

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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**Similkameen
News Leader**
This Week

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TV GUIDE

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Posse honours players

A total of nine major awards were presented Sunday night at an informal Awards Dinner hosted by the Princeton Posse Junior B Hockey Club at Billy's Restaurant.

In opening the presentations, General Manager Blair Noel listed off an impressive collection of names - mostly volunteers - who have had something to do with the team's success in the past season.

He also thanked the players, "I don't think I've worked with a better group of guys in the four years I've been involved."

The Best Offensive Player Award went to Chad Hohmann with Best Defensive Player Award going to Conner McGarry.

Adam Coates was named Hardest Working Player and David Wyman the Fan Favourite.

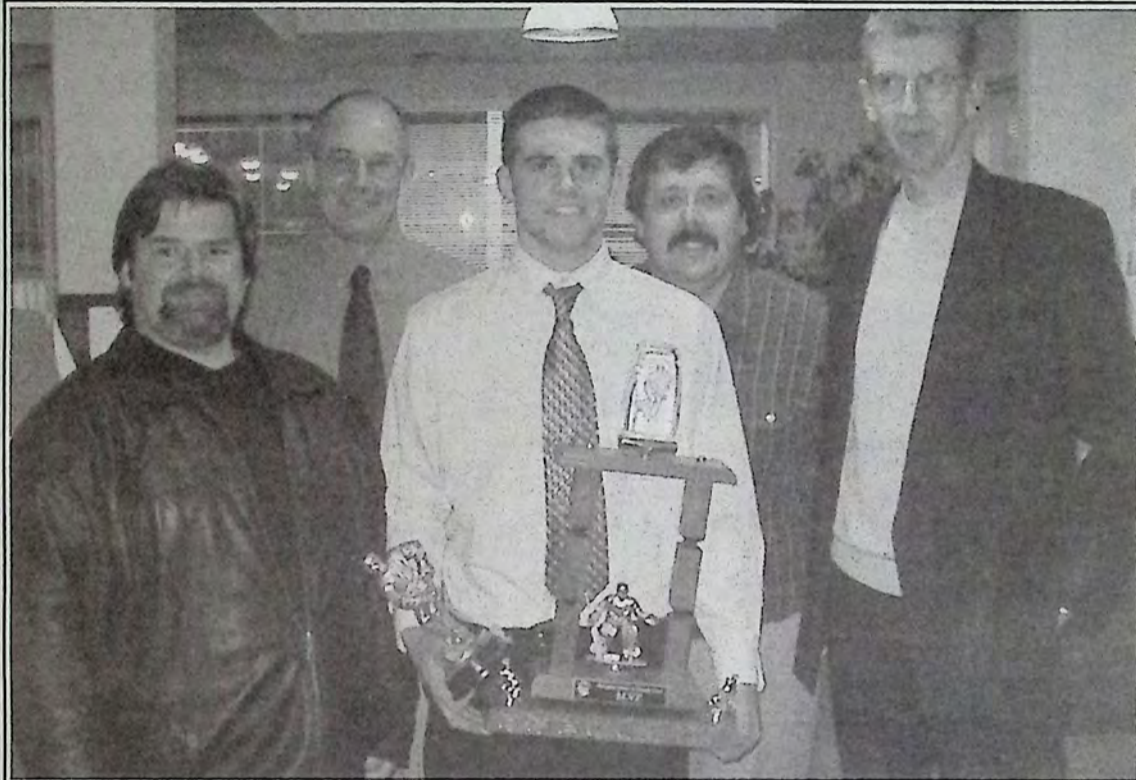
Sam Penny was named Most Sportsmanlike Player with Jeremy Wagner earning the Most Improved Player Award.

Mike Salter was chosen Unsung Hero with Rookie of the Year going to Chad Hohmann.

The final award, Most Valuable Player, was presented to Brad Davis.

Coach Dale Hladun was visibly touched when he thanked the players, "I've got a good group of guys here and I keep hearing it from everyone in town. So thanks for being on my team."

Arts Council plans open house



Princeton Posse MVP Award was presented Sunday evening to Brad Davis (centre). He is joined by Coach Dale Hladun, Assistant Coaches Peter McDonald and Kevin Robillard and General Manager Blair Noel.

Event set for April 23rd

The main topic at the Community Arts Council meeting last week was the Open House to be held Sunday, April 23 at Riverside Wellness Centre. Each member group of the Arts Council will do some kind of presentation. Members of the Concert Society are planning the entertainment, and the new Performing Arts Company will coordinate with them. The performers are planning short skits.

The Community Band will play, and will organize refreshments for sale to visitors. They are raising money to participate in Music Under the K in Keremeos on the last weekend of May.

Vermilion Artists will put on an exhibit of the works of local artists. The Writers Group plans a display and the Garden Club will have a display of seed catalogues, and information about growing gardens in the Princeton area. Bunchgrass Quilters will show quilts and offer information on how to do quilting.

The Museum Society will have a display of historic photos of the Princeton area.

Other residents of Riverside Wellness Centre will participate.

The event will begin at 2:00 p.m. and go to 8:00 p.m. with skits, music and activities in both the afternoon and evening.

In other Arts Council business, members agreed to purchase and install a kiln for the pottery group Sue LePoidevin is trying to form. Pottery classes will take place next month.

Members welcomed Princeton Performing Arts Company as the newest member of the Arts Council.

Dave and Rosemary Woodruff have begun moving the wall to create the new Arts Council space. Arts Council President Dawn Johnson asked the men from member groups to contact Dave Woodruff and find out when the next work party is and offer to help with the project.

Opportunities to display art and enroll in an arts and cultural management program online were received. The information will go up on a bulletin board in the common area of the Wellness Centre.

The next meeting of the Arts Council will take place on Wednesday, March 14. Plans for the Open House will be finalized at that time.

Lali elected NDP Caucus vice-chair

Yale-Lillooet MLA Harry Lali was elected by his peers as the Vice-Chair of the NDP Caucus last week.

"I am deeply humbled and honoured by my colleagues for giving me this opportunity to sit on the Caucus Executive for 2006," said Lali.

For Lali, the former Minister of Transportation and Highways from 1998 - 2001, this was his first time to be elected to the Executive of the NDP Caucus.

"I want to thank my fellow MLAs for having the confidence in me to serve them in this role," said Lali. "The Executive is responsible for the administration of the Caucus budget and staff and also for the development of effective strategies and tactics in holding the Gordon Campbell government's feet to the fire. As an Opposition Caucus, it is our duty not just to oppose the Liberal government, but more so to outline positive alternatives when they err."

Lali added, "I will rely on the abundance of experience and institutional memory I have gained in the 10-plus years I served as an MLA and Cabinet Minister. I have

served in three different caucuses since 1991, and I can honestly say that the present group of NDP MLAs is the most talented bunch I have had the honour to serve with."

Lali charged, "I am looking forward to the next year to work with my caucus colleagues to put forward a fair and balanced New Democrat vision for this province: a vision that, unlike the uncaring Campbell Liberals, does not pit British Columbian against British Columbian. Gordon Campbell has created two British Columbias: a prosperous Lower Mainland versus a sadly-neglected Interior/Rural B.C. Gordon Campbell and his Liberals do not care about the social and economic needs of people in the so-called hinterlands."

Lali continued: "The Liberals have no problem looking after the interests of the richest 2% of British Columbians - those earning over \$100,000 per year - but refuse to fund direly-needed health care services for residents of Rural B.C. The Liberals have left the transportation infrastructure to fall apart in Rural B.C., but have no qualms about finding billions of dollars for the Gateway Project in the Lower

Mainland and for the Sea-to-Sky Highway for Whistler. Although Gordon Campbell refuses to address the high unemployment rate on Aboriginal reserves he has provided billions of dollars in tax cuts to the same large corporations that continue to finance Liberal election campaigns."

Lali says it is clear that Gordon Campbell has a misguided sense of priorities, and he doesn't care about the needs of working people in this province.

"Rest assured our Executive will work diligently to raise the very legitimate issues of individuals and groups abandoned by Gordon Campbell and the Liberals."

Lali was first elected to the Legislature in 1991, then re-elected in 1996. That same year he was appointed the Parliamentary Secretary to the Minister of Forests. In 1998, Lali was appointed the Minister of Transportation and Highways. In 2001, Lali resigned from Cabinet and did not run in the 2001 Election. In May, 2005, Harry Lali was elected MLA for Yale-Lillooet for the third time. Currently, Lali is also the NDP Critic for Citizens Services.

Spring Has Arrived?

Ursel Ebenau of Princeton

spotted a robin in her yard on Corina Avenue
at 1:00 PM on Sunday, February 12th!

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Outgoing Princeton Hospital Auxiliary members include Betty Reheis, Rose Flegal, Maggie Trehearne, Maureen Turner and Mitzi Hilmstedt.

Princeton Hospital Auxiliary Report

As the new President of the Hospital Auxiliary I would like to thank all the people of Princeton and surrounding district for your support in helping us raise funds for the hospital and local health needs.

Your donations are not wasted but continue helping others. Articles we cannot sell are sent to Share in Kelowna.

This group hires mentally and physically-challenged individuals who clean, mend and repair everything we send them. I look forward to seeing you in our Thrift Store!

I would also like to thank our outgoing executive for the work they have done on behalf of our group. President Maureen Turner, Vice President Betty Reheis, Treasurer Mitzi Hilmstedt and Thrift Store Manager Rose Flegal, thank you all.

The 2006 executive includes

myself, June Manning, as President, Vice President Cathie Orser, Maggie Trehearne continues in the Secretary position and

Racing Days confirmed

Princeton Racing Days is a go for 2006. On June 29th post time is at 4:00 PM.

We have had our meeting with the Interior Horse Racing Association and we have obtained some of the funds for our races. The meeting went quite well.

There are three tracks involved with the Interior Horse Racing Association, Princeton, Kamloops and Vernon.

We hope to have the Osoyoos group with us as soon as they come on board.

The IHRA had their election of officers. Elected to the Board were President Ed Wholley (Vernon),

Carol Walker joins as Treasurer. The Thrift Store will be operated by all the Auxiliary members.

- submitted by June Manning.

Vice President John Bey (Princeton) and Secretary/Treasurer Bev Bell (Kamloops).

There was also a committee appointed. One member from each track to promote racing and to find financial stability for the Southern Interior Tracks.

The next meeting will be held in Princeton in March. The IHRA held a meeting in Vancouver on February 19th to further our partnership between the IHRA, the Gaming Policy, Great Canadian Casinos, Hastings Park and the Government Regulator.

- submitted by John Bey, President Princeton Racing Days



The 2006 Princeton Hospital Auxiliary Executive. From left, President June Manning, Treasurer Carol Walker, Vice President Cathie Orser and Secretary Maggie Trehearne.



Slim Pickins Quartet provided entertainment during Valentine's dinner at Copper Mountain Bar & Grill.

New PXA board starts year

Excitement, hard work, and bigger and better facilities are on the agenda this year for Princeton Exhibition Association (PXA).

President John Bey called to order the first meeting of the PXA for 2006 at Town Hall on February 14. Several matters carried over from 2005 were brought up to date.

President Bey reported his ongoing search for a suitable grant to improve the infrastructure of the fairgrounds. Despite a great deal of money as well as volunteer labour and equipment poured into the grounds during the past four years, some basics need upgrading, including electrical systems and fencing.

President Bey said Princeton Racing Days Association has received a grant. He attended the Interior Racing Association meeting in Kamloops and picked up the cheque. Thursday, June 29, is Princeton's single race day. Post time will be 4:00 p.m. There will be 10 races this year.

Princeton Rodeo Club reported the construction of a new VIP building along the north rail of the rodeo arena will be built this spring. The old office building will move to the east gate of the grounds to serve as a gate house. The rodeo will begin with a Bullarama this year. The Friday before the rodeo will be devoted to bullriding, with non-stop action as riders attempt to pile up points. The club is exploring an "adopt a bullrider" program in which spec-

tators can pay a fee to adopt one of the competitors. This could add a lot of fun for spectators and raise a little more cash for the Rodeo Club.

Fall Fair reported they will have a new President at their next meeting on February 28. A candidate has stepped forward.

Motorsports Association asked for a two-day event in June, which would be a joint effort of Princeton and Kamloops. President Bey brought up a couple of issues around the motorsports facility and past performance. Motorsports will review the issues and look for a solution.

Work at the barns is ongoing, and Weyerhaeuser continues to supply shavings for the horses. An offer of bark mulch was accepted. Dene Thomas reported donations of paint have been pledged to paint the stables at the northeast side of the track, and President Bey confirmed he has a paint sprayer to do the job.

The PXA phone system must be upgraded. Two sources of equipment have been asked for quotes, but the quotes are expected to come in at more than \$2,000, with additional charges for installation.

Director John Draper raised the issue of better highway signage. After some discussion, members agreed on small signs but a lot of them.

At this time of year, little of the outdoor work can be done, but work parties will be needed by the

time spring arrives.

The next meeting will be on March 14.

Manion urges Fall Fair support

Councillor Jim Manion urged the people of Princeton to step forward to keep the Fall Fair Association running. He was reporting to Town Council on February 6 the results of the Fall Fair meeting of January

31, when no President nor Vice-President was available.

"It's a good organization," Councillor Manion commented. "It would be sad to lose it after 41 years."

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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



Over 30 different clubs, groups and organizations attended the Presidents Club meeting last Wednesday in Victory Hall, Keremeos. The event was hosted by Similkameen Country.

Keremeos values volunteers

Similkameen Country hosted a meeting of the Presidents Club last week. The gathering brought together representatives of most of the active clubs, groups and organizations based in the Hedley, Cawston and Keremeos areas.

The purpose of the meeting was explained by Similkameen Country President Anna Bartlett, "What we are trying to do is come up with a Calendar of Events. With a small community like this, you may not think your hot dog sale is a big thing, but sometimes you get three loonie auctions in the same week and it becomes a strain on local businesses."

With over 75 active clubs in the area, the potential for conflict is possible, but so is the possibility of more than one function complementing another.

The plan of the Presidents Club is to coordinate and encourage communication between the clubs with hopes of improving organization of events.

Another goal of the membership is to collect an inventory of what each group owns - everything from tablecloths and cups to large equipment - to aid other groups by sharing resources.

Bartlett also announced that a Volunteer Appreciation Night was in the works for later in the year, "Our community would be nowhere if it wasn't for you. If you have a community with strong volunteers it benefits everyone. Hats off to all of you."

The meeting then shifted to introductions where each club representative spoke briefly about their group by presenting an outline of that group's history and an overview of the activities undertaken by the group.

The reoccurring theme throughout the meeting was an ongoing shortage of new volunteers, a need for younger members and the fear of some groups nearing the end of their lifespan as a result.

There was a huge cross section

of organizations present, covering the spectrum from formally organized to casual clubs.

Clubs represented at last week's meeting included Similkameen Country, Ballroom Dancing Club, Keremeos Home Winemaking Club, Keremeos Elks Lodge, Elks Rodeo Club, COPS, Catholic Womens League of Canada, Hedley Community Club, Hedley Heritage Museum Society, Hedley OAPO, Similkameen Silverette Red Hat Society, Eagle

Endurance Sports, Royal Canadian Legion, Anglican/United Churches of Hedley/Keremeos/Cawston, Lions Club, K-50 Committee, Similkameen Sizzle, WorkZone and Keremeos Volunteer Fire Department.

A complete Calendar of Events will be drawn up and distributed to all Presidents Club members along with a master list of equipment available for rent or to borrow from other clubs.

USIB nominates candidates

An election will be held March 3 to determine who will sit as Chief and Council of Upper Similkameen Indian Band.

Incumbent Chief Richard Holmes is running for Chief again, challenged by Michael Allison and

Miranda Squakin.

Two Councillors will be elected from the following slate of nominees: Michael Allison, Miranda Squakin, Charlene Allison, Carmelita Holmes and Chuck Holmes (Sr.).

Village suites face rules

Owners of properties having secondary suites will have new regulations in place this year. At the February 6 Village Council meeting, Council began the process of

establishing regulations for these suites. Owners of such suites will be required to bring the suites into compliance with building codes and zoning bylaws of the Village.

Author launches book

Arlene Nora Arlow knows her books - QuickBooks, that is.

She not only provides bookkeeping and consulting services to business clients using the QuickBooks accounting software, she instructs QuickBooks at the Penticton and Kelowna KLO Okanagan College campuses.

If that's not enough, Arlow has just published a book titled 'Bookkeeping with QuickBooks - The Canadian Guide' and will be the guest at Similkameen Country's Business After

Business meeting this weekend to launch the book.

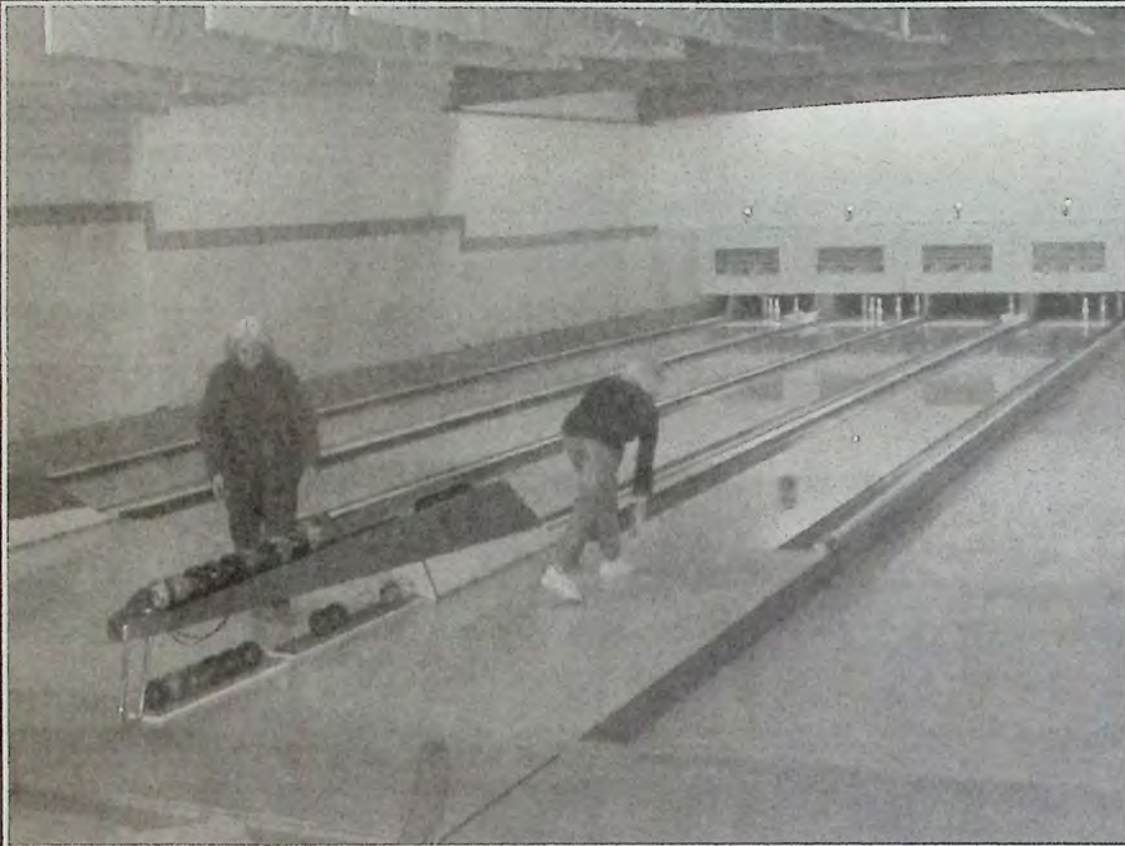
Arlow, who started her bookkeeping service in Fort St. John in 1997, moved to Penticton in 2001. She relocated to Keremeos last year.

The book launch is scheduled to take place from 10:00 AM to 2:00 PM on Saturday, February 25th in the downstairs section of Victory Hall (WorkZone). Refreshments will be provided.

To find out more visit Arlow's website at www.addventive.com.

Visit Our Preferred Site:

www.keremeos.net



Golden Agers Bowling action last Wednesday at Keremeos Recreation Centre.

Let's save some of our natural beauty

by Anna Bartlett, Don & Anna's Greenhouses, Keremeos

I think at times it takes a holiday to realize the important things in life. Last year with the Ice Jam Don and I didn't get away on a holiday. This year we decided to take a two week getaway in Puerto Vallarta Mexico where we have been before and enjoyed.

The first time was in 1988 and everything was new to us so we did a lot of the sightseeing and different tours that go along with a newly discovered place. The one thing Don always enjoys when we go anywhere is comparing farming techniques. I of course always seem to be attracted to the flowers and vegetation in the areas.

Since 1988 Puerto Vallarta has grown and become very busy, with development of new areas exploding all over. I love to go on walks discovering plant life and I was extremely saddened by one area that has so much natural beauty all around it ready for development. As we walked these four city blocks there was a least 200 different plants that I felt sorry for.

You probably think I'm crazy but I almost feel like writing someone in Puerto Vallarta to see if these four city blocks of what I consider a beautiful natural scene in the middle of the hustle and bustle of P. V. could be saved for the visitors in the future to see.

By seeing this, I realize how important it is to save some of our natural beauty around our Similkameen Valley for the future. I'm not saying we must put everything into huge National Parks, but I believe we should preserve small areas of our Valley in its natural state for future generations to enjoy.

There are so many naturally beautiful areas that we as local

Similkameen Valley citizens sometime take for granted and ought to take time to protect right now before they are destroyed with development.

Just south of our place across the river is Bullock Creek which if you haven't been there has a small area of cedars growing. This is very unique to our more desert climate but I believe we must preserve this for future generations to see.

One of my favorite walks especially when the wind is blowing in the winter is through a piece of protected area between Fast Gas and Don and Anna's Greenhouses by the railroad track called the Similkameen Cottonwoods Park Protected Area. A person can spend an hour walking on deer, bear, beaver, raccoon and other wild animal trails, listening and seeing numerous amount of birds, and feel like you are not even near civilization. The natural beauty of the trees, shrubs, and flowers on this piece is something the best gardener in the country can not reproduce.

I noticed this winter in the Cottonwoods Park because of last year's Ice Jam that went through our property, a lot of the seeds from our front Nana's Maze Garden were washed down stream and have seeded themselves in the Cottonwoods Park. I notice a great amount of the Donkey Tail Spurge coming up all over the park. Through natural disasters like flooding plants are relocated. It will be interesting to see how many other plants will survive and change Cottonwoods Park once again without the help of mankind.

At the back of our property along the river we have a huge gorgeous River Birch tree that our youngest son used to build a tree fort. With all last year's destruction with the

Ice Jam our son's first question when he heard about the destruction to our property was "How is the tree in the back where I built my fort"? This tree was an important part of him when he was young and I believe now that the Ice Jam chose not to destroy it should remain part of the property and our heritage for his grandchildren to see.

With all the problems we are having in our valley with Birch Borer killing our cultivated Birch trees are you aware that it does not kill the native River Birch species that grows here?



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Comments

by your Pharmasave Pharmacist Wen Wong



There is some controversy about the use of antibacterial soaps. Studies have shown that a good through washing with regular soap and water will do just as good a job as using antibacterial soaps. There is some concern that they may contribute to antibiotic resistance over the long term.

Sudden Infant Death Syndrome (SIDS) cases have dropped considerably during the past few years. More is being learned about SIDS. To reduce the risk: lay babies to sleep on their backs not stomach; don't put any soft toys or heavy blankets in the crib and don't allow the baby to become overheated. If you feel the neck area and it's most, the baby is too warm. One final idea, don't have the baby sleep in the parent's bed.

In 2004, Canadians spent \$21.8 billion on medications. This represents 16.7% of total health care spending. Hospitals accounted for 30% of health care costs while doctors were in third place with 12.9% or \$16.8 billion of costs.

One of the most important jobs we perform as pharmacists is to monitor your medication use and to help reduce any medication errors. We ask that you inform us about any problems you may have had with a medication so we can record this information on your prescription record.

We all have expert professionals to guide us through various aspects of our life. We'd like to be your *prescription professionals* and be an integral part of your health care team. We hope to see you in our pharmacy soon.

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news leader health page

Are you at risk for macular degeneration

(NC)—Age-related macular degeneration (AMD) is the leading cause of permanent vision loss in Canada for individuals aged 50 years and older. Due to Canada's aging population, annually diagnosed cases of AMD are expected to triple in the next 20 years. Recent studies suggest that for the first time, treatment of dry AMD may now be possible.

"Dry AMD occurs when small deposits, called drusen, form in the tissue just below the retina," says Dr. David Eldridge, an international specialist in the field. "This gradually worsening condition can cause a significant loss of central vision, noticed by patients as a constant blur, or a distortion of the objects they see. Over time this degeneration can severely compromise one's independence, where simple tasks like driving, writing, reading street signs, labels, and medication instructions, may no longer be possible."

While doctors debate the exact cause of dry AMD, they agree that those most at risk are:

- Seniors, especially women 50-plus
- Seniors, with a genetic or family predisposition to the condition
- Smokers, a habit that more than quadruples the risk
- Sun worshippers
- Bad eaters, or those who pay little attention to nutrition.

If you notice symptoms such as central distortion, difficulty in making out shapes and colours, or your new eye-glass prescription doesn't work, you may be experiencing the early stages of dry AMD and symptoms may gradually get worse over time.

New treatment available in Canada

"Using patented filtering technology, a revolutionary new treatment called the RHEO Procedure, removes the particles that are found in drusen asso-

ciated with dry AMD from your blood plasma," Dr. Eldridge explained. "The procedure is as safe and as easy as giving blood."

If you have dry AMD or you think you may be at risk for developing it, contact your eye doctor or visit www.rheo.com for more information about the RHEO procedure and current clinical research.

- News Canada

Looking at breakfast on the go

(NC)—Despite being recognized as the most important meal of the day, many Canadian families regularly skip breakfast. In the struggle to get ready in the morning, eating breakfast is often an afterthought to saving time. However, Registered Dietitian Sandy Schwenger, suggests that eating a healthy breakfast may be much simpler, and quicker than people realize.

"Getting a nutritious start is essential and can take as little as a minute or two," says Sandy Schwenger, Registered Dietitian. "Something as easy as enjoying a glass of 100 per cent pure Florida orange juice and a toasted whole wheat bagel with peanut butter can provide a healthy energy boost to start the day off right."

A survey of Canadian breakfast habits shows that more than one third of Canadians skip breakfast. Lack of

time is among the top reasons respondents don't eat breakfast at the kitchen table. With the growing number of quick, healthy breakfast options, Canadian families can eat breakfast while on the go.

"It's important that Canadian families buck the trend of skipping breakfast, even if it means eating on the go," says Schwenger. "Quick, healthy breakfast options provide Canadians with the flexibility to maintain an active lifestyle and provide the nutrients they need."

With so many quick, healthy options, Canadian families no longer have an excuse to skip breakfast. In just a few minutes, families can get an energy boost and properly kick-start the day.

For more information on the benefits of 100 per cent pure orange juice, visit www.floridajjuice.com. - News Canada

Nip that cold and flu in the bud

By J. Caroline Carroll

(NC)—The immune system is a powerful force – and its efficiency comes in handy when we feel the first signs of a cold or flu coming on. To win the war against all those winter germs measures can be taken to keep the

immune system strong, or to give it a boost at the first sign of symptoms.

"It is fascinating how the body's cells, tissues and organs work together to fight bacteria and viruses," said Canadian cold and flu expert Dr. Jacqueline Shan. "Blood vessels, skin,

tears, even the hairs in your nose are all part of your immune system." Here is a glimpse at how your immune system works – and what you can do to help it:

How the body protects us

- Skin keeps many harmful germs from entering your body, tears keep germs from entering your eyes, and throat cells collect germs that sneak through your mouth.

- Blood vessels carry antibodies and white blood cells that fight disease. Some cells recognize organisms or substances that don't belong in the body. Others cells mark the invaders, while still other cells prepare for the actual attack.

- Your immune system attacks in several ways. Carried by the blood, special proteins and antibodies identify and destroy invading germs. The immune system also sends out killer T cells which attach to and kill host cells in which viruses live.

"You can strengthen your immune system with balanced meals, enough sleep, and with a natural supplement, like Cold-FX," said Dr. Shan. "Ten years of clinical trials have demonstrated that this product stimulates the immune system and enhances its ability to fight viruses. In one FDA regulated trial it was shown to reduce the risk of colds and flu up to 89 percent. If you feel a cold or flu coming on, you can increase your dosage to help combat the virus before it takes hold."

- News Canada

living past 100

Heart news changes

A recent announcement of no conclusive results from low fat diets may have you wondering what to do next to protect yourself from heart attacks and cancer. There may be light at the end of the tunnel, as other studies have shown that a healthy diet and low weight do have benefits in preventing heart problems and protect against cancer. A lot of people ask: what is a healthy diet?

First, a healthy diet is not merely low in fat, it is low in sugar and starchy foods. A healthy diet has whole grains, nuts, seeds, fruit, and lots of vegetables. A healthy diet will make you slim and keep you slim.

Studies of long-lived people, such as those people living in the mountains of Georgia (Middle East) have a lot of leafy green vegetables in their daily food consumption. Most people of that area live past 100 years and have few health problems.

Studies of these long-lived people focus on what they eat, but there is another characteristic of these people: they remain physically active throughout their lives. For them, retirement means going back to the simple life of farming villages and working outdoors in gardens.

Studies of individuals who live past 100, regardless of where they live, show a pattern of remaining physically active even when they are in their nineties.

There is a lack of evidence of the impact of discord on length of life, but a study of what makes people happy did reveal that happy people live longer than average. The question this study was answering was: what makes people happy? The answer was to find a vocation and pursue it to the point of mastery.

For happy people, being mentally and physically active doing something they love doing was what kept them healthy and contributed to a long life.

As you can see, low fat living is not the whole picture!

COFFEE MUG CHRONICLES

Boy Grows 4 1/2 Inches Overnight!



Little Billy Jenkins was a runt with a dream. Standing only 4' 1" the 14-year old was always a target for schoolyard bullies. Tagged with nicknames like 'Squirt' and 'Pee Wee' Little Billy wanted to be outstanding - he wanted to leave a mark that could not be ignored. Little Billy wanted to be able to put away the shame and fear and be proud of who he was and what he was able to accomplish. Little Billy had a dream...to see the Vancouver Canucks win the Stanley Cup! Oh, and to never be called Little Billy again. He tried all sorts of ways to beat his vertically-challenged stature, but nothing worked. He tried yoga and stretching exercises, he tried eating only foods that ended in 'y' - he even tried sleeping upside-down. Nothing worked and as Little Billy was about to give up, it happened. One very cold day Little Billy's father brought home the FREE News Leader Coffee Mug he received with his new one-year subscription to the locally-owned weekly newspaper. Billy glued the mug on to the bottom of one of his shoes and grew 4 1/2 inches instantly! Little Billy now stood a proud 4' 5 1/2" tall and was ready to meet the challenge those 5-foot tall bullies were going to dish out the next day at school. The coffee mug changed Little Billy's life, it could change yours!

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February 11th was a bright sunny day. Perfect weather for Osprey Snowwheelers Poker Run.

Annual Poker Run a huge success

Osprey Snowwheelers held their 11th annual Poker Run on February 11th. The beautiful sunny day saw 116 sleds take part on the 85-kilometre course. Lunch was served at the end of the run and prizes were awarded at 3:00 PM.

The Winners were: First Place

(\$300.00) Bill Kempers from Chilliwack. Second Place (\$200.00) Graham Schmidt from Langley and Third Place (\$100.00) Bill Kempers, with his extra hand. Chad DeCoene received \$30.00 for his low hand.

A draw was held for all the non-

winning hands and approximately one hundred donated merchandise prizes were given out.

All participants had a great time and enjoyed the ride through pristine back country, and well-groomed trails.

- submitted

Princeton Court News

EXCLUSIVE TO THE NEWS LEADER

News Leader Court Reporter Dawn Johnson

Police pursuit ends in court

During Tulameen Days, RCMP were patrolling Tulameen at 12:50 a.m. when they saw a red pick-up approaching at high speed. It lost control temporarily. Police placed their vehicle across the road, but the pick-up dodged around it and police followed the pick-up. When the pick-up stopped, the driver stepped out. According to police, the driver was "visibly impaired".

Jason Willis, of Princeton, appeared in Provincial Court in Princeton on February 16 to plead guilty to charges laid after he was arrested.

Police stated Willis was aggressive, offering resistance. On the ride to the detachment office, Willis kicked out a window in the police vehicle, sustaining minor injuries. He was taken to Princeton General Hospital where a doctor said Willis exhibited behaviour associated with consuming a com-

bination of alcohol and cocaine. Willis was not given a breath test, having agreed to a blood test. The blood test showed a high level of alcohol in his system.

Willis' defense counsel said Tulameen Days had become "somewhat of a bad custom". Willis had enjoyed a day of water skiing and sun bathing, then began consuming alcohol at about 5:00 p.m. and continued for the rest of the evening. A friend had given him some cocaine during that time.

Defense counsel said Willis had since moved to Merritt to "get away from bad influence".

Willis had a prior impaired driving charge dating back to 1994. He was ordered to pay a \$700 fine for the recent impaired conviction and a \$300 fine for dangerous driving. In addition, he was ordered to pay the RCMP \$55.60 for the window he broke.

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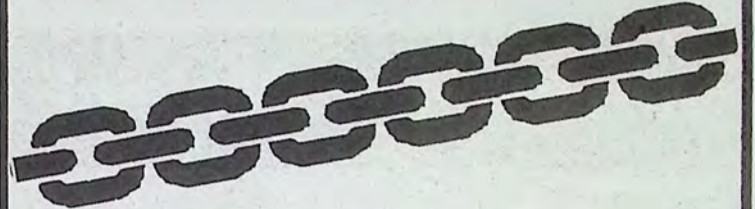
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There Are No Chains On Us!



Winners posing in the bright sunshine during the Osprey Snowwheelers Poker Run.

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Woman faces sentencing

"Entrapment" was a defense strategy in the trial of Parksville resident Annette Fidler in Provincial Court in Princeton on February 16.

Fidler had resided in Princeton on June 28 and 29, 2003, when she was approached by two undercover RCMP officers. The officers had been advised by local police that Fidler was a known user of cocaine, and might be trafficking. Local RCMP had received a tip from an informant identifying Fidler as a user.

The undercover officers asked Fidler if Princeton was "dry", and Fidler offered to help them out. She arranged to meet them at Rotary Park. There, she told them she would get them cocaine if they would give her the money to make the buy. She rode away on her bicycle and returned a little later with two flaps of cocaine.

The following day, she sold them another flap of cocaine.

Defense counsel argued that Fidler had not been involved in any criminal activity when approached by the undercover officers, and had been induced into obtaining the cocaine and selling it to them. He referred to the police action as a "random virtue test" used to trap targeted persons into committing a criminal act.

Crown Counsel argued that Fidler had not been induced into selling, but had been asked if Princeton was "dry". She had offered to help the men.

Judge G. Sinclair did not buy the entrapment argument. He found Fidler guilty of trafficking.

A pre-sentence report and a report on Fidler's suitability for house arrest will be prepared in the next two months. Fidler will be sentenced in April.

Local man is free again

After being in custody since last month's court appearance, David Goulet, age 30, appeared in Provincial Court again on February 16.

Goulet faced many charges, beginning with an assault of Matt Waddington, assault of police officers, charges of breach of probation, and uttering threats.

He entered guilty pleas.

Goulet had been ordered to stay away from his girlfriend, but the couple reconciled despite the court order. When neighbours com-

plained of loud music, police went to Goulet's home and he became belligerent, attacking the officers and uttering threats. He had been drinking and was violent. Police could subdue him only after using pepper spray and a taser.

Goulet had a history of alcohol-induced criminal behaviour. Judge G. Sinclair said Goulet is one of those people who cannot tolerate alcohol and must never consume it. Goulet agreed to an 18 month probation during which he is to abstain from alcohol.

Alberta charge brings BC penalty

Tyme Hennenfent was on probation in Alberta pending payment of restitution. When she did not pay it, she was summoned to appear in court. When she failed to appear, she was charged again.

Hennenfent appeared in Provincial

Court in Princeton on February 16 to plead guilty to both charges waived from Alberta.

She had paid the restitution, and was ordered to pay a \$100 fine for each of the charges after pleading guilty.



THE OSPREY SNOWHEELERS



WOULD LIKE TO THANK THE FOLLOWING FOR THEIR SUPPORT IN DONATIONS FOR OUR 11TH ANNUAL POKER RUN. A SPECIAL THANK YOU TO ALL THE VOLUNTEERS WHO SPENT THE DAY HELPING WITH REGISTRATION, PREPARING THE WONDERFUL LUNCH, LOOKING AFTER THE CHECK POINTS, PARKING AND CLEAN UP, AND TO THE MEMBERS WHO GROOMED FOR TWO WEEKS TO GET THE COURSE IN SUCH GREAT CONDITION.

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- Kevin Acres
- Princeton Brewery
- Tom Goetz & Kal Tire in Abbotsford

- Jellico Station Inn
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Transport
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Transports
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Notice to tour boat owners and operators

Transport Canada reminds tour boat owners and operators that new requirements are now in effect to improve the safety of passengers, crews and vessels.

The regulations came into force on February 1, 2005, and apply to tour boats 15 gross tons or less and carrying 12 passengers or fewer. The regulations require these vessels to meet construction and maintenance standards and to have safety and lifesaving equipment that is easily accessible in an emergency.

Transport Canada is working with operators of tour boats to assist them in meeting the requirements. Once a vessel passes an inspection, its operator will receive a Transport Canada Notice of Inspection Certificate and an inspection sticker. A valid sticker indicates to paying passengers that the vessel was inspected.

For more information on tour boat requirements and the inspection sticker, visit www.tc.gc.ca/smallvessels or contact your local Transport Canada Centre.

More Court News On Page 26

Canada

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The new Board of Directors of Vermilion Forks Field Naturalists.

Field Naturalists mark 15 years

President Don Burbidge noted few naturalist groups last more than 10 years.

Vermilion Forks Field Naturalists celebrated their fifteenth anniversary at the annual general meeting on February 13 at Riverside Wellness Centre. Burbidge was re-elected President, Joann Gabriel continues as Vice-President, Ken Yingling is Treasurer and Joan Kelly is Recording Secretary with Linda Neumann as Corresponding Secretary. Directors are Peter Antonick, Marion Marsel, Margot Sarich, Kim Walsh, Arlene and Blaine Marsel, and Merrilee Robbins. Madelon Schouten is Past President.

Burbidge looked back on 2005 as a highly successful year for the

Field Naturalists. The group investigated methane gas exploration and a coal-fired thermal power plant. Burbidge thanked Peter Antonick for the many fine hikes, and thanked Joan Kelly and Trish Reid for their work on Meadowlark Festival.


The group, with the help of Katimavik, did a lot of work at Swan Lake, putting up blinds, making trails and fencing. Swan Lake is an ongoing project, a natural habitat preserve located just north of Princeton Fairgrounds.

Madelon Schouten is offering a course on identifying birds in the Princeton area. Anyone wishing to participate should contact her.

The meeting was enhanced by the history of logging, told in exceptional historic photos, song,

poetry, and the lively discourse of Jon Bartlett and Rika Ruebsaat. This couple, soon to be Princeton residents, have a great repertoire of traditional songs and ballads, and are heard often on CBC's program North by Northwest. They perform in schools as well as in folk music productions. Jo and Rika specialize in music of the working people.

Their salute to the loggers of British Columbia featured songs about being a chokerman, working on the green chain, log haulers, and loggers out of camp in the bright lights of Vancouver. They gave an enjoyable conclusion to the annual general meeting, then stayed to talk to everyone and partake of the anniversary cake.



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Rika Ruebsaat, Jon Bartlett and Joan Kelly at the VFFN annual general meeting.

weekly entertainment guide

TUESDAY, FEBRUARY 21, 2006 THROUGH MONDAY, FEBRUARY 27, 2006



Second period action from last Wednesday's Posse game against Summerland.

Posse stung once and maul others

Last Wednesday night's game between Princeton Posse and Summerland Sting started with a bang.

Princeton came out of the gates firing on all cylinders and scored first at 2:01 when Chad Hohmann took a pass from Jordan Kerr at centre ice, got past a Sting defenceman and flicked a wrist shot high into the top left corner over the Summerland goalie's shoulder. Posse goaltender Brad Fraser earned an assist on the play.

The Posse added their second marker when Hohmann fired one in from in front of the goal. The shot had such force that it sent the goalies water bottle, sitting on top of the net, spinning a couple feet in the air.

Assists on the power play goal went to Anthony Leardo and Micah Anderson.

Then Summerland started to score adding their first goal at 12:24.

A penalty shot was awarded to Summerland at 14:07 after the Sting's Stephen Mussell was tripped on his way to the Posse goal. Fraser easily stopped the shot.

The Sting tied the game at 2-all with only 37.9-seconds left in the period.

The second period was all Summerland with goals at 6:04 and 14:38.

Princeton was tired by the final period and it showed. It looked at times as if some players had given up trying, which didn't help those who were still putting in the effort.

In the final two minutes of the game, Princeton pulled Fraser for an extra man, but Summerland could not score on the empty net. One attempt was stopped by Adam Coates who stood in the goal crease and deflected the shot off his glove.

As for penalties, there were few with a total of 26-minutes split almost evenly between the two teams.

Final score: Summerland 4, Princeton 2. Shots on Goal: Summerland 46, Princeton 25.

Princeton's Friday night match against Revelstoke was a completely different game.

The Posse was fired up and just beat Revelstoke senseless at the net opening the game with a goal by Jordan Lane at 6:08. Assists came from Dave Wyman and Chad Hohmann.

Just over a minute later, at 7:23, Princeton scored their second goal with credit going to Sam Penny who was assisted by Cody Devitt.

Revelstoke tried to come back, but Greg Sentes was amazing in goal stopping everything that came at him.

Princeton finished the period with another goal, with 57.6-seconds to play when Dave Wyman managed to slip one past Princeton's former goalie Tony Johnson. Assists went to Anthony Leardo and Jordan Kerr.

The second period was all Princeton. The Posse dominated the face offs, and kept the puck in front of the Revelstoke net.

Princeton's fourth goal was scored by Sam Penny at 3:42 and Cody Devitt added one at 6:03.

At 12:14 Revelstoke Coach Steve Miller voiced his displeasure at Referee Yanic Harrison over two penalties and got tossed out of the game.

By this time is was already too late for the Grizzlies as Princeton continued to score goals at 13:34 (Conner McGarry), 15:05 (Dave Wyman) and with 1:53 left (Shawn Carr).

Revelstoke pulled Johnson for the remainder of the period, but he was back between the pipes for the third period. By this time Princeton was leading 8 to 0.

Revelstoke did manage a goal at 3:33, but Princeton came back with goals at 7:48 (Dave Wyman) and

9:26 (Cody Devitt).

Revelstoke scored their second goal at 11:00 and Princeton added two more at 12:25 (Sam Penny) and 13:52 (Chad Hohmann).

The Grizzlies were beat and worn out. They scored their third and final goal at 14:19. Princeton replied at 14:44 (Cody Devitt).

Three stars were announced for the game, Sam Penny and Dave Wyman (each with hat tricks) and Jordan Lane for scoring his first goals as a member of the team.

Final score: Princeton 13, Revelstoke 3.

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Keep It In The Green Zone!

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

The Quiz - Week 4

Today's Date is Monday, April 3, 2006 - the Time is 8:00 AM.
According to PLP's Time Of Use Schedule, would this be in a
"RED ZONE" time period or would it be in the "GREEN ZONE"?

Winners!

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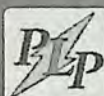
You will need a "Power-By-The-Hour" Resource Kit.
They are available at both the Princeton Light & Power office
and at the News Leader. You will require this kit to get the
correct answers to the weekly questions.

The Loot Goes To

WEEK 3 WINNER: Michelle Johnson

The Routine

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



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Chad Hohmann was named Princeton Posse Rookie of the Year at Sunday night's Awards Ceremony. Hohmann is presented his award by Coach Dale Hladun, General Manager Blair Noel and Assistant Coach Peter McDonald. A total of nine major awards were presented at Billy's Restaurant.

Spirit of 2010 Hockey Tourney

Princeton minor hockey is the latest minor hockey association to register a tournament with the Spirit of 2010 Hockey Tournament.

This spring, nearly 40,000 hockey players from Princeton and across British Columbia will hit the ice in more than 180 Spirit of 2010 tournaments in communities in every corner of the province.

Princeton hosted the Princeton Novice Spirit of 2010 Hockey Tournament this past weekend.

"I'm proud to announce that more than 170 young hockey players from Princeton and around the province will gear up to play safe, fun hockey this spring in the Princeton Novice Spirit of 2010 Hockey Tournament," said Lyle Thomas, Spirit of BC Community Committee Chair for Princeton.

"Our local games will be part of

K&M Trucking Bantams win big!

On February 11th K&M Trucking Bantams traveled to Kelowna for a playoff game against Westside Blues.

The Westside team was no match for the hard skating and tenacious forecheck of the Princeton team. It was all Princeton which saw Taylor Esselink - a Peewee player brought up to help the Bantams - open the scoring then Jared Fenrick, and Shawn Hearty scored to give Princeton a two goal lead going into the second period.

In the second they traded goals, which saw Taylor score her second of the game. In the third once again Taylor scored giving her her first hat trick, Colton Williams then wrapped up the scoring to end the game Princeton 6, Westside 3.

On Sunday Princeton played host to South Okanagan Inferno for their second playoff game. Once

an even bigger spring tournament played in arenas around British Columbia that's all about the fun of the game, sportsmanship and the thrill of sport."

The fourth annual province-wide tournament is a way of building excitement for the 2010 Olympic and Paralympic Winter Games and promoting active and healthy lifestyles, amateur sport and the Spirit of BC through minor hockey.

Across the province, the Spirit of 2010 Hockey Tournament is expected to draw more than 36,000 young players in as many as 170 tournaments. Every registered player receives a congratulatory certificate and a commemorative Spirit of 2010 puck.

Tournaments also receive a Spirit of 2010 winner's trophy, a banner and a limited edition Spirit of 2010 hockey jersey.

again Princeton was there to play. They came out flying pressuring the South Okanagan team offensively as well as defensively.

Princeton got two goals from Colton Williams before South Okanagan got their first. But Nick Yee went coast to coast to give Princeton their third goal. Shawn Hearty scored twice and Jared Fenrick, Taylor Esselink both scored once in the second to give Princeton a 5-goal lead.

The final score was Princeton 7, South Okanagan 3. For both games the whole team played hard and never let up.

"The Spirit of 2010 Hockey Tournament is a celebration of minor hockey and a chance to catch the excitement of one of the Winter Olympics' most anticipated events," said the Hon. Olga Ilich, Minister of Tourism, Sport and the Arts.

"The tournament is also another way British Columbians can meet the provincial goal of being 20% more active by 2010, and I congratulate all the participants in Princeton's Spirit of 2010 Hockey Tournament."

The Spirit of 2010 Hockey Tournament is presented by the Province of British Columbia, 2010 Legacies Now and BC Hockey. Spring hockey tournaments are invited to register by visiting the 2010LegaciesNow website at www.2010LegaciesNow.com.

With the playoffs here the team has really put their hearts into the games to try and make a run for the A banner.

Points for the weekend went to, Taylor Esselink 4 goals 2 assists, Colton Williams 3 goals 2 assists, Shawn Hearty 3 goals 1 assist, Jared Fenrick 2 goals 2 assists, Nick Yee 1 goal, Bryce Markin 5 assists, Vian Maritz, Kenny Bishop, and Scott Schwartz each with an assist.

Great job players keep up the great effort into the next game. - submitted by team coach Kevin Williams

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tuesday movies

MORNING

7:00 am WTBS (3) ★½ "Chill Factor" (1999, Action) (PA) Cuba Gooding Jr. Two would-be heroes must prevent a highly destructive weapon from falling into the hands of a renegade captain. (DVS)

10:00 am CITY (29) ★½ "The Postman" (1997, Adventure) (Part 1 of 2) Kevin Costner. A drifter in a postal uniform leads a band of citizens against fascist marauders in a post-apocalyptic United States. (DVS)

EVENING

8:00 pm KTLA (27) ★★½ "Final Destination 2" (2003, Horror) Ali Larter. Death returns to claim the lives of those who did not die in a

horrible highway calamity as they were meant to do. (In Stereo) (DVS)

8:10 pm WTBS (3) ★½ "Bait" (2000, Action) (PA) Jamie Foxx. A small-time crook becomes an unknowing pawn in the government's plan to lure a high-tech criminal out of hiding. (DVS)

10:06 pm CITY (29) ★½ "Excess Baggage" (1997, Adventure) Alicia Silverstone. A teen's fake kidnapping scheme backfires when a thief steals her car while she is locked in the trunk. (DVS)

10:10 pm WTBS (3) ★½ "Chill Factor" (1999, Action) (PA) Cuba Gooding Jr. Two would-be heroes must prevent a highly destructive weapon from falling into the hands of a renegade captain. (DVS)



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wednesday movies

MORNING

7:00 am WTBS (3) ★ "See Spot Run" (2001, Comedy) (PA) David Arquette. After an FBI dog takes a bite out of their boss, vengeful gangsters target the animal which lives with a goofy mailman. (DVS)

10:00 am CITY (29) ★½ "The Postman" (1997, Adventure) (Part 2 of 2) Kevin Costner. A drifter in a postal uniform leads a band of citizens against fascist marauders in a post-apocalyptic United States. (DVS)

EVENING

6:00 pm CITY (29) ★★ "Radio" (2003, Drama) Cuba Gooding Jr. Premiere. A high-school football coach becomes a mentor to a mentally impaired young man in 1970s South Carolina. (DVS)

8:00 pm KTLA (27) ★★½ "Orange

County" (2002, Comedy) Colin Hanks. A high schooler tries to fix a mistake after his guidance counselor sends the wrong papers to Stanford University. (In Stereo) (DVS)

8:10 pm WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A betrayed wife disrupts the lives of all around her when she retreats to her family's horse farm. (DVS)

10:06 pm CITY (29) ★½ "The Postman" (1997, Adventure) Kevin Costner. A drifter in a postal uniform leads a band of citizens against fascist marauders in a post-apocalyptic United States.

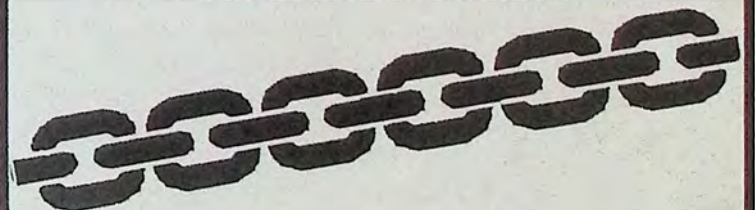
10:10 pm WTBS (3) ★★½ "Three Men and a Little Lady" (1990, Comedy) Tom Selleck. Three bachelors stand to lose the 5-year-old they helped raise when the child's unmarried mother heads to England. (DVS)

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Similkameen News Leader Community Calendar

FEBRUARY

- 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
16 - Easter Fun Sunday, Don & Anna's, Keremeos
17 - Easter Monday
24 - PSS PAC Meeting, 7:00 PM
27 - PSS Family Fair

MAY

- 6 - Stamp Mill Days, Hedley
13 - Keremeos Kruncher, Keremeos
13, 14 - Princeton Pro Rodeo, PXA Grounds
20 - Lawn Mower Races, Keremeos Rodeo 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 Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
* Princeton Toastmasters Club meets 2nd and 4th Tuesday of the month, 7:00 PM in the Seniors Drop-In Centre.
* Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
* Princeton Area BEA meets the 3rd Thursday of the month, 7:00 PM, Skills Centre.

thursday movies

MORNING

- 7:00 am WTBS (3) ★★½ "Three Men and a Little Lady" (1990, Comedy) Tom Selleck. Three bachelors stand to lose the 5-year-old they helped raise when the child's unmarried mother heads to England. (E)
10:00 am CITY (29) ★★ "Radio" (2003, Drama) Cuba Gooding Jr. A high-school football coach becomes a mentor to a mentally impaired young man in 1970s South Carolina. (E)
11:30 am A&E (9) ★★½ "A River Runs Through It" (1992, Drama) Craig Sheffer. Fly fishing and Oscar-winning cinematography frame this account of Norman Maclean's relationship with his brother. (E)

AFTERNOON

- 5:00 pm WGN (38) ★★½ "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) (E)

EVENING

- 6:00 pm WTBS (3) ★ "Exit Wounds" (2001, Action) (PA) Steven Seagal. A maverick officer encounters corrupt cops after he is demoted to duty in one of Detroit's roughest precincts. (E)
CITY (29) "Poison" (2000, Suspense) Rosanna Arquette. A woman suspects her manipulative daughter may be behind a series of unexplained deaths. (E)
8:00 pm KTLA (27) ★ "Just Married" (2003, Comedy) Ashton Kutcher. Disaster follows two mismatched newlyweds during their honeymoon jaunt in Europe. (In Stereo) (E)
8:10 pm WTBS (3) ★★½ "Lethal Weapon" (1987, Action) (PA) Mel Gibson. A veteran detective teams with a reckless, eccentric partner to investigate the death of a Los Angeles prostitute. (E)

friday movies

MORNING

- 7:00 am WTBS (3) ★★½ "Honey, I Shrunk the Kids" (1989, Fantasy) (PA) Rick Moranis. Four miniaturized youngsters brave assorted dangers as they make their way to safety through an inventor's yard. (E)
10:00 am CITY (29) "How to Murder a Millionaire" (1990, Comedy) Joan Rivers. A con woman and a string of accidents convince a housewife that her recently retired husband is trying to kill her. (E)

AFTERNOON

- 5:00 pm CITY (29) ★★½ "Beverly Hills Cop II" (1987, Comedy) Eddie Murphy. Axel Foley returns to California when his friend is critically wounded while investigating a series of robberies. (E)
WGN (38) ★★½ "The Devil's Advocate" (1997, Suspense) Keanu Reeves. After moving to New York, a lawyer and his wife gradually learn his new employer's true identity. (In Stereo) (E)

EVENING

- 6:00 pm WTBS (3) ★★½ "Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers.

The "International Man of Mystery" and a comely American agent attempt to retrieve Austin's stolen mojo from Dr. Evil. (E) (DVS)

7:30 pm FAM (26) ★★½ "Monkey Trouble" (1994, Adventure) Thora Birch. A 9-year-old girl adopts a capuchin monkey whose previous owner taught it thievery, among other tricks.

8:00 pm KNOW (5) ★★½ "The Englishman Who Went Up a Hill but Came Down a Mountain" (1995, Comedy) Hugh Grant. In 1917, a cartographer incurs the ire of proud Welsh villagers when he declares that their mountain is really a hill. (E)

8:10 pm WTBS (3) ★★½ "Galaxy Quest" (1999, Comedy) (PA) Tim Allen. Aliens kidnap actors from a long-cancelled TV series in the mistaken hope that they can defend them from their enemies. (E)

9:07 pm FAM (26) ★★½ "Renaissance Man" (1994, Comedy) Danny DeVito. Premiere. An unemployed advertising executive takes a job teaching Shakespeare to a group of underachieving Army recruits.

Horoscopes

February 22 - 28, 2006

Aries - This week, you want to talk about everything on your mind. Be careful to choose your words carefully, as you feel aggressive, egotistical. Words come from old patterns.

Taurus - Don't make plans to spend money you haven't got. Wait until it is in your bank account. Plans you make now are not solid. You will be concerned with money. Plan to save.

Gemini - Your career seems at odds with how you want to express yourself. You feel very full of yourself these days. Watch out for accidents on the job, or disputes with boss.

Cancer - Are money worries getting you down? You can do some solid planning now. Be firm about spending. Face it: what you really want to do is take a trip, and get away. Drive safely.

Leo - Plan to put a solid financial foundation under you this year. You may feel tired and discouraged at this time, but conditions will improve. Partner's luck is good now.

Virgo - Do not let stress get to you. You may suffer colds, or other health problem. Partner seems unpredictable. Tension emerges from career vs partner. Kids, family change attitude.

Libra - Watch out for cuts, burns, infection. Make firm plans re people you associate with. Turn hopes and wishes into a planned agenda and set goals. Family supports you.

Scorpio - Do taxes, take time to have some fun. You can release positive energy through creativity. Spend time with kids. Watch out for disputes about who owns what and owes what to whom.

Sagittarius - Partner and home continue as your main focus. Travel this weekend could be difficult. Stay home if possible. New home environment changes inner self-image.

Capricorn - Job is very hectic this week. Nobody wants to share the load. Message upsets you. Guard against colds, flu. Drive very carefully: vehicle may need repairs. News is chaotic.

Aquarius - Children have a lot to say and much of it is ego talking. Friends and partner seem distant. Make first move. Watch for money problems due to children, entertainment.

Pisces - Focus remains on home and family matters. Watch for feelings of restlessness, disorganization. You may be bored with routine, or there may be trouble in family. Make happy plans.

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the
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Similkameen News Leader Recipe Corner (Recipe #103)

Tzatziki Chicken Sandwich

(NC)—A lot of kids like to discover new flavours that explode in their mouths and this sandwich has everything their taste buds crave.

- 1 small chicken breast about 100g, boneless and skinless
- 1 tbsp olive oil
- salt & pepper to taste
- 4 slices Wonder+ Bread
- 2 tbsp tzatziki sauce
- 1 grilled red pepper or 6 thin slices of cucumber
- 2 lettuce leaves

• Place chicken breast on a baking sheet. Baste with olive oil, then salt and pepper. • Cook in oven at 180°C (350°F) for approx. 20 min or until meat thermometer reads 170°F (77°C) and meat is no longer pink inside. Let cool and slice. • To make each sandwich, spread Wonder+ Bread slices with tzatziki sauce, then top with chicken, half of grilled red pepper (or cucumbers) and lettuce. Serves 2. 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 23, 2006

Table with 20 columns (WTBS to WGN) and 12 rows (6 AM to 11 PM) showing TV schedules for Thursday, February 23, 2006.

FRIDAY, FEBRUARY 24, 2006

Table with 20 columns (WTBS to WGN) and 12 rows (6 AM to 11 PM) showing TV schedules for Friday, February 24, 2006.

SATURDAY, FEBRUARY 25, 2006

Table with 18 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 (6:30 AM to 11:30 PM) listing TV programs and channels.

SUNDAY, FEBRUARY 26, 2006

Table with 18 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 (6:30 AM to 11:30 PM) listing TV programs and channels.

MONDAY, FEBRUARY 27, 2006

Table with 20 columns representing TV channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and rows for time slots from 6 AM to 11 PM. Each cell contains the program name and a small icon.

monday movies

MORNING

7:00 am WTBS (3) ★★ "Camp Nowhere" (1994, Comedy) (PA) Jonathan Jackson. An ex-drama coach helps a band of misfit children realize their dream of creating their very own secret summer camp. (E)

EVENING

8:00 pm WTBS (3) ★½ "Major League II" (1994, Comedy) (PA) Charlie Sheen. Cleveland's new coach whips his lackluster baseball players into winning shape. (E)

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Let's Play Princeton Trivia!

Question:

Sports scores from June 1929 included: Copper Mtn. 5 Princeton 0, Blakeburn 3 Merritt 2. What sport were they from?

Last Week:

The Big Booster Dance on Friday, June 28, 1929 was held to mark the start of the local Baseball Season.

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THE NEWS LEADER WORD SEARCH

A large grid of letters for a word search puzzle. The letters are arranged in a 20x20 grid.

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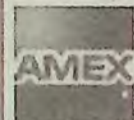
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WEEKLY DEADLINE IS 12 NOON FRIDAYS



obituary

obituary

Howard "Howie" Gallagher

Howard "Howie" Gallagher passed away suddenly January 30, 2006 in his 76th year. He will be sadly missed by his wife, Helen, daughter Marg (Pete), sons Charlie (Susan) and Dale (Dorothy), many Grandchildren and Great Grandchildren. Special friends Al (Pat), Jim (Cathy), John (Colleen), all his fishing buddies! The Family would like to thank everyone for their kind thoughts and support during this very difficult time.

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Invites all health practitioners who are interested in sharing their knowledge in a group setting to send your resumes, description of workshop and fees to the above address.

Feb 21-28

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School District No. 58 (Nicola-Similkameen) is accepting applications for qualified, B. C. certified, teachers. Other applicants with post-secondary education and related experience may also apply.

Submit a complete resume and a district application form to:

Wendy Hyer, Assistant Superintendent
School District No. 58 (Nicola-Similkameen)
Box 4100
Merritt, B. C.,
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Submit applications prior to WEDNESDAY, MARCH 8, 2006.

Application forms are available at The Bridge, Old Hedley Road, Princeton, or from our website at www.sd58.bc.ca.

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Apr 30

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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

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

Seeking information on the whereabouts of the old blue Hayes cabover tractor that was parked at the hay farm on the South side of Highway 3, 5km East of Princeton. Last confirmed sighting was mid-1980's. Call Ross COLLECT (604) 941-9276. Feb 21-Mar 7

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

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

Looking for cooks with minimum experience. Will train. Apply in person with resume, Mikado Japanese Restaurant during regular business hours. Feb 21-Mar 7

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.

for rent

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)

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WEEKLY DEADLINE IS 12 NOON FRIDAYS

for rent

FOR RENT

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Contact new resident manager (250) 295-4805 Mar 08-tfn

help wanted

for sale

DAIRY QUEEN

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Jan 25-tfn

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

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 Jul 19-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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Rural or Box (VO), Regular	\$ 40.90
Rural or Box (VO), Senior	\$ 35.90
Delivery to Door, Regular	\$ 53.80
Delivery to Door, Senior	\$ 48.80
Out-of-Valley, Alberta, Rest of Canada	
Regular	\$ 53.80
Senior	\$ 48.80

notices

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!

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

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



notices

**Town of Princeton
NOTICE**

For impounded pets,
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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

Are we policing the police?

We've been hearing a lot of buzz around town lately about how 'enforcement-oriented' our local RCMP Detachment happens to be.

Too many petty tickets for minor infractions, we hear. Too much time spent on cracking down on drugs, we hear.

What are they supposed to be doing, ignoring speeders, grow-ops and B&E's?

What kind of community would that leave us with?

We sort of thought the idea of enforcement went hand-in-hand with the purpose of having a police force in the first place.

Rules (laws) are meant to be followed. Some are meant to set guidelines, others are meant for establishing penalties for not following the guidelines. They are all intended for your safety and the safety of others.

Everything from not passing on double solids to not driving while impaired to not stealing or possessing stolen property and selling or manufacturing drugs - and everything in between.

How long will it be before we start hearing that our schools are too education-oriented? Will parents start to complain about their children actually learning things that could aid in their development as adults?

And what if the newspaper is identified as being too information and news-oriented?

We don't see enforcement as a negative in any way, and if you can come up with a better method to combat crime, let's hear about it as we think anything short of enforcement would be a waste of time and a waste of taxpayers money.

That being said, we need to say this: Those people who are complaining about the RCMP being too enforcement-oriented are doing so for a reason.

We doubt it's because they are law abiding citizens, which makes us wonder. Maybe there's something in their basement they don't want anyone to know about? Maybe they tend to speed a little more than the other guy?

Or maybe they didn't benefit from going to an education-oriented school.

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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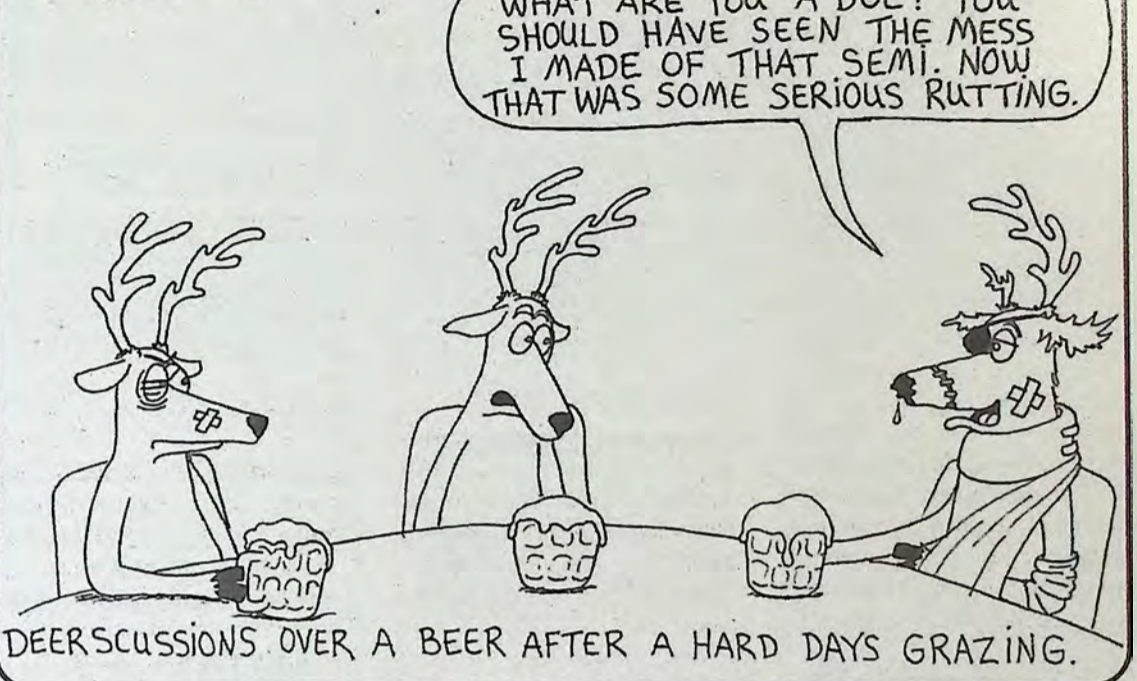
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THIS TOONS



your turn

More on coal-fired energy

To The Editor;

Last week I had the pleasure of listening to Dr. David Suzuki speak about environmental education. Dr. Suzuki told the audience that it is estimated that life has existed on Earth for around 3.8 billion years. It is also estimated that about 200,000 years ago, homo sapiens emerged from the Rift Valley in Africa.

At that time it would have been nearly impossible to look at one young upright ape species and predict that it would evolve into the most dominant and numerous mammalian species on the planet. In comparison with many other species, we weren't especially large, fast, or strong, or gifted with sensory acuity.

It turns out that our immense and complex brains endowed us with tremendous intelligence, a vast capacity for memory, an insatiable curiosity and astonishing creativity. Our abilities catapulted us into a position of dominance on the planet. But there was something else. Foresight. The ability to comprehend the concept of the future. Early humans recognized patterns in nature that are predictable the diurnal cycle, the lunar cycle, the tides, the seasons, animal migration and plant succession.

Making decisions based on future implications was fundamental to our success. Dr. Suzuki emphasized the central role that foresight has always played in our survival.

A couple of days later I had the pleasure of reading Mr. Willis' letter regarding a coal-based industry for our area. In his letter, Mr. Willis wrote, "I believe it is the responsibility of each of us to get accurate

information and make our decisions on the basis of that information, not on outdated technology." I couldn't agree more. However, to rely solely on a smoke-and-mirrors presentation by the potential developer of the proposed 49 megawatt (MW) coal-fired power plant, Compliance Energy, would be a big mistake.

Compliance Energy is a publicly traded corporation that is primarily concerned with quarterly profits. For better or for worse, it is the way it works. It is the responsibility of our elected officials at the municipal, provincial, and federal level to protect the public from negative environmental, social, and economic consequences of decisions, such as power generation.

When evaluating the risk based on accurate information, it becomes clear that this project is simply unacceptable. For example, one of many concerns regarding coal-fired power generation is mercury. Mercury is a potent neurotoxin, particularly damaging to the development of the fetus, infant, and young child.

Coal-burning power plants are the largest source of mercury emissions related to human activity in the U.S. Releases of mercury have contaminated fresh and saltwater fisheries to such an extent that forty-five states and one US territory have issued advisory warnings of the dangers of eating fish with elevated concentrations of mercury. In Ontario, 98% of all fish consumption restrictions for inland lakes are due to mercury contamination.

Perhaps most alarming,

researchers at John Hopkins University in Maryland have found that even low levels of mercury regarded as safe can impair brain function and memory in adults. There may be no safe level of mercury. In spite of this, Compliance Energy has yet to disclose solid figures of potential mercury emissions.

By putting our quality of life at risk we also put existing jobs at risk. Tourism is one of many sectors of our local economy which would no doubt experience the negative effects of mercury emissions from a 49-MW coal-fired power plant. Accepting coal-fired power generation in our backyard would have serious long-term consequences for the Similkameen Valley. That's why it is absolutely necessary for this project to be reviewed by an environmental assessment, and eventually stopped.

Now, more than ever, decisions at all levels of government need to be based on the same fundamental trait that guaranteed our survival as a species. Foresight. We need to make long-term decisions based on future implications. In Mr. Willis' own words, we need to get accurate information and make our decisions on the basis of that information. When evaluating the information it becomes crystal clear that the short term economic benefits of a coal-based industry do not outweigh the long-term, adverse economic, social, and environmental consequences.

Sincerely,
Mike McLean, 2005 Green Party
of BC Candidate for Yale-Lillooet

Current Comment:

Must you own others deeds?



Dawn Johnson
editor@thenewsleader.ca

Some people do mean things to others. Some people say mean, cruel things to others. All of us, at one time or another, have been the victims of some kind of meanness from another person. Unless that meanness resulted in physical injury, like losing a leg or arm, I see no reason to carry it around for a lifetime, but I know people who do.

There is a certain power in being a victim, but it wears very thin after awhile, especially if years have past since it happened, or you have told everybody you know and they are sick and tired of listening.

What I see happening is the victim claiming ownership of the victimizer's bad behaviour. I have done this myself on occasion, and felt just terrible for days or weeks because of somebody being mean to me. By that time, the offensive person has long forgotten their own bad behaviour to me and has probably gone on to make somebody else feel bad.

There are people in our world who are so unhappy inside themselves that they have to spread their unhappiness around. Misery does love company. These people are called "toxic" because they are poisonous. They spew their poison onto other people.

I learned long ago not to let their poison enter me. If being poisonous is what they are, let them own it. I no longer claim ownership of their behaviour.

At the same time, I see others whose lives are spoiled by the fact that they insist on owning the behaviour of those who have treated them badly.

Let me give an example. I had a friend whose father was a mean drunk and everyone lived in terror of his next outburst. Her father died 20 years ago, but she still talks about all of the terrible things he did to the family and how bad they feel to this day.

My question is always, "If he did it to you, why do you feel you have to carry it around with you?"

I am not saying we should pay no attention to the bad behaviour of others, but I am saying we should not feel responsible for it. We can choose to avoid further exposure

to toxic people by avoiding them, and we can make it clear to them that we do not like their words or deeds that offend us. We can make it clear they are responsible for what they do or what they say, and we throw it back to them and tell them to pour their own bucket of you know what on their own head.

Some toxic people are up front with their poison. They might pop somebody in the chin, or have a big temper tantrum and wreck something. We can call the police over these incidents. We do not take responsibility or ownership of these bad behaviours.

The kind of bad behaviour we are most likely to own is the unkind words spoken by others. I remember one young woman I asked for a comment about a local event, and she was rude to me, so rude others looked at her in astonishment. I could have said to myself, "What did I do wrong?" but that would have been the first step toward owning her rudeness. Instead, I went about my business thinking how rude the woman was.

Probably one of the worst things responsible people do is ask themselves, when they are victimized, "What did I do wrong?"

Being a responsible kind of person, I went through years of asking myself that question when somebody was mean to me. Now, I put the responsibility square on the shoulders of the person being mean. I no longer own their bad behaviour.

I often wonder if the mean people ever claim responsibility for what they do. I have doubts. I notice they say things to justify their behaviour, like "I was in a bad mood" or "He made me do it because". They are disowning their own behaviour.

I know a woman who went out of her way to be nice to everyone. She often did kind acts for others. There came an incident in which one of the people she befriended turned on her and said some nasty things, totally unwarranted. This woman felt bad for months about this and kept trying to find out what had caused the problem. Nothing could be done.

Most of us believe that if we are nice to others, they will return our goodwill by being nice. This is not so. There are people who see the other person's goodwill as weakness to be taken advantage of.

They see the habitually nice person as a target for meanness. They feel confident the nice person will not fight back, because nice people have no weapons of self-defense. Generally, the mean folks are right, especially when it comes to verbal assaults. Unfortunately, it is the nice people of the world who tend to carry around and "own" the behaviour of mean people.

Relationships of all kinds are full of examples of mean words and deeds. I have seen relationships in which both partners lash out with demeaning remarks, but in general, one partner tries to humiliate the other, and the other tries to heal the damage. In short, one person is nasty and the other claims ownership of the nastiness and tries to "fix" it. The usual wrong response to the nastiness is asking, "Why did you say that?"

Asking why gives a perfect opening for the nasty person to blame it on the nice person. Asking why is the first clue the nice person is claiming ownership of the nasty words.

Never ask why. Say nothing, walk away, don't engage. The minute you say anything, you're involved in a dispute.

I knew a woman who would launch a tirade at her husband on occasion. He would simply respond, "Aren't you precious!" and walk away. No fight, no engaging, no ownership. After awhile, she stopped the behaviour. None of these things work with a person who is prepared to follow mean words with violent behaviour. Threatening words in a serious confrontation are not what I am talking about. When faced with those situations, run for your life and don't come back. At the same time, I know women in violent relationships who will even claim ownership of the violence directed at them by a man who says he loves the woman. Love is not expressed as threats and violence.

What I've been talking about is the common social behaviours of mean people, not domestic or other violence. Some socially or personally maladjusted people seek power and attention through being nasty to others. Never claim any responsibility for their behaviour and don't carry it around as your burden. They don't. Why should you?

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

SEND YOUR LETTERS TO THE EDITOR TO:

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

Heart Food

by Dave Machin



How can God's word become one thing for one person and something else for another? Because it is alive! The word of God is full of life. FULL!! Therefore it ministers life wherever it is applied. It does not matter how dark and deadly your situation or circumstances may be, there is enough life in God's word to totally overcome all the death that the world, the devil or circumstances can bring you. The Bible compares the word of God to a natural seed. Every seed had within it all the DNA required to produce whatever kind of seed it is. If its a peach seed all that is required to be a peach tree is the seed. In the same way the word of God has the supernatural life within it to cause the promises of God to be fulfilled in your life. You plant it in your heart as a seed, and when it comes up it produces salvation, prosperity, healing, deliverance and the list goes on. Whatever God has said belongs to you! If you have a need in your life today, go to the word of God and find a promise to stand on regarding that need - begin planting that word seed in your heart. Say it out loud over and over and allow that word as a seed to take root on the inside of you. Allow it to become real to you and watch it come alive in your and produce a crop. This is not a religious experience - it is the life and power of God working in you and for you. This is the mystery of the Gospel - words - thoughts - growth. Seed planting for faith works as well as seed planting for fear. Think about it. Words ARE seeds that over time become rooted in the ground - your ground is your HEART. What is growing in your heart? Is it fear or faith? You get to plant your own crop, because God is good, His word is good and good all the time.

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

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<p>BAPTIST CHURCH OF PRINCETON ACROSS FROM ARENA OLD HEDLEY ROAD</p> <p>Sunday School - 9:45 AM Family Worship 10:45 AM</p> <p>COME AND JOIN US!</p> <p>Pastor Dan Brama 295-7752</p>	<p>St. Paul's United Church</p> <p>Office Hours Tue / Thu 9:30AM - 12 NOON</p> <p>WORSHIP SERVICE AND SUNDAY SCHOOL 10:30 AM</p> <p>Phone: 295-7714 Also serving the Anglican Community</p>
<p>Princeton Pentecostal Church (The Pentecostal Assemblies of Canada)</p> <p>PAOC APDC</p> <p>165 Vermilion Avenue (BESIDE THE LIBRARY) invites you to join us in SUNDAY WORSHIP 10:30 AM - Morning Worship 7:00 PM - Evening Worship Pastor Tony Essex 295-7951</p>	<p>Similkameen Christian Center</p> <p>GOD IS GOOD</p> <p>Service: Sundays 10:30AM CHILDRENS CHURCH - (AGES 5-11) Office Hours: Monday-Friday 9AM - 1PM Pastors Dave & Tena Machin 221 A BRIDGE STREET, PHONE: 295-0599</p>

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Recipients of 50-Year Legion pins were Ruth Spencer and Sheila Slowikowski at last Friday night's Legion Honours and Awards Night.

Legion, L. A. honour members

Pins, bars, medals and certificates were given out to Legion and Ladies Auxiliary members last Friday at the Legion Honours and Awards night in Princeton. A good crowd turned out despite the bitterly cold evening and enjoyed an exceptional potluck supper.

For the Ladies Auxiliary, two members were given their 50-year pins: Ruth Spencer and Sheila Slowikowski. Dawn Johnson received a 35-year pin, and 25-year pins were awarded to Kathy McKay and Barb Ryan. Rollie Regimbal and Ann Bauder were awarded 15 year pins.

For the Legion, Lyman Bowles and Robert Clark received Executive Medals. John Haayer received a Past President pin and medal, and Bob Paterson received the Past President Bar. Current President Bud Sadegur received the President's pin, First Vice-

President bar and Public Relations bar. Chaplain bars were awarded to Chris Haugland and Ray Jarvis.

Sharon Paterson received a service certificate, Second Vice-President bar, Membership Chair bar, and Poppy Chair bar. Bob Paterson received an Honours and Awards Chair bar.

Fifteen year pins went to Associate members Myrt Gilligan, Gordon Webster and Ernie West, Joe Compart and Al Tompkins. Janette Lee received a 20 year Associate Member pin.

Teresa Antonick, Marion Marsel, Sonna Wilson and Edward Bernier received 25-year Associate member pins. Irene Manion, Randy

McLean and Dina Slowikowski-Campbell received 30-year Associate Member pins.

Herb Gilligan, Roy Harker, Al Lewis, Don McIntosh and John Rubis received 35-year Ordinary Member pins.

Three 45-year Ordinary Member pins were awarded to Len Brewer, Edwina Gay and Norm McGivern.

Certificates of appreciation for service to the Legion went to Cliff Glover, Bob Derkson, Bing Wong, Greg Ghiloni, John Haayer and John Kightley.

Zone Commander Chris Yarbro summed up Honours and Awards Night with this statement, "This is what service is all about."



Donna Wilson and Teresa Antonick were presented with their 25 Year Associate Service Pins at the Legion Honours and Awards Night.



Princeton Posse Unsung Hero Award went to Mike Salter at Sunday night's Awards Ceremony. Salter is joined by General Manager Blair Noel, Assistant Manager Kevin Robillard and Coach Dale Hladun. Princeton plays two more games this season - a home and home series with Sicamous.

Letter To The Editor

Couple praises local business

Dear Editor,
 In the past year, Susan and I have utilized the services of several local trades people.
 Twice we hired Doug Grigg and his helper Dave Fiddler of Princeton Plumbing and Gas, once in the coldest days of January to install a new furnace, and again in May to install a

central air conditioning system.
 Then, in the fall, we used the services of two companies. In a coordinated effort, we wanted to have a toilet removed, a section of linoleum installed, and a low flow toilet installed. To do these jobs we used the services of George Laska and his son John of Laska Floor Service, and

Dave Mack and Kane Lang of CJM Plumbing.
 In all instances, with all three companies, telephone calls were returned promptly, appointments and time commitments met without delay, estimates were detailed and accurate, and quality products were provided.
 Susan and I were pleased with the professional service we received from these trades people. We are fortunate to have these resources in our community.
 Yours truly,
 Susan Hamilton and Ken Carlson



David Wyman, Princeton Posse Team Captain, was chosen 'Fan Favourite' as part of the Posse Awards program.

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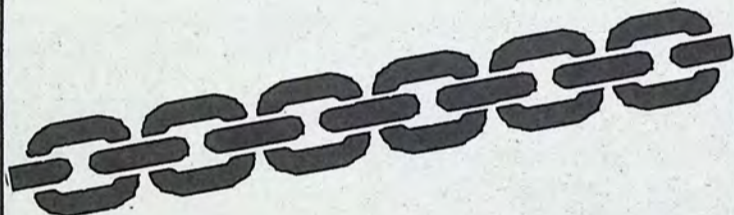
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Sam Penny was named Princeton Posse's Most Sportsmanlike Player at Sunday's Awards Night.

Bad driving nets big fine

Gerald Gentile, of Richmond, B.C., appeared in Provincial Court on February 17 to plead guilty to a charge of driving without due care and attention.

He had been apprehended by RCMP when he had crossed the center line near Princeton Husky, driving straight toward the police vehicle.

When Gentile was pulled over, the officer found an open can of beer in the vehicle and some signs of impairment. Gentile admitted drinking a few cans of beer on his trip from Richmond.

The 40 year old man had no prior convictions of any kind. He was ordered to pay a \$1,000 fine and to serve 90 days of driving restricted

to trips to and from work. The 90 day period is covered by a \$500 recognizance.

Council grants Mind Grind \$\$\$

The annual Environmental Mind Grind initiative has begun, and Princeton's Town Council has agreed to participate with a \$500 donation.

Environmental Mind Grind is a contest between schools to see which team knows the most about conservation and waste reduction. Princeton has had a winning team every year.

Regional Districts of Okanagan Similkameen, Kootenay Boundary, and North and Central Okanagan participate in the event, with support from media.

Judge backs search warrant

At the trial of Gary Renaud, of Princeton, the validity of the search warrant was challenged. Renaud stood trial in Provincial Court on February 17 on a charge of production of marijuana.

An RCMP officer testified that he and another officer, on March 2, 2004, had been dealing with a complaint involving Renaud and dogs. The following day they went to Renaud's residence to discuss the

matter. When Renaud opened the door of his mobile home, the constable said he had a whiff of marijuana growing. He recognized the smell due to many previous investigations of grow operations.

Defense counsel for Renaud argued that a whiff of scent did not constitute grounds for a search warrant, and further, that Renaud had not been given an immediate opportunity to consult with legal counsel.

There were many small issues related to the arrest that Renaud's lawyer questioned. A number of other judges' decisions were reviewed.

Judge G. Sinclair had his own set of decisions to review, and quoted one that states "smell alone can be grounds for a search warrant."

As to the argument that Renaud was not given immediate opportunity to call a lawyer, Judge Sinclair found there were no unnecessary delays except at Renaud's request (he wanted time to smoke a cigarette).

Renaud promptly changed his plea to "guilty". A pre-sentence report was requested. Renaud will be sentenced on May 11.

Judge discharges Ontario woman

Her lawyer represented 20 year old Amanda Holmes of Ontario and entered a guilty plea on her behalf in Provincial Court in Princeton on February 16. Holmes was charged with assault after she attacked a fellow worker at a staff party at Manning Park.

The incident began as a result of a fight between Holmes steady boyfriend and a man with whom she had an affair.

Holmes blamed her co-worker for

Lady loses licence

Driving while prohibited was the charge that brought Jennifer Cleven to court in Princeton on February 16.

The charge was waived from Burnaby, where a police officer saw a driver without a seat belt and pulled her over.

That was when the officer discovered the 21 year old Princeton resident was prohibited from driving due to an impaired driving conviction in August 2005.

Cleven was ordered to pay a \$500 fine and is prohibited from driving for another year.

telling Holmes' boyfriend about the affair. Holmes attacked the woman, beating her and ripping out the woman's earrings.

Everyone had been drinking.

Holmes had apologized to the woman when all were sober, and expressed remorse for her behaviour.

Judge G. Sinclair gave the college student an absolute discharge, but ordered her to pay a \$50 victim fine surcharge.

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 AUCTION and RAFFLES

Tickets:
\$30.⁰⁰ per Person

(Price includes your own crystal wine glass, wine tasting, hors d'oeuvres and door prizes.)

TICKETS AVAILABLE AT:
Stevens & Stevens Notary Public
Bridge Street, Princeton

AND FROM LOCAL ROTARIANS



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

www.thenewsleader.ca



Princeton's Post Office, in conjunction with Canada Post Corporation, is offering Princeton area residents an opportunity to design a cancellation stamp for use at the local post office. This contest is open to all area residents and submissions will be accepted until March 31st. Dale Sunderland, above, of the local post office says a number of communities have already held contests like this and some of the winning entries from those contests are on display. You can visit this website address: www.canadapost.ca/collecting for more information. The winner of the Town of Princeton Cancellation Stamp will win a 2003 Proof Coin Set valued at \$84.00.

PSS Class of 2006
Grads vs RCMP Hockey Game

Raffles **50/50**

Admission by Donation **Fun for the Whole Family!**

7 PM Wednesday, February 22nd
Princeton Arena

February 24 is World Day of Prayer

Christians around the world will be focusing on the country of South Africa during the annual World Day of Prayer service. Local residents are invited to join in this worldwide event by attending a service at St. Paul's United Church at 7:00 PM on February 24th.

This year's World Day of Prayer service, written by the women of South Africa, reflects on the theme 'Sign of the Times.' The women of South Africa greet all those participating in this service by saying, 'Molweni, Dumelang and Goeiedag' which means 'Good Day!'

South Africans are proud of being called a rainbow nation, a name coined by retired archbishop and Nobel Prize winner Desmond Tutu to celebrate the country's many colours, races and cultures.

Despite division, injustice and suffering, the people of South Africa have determined to move beyond their history of four decades of oppression and apartheid.

However, the country is still experiencing change and facing challenge as it works for transformation. There are issues of drought and pollution, violence and drug trafficking, unemployment and poverty, and - possibly the most debilitating of all - the continuing cost of HIV/AIDS.

Participants attending the World Day of Prayer will not only be learning more about this country and its unique culture and heritage, but will also be joining Christians in more than 170 countries around the world and 2,000 communities across Canada who will gather together to pray and act in solidari-

ty with the people of South Africa.

The World Day of Prayer has its roots in an ecumenical day of prayer organized by women in Canada and the United States in 1920. This event became the international World Day of Prayer in 1922, and Christians around the world began celebrating this event on the first Friday of March.

In Canada, the World Day of Prayer is coordinated by the Women's Inter-Church Council of Canada. In this community, the coordinating group has representation from the following churches: Anglican, Catholic, Baptist, United, Four Square and all other churches and individuals are welcome.

For more information on the services being held in Princeton please contact Shirley Campbell at (250) 295-3379.

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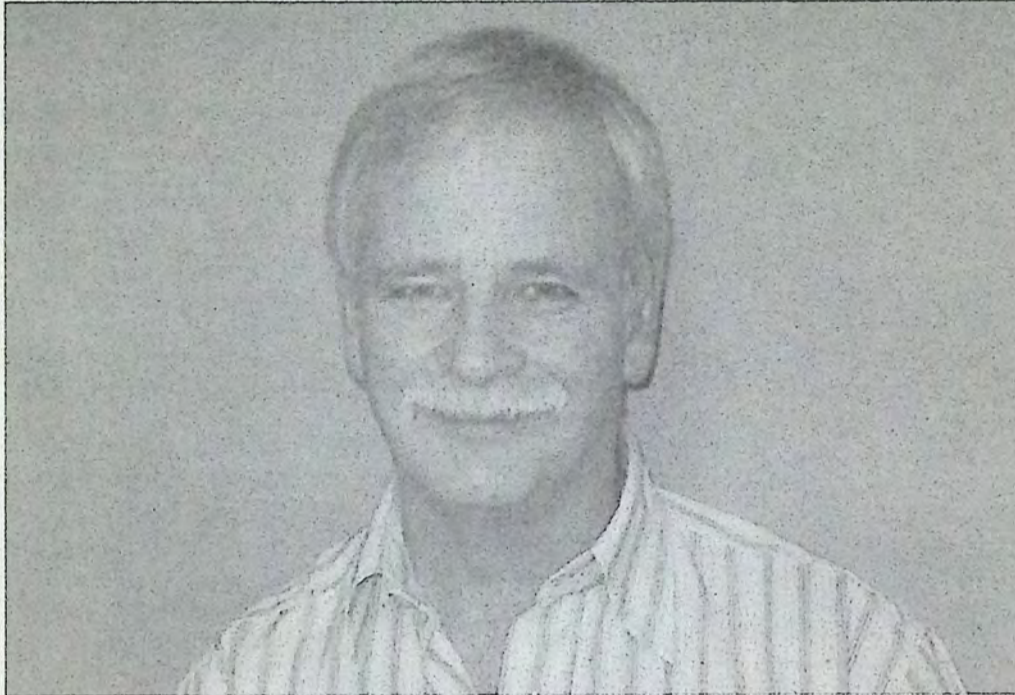
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* MLS statistics 1990-2004

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