

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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News Leader**
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Board looks at RCMP's Hope project

Merritt RCMP have offered a project to the School Board to reduce the demand for illegal drugs. At the February 8 meeting of the Board, trustees reviewed the project.

The RCMP say 80 percent of crime or calls for service are related to drugs. Officers state enforcement alone will not solve the drug problem.

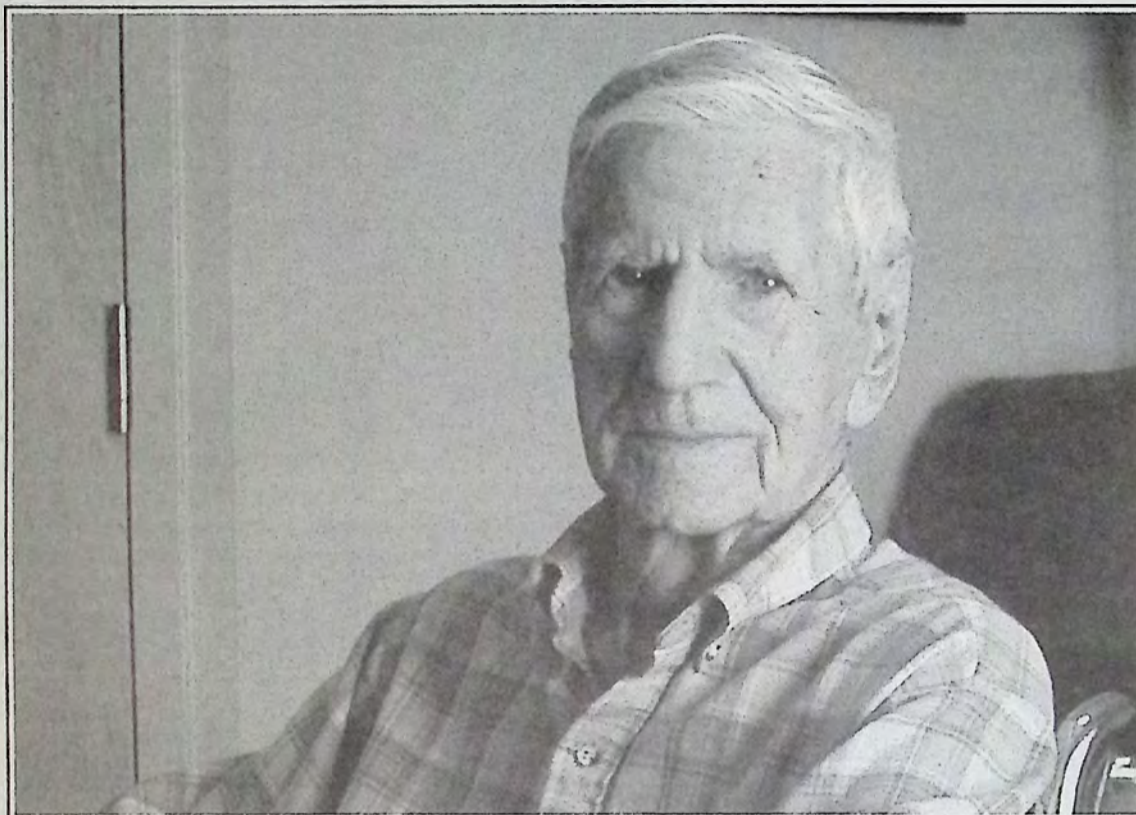
The proposed prevention plan will include education and awareness in the schools for youth, and in the community for parents and all residents, and in the detachment for officers and auxiliary members.

The DARE program will be the foundation of the plan and will involve all detachment members. One grade will be selected from primary, elementary, intermediate and grade 9 for awareness and prevention training.

The parent program, called Focus on the Family, consists of six interactive sessions. Sessions for other members of the community will be done when requested.

School trustees recommended the Hope Project be submitted to school administrators and teachers to see if it can be fitted into the curriculum. At this time, there are no plans to use the program in the Princeton area. Trustees noted Princeton students are receiving DARE training.

Pioneer passes at 93



Edward Henry Cook passed away Tuesday, February 7th at Ridgewood Lodge.

Family arrived here in 1870s

Ed Cook, the son of pioneers to the Nicola and Similkameen Valleys and one of the few persons who could claim to have been born at Granite Creek, BC, died Tuesday, February 7th, 2006 at Ridgewood Lodge in Princeton. He was 93.

His mother, Emma Woodward, was a year old when her parents, Henry and Rachel Woodward, packed up their nine children and moved from Ontario to British Columbia in the 1870s. She was a teenager when she met Foxcrowle Percival Cook, who had arrived in Vancouver from England in the 1880s. He was looking for opportunities in 1885 when he heard that gold had been discovered in Granite Creek and he opened his first store there.

When they married in 1892, she was 19, he was 31.

Edward Henry Cook was born at home in Granite Creek on August 7, 1912, and his father was so pleased he gave the attending doctor \$100.00! He now had a son to carry on the family name; Ed's five older siblings were all girls.

After F. P. Cook died in 1917, Emma Cook moved with her two youngest children, Agnes and Edward, to Grand Forks and then Princeton, to be closer to Adeline, the oldest daughter. Edward took most of his schooling in Princeton, finishing it in Kelowna.

F. P. was a Victorian gentleman who had strong feelings about the rights and responsibilities of persons born into those circumstances and he brought up his family that way so, when it came time to take up adult responsibilities, Edward assumed management of one of the family stores, although he would have preferred to work on the G. P. Myren Ranch at the north end of the Otter Valley, in which F. P. Cook had had an interest.

He was managing the store in Coalmont when he met Jean Don. They were married in Vancouver in 1938. When Canada went to war against Germany, the coal mine at Blakeburn closed down and with it
.....continued on Page 3

Lali says government is off track

A rejection of the Interim Agreement on Forest and Range Opportunities by the Union of BC Indian Chiefs raises serious questions about the Campbell governments supposed New Relationship and proves that the BC Liberals are off track when it comes to negotiating with First Nations, Yale-Lillooet MLA Harry Lali said last week.

"The Premier says there will be a new relationship with First Nations, however the FRO proposal is the same old song and dance," Lali said.

"Agreements like this have a dramatic impact on the Yale-Lillooet area as there are 27 First Nations bands here, the majority a part of the UBCIC. We have some of the highest unemployment and poverty levels in British Columbia on reserves in Yale-Lillooet, but Gordon Campbell doesn't seem to care. The Forest and Range Opportunities agreement is the Campbell governments framework for dealing with economic issues and issues surrounding Aboriginal Rights and Title, interests in traditional territory. The Campbell Liberals have proven once again that they do not care about healthy dialogue with First Nations in BC," said Lali.

"According to the UBCIC, specific clauses in the new FRO were inserted unilaterally by the province. This is not a reflection of a new relationship but a confirmation of the arrogance and incompetence of this Liberal government."

Scott Fraser, the New Democrats Aboriginal Affairs Critic, said that it should be a priority of the Campbell Liberals to address this issue: The Union of BC Indian Chiefs rejected the governments offer because it did not adequately recognize economic accommodation and the economic component of aboriginal title.

"There is uncertainty surrounding the so-called new relationship

Council says 'too dangerous'

Council will meet with the Highways Department to discuss proposed changes to the Rockland Avenue-Highway 3 intersection near The Hut. Council has decided this is too dangerous an intersection, and plans to make Rockland a one-way street.

Many want to work here

More than 30 applications and 15 letters of interest flowed to Town Hall for the position of Chief Administrative Officer (CAO), a position presently held by Corie Froese. Council appointed a committee of local business people and a consultant to screen the applications.

between government and First Nations," concluded Lali.

"In rejecting the FRO proposal, the UBCIC made it clear that the BC Liberal government still does not have a competent plan for First Nations to obtain economic and social benefit from their traditional territories. The First Nations of this province are yet another group the Liberals so-called New Era of Prosperity has abandoned."

Loud brakes

Town Council will discover what kind of signs can be posted on local highways to request that drivers of large trucks not engage engine brakes in residential areas. Council plans to put signs in place in the near future.

The committee and consultant narrowed the field to five candidates, who will be interviewed.

Mayor Randy McLean says he learned that this number of applicants is very high for such a small town.

Council hopes to have the new CAO in place by April 1.

Bullriding Event Comes To Town

Princeton Rodeo Club will be hosting a Bullriding Event separate of the upcoming CPRA Princeton Pro Rodeo. The event will take place Friday night, May 12th and will feature between 30 and 35 bullriders. Major Sponsor for the event is Similco and more details will be available in the next week. Rodeo Club President Stan Thompson told the News Leader "We just got the sponsorship at 3 o'clock yesterday (February 10th) afternoon," and planning needs to be discussed.

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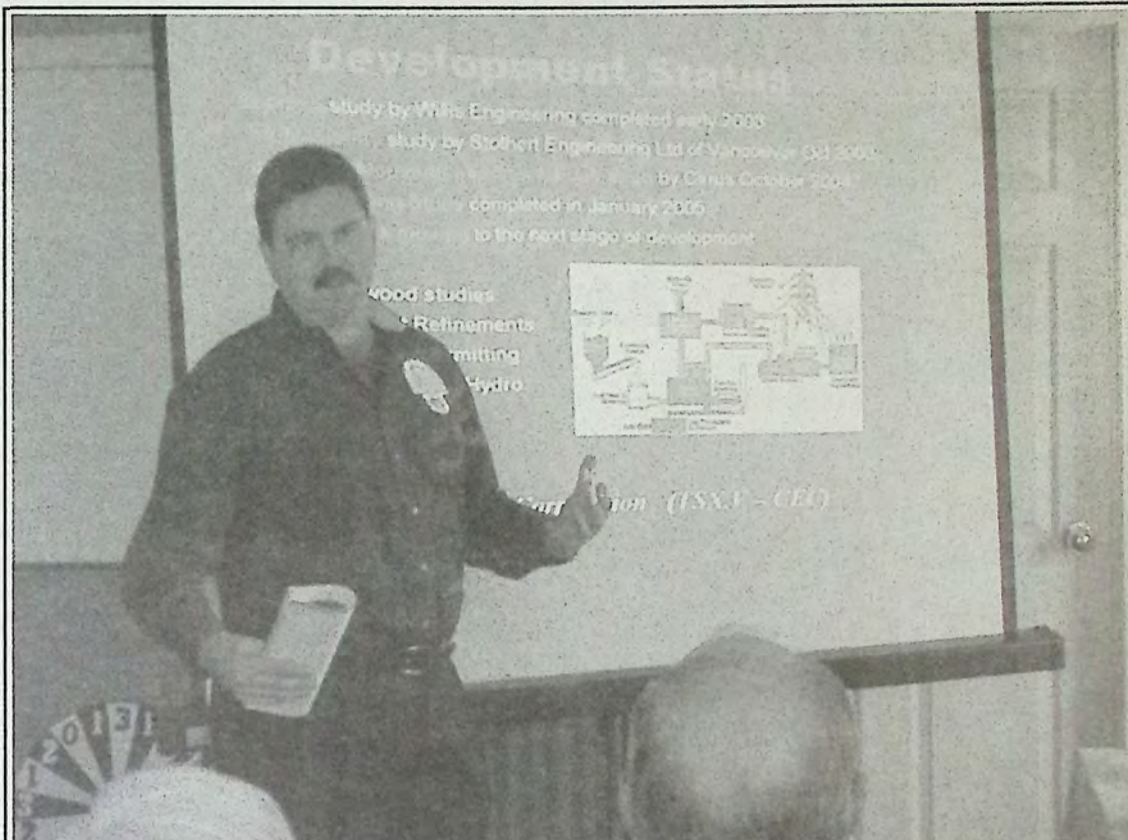
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Compliance Energy Corporation President and CEO John Tapics spoke to Princeton's Rotary Club at last Tuesday's luncheon meeting. Tapics presented a review of the Power Plant Project proposed for the former Similco Mines site just West of Princeton.

Compliance talks about energy

If you watch ROB-TV you've probably heard the name Compliance Energy mentioned more than once. The television channel that devotes itself to business matters has made reference to Compliance 'in Princeton, British Columbia' as a company to watch.

John Tapics, Compliance Energy President and CEO, was the guest speaker at last Tuesday's Princeton Rotary Club luncheon meeting.

Tapics gave a brief overview of the company's profile - it owns and operates the Basin Coal Mine near Coalmont, has further coal resources on Vancouver Island and is in partnership with the Upper Similkameen Indian Band on a Natural Gas in Coal project in the Tulameen Basin.

With BC's new energy plan, Tapics says his company fits right into the provincial program, "They see independent power producers - like Compliance Energy Corporation - as being key partners in the province's energy future."

The proposed project, at the former Similco Mine site, would be for a 49-megawatt wood waste power plant, supplemented with coal. The facility would be designed to 'meet or be better than new regulatory emission standards' and cost a total of \$100-million in capital investment producing in the neighbourhood of \$26-million in annual revenue and create jobs and provide an economic benefit to the Princeton area.

The company has already had a number of studies conducted. They include scoping, pre-feasibility, air-quality modeling and stack evaluation and finally, a wood sourcing study.

Each study has providing the company with encouraging data, "As a result," Tapics said,

"Compliance is moving to the next stage of development."

The next stage includes securing business partners, further wood studies to update existing study findings and capital cost refinements. In addition to these items, Compliance is currently in the air emission permitting stage and securing a power sales agreement with BC Hydro with a bid set to go before BC Hydro by April.

As for changes to the actual former mine site Compliance will make use of much of what is already in place.

"What we are really proposing to do is recycle the old Similco Mine site."

By recycling, Tapics means reuse and a plan is in place that will see the old concentrator building be converted into a power generation plant, "Effectively, we'll use the shell and the old office space."

There will be some new construction elsewhere on the property as Compliance adds a fluidized bed boiler and bag house to the site. Ash disposal is slated to be in the old mine dumps.

One issue that confused Rotarians was the concept of 'tradable offsets' when dealing with CO2 emissions. Tapics tried to explain that the emissions would be offset - or sequestered - by either Compliance or BC Hydro.

A Rotarian summed the explanation up with, "Simply put, you increase the CO2 emissions here and reduce them somewhere else."

That pretty much explained what Tapics was trying to get across.

The power plant itself is expected to have a 25 to 30 year life. Compliance has identified approximately 271,000 BDT (bone-dry tonnes) of wood in the region as a

fuel source which includes wood waste from existing mills and value-added production facilities.

Tapics discussed ambient air quality results, where studies conducted, "were modeled using the most stringent cases" and determined the stack height of 30-metres over the height of the building roof would meet or better all Provincial Government emission guidelines.

"We have to meet emission standards irregardless of the fuel source."

The 'under the radar' perception of a 49-megawatt power plant rather than 50-megawatts or more was discussed. Tapics responded with an explanation that stated all environmental technical reports still had to be filed and studies conducted regardless of the size of the plant - 49-megawatts or more.

"In the end, we will have to meet our licence requirements or we just won't be given a licence."

A suggestion was made that Compliance should concentrate on educating residents about the 49-megawatt size as to combat the perception of avoidance of regulations. Tapics took the suggestion seriously.

In review, Compliance says the project will provide a new long-term economic base for Princeton with annual revenues projected at \$36-million (power and coal only) and provide direct long-term employment for about 70 well-paid jobs (power and coal only).

The company projects a total of 175 jobs created, when using a 2.5 multiplier and estimates they will be making a capital injection of over \$100-million over a two year period and has identified a potential for a new 'Industrial Park' development utilizing waste heat generated from the plant.

Princeton loses one of it's pioneers



Edward Cook, 93, sits beside a rose descended from one his mother had grown at Granite Creek in the early 1900s.

President of the Board of Trade, rode in style inside the coach; Pat Wright drove it with Ed Cook as guard and Harold Allison and Harry Elias as outriders.

Ed's desire to work on a ranch had never left him and he bought the Thynne Lake Ranch in the Otter Valley, north of Tulameen. It wasn't the old Myren place, but it was right next door. Ed and Jean moved there in 1963 and spent the next decade on the ranch, before retiring to Princeton. That retirement didn't last long; Jean wanted him out from under her feet so he took a job reading meters for Princeton Light and Power, which lasted until ill health slowed him down.

Ed was a patriotic son of BC and he liked nothing better than driving around the province, just checking out the roads and seeing what was going on. He seemed to remember every road he had ever driven. His memory for BC's geography was exceptional.

In later years he developed an obsession with water: he felt the United States was taking too much Canadian water and he thought more should be kept at home, behind an extensive series of dams.

Edward Cook was predeceased by his wife Jean in 2000. He is survived by his sons Barrie (Kathrine) and Dennis (Bonnie), grandchildren Jordie, Tony, Kelly, Tracy and Denise; and great-grandchildren Linsie, Deseree, Clint, Derek, Cache, Lauren and Ethan. By his request, there will be no funeral.

.....continued from Front Page
went a great deal of the Cook store's business, so Edward and Jean closed the store and moved to Vancouver in 1940, where he worked for the BC Electric Company.

A few months later, he accepted the invitation of Perley Russell, manager of the Cook store in Princeton, and moved back to Princeton to work in the family store because Perley was almost ready to retire and return to New

Brunswick.

For the next twenty years, Ed ran the store and took part in town activities: He was a member of the Masonic Lodge but he also joined the Rotary Club and took his turn on the hospital board and was, in fact, chair of the board when the present hospital opened. One of the stunts he took part in was taking the Welby Stage to Vancouver in 1958 as part of BC's Centennial Celebrations: Jack Munsie, then

USIB hosts weekend powwow

A traditional powwow will be held at Chuchuwaya Hall in Hedley on February 24 & 25. Upper Similkameen Indian Band hopes this powwow will become an annual event.

On Friday evening, at 7:00 p.m., the powwow begins with a Grand Entry. There will be two more Grand Entry events on Saturday at 1:00 p.m. and 7:00 p.m. No admission will be charged on either day.

Board looks at 'virtual' school

School District #58 (Nicola-Similkameen) is taking a look at a project out of North Kamloops. To meet the needs of students in small communities in the district, North Kamloops is webcasting courses with a specialist teacher.

Superintendent Byron Robbie told trustees it would be possible to

Everyone is welcome to attend.

The dancing and drumming is not in a contest format, but there are three special events with prizes: Men's Traditional, Men's Grass and Ladies' Jingle - winner take all.

There will be a concession, and lots of raffles and draws.

Participants are expected from the Lower Mainland, Thompson, Cariboo and Okanagan regions.

introduce courses such as Physics 12 to all schools in the district even though a single school does not have enough students to justify offering the course.

This would mean all schools would operate on the same timetable, but this is being done in one school district.

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Notice to commercial fishers

Transport Canada reminds fishing vessel operators and crews that training is key in helping even the most experienced seafarer reduce accidents and fatalities on the water. All commercial fishers are required by law to obtain training in Marine Emergency Duties by April 7, 2007. Transport Canada is working with the fishing community and national training institutions to assist fishers in meeting these training requirements. The best line of defence in dealing with emergencies is being prepared through training! Contact your local Transport Canada Centre for more information.

Transport Canada reminds owners of registered fishing vessels that modifications to your vessel must be reported in advance to Transport Canada. Even small changes can affect your vessel's overall seaworthiness or stability. Poor vessel stability is a leading cause of accidents and fatalities in fishing operations. The seaworthiness and stability of your vessel depend on you!

For more information, visit www.tc.gc.ca or contact your local Transport Canada Centre.

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We're going out on the Road

The Regional District Okanagan-Similkameen is continuing the Rural Board Meetings out in the rural areas.

The next occasion for you to experience a Rural Land Use Matters Board meeting is on Thursday March 2, 2006 at 1:00 p.m.

Come and join the Directors and staff at the Meet and Greet Luncheon scheduled for 12:00 noon at the:

Cawston Community Hall located at 2119 Main Street, in Cawston and then remain and experience how the Regional District Rural Board works together to ensure quality of life for our communities.

Watch for when the RDOS will be in your Community!

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keremeos and area news



Seniors enjoyed an afternoon of square dancing last week at Keremeos OAPO Hall.

Presidents Club hosts meeting

Have you started a new group or organization the community is not aware of? Are you involved in a non profit group, organization or club associated with a church, sports or community organization that is currently doing a volunteer service in the Lower Similkameen?

Similkameen Country will be hosting The Presidents Club meeting February 15th, in the Victory Hall in Keremeos from 1:00 PM to 4:00 PM.

The Presidents Club is one of Similkameen Country's events which bring together Presidents and Chairpersons of organizations and clubs from the Lower Similkameen area to share information. At this gathering each organization is given ten minutes to explain and promote their organization and events for the coming year. If the president of your group is unable to attend just send someone else that is knowledgeable from your group.

From this meeting, Similkameen Country will compile all the information gathered into a 'Calendar of Events' which will be given to all participants. Small events such as Hot Dog Sales, Loonie Auction, etc. should be included.

So often in a small community there are six loonie auctions going on in a short time frame which can become a burden on local businesses and people in the community. By coordinating events and fundraising activities uniformly during the year every organization benefits.

Similkameen Country would like a brief written description of your organization, dates of any events large or small that you are planning, and phone numbers and email address for contact people. This is so beneficial to not only our tourists in the summer months but for people moving to our community.

Another item that benefits all club and organization is knowing

what items are available from each group. If your group has any equipment or supply a service that is available to rent or donate to other groups in the community, Similkameen Country will start compiling an equipment and supply sharing list.

The information obtained from this meeting can be used to make sure we do not overlap events, know what services are available and if there is equipment that can be shared to make our events better.

There is an enormous amount of

CAO loves the air here

Interim Village CAO Rod Drennan is enjoying Keremeos. He will be at Village Office until early April, filling in until a permanent Chief Administrative Officer has been hired. He retired in September 2005 from his position as Administrator for the Spallumcheen Municipal District.

Gazebo will mark 50th

The fiftieth anniversary of the incorporation of the Village of Keremeos will be commemorated with a gazebo in Memorial Park. On February 6, Village Council approved the approximately \$30,000 expenditure for the K-50 proposal, but would appreciate

OAP Hall is a busy place

The winter months are always the busiest months at Keremeos Old Age Pensioners Hall located next to Memorial Park.

When the weather turns warm and the outdoors is inviting, things will slow down a bit, but for this month and next, nearly every activity has a good turnout.

Members enjoy dancing on Thursdays, carpet bowling twice a week, exercise groups twice a week, and a full slate of pool, shuffleboard, bridge, crafts, cribbage and whist.

exciting, fun filled events that take place thanks to our volunteer community.

With shared resources we can make what volunteers of this great community already do just a little healthier. So mark February 15th on your calendar to network with other groups of this Valley to inform them what you accomplish and possess.

For any information on this feel free to call the Similkameen Country office at 499-5225.

- submitted by Anna Bartlett, President Similkameen Country

Drennan especially appreciates the good air quality in Keremeos. "The sun is brighter because the air is clearer," Drennan says.

He describes Keremeos as "a lovely little community."

At this time, Village Council has shortlisted candidates for the CAO position and has begun interviews.

donations of building materials and labour to the project.

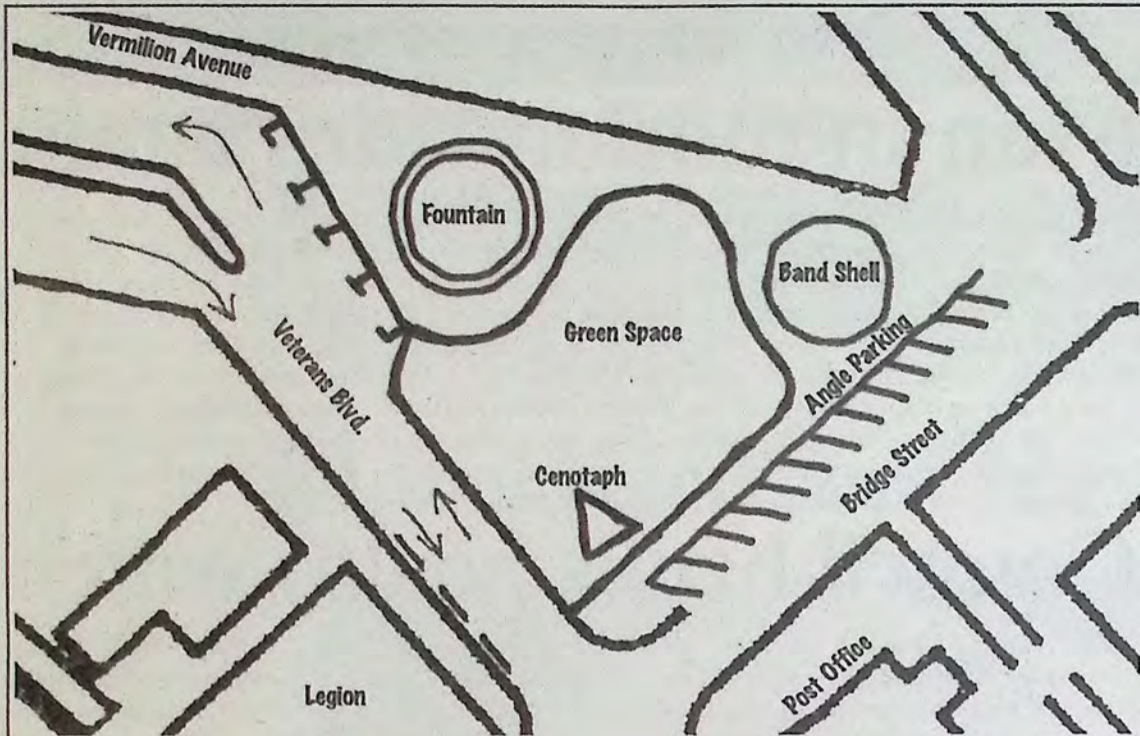
Completion of the U-shaped gazebo must be in June to have it ready for the July 1 celebration. Anyone wishing to make a donation should contact Village Office as soon as possible.

Wednesday mornings are dedicated to the Songsters and their appreciative audience.

A potluck supper is held on the fourth Friday of the month, from 5:30 p.m. to 7:00 p.m.

Meetings are held on the first Wednesday of the month, but any day is a good time to drop in and meet people from the Keremeos area.

OAPO members from other communities are given a warm welcome. You can reach the hall by calling (250) 499-2977.



This proposed design to create a 'town square' in the centre of downtown was distributed to the businesses directly affected by the change in traffic pattern for input. The majority of those surveyed liked the idea.

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

Please visit his website at www.keremeos.net

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VFCU continues to give back

Valley First Credit Union continues its long history of giving back to their membership and the communities they serve. Harley Biddlecombe, President and CEO of the longstanding organization announced that over \$930,000 in dividends have been paid to members for the 2005 fiscal year.

Class B Investment Equity Shares and Class C Retirement Equity Shares earned an annualized rate of 3.0625%.

"We are pleased to announce these dividend returns, which represent our on-going financial success over the past many years," says Biddlecombe.

"More importantly it is our opportunity to thank our loyal membership for continuing to do business with us. Building long term, mutually beneficial relationships are key for us at Valley First and we never take for granted the trust our membership bestows upon us by choosing to partner with us as their financial institution."

Beyond the dividend payout for 2005, Valley First Credit Union has

Council supports criminal justice

Princeton Town Council has written a letter of support for the development of a Criminal Justice program to be launched at the Penticton Campus of Okanagan College.

Due to retirements, positions in policing, parole officers, customs agents and related security jobs are

Princeton hosts 2010 Novices

That's the Spirit!
Turn out this weekend to support your local Novice Hockey Team. They are hosting a Novice Spirit of 2010 hockey tournament.

The tournament has 10 Interior teams playing Saturday and Sunday.

Princeton plays at 8:00 a.m. and 5:15 Saturday, and at 11:45

also contributed over \$120,000 in various donations, sponsorships and scholarships (including the new UBC Okanagan scholarship established in 2005) to the communities the credit union serves in the Similkameen, Okanagan and Thompson Valleys.

"The communities we serve hold special meaning for the staff of Valley First. Outside of corporate giving, the employees of our company also donated over \$30,000 in 2005 of their own money to various causes, not to mention the countless hours of volunteer time," Biddlecombe.

"I am proud of our employees' commitment to the community and dedication to making a difference, it is what makes our credit union special."

Valley First Credit Union and its subsidiaries, Valley First Insurance Services and Valley First Financial Services, offer a full complement of products and services through its 15 credit union branches and wealth management locations and nine insurance offices located in the

increasing.
The College wants to develop a program allowing students the opportunity to develop the skills necessary to fill these positions. Students may take a two-year program and go to a job or transfer to complete a four-year program.

Sunday. On Sunday, Mayor Randy McLean will present the Spirit of 2010 trophy to the Princeton team for hosting the tournament, and will drop the Spirit of 2010 puck for the 11:45 game.

These youngsters play from the heart and give spectators a chance to cheer on local hockey players in a game they love.

Similkameen, Okanagan and Thompson regions. Valley First has \$1.2 billion in assets under administration, 45,000 members and almost 400 employees. For more information on Valley First, visit www.valleyfirst.com.

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Over the next few months, you will hear from us frequently. We want to share the facts about our project and natural gas from coal. We will help you find more information about ourselves and our work. As issues arise, we will address them with you directly.

We invite you to call us if you have questions or concerns.

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To minimize transfer of infection in the family, people who share a bathroom should store toothbrushes so they aren't touching each other. Using individual toothpaste tubes will also prevent the spread of infection especially if a member of the family is ill.

Just as women are encouraged to do breast self-examination on a regular basis, men are urged to do a testicle self-examination once monthly. If the testicles are painful, tender or swollen, see your doctor. This type of exam is best done after a bath or shower.

A doctor in Ontario is using live maggots to clean wounds. Maggots eat only dead tissue and don't touch live tissue. It's not for everyone but this therapy is reported to work really well.

When you start a new medication, become familiar with the more common side effects of the drug. It's best to start with the lowest possible dose unless it's treatment for a severe or emergency situation. Keep a diary of any problems you may experience with the drug and relay them to your doctor.

Our pharmacists can help you become aware of the main side effects of medications. It's part of our job as your pharmacist.

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news leader health page

Man in motion rides again

In 1986, Rick Hansen wheeled across Canada and made Princeton one of his stops in the Man in Motion campaign to raise awareness of spinal cord injuries and support the theme of Expo '86. This year, Princeton is being asked to host a fundraising event on June 11 as part of the fourth annual Wheels in Motion campaign. The money raised will go to the Rick Hansen Man In

Motion Foundation which helps fund research into spinal cord injuries, and solutions to meet the needs of people with such injuries. To date, the Foundation has raised \$158 million for projects.

Ninety percent of what we know about spinal cord injury has been learned in the past 10 years. The lives of more than 10 million Canadians are affected

by people living with spinal cord injury. More than 1100 new spinal cord injuries occur every year in Canada, and health care costs for one person can range from \$1.25 million to \$10 million. Town Council has referred the matter to Recreation Director Lyle Thomas. If you would like to be part of planning this event, contact Thomas at 295-7222.

Council backs health watch

At the request of Princeton and District Health Watch Coalition, Town Council will write a strong letter to the Minister of Health demanding reinstatement of vital health services at our local hospital. The action by Health Watch was prompted by an incident during the Christmas holidays when a young woman gave birth to a baby at

the side of Highway 3A on her way to Penticton, as delivering babies is no longer a service offered by the hospital.

Ruth Hooper, Chair of the Health Watch Coalition, states in her letter to Council, "Over the past few years, our hospital has been reduced from a 33-bed hospital with a delivery room, nursery and operating room to what it

is now - basically a 6-bed band-aid station." The letter points out that the birth at the side of the highway was a warning to local residents.

Hooper asks, "What will happen when we have a person with a burst appendix, heart attack, serious accident, etc., this very likely will end in a fatality."

Help, my job dries my skin

(NC)—Does your job leave your skin dry, cracked and irritated? You are not alone. Workers in many different occupations, including nursing, hair styling and construction, are exposed to chemical or environmental irritants, or frequent hand washing, as a normal and necessary part of their jobs. This can lead to dry, inflamed skin and a condition called occupational dermatitis.

Since the day-to-day functions of these jobs are not going to change, occupational dermatitis can become a chronic problem. The good news is there are strategies and products available to help control symptoms without interfering with your ability

to do the job.

The first step in managing occupational dermatitis is to identify the triggers associated with flare-ups. For example, hair stylists are frequently exposed to chemicals in hair dyes and are constantly submerging their hands in water. Nurses and other healthcare workers wash their hands regularly, and construction workers can be exposed to extreme weather conditions, especially in the winter months.

All of the above can lead to tight, rough and itchy skin that causes an itch-scratch-itch cycle that can result in significant damage to the skin and further irritation.

So, step two is avoiding these triggers. This is easier said than done. A nurse cannot simply stop washing his or her hands, nor can a hair stylist stop washing hair. The third step, then, is to identify strategies to lessen the effect of these on-the-job realities.

To reduce the appearance of red, irritated skin your doctor may prescribe a topical medication or corticosteroid to help treat your flare-ups. To keep skin soft and supple, it also is critical to choose an effective moisturizer and use it on a regular basis.

Choose a moisturizer that is non-irritating, non-greasy, fragrance-free and long lasting, such as Cetaphil Therapeutic Barrier Cream, so it will not interfere with your day-to-day tasks. This particular cream contains shea butter, a natural ingredient that is soothing and moisturizing while providing additional protection.

The best time to apply a moisturizer is right after you wash your hands. Make it a habit to do so and you will be sealing in the natural moisture your skin absorbed from the water as you wash up.

Another important way to prevent flare-ups is to wear protective gloves when working with chemicals. While latex can cause additional irritation, non-latex gloves are available and are equally effective. Outdoor workers should always wear protective gloves to limit the skin's exposure to the elements. Try applying a coat of moisturizer before slipping the gloves on for added protection.

Chronic dry skin caused by occupational dermatitis can be controlled. The key is to identify your triggers, eliminate exposure to them, and lessen the effects through treatments and moisturizers that protect and lubricate the skin. Talk with your doctor about ways to identify and manage your condition. More information about moisturizers is available at www.cetaphil.ca.

- News Canada

living past 100

How to make skin smaller

Many people find their skin bags or wrinkles after they lose a lot of weight. This includes the "jelly belly" effect after a woman gives birth.

There are some things you can do to prevent this happening, and some things you can do if you have the problem now.

First, try to understand your skin. It is an organ, the biggest in your body. It grew to accommodate added weight, and it will shrink when you lose weight, but it will not shrink as fast.

Skin is elastic. It expands and shrinks as required. One of the best skin treatments to improve elasticity is Vitamin E cream applied daily to the area needing more elasticity. As soon as you notice the skin is sagging, apply the cream.

Vitamin C and Vitamin A are essential for good skin health. Make sure you take both daily as a supplement.

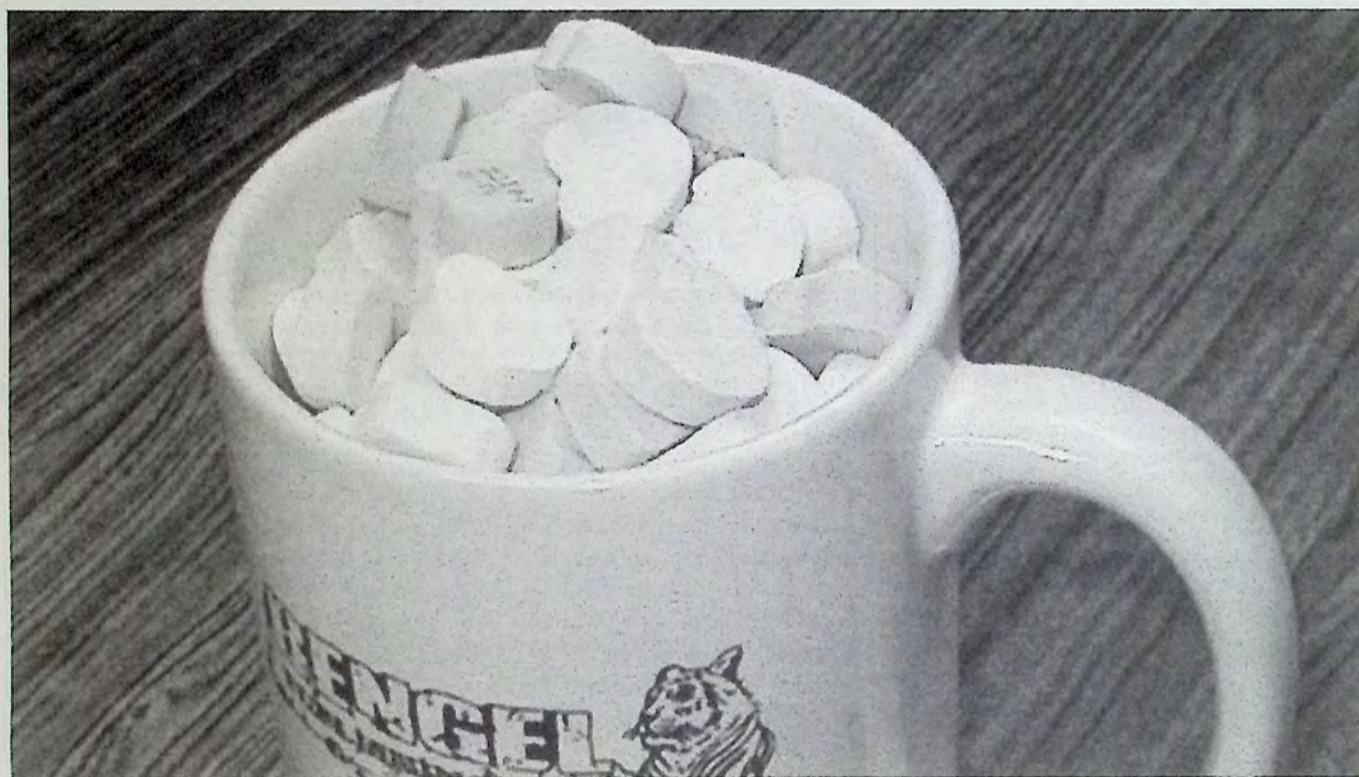
Skin loses its elasticity in winter. Make sure you take a cod or halibut liver oil supplement to compensate for lack of sunshine. Another factor in loss of elasticity in the winter is living in nice warm surroundings. Skin shrinks in the cold. Swimming in cool water, or rinsing with cool water in the shower, will make skin shrink. In early spring, dress in lightweight clothing and go for a walk in the morning. Your skin will be cold to the touch when you return to your home. This improves elasticity.

Be patient. You can lose the weight more quickly than the skin can shrink. After all, it may have taken you years to put on the weight, and months to take it off. Give your skin time to adjust.

One old-fashioned method is to wear a girdle or corset for several months. This can help immensely by supporting the sagging skin and forcing it to pull tighter. If all else fails, see a cosmetic surgeon about taking a few tucks where you need it most. This applies ONLY if you do not intend to have another child, or you plan to keep the weight off forever. There is no point in spending the money and getting the scars if you are not firm about contraception or dieting.

COFFEE MUG CHRONICLES

Man Discovers New Sweetener



It was just about Valentine's Day and Jerry Huggins was trying to find a unique way of saying how much he loved his wife, Louise. Jerry had hunted high and low visiting every shop, store and mall within an hour's drive of his home. Jerry was beginning to think he may just end up giving Louise another Valentine's card with a silly 'I Love You' message and taking her out for a normal dinner. It was not what Jerry was looking for, but he was running out of options...and time was running out. One night, while watching television, Jerry saw a commercial for a service called "The Idea Place" where you call, write or e-mail them with a problem to solve. For the one-time price of \$320.75 the inventive people at "The Idea Place" come up with a solution to your problem. Jerry thought about it for a long moment or two. He wondered whether or not he had a need for that kind of service. He wondered about it for far too long before it dawned on him. Nope, he didn't need to use a service called "The Idea Place" for anything. Then Jerry went back to finding that special gift for Louise. He spent hours pouring over catalogues and visiting websites online. He even googled for a while - but that's a whole different story. Then it happened. Jerry 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!

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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 will 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

Oliver Town Hall
35016-97th Street, Oliver, BC

Kaledon Post Office
334 Lakehill Road, Kaledon, BC

Naramata Post Office
225 Robinson Avenue, Naramata, BC

Osoyoos Town Hall
8707 Main Street, Osoyoos, BC

Okanagan Falls Post Office
6-5350-9th Avenue, Okanagan Falls, BC

District of Summerland
13211 Henry Avenue, Summerland, 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



Princeton Posse beat Summerland Sting last Friday night keeping their playoff hopes alive. Above, Summerland's goalie Steve Legatto robs Princeton of a scoring opportunity.

Class size conference attracts locals

A Princeton school teacher and parent travelled to the Lower Mainland last week to attend a provincial conference on class size and composition, two key problems that sparked the teacher's job action last fall and remain unsolved.

Entitled 'Every Kid Counts,' the conference is hosted by the BC Teachers Federation, which is inviting teachers, students and parents to share their knowledge and experience with others from across the province.

Robert Tarswell, President of the local teachers union says, "Teachers care about their students, and it's not possible to give them the quality education they deserve in oversized classes or without the necessary support for special needs."

Tarswell, along with Tara Atkinson, John Allison School Parent Advisory Council President, represented Princeton at the conference. They heard from BC and Ontario experts and participated in a variety of workshops.

Keynote speakers included Dr. Kim Schonert-Reichl from the UBC Faculty of Education, Fernie Secondary School teacher Kate Noakes and Kathleen Devlin from the Ontario Teachers Federation. Dr. Paul Shaker, Dean of Education at Simon Fraser University offered closing remarks.

The BCTF had also extended

Skills Centre offers workshop

Wonder what the Olympics means to your business in the Okanagan Similkameen or how you can access information on opportunities? Community Futures Development Corporation and the Princeton & District Community Skills Centre have invited the BC Olympic and Paralympic Games Secretariat to deliver a workshop that will help you:

- identify 2010 procurement opportunities,
- interpret and respond to bid opportunities,
- find out where the bids are posted,
- create successful bids, and
- let you know where to go for information and support.

From paperclips to pillowcases, from coffee cups to concrete, there will be billions of dollars available for businesses to bid on. The BC Olympic and Paralympic Games

Secretariat has established the 2010 Commerce Centre to help businesses from every corner of BC take advantage of the opportunities leading to the 2010 Games.

You can visit them at www.2010commercecentre.com. They want to ensure that businesses in regions outside the Vancouver-Whistler corridor are really aware that these opportunities are open to them and that these games are good for businesses all over BC. The 2010 Commerce Centre can be visited online at www.2010commercecentre.com.

The procurement workshop will help you learn how to access those opportunities. The workshop is being held at the Princeton & District Community Skills Centre from 9:30 AM to 12:30 PM on April 27th. To register call the Skills Centre at (250) 295-4051.

Board okays school ski trip

Students at Vermilion Forks Elementary School are heading for Apex Mountain Resort for some skiing this month. The first group, Grades 4 and 5, go on February 21. Grades 5, 6 and 7 go skiing on February 28.

Prior to the trip, students receive training in proper conduct on the hill. When they arrive at Apex, a member of the Professional Ski Patrol will greet students and review safety information.

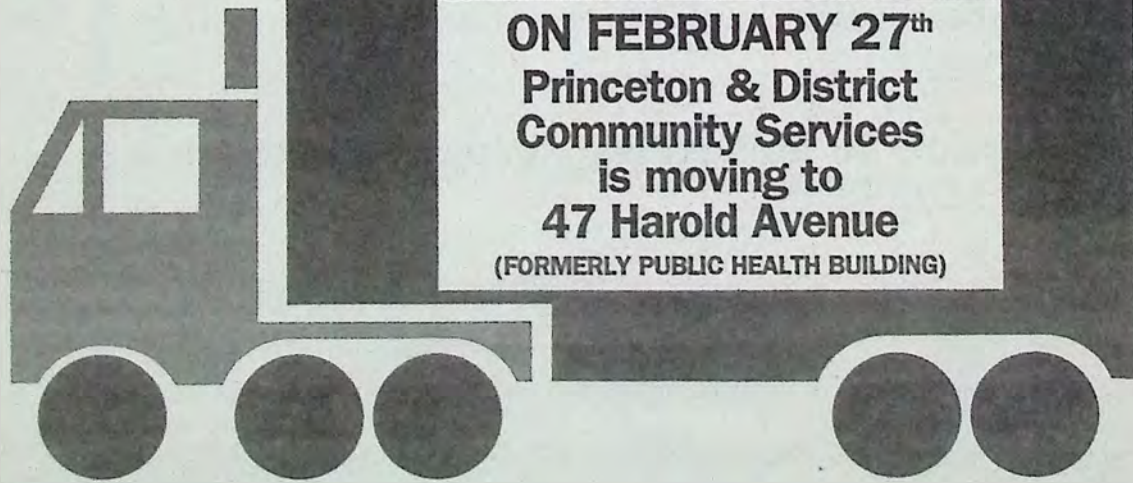
All students will be required to take a lesson, and will have to wear a helmet.

Students will not be allowed to enter the more difficult ski areas such as jumps. Students will pay a much lower rate than Apex charges regular hill users, and Apex is doing all they can to make the trip a great experience for the students.

Teachers hope students will learn a skill to promote lifelong individual physical activity.

WE'RE MOVING!

ON FEBRUARY 27th
Princeton & District
Community Services
is moving to
47 Harold Avenue
(FORMERLY PUBLIC HEALTH BUILDING)





Vermilion Court residents dressed in kooky costumes.

Vermilion Court weekly report

On February 9th, the residents of Vermilion Court and participants of ADC were visited by a group of residents from Ridgewood Lodge. Under the direction of Barb, the Recreation Coordinator, and with the help of Tamaryn, the Rehab assistant, we were entertained to a show of Kooky Fashions.

Kelly started the show off wearing a Mackintosh raincoat with toffee boxes attached to it and boots with gum all over them. Barb had scrubs on with sponges, brushes rubber gloves etc. attached to them and Nick had on a car coat with

cars all over it, think you get the picture now?

Edna's hot pants with flames up the legs and her crop top with fruits and veggies all over it, was a big hit. Winifred had on a popcorn knit sweater (popcorn on the sweater) and a Douglas fir shawl (leftovers from Christmas?) Marcelle modeled a housecoat, birdhouse on the back, and baby doll pajamas baby dolls attached all over it, very sexy Marcelle.

Sheila looked elegant in her birthday suit adorned in cards and topped with a cake hat including candles.

Isabel glided in wearing a smoking jacket, cigarette packages on the shoulders, with Barb wearing a BALL GOWN with a trailing TRAIN and topped with a PILL BOX hat.

With all of us clapping and cheering, they all walked and danced around one final time to some very upbeat music.

Refreshments of juice and doughnuts were served as we all visited. What a wonderful afternoon, everyone had a great time. Thank you models for a job well done.

- submitted

Sweater Kittens present events

The Sweater Kittens are in the process of collecting proceeds for the Weekend to End Breast Cancer Walk planned for August 18th to 20th and they have come up with some very creative ideas.

One event planned is a Snow Golf Tournament on Saturday, February 25th in Tulameen. It will follow a 'best ball' format with a shotgun start.

Rules include that teams registered to participate must use homemade golf clubs. Pre-registration is \$20.00 with a deadline of February 18th.

Entry the day of the event is \$25.00, Children under 16: \$10.00. Activities will begin at 11:30 AM on February 25th at Tulameen Community Hall.

For more information contact

Judi at (250) 295-3339 or Leah at (250) 295-4311.

The day will end with a 'Boobie Ball' in the Tulameen Community Hall starting at 7:30 PM.

Teachers move to zone Pro-D

Robert Tarswell, a teacher in Princeton, attended the February 8 School Board meeting to report the progress of organizing a zone professional development day (Pro-D).

He explained pooling resources from Kelowna, Vernon, and other

school districts in the zone, teachers can afford to bring in education experts to update them on the latest developments and research in various subject areas.

Tarswell invited trustees to attend this year's conference, which will be held in Kelowna.

Council supports 'taxi saver'

Town Council will enter into an agreement with BC Transit and Community Services Society to participate in the Taxi Saver Program. This program allows elderly and disabled persons to purchase a half-price taxi fare to

use when the community bus is not available.

Council has allocated up to \$5,000 a year for the program, and hopes to launch it by April 1. Look for details in future issues of the News Leader.

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 Answer Red Zone Green Zone



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ads@desertconnections.ca

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Heaven's Scent Esthetics opened last month next to The Cut Above. Maiya Whelpton and Jodi Townend provide a variety of services six days a week. Call 295-0404 for details.

Friendship forms new business

By definition, esthetics are the branch of philosophy dealing with beauty and taste.

In Princeton, a new business opened January 10th behind The Cut Above at 221 Bridge Street called Heaven's Scent Esthetics. Operators Jodi Townend and Maiya Whelpton - who also happen to be licenced estheticians and nail technicians - promote their business as a place 'where nature and beauty

meet.'

It's actually an interesting story on how two like-minded women got into business.

Whelpton, who is originally from Russia, had a salon of her own for many years with a staff of ten. She moved to Princeton, mostly for family reasons, last Summer.

Townend, was teaching Esthetics at Trend College in Kelowna. She moved to Princeton two years ago and was working at The Cut Above.

Both women became acquaintances and eventually decided to go into business for themselves.

"Everything is going real well,"

Townend says about the business which provides a variety of services including nail enhancements, lash and brow tinting, something called the Wave Lash Perm, waxing services, ear candling, manicures, pedicures, facials, make-up consultation and application and aromatherapy massage.

The also can provide manicure recipes for nail strengthening treatments, anti-aging and sore, swollen arthritic joint treatments.

Heaven's Scent is open from 9:30 AM to 5:30 PM weekdays and from 10:00 AM to 5:00 PM on Saturdays.

Sadegur reports on forum

Councillor Maria Sadegur represented Princeton at an energy forum in Vancouver in January. On February 6, she gave a summary report on the topics at the forum.

The focus was on fossil fuel sustainability, efficient use of energy, and conservation of energy. She learned that weaning ourselves from fossil fuels is not realistic as good management of fossil fuels could mean they would be available for 100 years in the future. At the

same time, saving energy through efficient use, such as hybrid automobiles, makes good sense.

Saving energy through efficient use is a top priority in England, where the government helps low income residents replace old, inefficient appliances and heating equipment with modern, energy-saving models.

Sadegur has a number of booklets from the forum to share with those interested in learning more.

Mayor will make case

South Okanagan Mayors and Administrators will meet in Penticton on February 27, and Mayor Randy McLean will be there with a mission. He intends to raise the issue of ongoing

improvements to Highway 3. He told Council on February 6 that he sees the meeting as a good opportunity to bring the matter before all of the South Okanagan mayors.

Princeton Rotary Club Proudly Presents:



Midwinter Wine Fest 2006



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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weekly entertainment guide

TUESDAY, FEBRUARY 14, 2006 THROUGH MONDAY, FEBRUARY 20, 2006

Posse wins important one, loses one

The Posse went into Friday night's game against Summerland with a 'must win' attitude, and that's exactly what they did.

Only 1:51 into the game, David Wyman passed the puck in front of the Summerland goal and Brad Davis sent it through the goalies legs. Sean Carr also received an assist on the play.

By 2:36, Summerland had a two-man advantage but couldn't produce. Both teams played a fast period with Summerland earning most of the penalties.

It wasn't until 1:18 was left in the frame when the Sting managed to sneak one past Princeton's Brad Fraser to tie the game at one all.

The second period saw more aggressive play from both sides and Summerland got a go ahead goal at 9:43. Princeton replied at 11:44 with a goal from Chad Hohmann (assisted by Jerrett Pretty Young Man and Seth Armitage).

Summerland fired in another at 12:19 but Princeton responded with 1:47 left in the period and tied the game at 3 when Cody Devitt picked one off the rebound. Assists went to Jordan Kerr and Brad Davis.

The third period saw some more pushing and shoving, but Princeton was obviously hungry for a win and got a go ahead goal at 9:38 when Micah Anderson fired a shot into the

top of the goal off the rebound. The power play goal was just the beginning as Princeton's Cody Devitt added another power play goal at 15:14 (assisted by David Wyman and Brad Davis).

The Posse sealed the deal with 1:42 left in the game when Brad Davis took a pass on the boards from Conner McGarry and sailed one into the empty net while in front of Summerland's bench. David Wyman earned an assist.

Final score: Princeton 6, Summerland 3. Shots on goal: Summerland 41, Princeton 25.

The Saturday night game against Sicamous Eagles was a completely different matter.

Sicamous opened the scoring at 3:42 and finished the first period leading by two following another goal at 14:31.

The second period saw Princeton make it onto the scoreboard when Chad Hohmann went in alone and beat the goalie with a backhand on the glove side at 6:08. Assists went to Jeremy Wagner and Seth Armitage.

Then it got strange. At 7:18 David Wyman slid into the Eagles goalie at the end of a play and referee Yanick Harrison gave him two-minutes for goalie interference and a 10-minute misconduct. Harrison failed to see the Sicamous player who started beating on Wyman while he was down. This prompted the crowd to react, mostly

with boo's and Posse Coach Dale 'Duner' Hladun tossed a water bottle on the ice. He earned a game misconduct for that and before long fans started tossing debris onto the ice.

It was the start of a period that ended up with a total of 50-minutes in penalties and a lot of vocal criticism from the crowd. It seemed as if Princeton played most of the period short handed.

The crowd did cheer when referee Harrison tripped and fell to the ice at 17:26. Princeton did an excellent job of killing penalties, but Sicamous managed to score another goal at 17:44.

The third period was a little calmer until 12:34 when Cody Devitt collected a total of 29-minutes in penalties which started with a call for cross checking and wrapped up with two game misconducts. Devitt argued his point at the open exit from the ice to the Posse dressing room but the linesman he was discussing it with wasn't interested.

At one point Princeton goalie Brad Fraser had heard enough from his team mate and skated over and pushed him off the ice. The crowd approved of the action.

Sicamous scored again at 13:29 and two more fights broke out in the final minute of play.

Final score: Sicamous 4, Princeton 1. Shots on goal: Sicamous 36, Princeton 19. PIM: Sicamous 15 for 52-minutes, Princeton 28 for 121-minutes.

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Princeton Figure Skating Club "Skater of the Week"



Katelin Marshall
Senior Skater

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

Letter To The Editor

Hope asks burning questions

To The Editor,

I would like to respond to a letter to the editor last week from Ernie Willis regarding my negative views on the proposed Compliance Energy coal fired generation plant. Ernie states that it is the responsibility of each of us to get accurate information and make our decisions on the basis of that information and not on outdated technology.

He then explains that Compliance has made all that information available. I agree we need the information, I do not agree that it should all come from the company. While their presentation and slide show is well prepared with bright colors and pretty pictures, it leaves me with more questions than answers. There is a process however that would provide all the information we need. It is called an Environmental Review, a government process mandatory for any plant of 50 MW or larger. This plant is to be a convenient 49MW.

The company says it would take up to six months to complete the review and that does not fit with their scheduled sale of power. They also say that they will meet all emission standards using the latest technology. But they are not using the latest technology. The latest technology produces electricity from coal without

burning it.

Check coal gasification (ICCG) on the internet. Worldwide there are now hundreds of these plants operating with many more in planning, one slated for Saskatchewan. Recently the Alberta Government announced that it is working with Texas on a zero emission ICCG plant.

The proposed Princeton plant does not remotely approach this standard but maybe it is the best we can expect and maybe the trade off for jobs makes it acceptable. However it is a very serious matter, for example, we know that mercury will be emitted and that the US Government now estimates that 16% of all it's newborn babies will have some degree of brain damage as a result of mercury poisoning.

Scientists now say they do not know what level of mercury is safe, only that it is much lower that what was previously believed. This plant has been in the planning for years and we will be living downwind from it long into the future. Is it negative to suggest that if it is a good idea now, that six months from now it will still be a good idea?

The Environmental Review process is there to protect us, let's take the time to make sure we get it right.
- Brad Hope, Princeton

Keep It In The Green Zone!

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

The Quiz - Week 3

Today's Date is Thursday, March 23, 2006 - the Time is 8:00 PM.
According to PLP's Time Of Use Schedule, would this be in a "RED ZONE" time period or would it be in the "GREEN ZONE"?

Winners!

13 Weekly Draws - to April 28th, 2006
\$25.00 Credit to the PLP Power Bill of your choice!
Monthly Draws
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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 2 WINNER: J. Materi

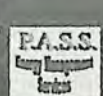
The Routine

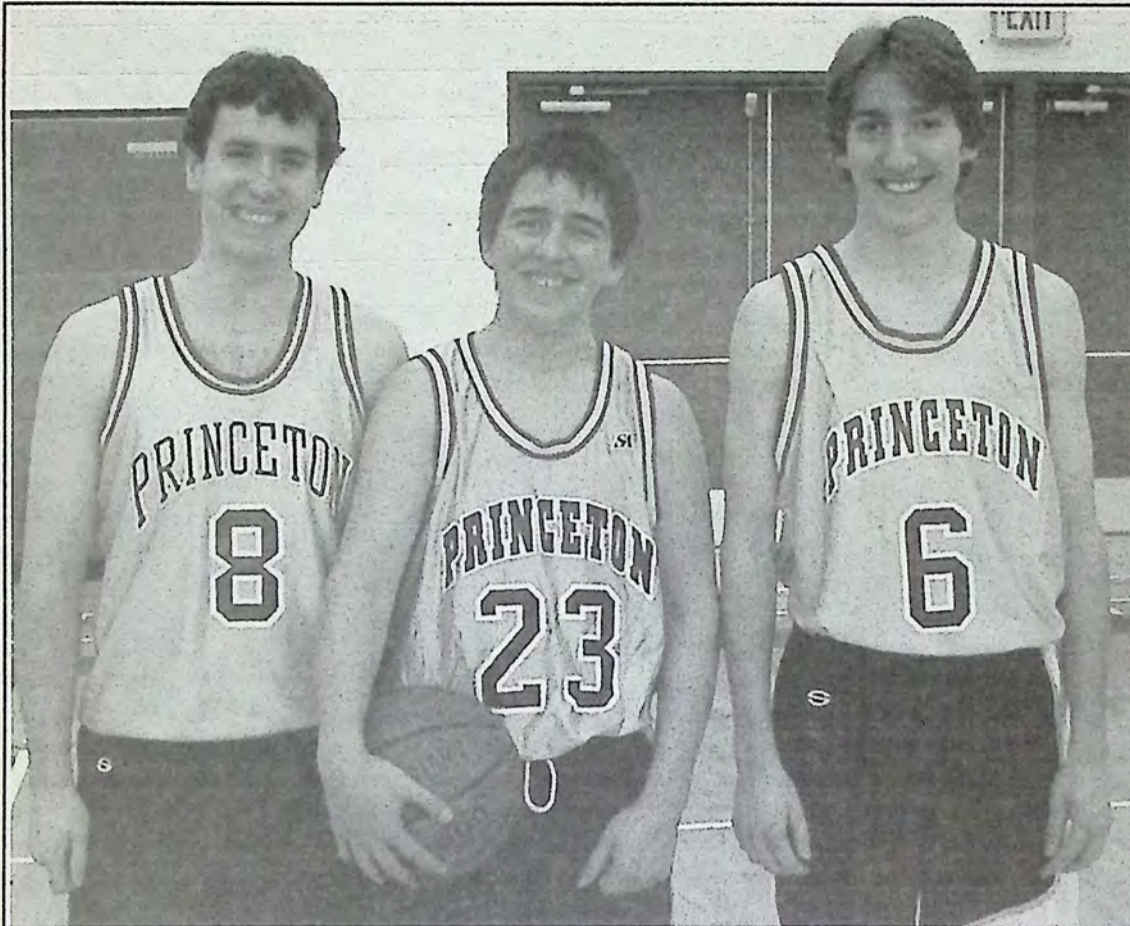
- 1) Get Weekly Question from News Leader...2) Determine Answer from Resource Kit...
- 3) Fill out Entry Form from PLP or News Leader...4) Drop Off Entry at PLP or News Leader...
- 5) Win if Entry is Drawn...6) Enter Weekly...7) Have Fun!



Princeton Light & Power Co. Ltd.

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





Princeton Secondary School Senior Boys Basketball players Blake Tarswell, Kevin Alvarenga and Louis Smith received top honours following a Tournament in Ashcroft February 3rd and 4th.

PSS Rebels earn spot at Valleys

Princeton Secondary School's Senior Boys Basketball team came second at the recent Ashcroft Tournament February 3rd and 4th despite being able to dress only six players.

The Rebels suffered their only loss in the first game against Fraser Lake, the eventual tournament winners.

Early in their first game Saturday Louis Smith, who was hoping to celebrate his eighteenth birthday with a win over Ashcroft, left the game with a scalp injury that required stitches.

Both the Ashcroft and Princeton players viewed the game as a must win. In their previous two meetings

each had won and lost. With the loss of Smith for the remainder of the game things didn't look good for Princeton.

The five remaining players, Blake Tarswell, Kevin Alvarenga, Michael Bedard, Dennis Ogrinc and Brian Shewchuck dug down deep and managed with outstanding teamwork to win the game.

Smith returned for the final game of the tournament and the local boys were able to overcome Enderby, a team that they had previously lost to earlier in the season.

Blake Tarswell and Kevin Alvarenga won the two-ball competition. In addition, Tarswell along with Louis Smith were hon-

oured by being selected for the Tournament All-Star Team.

The boys, and their coach Morgan Desabrais returned late Saturday night tired but elated.

Wednesday, February 8th, the Rebels hosted Heritage Christian School of Kelowna at the PSS Gym. The game was also a must win as a loss would have brought an end to Princeton's basketball season.

The game went back and forth and Princeton finished the match with a 79 to 72 final earning a spot at the Valley Championships. The Valleys will take place February 17th and 18th in Kamloops.

Congratulations, Rebels!



Princeton Rebels Cheerleaders performed a variety of routines during Wednesday's game at PSS Gym.

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tuesday movies

MORNING

7:00 am WTBS (3) ★★½ "Made in America" (1993, Comedy) Whoopi Goldberg. An unlikely bond forms between a black woman and the white man who fathered her daughter via a sperm bank deposit. (E)
 10:00 am CITY (29) ★★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)

EVENING

7:00 pm YTV (18) ★★ "How to Deal" (2003, Romance) Mandy Moore. A disillusioned teenager thinks true love does not exist, until she meets the perfect guy. (In

Stereo) (E)

8:10 pm WTBS (3) ★★½ "The Birdcage" (1996, Comedy) Robin Williams. In Miami Beach a gay couple pretend to be man and wife when a son's future father-in-law and family visit. (E)
 10:06 pm CITY (29) ★★ "The Myth of Fingerprints" (1997, Drama) Arijia Bareikis. Grown siblings spend an uneasy Thanksgiving weekend at their parents' home in Maine.
 10:40 pm WTBS (3) ★★½ "Made in America" (1993, Comedy) Whoopi Goldberg. An unlikely bond forms between a black woman and the white man who fathered her daughter via a sperm bank deposit. (E)

Just The Fax, Ma'am!

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wednesday movies

MORNING

7:00 am WTBS (3) ★★½ "The Birdcage" (1996, Comedy) Robin Williams. In Miami Beach a gay couple pretend to be man and wife when a son's future father-in-law and family visit. (E)
 10:00 am CITY (29) "Sleeping Dogs" (1998, Science Fiction) Scott McNeil. A jewel thief and his young female companion square off against the psychotic leader of a crime syndicate. (E)

EVENING

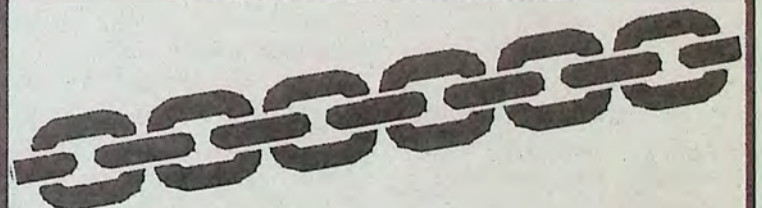
6:00 pm CITY (29) ★★½ "Antwone Fisher" (2002, Drama) Derek Luke. Premiere. A Navy psychiatrist helps a troubled sailor come to terms with his past.

Based on a true story. (E)

8:10 pm WTBS (3) ★★ "Along Came a Spider" (2001, Suspense) (PA) Morgan Freeman. A detective and a Secret Service agent investigate the abduction of a senator's daughter from a school. (E)
 10:06 pm CITY (29) ★★½ "Antwone Fisher" (2002, Drama) Derek Luke. A Navy psychiatrist helps a troubled sailor come to terms with his past. Based on a true story. (E)
 10:10 pm WTBS (3) ★★½ "The Net" (1995, Suspense) (PA) Sandra Bullock. A reclusive computer expert is plunged into high-tech intrigue when she comes into possession of a top-secret program. (E)

Similkameen News Leader

AN INDEPENDENT NEWSPAPER



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TUESDAY, FEBRUARY 14, 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 (14)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	(5:00) XX Olympic Winter	(Off Air)	Boohbah Callou (E)	News	News	Airline	(5:00) News	News (Live)	(5:00) News (Live)	Monster Mona Winx Club Jacob	(5:00) XX Olympic Winter Games (Live)	News Canada AM	Daily Planet	Believers Paid Prog.	King Spider-Man	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "Made in America" (1993, Comedy)	Games (Live)	BluesClues Dora	Clifford's Valentine's	Today Jeremy Bloom profile	The Early Show	Family Family	Good Morning America						Super Ships	Sabrina Charles	K. Possible Recess	News	CityLine	Rockford Files
8 AM :30			Hi-5 Berenstain	Dragon Big World			City Confidential		100 Huntley Street (N)	World Vision	Boy Mischief	SportsCentre (Live)	Greatest Ever...	Paid Prog.	Weekend		In Fashion Seinfeld	Matlock "The Outcast"	
9 AM :30	Becker Becker	XX Olympic Winter	Arthur Little Bear	Sesame Street (E)		Discover Discover	American Just.	Regis and Kelly	100 Huntley Street (N)	World Vision	LazyTown Monster	Record SnowTrax	Regis and Kelly	Daily Planet	Fam. Feud Fam. Feud	Pooh PB&J Otter	Maury	News City	Magnum, P.I.
10 AM :30	Cosby Cosby	Games (Live)	Mis BG. Sagwa	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right	Cold Case Files	The View (N)	World Vision	Room Diva Dime	Rupert Monsters	XX Olympic Winter Games (Live)	The View (N)	Canada's Worst Driver	Starting Over (N)	JoJo Benj Bear	Jerry Springer (N)	Movie: "Flashdance" (1983)	News
11 AM :30	Harvey Home Imp.		English Math Shop	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Weather ... or Not?	Paid Prog. Paid Prog.	The Insider Diva Dime	News (Live)	Hamtaro Fly Rhino	Games (Live)	eTalk Daily Balance-TV	Natl Wonders	Montel Williams (N)	Stanley King	Blind Date Blind Date	Jennifer Beals	Magnum, P.I.
12 PM :30	Drew Drew		Odysseys Imprint	Charlie Rose	Paid Prog. Paid Prog.	News Bold & B.	Airline Airline	All My Children	News (Live)	Days of our Lives	Boy Mischief		Daily Bold & B.	Natl Wonders	Perry Mason	Lilo Stitch Aladdin	Maury Paternity tests.	CityLine	Da Vinci's Inquest
1 PM :30	Yes, Dear Yes, Dear		Foot Notes Planet	Wonderful America	Days of our Lives	As the World Turns	Family Family	One Life to Live	As the World Turns	As the World Turns	Care Bears George S.	Motoring 2006	Vicki G. Vicki G.	Frontiers of	Matlock	Hoze Mouse	Jerry Springer	Relic Hunter	Cosby Cosby
2 PM :30	Home Imp. Friends	70s Show	Gaslight Pan Asia	Reading Lions	Passions	Gulding Light	City Confidential	General Hospital	Passions	Passions	Mona LazyTown	Motorcycle Interruption	General Hospital	How-Made	Love Lucy	Dalmatian Fillmore	Eye Eye	Ellen DeGeneres Show	Moesha Moesha
3 PM :30	Seinfeld Seinfeld	Starting Over (N)	Bear BluesClues	Postcards Arthur (E)	Judge J. Judge J.	Dr. Phil	American Just.	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Battle	Off-Record Sports	Dr. Phil	Mega Machines	Montel Williams	Weekend Lloyd	ER "Days Like This"	News	Home Imp. Home Imp.
4 PM :30	Raymond Raymond	Will-Grace Malcolm	Dora Rolie Polle	Clifford's Valentine's	XX Olympic	Oprah Winfrey	Cold Case Files	Millionaire Millionaire	Oprah Winfrey	Early News Global	Tn-Titans Flamingo	XX Olympic Winter Games	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Funnest Home Videos
5 PM :30	Friends Friends	News (Live)	George S. Koala Bro	BBC World Business	News NBC News	News CBS News	The Dark Side of Parole	News ABC News	News Global	News Global	Oddparent SpongeBob	From Turin, Italy.	News	How-Made	Malcolm	K. Possible	Sabrina My Wife	The Collector	Da Vinci's Inquest
6 PM :30	Sex & City Sex & City	XX Olympic Winter	CG Kids Dotto Tech	News-Lehrer	News Raymond	News Hollywood	Dog the Bounty Hunter	News News	News News	ET Canada Entertain	Charlie B. Valentine	Curling. (Same-day Tape)	News American Chopper	Simpsons 70s Show	So Little Darcy	My Wife Friends	Supernatural (N)	Da Vinci's Inquest	
7 PM :30	Seinfeld Seinfeld	Games (Same-day Tape)	Walk on the Wild Side	Nova (N) (DVS)	Jeopardy!	Seinfeld Friends	Airline	Entertain The Insider	Entertain ET Canada	Gilmore Girls (N)	Movie: "How to Deal"		eTalk Daily Hollywood	American Hot Rod	Frasier 70s Show	Smart Guy Raymond	Godiva's "Floodgates"	WGN News at Nine	
8 PM :30	Movie: "The Birdcage" (1996, Comedy)		Masterpiece	Globe Trekker	XX Olympic Winter	Price Is Right	Crossing Jordan	Charlie B. Rodney (N)	Fear Factor	Fear Factor	Moore	SportsCentre (Live)	American Idol (N)	Daily Planet	Idol (N)	8 Rules Boy World	Gilmore Girls (N)	Star! Daily	Becker
9 PM :30	Robin Williams		With Glowing Hearts	Frontline (N)	Games (Same-day Tape)	Love Smart	The Dark Side of Parole	Commander In Chief (N)	House "Distraction s"	House "Distraction s"	Factory	In Corner	Criminal Minds	American Chopper	House "Distraction s"	Brotherly	Supernatural (N)	Jimmy Kimmel Live (N)	Funnest Home Videos
10 PM :30	Movie: "Made in America" (1993)	National News	Foot Notes Imprint	Independent Lens (N)	Love Monkey (N)	Love Monkey (N)	Dog the Bounty Hunter	Boston Legal "Smile"	Gilmore Girls (N)	News (Live)	My Family Bob	Motorcycle	Criminal Minds	American Hot Rod	Will-Grace	Popular "Problems"	KTLA Prime News	Movie: "The Myth of Fingerprints" (1997, Drama)	Da Vinci's Inquest
11 PM :30			Home Biz Planet	Painting Sewing	Days of our Lives	As the World Turns	al Wrestling	One Life to Live	As the World Turns	As the World Turns	Care Bears George S.	Bowling: 5-Pin	Vicki G. Vicki G.	Monster Garage	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye	Ellen DeGeneres Show	Moesha Moesha

WEDNESDAY, FEBRUARY 15, 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 (14)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	XX Olympic Winter	(Off Air)	Teletubbs Callou (E)	News	News	The Unreal Story of Professional	(5:00) News	News (Live)	(5:00) News (Live)	Monster Mona Winx Club Jacob	Sports XX Olympic Winter Games	News Canada AM	Daily Planet	Believers Paid Prog.	King Spider-Man	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "The Birdcage" (1996, Comedy)	Games (Live)	BluesClues Dora	Clifford Arthur (E)	Today	The Early Show	al Wrestling	Good Morning America						Animal Parade	Sabrina Charles	K. Possible Recess	News	CityLine	Rockford Files
8 AM :30	Robin Williams		Hi-5 Berenstain	Dragon Big World			City Confidential		100 Huntley Street (N)	World Vision	Boy Beasts	From Turin, Italy. Men's hockey: Finland vs. Switzerland		American Chopper	Paid Prog.	Weekend		Star! Inside Seinfeld	Matlock
9 AM :30	Becker Becker	XX Olympic Winter	Arthur Little Bear	Sesame Street (E)		Discover Discover	American Justice	Regis and Kelly	100 Huntley Street (N)	World Vision	LazyTown Monster		Regis and Kelly	Daily Planet	Fam. Feud Fam. Feud	Pooh PB&J Otter	Maury	News City	Magnum, P.I.
10 AM :30	Cosby Cosby	Games (Live)	Paddington Sagwa	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right	Cold Case Files	The View	World Vision	Room Diva Dime	Rupert Monsters	XX Olympic Winter Games (Live)	The View	Disaster-Cent.	Starting Over (N)	JoJo's Cir Higglytown	Jerry Springer (N)	Movie: "Sleeping Dogs" (1998)	News
11 AM :30	Harvey Home Imp.		Mathematcs Scattering	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Biography: Hulk Hogan	Paid Prog. Paid Prog.	The Insider Diva Dime	News (Live)	Hamtaro Fly Rhino	Games (Live)	eTalk Daily Balance-TV	Journey-Center	Montel Williams (N)	Stanley King	Blind Date Blind Date	Scott McNeil.	Magnum, P.I.
12 PM :30	Drew Drew		Sustain Scattering	Charlie Rose (N)	Paid Prog. Paid Prog.	News Bold & B.	The Unreal Story of Professional	All My Children	News (Live)	Days of our Lives	Boy Beasts		Daily Bold & B.	Journey-Center	Perry Mason	Lilo Stitch Aladdin	Maury	CityLine	Da Vinci's Inquest
1 PM :30	Yes, Dear Yes, Dear		Home Biz Planet	Painting Sewing	Days of our Lives	As the World Turns	al Wrestling	One Life to Live	As the World Turns	As the World Turns	Care Bears George S.	Bowling: 5-Pin	Vicki G. Vicki G.	Monster Garage	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye	Relic Hunter	Cosby Cosby
2 PM :30	Home Imp. Friends	70s Show	Gaslight Journal	Reading Lions	Passions	Gulding Light	City Confidential	General Hospital	Passions	Passions	Mona LazyTown	In Corner Interruption	General Hospital	Deadliest Catch	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye	Ellen DeGeneres Show	Moesha Moesha
3 PM :30	Seinfeld Seinfeld	Starting Over (N)	Bear BluesClues	Postcards Arthur (E)	Judge J. Judge J.	Dr. Phil	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Yu-Gi-Oh!	Off-Record Sports	Dr. Phil	Beyond Tomorrow	Montel Williams	Weekend Lloyd	ER "Hell & High Water"	News	Home Imp. Home Imp.
4 PM :30	Raymond Raymond	Will-Grace Malcolm	Dora Rolie Polle	Cyber Dragonfly	XX Olympic	Oprah Winfrey	Cold Case Files	Millionaire Millionaire	Oprah Winfrey	Early News Global	Tn-Titans Phantom	Interruption NBA Basketball: Toronto Raptors at New York Knicks. (Live)	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Funnest Home Videos
5 PM :30	Raymond Raymond	News (Live)	George S. Koala Bro	BBC World Business	News NBC News	News CBS News	Dog Dog	News ABC News	News Global	News Global	Oddparent SpongeBob	From Turin, Italy. Men's hockey: Finland vs. Switzerland	News	How-Made	Malcolm	K. Possible	Sabrina My Wife	The Collector	Da Vinci's Inquest
6 PM :30	Raymond Raymond	XX Olympic Winter	Mechanics Della's	News-Lehrer	News Raymond	News Hollywood	Inked	News News	News News	ET Canada Entertain	Being Ian Martin	Knicks. (Live)	News American Chopper	Simpsons 70s Show	So Little Darcy	My Wife Friends	Supernatural (N)	Home Imp. Home Imp.	
7 PM :30	Sex & City Sex & City	Games (Same-day Tape)	Undersea Edge	Windsor Castle	Jeopardy!	Seinfeld Friends	Angel	Entertain The Insider	Entertain ET Canada	Falcon Beach	Justice Zixx	SportsCentre (Live)	eTalk Daily Hollywood	MythBusters	Frasier 70s Show	Smart Guy Raymond	Derek Luke. Premiere.	WGN News at Nine	
8 PM :30	Movie: "Along Came a Spider" (2001) (PA)		Discoveries	The Blitz: London's Longest Night	XX Olympic Winter Games (Same-day Tape)	Still Yes, Dear	Crossing Jordan	Lopez Freddie (N)	E-Ring	E-Ring	SpongeBob Sabrina	Off-Record	American Idol (N)	Daily Planet	American Idol (N)	8 Rules Boy World	One Tree Hill (N)	News	Becker
9 PM :30	Movie: "The Net" (1995) (PA)	National News	Avrocar: Saur	Remember	Criminal Minds	Dog Dog	Lost "One of Them" (N)	Bones (N) (PA)	Bones (N) (PA)	15/Love 15/Love	Winter X-Games From Aspen, Colo. (Taped)	Lost "One of Them" (N)	MythBusters	Bones (N) (PA)	Brotherly Radio Free	Beauty and the Geek	Jimmy Kimmel Live (N)	Funnest Home Videos	
10 PM :30	Movie: "The Net" (1995) (PA)		With Glowing Hearts	Plague Hunters	CSI: NY "YoungBlood"	Inked Inked	Invasion "The Nest" (N)	Falcon Beach (N)	News (Live)	My Family Bob	Aspen, Colo. (Taped)	SportsCentre (Live)	News A Haunting	Sex & City	8 Rules	Sex & City	Movie: "Antwone Fisher" (2002)	Da Vinci's Inquest	
11 PM :30	Sandra Bullock	News	Scattering Dotto Tech	Charlie Rose (N)	News Late Show	Angel Angel	Nightline	News (Live)	Entertain ET Canada	Inuyasha Hunter	SportsCentre (Live)	News Gundam	News How-Made	Becker Radio Free	Friends		Fingerprints Derek Luke.	Ellimdate Paid Prog.	

Similkameen News Leader Community Calendar

FEBRUARY

- 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
- 21, 22 - Keremeos Elks Rodeo, Keremeos
- 25-28 - Music Under the K, Keremeos

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

Regular Meetings

- * Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- * Similkameen Christian Riders meet at Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up
- * Princeton Writers Group meets every second and fourth Thursday 7pm at Br 30 Sr Citizens Hall 162 Angela Avenue
- * Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
- * PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
- * Hedley Library open 2-7pm Thursdays
- * Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- * Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- * Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- * Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- * Legion Branch 56 meets 3rd Sunday of month 1:00 p.m. Legion Hall
- * Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- * Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- * Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- * Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in Hospital Board Room.
- * Princeton Toastmasters Club meets 2nd and 4th Tuesday of the month, 7:00 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) ★★½ "Grumpy Old Men" (1993, Comedy) Jack Lemmon. Minnesota neighbors rekindle a 10-year feud when they fall for the same widow.
- 10:00 am CITY (29) ★★ "French Silk" (1994, Mystery) Susan Lucci. A homicide detective is torn between suspicion and overwhelming attraction for his murder suspect, a lingerie designer. (D)
- 11:30 am A&E (9) ★★½ "Glory" (1989, Historical Drama) Matthew Broderick. Col. Robert Gould Shaw trains and leads an all-black regiment of the U.S. Civil War. (D)

AFTERNOON

- 5:00 pm WGN (38) ★ "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) (D)

EVENING

- 6:00 pm WTBS (3) ★★½ "Home Alone" (1990, Comedy) (PA) Macaulay Culkin. Accidentally left by his Paris-bound family, an 8-year-old makes mincemeat of two burglars in the house. (DVS)
- CITY (29) "Tornado Warning" (2002, Suspense) Gerald McRaney. A renowned scientist and his former protégé alert small-town residents about an impending tornado. (DVS)
- 8:00 pm FOX (23) ★★½ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A golden-haired sorority queen vows to win back her ex-boyfriend by gaining admission to Harvard Law School. (In Stereo) (D)
- 8:10 pm WTBS (3) ★★½ "Grumpy Old Men" (1995, Comedy) Jack Lemmon. The wedding of their children and the arrival of a romantic prospect preoccupies bickering Minnesota retirees John and Max. (D)
- 10:05 pm CITY (29) ★★ "Bugs" (2003, Science Fiction) Antonio Sabato Jr. An entomologist accompanies a team of commandos to prevent prehistoric insects from escaping from a subway system. (D)

friday movies

MORNING

- 7:00 am WTBS (3) ★★ "Richie Rich" (1994, Comedy) (PA) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. (D)
- 10:00 am CITY (29) ★★½ "Babe: Pig In the City" (1998, Adventure) Magda Szubanski. Babe befriends the animal denizens of an urban jungle when he and Mrs. Hoggett embark on a mission to save the farm. (D)

AFTERNOON

- 4:30 pm WGN (38) ★★½ "The Pelican Brief" (1993, Suspense) Julia Roberts. A law student is marked for murder after she writes a brief concerning the deaths of two Supreme Court justices. (In Stereo) (D)
- 5:00 pm CITY (29) ★★½ "Beverly Hills Cop" (1984, Drama) Eddie Murphy. A fast-talking cop trails his best friend's killer from the alleys of Detroit to the posh galleries of Beverly Hills. (D)

EVENING

- 6:00 pm WTBS (3) ★★½ "Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. A stuffy executive reluctantly shares travel accommodations with a perky salesman in a

- cross-country comedy of errors. (D)
- 7:30 pm FAM (26) ★★½ "Tiger Cruise" (2004, Drama) Hayden Panettiere. Terrorists strike on Sept. 11, 2001, while a teenager is visiting her father aboard the USS Constellation.
- 8:00 pm KNOW (5) ★★½ "The Wings of the Dove" (1997, Drama) Helena Bonham Carter. A young British aristocrat arranges for her working-class beau to wed a wealthy, dying American. (D)
- 8:10 pm WTBS (3) ★★½ "Turner & Hooch" (1989, Comedy) Tom Hanks. A policeman's organized life is turned upside down after a slobbering dog becomes his only clue in a double murder. (D)
- 9:00 pm FAM (26) ★★½ "Overboard" (1987, Comedy) Goldie Hawn. An Oregon carpenter takes advantage of an amnesiac millionaire by convincing her that she is really his wife.
- 10:05 pm CITY (29) "Beverly Hills Bordello: Volume 5" (1997, Adult) Monique Parent. A collection of three titillating tales, including "Performance," "Love Lessons" and "In the Clinches."
- 10:30 pm FAM (26) ★★½ "Mermaids" (1990, Comedy-Drama) Cher. A teen is caught in an emotional tug-of-war as she tries to deal with both her first love and an unconventional mother.

Horoscopes

February 15 - 22, 2006

Aries - This weekend is a good time to take a look at who you are and what you are all about. You should talk to your partner about it. Watch out for colds, flu, and allergies.

Taurus - This is an excellent week to do some financial planning for the coming year. Set some goals, develop a timetable, and make necessary arrangements. Expect luck this weekend.

Gemini - You become energized this weekend, and you may head into projects like a bulldozer, or you may finally fulfill your dream of travels. You may be travelling for career.

Cancer - You learn something that makes you do a slow burn. You may want to keep your feelings to yourself, but you might as well talk: others can see you are irritable. Guard health.

Leo - You want to go ahead full steam with plans concerning a group, or your private hopes and dreams. Bankers, investors, will look on you favourably. Do not overwork!

Virgo - Partner and career are in conflict this week. Smooth problems by discussion. Keep your mind open. Your thinking may be too rigid. Career matters surge ahead, may be difficult.

Libra - You approach the weekend contented, but you may have to make a short trip on family matters, or due to health concerns. Do firm planning to achieve hopes and dreams.

Scorpio - Young person may want to talk about sharing resources. Listen, but no commitments. Your best interests are not being served. If you gamble this weekend, make it small.

Sagittarius - Partner, spouse is full of energy this weekend, may want to do household project. Energy directed at you may not be aggressive, just exuberant. Enjoy pitching in.

Capricorn - Watch out for colds, flu, this weekend. You may have to take short trip for your job. Keep working on personal appearance. Planning can go ahead rapidly by communication.

Aquarius - You may be tempted to overspend this weekend on fun. Don't. Use same energy for productive activity. Things will change soon. Estimate value of your holdings.

Pisces - This weekend should be great. You are busy around home, making changes, or perhaps just spring cleaning, redecorating. You may have to deal with problem with parent or boss.

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Similkameen News Leader Recipe Corner (Recipe #102)

Pizza Grilled Cheese

(NC)—A delicious twist on the classic grilled cheese sandwich, these are full of yummy pizza flavour and can be made to order with any of your favourite toppings. Great for lunch, after-school or dinner.

- 2 slices Wonder+ Bread
- 1 tsp margarine
- 2 tsp pizza sauce
- 2 tbsp low fat (part skim) shredded mozzarella cheese
- Your favourite pizza toppings (4 thin pepperoni slices, 1 sliced mushroom, 1/4 green pepper)

- Lightly spread margarine on one side of each slice of Wonder+ Bread.
- Place one slice margarine side down in a frying pan over medium heat.
- Add pizza sauce, shredded cheese and all your favourite toppings, and cover with the second slice of bread, margarine side up.
- Flip and lightly brown.
- Once cheese is melted, remove from heat, slice in half and enjoy.

Serves 1 Recommended to be prepared by an adult.

Visit your local grocery store to pick up a loaf of Wonder+ in the shiny blue foil bag – identical in taste and texture as white bread, plus all the healthy benefits of whole wheat like fibre and eleven essential nutrients. For more information and kid-friendly recipes visit www.wonderbread.ca.

- News Canada

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

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THURSDAY, FEBRUARY 16, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM 26, KTLA, CITY 29, WGN) and 12 rows (6 AM to 11 PM) showing TV schedules for Thursday, February 16, 2006.

FRIDAY, FEBRUARY 17, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM 26, KTLA, CITY 29, WGN) and 12 rows (6 AM to 11 PM) showing TV schedules for Friday, February 17, 2006.

saturday movies

MORNING

7:00 am WTBS (3) ★★☆☆"Rain Man" (1988, Comedy-Drama) Dustin Hoffman. A wheeler-dealer meets his brother, an institutionalized autistic-savant, heir to \$3 million. (E)

8:00 am A&E (9) ★★☆☆"Lean on Me" (1989, Drama) Morgan Freeman. A principal cleans up a drug-infested New Jersey high school with his own brand of enforced discipline. (E)

10:05 am WTBS (3) ★★☆☆"Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. A stuffy executive reluctantly shares travel accommodations with a perky salesman in a cross-country comedy of errors. (E)

AFTERNOON

12:00 pm FAM (26) ★★☆☆"Life With Mikey" (1993, Comedy) Michael J. Fox. The irresponsible head of a talent agency gains a new perspective when fate pairs him with a streetwise 10-year-old. WGN (38) ★★☆☆"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)

12:20 pm WTBS (3) ★★☆☆"Turner & Hooch" (1989, Comedy) Tom Hanks. A policeman's organized life is turned upside down after a slobbering dog becomes his only clue in a double murder. (E)

12:30 pm CITY (29) ★★☆☆"Star Trek V: The Final Frontier" (1989, Science Fiction) William Shatner. The Enterprise crew falls under the spell of Spock's half brother, a renegade Vulcan on an obsessive quest to find God. (E)

1:30 pm FAM (26) ★★☆☆"Gotta Kick It Up" (2002, Drama) Susan Egan. A teacher inspires a group of Latina schoolgirls to reach for their full potential and become a championship dance team.

2:30 pm WTBS (3) ★★☆☆"Back to the Future" (1985, Science Fiction) Michael J. Fox. A teen takes a crackpot's DeLorean time machine to 1955 and sees his parents in high school. (E)

4:00 pm YTV (18) ★★☆☆"Batman &

Mr. Freeze: Subzero" (1998, Adventure) Voices of Kevin Conroy. Animated. Batman and Robin chase Mr. Freeze, who has kidnapped Batgirl in order to save his wife. (In Stereo) (E)

KTLA (27) ★★☆☆"Cop Land" (1997, Drama) Sylvester Stallone. The hearing-impaired sheriff of a small New Jersey town takes on crooked New York police officers. (In Stereo) (E)

5:00 pm WTBS (3) ★★☆☆"Jerry Maguire" (1996, Romance-Comedy) Tom Cruise. A Los Angeles sports agent finds love with a pretty accountant after an attack of conscience costs him his job and fiancée. (E)

A&E (9) ★★☆☆"Jaws" (1975, Horror) Roy Scheider. A New England police chief, a shark hunter and a scientist have a showdown with a huge white shark. (E)

CITY (29) ★★☆☆"Cast Away" (2000, Drama) Tom Hanks. After a plane crash at sea, a Federal Express engineer survives on a remote island for four years in complete isolation. (In Stereo) (E)

WGN (38) ★★☆☆"Three Amigos!" (1986, Comedy) Chevy Chase. Three bumbling silent-movie cowboy stars head to Mexico and become involved in a small town's battle against a tyrant. (E)

EVENING

7:00 pm VTV (22) "Burn: The Robert Wraight Story" (2004, Docudrama) Jonathan Scarfe. An activist goes against his mentor when protests turn violent against the oil company they believe polluted their land. (E)

8:00 pm KXLY (10) ★★☆☆"Cast Away" (2000, Drama) Tom Hanks. After a plane crash at sea, a Federal Express engineer survives on a remote island for four years in complete isolation. (In Stereo) (E)

8:05 pm WTBS (3) ★★☆☆"Back to the Future Part II" (1989, Science Fiction) (PA) Michael J. Fox. A young man and his inventor friend must take a DeLorean time machine to 2015. (E)

9:00 pm A&E (9) ★★☆☆"Jaws" (1975, Horror) Roy Scheider. A New England police chief, a shark hunter and a scientist have a showdown with a huge white shark. (E)

FAM (26) ★★☆☆"A Simple Twist of Fate" (1994, Drama) Steve Martin. A bitter battle ensues when a child's biological father decides to take custody away from her legal guardian.

CITY (29) ★★☆☆"Nothing to Lose" (1997, Comedy) Martin Lawrence. Premiere. After his wife betrays him, an ad executive becomes a smart-mouthed carjacker's unlikely partner

in crime. 9:30 pm WGN (38) ★★☆☆"Total Recall" (1990, Science Fiction) Arnold Schwarzenegger. Recurring nightmares of the planet Mars lead a confused earthling into the center of an intergalactic conspiracy. (In Stereo) (E)

10:25 pm WTBS (3) ★★☆☆"Jumanji" (1995, Fantasy) Robin Williams. Based on Chris Van Allsburg's tale of a board game that unleashes a stampede of jungle dangers against its players. (E) (DVS)

10:30 pm FAM (26) ★★☆☆"Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. A stuffy executive reluctantly shares travel accommodations with a perky salesman in a cross-country comedy of errors.

11:00 pm CITY (29) ★★☆☆"Star Trek V: The Final Frontier" (1989, Science Fiction) William Shatner. The Enterprise crew falls under the spell of Spock's half brother, a renegade Vulcan on an obsessive quest to find God. (E)

11:30 pm WGN (38) ★★☆☆"Britannic" (2000, Drama) Jacqueline Bisset. An undercover British spy falls in love with a German agent while on a secret mission aboard the Titanic's sister ship. (In Stereo) (E)

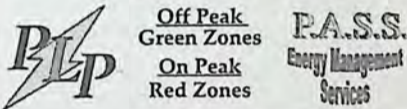
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LEGEND TO THE TV LISTINGS Normal Months September - June "Power By The Hour" Rates

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



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		Schedule for TOU * NORMAL MONTHS						
		September - October - November - December						
		January - February - March - April - May - June						
		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Power by the Hour Rates	By the Hour 10:00 AM to 11:00 PM	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak
	By the Hour 10:00 AM to 11:00 PM	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak
	By the Hour 10:00 AM to 11:00 PM	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak
	By the Hour 10:00 AM to 11:00 PM	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak
	By the Hour 10:00 AM to 11:00 PM	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak
	By the Hour 10:00 AM to 11:00 PM	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak
	By the Hour 10:00 AM to 11:00 PM	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak
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	By the Hour 10:00 AM to 11:00 PM	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak
	By the Hour 10:00 AM to 11:00 PM	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak	Off Peak

sunday movies

MORNING

7:30 am WTBS (3) ★★☆☆"Blast From the Past" (1999, Comedy) Brendan Fraser. A young man experiences culture shock as he navigates 1998 suburbia after spending his whole life in a bomb shelter. (E)

9:45 am WTBS (3) ★★☆☆"Back to the Future Part II" (1989, Science Fiction) (PA) Michael J. Fox. A young man and his inventor friend must take a DeLorean time machine to 2015. (E)

10:00 am FOX (29) ★★☆☆"Clear and Present Danger" (1994, Drama) Harrison Ford. CIA agent Ryan comes up against a duplicitous American government during his quest to nab a Colombian drug lord. WGN (38) ★★☆☆"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)

11:00 am CITY (29) ★★☆☆"Days of Thunder" (1990, Drama) Tom Cruise. A hotshot rookie stock-car driver sets his sights on the professional NASCAR circuit and the pres-

tigious Daytona 500. (E)

AFTERNOON

12:00 pm WTBS (3) ★★☆☆"Jumanji" (1995, Fantasy) Robin Williams. Based on Chris Van Allsburg's tale of a board game that unleashes a stampede of jungle dangers against its players. (E) (DVS)

FAM (26) ★★☆☆"Larger Than Life" (1996, Comedy) Bill Murray. A man embarks on a troublesome cross-country journey accompanied by the pesky pachyderm he inherited from his father.

WGN (38) ★★☆☆"Top Gun" (1986, Drama) Tom Cruise. A maverick Navy pilot is forced to grow up during the course of a specialized training program in California. (In Stereo) (E)

1:00 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)

1:30 pm FAM (26) ★★☆☆"Super Mario Bros." (1993, Fantasy) Bob Hoskins. Based on the popular video game that takes two plumbers on a perilous mission to rescue a parallel-

world princess. 2:00 pm WTBS (3) ★★☆☆"Jerry Maguire" (1996, Romance-Comedy) Tom Cruise. A Los Angeles sports agent finds love with a pretty accountant after an attack of conscience costs him his job and fiancée. (E)

VTV (22) ★★☆☆"The Night of the Twisters" (1996, Drama) John Schneider. A Nebraska youth comes of age as he helps save his family and others from a series of devastating tornadoes. (In Stereo) (E)

3:00 pm KTLA (27) ★★☆☆"Dangerous Beauty" (1998, Drama) Catherine McCormack. Unable to wed the nobleman she loves, a 16th-century Venetian woman opts to improve her lot by becoming a courtesan. (In Stereo)

4:00 pm YTV (18) "Funky Monkey" (2004, Comedy) Matthew Modine. A CIA agent must infiltrate a laboratory to free a chimpanzee trained in martial arts. (In Stereo) (E)

5:00 pm WTBS (3) ★★☆☆"O Brother, Where Art Thou?" (2000, Comedy-Drama) (PA) George Clooney. A mysterious lawman tracks three escaped convicts searching for buried treasure in 1930s Mississippi. (E)

EVENING

6:00 pm YTV (18) ★★☆☆"Dunston Checks In" (1996, Comedy) Jason Alexander. No one believes a boy's claims that a fugitive orangutan is monkeying around in the halls of a prestigious hotel. (In Stereo) (E)

CITY (29) ★★☆☆"Terminator 3: Rise of the Machines" (2003, Science Fiction) Arnold Schwarzenegger. Premiere. A cyborg from the future must protect John Connor and a former classmate from a superior model sent to kill them. (In Stereo) (E)

7:00 pm WTBS (3) ★★☆☆"O Brother, Where Art Thou?" (2000, Comedy-Drama) (PA) George Clooney. A mysterious lawman tracks three escaped convicts searching for buried treasure in 1930s Mississippi. (E)

9:00 pm WTBS (3) ★★☆☆"The Thomas Crown Affair" (1999, Adventure) Pierce Brosnan. An insurance investigator finds herself falling in love with the suave tycoon she suspects masterminded an art theft. (E)

KREM (8) ★★☆☆"Terminator 3: Rise of the Machines" (2003, Science Fiction) Arnold Schwarzenegger. Premiere. A cyborg from the future must protect John Connor and a former classmate from a superior model sent to kill them. (In Stereo) (E)

FAM (26) ★★☆☆"Airplane!" (1980, Comedy) Robert Hays. A pilot afraid to fly follows his stewardess ex-girlfriend and must take over for the poisoned crew.

10:30 pm FAM (26) ★★☆☆"Before and After" (1996, Drama) Meryl Streep. Two parents find their peaceful lives forever changed when their teenage son is suspected of murdering his girlfriend.

11:00 pm WTBS (3) ★★☆☆"Air America" (1990, Adventure) Mel Gibson. During the Vietnam War, a co-pilot has a sobering effect on his partner, a CIA-sanctioned drug smuggler. (E)

11:30 pm CITY (29) ★★☆☆"Nothing to Lose" (1997, Comedy) Martin Lawrence. After his wife betrays him, an ad executive becomes a smart-mouthed carjacker's unlikely partner in crime.

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SATURDAY, FEBRUARY 18, 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)	KTVA (27)	CITY (29)	WGN (38)
6 AM	XCU Storyline	XX Olympic Winter Games (Live)	(Off Air)	Globe Trekker	To Be Announced	Saturday Early Show	Ask This	Good Morning America	Pioneers	Design Room	Monster	(5:00) XX Olympic Winter Games (Live)	Owl/TV Kingdom	Greatest Ever...	Paid Prog.	Spider-Man	Paid Prog.	Indo	Paid Prog.
7 AM	Movie: "Rain Man" (1988)	Games (Live)	BluesClues	MotorWeek	News	LazyTown	Old House	Good Morning America	News (Live)	News (Live)	Krypto	Games (Live)	Katie-Orbie	Greatest Myst.	DoReMi	Robot	Coconut	Eye on Asia	Paid Prog.
8 AM	Dustin Hoffman, Tom Cruise		George S.	Fly Tying		Go Diego	Old House	Good Morning America			Battle		Hobo		DoReMi	W.I.T.C.H.	Coconut	Polish Studio	Paid Prog.
9 AM	Cruise	XX Olympic Winter Games (Live)	Arthur	Router		Backyard	Movie: "Lean on Me" (1989)	Saturday			Yu-Gi-Oh!	XX Olympic Winter Games (Live)	Good Morning Canada	Disaster Detectives	Bratz	Suite Life	Viewtiful	Arts	Paid Prog.
10 AM	Movie: "Planes, Trains and Automobiles" (1987)	Games (Live)	Paddington	Workshop		Dora	Morgan Freeman	Proud			So Raven		Nature	Science of Kissing	Winx Club	So Raven	Xisolin	Arts	Home Imp.
11 AM	Automobiles (1987) Steve Martin		Jakers	Ask This	Tutenstein	Discover	Airline	Suite Life	GetUpGrow	Caitlin	Phantom		Eagle	How-Made	Sonic X (N)	Even	Pokémon	CityLine	Cosby
12 PM	(12:20) Movie: "Turner & Hooch" (1989) Tom Hanks		Babar	Americas	Time Warp	College Basketball: Kentucky at South Carolina	Airline	Phil	Canada	Eagle	AmiYumi		Daily Planet	Mayday II "Blow Out"	Animal Atl	School	Johnny T	NewMusic	Soul Train (N)
1 PM	Movie: "Back to the Future" (1985) Michael J. Fox		Macphee	Chefs	XX Olympic Winter Games	Airline	Lilo Stitch	Foster Plan	Sled Trail	Justice	Avatar		Creepy Canada	Greatest Ever...	Paid Prog.	Movie: "Life With Mikey" (1993)	Libertys	Chart	Movie: "Incognito" (1997) Jason Patric
2 PM	Movie: "Back to the Future" (1985) Michael J. Fox		Quitting	Ming		Airline	The Em	Design	Ski	Avator			Eagle	American Chopper	Will-Grace	Movie: "Gotta Kick It Up" (2002)	Libertys	Frontier	Farscape
3 PM	Movie: "Back to the Future" (1985) Michael J. Fox		Router	Lidas		Airline	PGA Golf: Nissan Open -- Third Round (Live)	Guide	'70s Show	Beyblade			Car	American Chopper	Will-Grace	Movie: "Gotta Kick It Up" (2002)	Libertys	Frontier	Farscape
4 PM	Movie: "Back to the Future" (1985) Michael J. Fox		SportFish	Garden		Airline	College Basketball: UConn at W.Va. or Mo. at Kan.	Sled Trails	'70s Show	Cybertron			First Story	American Chopper	Will-Grace	Movie: "Gotta Kick It Up" (2002)	Libertys	Frontier	Farscape
5 PM	Movie: "Back to the Future" (1985) Michael J. Fox		Dotto Tech	Painting		Airline	American Justice	World Ski	'70s Show	Battle			Raising Rover	American Chopper	Will-Grace	Movie: "Gotta Kick It Up" (2002)	Libertys	Frontier	Farscape
6 PM	Movie: "Back to the Future" (1985) Michael J. Fox		Fork Fork	Piano Guy		Airline	American Justice	Just Shoot	'70s Show	D.I.C.E.			How-Made	American Chopper	Will-Grace	Movie: "Gotta Kick It Up" (2002)	Libertys	Frontier	Farscape
7 PM	Movie: "Back to the Future" (1985) Michael J. Fox		Animals	Antiques Roadshow (N)		Airline	American Justice	Just Shoot	'70s Show	D.I.C.E.			How-Made	American Chopper	Will-Grace	Movie: "Gotta Kick It Up" (2002)	Libertys	Frontier	Farscape
8 PM	Movie: "Back to the Future" (1985) Michael J. Fox		Jeopardy!	BluesClues	Coastal	Discover	American Justice	Just Shoot	'70s Show	Simpsons	Flamingo		How-Made	American Chopper	Will-Grace	Movie: "Gotta Kick It Up" (2002)	Libertys	Frontier	Farscape
9 PM	Movie: "Back to the Future" (1985) Michael J. Fox		How I Met	Dora	Food	Discover	American Justice	Just Shoot	'70s Show	Simpsons	Mystery		How-Made	American Chopper	Will-Grace	Movie: "Gotta Kick It Up" (2002)	Libertys	Frontier	Farscape
10 PM	Movie: "Back to the Future" (1985) Michael J. Fox		Court Alex	Rolie Polle	Europe	ER "Sharp Relief"	City Confidential	Simpsons	Simpsons	"Batman & Mr. Freeze: Subzero"			How-Made	American Chopper	Will-Grace	Movie: "Gotta Kick It Up" (2002)	Libertys	Frontier	Farscape
11 PM	Movie: "Back to the Future" (1985) Michael J. Fox		Will-Grace	Jakers	Steves Europe	ER "Sharp Relief"	City Confidential	Simpsons	Simpsons	"Batman & Mr. Freeze: Subzero"			How-Made	American Chopper	Will-Grace	Movie: "Gotta Kick It Up" (2002)	Libertys	Frontier	Farscape

SUNDAY, FEBRUARY 19, 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)	KTVA (27)	CITY (29)	WGN (38)
6 AM	Movie: "Back to the Future" (1985)	(3:00) XX Olympic Winter Games (Live)	(Off Air)	Noddy	Meet the Press	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Fishin	Monster	XX Olympic	Acorn Kids	Dirty Jobs	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
7 AM	Movie: "Back to the Future" (1985)	Games (Live)	BluesClues	Bob Bull	Flight 29	CBS News Sunday Morning	24	News	Countertop	Canada	Winx Club	XX Olympic Winter Games (Live)	Good Morning Canada	A Haunting	Libertys	Robot	Amazing	Eye on Asia	Paid Prog.
8 AM	Movie: "Back to the Future" (1985)		Dora	Thomas	XX Olympic Winter Games (Live)	24	News	Canada	Is Written	Mew Mew			A Haunting	Business	W.I.T.C.H.	Believers	Eye on Asia	Paid Prog.	
9 AM	Movie: "Back to the Future" (1985)		George S.	Jakers		24	News	News (Live)	TribalTrail	Neutron			A Haunting	Fox News Sunday	Suite Life	Feed	Eye on Asia	Hillbillies	
10 AM	Movie: "Back to the Future" (1985)		Bus	Real		24	News	News (Live)	Vision	Robot			A Haunting	So Raven	Increasing	Italiano di Johnny Lombardi (In Italian)	Festival	Hillbillies	
11 AM	Movie: "Back to the Future" (1985)		Arthur	Maya		24	News	News (Live)	Hour of Power	Oddparent			A Haunting	Phil	Changing	Movie: "Days of Thunder" (1990) Tom Cruise	Celebrity Poker Showdown	HomeTeam (N)	
12 PM	Movie: "Back to the Future" (1985)		Paddington	Zoom (E)		24	News	News (Live)	Hour of Power	Grown Up			A Haunting	So Raven	Increasing	Italiano di Johnny Lombardi (In Italian)	Festival	Hillbillies	
1 PM	Movie: "Back to the Future" (1985)		Jakers	Coll Frm		24	News	News (Live)	Hour of Power	Grown Up			A Haunting	So Raven	Increasing	Italiano di Johnny Lombardi (In Italian)	Festival	Hillbillies	
2 PM	Movie: "Back to the Future" (1985)		Babar	Money	NASCAR Racing: Nextel Cup Series -- Daytona 500. From Daytona International Speedway in Daytona Beach, Fla.	Motorcycle Racing	Dallas SWAT	College Basketball: Regional Coverage	Heart City	Ride Guide	Catscratch	NASCAR Pre-Race	Travel	MythBusters	Ult Poker Chal.	Smart Guy	Movie: "Dangerous Beauty" (1998), Rufus Sewell	MovieTV	Maximum Exposure
3 PM	Movie: "Back to the Future" (1985)		Swap TV	Foreign	Snowboarding	Sell House	Dallas SWAT	PGA Golf: Nissan Open -- Final Round (Live)	Hour of Power	Antique	Being Ian	NASCAR Racing: Nextel Cup Series -- Daytona 500. (Live)	Question Period	World Records	Maximum Exposure	Movie: "Super Mario Bros." (1993)	Jason Patric	StarTV	Exposure
4 PM	Movie: "Back to the Future" (1985)		CG Kids	WealthTrk	College Basketball: Regional -- Ariz. at Stanford or Ind. at Ill.	Design	Dallas SWAT	Men	News (Live)	TBA	Jacob	W-FIVE	World Records	Maximum Exposure	Movie: "Super Mario Bros." (1993)	Jason Patric	StarTV	Exposure	
5 PM	Movie: "Back to the Future" (1985)		Outta Town	NOW	College Basketball: Regional -- Ariz. at Stanford or Ind. at Ill.	Design	Dallas SWAT	Men	News (Live)	TBA	Jacob	W-FIVE	World Records	Maximum Exposure	Movie: "Super Mario Bros." (1993)	Jason Patric	StarTV	Exposure	
6 PM	Movie: "Back to the Future" (1985)		Skooped!	European	College Basketball: Regional -- Ariz. at Stanford or Ind. at Ill.	Design	Dallas SWAT	Men	News (Live)	TBA	Jacob	W-FIVE	World Records	Maximum Exposure	Movie: "Super Mario Bros." (1993)	Jason Patric	StarTV	Exposure	
7 PM	Movie: "Back to the Future" (1985)		Artists' Specials: Degas	Ending AIDS	College Basketball: Regional -- Ariz. at Stanford or Ind. at Ill.	Design	Dallas SWAT	Men	News (Live)	TBA	Jacob	W-FIVE	World Records	Maximum Exposure	Movie: "Super Mario Bros." (1993)	Jason Patric	StarTV	Exposure	
8 PM	Movie: "Back to the Future" (1985)		Canada-History	Ending AIDS	College Basketball: Regional -- Ariz. at Stanford or Ind. at Ill.	Design	Dallas SWAT	Men	News (Live)	TBA	Jacob	W-FIVE	World Records	Maximum Exposure	Movie: "Super Mario Bros." (1993)	Jason Patric	StarTV	Exposure	
9 PM	Movie: "Back to the Future" (1985)		Jeopardy!	BluesClues	Health Matters	Paid Prog.	Discover	Flip This House	WGC	Taste	Simpsons	Zixx: Level	XX Olympic Winter Games (Live)	Invasion "The Nest" (N)	Columbia	Suite Life	Rufus Sewell	StarTV	Exposure
10 PM	Movie: "Back to the Future" (1985)		Gold Trails	Dora	Madellne	Hometime	CSI: Crime Scn	ER "Carter's Choice"	Old House	HeartCity	Global	House	Motoring	Twins	True Crime Scene (N)	HomeTeam	Maggie	Charmed	Seinfeld
11 PM	Movie: "Back to the Future" (1985)		Diva Dime	Rolie Polle	Wdwright	CSI: Crime Scn	ER "Carter's Choice"	ER "Carter's Choice"	Old House	HeartCity	Global	House	Motoring	Twins	True Crime Scene (N)	HomeTeam	Maggie	Charmed	Seinfeld

MONDAY, FEBRUARY 20, 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 (33)
6 AM	Dawson's Creek (E)	(3:00) XX Olympic Winter Games (Live) (E)	(Off Air)	Teletubbs Calliou (E)	News (E)	News	24 (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona	SportsCentre (E)	News (E)	Daily Planet (E)	Bellevue Paid Prog.	King (E)	News Calvin, Miller	Maury (E)	Hillbillies
7 AM	Movie: "Son-in-Law" (1993)		BluesClues	Clifford	Today (E)	The Early Show (E)	24 (E)	Good Morning America (E)			Winx Club Jacob	SportsCentre (E)	Canada AM (E)	Canadian Geographic	Sabrina	K. Possible	News (E)	CityLine (E)	Rockford Files
8 AM	Pauly Shore (E)		Hi-5	Dragon			24 (E)			100 Huntley Street (E)	Boy Beasts	SportsCentre (E)		How-Made	Paid Prog.	Weekend		StarTV	Matlock "The Scam"
9 AM	Becker	XX Olympic Winter Games (Live) (E)	Arthur (E)	Sesame Street (E)		Discover	Amer. Justice	Regis and Kelly	100 Huntley Street (E)	World Vision	LazyTown	Off-Record	Regis and Kelly	Daily Planet (E)	Fam. Feud	Pooh	Maury (E)	News (E)	Magnum, P.I. (E)
10 AM	Cosby		Paddington	Barney	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (E)	World Vision (E)	House Diva Dime	Rupert	XX Olympic Winter Games (Live)	The View (E)	How-Made	Starting Over (E)	JoJo Feet	Jerry Springer (N) (E)	Movie: "Mr. Nice Guy" (1997)	News (E)
11 AM	Harvey Home Imp.		Snoops	Mr Rogers	The Tyra Banks Show	Young and the Restless	24 (E)	Paid Prog.	The Insider	News (Live) (E)	Hamtaro		eTalk Daily	Super Ships (E)	Montel Williams (N)	Stanley King (E)	Blind Date	Jackie Chan (E)	Magnum, P.I. (E)
12 PM	Draw		Undersea	Charlie Rose (N) (E)	Paid Prog.	News	24 (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy Beasts		Daily	Nostradamus: Beyond	Perry Mason	Lilo Stitch	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
1 PM	Yes, Dear		Moving On	Fine Art	XX Olympic Winter Games	As the World Turns	24 (E)	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.	PBA Bowling: U.S. Open.	Vicki G.	Canada's Worst Driver	Matlock (E)	Hoze Mouse	Jerry Springer (E)	Relic Hunter (E)	Cosby
2 PM	Home Imp.		Gaslight	Reading	From Turin, Italy.	Gulding Light (E)	24 (E)	General Hospital (E)	Golden Years	Day Inside: Stampede	Mona	Interruption	General Hospital (E)	How-Made	Love Lucy	Dalmatian	Eye Eye	Ellen DeGeneres Show	Moesha
3 PM	Seinfeld	Starting Over (E)	Bear	Postcards	Women's hockey: gold medal final; bobsled: women's. (Same-day Tape) (E)	Dr. Phil (E)	Amer. Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Sports	Dr. Phil (E)	Greatest Ever... (E)	Montel Williams (E)	Weekend	ER (E)	News (E)	Home Imp.
4 PM	Raymond	Will-Grace	Dora	Cyberchas		Oprah Winfrey (E)	Cold Case Files (E)	Millionaire	Oprah Winfrey (E)	Early News	AmiYumi	XX Olympic Winter Games	The Tyra Banks Show	Daily Planet (N) (E)	Little House	Barbarian Proud	8 Rules	Sex & City	Funnest Home Videos
5 PM	Friends	News (Live) (E)	George S.	BBC World		News	Flip This House (E)	News (E)	News (E)	News (Live) (E)	Oddparent	From Turin, Italy. Curling.	MythBusters (E)	Malcolm King of Hill	K. Possible	Sabrina	VJ Search (E)	America's Funniest Home Videos (E)	
6 PM	Friends	XX Olympic Winter Games (E)	Backyard	News-Lehrer	News (E)	News	Serial Killer	News (E)	News (Live) (E)	ET Canada	Being Ian	WWE Monday Night Raw (Live) (E)	News (E)	Dirty Jobs (E)	Simpsons '70s Show	So Little	My Wife	Sex & City	Videos (E)
7 PM	Family Guy		Gardens	My Hero	Fortune	Friends	Rollergirls "Orange" (N)	Entertain	ET Canada	Love Monkey (N) (E)	Unfabulous 15/Love		eTalk Daily Hollywood	Deadliest Catch (E)	Frasier '70s Show	Smart Guy	Raymond	The Bachelor: Paris (N)	WGN News at Nine
8 PM	Movie: "Ready to Rumble" (2000, Comedy)		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 "Wife Swap Saved My Marriage" (N)	House "Skin Deep" (N)	24 (N) (PA) (E)	15/Love	WWE Monday Night Raw (E)	Corner Gas Degrassi	Daily Planet (E)	House "Skin Deep" (N)	8 Rules	Movie: "Agent Cody Banks" (2003) (E)	News (E)	Sex & City
9 PM	Comedy		Perspectives "Winning"	American Experience		Two Men Court Alex	Flip This House (E)	Marriage (N)	24 (N) (PA) (E)	15/Love	Fresh Pr.		Medium "Raising Cain"	Dirty Jobs (E)	24 (N) (PA) (E)	Brotherly Radio Free	Banks	Jimmy Kimmel Live	Funnest Home Videos
10 PM	Movie: "Son-in-Law" (1993)		Women-Badge	Fort		CSI: Miami "Nailed"	Serial Killer	The Bachelor: Paris (N)	Love Monkey (N) (E)	News (Live) (E)	My Family Bob		CSI: Miami "Nailed"	Deadliest Catch (E)	News	Popular "Under Siege" (1998)	KTLA Prime News (E)	Movie: "One True Thing" (1998)	Da Vinci's Inquest (E)
11 PM	Pauly Shore (E)	National News (E)	Canada-History	Charlie Rose (N) (E)		News	Rollergirls "Orange" (N)	News (Live) (E)	ET Canada	Entertain Hack/Sign (E)	Inuyasha	SportsCentre (Live) (E)	News (E)	MythBusters (E)	Sex & City	Radio Free	Friends	Meryl Streep	Eliminate

monday movies

MORNING

7:00 am WTBS (3) ★½ "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)

10:00 am CITY (29) ★★½ "Mr. Nice Guy" (1997, Comedy) Jackie Chan. A television chef gets caught up in a gang war when he helps a reporter escape from a crime lord. (E)

EVENING

8:00 pm WTBS (3) ★½ "Ready to Rumble" (2000, Comedy) David Arquette. Two die-hard fans vow to help wrestler Jimmy the King make a comeback after a loss destroys what was left of his career. (E)

KTLA (27) ★★ "Agent Cody Banks" (2003, Adventure) Frankie Muniz. Recruited by the CIA, a teen works under cover to befriend a girl whose father is a pawn for an evil organization. (In Stereo) (E)

10:00 pm WTBS (3) ★½ "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)

10:06 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.

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Let's Play Princeton Trivia!

Question:

The Big Booster Dance was held Friday, June 28, 1929. What was its purpose?

Last Week:

Princeton tap water was chlorinated for the first time. A chlorinator, supplied by the BC Government Public Health Department, was installed at the pump station October 14, 1949.

www.princetonmuseum.com

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

LET'S TALK ABOUT "WHAT VOLUNTEERS DO"

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



card of thanks

Princeton Crisis Assistance has once again had a very successful hamper drive. We need to thank the following:

A&W Restaurant - Al & Shirley Hall for a wonderful free dinner - BC Liquor Store for the Teddy Bears - BPOE Elks #280 for the use of the hall and all their help - Beaupre Diamond Drilling - CUPE Local 847 - CUPE Local 608 - Century 21 Princeton Realty - Dairy Queen - Dr. Barry Cook - Dr. Douglas B. Reid, Inc. - Father Gordon Walker and the Catholic Church for the use of their hall - John Allison Elementary School - Katimavik crew (what a bunch!) - Mac's Auto Parts - Similkameen News Leader - Old Age Pensioners Branch 185 - Overwaitea and employees - Pharmasave - Princeton Town Pantry - Princeton Builders Mart - Princeton Lions Club - Princeton Posse Hockey Team - Princeton Bakery - Princeton Country Chapel - Princeton Pentecostal Church - Princeton Volunteer Fire Fighters - Princeton Light & Power and employees - Princeton Teachers Union - Princeton Baptist Church - Princeton Redi-Mix - Princeton High School - RCMP - Radio Shack - River's Edge RV Park - Royal Canadian Legion Youth Auxiliary #56 - Royal Canadian Legion #56 - Royal Canadian Legion Ladies Auxiliary #56 - Senior Citizens Branch #30 - Similkameen Valley Riders ATV Club and Richard & Margaret Lubiak - Soleil Clinic - Similkameen Spotlight - St. Paul's United Church - The Hut - Town of Princeton - Valley First Credit Union Head Office, local branch and employees - Vermilion Forks Elementary School - Westland Insurance - stores who had our collection boxes at their place of business - the late Curly Adams (Curly was a well-loved supporter of Crisis Assistance. He will be missed terribly. Also thank you to Lynne Adams who took care of his final gift to us.) - Special thanks to Ursel Ebenau, Brenda Kirkland and Mrs. Sparrow. Also a HUGE THANK YOU to Liz and John Knightley and Marena White for keeping the store running during the Christmas Hamper rush. If we have forgotten anyone, please accept our sincerest apologies. - Princeton Crisis Assistance

card of thanks

for sale

WOOD PELLET SALES & DELIVERY
Call
Princeton Rentals
(250) 295-6545

wanted

Princeton Childcare Services is in the process of adding items to their loan cupboard and is in need of cribs, mattresses, high chairs, play pens, strollers, toddlers exercisers, etc. Also infant to toddlers clothing and toys are needed. Please call (250) 295-3126 and ask for April or Penny.
Feb 14-Mar 14

notices

RIDGEWOOD LODGE
Are you a Long Term Care-Aide looking for casual work in the Princeton area? If so please contact Jan Goss (Manager Ridgewood Lodge) at (250) 295-4430 for information.
Feb 14-Mar 7

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
295-3196 Apr 30

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

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

1996 F-250 Ext-Cab. Diesel, 4x4. Well-maintained. \$11,500.00 OBO. 1995 Jeep YJ SE. New tires, CD Player. \$5,000.00 OBO. Call (250) 295-6949. Feb 14-Mar 7

1998 Ford F-150 Super Cab. 3-door Lariat. Fully-loaded. Power drivers seat, leather, PW, PD, AC, matching canopy. In excellent condition. NO GST! \$12,000.00 OBO. (250) 295-7334. Feb 14-28

services

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Jul 06-tfn

help wanted

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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.

Experienced housekeeper required at Sandman Inn, Princeton. Please apply in person with resume and references. See Darlene or Bob. Feb 14-Mar 7

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. to Mar 14

Large 2-bedroom house on 3rd Bench. Damage Deposit/References required. \$650.00/month. (250) 295-0305. to Feb 28

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

KALOTIRE

Kal Tire is looking for an eager, self-starting individual, who has a Class 5 Drivers License. The ability to work in, and contribute to a team atmosphere is a must. Compensation based on training accomplishments. If you have these skills, and are interested in developing a career with our company, drop off Resumes at store, or e-mail Manager at ray_poole@kaltire.com, or fax to (250) 295-3074.

KALOTIRE

Belly Dancing / Yoga

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

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

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

services

services



Housekeeper Available

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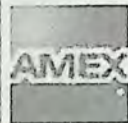
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WEEKLY DEADLINE IS 12 NOON FRIDAYS



for rent

FOR RENT
 • UPPER DUPLEX, 2 BDRM,
 LARGE LIVINGROOM,
 \$500/MO INCLUSIVE DRIVE
 BY 1088-7 MILE RD. TO
 VIEW.
 Drive by then call Neil at
 295-6977 Mar 23-tfn

for rent

VERY CLEAN
 One Bedroom Apartments.
 - 2-minute walk to
 downtown Princeton.
 - Some suites overlook
 Tulameen River!
 - Start at only
 \$325/month.
 Contact new resident manager
 (250) 295-4805
 Mar 03-tfn

help wanted

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

for sale

ALL NATURAL
 NO ANIMAL BY-PRODUCTS
 100% ALL VEGETABLE
 GRAINED
 ORDER SOON FOR
BABY BEEF
 LATE LAMB AVAILABLE SOON
(250) 295-3739
 Jul 19-tfn

notices

**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!

notices

for rent

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

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

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PROVINCE OF BRITISH COLUMBIA
 MINISTRY OF FORESTS
**IMPORTANT NOTICE
 BC TIMBER SALES
 TIMBER SALE LICENCE A76280
 Amendment #1 - Sunday Summit
 Cascades Field Unit**
 The upset stumpage rate for Sawlog & Grade 3 for timber sale licence A76280
 has been recalculated using the variable cost method. The new upset rate is
 \$8.19/m3.
 Logging method: This timber sale licence has been designed for harvest using
 the conventional system and cable system.
 Applications will be accepted by the Timber Sales Manager, Kamloops
 Business Area, 1265 Dalhousie Drive, Kamloops, BC V2C 5Z5 on the same
 original date and time, 2:00 PM on February 16, 2006.
 New documents reflecting the changes for the tender package as well as other
 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>.

PROVINCE OF BRITISH COLUMBIA
 MINISTRY OF FORESTS
**BC TIMBER SALES
 TIMBER SALE LICENCE A75162**
 Take notice that, pursuant to Section 20 of the *Forest Act*, timber sale licence
 A75162 is being offered for sale by BC Timber Sales, Kamloops Business
 Area.
 Closing Date: March 2, 2006 at 2:00 PM
 Geographic Location: Siwash Creek
 Field Unit: Cascades
 Estimated Volume: 6,665 cubic metres, more or less
 Term: 1 year
 NOTE: LICENSEE WILL BE RESPONSIBLE FOR DEBRIS PILE BURN-
 ING; NO EXEMPTIONS.
 Logging method: This timber sale licence has been designed for harvest using
 conventional logging systems. The use of other systems may be subject to the
 Forest Practices Code of British Columbia Act and its regulations.
 Upset Stumpage Rate / cubic metre for competitive volumes:

Timber Mark	Product	Volume	Rate
75162	Sawlog	6,665	\$11.27

 SPECIAL NOTE: The upset rate and bonus bid will apply to both the Grade
 code (blank) green sawlog and the Grade 3. Grade 4, 5 & 6 will be billed at
 minimum stumpage rates of \$.25 m3. The upset rate for this TSL has been cal-
 culated using the variable cost method.
 Species percent:

Timber Mark	Species	%
75162	Lodgepole Pine	99.8%
75162	Douglas Fir	.2%

 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 Any.
 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 Area, 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
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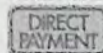
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notices

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

my turn

When is 49mW enough?

We had an interested discussion over morning coffee the other day. It revolved around how difficult it is for new industry to get a foothold on the community with so much misinformation, rumour and distrust.

We were speaking primarily about the Compliance Energy project, but added Petrobank's project and two old projects that never got far in the area (meat processing plant and a medical waste disposal facility).

Why is it Princeton residents are so - um, skeptical - of anything new in industrial development? We aren't saying the environment is not important, but why do people continue to not believe the words of the developers when they say they can meet or beat government-regulated standards and have paperwork from independent studies to prove these facts?

Who do you not trust, Princeton? Is it the government who set the standards or is it the developer who is forced to meet those standards before being issued a licence to operate?

We've sat through far too many public information meetings that seem to mostly attract those who have already decided they are against the proposed project being presented. It makes us wonder why so many of these 'not bad' ideas never get far.

Is it because the system that is in place meant to protect us has become the system that tends to screw us over?

We look at it a little differently. We think the corporations who come to town with these big plans should put some money into developing a far better PR department.

Hey - that's part of what we do here - so we think we've come up with a pretty good ad campaign for at least one of the developers.

The issue of 49 megawatts has really become a hang up in understanding for the project planned for the former Similco Mine site.

Maybe the ad campaign could - um, generate - some positives. "OTHER POWER PLANTS MAY BE BIGGER, BUT WE CAN GET THE JOB DONE WITH ONLY 49-MEGAWATTS!" or "PRINCETON, WE COULD HAVE BEEN A 48-MEGAWATT POWER PLANT...BUT INSTEAD WE WENT UP TO 49!"

There's no doubt the spin doctors need to work on finding the right prescription that will cure the problem with the misconception of what is really going with these projects.

How many of us will be willing to take the medication?

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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TIS TOONS
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your turn

Good drivers take the hit

Dear Editor,

The bad news is that we are all going to experience 'another' large increase in our ICBC insurance rates in order to offset the supposed, huge increase in property damage and medical claims.

You and I, the people who drive with common sense and don't have accidents, are once again expected to dig deeper and pay out for the irresponsible who steal cars and go for joy rides, the street racers, the road rage, the aggressive drivers who feel that those abiding by the law don't belong on the road and those who don't display as much common sense behind the wheel as the rest of us have in our little finger, if I missed anyone, then all I can say is 'sorry' I haven't yet thought up a category you fit in.

Where are the rewards for the good drivers? Sure we enjoy a little decrease in our rate, BUT, we are still assessed the increase to cover for the bad driver! This is Democracy? ICBC owns the only show in town, you either pay or walk. Where is our freedom of choice?

When dear old Dave came up with ICBC, it was a good idea. "The People's Non-Profit Insurance Corporation?" Now it's a little more than a BC Government Cash Cow! And as for the non-profit insurance corporation, if it's non-profit where does it find the money to purchase loser Shopping Malls? Guilford Mall, Surrey, BC? and who knows what else.

This sort or reminds one of the 1967 Expo in Montreal, only with

a new twist, or is it? Millions of dollars in over-runs, so all of Canada paid and paid the bill, did we ever see five cents returned? I guess not, the only ones who reaped the benefit were the large corporations and the City of Montreal.

So is this ICBC huge increase a Gordo Campbell dodge to cover financial short falls on the 2010 'Flash in the Pan?' A flash in the pan where once more, you and I (in the BC Interior) will be very fortunate if we enjoy even a one percent return on our dollars invested? But in return, you can bet that the sponsoring corporations will make nothing but big bucks from the 2010 Winter Olympics.

Letter To The Editor

Toews talks politics

Dear Editor,

I have thoroughly enjoyed Dawn Johnson's recent columns, possibly due to shared interests. And I believe that no one is completely unbiased: she's not and I most certainly am not. Would it not be a dull world if we all agreed with one particular person's political punditry?

Having said that, I would challenge a few of her assertions in "People confused about 'isms,'" 1) "Conservatives believe in power for the elite few" -- not even a Conservative will deny that, but "they had no regard for the poor" needs to be explained. They did after all recognize that they depended on the poor to maintain their elaborate lifestyle.

It's long past time that ICBC was deregulated, or deregulated to the point where it has to compete on the open market. Then and only then will we again have a choice of our insurer, insurance companies will again compete to insure us, The 'Safe Common Sense Drivers.'

I, like I'm sure you will agree, have reached the point where I've drawn the line, I refuse to continue being the scapegoat and paying the bill for insurance on my vehicle, when I know very well that I'm also paying for those who couldn't give a damn about the law or the rest of us. If they want to drive with total disregard, then pay their own bill.

- Don Kieler, Chase

Accordingly, they donated just enough to church-sponsored charities to assuage their consciences and, hopefully, to pave their way to the Great Beyond. This still holds true for today's Christian Conservatives -- as well as Christian Democrats. Are you confused yet? If not, you soon will be.

2) "Christianity is democratic. I could never understand Conservative Christians" -- this may be a little harder to explain -- I believe, most of us nothing could be easier to understand than the fact that Jesus was a Democrat. But Conservative Christians believe in Theocracy (government based on religious beliefs) and thatcontinued on Page 24

Current Comment:

Have community values shifted?



Dawn Johnson
editor@thenewsleader.ca

For the past 20-something years, I have been a member of the Fall Fair Association. I enjoy being a member. I enjoy the work I do toward organizing the annual fair. Now I see the possibility of the fair not happening, and I feel it is a strange situation.

Most organizations fall apart because they have failed to raise enough money or they cannot attract enough volunteers or their past efforts have failed. None of this is true for our local Fall Fair Association. There is more money in the bank now than in any previous year thanks to ongoing successes, sponsor support and grants from Regional District, Town of Princeton and Weyerhaeuser. The Fall Fair does not lack volunteers. We have people who come back, year after year, to do their hours of volunteer work. My own daughter has come back to Princeton two years in a row to help, because she enjoys meeting and mixing with all of the people at the fair.

So why can't we get a President, two Vice-Presidents, three Directors, and a whole lot more members?

People tell us, "I'd be glad to volunteer at the fair, but I don't want to be a member."

Volunteers are appreciated. The month after the fair, the Board hosts an appreciation dinner for sponsors and volunteers. Not many attend, but it is a nice night out with a good dinner.

The Fall Fair gives certificates of appreciation to all volunteers and sponsors.

Being a volunteer is a great contribution, but why not be a member?

People tell us, "I don't like going to meetings."

What they are saying to me is this: "I don't want to plan the next fair."

Meetings are where planning takes place, where schedules and budget are set, where new ideas come forward.

Do people think the Fall Fair just happens, like when you turn on your television set and there's your entertainment? Nobody pays much attention to all of those people who do the work to make sure the image is on your screen. The

names of the workers who make the show happen are just a bunch of names that roll up the screen when the show is over.

The Board of Directors and members of the Fall Fair Association are like the names that roll up after the show is over. These "names" are the people who do the planning, calculate the risks of error and inclement weather, contact the sponsors, find the volunteers, organize the exhibits, contact entertainers, find convenors and make sure everything works the way it should.

The present dilemma of the Fall Fair Association is lack of a President, two Vice-Presidents and three Directors. Four of our Directors have resigned, so has our President and our Vice-President will not run again. This is not because the Fall Fair Association is bad, but because all of these people have personal reasons, such as health, employment or care for a dependent. They have had to choose their priorities, and we can respect their decisions.

What we do not know is why people in our community have not stepped forward to fill those positions, and why our membership has declined so drastically.

I have been compiling an operations manual for the Fall Fair Association. Here is what it says the President should do: chair all regular general and Executive meetings, ensure minutes are kept, encourage all members to give free and open presentation of their ideas and personal goals, set a tone for teamwork, express goals for the coming year and appoint committees to carry out the work toward achieving those goals. The Vice-Presidents work with the President and carry some of the load, along with the rest of the Board of Directors.

What do the Directors do?

Directors shall be Committee Chairs, except for the Director for Junior Fair, whose duties shall pertain only to Junior Fair. Directors give progress reports at each meeting and a summary report after the fair.

Some people do not have the executive skills to be President or Vice-President of any organization, and do best in cooperation with other members. However, an organization having no President

is not credible in the eyes of bankers, sponsors, government or the public. That is why the Fall Fair Association may crumble this year if no President can be found.

The Fall Fair Association has brought good entertainment to Princeton, whether bingo, music or most recently, chuckwagon races. Do you know how few communities can bring in chuckwagon racing?

One of the people at our last meeting talked about problems the Fall Fair Association faced in the past. Yes, we had problems every single year, just like any other organization putting on an event. We overcame these problems on our feet, on the ground, by using our common sense, just like any other organization, or any business.

We had fun. We had work parties where we got to know each other better, laughed at ourselves, and enjoyed a potluck lunch. We had meetings outdoors in summer as the sun set on a great potluck supper. We met newcomers to town and welcomed new ideas for our fair. Many of us travelled to other fairs to see how things are done. Many of us attended the annual convention of the BC Fairs Association and learned how other fairs do things. We experienced the personal satisfaction of doing a big job well. Best of all, we made friends and we had a hand in building a great recreational facility for our community - the Princeton Fairgrounds.

During the years I have been a member, I have seen the fairgrounds improved time and again, from what was, essentially, a horse racing facility to a multipurpose facility for horse racing, rodeos, horse training, mud bogging, demolition derby, 4-H activities, family reunions, and even a place to hold the Spook House at Halloween, in which the Fall Fair, PXA and Fire Department join forces to make Halloween safer and a lot more fun for the youngsters in our community.

I would hate to see the Fall Fair become just another item for the history books.

If you can visualize yourself as President, Vice-President, a Director of the Fall Fair Association or a new member, give me a call at 295-6063. We need you.

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

SEND YOUR LETTERS TO THE EDITOR TO:

Similkameen News Leader

P O Box 956, Princeton, B. C., V0X 1W0

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

Heart Food

by Dave Machin



Choose you this day whom you will serve! Man has always had a choice. God has tried to show us that from the very beginning. He formed man from the dust of the earth and breathed (body) his very own life into Him. He put man into the middle of the Garden of Eden and gave him authority over all the works of his hands. He instructed him to dress it, keep it and take care of it. Then God say, "You can eat of anything you want in the garden. It's good and its yours. You will find a tree in the midst of the garden call the "tree of life". You can eat of that freely, but don't eat of the tree of the knowledge of good and evil, for in the day you do you will surely die (spirit, should, body). God was primarily referring to spiritual death which is separation from Him.. So what happened? Adam ate of the fruit of the tree, and the next time God came to walk and talk with him in the cool of the day, Adam hid. He had separated himself spiritually from God. From that time on, mankind was separated from God, except when animal sacrifices were made. Then the Lord Jesus Christ, our sacrificial lamb, came to earth and made a way for us to be brought back into relationship with the father God. It is possible to read the creation account of Adam and Eve and think "God, why did you do that" instead of putting the tree of the knowledge of good and evil in the middle of the garden, why didn't you put in on the southern tip of South America, where it would have taken them, say, 5000 years to find it?" By that time Adam wouldn't have wanted it. Some folks would say, "God was just testing mankind." No, this was not just a test. God was allowing man the privilege of being a free moral agent. You see, man could only be a free moral agent if he had a choice to make. God doesn't want us to serve (obey) Him because we have to. He want us to serve Him because we want to. He will allow us to go to hell and spend eternity there if we so choose. Or we can choose life and spend eternity in His presence - starting here and now! For He is good, His word is good and good all the time.

Pastor Dave Machin,
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Letter To The Editor

Toews revisits Dawn's column

.....continued from Page 22
their peculiar brand of Christianity should be Canada's religion, as portrayed in The Old Testament but led by Jesus who brought us The New Testament; and that Theocracy should reflect, not New, but Old Testament teachings. ie) Your body is not your own; the male shall dominate the female; literal translation of the scriptures, Creationism, etc., ad nauseam. Since Theocracy is out of the question due to the many religions in Canada. Conservatism is as close as they can come. Don't ask me to explain this again, I'm just as confused as you are!
3) "The opening statement of the American Constitution recognized that everyone was born equal." If ever a quote was more misconstrued than this one -- unless it's the one about everyone bearing

arms -- I have yet to come across it. How many Americans, when reciting The Pledge of Allegiance, realize that the people who wrote and signed this farce were slave owners and slave traders? How many realize that one of their most revered, Ben Franklin by name, kept slaves for sale chained to the wall of his store?
4) The rest of her column I find to be quite factual, except for the part about Communism building walls to keep people in. This is not completely accurate -- they did just that in East Berlin, but they also wanted to keep subversives out -- and we were told that nothing could be more ridiculous. Now who's building walls and fences but America and her Israeli acolytes? And who is shooting people for trying to breach those walls? Obviously, the US and Israel believe that building

walls is necessary to protect their way of life -- only, now we hear no widespread dissent.
Is there a point to this letter? Yes, I am in complete agreement with Dawn's opening statement about most people's political naivety. I also believe that there is a cure for that affliction. Why doesn't each elector have a voter card that they can obtain only after passing a simple test based on all political parties' ideologies and how each party platform would affect the country? No doubt, we'd start with very few electors, but the numbers would rapidly increase as voters began to understand the results of their actions. Is that hard to understand? Well, what can you expect from someone who is so easily confused?
Sincerely,
HP Toews, Princeton

Letter To The Editor

Hardy voices objection to plan

To The Editor;
As a resident of the Town of Princeton I was appalled at the Plot Plan and covering letter to be presented to the Mayor and Council Re: "Town Square Project, to close off the Bridge Street end of Vermillion Street to resolve traffic issues, to improve and promote more downtown retail activities and beautify our downtown Core."
Would it not be discrimination against the Owner/Operators of Businesses to close off the end of Vermillion Street adjacent to Cenotaph Park? This plan calls for removal of the storefront Parking spaces as well as those presently provided on the opposite side of the Vermillion Street meridian adjacent to the present Park.
Will this plot enhance the conve-

nience for the patrons of the Vermillion Street Businesses and Medical Centre that will be adversely affected?
The purpose of this bizarre plan is to enlarge Cenotaph Park and provide a fountain plus a gazebo-style band shelter which I take a strong objection to regarding destruction of the peace and tranquility presently enjoyed in honouring the memory of my fallen comrades of World War 2, Lest We Forget. Would it not be disrespectful to establish a Carnival in a Cemetery?
If motorists and pedestrians have a safety issue to contend with now, I fail to see any improvement by diverting traffic onto Veterans Boulevard from Bridge and Vermillion Streets. The parallel parking on the park side of Bridge

Street will be replaced with angle parking. So where will the improvement be when it is hazardous enough now when backing out into on-coming traffic?
To this scenario consider making a left hand turn off Veterans Blvd. onto Bridge Street when motorists have to watch for pedestrians and ease into the intersection to look for on coming traffic both ways because the parked vehicles make the visibility difficult.
The authors of this project need to get the approval of Town Officials but should not neglect the opinions of the general public who will be considerably inconvenienced all year round, not just in fair weather when the fountain and bandstand aren't frozen over.
- Kay Hardy, Princeton



Congratulations PSS Senior Boys Basketball Team. They earned a spot in the Valley Championships this weekend in Kamloops after beating Heritage Christian School of Kelowna 79 - 72 last Wednesday at PSS Gym. Above, Princeton's Jordan Lane looks for a passing opportunity in the first quarter of the game.

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School offers trades

Teacher John Kitts is looking for skilled tradespeople to take student apprentices.

Princeton Secondary School is offering apprenticeship training to meet the big demand for skilled workers in industry.

Trades students take four courses for a total of 16 credits. Those who finish the courses successfully may go on to Level 1 in their field in college, and qualify for a \$1,000 scholarship.

The apprenticeship program is available to students in grade 10, 11 and 12. The student must have 480 hours of paid employment under the tutelage of a qualified tradesperson. These hours are used toward a regular apprenticeship. The students may put in the hours during the school year or during the summer.

Kitts told the School Board, on February 8, that his biggest challenge is matching licensed tradespeople with the students. He has three in place now and hopes for five in September.

A "job shadowing" program is being set up for beginner students in trades. This provides the students with enough experience to determine whether they really want to pursue training in that trade.

Employers must pay apprenticing students for their work. School trustees were disappointed that the government no longer assists employers who take apprentices. The Board of Trustees passed a motion to write a letter to the Minister of Education, Minister of Labour and MLA Harry Lali to express the Board's desire to have the employer incentive reinstated.

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Letter To The Editor

Reader remains skeptical following Compliance presentation

Editor:

I attended the public meeting on February 7th at the Chamber of

Commerce to receive the information offered by Compliance Energy regarding its proposal to build a

Coal-fired Electric Generator on the Similco mine-site southwest of Princeton.

I was grateful for the clear presentation provided by Mr. John Tapics, but I confess that I remain both skeptical and suspicious of the proposal. As I explained to Mr. Tapics, just about everything he had to say was tainted with the suspicion created by the clever tactic of Compliance in proposing a plant which would produce 49 megawatts of power, just one megawatt below the 50 which would have triggered a thorough environmental review by the provincial government.

revolved around the proportions of coal and wood that would be burned to generate the electricity. I realize that the burning of coal is bound to produce more noxious pollutants than the burning of wood. But both would produce the same quantity of carbon dioxide, the green house gas which, despite all the protestations of those who market fossil fuels, is the major cause of the global warming, now reaching the point where even the most innocent must give pause.

Letter To The Editor

Mayor responds to letter from Willis

To The Editor:

In last week's paper Brad Hope and Michael McLean's concerns about the proposed coal-fired generating plant were labeled as negative and they were encouraged to make decisions based on accurate information, not on outdated technology.

The writer further suggests that the Compliance Coal representative is willing to explain the process, the 100-million dollar investment, the 70 permanent jobs, the numerous temporary construction jobs, the spinoff and the wide variety of possible benefits.

I am quite sure that these two men who took the time to investigate this proposal and offered comment are not in any way adverse to well-paying jobs and economic spinoff so the basis of the complaint about their comments must revolve around their concern about the history of coal-fired generating plants and their effect on their surroundings.

I have had the pleasure of meeting with Compliance Coal representatives on two occasions, once with the former president and on that occasion I asked these two to

accompany me because, like most people I had no previous knowledge of these plants. The questions they asked were far above my understanding of the subject and without them I must admit I would have gleefully entered into any level of support requested. The answers were promised but to this day they have not been given. This is a development that is not reassuring when you represent the welfare of an entire community.

The request resulted from the advice of a former Princeton mining engineer and revolved around the supply of random samples which would be sent to an independent assay lab, be assayed for contaminants which all coal contains and then be provided with the explanation of how their process would remove those contaminants. It would seem to be a fair question when you consider that if the contaminants are not removed then they are free to spread around our valley.

This same concern was the basis for the 18-member Regional District Board, the 8 member Similkameen Planning Society and

Princeton Town Council requesting from the Environment Minister that the project undergo a full scope environmental assessment to ensure that we will all receive those answers. There are over 1,000 people working in the Princeton area that are employed in environmentally-friendly businesses, would it be right to jeopardize them, their families and their future without getting all the facts?

In 1990, when asked about a proposed coal-fired electrical plant, Mayor John Rubis stated, "We must enlarge our tax base, we won't do it by sitting still. We need growth, no question about it, but we don't need it if it's going to be detrimental to our environment, or harmful to our way of life."

Rather than criticizing those who are raising questions about possible damage to our area, I believe we should be thankful, after the last time I checked it is the same water you're drinking and the same air you're breathing. And if they err, they err on the side of cleaner water and cleaner air.

- Mayor Randy McLean, Princeton

When I proposed to Mr. Tapics that he could easily allay those deep suspicions by raising the megawatts proposed to 50, thus triggering the full environmental review, he simply said that to do so would delay the project for six months, which was inconvenient. I said that I thought such inconvenience would be justified where the health of the citizens of the community of Princeton is concerned.

Indeed, I am inclined to view the 49 megawatt proposal as a rather shoddy move which shows the contempt that the management of Compliance must have for the citizens of this community.

At the meeting, much discussion

So when Ontario, Alberta and other jurisdictions are busy phasing out the burning of coal to generate electricity, why on earth is our provincial government merrily encouraging British Columbia to phase it in? That was not a question worth asking Mr. Tapics, and I certainly cannot count on getting an answer from our elected representatives in Victoria. My guess is that neither our provincial government nor our new federal government has any intention of honouring the Kyoto agreement, so we can burn as much fossil fuel as we please and let our grandchildren worry about the collapse of our environment.

Sincerely,
M. Burbidge, Princeton

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This was the official British Columbia Provincial Police (BCPP) crest.

BCPP memories - Part Three

by Jim McCulloch

I had a very good friend, Robert L. Ferguson, who worked as a night dispatcher at the railway station. Both of us were avid fishermen, spending as much of our free time as possible at the various lakes in the area. Often we were joined by Father Neil Carrigan, the Catholic Priest. Neither Bob nor I were Catholics but that did not disturb the relationship we enjoyed.

I also went fishing with Robert Taylor, a retired blacksmith who had a farm where he grew seed potatoes. Lee and Nancy were his children, both of whom figure in June's account.

Father Carrigan drove a new model car, purchased with his own money, which I surprised two youths stealing one night. I gave chase and forced them into a parked bulldozer.

I took them to hospital to have glass removed and then to the lockup. I then notified Father Carrigan about the event. He had the vehicle repaired and shortly after came to the police office and said there would not be another such occurrence as he was keeping

Rusty, his lovely Irish Setter in the garage. About two weeks later a sheepish looking Priest came into the office. I asked him if his car had been stolen again despite Rusty's diligence, he said no, some one had stolen Rusty. Eventually we had Rusty returned.

We received a complaint from a surveyor that someone was stealing coal from his coal bin and would we please do something about it. Accordingly I took a sleeping bag and bedded down in the Survey office. Around midnight there was a clatter of someone shoveling coal into a bucket.

I went out and saw a shadowy figure stooped over the coal bin. I reached around and grabbed both wrists, and upon seeing it was the editor of a local newspaper, and mindful of his history of martial arts stretched him out to my full arm span which was about 10 inches more than his. I then told him he was under arrest and took him to the lockup.

He appeared before Magistrate Nichols next morning and plead guilty to theft. He was released on his own recognizances after

receiving a very stern lecture. He immediately dashed back to the Newspaper office and put out a special which he delivered all over town.

The headline was "LOCAL MAN CHARGED FOR HELPING HIMSELF TO A NEIGHBOURS COAL BIN, HOWEVER THE MAGISTRATE SAID THERE WAS NO CRIMINAL INTENT IN THIS FELONY"

Businesses I can recall were: (This not complete, but are all I can recall at this time)...

- Ed Gott, Plumber
- Mussendens Dry Goods
- Ewart Hardware
- Two Rivers Hardware and Building Supplies
- White Appliances
- Dunnighams Jewelry
- Dorflinger Womens Store
- Hamilton Second Hand Store
- Princeton Locker and Storage Freezer
- Mel Towriss Movie Theater
- Mansfield Electrics, radio and small appliance repair
- Stan the Butcher
- Jim Norman, Barber
- Hugh McConnel, Tailor
- Two taxi firms
- Burrs Garage
- Tobbaconist
- Liquor Store
- Canadian Bank of Commerce
- Norm Littlewood, Lawyer
- Jim Haley, Sawdust dealer and Allenby/Copper Mountain bus owner/operator
- Overwaitea Grocery Store
- Sidoni's Rooming House
- Hamilton's Rooming House
- Stanley Knowles, Insurance and fuel oil agency
- The Canadian Legion which was next to the Firehall
- Drug Store

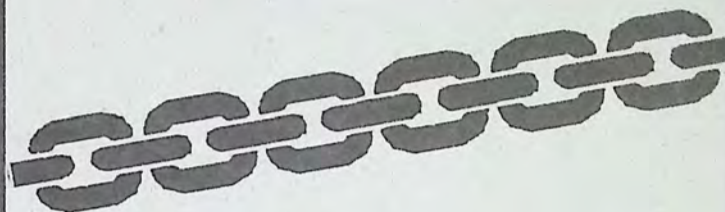
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Thanks former BCPP
Cst. Jim McCulloch for sharing
his memories with us!

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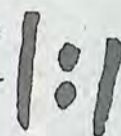
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INVESTMENT INSIGHTS

By John Vaccaro Investment Advisor with CIBC Wood Gundy
and Greg Stewart Associate Investment Advisor with CIBC Wood Gundy

Expertise that's one to one.



What Happens To Your RRIF After Death? - Part 1

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

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

The result is that you'll pay no tax on your RRIF assets. The qualified beneficiary receiving the refund of premiums will now be taxable on the refund of premiums received unless proper steps are taken by him or her to avoid the tax. If the eligible person transfers the plan assets received as a refund of premiums to their own RRSP or RRIF, they'll be entitled to a deduction for the amount transferred.

The result is that tax is deferred until the qualified beneficiary makes withdrawals from his or her own RRSP or RRIF. In order to avoid paying tax on RRIF assets on death, you must leave your plan assets to a qualified beneficiary.

See "Your RRIF After Death - Part 2" for a definition of qualified beneficiary as well as further information. Part Two will appear in the February 28th issue of the Similkameen News Leader.

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

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RE/MAX International Inc. recognized Janice Barclay last month for her FIFTEEN YEARS of service with the RE/MAX Network.

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MLS#33164 \$26,000
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