

# Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

Volume 9 Issue 10 #418 ISSN 1712-090X  
Canadian Publications Mail Agreement No. (1299263)

Tuesday, March 7, 2006  
Published Weekly in Princeton, B. C. by Bengel Publishing Inc.

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**Similkameen News Leader**  
This Week

Page 2  
Society moves  
to new home  
Page 27  
Merritt's  
success revealed  
Page 4  
KEREMEOS NEWS  
Pages 19-26  
TV GUIDE

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## CHBC says they will return

CHBC knows you miss them, and promise they'll be back as soon as they can!

Recent changes to the CBC Television Network have left Princeton viewers without their local television station.

For nearly 50 years CHBC has been broadcasting to Princeton as a CBC affiliate. The affiliation was dropped on February 27, and most areas continue to receive CHBC, with CBC television being carried on a different channel.

Unfortunately Princeton was left with only CBC.

Many residents have called CHBC's studio to complain, saying they miss their local channel.

The good news is CHBC will be returning to the Princeton area very soon. The television station's Chief engineer Larry Tisch says new equipment is ready to be installed on a nearby mountain top, as soon as the snow melts.

So it shouldn't be long before Mike Roberts, Rick Webber and all your other favourite CHBC personalities will be back on your television sets!

## Princeton receives more \$\$\$



Nicola-Similkameen School Board Chair Gordon Comeau, left, and Regional District Director for Area H Gerri Logan, display a \$35,000 cheque from the School Community Connections Program. They are joined by UBCM President Marvin Hunt and BCSTA President Penny Tees.

### BCSTA and UBCM sign protocol

A protocol of consultation and cooperation was signed by the provincial representatives of BC's municipalities, regional districts and school districts and school boards last week in Richmond.

Union of BC Municipalities (UBCM) President Marvin Hunt and BC School Trustees Association (BCSTA) President Penny Tees participated in a formal signing ceremony, renewing the two organizations' commitment to work together on matters of mutual interest.

"School Board Trustees, Regional District Directors and Municipal Councillors are all locally elected officials, committed to improving their communities," UBCM President Marvin Hunt said, "This protocol of consultation and cooperation speaks to the value and benefits of working together at the community level to put services in place that make BC a great place to live, work and learn."

"Schools are more than classrooms space. They are places to meet and play - the very heart of a community. BC's municipalities, regional districts and school boards make decisions that affect the every day life of citizens - from deciding on the placement of roads and schools to developing community centres and recreational facilities. By working together, UBCM and BCSTA are supporting our members to continue their cooperative work at the local level through provincial initiatives that spread the word about local successes and encourage creativity and innovation," BCSTA President Penny Tees said.

Local innovation was celebrated following the protocol signing ceremony, as The School Community Connections Programs awarded \$35,000 in planning funding to Nicola-Similkameen School Board Chair Gordon Comeau and Okanagan-Similkameen Regional District Director Gerri Logan. The school board and regional district are undertaking a cooperative project to convert a closed school into a new community wellness centre in Princeton. The centre will include a stage for the performing arts, meeting rooms and lesson space as well as a daycare facility.

## Linda Allison heads Fair Board

The Fall Fair has found its hero. Linda Allison was elected President of Princeton & District Agricultural Fall Fair Association on February 28. Councillor Jim Manion conducted the election, which saw Anne Bateman elected Vice-President, Ruby Bey as Treasurer and Dawn Johnson as Secretary.

A new slate of Directors was elected: Ross Chaston and Don Mare will serve two-year terms and Dan Kastor, Glow Lemon, Terry Inglis and Patty Harrower will serve one-year terms.

Following the election, Linda Allison took the chair and planning for the coming Fall Fair began. The fair will take place on September 9 and 10, with exhibits entered on September 7 and 8.

Discussion took place regarding ways and means of attracting more exhibitors, especially exhibitors who have never entered items before. There was also the desire to re-establish the exhibits by commercial growers of the south Similkameen. Councillor Jim Manion suggested the organic growers should have a display of their own in view of their establishing an organic growers' institute.

President Allison appointed some committee Chairs. Ruby Bey will be in charge of promotion and prize list booklet, as well as finding sponsors for the chuckwagon races. Patty Harrower will organize stage entertainment. Dawn Johnson will be Head Convenor

and handle ongoing publicity. Glow Lemon will Chair the Livestock Exhibits Committee. Lisa Carleton will Chair the Junior Fair Committee. Dan Kastor will organize a Horseshoe Tournament. Jody and Maryanne Woodford will organize gate attendants. There are other committee chairs to be filled, but those will be done at upcoming meetings.

Members discussed creating big sign structures in which signs could be placed for upcoming events. John Bey will take this to the next PXA meeting (March 14) to see how many member groups wish to participate.

In addition to stage entertainment and chuckwagon races, members discussed what kind of entertain-

ment would attract youngsters, and whether there could be more participation by horse owners.

John Bey suggested holding a talent show for local adults, with good cash prizes. This is under consideration.

Bey asked if somebody in the local community could make a video of fair activities. This would be used by the PXA for the purpose of promoting events taking place at the fairgrounds.

The next meeting of the Fall Fair Association will take place on March 28 at the fairgrounds office at 7:00 p.m. The public is welcome to attend. Anyone wishing to participate as a volunteer is invited to attend and be a registered volunteer.

## Clothing exchange March 25

With Spring cleaning just around the corner comes an idea that capitalizes on the emptying out of one's closets...a clothing exchange.

The 'Community Clothing Exchange' is set to take place Saturday, March 25th from 9:00 AM to 5:00 PM at the United Church Hall.

The event is being billed as an opportunity to 'clean out your closet and trade item for item' with clothing being accepted at Heaven's Scents at 221 Bridge Street (behind the News Leader) by March 20th.

This event is open to anyone wishing to participate. For more information, contact Jodi at (250) 295-0404.

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This house on Haliford Avenue has been the home of Princeton & District Community Services since 1987.

**Society makes move to new home**

A piece of Community Services history will come to an end on March 20th when ownership of the house on Halliford transfers to new owners.

Community Services purchased the house in 1987 and under the skilled supervision of Austin Fraser and the visionary talents of Joyce Fraser, the house was transformed into administration offices for Community Services programs.

A huge number of individuals and businesses volunteered their time during the transformation and it was a true community project that took several months to complete. The building has served us well for 18 years.

A fresh coat of paint 3 years ago and the beautiful yard made it a focal point at the corner of Vermillion and Halliford.

The large trees surrounding the house were filled with birds in the summer and showed to perfection from spring through fall, when the falling leaves covered the lawn and begged you to walk through the crunchy carpet! We were blessed with wonderful neighbours - the Mullins, Mrs. Squelch and the Taylors, in particular. How we wish we could take them with us!

The plan to move our offices originated with the relocation of the New Beginnings Program to the former health unit site on Harold Avenue. The size of the building meant we could include both programs under the same roof. It would also increase visibility of the programs we administer for people with disabilities.

Our renovation plans allowed for a separation of programs, with the ability to combine the area for joint activities. The 'office' side was utilized for temporary housing during the construction of the new group home on Allison Flats.

The move from 154 Halliford to 47 Harold took place on February 24th and we 'opened' for business on Monday, February 27th!

We're a little nostalgic about leaving the 'old place' but are enjoying the bright, airy rooms, the lovely river location and being closer to the New Beginnings group at our

new site. Please stop in and say hello!

- submitted by Lynn Pelly, Executive Director Princeton Community Services

**RDOS celebrates 40th**

March 4, 2006 marks the 40th Anniversary of the Regional District Okanagan-Similkameen.

Forty years ago, the system of Regional government was heralded by local media as a way to provide local government representation to every resident of British Columbia, not simply to those individuals living within the municipalities.

The Headline in the Penticton Herald from March 4, 1966 reads "Start of 'New Concept' in District Administration."

From the first Chair George Alexander Gough, and the 15 original board directors and a population base totalling 36,119 (Penticton: 15,330, Summerland: 4,585, Osoyoos: 1,166, Oliver: 535, Princeton: 2,151, and Keremeos: 525), the Regional District Okanagan-Similkameen board now consists of 18 directors with a population base of 76,635 (Penticton: 30,985, Summerland: 10,713, Osoyoos: 4,295, Oliver: 4,224, Princeton: 2,610 and

Keremeos: 1,197, Naramata: 1,791, Kaleden: 1,269, Okanagan Falls: 1,971, Hedley: 272, Olalla: 355) or 2.0 percent of the British Columbia population.

In British Columbia's system of local government, regional districts serve three important purposes; - They are the local governments for their (unincorporated) electoral areas.

- They provide the political and administrative frameworks necessary for combinations of member municipalities and electoral areas to collaborate in the provision of sub-regional services.

- They are regional service bodies responsible for providing important regional services to, and undertaking key activities on behalf of their entire regions (solid waste management planning, water and sewer utilities, E-911, fire protection, recreation, regulatory services, etc.).

- submitted by Dan Ashton, RDOS Board Chair

**We need to clarify this**

In last week's News Leader there was a story detailing a request from a local disabled person regarding pick up of recyclables on 'free dump' days.

The listing of recyclables picked up weekly was incorrect. The correct list of items picked up FREE from the curbside weekly includes plastic bottles and containers, newspapers, magazines, all other paper and cereal boxes, cardboard, tin cans and plastic bags.

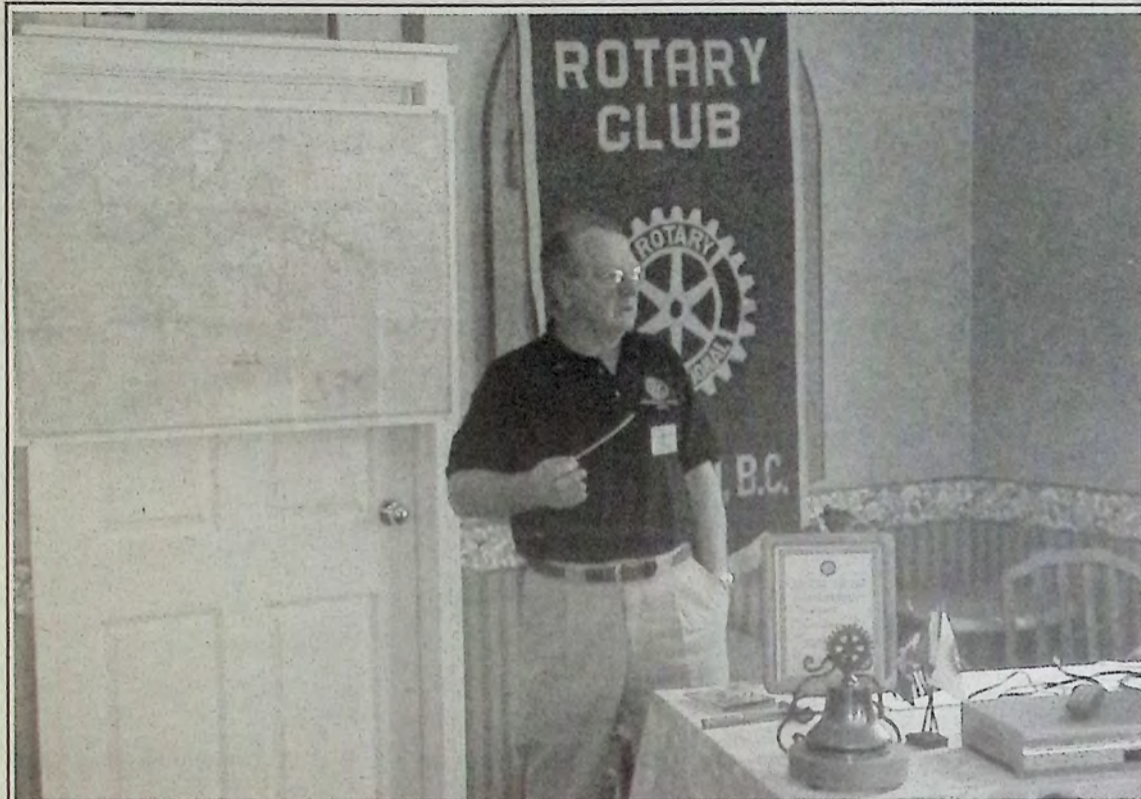
Items that will not be picked up at the curbside weekly (but can be dropped off at the recycling depot

by the homeowner ANYTIME) includes glass jars, bottles, oil and oil filters, household grease, any demolition products, electronics, yard waste, lawn clippings, branches, household waste and batteries.

Residents are reminded they can take these items to the recycling depot anytime free of charge and do not need to wait until 'free dump' days to do so.

For more information, contact Town Hall at (250) 295-3135.

The News Leader apologizes for any confusion - the story in last week's paper may have caused.



Princeton Rotarian Ken Blower made a presentation at last Tuesday's Rotary Club luncheon meeting on his recent trip to India as part of Rotary International's National Polio Immunization Program.

## Local Rotarian visits India

Between November 26th and 28th of last year, Rotarians from District 5060 (which includes Princeton) as well as Rotarians from New Zealand, Argentina, Russia and Australia met in Arga, India to help in India's massive campaign to immunize over 1-million children under the age of five years.

Princeton Rotarian Ken Blower, along with his wife Sharon, represented the Princeton Rotary Club on this journey.

Blower made a presentation to his club members at last Tuesday's Rotary Club luncheon meeting accompanied by a short DVD on the actual immunization program and details on the event in Arga.

Blower explained the Polio Immunization Program was organized with involvement from the World Health Organization (WHO), Rotary International, the US Centers for Disease Control and UNICEF.

The first day in India, November 26th, saw all participants take part in what was called a 'Polio Rally'

which was mostly a parade down the streets of Arga handing out flyers describing the program and locations where the immunization would be taking place.

The second day was the actual Polio Vaccination Day, where volunteers from the four different organizations in the partnership would administer the vaccine - which amounted to two drops of liquid taken orally.

The third day of the event included a mop up phase and a door-to-door campaign in the neighbourhoods of Arga.

Blower explained that although every child under five that could be located could have had the polio vaccine at no cost, some families still refused it.

Blower said he and his wife were in a group of 35 volunteers who worked long hours to spread the polio vaccine during the three day event. The DVD presentation put pictures and faces to the families and volunteers Blower described.

## Naturalists continue hiking

Vermilion Forks Field Naturalists Hiking Program is always interesting. February's Hike was a wonderful snow hike up China Creek at the 6.6-kilometre mark.

Hikers hiked in over the ridge on an old logging road on the left. The day was planned for a cookout on an open spot that over looked Princeton. The sun sparkled on the snow and created shadows amongst the strands of Aspen.

Seventeen hikers and four dogs enjoyed a tremendous hike; great upper end hot dogs and each other's company. The bald eagle with it's young was an added attraction. Life in Princeton doesn't get any better than this.

Our next hike will be Saturday March 11th at 6:00 PM: Owling Up Copper Mountain Road with Madelon Schouten. This should be

interesting. Our next evening meeting will be March 13, 7:00 PM at the Riverside Centre. Our speaker will be Denis St. John, and the topic will be "Butterflies of the Okanagan."

The Naturalists are also offering a six-week evening program on Bird Identification. Madelon Schouten has generously offered to lead this program, starting April 19th to May 24th.

Pre-registration is recommended as the course will only be given if there are ten or more participants. Contact Madelon at (250) 295-7078 for more information.

If any of this sounds interesting to you or is something you would like to do, come and join a wonderful diverse group and partake in great lectures, hikes and guaranteed great company.

- submitted by Cathie Yingling

One observation he shared was how clean the people of India were considering the fact that they clean and wash their clothes in murky water and often dry their clothes on rocks and hillsides.

Rotary International has been instrumental in it's stance on polio eradication and has co-sponsored Group Immunization Trips for a number of years.

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**keremeos and area news**



Construction continues as Keremeos experiences a small growth spurt. This subdivision is located just below the RCMP Station at the end of Sixth Avenue.

**Keremeos hosts Healing Arts Fair**

The Keremeos Healing Arts Fair, which will be held on March 11, from 10:00 AM to 4:00 PM, will feature a number of modalities whose aim is to restore optimal function to the individual. Homeopathy is one such practice which will be featured at the fair.

**What is Homeopathy?**

Homeopathy is a natural system of medicine that is very unique and very deep acting. It is a therapy based on the practice of treating similar with similar.

HOMEOPATHY is derived from the Greek word HOMOIOS, meaning like or similar and pathy which means suffering; so similar suffering.

A simple example of this principle can be seen with the common onion. Slicing an onion can cause symptoms of burning and watering eyes, as well as sneezing and runny nose. Many hay-fever sufferers have found dramatic relief from their burning, watery eyes, sneezing and runny nose after taking the homeopathic remedy Allium Cepa (the remedy made from the red onion). Thus the substance that can cause symptoms can, as a remedy, also reverse them. Another example is Coffee.

What are the symptoms of drinking too much coffee? Can you see how the homeopathic remedy made from coffee is helpful in many cases of sleeplessness?

These examples of common harmless illnesses show how to use homeopathic treatment in daily family life in an easy and safe self prescribing way; which can also be used for many other minor ailments and injuries.

Who can benefit from Homeopathy?

Homeopathy is concerned with the treatment of you as an individ-

ual person with all your characteristics, preferences, as well as your personality and your feelings.

Homeopathy can be successful in treating virtually any condition in any person. Homeopathy is famous for treating conditions that are not named by western medicine and diseases that are known to be incurable!

Homeopathy can give hope to those that are told to be on medication for the rest of their lives and can achieve remarkable results in any kind of chronic disease. Homeopathy can be very successful in the treatment of some of the following ailments: Autoimmune Diseases, MS, Fibromyalgia Chronic Pains,

**Forum set for March 22nd**

Dave Cursons, a counsellor with the Lower Similkameen Community Services Society (LSCSS), will lead an evening forum on media violence on Wednesday, March 22 at 7:00 PM in the Similkameen Country Boardroom.

"Parents know that television and other media watched by their kids often contain violent images and depict violence as acceptable or even cool," says Cursons, a retired Probation Officer and Family Justice Counsellor.

"There are ways to manage access to violent media program-

Migraines, Asthma, Allergies, Skin Diseases, Herpes, Depression, ADD/ADHD, Insomnia, Phobias and Fears, Digestive Problems, Food Allergies, Crohns, IBS, Chronic Fatigue Syndrome, Hormonal Imbalances and Glandular Dysfunctions, Endometriosis.

To learn more about Homeopathy and many other healing arts modalities be sure to attend the Healing Arts Fair which is jointly sponsored by Similkameen Country and the Healing Arts Association of the Okanagan.

For more information contact the fair chairperson Pat Everatt at (250) 499-7771 or Similkameen Country at (250) 499-5225.

ming and ways to talk to children about things they are bound to see in one way or another."

The evening will consist of a half hour presentation by Cursons on the Children Who Witness Violence Programs which is funded locally by The Provincial Ministry of Community Services.

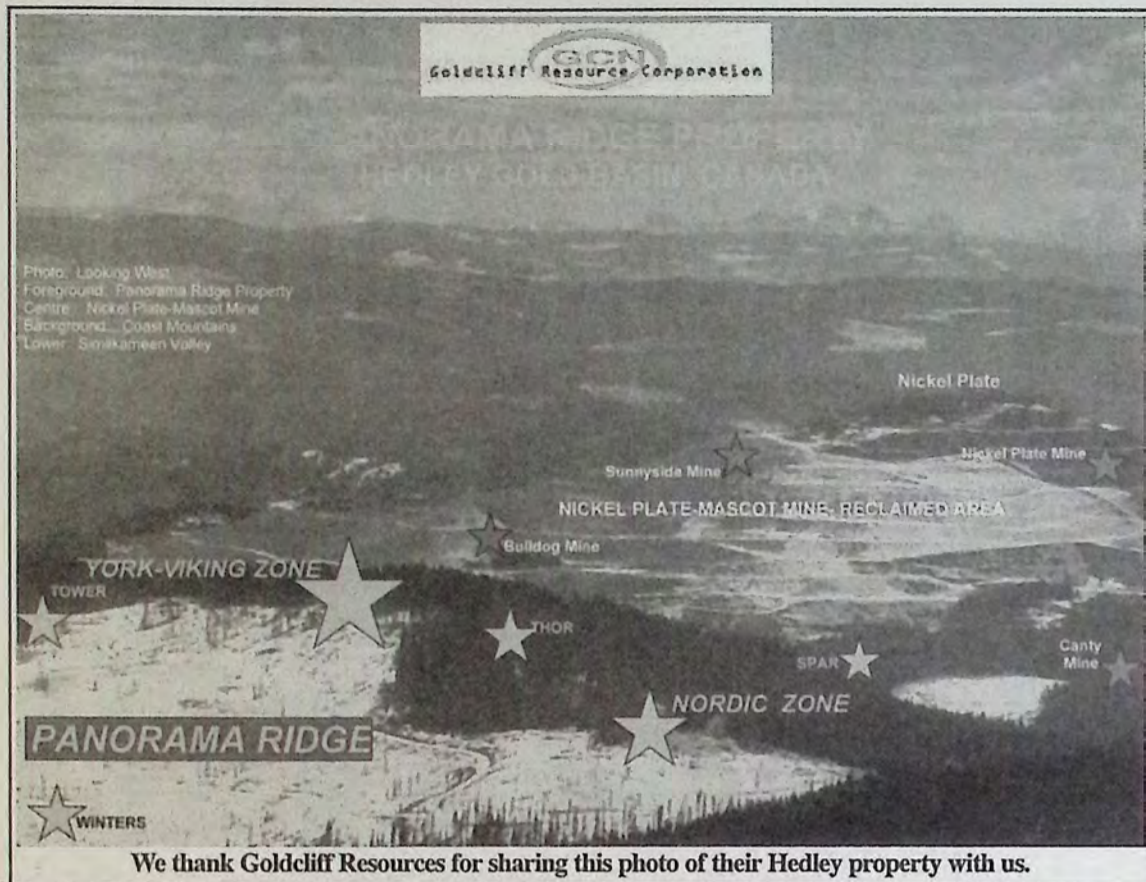
Following the presentation the evening will move into a round table discussion on children and media violence.

The Similkameen Country Boardroom is accessed at the rear of the lower floor of Victory Hall in Keremeos.

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## Now is a good time for hedge pruning

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

Now is a great time to prune the inside of your hedges.

I think we're finally getting some winter now. That's because we are about to start up those greenhouses. That's Murphy's Law!

Hasn't this been one of the mildest winters we've seen so far? Hopefully with this mild winter all of you farmers are ahead in your pruning. Our new neighbors had a huge crew in this weekend and boy they don't stand still when they prune. It was like a whirlwind gone through their property and all the pruning was done.

With the sun back at our end of the Valley after going into hiding for two months it feels pleasant to be working out in the sunshine again. All you gardeners that enjoy being out in the sunshine like me, this is an excellent time to get caught up on your pruning jobs. One job that really seems to get neglected in yards is cleaning out the inside of Cedars, Junipers and hedges such as privet, cotoneaster and Lilac.

Gardeners will cut back their junipers so they don't get too wide for a certain area but neglect getting into the inside and cleaning out all the dead dried up needles. I was cleaning out a juniper the other day at a jobsite and found badminton racquets, basketballs, softballs, frisbees, a soccer ball, a bat, 5 golf balls, 3 plastic glasses, along with numerous sticks of various sizes, garbage bags and rocks of varying sizes stuffed inside the juniper.

Hedges are regularly trimmed on the outside to make them into a lovely shape and size but when was the last time you took out some of those dead branches that become an insect breeding area?

Dead branches trap all the lifeless leaves and many moulds begin growing in these areas. I have over the years of gardening become more and more allergic to all the

mould spores that go along with gardening but find if I can do some of these jobs such as cleaning out hedges, junipers and Cedars this time of year my allergies don't act up quite so badly.

Take a little time right now, before your spring rush and thin some of the older growth out from the middle. By rejuvenating some of the old wood you will continue to keep your hedge healthy. The inside of hedges should be given a thorough cleaning once a year and what better time than when the leaves are off.

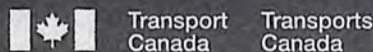
Speaking of hedges and unwanted growth, I have noticed once again how many Siberian Elms are propping up unwanted or unknown to those who don't know what a nuisance they can become in yards and streets. I see them on Village properties, in back yards where the owners obviously don't realize what an irritation they can become or maybe they just see it as a quick grower to hide themselves from their neighbors in the future.

These trees are like a noxious weed. They drop millions of seed that quickly reproduce and start a tree almost overnight and with our winds are spreading seeds rapidly where they are not wanted. They have become a trouble tree that is very invasive.

My Bible for plants is a book by Michael Dirr. I will quote what he says about this tree *Ulmus pumila* or Siberian Elm (which I fully agree with) "The tree grows under any kind of conditions; loved by insects; a poor ornamental tree that does not deserve to be planted anywhere; the initial growth is fast but ensuing branch breakage, messiness, and lack of ornamental assets appalling; one of, if not the world's worst trees."

Look around in your yard and if some tree has miraculously shown up and quickly taken root it is quite likely the Siberian Elm. My advice

if it is worth anything is getting rid of it before it destroys your yard. These trees can grow 60 feet high with a 30 foot spread. They have been known to not only destroy neighbor's relationships but devastate a solid marriage as years go on.



### Notice to passengers of tour boats

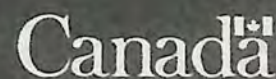
Transport Canada reminds tour boat passengers that new regulations are now in effect to improve the safety of passengers, crews and vessels. The regulations require tour boats to meet construction and maintenance standards and to have safety and lifesaving equipment that is easily accessible in an emergency.

For tour boats that meet the new requirements and have passed their safety inspection, Transport Canada is providing an inspection sticker for posting in a place visible to passengers. The sticker is an easy way for passengers to verify that the vessel has been inspected at least once. Look and ask for the sticker before you board!

In addition, if you are planning a boat tour, Transport Canada reminds you to get all the information you need for a safe trip. Ask for a safety briefing before setting sail so you know where the lifejackets are stored and what to do in an emergency. Parents or guardians accompanying children should ensure there are enough lifejackets of the right size available on board.

For more information, or to see what the sticker looks like, visit [www.tc.gc.ca/tourboats](http://www.tc.gc.ca/tourboats) or call:

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Comments

by your Pharmasave Pharmacist Wen Wong



Nuts have a heart protection effect. The dose is about 4 servings per week. Walnuts and sunflower seeds have a healthy amount of polyunsaturated fat in them and are good choices. Others include almonds, cashews, pistachios, pine nuts and pecans. A serving is 30gm (= 1 ounce).

Here's an idea to avoid drug mix-ups. "Brown bag" all your current medications and bring them to your next doctor visit. Involve your pharmacist as well. With the multiplicity of drug names, different brands and appearances of drugs and changes in drug orders, it's easy to get them mixed up.

March is National Kidney Month. The Kidney Car Program is a fundraising initiative whereby you can donate your old car to the Kidney Foundation of Canada who will recycle or sell it. Tax receipts are given. If it isn't running, they will even tow it away. It's a good program.

March is also a time we focus on poison prevention. Keep the local poison control centre phone number close to the phone. When calling the centre, tell the age of the person who took the poison, how much you think was ingested and describe the condition of the person at the time of the call. Acting fast in a poisoning situation can save a life.

Safe storage and disposal of medications help ensure you and your family's safety. If you have any questions about medications in your home, talk with our pharmacists.

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## Older adults should be alert to signs of kidney disease

by Todd Leach

(NC)—Behind the headlines about the increasing prevalence of diabetes and heart disease lies another condition that is poised to reach new levels: kidney disease.

Rates of kidney disease have more than doubled over the last decade, with the most dramatic increases among people aged 75 years and older. Today, about one in five older adults is affected by the disease and the situation will worsen as Canada's population ages.

"There is a natural decline in your kidney function as you age," explains Dr. Vanita Jassal, a geriatric nephrologist at the Toronto Rehabilitation Institute, Canada's largest provider of adult rehabilitation services. "Most of us can manage quite well despite this and have

no problems. But a proportion will go on to have difficulties, particularly those who are living with diabetes and heart disease."

Older adults should be vigilant in looking for signs of kidney disease, including difficulty urinating, passage of cloudy or bloody urine, nausea and vomiting, and fatigue, says Dr. Jassal. They should also have annual check ups with a family physician.

"Managing the disease is key to controlling the progression of the condition," notes Dr. Jassal, who treats patients at Toronto Rehab's Hemodialysis Service - Canada's first such service for seniors in a rehabilitation setting. Rehab programs help prolong life and improve independence for people with kidney disease, particularly

those with end-stage renal failure. "Although kidney disease is a chronic condition, one's quality of life and independence can be maintained. Being aware of the warning signs can lead to earlier diagnoses and earlier intervention."

For many people living with kidney disease, adding exercise to their treatment regimen is becoming an effective way to manage the chronic condition. Physical activity helps the body regulate blood-sugar levels and is also important in the management of heart disease. In fact, Toronto Rehab researchers recently showed that exercise can have a remarkable impact on a dialysis patient's quality of life and outcomes. For more information, visit [www.torontorehab.com](http://www.torontorehab.com)

- News Canada

## From itch to ahh - understanding dry skin

(NC)—While everyone suffers from occasional dry skin, for some it is a chronic - and more severe - problem related to a skin condition called atopic dermatitis, more commonly known as eczema.

Eczema sufferers experience patches of dry, itchy, red and swollen skin most frequently found on the scalp and face of babies, or behind the knee folds, wrists, ankles, hands, feet and neck area on adults. An estimated 1-in-10 people suffer from chronic dry skin related to eczema, which often first appears in children under two years of age.

Although the exact cause of eczema is unknown, experts agree

that it is probably inherited from parents and is the result of the immune system's overreaction to an irritant or trigger.

These triggers vary from person to person, but may include incorrect bathing and infrequent moisturizing, emotional stress, allergies, sweating and heavy exercise or winter itch caused by dry skin.

While eczema does get better and worse at times - and often improves with age - it is a chronic condition that cannot be cured. The good news is, it can be controlled. By eliminating triggers, suppressing inflammation once it has started, and moisturizing, protecting and

lubricating the skin, eczema flare-ups can be successfully managed.

Treatment programs for eczema may include applying prescribed corticosteroid medications directly to the affected areas to reduce redness and irritation. But, these topical applications are only one part of the treatment puzzle. Recent research shows that when used in combination with a moisturizer, the result is a greater reduction in symptoms.

Keeping skin hydrated is an important step in managing the condition. Moisturizers that are non-irritating, fragrance-free, fast absorbing, non-greasy and specially formulated for chronic dry skin, such as Cetaphil Therapeutic Barrier Cream, are effective and help to relieve and restore the skin's natural protective barrier. The best time to apply moisturizer is right after bathing while the skin is still damp.

Staying away from trigger factors and following a treatment plan - including prescribed medications and moisturization - will help manage the symptoms of chronic dry skin related to eczema.

Talk with your doctor about ways to identify and manage your condition. More information about moisturizers is available at [www.cetaphil.ca](http://www.cetaphil.ca).

- News Canada

## living past 100

### The secret to health success

Are you middle-aged and worried about your future health prospects? Do you have high cholesterol or high blood pressure or need to quit smoking so you don't have a heart attack? Are you sure these are all the most prominent factors in heart attack risk?

If you are sure, then you are wrong. Smoking and high cholesterol are risk factors, but not the most important factors. There are two other lifestyle factors that top the list for risk, no matter how clean you think your lifestyle is. The good news is that there is a plus side, something you can do to counteract all kinds of health risk factors.

**The two big pluses for health**

1. Be a loving person, a lovable person and have good relationships.
2. Be a part of your community, join clubs, do volunteer work, build your community's socialization capacity.

A 10-year study done in the United States showed clearly that people who are loving and lovable, and who also participated in community life, had better health than those who did not, regardless of other health factors.

Negative behaviours and isolation from the community increase health risks.

If you make a point of being good to others, you are probably a lovable person and have loving relationships, either with a spouse or with friends. If you are a person who is constantly critical or constantly complaining, or downright mean to others, the chances are that nobody loves you, and you are at risk. If you live in isolation from your community and do not participate in any organizations, you are at risk.

The study done in the USA focused primarily on heart attack risks, but another study done in Florida in regard to cancer showed something similar. It showed people who are kind to others and do a lot of volunteer work in the community, but carry resentment for lack of appreciation are at risk for cancer. In other words, you can't do it all just for show. You have to do it selflessly, for the sake of your own health.

This gives you something to think about, doesn't it?

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# COFFEE MUG CHRONICLES

## Girl Pumps Up Her Resolutions



Samantha Wittingham, 20, is the youngest of eight children. Her siblings range in age from 22 to 48 and all of them are married with large families of their own. This doesn't bother Samantha as she still hasn't found the 'right guy' to spend the rest of her life with, nor is she in any hurry to do so. Besides, her life is very busy with schooling as Sam plans to become a veterinarian. She's owned pets as far back as she can remember, and she has cared for other pets, so it was a natural choice of a career for her. The only problem Samantha has is that she's thin. It's never really bothered her as much as the teasing she used to get as a kid. She tried a lot of different ways of 'bulking up' but only managed to add a pound or two. She currently weighs 102 pounds - although she says she weighs closer to 115! Then one day she happened to be in the hair salon getting a trim and flipping through a magazine while waiting her turn. The magazine contained an article about a girl just like Samantha. The girl started a light weight training program which not only toned her muscles, it added some bulk to her body which helped to increase her weight - slightly. Samantha thought this was a good idea and when she got home she started using the tips she found in the magazine. But she had nothing to use for resistance training until she remembered the FREE coffee mug she received from her new one-year subscription to the Similkameen News Leader. The mug changed her life, it could change yours!

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

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## Princeton Minor Fastball Association



**Annual General Meeting**  
**6:30 PM**  
**Tuesday, March 21<sup>st</sup>**  
**Arena Mezzanine**



**Pre-Registration Available**

**EVERYONE IN ATTENDANCE WILL HAVE A CHANCE TO WIN THEIR CHILD'S REGISTRATION FOR FREE!**



How would you like to win \$5,000.00? Princeton Figure Skating Club sold raffle tickets outside Overwaitea on the weekend. From left, Samantha Lozinski, her mother Shelly and Deanna Krenn.

## Figure Skating Club hosts event

Princeton Figure Skating Club will host their annual 'Carnival' on Sunday, March 12th beginning at 1:00 PM in Princeton Arena.

This year's event is titled 'Medieval Magic' and will feature guest pairs skaters Mitchell Wallace, 18, of the Raquet Figure Skating Club in Victoria and Ivana Hecimovic, 12, from the Vancouver Skating Club.

The pair train out of 8 Rinks in Burnaby and placed Ninth in the Nationals.

Admission for "Medieval Magic" is \$5.00 per person or \$20.00 for a

family of four or more.

Flowers will be available for purchase to give to skaters on the ice and the Concession Stand will be open during Intermission. The winner of the \$5,000.00 draw will also be announced.

The annual Figure Skating Club

'Carnival' is an opportunity for members of the club to show off their talents and display some of the skills they have learned in the past season.

The event is open to anyone interested in the program and interested in supporting local youth activities.



Princeton Figure Skating Club thanks Head Coach Holly Silzer for all her work this past season. Silzer, working as a teacher in Penticton, has not been able to teach the earlier groups since January, but with support from Colleen Kunderman, the Figure Skating Club has been able to provide participants with the coaching they require, which the Club appreciates.

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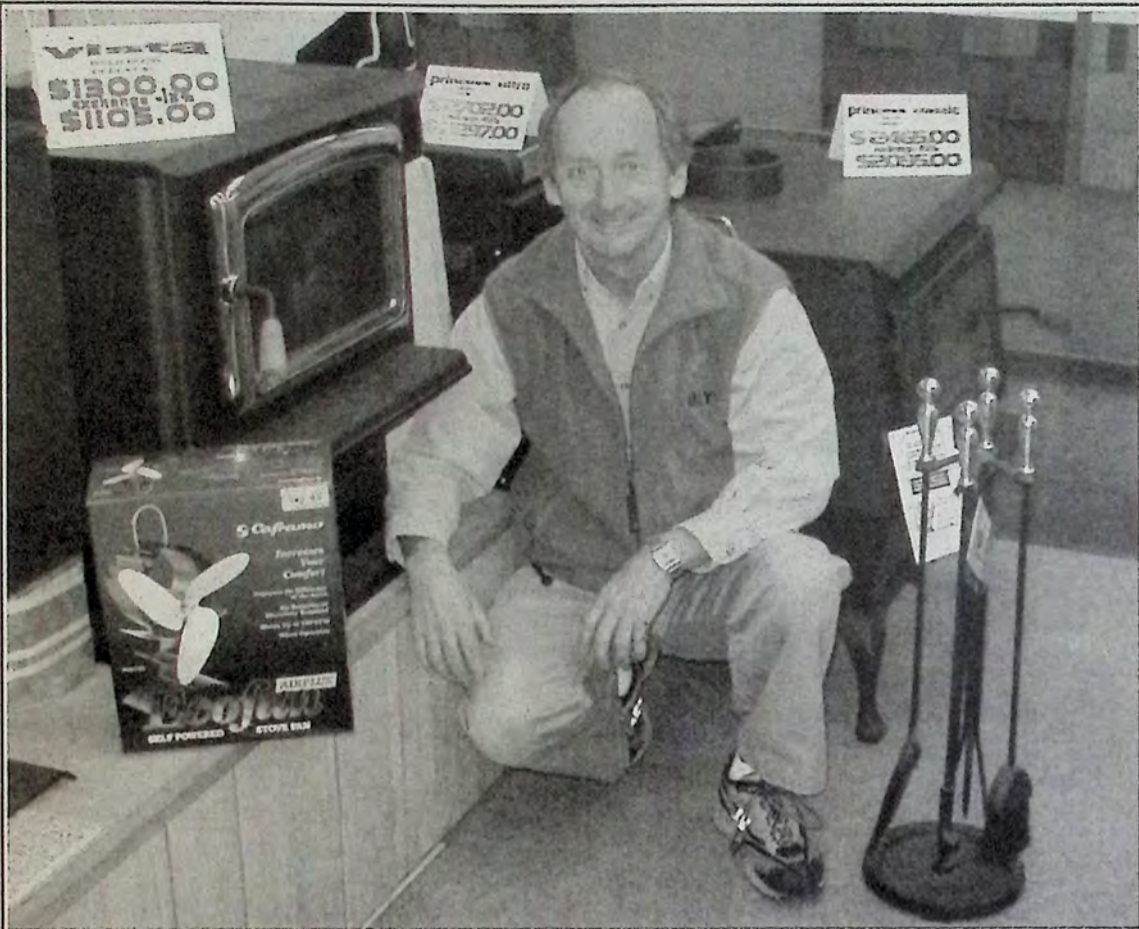
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Ernie Lawrence, owner of Princeton Builders Mart, proudly displays a sample of the wood stoves available at his business. Lawrence has been a supporter of the Great Okanagan Wood Stove Exchange Program since its inception four years ago.

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## Walker says this is his last one

Doug Ricketts has walked his last walk to raise money for the Heart and Stroke Foundation.

He ventured out two weekends ago and covered 40-kilometres from Sterling Creek Bridge to

Princeton along Old Hedley Road but had to stop due to a pain in his hip.

Ricketts, who turned 70 on February 8th raised just over \$2,000.00 for his efforts and thanks

everyone who has supported his annual walks over the past few years.

"I think I'm going to hang up my shoes," he told the News Leader last week.

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## Princeton Minor Fastball Association



Annual General Meeting  
6:30 PM  
Tuesday, March 21<sup>st</sup>  
Arena Mezzanine



Pre-Registration Available

EVERYONE IN ATTENDANCE WILL HAVE A CHANCE TO WIN THEIR CHILD'S REGISTRATION FOR FREE!

## Town of Princeton

INVITATION FOR TENDER

### PRINCETON MUNICIPAL CAMPSITE CONTRACT

The Town of Princeton invites Tenders for the maintenance and upkeep of the Princeton Municipal Campsite.

Sealed Tenders marked "Campsite" will be received at the Town of Princeton Office, 169 Bridge Street, before 4:00 PM, Friday, March 17, 2006. All Tenders received after above stated date and time will be returned to the Tenderers unopened and will not be considered.

Copies of documents and specifications may be obtained at the Town of Princeton Office, 169 Bridge Street, Princeton, BC.

The Town of Princeton reserves the right not to accept the lowest or any tender received.

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Regular \$ 53.80  
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BC School Trustees Association President Penny Tees and Union of BC Municipalities President Marvin Hunt sign the protocol of consultation and cooperation which renewed to two organizations commitment to work together on matters of mutual interest.

## Job Finding Club visits Keremeos

by Brian O'Reilly, Group Facilitator, Job Finding Club

"You just have to be in the right place at the right time." How many times have you heard that line? How about "Timing is everything?"

While opportunity and timing are closely related, being prepared is the key to taking advantage of opportunities that present themselves. If you are a job seeker, you need to focus on the next few questions that address the issue of being prepared.

Are you prepared to take advantage of opportunities whenever and wherever they occur? Be ready for when opportunity knocks - or rings!

Have updated copies of your resume ready to go. Make sure you have contacted your references lately to reaffirm their contact information and let them know you are looking for work. It is important that your interview clothes are ready for heading out the door on short notice.

"Have I planned for my job search?" Get a plan.

It is a good idea to have an area at home for job seeking activities such as writing letters, making phone calls, researching companies and recording your activities.

Knowing how to research companies is important. You resume

should be visually attractive and professional looking. Know how to design your resume for the job you are applying for. If you are not sure how to do this then find out from employment service providers in your area.

"Do I know how to speak about what I have to offer an employer?" Know Thyself - then Market Thyself!

You should be able to speak for at least 10 minutes about your skills, abilities, education, work experience and relevant personal traits and accomplishments with potential employers. It's call Self-Marketing - and it's necessary! Be prepared to answer typical questions interviewers ask. Have examples prepared that highlight your skills and experience to help paint the picture, for employers. These examples should reveal

your great attitude towards work, co-workers, past employers and customers.

Even if you wouldn't ordinarily say this much to anyone about yourself in a month, you have to be prepared to market yourself.

"Have I got the right attitude?" Get Attitude - a positive one!

Employers will always warm up to a positive attitude towards work, co-workers, the business they run and their customers. Be positive when referring to yourself and your abilities. A warm, friendly attitude communicates the message that you are enjoyable to work with. Nothing says positive, as effectively as a smile. If you have to find a mirror and practice.

In the words of Les Brown "It's better to be prepared and not have an opportunity than to have an opportunity and not be prepared."

## Council buys Bunn's art

At the February 20 meeting, Town Council agreed to purchase art work and a tourism concept from local resident Michael Bunn for

\$275. The concept is based on the theme "Welcome to Princeton - where two rivers and friends meet."

## Board changes retirement rules

A school district policy requiring teachers to retire when they reach age 65 is being changed slightly. Teachers will no longer be obliged to retire as soon as they turn 65, and will be allowed to complete the

school year. They may be hired back as needed on the basis of a temporary contract. The new policy follows what is being done in practice.

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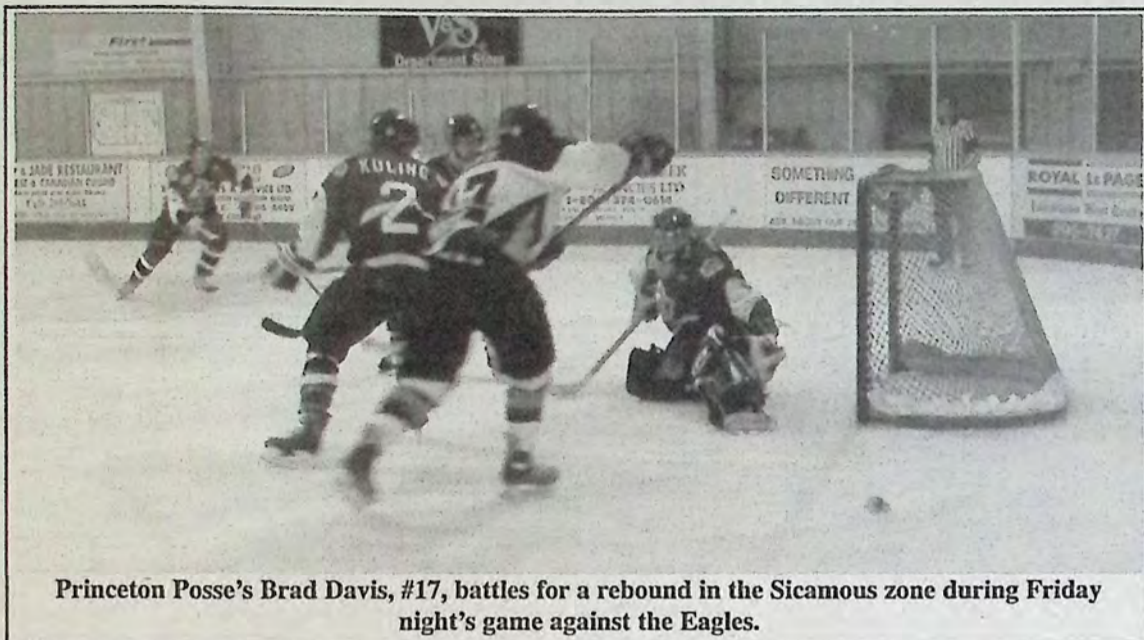
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SIMILKAMEEN NEWS LEADER CLASSIFIED ADS

# weekly entertainment guide

TUESDAY, MARCH 7, 2006 THROUGH MONDAY, MARCH 13, 2006



Princeton Posse's Brad Davis, #17, battles for a rebound in the Sicamous zone during Friday night's game against the Eagles.

## Posse playoff hopes die at home

Trailing 2-0 in their first round of playoffs, Princeton Posse had to do something to fight back the more powerful Sicamous Eagles when both teams met for game #4 last Friday night at Princeton Arena.

With only 17 players dressed, the Posse came out in force and played a pretty good game.

Brad Davis passed the puck to Chad Hohmann, who was in front of the net, and poked it into the left corner of the goal for Princeton's first goal of the night at 4:35. Conner McGarry was given an assist on the play.

Princeton managed to stay out of the penalty box for half the period and finished the frame leading 1-0.

The second period saw a sharper Sicamous team take advantage of a tired Posse team with a tying goal only 31-seconds into the period which sailed between Greg Sentes' legs. He never saw it coming, then the Eagles added another goal at 3:11 which was sent from in front of the net and flipped over the goalies glove hand.

By the third period it was obvious the Posse was tired. The had spurts of energy that kept them in the game, but by the time Sicamous scored their third goal at 10:43, it was pretty much over for the home team.

Although they played a good game, with so few players on the bench, the short shifts wore the boys out. Princeton collected only eight penalties during the game, totalling 24-minutes compared to the Eagles racking up 34-minutes out of 13 penalties.

Final score: Sicamous 3, Princeton 1. Shots on goal: Sicamous 33, Princeton 24.

Game Four in the series was last Saturday night and it was a completely different match from the previous night.

Saying tension filled the air would be an understatement.

Both teams came out flying in the first few minutes of the game

and there was a lot of hitting, trash talking and overall physical play on ice.

Sicamous scored first at 3:54 with a shot that sent the puck between Brad Fraser's legs when he was down on his knees.

The physical play intensified to a point where the game was delayed at 10:11 with Kevin Walrod of Sicamous down behind the Posse net. It took quite some time before he managed to limp back to the bench with assistance.

Sicamous added goal #2 at 14:03 and while many small altercations filled the period, the officiating team reacted quickly before anything could get out of hand.

The period ended with Sicamous leading 2-0.

In the second period, the officials became the target of most everyone in the building (except Sicamous fans) when penalties were called and wrong players were sent to the box or bad calls or missed calls started to dominate the action.

By the middle of the period fans started voicing their displeasure with the officials. At 8:01 it became clear the referees were not at the same game as everyone else at Princeton Arena were watching when Princeton's Sean Carr took a hit along the boards at centre ice and stayed down as play continued. An official stood over Carr obviously oblivious to the situation.

Carr was eventually taken off the ice and the crowd exploded with criticism aimed at the officials.

Sicamous added goal #3 with 1:55 left and fans shouted that the ref's should get an assist on the play.

After two periods, Sicamous was ahead 3 to 0.

The third period was a continuation of the second period with more yelling and complaining from the crowd regarding the officiating.

At 5:01, Princeton Assistant Coach Peter McDonald was tossed from the game for voicing his opinion of the skill displayed by the officials and Sicamous scored their fourth goal at 6:09 with their fifth goal at 8:03.

With only 17.4 seconds left, Princeton pulled a great gag. At a face off on the blue line Jordan Lane dropped his stick and gloves and faked the start of a fight. David Wyman took the puck from Seth Armitage and scored a goal before anyone realized what was going on.

Final score: Sicamous 5, Princeton 1. Shots on goal: Sicamous 35, Princeton 17.

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PRINCETON FIGURE SKATING CLUB PRESENTS

**"Medieval Magic"**



Featuring Guest Pairs Skaters  
Mitchell Wallace, 18  
from Raquet Figure Skating Club, Victoria  
and  
Ivana Hecimovic, 12  
from the Vancouver Skating Club

1:00 PM Sunday, March 12<sup>th</sup>  
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Admission: \$5.00 per Person / \$20.00 per Family

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## Keep It In The Green Zone!

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

### The Quiz - Week 6

Today's Date is Sunday, June 25, 2006 - the Time is 12 Noon.  
According to PLP's Time Of Use Schedule, would this be in a  
"RED ZONE" time period or would it be in the "GREEN ZONE"?

### Winners!

13 Weekly Draws - to April 28<sup>th</sup>, 2006  
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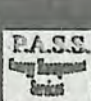
You will need a "Power-By-The-Hour" Resource Kit.  
They are available at both the Princeton Light & Power office  
and at the News Leader. You will require this kit to get the  
correct answers to the weekly questions.

### The Loot Goes To

WEEK 5 WINNER: \$25 J. Holland

### 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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Grand Entry at the February 25th USIB Traditional Pow Wow in Hedley.

## K&M Trucking Bantams fall to Westside

K&M Trucking traveled to Westside for their first play-off game. Princeton found themselves struggling to stay in the game in the first period. Being out skated and out played along the boards and corners; they soon found themselves down 3 goals.

After the ice was cleaned it was a different game - Princeton dominated getting a goal from Colton Williams and Nick Yee, to bring them to within one. With three minutes left in the third Westside scored again giving them a two-goal lead.

Once again Princeton got to within one on a goal from Jared Fenrick with two minutes left in the third.

With their goalie pulled Princeton put shot after shot on the Westside goalie but could not tie the game up. This then brought Westside to Princeton for game two. Both

teams wanted to win with each team skating hard trying to get the upper hand. Westside scored twice in the first to take an early lead. But five minutes into the second Bryce Markin got a pass from Taylor Esselink and Colton Williams to get Princeton's first goal of the game.

With two minutes left in the game Bryce made a nice pass to Colton who scored their second of the game once again getting to within one. Once again, with goalie pulled, Princeton for the last two minutes put shot after shot at the net but could not buy that elusive tying goal.

Falling two games straight ended their banner run. As the coach of this team I am very proud of each and every one of my players we played short of players for most of the season and struggled through to

finish seventh in the standings, and for a team nobody could understand why they were playing for the A banner I can honestly say this team had lots of heart and worked hard.

That is why K&M Trucking Bantams finished second out of ten teams. Be very proud of what you players have accomplished because us coaches are very proud! Points for the weekend went to Colton Williams 2 goals 2 assists, Bryce Markin 1 goal 2 assists, Nick Yee and Jared Fenrick each with a goal, assists also went to Kiel Liberatore, Vian Maritz and Taylor Esselink.

I would also like to thank the two Peewee players (Taylor Esselink and Ian McKenzie) who helped fill our roster throughout the year. Great season team!

- submitted by Coach Kevin Williams

## Mac Lind Pee Wees head to Banner game

What a game! On February 26th Mac Lind Peewees played host to Penticton #2.

This was to be a very exciting game to watch, with both teams evenly matched. Princeton opened the scoring on a nice goal from Ian McKenzie.

Both teams had numerous chances but Jessie Murray for Princeton and the Penticton goalie played an outstanding game between the pipes. At half time Princeton held a one-goal lead. Near the end of the second Penticton tied it up giving them some new life. Going into the third Ian scored his second of the game but Penticton seemed to have all the momentum, out working Princeton for the puck.

This eventually proved successful

for them as they tied the game up 2 all. With end-to-end rushes from both teams and numerous scoring chances the teams had the fans on the edge of their seats. With two minutes left in the game Princeton received a penalty.

In 15-seconds Penticton capitalized on the opportunity and scored the go ahead goal. Princeton was not just going to give up as the whole team reached down inside and found some more energy to prove they were not just going to give Penticton the game.

With under a minute to go Justin Milligan score to tie the game up and to send it into overtime, which was to be 4 on 4. By then it was Princeton with the renewed confidence and that is when Justin won the face off to Jordan Palumbo

who chipped it by the Penticton defender to the speeding Justin who wrestled the puck top corner past the Penticton netminder giving Princeton the win only 10-seconds into overtime.

This was a great game and all the players should be proud of what they accomplished. Know we will be playing for the banner against Penticton #3. We can go all the way team, as long as we believe in ourselves and to play as a team. Just remember that any team can be beat if you want it more than they do.

Assists went to Colby Williams, Taylor Esselink, Brady Johnson, and Clayton Obee. Great game Mac Lind Peewees!

- submitted by Coach Kevin Williams

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## tuesday movies

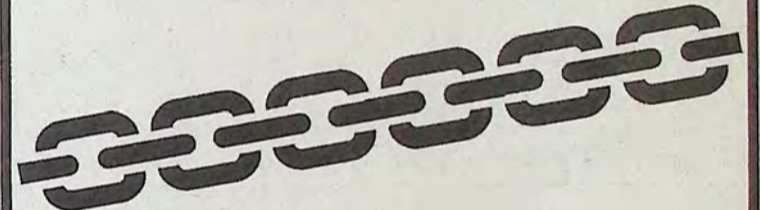
### MORNING

7:00 am WTBS (3) ★★ "Dumb & Dumber" (1994, Comedy) Jim Carrey. Two intellectually challenged buddies follow a woman to Colorado to return the ransom-filled briefcase she left behind. (R)  
10:00 am CITY (29) ★★ "Jackie Bouvier Kennedy Onassis" (2000, Drama) (Part 1 of 2) Joanne Whalley. Premiere. A woman from a wealthy family meets John F. Kennedy, becomes first lady, raises two children and remarries a Greek millionaire. (R)  
11:00 am A&E (9) ★★ "Batman Returns" (1992, Action) Michael Keaton. The Caped Crusader clashes with Catwoman and saves gloomy Gotham City from the foul Penguin's plot. (R)

### EVENING

8:15 pm WTBS (3) ★½ "Lost & Found" (1999, Romance-Comedy) David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring. (R)  
10:06 pm CITY (29) ★★ "Nothing to Lose" (1997, Comedy-Drama) Martin Lawrence. A dispirited white ad executive teams up with a black car-jacker for a crime spree.  
10:15 pm WTBS (3) ★★ "Mad Love" (1995, Drama) (PA) Chris O'Donnell. Fiery passion consumes a responsible high-school senior and a free-spirited classmate. (R)

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## wednesday movies

### MORNING

7:00 am WTBS (3) ★½ "Lost & Found" (1999, Romance-Comedy) David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring. (R)  
10:00 am CITY (29) ★★ "Jackie Bouvier Kennedy Onassis" (2000, Drama) (Part 2 of 2) Joanne Whalley. Premiere. A woman from a wealthy family meets John F. Kennedy, becomes first lady, raises two children and remarries a Greek millionaire. (R)

### EVENING

8:15 pm WTBS (3) ★★½ "Fried Green Tomatoes" (1991, Drama) Kathy Bates. A nursing-home resident regales a visitor with tales of the close friendship between two women in 1930s Alabama. (R)  
10:06 pm CITY (29) ★★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.  
11:15 pm WTBS (3) ★★½ "Fried Green Tomatoes" (1991, Drama) Kathy Bates. A nursing-home resident regales a visitor with tales of the close friendship between two women in 1930s Alabama. (R)



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# Similkameen News Leader

## Community Calendar

### MARCH

- 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
- 12 - Bull-A-Rama, PXA Grounds, Princeton
- 13 - Keremeos Kruncher, Keremeos
- 13, 14 - Princeton Pro Rodeo, PXA Grounds
- 20 - Lawn Mower Races, Keremeos Rodeo Grounds
- 22 - Victoria Day
- 21, 22 - Keremeos Elks Rodeo, Keremeos
- 25-28 - Music Under the K, Keremeos
- 27 - PSS Graduation Ceremonies, 12 Noon, PSS
- 29 - PSS PAC Meeting, 7:00 PM

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

### 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 "Fast Times at Ridgemont High" (1982, Comedy) Sean Penn. Students in a Southern California town divide their time between high school and the neighborhood shopping mall. (E)
- 10:00 am CITY (29) ★★ "Babymaker" (1994, Docudrama) Melissa Gilbert. An artificially inseminated woman seeks justice when she learns her son has her fertility doctor's DNA. (E)
- 11:30 am A&E (9) ★★½ "The Professional" (1994, Drama) Jean Reno. An assassin's tough exterior is cracked by his bond with a precocious orphan girl who wants to learn his craft. (E)

#### AFTERNOON

- 5:00 pm WGN (38) ★★ "The Presidio" (1988, Suspense) Sean Connery. A grizzled Army provost reluctantly joins forces with a San Francisco detective to solve the murder of a guard. (In Stereo) (E)

#### EVENING

- 6:00 pm WTBS (3) ★ "Wild Wild West" (1999, Western) Will Smith. A pair of 19th-century secret agents uses a wide array of gadgets and disguises as they battle a criminal genius. (E)
- 8:00 pm KXLY (10) ★★ "Bringing Down the House" (2003, Comedy) Steve Martin. Premiere. After chatting with a divorced attorney online, a prison escapee wants him to help prove her innocence. (In Stereo) (E)
- 8:10 pm WTBS (3) ★★ "Rush Hour" (1998, Action) (PA) Jackie Chan. A Los Angeles detective and a Hong Kong supercop become a team to rescue a Chinese consul's kidnapped daughter. (E)
- 10:06 pm CITY (29) ★★½ "Another 48 HRS." (1990, Action) Eddie Murphy. Slick jailbird Reggie hits the street with sloppy policeman Jack, this time to nab a drug king. (E)

### friday movies

#### MORNING

- 7:00 am WTBS (3) ★ "Wild Wild West" (1999, Western) Will Smith. A pair of 19th-century secret agents uses a wide array of gadgets and disguises as they battle a criminal genius. (E)
- 10:00 am CITY (29) ★★½ "Days of Thunder" (1990, Drama) Tom Cruise. A hotshot rookie stock-car driver sets his sights on the professional NASCAR circuit and the prestigious Daytona 500. (E)

#### AFTERNOON

- 5:00 pm CITY (29) ★★ "Bollywood/Hollywood" (2002, Comedy) Rahul Khanna. Pressured by his family to date an Indian woman, a businessman hires an escort to pose as his girlfriend. (E) (DVS)
- WGN (38) ★★½ "Delta Force 2" (1990, Adventure) Chuck Norris. An American colonel and his elite Marine unit head to South America to bring a sadistic drug czar to justice. (In Stereo) (E)

#### EVENING

- 6:00 pm WTBS (3) ★★ "Shanghai Noon" (2000, Comedy) (PA) Jackie Chan. Premiere. In 1881, an imperial guard from China joins forces with a mellow outlaw to rescue a kidnapped princess.

- 7:00 pm FAM (26) ★★½ "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production.
- 8:00 pm KNOW (5) "Great Expectations" (1999, Drama) (Part 1 of 2) Ioan Gruffudd. An abused orphan's life is plagued by his efforts to win the heart of a haughty woman born to a wealthy family. (E)
- 8:15 pm WTBS (3) ★★½ "Turner & Hooch" (1989, Comedy) Tom Hanks. A policeman's organized life is turned upside down after a slobbering dog becomes his only clue in a double murder. (E)
- 9:00 pm FAM (26) ★★ "The 6th Man" (1997, Comedy) Marlon Wayans. Premiere. The ghost of a college basketball player helps his younger brother carry their team to victory.
- 10:06 pm CITY (29) ★½ "Private Lies" (2000, Drama) Martina Gedeck. A housewife and mother tires of her husband and falls under the spell of her handsome neighbor.

## Horoscopes

March 8 - 15, 2006

**Aries** - Home life will be emotionally challenging at the beginning of the week. You move into positive planning to achieve your hopes and wishes. Friends will be good to you.

**Taurus** - Your career runs smoothly all week, but you may find your associates are chaotic and you can't plan anything for sure. Home life improves. Weekend plans fall apart due to cash loss.

**Gemini** - Watch what you're doing this week - you're accident prone. You feel restless, disorganized. Career, family are disrupted. Conditions undergo permanent change.

**Cancer** - You feel distracted this week. Your thinking is in chaos, and you would really like to run away. Take time to sort things out. There is something you need to learn about faith.

**Leo** - Surprises are in store regarding investments, taxes, insurance and shared resources. Plans can be disrupted. Benefits come from home, family. You need attention, love.

**Virgo** - Mate, friends and co-workers cause chaos this week. They may have to eat their words in the future, so ignore them right now. Good communication, literary pursuits, bring reward.

**Libra** - Children are a source of joy now. Try not to travel this week as things are sure to go haywire. You may dream of big money, but don't count on it. Guard against cold, flu.

**Scorpio** - You will want to have fun on Thursday and Friday. Plan to do something to raise your spirits. Career is demanding, Home, family bring good vibes. Weekend brings subtle change.

**Sagittarius** - Partner is still full of energy, ego. Use charm, cooperation to keep the peace. Energy expended on improving home will bring benefits. Parent may cause problems.

**Capricorn** - This is a good week for financial gain. You could hear surprising news from sibling or somebody with whom you share resources. Keep calm, things change on weekend.

**Aquarius** - You feel much more friendly, and you take an interest in improving your appearance and surroundings. You're dreamy this week. Stay alert. Guard money well. **Pisces** - You continue to feel restless. Home is the best place to exert positive energy. Try not to tie your ego to what you are doing. Home, property, family may cause weekend problems.

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## Similkameen News Leader

### Recipe Corner (Recipe #105)

# Magnotta Chicken Breast

## with Red Peppers & Brie

- 4 large skinless, boneless chicken breasts
- 1 red pepper chopped into small cubes
- 1 quarter round of Brie
- 1 egg
- 1/2 cup of bread crumbs
- Salt and pepper (to taste) Wash and pat dry chicken.

Pound chicken breasts with meat cleaver until approximately 1/4 inch thick. Place a small amount of the red pepper and brie in the center of each chicken breast and season. Fold chicken over the mixture and secure with toothpicks. Lightly beat egg for egg wash. Coat outside of each breast with egg wash and roll in bread crumb mixture. Arrange each chicken breast in oven safe dish and cook at 350°C for 35-40 minutes or until done. Chicken should be golden brown. Serve with rice and your favourite vegetable.

- News Canada

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

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THURSDAY, MARCH 9, 2006

Grid of TV schedules for Thursday, March 9, 2006, showing times, channels, and program titles across various stations.

FRIDAY, MARCH 10, 2006

Grid of TV schedules for Friday, March 10, 2006, showing times, channels, and program titles across various stations.

saturday movies

MORNING

7:30 am WTBS (3) \*\*\*"Turner & Hooch" (1989, Comedy) Tom Hanks. A policeman's organized life is turned upside down after a slobbering dog becomes his only clue in a double murder. [E]
9:45 am WTBS (3) \*\*\*"Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. A stuffy executive reluctantly shares travel accommodations with a perky salesman in a cross-country comedy of errors. [E]
11:50 am WTBS (3) \*\*\*"Rush Hour" (1998, Action) (PA) Jackie Chan. A Los Angeles detective and a Hong Kong supercop become a team to rescue a Chinese consul's kidnapped daughter. [E]
AFTERNOON
12:00 pm FAM (26) \*\*"Bingo" (1991, Comedy) Cindy Williams. A boy's collie tries to find him after he moves away with his mother and football-player father.
12:30 pm CITY (29) \*\*\*"Coming to

America" (1988, Comedy) Eddie Murphy. Premiere. An African prince chooses the crime-infested ghettos of New York City as the logical place to search for a bride. [E]
1:30 pm FAM (26) \*\*\*"The Stupids" (1996, Comedy) Tom Arnold. The head of a dimwitted suburban family stumbles onto a secret plot involving arms sales to international terrorists. [E]
2:00 pm WTBS (3) \*\*\*"Armageddon" (1998, Science Fiction) Bruce Willis. A NASA rep recruits an oil driller and his team of mavericks to save Earth from an oncoming asteroid. [E]
A&E (9) \*\*\*"Lake Placid" (1999, Suspense) Bill Pullman. A conservation officer and a paleontologist square off against a monstrous crocodile in rural Maine. [E]
4:00 pm YTV (18) \*\*"Hey Arnold! The Movie" (2002, Comedy) Voices of Spencer Klein. Animated. Arnold and his friends take action when their neighborhood is slated for demolition. (In Stereo) [E]
5:00 pm WTBS (3) \*\*\*"Shanghai Noon" (2000,

Comedy) (PA) Jackie Chan. In 1881, an imperial guard from China joins forces with a mellow outlaw to rescue a kidnapped princess.
EVENING
6:00 pm CITY (29) \*\*\*"The Mummy" (1999, Horror) Brendan Fraser. A cursed Egyptian priest is roused from his 3,000-year slumber by foolhardy fortune hunters searching for gold. [E]
7:15 pm WTBS (3) \*\*"Scary Movie 3" (2003, Comedy) (PA) Anna Faris. An anchorwoman investigates rumors about UFOs and a videotape that leads to deaths.
8:00 pm KXLY (10) VTV (22) \*\*\*"What Lies Beneath" (2000, Suspense) Harrison Ford. Supernatural events plague a college professor and his wife as they investigate a murder she believes occurred next door. (In Stereo)
9:00 pm WTBS (3) \*\*\*"Little Nicky" (2000, Comedy) Adam Sandler. The devil's kindhearted son is sent to retrieve his two evil brothers before they raise hell on Earth. [E]
KNOW (5) "The Last Enemy" (1988, Mystery) John Thaw. Inspector Morse discovers that rivalry for a prestigious position at Oxford has led to murder.

YTV (18) \*\*\*"Sixteen Candles" (1984, Comedy) Molly Ringwald. A girl turning 16 likes another girl's guy and feels nobody cares about her birthday. (In Stereo) [E]
FAM (26) \*\*\*"The Rich Man's Wife" (1996, Suspense) Halle Berry. The unhappy wife of a wealthy television executive meets a sinister stranger who proposes a murderous proposition.
9:30 pm CITY (29) \*\*"Meet Joe Black" (1998, Fantasy) Brad Pitt. Death takes human form, asking a principled widower to guide him in exchange for more time on Earth. [E]
WGN (38) \*\*\*"Delta Force 2" (1990, Adventure) Chuck Norris. An American colonel and his elite Marine unit head to South America to bring a sadistic drug czar to justice. (In Stereo) [E]
10:45 pm WTBS (3) \*\*\*"Beverly Hills Ninja" (1997, Comedy) Chris Farley. A bumbling warrior-in-training agrees to help a beautiful woman investigate her boyfriend's suspicious activities. [E]
11:05 pm FAM (26) \*\*"Medicine Man" (1992, Drama) Sean Connery. Clashing personalities give way to mutual respect between an eccentric cancer researcher and an investigating colleague. [E]

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Time-of-use Schedule for TOU \* NORMAL MONTHS
Table with columns for days of the week and time slots (12:00 AM to 11:00 PM) showing On Peak, Off Peak, Green Zones, and Red Zones.

sunday movies
MORNING
6:15 am WTBS (3) \*\*\*"Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. A stuffy executive reluctantly shares travel accommodations with a perky salesman in a cross-country comedy of errors. [E]
8:15 am WTBS (3) \*\*\*"The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A former mob assassin with a price on his own head moves in next door to a timid Montreal dentist. [E] (DVS)
9:00 am A&E (9) \*\*\*"Murderball" (2005, Documentary) Filmmakers Henry Alex Rubin and Dana Adam Shapiro profile members of paraplegic rugby teams in the United States and Canada. [E]
10:15 am WTBS (3) \*\*\*"Rush Hour" (1998, Action) (PA) Jackie Chan. A Los Angeles detective and a Hong Kong supercop become a team to rescue a Chinese consul's kidnapped daughter. [E]
11:00 am A&E (9) \*\*\*"Lake Placid" (1999, Suspense) Bill Pullman. A conservation officer and a paleontol-

ogist square off against a monstrous crocodile in rural Maine. [E]
CITY (29) \*\*\*"My Giant" (1998, Comedy-Drama) Billy Crystal. A luckless Hollywood agent attempts to put a gentle giant from Romania up on the silver screen. [E]
AFTERNOON
12:00 pm FAM (26) \*\*\*"High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production.
12:15 pm WTBS (3) \*\*\*"Armageddon" (1998, Science Fiction) Bruce Willis. A NASA rep recruits an oil driller and his team of mavericks to save Earth from an oncoming asteroid. [E]
1:00 pm KTLA (27) \*\*"The Presidio" (1988, Suspense) Sean Connery. A grizzled Army provost reluctantly joins forces with a San Francisco detective to solve the murder of a guard.
1:30 pm FAM (26) "Searching for David's Heart" (2004, Drama) Danielle Panabaker. A grief-stricken

teenager tries to find the recipient of her late brother's heart.
2:00 pm VTV (22) \*\*\*"Kate & Leopold" (2001, Romance-Comedy) Meg Ryan. A Manhattan woman falls in love with the 19th-century Duke of Albany who has stepped through a time portal. (In Stereo) [E]
3:00 pm KTLA (27) \*\*\*"Playing God" (1997, Drama) David Duchovny. A decertified surgeon accepts a job as personal doctor for a Los Angeles mobster sought by the FBI.
3:15 pm WTBS (3) \*\*"Scary Movie 3" (2003, Comedy) (PA) Anna Faris. An anchorwoman investigates rumors about UFOs and a videotape that leads to deaths.
4:00 pm YTV (18) "Sabrina Goes to Rome" (1998, Fantasy) Melissa Joan Hart. While exploring ancient Rome, the teenage witch falls in love with a man who wants to expose her supernatural ties. (In Stereo) [E]
5:00 pm WTBS (3) \*\*\*"Shanghai Noon" (2000, Comedy) (PA) Jackie Chan. In 1881, an imperial guard from China joins forces with a mellow outlaw to rescue a kidnapped princess.
DISC (24) "Grizzly Man" (2005, Documentary) Filmmaker Werner Herzog profiles grizzly bear enthusiast Timothy Treadwell, who was killed by one of the animals he studied in 2003.
EVENING
6:00 pm YTV (18) \*\*\*"Gremlins" (1984, Fantasy) Zach Galligan. An inventor gives his son an odd little creature which multiplies into monsters which wreck the town. (In Stereo) [E]
CITY (29) \*\*\*"How to Lose a Guy in 10 Days" (2003, Romance-Comedy) Kate Hudson. A magazine writer and an advertising executive each secretly bet that they can seduce the other within a set time. [E]
7:15 pm WTBS (3) \*\*\*"Shanghai Noon" (2000, Comedy) (PA) Jackie Chan. In 1881, an imperial guard from China joins forces with a mellow outlaw to rescue a kidnapped princess.
8:00 pm KSPS (5) \*\*\*"The Autobiography of Miss Jane Pittman" (1974, Drama) Cicely Tyson. A 110-year-old former Louisiana slave reminisces about her life and society from the Civil War to germinating civil rights.
9:00 pm DISC (24) "Grizzly Man" (2005, Documentary) Filmmaker Werner Herzog profiles grizzly bear enthusiast Timothy Treadwell, who was killed by one of the animals he studied in 2003. [E]
FAM (26) \*\*\*"The Air Up There" (1994, Comedy) Kevin Bacon. An American basketball coach learns how to play the Kenya way as he scouts a tall African. [E]
9:30 pm WTBS (3) \*\*\*"Back to the Future" (1985, Science Fiction) Michael J. Fox. A teen takes a crackpot's DeLorean time machine to 1955 and sees his parents in high school. [E]
10:46 pm FAM (26) \*\*\*"Celtic Pride" (1996, Comedy) Damon Wayans. Two rabid basketball fans aid their team's quest for the championship by kidnapping the opposition's star player.
11:30 pm CITY (29) \*\*\*"An Officer and a Gentleman" (1982, Drama) Richard Gere. A hardened loner shapes up for a military drill instructor and a factory girl from town.

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SATURDAY, MARCH 11, 2006

	WTBS ③	CBC ④	KNOW ⑤	KSPS ⑥	KHQ ⑦	KREM ⑧	A&E ⑨	KXLY ⑩	BCTV ⑪	CITY ⑫	YTV ⑬	TSN ⑭	VTV ⑮	DISC ⑯	FOX 41	FAM ⑰	KTLA ⑱	CITY ⑲	WGN ⑳				
6 AM	XCUC Storyline	News	(Off Air)	Globe Trekker	(5:00) Today	Saturday Early Show	Ask This	Good Morning America	Pioneers Room	Design Room	Monster Mona	SportsCentre	OWL/TV Kingdom	Machines	Wealth	Spider-Man	Paid Prog.	Indo	Paid Prog.				
7 AM	Home Imp.	Body	BluesClues	MotorWeek	News	LazyTown	Old House	Good Morning America	News (Live)	News (Live)	Krypto	Fishing	Katie-Orble	Women Pharaohs	DoReMI	Robot	Xiaolin	Eye on Asia	Paid Prog.				
8 AM	Movie: "Turner & Hooch" (1989) Tom Hanks.	Fishn	Dora	Fly Tying	Go Diego	Old House	Old House	Good Morning Northwest Saturday	Backyard	Sheq: Holding Court	Yu-Gi-Oh!	SnowTrax	Good Morning Canada	Mayday Trains collide	Bratz (N)	Suite Life	Viewtiful	Polish Studio	Paid Prog.				
9 AM	Movie: "Planes, Trains and Automobiles" (1987) Steve Martin.	Powerboat	George S.	Router	Direct Buy	Bus	Hometime	Homes TV	Arthur	Workshop	College Basketball: Conference USA Final	Biology: "Inside NASCAR"	Proud	So Raven	Driving TV	Tn-Titans	Bowling: 5-Pin	Light: More Than Meets	Winx Club	So Raven	Xiaolin	Arts	24
10 AM	Movie: "Rush Hour" (1998) (PA) Jackie Chan.	Desi Doordarshan	Jakers	Ask This	Tutenstein	College Basketball: Big Ten Semifinal - Teams TBA	NASCAR	Lilo Stitch	Antique	Extreme	Justice	Figure Skating: Jr Nationals	Communications	How-Made	GI Joe	Boy World	Pokémon	In Fashion	24				
11 AM	Movie: "Armageddon" (1998) Bruce Willis, Billy Bob Thornton.	Eagle Communications	Macphoe	Chefs	Trading	College Basketball: Big Ten Semifinal - Teams TBA	NASCAR	Emperor	Design	Ski	Avatar	Curling: Tim Hortons	Great Adventure People	Machines	Paid Prog.	Movie: "Bingo" (1991, Comedy)	Libertys	Movie: "Coming to America" (1988) Eddie Murphy.	24				
12 PM	Movie: "Shanghai Noon" (2000) Jackie Chan.	PGA Golf: Honda Classic -- Third Round. (Live)	Router	Lidia	PGA Golf: Honda Classic -- Third Round. (Live)	College Basketball: Big Ten Semifinal	Inked	Paid Prog.	Guides	Direct Buy	Beyblade	Brier -- Draw 1. From the Brandt Centre in Regina. (Live)	Eagle Communications	American Chopper	Will-Grace	Just Shoot	Libertys	Movie: "The Stupids" (1996)	Sabrina	24			
1 PM	Movie: "Armageddon" (1998) Bruce Willis, Billy Bob Thornton.	Powerboat	BluesClues	Coastal	Fortune	College Basketball: Pac-10 Final -- Teams TBA	Inked	Paid Prog.	Health	Sled Trails	'70s Show	Cybertron	Into Wild	How-Made	Farscape	Smart Guy	Smallville	News	24				
2 PM	Movie: "Armageddon" (1998) Bruce Willis, Billy Bob Thornton.	Summit	Dora	Food	Time Warp	College Basketball: Pac-10 Final -- Teams TBA	Inked	Paid Prog.	Pair Performers	Ski	'70s Show	Battle	First Story	American Hot Rod	Allies "Cipher"	Soul Train (N)	Sabrina	24					
3 PM	Movie: "Shanghai Noon" (2000) Jackie Chan.	Beauty	Rolie Polie	PC World's	Trading	Final -- Teams TBA	Confidential	Ebert	Simpsons	Global	Movie: "Hey Arnold! The Movie" (2002)	Curling: Tim Hortons	Wife Swap (N)	MythBusters	Will-Grace	Maggie	Friends	Star! Daily	24				
4 PM	Movie: "Shanghai Noon" (2000) Jackie Chan.	Marriage	Jakers	Europe	Darcy	Final -- Teams TBA	Confidential	Ebert	Simpsons	Global	Movie: "Hey Arnold! The Movie" (2002)	Curling: Tim Hortons	Wife Swap (N)	MythBusters	Will-Grace	Maggie	Friends	Star! Daily	24				
5 PM	Movie: "Shanghai Noon" (2000) Jackie Chan.	News	George S.	Summer	News	News	Cold Case Files	News	Simpsons	News	Movie: "Hey Arnold! The Movie" (2002)	Curling: Tim Hortons	Wife Swap (N)	MythBusters	Will-Grace	Maggie	Friends	Star! Daily	24				
6 PM	Movie: "Shanghai Noon" (2000) Jackie Chan.	Sports	Zoboo	Dad Army	NBC News	CBS News	Cold Case Files	News	News	Free and Unbroken	Prank Ptl	Brier -- Draw 2. From the Brandt Centre in Regina. (Live)	News	Deadliest Catch	'70s Show	Naturally	Basketball: Los Angeles Clippers at Milwaukee Bucks.	Movie: "The Mummy" (1999, Horror) Brendan Fraser.	24				
7 PM	Movie: "Shanghai Noon" (2000) Jackie Chan.	2nd Chnce	Artists' Specials	Lawrence Welk Show	News	News	Cold Case Files	News	News	Free and Unbroken	Zlxx: Level	Brier -- Draw 2. From the Brandt Centre in Regina. (Live)	W-FIVE Pedophiles. (N)	American Chopper	Simpsons	So Raven	Friends	Fraser	24				
8 PM	Movie: "Shanghai Noon" (2000) Jackie Chan.	2nd Chnce	Artists' Specials	Lawrence Welk Show	News	News	Cold Case Files	News	News	Free and Unbroken	Zlxx: Level	Brier -- Draw 2. From the Brandt Centre in Regina. (Live)	W-FIVE Pedophiles. (N)	American Chopper	Simpsons	So Raven	Friends	Fraser	24				
9 PM	Movie: "Shanghai Noon" (2000) Jackie Chan.	Caitlin	National Geographic	Time Goes	CSI: Crime Scn	Crime Time Saturday	American Justice	Movie: "What Lies Beneath"	Falcon Beach	Blue Murder	Smallville "Scare"	SportsCentre (Live)	W-FIVE Pedophiles. (N)	MythBusters	America's Most Wanted	Movie: "The Rich Man's Wife" (1996, Suspense)	Cheaters	SexTV	Home Imp.				
10 PM	Movie: "Shanghai Noon" (2000) Jackie Chan.	2nd Chnce	Artists' Specials	Lawrence Welk Show	News	News	Cold Case Files	News	News	Free and Unbroken	Zlxx: Level	Brier -- Draw 2. From the Brandt Centre in Regina. (Live)	W-FIVE Pedophiles. (N)	American Chopper	Simpsons	So Raven	Friends	Fraser	24				
11 PM	Movie: "Shanghai Noon" (2000) Jackie Chan.	2nd Chnce	Artists' Specials	Lawrence Welk Show	News	News	Cold Case Files	News	News	Free and Unbroken	Zlxx: Level	Brier -- Draw 2. From the Brandt Centre in Regina. (Live)	W-FIVE Pedophiles. (N)	American Chopper	Simpsons	So Raven	Friends	Fraser	24				

SUNDAY, MARCH 12, 2006

	WTBS ③	CBC ④	KNOW ⑤	KSPS ⑥	KHQ ⑦	KREM ⑧	A&E ⑨	KXLY ⑩	BCTV ⑪	CITY ⑫	YTV ⑬	TSN ⑭	VTV ⑮	DISC ⑯	FOX 41	FAM ⑰	KTLA ⑱	CITY ⑲	WGN ⑳
6 AM	(6:15) Movie: "Planes, Trains and Automobiles" (1987)	Body	(Off Air)	Noddy	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Fishn	Monster	Sports	Acorn	Dirty Jobs	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
7 AM	Trains and Automobiles (1987)	In Touch	BluesClues	Bob Build	Flight 29	CBS News Sunday Morning	24	News	Quebec	Canada	Winx Club	Reporters	Good Morning Canada	Anatomy of a Tiger Bite	Libertys	Robot	Amazing	Eye on Asia	Paid Prog.
8 AM	Movie: "The Whole Nine Yards" (2000) (PA)	Van Impe	George S.	Jakers	Meet the Press	24	24	24	News (Live)	TribalTrail	Neutron	Lumberjks	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
9 AM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
10 AM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
11 AM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
12 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
1 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
2 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
3 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
4 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
5 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
6 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
7 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
8 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
9 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
10 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)
11 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Is Written	Bus	Real	Press	Nation	24	24	24	World Ven	Robot	X Games	W-FIVE Pedophiles. (N)	Anatomy-Bite	Fox News Sunday	Suite Life	Feed	Eye-Asia	Soul Train (N)

MONDAY, MARCH 13, 2006

	WTBS (3)	CBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (33)
6 AM :30	Dawson's Creek (E)	News (E) Okanagan	(Off Air)	Teletubbs Calliou (E)	News (E)	News	24 (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin Miller	Maury (E)	Hillbillies
7 AM :30	Movie: "Big Bully" (1996) (PA) Rick Moranis. (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Clifford Arthur (E)	Today (E)	The Early Show (E)	24 (E)	Good Morning America (E)			Boy (E) Jacob	SportsCentre (E)		Light: More Than Meets	Sabrina Charles	K. Possible Recess	News (E)	CityLine (E)	Rockford Files
8 AM :30	Becker	Gold Trails	Arthur (E)	Sesame Street (E)	Discover	American Justice	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	House	ChalkZone	SpongeBob	Regis and Kelly	Daily Planet (E)	Fam. Feud	Pooh	Maury (E)	News (E)	Magnum, P.I. (E)
9 AM :30	Becker	Pioneers	Little Bear	Sesame Street (E)	Discover	American Justice	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	House	ChalkZone	SpongeBob	Regis and Kelly	Daily Planet (E)	Fam. Feud	Pooh	Maury (E)	News (E)	Magnum, P.I. (E)
10 AM :30	Cosby	The Price Is Right (E)	Paddington Sagwa	Barney Bob Bulld	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (E)	World Vision (E)	House	ChalkZone	SpongeBob	Regis and Kelly	Daily Planet (E)	Fam. Feud	Pooh	Maury (E)	News (E)	Magnum, P.I. (E)
11 AM :30	Harvey Home Imp.	Direct Buy Judge J.	Space Horizons (E)	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	24 (E)	Paid Prog. Wealth	The Insider House	News (Live) (E)	SpongeBob Rugrats	Tennis: Pacific Life Open - Early Round.	Regis and Kelly	Daily Planet (E)	Fam. Feud	Pooh	Maury (E)	News (E)	Magnum, P.I. (E)
12 PM :30	Drew	News (Live) (E)	Undersea Second	Charlie Rose (N) (E)	Paid Prog. Bold & B.	News	24 (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	School LazyTown	Curling: Tim Hortons	Daily Planet (E)	Avocar: Saucr	Perry Mason (E)	Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
1 PM :30	Yes, Dear	Andromeda (E)	Moving On Planet	Fine Art Sewing	Days of our Lives (E)	As the World Turns	24 (E)	One Life to Live (E)	As the World Turns	As the World Turns	"The Care Bears: Big Wish Movie"	Brier - Draw 7. From the Brandt Centre in Regina. (Live)	Daily Planet (E)	Avocar: Saucr	Perry Mason (E)	Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
2 PM :30	Home Imp. Friends	Body Myster Ink	Gaslight Home	Reading Lions	Passions Guiding Light (E)	Passions Guiding Light (E)	24 (E)	General Hospital (E)	Passions Guiding Light (E)	Passions Guiding Light (E)	Beasts	Brier - Draw 7. From the Brandt Centre in Regina. (Live)	Daily Planet (E)	Avocar: Saucr	Perry Mason (E)	Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
3 PM :30	Seinfeld	Fear Factor (E)	Bear BluesClues	Postcards Arthur (E)	Brown	Dr. Phil (E)	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Sports	Daily Planet (E)	Avocar: Saucr	Perry Mason (E)	Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
4 PM :30	Raymond	Days of our Lives (E)	Dora Rolle Poile	Cyberchas Dragonfly	Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire	Oprah Winfrey (E)	Early News	Dexter	Hockey	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian Proud	8 Rules	Sex & City	Funnest Home Videos
5 PM :30	Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E)	News	Flip This House (E)	ABC News	Global	News (Live) (E)	SpongeBob	Curling: Tim Hortons	Daily Planet (E)	MythBusters (E)	Malcolm King of Hill	K. Possible Lizzie	Sabrina My Wife	MuchMusical VJ Search	Funnest Home Videos
6 PM :30	Friends	Stargate SG-1 (E)	Science Moving On	News-Lehrer Raymond	News (E)	News	Gangsta Girls (E)	News (E)	News (Live) (E)	ET Canada	Being Ian	Brier - Draw 8. From the Brandt Centre in Regina.	Daily Planet (E)	Dirty Jobs (E)	'70s Show	Zoey 101	My Wife Friends	Live! At the Genies	Funnest Home Videos
7 PM :30	Family Guy	Homes Jeopardy!	In Performance My Hero	Served Fortune	Jeopardy! Fortune	Seinfeld Friends	Rollergirls (E)	Entertain The Insider	Entertain ET Canada	24 (N) (E)	Unfabulous 15/Love	Brier - Draw 8. From the Brandt Centre in Regina.	Daily Planet (E)	Worst Handyman	Simpsons Frasier	School TBA	Raymond Raymond	Bravo! Fact	WGN News at Nine
8 PM :30	Movie: "High School"	Deal or No Deal (N)	Suzie LeBlanc	Antiques Roadshow	Deal or No Deal (N)	King How I Met	Crossing Jordan (E)	Wife Swap (N) (E)	Prison Break (E)	Prison Break (E)	SpongeBob Sabrina	WWE Monday Night Raw (N) (E)	Corner Gas Degrassi	Daily Planet (E)	Prison Break (E)	8 Rules Boy World	7th Heaven "Apple Pie"	News (E) Star! Daily	Sex & City
9 PM :30	High (1996) Jon Lovitz.	Two Men Christine	Handel's Water Music	Great Performances	The Apprentice (N) (E)	Two Men Christine	Flip This House (E)	Supernanny (N) (E)	The Apprentice (N) (E)	The Apprentice (N) (E)	15/Love Fresh Pr.	WWE Monday Night Raw (N) (E)	Medium (N) (E)	Dirty Jobs (E)	24 (N) (E)	Brotherly Radio Free	Related (N) (E)	Jimmy Kimmel Live (N)	Funnest Home Videos
10 PM :30	Movie: "Big Bully" (1996) (PA) Rick Moranis. (E)	Mutant X (E) (DVS)	Vivaldi: Four Seasons	"Kurosawa" (E)	Medium (N) (E)	CSI: Miami (N) (E)	Gangsta Girls (E)	Miracle Workers (N)	24 (N) (E)	News (Live) (E)	My Family Bob	WWE Monday Night Raw (E)	CSI: Miami (N) (E)	Worst Handyman	News Will-Grace	Popular "Booty Camp"	KTLA Prime News (E)	(10:05) Movie: "An Officer and a Gentleman" (1982)	Da Vinci's Inquest (E)
11 PM :30	Rick Moranis. (E)	News (E) Fortune	Canada-History	Charlie Rose (N) (E)	News (E) Tonight	News (E) Late Show	Rollergirls (E)	News (E) Nightline	News (Live) (E)	Entertain ET Canada	Inuyasha Hack/Sign	WWE Monday Night Raw (E)	News (E)	MythBusters (E)	Sex & City	8 Rules Radio Free	Friends	Da Vinci's Inquest (E)	Ellimdate

monday movies

MORNING

7:00 am WTBS (3) ★★"Big Bully" (1996, Comedy) (PA) Rick Moranis. A predatory instinct is reawakened in a former childhood bully when his favorite victim returns to their hometown. (E)

10:00 am CITY (29) ★★"My Giant" (1998, Comedy-Drama) Billy Crystal. A luckless Hollywood agent attempts to put a gentle giant from Romania up on the silver screen. (E)

AFTERNOON

1:00 pm YTV (18) "The Care Bears: Big Wish Movie" (2005, Adventure) Voice of Stephanie Beard. Animated. Wish Bear's plans go awry when she wishes for some new friends. (In Stereo) (E)

EVENING

8:00 pm WTBS (3) ★★"High School High" (1996, Comedy) Jon Lovitz. An idealistic teacher leaves a comfortable position at a private school to turn inner-city hoodlums into scholars. (E)

10:00 pm WTBS (3) ★★"Big Bully" (1996, Comedy) (PA) Rick Moranis. A predatory instinct is reawakened in a former childhood bully when his favorite victim returns to their home-

town. (E) 10:06 pm CITY (29) ★★"An Officer and a Gentleman" (1982, Drama) Richard Gere. A hardened loner shapes up for a military drill instructor and a factory girl from town.

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Let's Play Princeton Trivia!

Question:

October 9, 1994 is significant for what reason?

Last Week:

The St. John Ambulance Association Princeton Centre hosted their 1st Annual Dance on October 20, 1939 in the Orange Hall.

www.princetonmuseum.com

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THE NEWS LEADER WORD SEARCH

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

LET'S TALK ABOUT "RACING DAYS"

- |            |            |            |               |
|------------|------------|------------|---------------|
| HORSES     | DANCE      | SPONSOR    | ENTERTAINMENT |
| TRACK      | DUCKS      | CORONATION | WEEKEND       |
| WAGER      | FAIRGROUND | FLOAT      | HOLIDAY       |
| PARADE     | AMBASSADOR | VISITORS   | JOCKEY        |
| TOURNAMENT | WINNER     | REUNION    | PURSE         |
| PANCAKES   | VOLUNTEER  | AUTHOR     | TRADITION     |

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



### obituary

### obituary

#### RUBY FLORENCE BAILLIE

Funeral services for the late Ruby Baillie will be held March the 11th, at 1:00 PM, in the Princeton Legion Hall. Ruby was born in Edmonton, Alberta July 20th, 1920. She passed away peacefully at her home in Princeton on January 19th, 2006. Ruby was predeceased by her husband of many years, Adrian Stuart Baillie. Ruby was a woman of many talents. Those privileged to have visited her will recall the beautiful needle point and drift-wood pieces, lovingly crafted by her, and displayed throughout her home. She will be sadly missed by her many friends and relatives. If so desired, donations may be made to a charity of your choice.

### for sale

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

### 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

#### IMPROVE YOUR JOB SEARCH TECHNIQUES

**Job Finding Club is offering 3 weeks of job search training in Keremeos at WorkZone starting Monday, March 20.**

**This is a free service.**

For information call 490-8380  
[www.jobfindingclub.com](http://www.jobfindingclub.com)

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

#### NOTICE OF EXCLUSION APPLICATION REGARDING LAND IN THE AGRICULTURAL LAND RESERVE

I, ELI WONG (LEE) of Princeton Castle Resort, RRI, S1, C10, Princeton, BC V0X 1W0 intend on making an application pursuant to Section 30(1) of the Agricultural Land Commission Act to exclude from the Agricultural Land Reserve the following properties which are legally described as:  
- Lot A, DL 2137, Plan 25098, located at 368 Rainbow Lake Road  
- Lot A, DL 932, 1525, 2137, KDYD Plan 28225 located at 375 Rainbow Lake Road  
- Lot 1, DL 2137, KDYD Plan 6953, located at 395 Rainbow Lake Road  
- Lot B, DL 2137, KDYD Plan 25098, located at 396 Rainbow Lake Road  
- DL 2137, Plan B3291, KDYD except Plan 6953, 16938, 25098, 27558 & 28225, located at 400 Rainbow Lake Road.

Any person wishing to express an interest in the application may do so by forwarding their comments in writing to, Regional District Okanagan Similkameen, 101 Martin Street, Penticton, BC V2A 5J9 by March 15, 2006. Feb 28-Mar 7

### notice

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

### services

#### Gel Tax

Tax Preparation  
E-Filing  
295-3196 Apr 30

### for sale

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

Cement mixer. \$200.00. To view call (250) 295-0608. Feb 28-dfn

1998 F-150 Lariat 4x4. Auto., 3-door Super Cab with matching canopy. Leather seats. Power driver's seat, PW, PD. In excellent condition. \$1,200.00 OBO. No GST! (250) 295-7334 Mar 7-21

### wanted

Fiddle teacher needed. New player, have fiddle - need teacher. Nothing serious, just for fun! (250) 295-7555. Feb 28-Mar 14

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

### for rent

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

Nice, quiet 1-bedroom apartment near town. No pets, responsible adult only. Utilities plus more included. (250) 295-3691 or 295-7905. Feb 28-dfn

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Residential or Business, bottom suite, two rooms (can be used as offices or bedrooms), kitchen with fridge, stove, microwave. Partially furnished. No pets, no smoking. To view phone (250) 295-3126 (Princeton Childcare Services Society). \$625.00 per month, includes utilities. References and damage deposit required. Feb 21

### services

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Jul 06-tfn

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Over 160 Locations!

**ACADEMY OF LEARNING**  
LOCAL CALL 310-JOBS (5627)

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

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### services

#### Cover2Cover Bookkeeping & Office Services

Fax Services  
Scanning  
Word Processing  
Resumes - Letters

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226A Bridge Street

### moving sale

March 11th and 12th

2261 Arcat Road (off Bromley Cres. - 24km East along Old Hedley Road).

1994 F-250 Diesel, 91,000kms, 2001 Jayco 24' 5th wheel, living, dining, bedroom and patio furniture. Table saw and much more!

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

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## for rent

### FOR RENT

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

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

## for rent

### VERY CLEAN

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

Contact new resident manager  
 (250) 295-4805

Mar 08-tfn

## help wanted

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ALL NATURAL  
 NO ANIMAL BY-PRODUCTS  
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ORDER SOON FOR  
**BABY BEEF**  
 LATE LAMB AVAILABLE SOON  
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Jul 19-tfn

## notices

## notices

### Yard Work - Plus More!

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

Oct 25-tfn

## for rent

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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)

## services

## services

**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  
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 Contact Dawn at Princeton Bakery (295-6670) before  
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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!

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

## Drinking a problem?

Alcoholics Anonymous  
 Meets 7:30 PM Thursdays  
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 Fred 295-7272 / Rene 295-3853

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Princeton Office  
 105 Vermilion Avenue  
 Phone: (250) 295-7427  
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 Fax: (250) 295-7417

e-mail:  
 heinzsells@cablerocket.com  
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Remember: Heinz Sells!

## notices

## notices



PROVINCE OF BRITISH COLUMBIA  
 MINISTRY OF FORESTS



### BC TIMBER SALES TIMBER SALE LICENCE A77839

Take notice that, pursuant to Section 20 of the *Forest Act*, timber sale licence  
 A77839 is being offered for sale by BC Timber Sales, Kamloops Business  
 Area.

Closing Date: March 30, 2006

Geographic Location: French Bar Creek

Field Unit: Cascades

Estimated Volume: 33,083 cubic metres, more or less

Term: 30 months

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

Upset stumpage rate:

Upset Stumpage Rate / cubic metre for competitive volumes:

Timber Mark	Product	Volume	Rate
77839	Sawlog & Grade 3	33,083	\$7.64

Species percent:

Timber Mark	Species	%
77839	Lodgepole Pine	99.6%
77839	Spruce	.4%

**SPECIAL NOTICE:** For all TSL's advertised after December 2, 2005 to  
 March 31, 2006, MPS upset stumpage rates have been decreased by an  
 adjusted forest district specific factor that reflects a ratio of Grade Code  
 (blank) sawlogs to Grade 3 dry sawlogs. The adjusted upset rate and  
 bonus bid will apply to both the Grade code (blank) green sawlog and the  
 Grade 3. Grades 4, 5 & 6 will be billed at minimum stumpage rates of \$.25  
 m3.

This timber sale licence is fully developed.  
 Tenders will only be accepted from individuals or corporations registered as a  
 BC Timber Sales Enterprise in Category Any.

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

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

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

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

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

# Magic Beans!

NOT TO BE CONFUSED WITH MAGIC BEANIES



Order Yours Today! \$345.98 + GST for 12  
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**WEEKLY DEADLINE IS 12 NOON FRIDAYS**



notices

**Puppies & Kittens**  
 Available For You  
 To Adopt

6-8 weeks old

South Okanagan  
 Similkameen SPCA

(250) 493-0136  
 Mar 01-tfn

notices

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 226A Bridge Street

notices

## BINGO

HEDLEY  
 OAPO #64

Wednesdays  
 5:30 PM

Play Safe - Gamble Responsibly  
 Lic. # 863877

notices

## SUNDAY AFTERNOON BINGO

In Hedley at the Chuchwayha Hall

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

SEE YOU IN HEDLEY!

notices

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

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

## INDIVIDUALLY PREPARED HOROSCOPE

Natural character  
 chart - \$25.

Basic chart plus  
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Completely confidential

## Town of Princeton NOTICE

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

## KEREMEOS ELK'S & ROYAL PURPLE

Every Friday  
 Doors Open 5:30 PM  
 Elks Hall Keremeos

SMOKE FREE BINGO

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

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

## Narcotics Anonymous

**OPEN MEETINGS**  
 Thursdays 7:30 PM

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

Info: (250) 295-7919

# Having trouble finding the right gift?

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

Purchase A Gift Subscription  
 And We'll Give You A Limited Edition  
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 226A Bridge Street, PO Box 956, Princeton, BC V0X 1W0  
 Phone (250) 295-4149 - Toll Free 1-888-350-9969

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

## ALCOHOLICS ANONYMOUS

Chamber of Commerce Basement

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

TULAMEEN LIBRARY  
 FRIDAY OPEN - 8 PM (295-7005)  
 ALANON - HEALTH CENTRE  
 MONDAY 12 NOON  
 ARBOR HOUSE  
 WEDNESDAY 7:30 PM  
 (295-7005 / 295-3784)

## Yard Work - Plus More!

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

Oct 25 tfn

## GOD POWER

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

## FREE AND CONFIDENTIAL COUNSELLING SERVICE

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

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

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

# editor@thenewsleader.ca

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

## my turn

### Time to fasten your seat belt

Do you hear that noise off in the distance?

It's not a loud noise, but a constant rumbling that's been getting closer and closer each year. It's the sound of progress and growth, and it's coming to Princeton!

Those of you who continue to say that this fine little town of ours shouldn't get any bigger better start packing and find somewhere else to live as Princeton's been growing for some time. The first sign was when real estate values started to jump and properties started to sell moments after hitting the market.

Another sign of growth and progress is the amount of money being reinvested into the community through grant programs.

In the past two weeks alone a total of \$437,500 (\$250,000 from Community Forest Corp., \$170,000 from BCSTA/UBCM and \$17,500 from Weyerhaeuser) has come into Princeton through grant and funding programs that see a future in our community.

This kind of money does not go into a community that is slowly becoming a ghost town and we tip our hats off to all the dedicated residents of Princeton and area (mostly volunteers) who sit on the Boards and Committees that have put pen to paper and gone through the motions to help Princeton build Princeton.

It's a large task when you consider the road blocks that often pop up and are usually manned by other residents who don't want to see things change. Only they need to look around to discover that the area continues to change and grow on a daily basis.

New businesses coming to town, retail and commercial, are a sign that somebody sees potential in the future of our community.

We should be welcoming them with open arms rather than expecting them to prove their worth before opening their doors.

Don't forget, that sound off in the distance is getting louder and louder and we can't wait to see what it can do to our community once it gets here.

We have no plans of turning a deaf ear to it, how about you?

#### EDITORIAL GUIDE

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

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

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

## Similkameen News Leader

ISSN 1712-090X

An Independent Newspaper - There Are No Chains On Us!

Published weekly by Bengel Publishing Inc.

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

Princeton, B.C., V0X 1W0

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

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Dawn Johnson

## TIS TOONS



## your turn

### Portfolio's add to Grad Program

To the Editor;

Our Grade Eleven class is the first on the new graduation program. One of the new components of this program is the requirement that all students assemble and present a portfolio of their work.

This is an exciting opportunity for all students to assemble a body of work that represents their accomplishments throughout their career here at PSS. However, students who do not complete their portfolio or do not present it, will not graduate.

The portfolio is divided into the following six organizers: Arts & Design; Community Involvement & Responsibility; Education and Career Planning; Employability Skills; Information Technology and Personal Health.

All students must complete one aspect in each of the six organizers. This is called the Portfolio Core and is worth 30 marks (5 marks for each of the six organizers). Students must get all 30 of these marks or they will not be eligible to pass the Portfolio course.

Students can pick and choose for the rest of their portfolio depending on their interests and talents. This is called Portfolio Choice and is worth up to 50 marks. Many of the community activities that our students are involved in can be used for aspects of Portfolio Choice. If you are a community leader you may be asked to evaluate one of the young people you work with.

The presentation of their portfolio is worth 20 marks and is another essential component. A team of teachers and community members

will evaluate student presentations. If students do not present, they are not eligible to pass the Portfolio course. We are in the process of determining a date for presentations and what format we will use next year. Presentations must occur prior to the end of term 3 (mid-April) in order to comply with our current Graduation Policy.

It is an exciting time for students as they are provided with an opportunity to demonstrate their

Letter To The Editor

## Joe adds a little

To The Editor;

Moving on now, from the Princeton 'town square.' Where

do we put Walmart?

- Regards

Joe Schwarz, Princeton

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Current Comment:

# Let's celebrate women!



**Dawn Johnson**  
editor@thenewsleader.ca

I hope all you young women read this article. Women have come a long way, and you should know about some of what it took to get where you are.

March 8 is International Women's Day. When I was growing up, there was no such day. I grew up at a time when being a woman was to have been born second class. A woman was expected to marry, have children, and stay at home looking after those children. She was expected to be financially and emotionally dependent on a man unless there was a war going on, in which case she was expected to do her part in the war effort.

When a woman married, she was expected to promise to "obey" her husband. Doesn't that set the scene for a master-slave relationship! I never promised to obey, I promised to cherish, just like he did, but I was raised in a different family culture than the average woman.

Women's job opportunities consisted of waitress, motel maid, nurse, teacher, secretary. If a woman married, she was expected to give up her job immediately. The only time she was expected to keep on working was if her husband died or became disabled.

About only one in 10 women drove a car. Those who did have a driver's license put up with endless jokes about women drivers. Hardly any women owned their own cars.

Work was divided into "men's work" and "women's work." Men's work was always worth more than women's work. Women's work around home was considered valuable to her husband, but not worth paying for.

If a man beat his wife, or abused her verbally, she was expected to put up with it. Where could she go anyway? She had few resources. She did not even have much access to birth control, let alone support systems.

Very few women owned their own businesses. Very few women ran businesses. Very few women had their own bank accounts, and banks were not ready to give loans to women entrepreneurs.

Wow! How things have changed since I was a girl, and how glad I am to see how women and men,

especially young women and men, have changed. I am sorry they have not changed more. I had hoped, when the birth control pill became available, that we would have seen the last of teen pregnancies, and more of young women going into professions.

When I was a teenager, I saw no reason why a woman couldn't have a career, a husband and some children. I wanted all of it, and I am pleased to say there were a lot of women like me, and we have had it all.

One of the major reasons why I felt the way I did at a time when few women felt they could have it all was because of the women I knew in my family. I salute them. My mother was a farm wife, and she had her own crops from which she earned her own money. She was a partner to my father in all their endeavours. One of my aunts ran her own dress shop, and later her own custom draper shop. Another aunt ran a fishing boat. Another aunt ran a boarding house and a dressmaker business in the same location. These women did their jobs, made their own money, and raised families as well.

It is not easy doing all of these things at once, but nowadays it is not unusual. It is a tough job. The hours are long and the stress is high, but it leads to a full life. I am glad I did not stay at home and raise a family and do nothing else. I've had great experiences. My life has been full.

I remember being one of the vocal women addressing the inequalities of men and women in our society. The movement toward equality was called "Women's Liberation." One man told me I was engaged in

a very dangerous pursuit because it changed the power structure of society. He was right, and I did hear a lot of criticism, especially from men my own age and older. They did see themselves giving up power, having their privileged social position eroded. To give them credit, they did adjust, even if they were unwilling at the beginning.

There is one truth no man could deny: women are their mothers, daughters and sisters. No man wants his mother, daughter or sister abused, downgraded and treated as a second class citizen.

There is another truth nobody can deny: the strongest couple is the couple in which both stand on their own two feet, and nobody leans on anybody. When a couple works together as equal partners, they have the best possible relationship. Anything less means somebody is leaning on somebody else, which means one of the partners is carrying more than a fair share of the burdens life brings.

When young women, and young men, think about International Women's Day, I hope they take the time to think about how far we have come, both men and women, toward building a more equal society.

This does not mean we could not do more. On the contrary, there are still a lot of men who do not treat women as equals, there is still discrimination in pay scales even within so-called "democratic" unions and government, and there is still no real support for good daycare so women can work with less worry. We still have a way to go, but we can take pride in the fact that we have come a long way.

## Heart Food

by Dave Machin

"Whatever is born of God is victorious over the world, and this is the victory that conquers the world, even our faith" (1 John 5:4) Years ago a rumour started in the church world. A few Christians were told that as long as they lived in the world they had to suffer as the world did. They were deceived into believing that they had the share the diseases and the defeat, the poverty and the failure of those around them. It was a crafty lie - and it worked. Believers accepted it and began to spread it among themselves. You may have heard it yourself. If so, I want to help you put that sacred cow in a grave. I want to help you get the truth in your heart, once and for all. Despite what you have heard, health, prosperity and victorious living aren't concepts some flaky preacher dreamed up. They are God's idea. You may say, "that sounds good, Dave, but we've got to be realistic. We live in a world that is full of problems and it seems as long as we live in this world we're going to have our share." Yes, that is true. Even Jesus said, "in the world you have tribulation and trials and distress and frustration," but notice that He didn't stop there! He went on to say, "But be of good cheer, for I have overcome the world - I have deprived it of power to harm you." (John 15:33) Most of us don't have any problem believing the first part of that verse. We know all too well how many tribulations, trials, distresses and frustrations surround us. However, we are less certain about the last part. We haven't yet experienced for ourselves exactly what Jesus meant when He said that He had deprived those things of power to harm us. Why not? Because we are still living as though we are part of the world. Listen! Jesus said that we are to be "sanctified" or separated from the evils of this world. How? Through the word of God. John 17:17 states that word of God will set you apart from the world. His word will set His dream for victory into motion in your life if you will receive it and believe it, speak it and act on it. That word will set you apart from those things around you. It will take YOU from trouble to triumph again and again, 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.

# Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!



**Brenda Engel**  
OFFICE ADMINISTRATOR  
brenda@thenewsleader.ca

**George Elliott**  
OWNER / PUBLISHER  
george@thenewsleader.ca

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Here's My Card!  
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## INVITATION TO WORSHIP

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FOURSQUARE CHURCH  
38 Kenley Avenue  
Join Us for a time of Contemporary Worship Sundays at 10:30 AM (FOLLOWED BY COFFEE)  
MIKE STOLTZ 295-7733  
www.livingwater4sqchurch.com

**SIMILKAMEEN CHRISTIAN FELLOWSHIP**  
WORSHIP SERVICE 11:00AM  
Everyone Welcome  
DON BODDEN - PASTOR 499-2511

**BAPTIST CHURCH OF PRINCETON**  
ACROSS FROM ARENA  
OLD HEDLEY ROAD  
Sunday School - 9:45 AM  
Family Worship 10:45 AM  
COME AND JOIN US!  
Pastor Dan Brama 295-7752

**St. Paul's United Church**  
Office Hours Tue / Thu 9:30AM - 12 NOON  
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7:00 PM - Evening Worship  
Pastor Tony Essex 295-7951

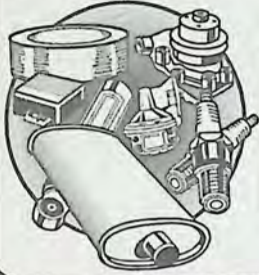
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CHILDRENS CHURCH - (AGES 5-11)  
Office Hours: Monday-Friday 9AM - 1PM  
Pastors Dave & Tena Machin  
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Similkameen Mail, Regular \$ 35.75  
Similkameen Mail, Senior \$ 31.75  
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Out-of-Valley, British Columbia  
Rural or Box (VO), Regular \$ 40.90  
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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



This collection of lots at the corner of Waterfront Avenue and Bar Street were cleared last week to prepare them for construction. Some of the lots face the Similkameen River.

## VFCU introduces new technology

Summit Information Systems, a provider of advanced technology solutions for the credit union industry and business unit of Fiserv, Inc. (Nasdaq:FISV), and Valley First Credit Union (Penticton, BC), announced last week their intent to negotiate to deploy iSpectrum, the completely new core processing solution from Summit developed exclusively for the Canadian market.

With \$1.2 billion in assets and 45,000 members, Valley First is one of the top 20 credit unions in Canada. Introduced to the Canadian marketplace in 2005, the 21st century technology of iSpectrum dramatically improves how Canadian unions sell, operate and compete. iSpectrum delivers complete member profiles and quick-to-market, customizable products in an open, scalable browser-based environment.

Valley First, an industry leader in relationship banking, is focused on the future and finding ways to meet and exceed their members' expectations.

Regarded as a credit union leader in management and technology, Valley First strives to break new ground in assuring service excellence.

In today's complex and fast changing environments, Valley First recognizes that a sustainable growth can only be achieved through continuous advancement.

"To best serve our growing membership, our long term strategic vision requires that we have a 21st century technology solution," said

Harley Biddlecombe, president and chief executive officer of Valley First, "and iSpectrum is the solution we found that was truly designed to meet our service-focused requirements. We wanted easy-to-use browser-based tools, a more comprehensive view of a member relationship and the ability to customize products that were cost effective and iSpectrum offers all of this."

Kevin Sparks, president of Summit says, "iSpectrum is a solution that is truly open at every tier - database, business logic and user interface. Canadian credit unions now have a new, non-legacy solution choice that puts them in the driver's seat in responding to the competitive environment they face. We are very proud to be selected as a new technology partner by Valley First, and are pleased that iSpectrum will be a strategic part of their long-term service excellence and technology vision."

Summit Information Systems, a unit of Fiserv, Inc., serves U.S. and Canadian credit unions with in-house and on-line advanced technology transaction processing solutions.

Summit products include Spectrum for U.S. credit unions and iSpectrum for the Canadian market. Since 1980, Summit has focused on developing and delivering forward thinking products that enable credit unions to cultivate member relationships and compete more effectively. For more information on iSpectrum, visit [www.summitsite.com](http://www.summitsite.com).

Fiserv, Inc. (Nasdaq: FISV) provides information management systems and services to the financial and health benefits industries, including transaction processing, business process outsourcing and software and systems solutions. The company serves more than 17,000 clients worldwide, including banks, credit unions, financial planners and investment advisers, insurance companies and agents, self-funded employers, lenders and savings institutions.

Headquartered in Brookfield, Wis., Fiserv reported \$3.7 billion in processing and services revenues for 2005.

Fiserv was ranked the largest provider of information technology services to the U.S. financial services industry in the 2005 FinTech 100 survey by the American Banker newspaper and the Financial Insights research firm. Fiserv can be found on the Internet at [www.fiserv.com](http://www.fiserv.com).

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

Valley First, one of the 20 largest credit unions in Canada, has \$1.2 billion in assets under administration, 45,000 members and 400 employees. For more information on Valley First, visit [www.valley-first.com](http://www.valley-first.com).

# Help Us Fill The Need!

## Non-Perishable Food, Clothing for Men & Youngsters

Each Month RE/MAX country will ask for your help in aiding Princeton Crisis Assistance Society with a particular need. If you can help, please drop your items off at our office on Bridge Street.



PUTTING HEART INTO OUR COMMUNITY



PUTTING HEART INTO OUR COMMUNITY





News Leader owner George Elliott displays plaque received last week.

## Local author receives honour

The News Leader's owner/publisher received an unusual honour last week with his acceptance into the Heritage Registry of Who's Who.

Elliott, who self published a total of eight information booklets before becoming involved in the weekly newspaper business, received the honour as a result of his work in the publishing field.

A News Release issued by The Heritage Registry stated, 'The Directors of the Heritage Registry of Who's Who take pleasure in announcing the inclusion of W. George Elliott of Bengel Publishing Inc. in the forthcoming 2006-2007 Edition. The accomplishments and achievements attained by Elliott in the publishing industry with Bengel Publishing

Inc. warrants inclusion into the Heritage Registry of Who's Who. The Heritage Registry of Who's Who, a New York based biographical publication, selects and distinguishes individuals throughout North America who have attained a recognizable degree of success in their field of endeavour and thereby contributing to the growth of their industry.'



Princeton's Communities For Kids Committee recently presented a \$500.00 cheque to Little Folks Nursery School. From left, Sandy Yee - Little Folks Teacher, Shelly Lozinski - President Community For Kids and Elaine White - President Little Folks Nursery School.

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## Keep It In The Green Zone!

PLP's "Power-By-The-Hour" Contest Entry

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Week # \_\_\_\_\_ **LIMIT 2 ENTRIES PER WEEK**  
 Answer  Red Zone  Green Zone

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PRINCETON FIGURE SKATING CLUB PRESENTS

## "Medieval Magic"



Featuring Guest Pairs Skaters  
 Mitchell Wallace, 18  
 from Raquet Figure Skating Club, Victoria  
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 Ivana Hecimovic, 12  
 from the Vancouver Skating Club

1:00 PM Sunday, March 12<sup>th</sup>  
 Princeton Arena

Admission: \$5.00 per Person / \$20.00 per Family

Concession Open during Intermission  
 Winner of \$5,000 Draw Announced

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OKANAGAN-SIMILKAMEEN

### AREA H PUBLIC MEETING

What services do I get from the Regional District for my rural property taxes?

Come to the public meeting on Wednesday, March 8, 2006 and find out. The RDOS Finance Staff will be in Princeton to present the 2006-2010 financial plan.

The meeting is open to all residents of Electoral Area H and will be held at the Riverside Wellness Centre (located at 148 Old Hedley Road, Princeton) at 7:00 PM.

For general inquiries, please call the RDOS office at (250) 492-0237 or toll free 1-877-610-3737.



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# KINDERGARTEN 2006 STUDENT REGISTRATION

School District No. 58 (Nicola-Similkameen)  
"LEARNING FOR TODAY AND TOMORROW"



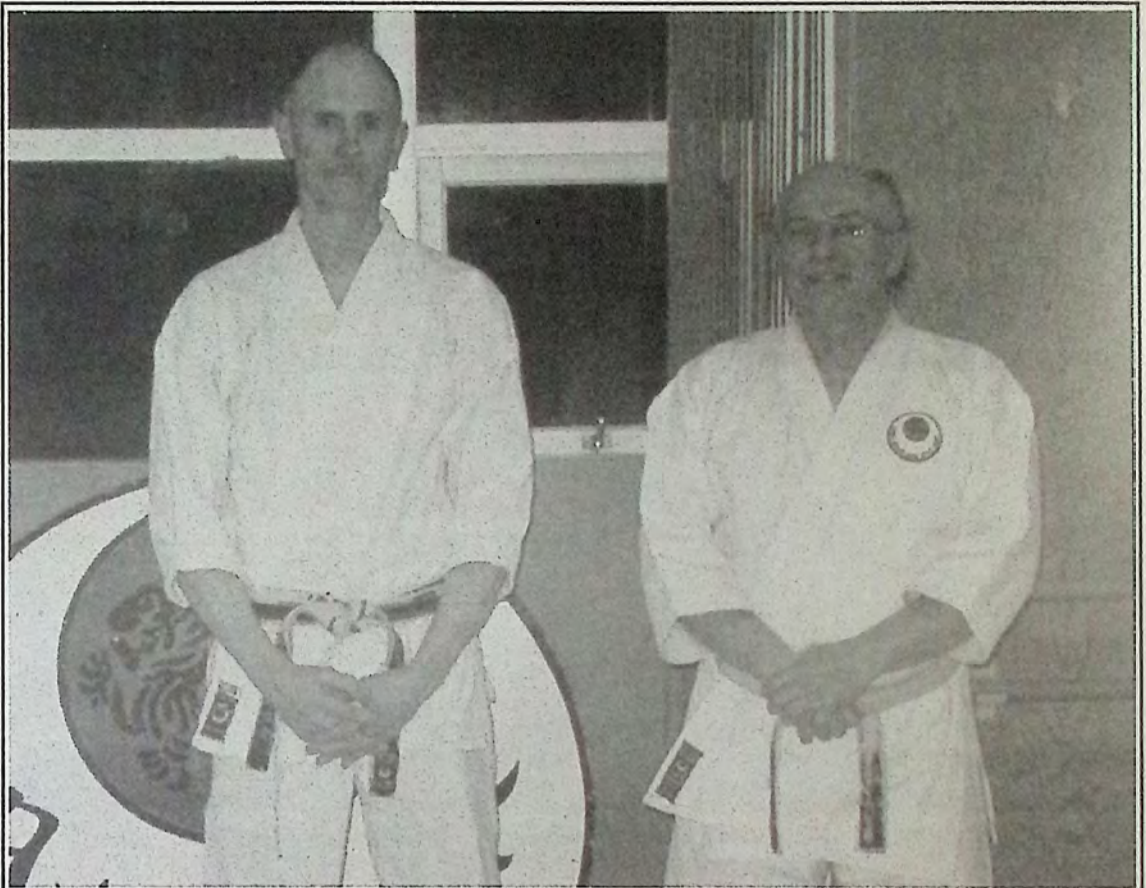
**Registration Schedule**  
**Monday to Friday**  
**February 27-March 10, 2006**

**9:00 - 11:30 AM / 1:00 - 2:30 PM**  
**John Allison Elementary School**  
**295-6727**

*For September 2006*

- To register, a child must be 5 years of age on, or before **December 31, 2006.**
- Parents/Guardians must bring child's Birth Certificate and Immunization Card when registering.

For further information, contact John Allison Elementary School. It is important that parents register their child early to assist with planning at each school.



BC Southern Interior MP Alex Atamanenko, left, and Sensei Paul Bedard of the Princeton Shotokan Karate Club. Atamanenko was in Princeton last Wednesday and joined the club for it's evening class.

## grey matters

MONTY RAINE - SENIOR CITIZENS BRANCH 30

Good crowds are still frequenting Seniors Branch 30 which is another sign that winter is still with us.

The regular activities are still being supported, but the numbers participating are comparatively small. The quilting, painting and exercise groups are as enthusiastic as ever, but it is a matter of quality rather than quantity numbers wise.

Card playing and pool are the greatest attractions with great enthusiasm being generated by all the players.

The Movers and Shakers singing group are also well attended. On

Thursday, February 23rd at Vermilion Court, the group sang many love songs appropriate for a Valentine's occasion. The residents and staff are always enthusiastic during the monthly sing-alongs and afterwards the singers are treated like honoured guests, making it a very pleasant experience for all.

Musicians, listeners and dance enthusiasts are welcome to attend Jam Sessions to be held on the Saturdays of March 11th and 25th. Other dates to remember are: Thursday the 16th of March for

cards, Saturday, March 18th is the Flea Market. Donations are needed after the 10th. Table rentals available, please book in advance by calling Dorothy at (250) 295-7921.

On March 21st at 1:00 PM there will be an information meeting regarding transportation for seniors. Non-members can check out the Seniors Branch 30 and information will be readily available.

As we all know, cars age as well as everything else. Where do old Volkswagens go? The Old Volks home, of course!

## Learn more about United Church Women

St. Paul's United Church Women hosted 'World Day of Prayer' on February 24th.

Representatives from the Anglican, Baptist, Catholic and United Churches met to participate in a meaningful service written by the women of South Africa. Coffee and tea were served following the service.

Who are these women who are active in the church and the commu-

nity?

St. Paul's United Church and Anglican women are a group of 26 women who meet regularly each month for devotion, business and programs of interest to the women.

The programs are as diverse as looking at issues on Genetically Modified Food, Buddhism and the essential elements of breathing in Yoga.

Monthly meetings are held the fourth Monday of each month and are well attended. Participants enjoy the fellowship and company of some great women. Many of the members are also involved in the community as well, for example, members of the Hospital Auxiliary, Community Services and an elected member of Princeton's Town Council.

All women of the Church are welcome to attend.

Our next event is an all day Bridge Tournament, prizes and lunch is provided. If you like Bridge and a day of fun call Eunice Bottenfeld at (250) 295-3119.

Other events scheduled for the upcoming year include the aforementioned Bridge Tournament on March 23rd; Garage and Plant Sale on May 6th; Strawberry Tea on June 8th; Christmas Bazaar on November 2nd and Turkey Dinner on November 17th.

The women have always appreciated the support of the community. Watch for posters announcing these events and thank you for your continued support of our events.

- submitted by Cathie Yingling

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## 3 Services...1 Location!



Princeton Shotokan Karate Club was visited last Wednesday night by BC Southern Interior MP Alex Atamanenko. Atamanenko, right, goes through some moves with Sensei Paul Bedard.

## The secrets to Merritt's success

Merritt and area has attracted \$454-million in investment over the past five years, according to Nicola Valley Economic Development Officer, Deanne Parise.

Parise addressed a group in Hedley on February 23rd. Her topic was the business-like way Merritt goes about attracting businesses. Merritt Counsellor Norm Bridgen accompanied Parise and added to her presentation.

Parise was invited to speak by the Similkameen Valley Planning Society. Also present were representatives of the Princeton and District Chamber of Commerce, Princeton Area Business Enhancement Association, Similkameen Country, both branches of the Valley First Credit Union, and Councillors Ed Minshull of Keremeos and Jim Manion of Princeton.

Parise said that success had come from everyone working together and by taking a strategic, business-like approach.

"You have to have your Council, Chamber of Commerce, business community and First Nations working together. You can't do anything if all of these are not committed and willing to invest in growth."

She repeated several times that the business community must be involved - otherwise economic development goes nowhere. Merritt and area businesses provide in-kind services and contribute substantially to the economic development budget.

"If [businesses] want to play, they have to pay."

Merritt's business-like approach means that an Economic Development Commission decides what kinds of business can best be attracted to the area. Corporations

are researched. Merritt has a promotional CD, website and excellent information package.

"But, they are no substitute for building a personal relationship."

Members of the business community, called 'ambassadors' take active roles in recruiting new businesses.

Parise was asked many questions. Attendees agreed that the Similkameen must be more aggressive in attracting new investment. Kevin Kelbert, Manager of Valley First Credit Union in Princeton, summed up the group's consensus. "It is critical that the Similkameen invest in economic growth, if it wants to remain economically viable. Without investment, it is not going to happen."

SVPS Chair, George Hanson, says that the Society is discussing the possibility of raising funds from external sources and then moving in the direction of business attraction.

"This is something that all jurisdic-

## Group prepares for trip

Six of the New Beginnings participants and three staff are busy planning for a trip of a lifetime to Disneyland, cruising from Vancouver to Los Angeles and returning by air.

This is a wonderful opportunity for some of these folks to enjoy a spectacular vacation with their peers. The trip is scheduled for mid-September, which gives them plenty of time to organize fundraising activities to off-set some of the costs associated with the trip.

We expect the level of excitement

and residents should have a voice in. Merritt is successful because they got stakeholders support for their initiative. We will want to sit down with our business associations first. But, no question, this Valley needs more industry and commerce."

Economic Development Officer Michael McLaughlin believes the Valley is in a good position to attract new businesses.

"We have a lot of assets. There is the Princeton Airport and Industrial Park, land prices and taxes are low compared to the Lower Mainland and Okanagan. We are not crowded and we still have available water. The biggest challenge in the Lower Valley is the lack of land for development. If we can free up some land, then both ends of the Valley are prime places for development."

McLaughlin said he would like to begin working with local governments, the Chambers and the business community to formulate a plan to attract investment.

to build between now and September! Even those not going on this trip will pitch in as they have plans for many more trips in the future - some of the proposed destinations are Alaska, Hawaii, Vancouver Island - much of the enjoyment lies in planning what could be!

We all look forward to hearing more about their plans and supporting their fund-raising initiatives.

- submitted by Lynn Pelly, Executive Director Princeton Community Services

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## FINANCIAL FOCUS

How To Get Started On An Investment Plan

A successful financial life is like taking a road trip: unless you know where you want to go, you're not going to get there.

Just like you would plan a trip, you should map out your finances. Realizing your financial dreams requires goals and a strategy for reaching them. No matter what you want from your financial life, a good plan will get you there faster.

Get started by setting clearly defined long-term goals and time frames for reaching them. For example, do you want to save and invest for retirement, buy a home, put money aside for your children's education?

Your objectives must be realistic. If you set lofty goals that are unattainable, you'll end up frustrated - and perhaps give up on financial planning altogether. Don't expect to retire in luxury if you live a modest lifestyle, or buy a mansion on an average salary. And keep in mind that it will take many years to reach some of your goals - including saving for retirement and financing your children's post-secondary education.

You can ensure objectives are realistic by assigning them a dollar value. Once you know exactly how much money is required, you can determine how much to save and invest, and the level of annual investment returns required to meet your targets. The wealth you accumulate will be a function of the amounts you regularly set aside and the returns that money earns.

You'll be able to execute an effective savings and investment strategy only after you establish a firm foundation for your financial life. This foundation is the money you need for basic necessities such as food, shelter, insurance coverage and a cash fund for emergencies. What you have left over after your day-to-day needs are met is your potential investment pool. In other words, it's the cash that you can put toward long-term goals.

Not only must you determine how much to invest, you should have a strategy for ensuring cash gets into your investment account. One of the best ways is to set up a preauthorized contribution (PAC) plan. With a PAC, you invest regularly during the year through automatic withdrawals from an account at a bank or other financial institution. The money goes into your RRSP or other investments. You can usually invest at an interval of your choosing - for example, weekly, bi-weekly, monthly or quarterly.

A PAC plan is a great way to save and invest because it's less painful than trying to find large lump sums and it helps eliminate the temptation to spend money before it can be invested.

You also need to structure an investment portfolio so it is capable of meeting your objectives. Choose investments that will generate the returns you require, at a risk level you're comfortable with. High-risk growth investments such as stocks may get you to your goals faster, but they increase the chances of volatility or loss. Safe, conservative investments may let you sleep at night, but can hold you back with lower returns.

Your portfolio should be diversified among the basic asset classes - cash and cash-equivalent investments, fixed-income and equities. This will provide exposure to greater returns potential and protect against the frequent ups and downs typical of a narrow range of investments.

It's a good idea to work with a professional. An investment representative can help you define your goals and strategy, as well as choose appropriate investments. A professional can also help you regularly review your strategy and investment performance to ensure you're on track to reaching your goals.

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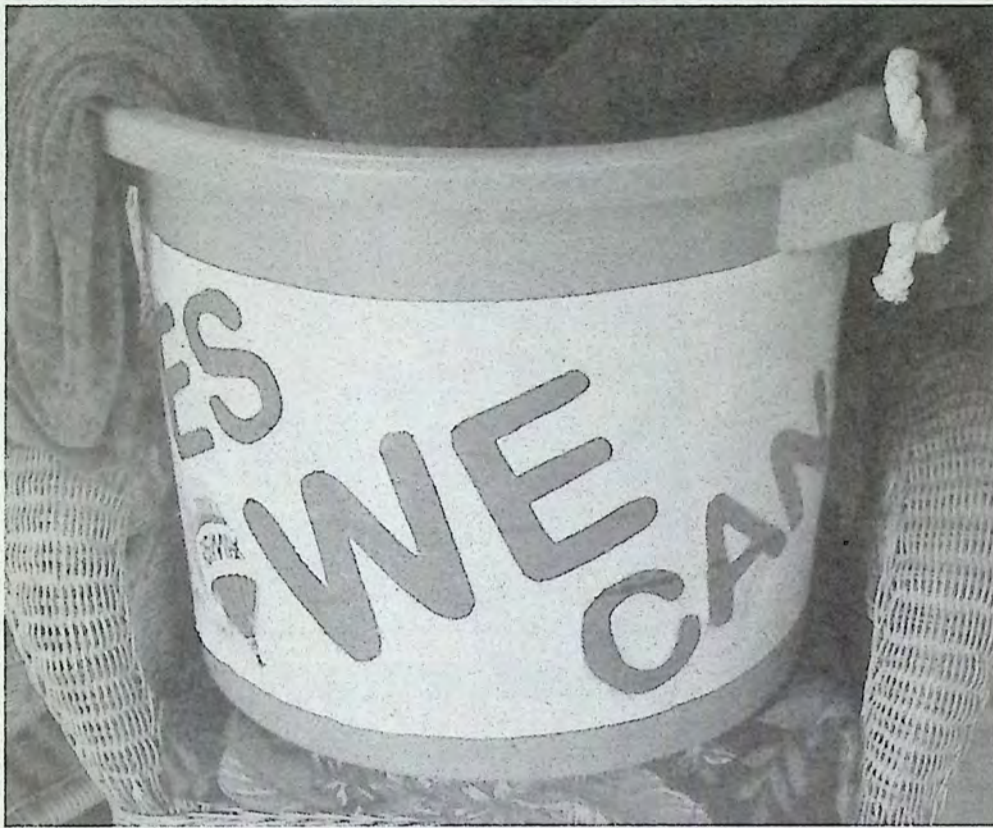


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