



your turn

Who's knocking this time?

To The Editor,

I feel compelled to write in response to recent newspaper articles - first the Green Party statement from Michael McLean concerning a coal-based industry for our area, and then Brad Hope's reported address to the Princeton Rotary Club.

Both of these messages expressed negativity towards potential development. I believe it is the responsibility of each of us to get accurate information and make our decisions on the basis of that information, not on outdated technology.

We have the possibility of two industries - the methane gas extraction as well as the Compliance Coal Co-Generation Plant proposed for the old mine site. In the case of the methane gas project, the Area H Director, Gerri

Letter To The Editor

Alex thanks everyone for helping

Dear Editor,

It has truly been an energizing and enriching experience travelling this diverse riding and meeting so many wonderful people while on the campaign trail.

I would first like to thank all those who worked so hard during the election. It is truly an honour for me to be associated with such a committed and dedicated group of individuals.

Now with the election over, I will do my best to represent everyone in BC Southern Interior and look forward to working with our MLAs, local elected officials and others to that end. Together we can

Logan, organized a public information session with very poor attendance. It appears a small, but 'vocal' group has their mind made up.

In the case of the Compliance Coal Co-Generation project, there is a local representative in the Princeton area who is willing to meet with groups to explain the process and their plans. In meeting with Frank Armitage, he outlined the investment of approximately one hundred million dollars, jobs created for about seventy people, plus construction jobs to build the facility on the existing mine site. These are direct jobs. We can expect downtown businesses to benefit from the spin off created by such a business. We could attract young families to our town, who would enhance our schools, our recreation and hopefully, our

hospital.

We would also expand our tax base, to possibly support existing and new projects in the community. Is this something we want to pass us by?

Not too long ago, this community turned down the opportunity for a modern, provincially and federally inspected, environmentally friendly meat processing facility which was proposed for the deer farm property just north of town. In this case a vocal few stopped the plans and the plant was instead built in Westwood.

I had the opportunity to tour the plant in operation and was impressed with the gleaming stainless steel, spotless, state of the art plant.

Let's not let another opportunity pass us by.

- Ernie Willis, Princeton

make sure that communities in all parts of this huge riding prosper while continuing to reflect that rural quality of life which we all cherish.

My main office will be in Castlegar, but I am also working to ensure that there is a strong

presence in the western part of the riding.

Once again, thanks to Jim Gouk and his staff for all of their hard work over the years, and thanks to all of you for your support.

- Alex Atamanenko, MP,
BC Southern Interior

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Current Comment:

This one's for teen girls



Dawn Johnson
editor@thenewsleader.ca

What makes you think a full-grown man is going to fall head over heels in love with a teenage girl?

Teenage girls fall in love with grown men. I have seen it time and again. Do grown men really love the teenage girls they date?

I have had a long career as a reporter, and being a reporter means trying to find the reality in situations. I have seen court cases in which parents have filed complaints against grown men who dated their teenage daughters. I have seen it happen without going to court. The result was always the same: the girl, and her family, had their hearts broken. Often, a child was the result, and that child never had a father, but there are worse things that can happen.

One girl found her heart broken when she woke up in a motel hundreds of miles from home and discovered loverboy had pulled out with all the money, leaving her with a hangover from booze and drugs, and a baby on the way.

Another girl was just 14 years old when a man age 25 started giving her a ride home from school in his fancy car. Before long, they were sexually involved, and she thought this was real love, the great romance. She left home to be with him, became pregnant, and to keep him happy, she started dealing drugs for him and posing for pornographic photos. He was nowhere around when she had his baby, and he did not serve her sentence for her when she was convicted of drug trafficking.

I have one question for teenage girls who fall in love with some guy over 20 years old and think he's the greatest thing that ever happened to them.

Here's the question: if he's so great, why hasn't he built a lasting relationship with a woman around his own age?

If women his own age don't think he's great, you had better look at him with a hard eye.

I have seen pretty, intelligent teenage girls fall for guys who have absolutely nothing going for them. Often, they are not even well-groomed! Just as often, they have been in trouble with the law,

either for violence or drugs or alcoholism. Some of these guys cannot carry on an intelligent conversation.

One such teenage girl, in a fight with her mother over the adult boyfriend, said, "I'm not judgmental about people."

Seeing what is real is not being judgmental. To be judgmental, you have to form an opinion based on no evidence. It is not judgmental to see a guy has no job, has been on the wrong side of the law, and can't find a woman his own age who wants him. It is not judgmental to see all this and say to a daughter or friend, "This guy is a loser. Lose him."

Why do older guys go after teenage girls?

First, teenage girls are inexperienced and naive. The older guy may flatter the young girl and make her believe he's been looking just for her all his life. This may be true: he may always be looking for some dumb teenage girl to seduce. This should do nothing for a girl's self-esteem.

Second, a woman his own age would have a mind of her own, but the teenage girl could be persuaded to do anything he wants just because she is so "thrilled" to be the object of attention of somebody she believes is more worldly and sophisticated. She is not going to ask him to be accountable for what he does with his life. She is going to let him get her pregnant, drugged or worse, and she is going to accept his truth as the

only truth. A woman his own age is going to want him to live right, stay out of jail, get a job, and stay off drugs. The dumb teenage girl is not going to make any of these sensible demands in a relationship.

Self-protection is the first law of nature. Teenage girls need to protect themselves by knowing how to recognize all of the faces of sexual predators. Sexual predators are dangerous not only to a girl's life, but to her self-respect and her own future, to say nothing of the future of a child she may conceive. Not all sexual predators are dirty old men. Some are handsome, exciting young men who just want to use the girl and dump her. They are not in the habit of loving people, they have the habit of using people, taking advantage of people's trust and weaknesses.

It is not love when a man takes no responsibility for a relationship, when he ruins a girl's future by getting her pregnant, or feeding her drugs and alcohol. A real man prepares himself to provide for the woman he loves. He has a job, stays out of trouble, and does his best to make a decent life for himself and the woman he loves. A real man respects the woman he loves, and a real woman demands that respect. A real woman demands a real man in a relationship.

That is why older guys go after teenage girls. A teenage girl will not demand a real man in a relationship.

Heart Food

by Dave Machin

During creation God said, "Let us make man in our image and likeness." (Gen 1:26) What is an image? Wellstrong's Exhaustive Concordance of the Bible defines image as "resemblance, a representative figure." In other words, we resemble God, and we are his representatives on the earth. The word likeness means "resemblance, model, shape and fashion." Maybe someone has told you, "You sure have the likeness of your father - You're the image of your mother or you look just like your sister." Wouldn't it be great if people told you, look just like your Father God." When you have an intimate, personal relationship with God, His personality traits will be exhibited in your life. Just as you exhibit your natural parents' personality traits, you can imitate your Heavenly Father. We were created in God's image and likeness. God created man in such a way that we could have and maintain a relationship with Him and so that man could represent God on the earth. In His image and likeness. When God created Adam, they had a perfect relationship in a perfect environment. They communicated freely and enjoyed daily fellowship. The Bible says that God came down in the "cool of the day" to talk with Adam. (Gen 3:8) They worked together and existed together on a relational basis. You too can have a close relationship with God. Through Jesus Christ we can learn to relate to Him as friend and father - not just as friend and father - not just as a higher power or supreme deity even though He is both. This year let's focus on developing a relationship with God on a personal level. Getting to know Him better every day. As Christians we are His very own children and He is our very own Father! He wants you and I to know Him better for He is good, His word is good and good all the time.

Pastor Dave Machin,
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221 A Bridge Street, Princeton, B.C.

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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

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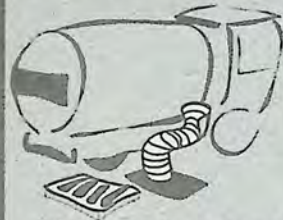
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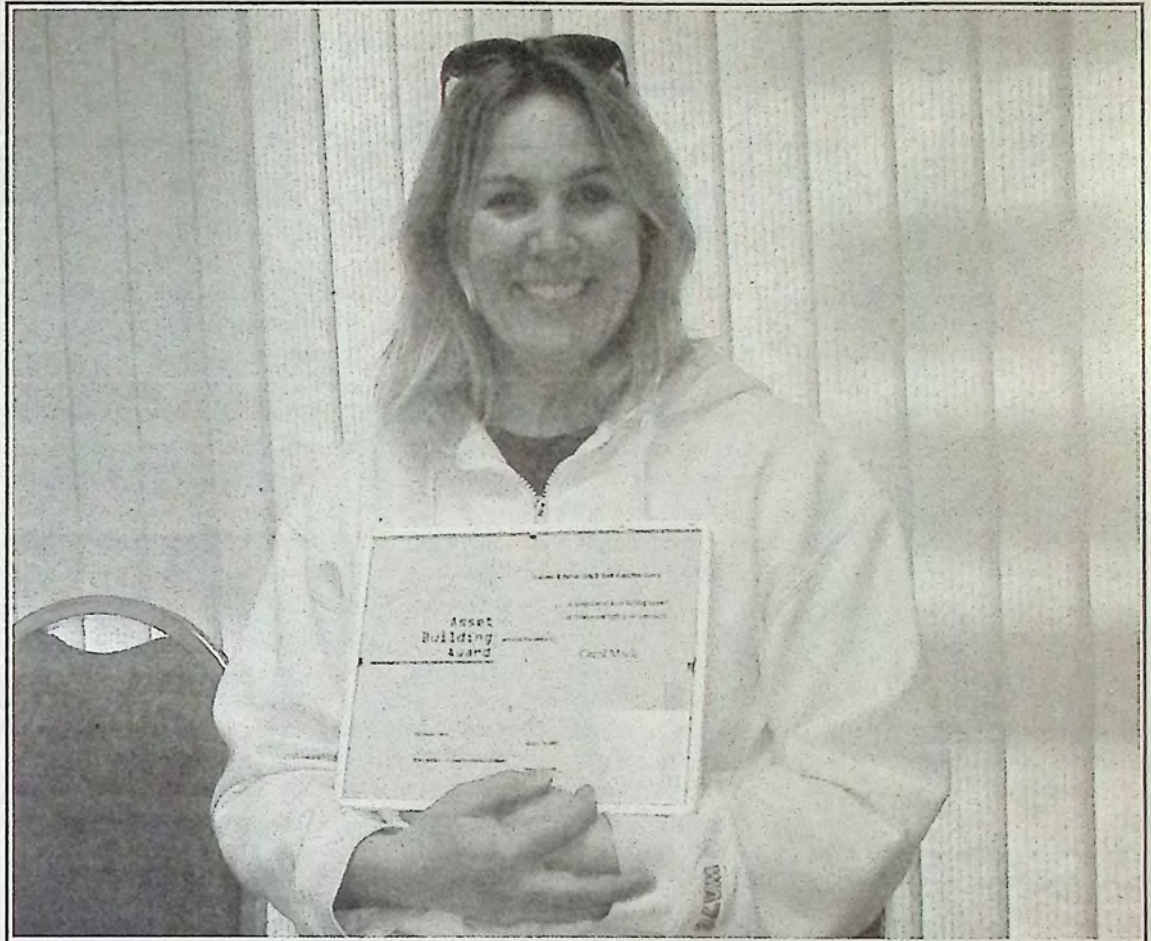
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Carol Mack was honoured last Thursday by the Princeton & District Child and Youth Committee. She was presented with an Asset Building Award. The Princeton CYC awards the honours to individuals or organizations annually who have dedicated themselves to the betterment of Princeton's children and youth. Mack received hers in recognition of her "timeless hours spent with children and youth of Princeton. Your dedication and caring to young people makes you a wonderful mentor and asset builder." Mack has spent many years involved in Princeton Minor Hockey Association, the Centennial Pool and Princeton Girl Guides. Congratulations, Carol!

Naturalists host entertainers

Vermilion Forks Field Naturalists host Rika Ruebsaat and Jon Bartlett - "Songs and Lives of West Coast Loggers" on Monday, February 13th.

The public is invited to attend. The entertainment starts at 7:45 PM at Riverside Centre. This should prove to be a very entertaining evening. Rika and Jon are making their home in Princeton and have researched songs of the area and were recently featured on CBC Radio One's 'North By Northwest' program.

Jon and Rika are uniquely qualified for this project. They have been singing songs from British Columbia - songs about mining, logging, fishing, ranching and more

- throughout Canada and the Western United States for over thirty years.

These songs were made up and sung by British Columbians during the last century and were collected between 1950 and 1985 by Philip J. Thomas.

Jon and Rika are also teachers and researchers and Jon is the editor of Philip J. Thomas' 'Songs of the Pacific Northwest,' the second edition of which will be out in the Fall.

Our Annual General Meeting will be held at 7:00 PM on the same evening. The Arts Council, of which we are a member, has taken over the vacant Riverside School. We have accommodation in it. Come, elect our new officers and

give us your opinion of the facilities. We have appreciated the accommodation that was provided at the Skills Centre. Many thanks to the Skills Centre for their support over the last seven years.

We welcome anyone interested in our evening programs and our hiking program. Our next hike is a Mystery Outing, set for Saturday, February 11th and led by Lawrence Stoochnoff. Call (250) 295-7307 for more information.

Membership fees for the year are now due. Membership is \$10.00 for students, \$25.00 for adult and \$35.00 for a family. Dues may be sent to Vermilion Forks Field Naturalists, PO Box 2074, Princeton. - submitted

Letter To The Editor

Toews tickles tourism imbalance issue

Dear Editor;

The other night I received a randomly dialed phone call from Statistics Canada. My first impulse was to hang up as I usually do with nuisance calls. Maybe it was the young lady's voice, I'm not sure, but in any case I became curious as to the nature of the call. Well, pleasant surprise, she wanted to ask me what I thought about the tourism imbalance, one of my favourite topics. In any case, she being neutral on the issues, promised to send me a questionnaire on the subject. And I, being as opinionated as I am, will gladly comply. Allow me to explain further.

When checking the internet I find

that we spend much more on foreign travel residence than is spent by foreign tourists in Canada. I am not an economist but I believe that we should be very concerned. Just think, Canada is bleeding and we are getting poorer each day.

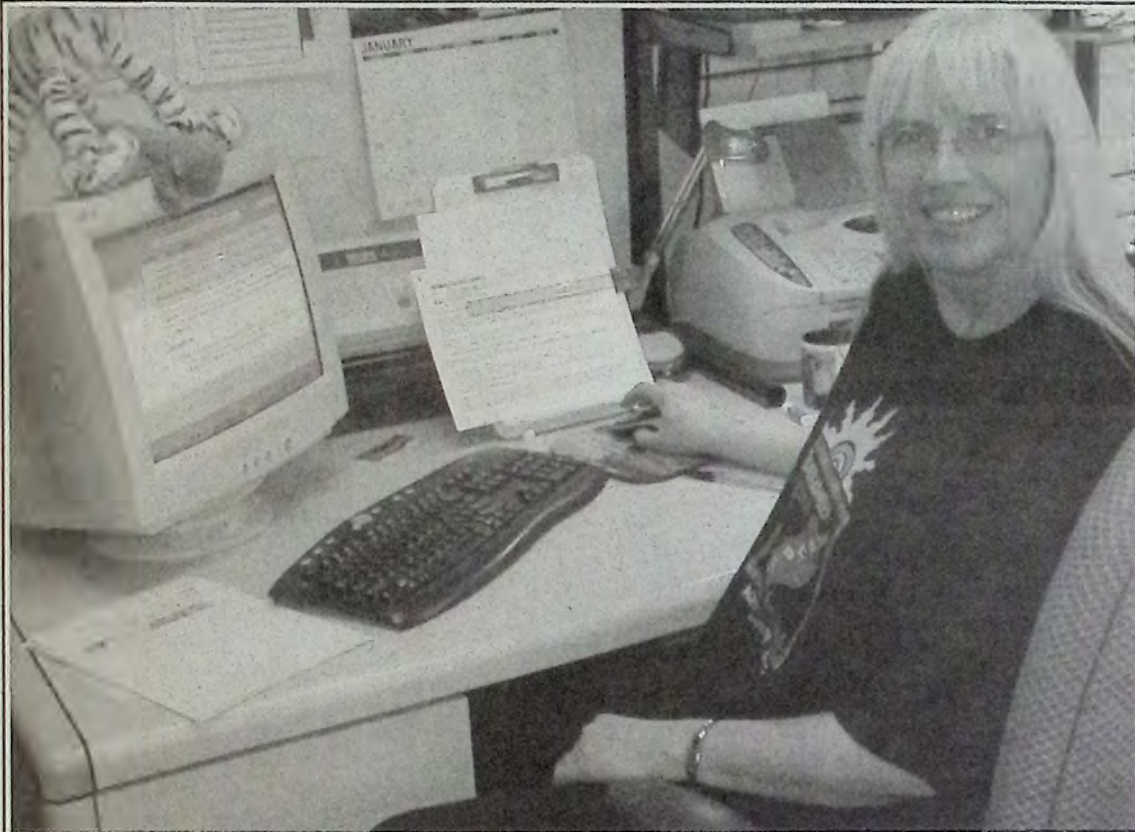
I still feel anger when, pre-election on national TV I saw Stephen Harper making sure that Snowbirds in Florida would be mailed election ballots. "Whoa there," I can hear you say, "we live in a democracy, therefore all Canadians should be given a vote."

My response would be that if these Snowbirds, who earned their wealth in Canada, whose Canadian pensions make their lifestyle possible, who spend as little as possible

in Canada in order to live abroad, and who come back to Canada to have their surgeries --- Yes, these same Canadians who complain about higher taxation in Canada while golfing in Florida and Arizona, do not need the rest of us to spend further tax dollars to send them their ballots. If the Snowbirds really want lower taxation in Canada they can come home and vote for the Canada they want. That is my cure for the tourism imbalance!

And by the way, if Snowbird's ballots can be mailed to them, why can't the rest of Canadians receive the same benefit?

Sincerely,
HP Toews, Princeton



Brenda Engel of Cover2Cover Bookkeeping is offering a new service this income tax season. You can drop into her office in the News Leader building at 226A Bridge Street to view and print copies of your CPP, OAS or EI tax information slips from the internet. All you have to do is bring in your Personal Access Code or EI Access Code, or have Brenda apply for one for you online. The fee to apply online is \$5.00 and printed copies of the information slips (CPP, OAS or EI) cost \$5.00 each, per person. To find out more contact Engel at (250) 295-6905 or drop into her office.

Lali says rural highways need work

As billions of dollars flow to the Premiers Gateway Program, NDP MLA (and former Transportation and Highways Minister) Harry Lali says the Campbell government is leaving rural communities behind.

Last week, Gordon Campbell unveiled his plans for the Gateway Program, a \$3 billion transportation plan focused exclusively on the Lower Mainland. And while NDP Transportation critic David Chudnovsky raised a number of questions about the project -- including its economic feasibility -- MLA Lali is concerned about the state of rural roads in his riding of Yale-Lillooet.

"The Gateway announcement provides billions for the Lower Mainland, but what about the condition of roads in Interior communities?" said Lali. "Our highways and side roads are being pummeled by unseasonably warm weather and an increase in heavy logging trucks due to the pine beetle epidemic."

Lali continued: "British

Columbians expect the Campbell government to pay attention to both urban and rural regions of this province. Unfortunately, under this uncaring, Liberal government the maintenance of our Interior roadways has clearly become a secondary priority to the B.C. Liberals."

Lali added that many of the roadways in the constituency of Yale-Lillooet are in need of repair, including the Hope-Princeton Highway, Highway 5A, the Coquihalla Highway system, Highway 12 from Lytton to Lillooet and others.

"Many of our heavily used roadways are in worse condition now than they were in 2001," said Lali. "And these roads are key access points for industry, tourism as well as the people who live in these communities. The B.C. Liberals can find lots of money for the Sea-to-Sky Highway to Whistler and for the Gateway Project in the Lower Mainland, but none for the resi-

dents of Interior B.C.," charged Lali.

"This kind of shoddy treatment sends British Columbians a strong message that the uncaring Campbell government has once again abandoned the needs of rural communities. The Interior provides the financial resources by which the Gateway Project will be built," Lali concluded.

"I will continue to press the B.C. Liberals to address the needs of my constituents and rural B.C., and fight for our fair share of investment in transportation infrastructure."

Popular course returns

The very popular Parenting Wisely program is back. This program is for any parent who is looking for methods that promote good, healthy relationships within the family.

During the Parenting Wisely program you will participate in an interactive format that demonstrates the most common problems reported in families and the common ways in which parents try to handle them.

Rosemary Clarke, Princeton Child Care Society Enhancement Worker, who has offered this program before to Princeton Parents, is facilitating this program.

There will be two courses offered between mid-February to the end of May. There is the child version that is great for parents of elementary aged or younger children and the teen version for families with children from pre-teen and up.

If you are interested in learning more about this FREE program please call Rosemary at Vermilion Forks Elementary School 295-6642.

The Ministry of Children & Families-Youth Mental Health, School District #58 and Princeton Child Care Services Society are sponsoring this program.

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Town of Princeton

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The 2006 Water and Sewer bills have been mailed. If you have not received your Utility Bill, please contact the Town Office at 169 Bridge Street or by phone (250) 295-3135.

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

Vermilion Court celebrates New Year

Gung Hay Fat Choy - May prosperity be with you!

On Tuesday January 31, Adult Day Center and Vermilion Court residents celebrated Chinese New Year. When entering the dining room, you were taken into another world where a great assortment of Chinese items were on display.

There were many items of clothing from dresses, pajamas and slippers to kimonos. A rice paper umbrella along with an assortment of paper lanterns hung from the ceiling.

Firecrackers as big as sticks of dynamite hung on the center pole and dragons and oriental wall hangings adorned the walls. Chinese teapots and cups, decorative plates, fans of all sorts and many tapestry items were about the room. There were Buddhas of all sizes for us to rub for good luck. We even had Woozie Ossia, a Siamese fighting fish.

Residents and guests, dressed in bright colours, especially red, started arriving. Red is the colour for luck and it was in abundance this day. At noon, as we listened to Chinese music compliments of Bing, we feasted on sweet and sour chicken, chow mien, chop suey, spring rolls and rice, which some of us attempted to eat with chopsticks, green tea and of course fortune cookies.

Thank you to our cooks, Edith and Jill for this feast...mmm, good.

We learned about the twelve animal signs and how they got their order in the twelve-year cycle. We

Letter To The Editor

Reader shares environment concerns



Ruth Picketts and Mary Agnes Roberts (wearing a kimono her father brought back from China 80 years ago) admire decorations during Chinese New Year celebrations at Vermilion Court.

figured out what animal sign each of us was born under and we each received little paper scrolls with the meaning of our animal sign.

We also learned of the custom of giving red envelopes. Most of our envelopes contained lucky Chinese coins. Thank you Ciddy of the

Leisure Inn for helping us with these coins. Your help was greatly appreciated.

Days like these are not possible without the co-operation of all the volunteers and staff. Thank you everyone for a job well done.

- submitted

Dear Editor;

Two articles in the News Leader of January 24, 2006 are of great interest to those in this community who care about the ongoing pollution of our environment.

On Page 8, "Envirogreen updates council" regarding the wonderful work they are doing. Allow me to quote the poet, "There never was heard a discouraging word."

When I read that they use nothing but the latest technology I was reminded of the recent chicken burn. Ditches were dug and filled with wood waste, the diseased fowl were dumped in and the wood was set alight. And this was done just above the river that flows past the town's water supply then on through the farmland in our valley.

Sounds more like caveman technology to me. What was the point of the public relations exercise? Are they getting ready to drop another bombshell?

On page 27 of the same issue under "Town Council backs SVPS" the Similkameen Valley Planning Society asks for a full

environmental review regarding the proposed coal-fired electrical generation plant. This has to be a shot in the dark. Our astute provincial government upped the pollution level requirements to make sure that the coal-fired plant gets under the radar.

What can we expect from a government whose first Environment Minister said these, now famous words: "my job is to let industry monitor their own pollution." I assume the inference was that, by polluting they only hurt themselves -- so we should trust them.

Since 2001, the Environment Ministry has been gutted and their pollution concerns have been downloaded to municipalities and regional districts. As a result, we need our town council to look after us, and beware of hucksters with slick sales pitches.

Let us open our hymn books to "There will be smoke in the valley for me, someday." Also available on tape and CD.

Sincerely,
Bob Egli, Princeton

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Saturday, February 25th
7:00 - 10:00 PM - Princeton Legion

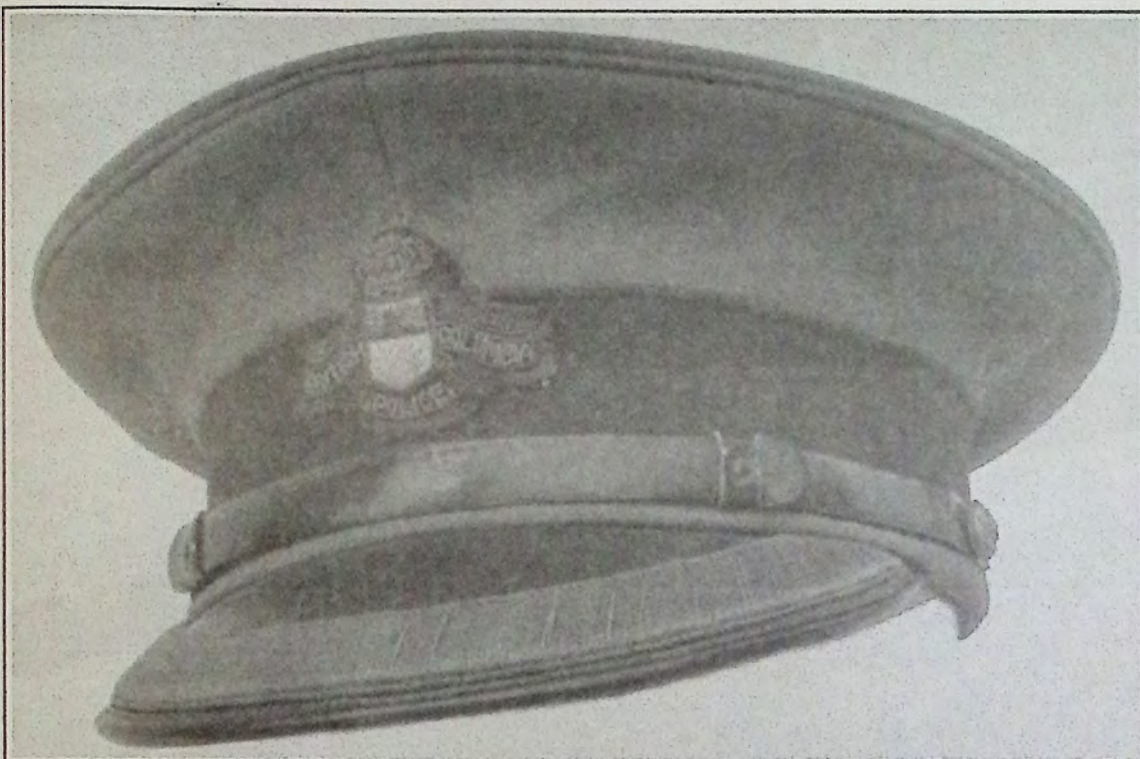
- * Wine tasting from the Okanagan-Similkameen Wine Country
- * International Hors D'oeuvres
- * Bid for great items in the SILENT and RAFFLE

Tickets:
\$30.⁰⁰ per Person
(Price includes your own crystal wine glass, wine tasting, hors d'oeuvres and door prizes.)

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AND FROM LOCAL ROTARIANS



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



This was the hat worn by members of the British Columbia Provincial Police.

BCPP memories - Part Two

by Jim McCulloch

Bill Hare had a very large Alsatian dog named 'Wolf.' Before Bill got this dog he had been beaten badly and lost all his nerve. He would cringe at a loud noise and react to any threat by lying down and whimpering, nevertheless he was a very friendly dog. Quite often he would follow me when I was making my rounds at the back of the commercial buildings. One morning, about 2 or 3 AM I was cut off by three miners with whom I had problems previously and who had said they would 'get me'.

This was a dangerous situation from my point of view, as the three started closing in on me they suddenly stopped, said they were sorry to have stopped me on my rounds and left. As I was pondering this, 'Wolf' came up beside me from where he had stood just to my rear. The three obviously were not aware of his timid nature and thought he was a trained police dog. Anytime Wolf was with me after that I made sure he had a hamburger to eat (we became very good friends).

Cpl. Neff was told that one of the supposedly young toughs was carrying a gun. The Corporal and I picked him up off the street, with his permission, and drove to the area we used to use for target practice. This was behind Ewart's Hardware explosives magazine, just off the Allenby Road. We used the tiling dump as a backstop for our shots. We put up a target and suddenly drew our revolvers and emptied 12 shots into the center of the bullseye. We then reloaded and mentioned to the 'tough' that if we ever thought anyone was carrying a weapon they would get the same treatment as the target. That was the last we heard of the budding gun fighter being armed.

In 1950 the Provincial police were disbanded and the RCMP took over the Provincial Policing. Most of us switched over to this force.

With the opening of the Hope-Princeton highway the detachment was augmented with Cst. Charles Atchinson joining as a highway patrol member with a new highway patrol vehicle. About this time our cars had radios installed which allowed us to keep in touch with the detachment and also with the headquarters in Penticton.

These radios left a lot to be desired and at night we used to get 'skips' which would give us stations a long way away. One night I was calling Penticton "Car 4 to Penticton," before Penticton could answer a very deep southern drawl came on "Where at is that Penticton place?" I answered, "In British Columbia," the reply came back "where all is that place?"

Before I could answer another southern drawl cut in "Don't tell him, he's too dumb to know no how." To this day I still do not know where or to whom I was talking!

Cst. Bill Benton who had the Keremeos Detachment was posted to another detachment and Cst. Bill Hare took over that detachment. Cst. William (Bill) MacKenzie took his place as the third man on the detachment. While we were responsible for Allenby, which was the treatment plant for the Granby Mine at Copper Mountain, Copper Mountain had a one man detachment run by Cst. James (Jimmy) Morrison who prior to coming to the BCPP and later the RCMP had been with the Vancouver City Police for a few years.

Cst. Jimmy Morrison received a call one night that there was a man in one of the bunkhouses who was threatening to commit suicide. When Cst. Morrison arrived the man was sitting on the stairs with a .22 rifle in his hands with the muzzle against his forehead and his finger on the trigger. He stated he would shoot himself if anyone came close.

Jimmy told him that he couldn't do that as the rifle needed to be

fixed before it would fire. He asked to see if he could fix it, the would be suicide said that Jimmy would keep it. Upon being assured the rifle would be returned he gave it to Jimmy, who then bent the barrel of the rifle into a 'U' and gave it back saying, "I told you I would return it." He then took the man into protective custody and he was placed under medical supervision.

During this period there were four cafes in Princeton, one in the Princeton Hotel under Chinese management, another similar cafe, The Traveler's Cafe and the Princeton Bus Depot and Cafe which was managed by Nora Anderson and her husband.

Whenever possible one of us would be at the bus depot when the two night buses arrived for a rest stop. Several times we were able to assist the drivers with intoxicated or unruly passengers.

The hospital was served by Dr. Phillips who was the surgeon, Dr. Hicks, both of Princeton and Dr. Markowski and his wife Dr. Murphy who had an office in Hedley.

On the main street T.A. 'Rosy' Lesard owned a well run Billiard and Pool Hall, his wife was an avid fisherman who tied her own flies and originated the 'Princeton Special' which had some local success. Rosy wrote the sporting column for the local paper, mainly hunting and fishing but followed the Curling closely during the winter.

Ed Cook owned a grocery store in a very old building next door to the Tulameen Hotel. The building would stem from late 1800s to early 1900s. This burnt down and a new store was built in the same area, close to the Tulameen bridge.

During this period I was also involved with the Air Cadets mainly discipline and foot drill. This was counterbalanced by June leading a Cub Scout Pack which she loved doing.

.....more coming Next Week!

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FINANCIAL FOCUS

Get A Grip On Debt

Do you have too much debt?

With the New Year just underway, there's no better time than now to plan for getting rid of excess debt in 2006. Any time borrowing threatens to spiral out of control, it's smart to take action before you find it difficult to pay off loans or credit card balances.

The best way to control debt is to manage borrowing and spending. Borrow only when necessary, shop around for competitive rates, and pay off credit card balances every month. And distinguish between 'good' and 'bad' debt. Good debt is used to purchase an asset that has lasting value, or whose value is likely to increase. Bad debt is used to buy something that is consumed immediately, or with decreasing value.

Although high-rate credit card debt can quickly grow if you carry a balance, credit cards are also handy money-management tools when used wisely. Take advantage of the interest-free period between when you charge a purchase and the time the monthly balance is due and you have a short-term, interest-free loan. Credit cards are convenient, help supplement cash flow and may have other features that can save you money ranging from free purchase protection insurance to travel rewards. However, careless credit card use can lead to financial difficulty because credit card interest is higher than other types of borrowing.

If you have significant card balances or other high-rate debt, one of the best ways to get it under control is to consolidate borrowing. You can take out a lower-cost, unsecured personal loan at a financial institution and use it to pay off existing debt. You'll significantly reduce interest costs and make your financial life less complicated because you'll have fewer payments to worry about every month. In essence, you'll be rolling a number of separate bills into one payment. Another option is to pay off high-rate debt with a secured loan - such as a home equity line of credit.

It may even be possible to trade high-rate personal loans for lower-rate debt. Although this may not work when rates are rising or stable, it is a viable strategy when rates decline and new loans become cheaper than existing loans. Consider taking out a new loan at a lower rate and use it to pay the outstanding balance on an existing loan. Your financial institution may let you refinance a loan at lower rates; if not, consider borrowing from another institution.

Another money-saving strategy is to use tax-deductible debt whenever possible. Interest on funds borrowed for investment purposes - such as investing in securities or rental real estate - may be tax-deductible. It may also be possible to 'convert' non-deductible debt into deductible debt. For example, you may be able to sell investments to pay down your non-deductible mortgage and then borrow the same amount to repurchase investments.

It's important to note that tax rules regarding interest deductibility are currently under government review. Additionally, leveraging can be a risky proposition and is not for everyone. Anyone considering such a strategy is encouraged to consult a professional.

If you need help with debt, speak to your financial institution or a financial advisor. Or get help from a credit counselor. The sooner you get out from under a mountain of debt, the better off you'll be.

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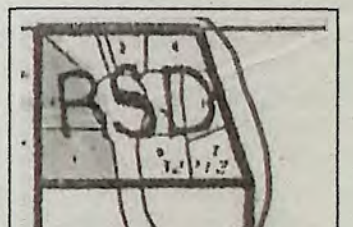
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