

# Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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**RCMP**  
report

The weekend of May 12th - 14th had some busy events for Princeton RCMP.

A 22-year old male from Enderby received a 24 hour driving prohibition and an administrative driving prohibition after being stopped by police early Saturday morning. The vehicle was towed and impounded for 24 hours.

Three males from the Rodeo Dance were arrested and stayed the night in Princeton cells Saturday evening. Citizens On Patrol and RCMP were on scene and intervened during the early attempt at a fight/brawl. They were released Sunday morning when they were sober.

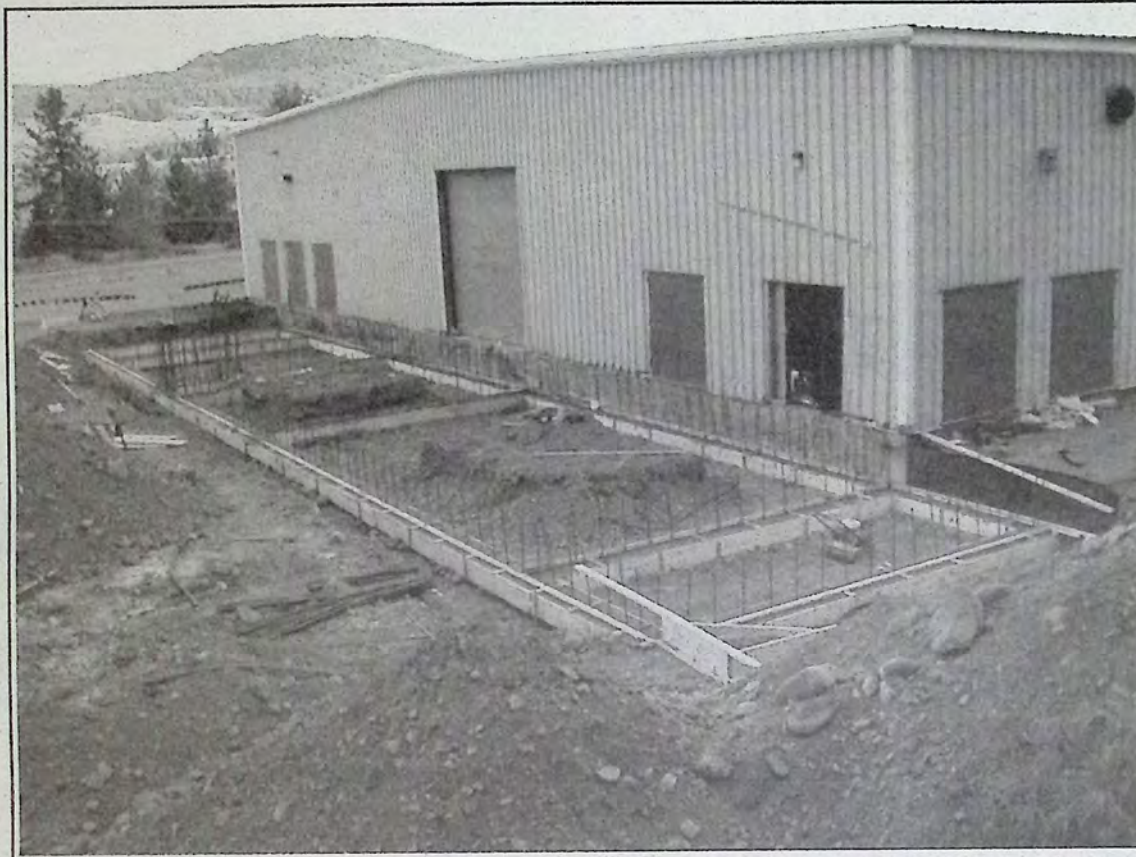
A 19-year old male from Perryvale, Alberta faces charges of Impaired Driving and Driving while Over .08 after leaving the Rodeo Dance Saturday evening.

His breath readings were .190 and .190, the legal limit is .08. He also was issued a 24 hour prohibition, an Administrative Driving Prohibition which starts in 21 days and lasts for 90 days. His first appearance court date is for July 13th, 2006.

Numerous other vehicles were checked at a check stop Saturday evening, police are happy to report numerous Designated Drivers and the utilization of the local taxi service. To date, Princeton RCMP have investigated 25 impaired driving / over .08 or refusals since January 1st, 2006.

There has also been an increase lately of motor vehicle accidents/collisions, approximately 75% with wildlife (deer).

## SVPS looks for commitment



The arena expansion project started last week. This was the view last Wednesday evening.

## Society reviews accomplishments

Similkameen Valley Planning Society hosted a public meeting last Wednesday night in Princeton Skills Centre. It attracted two people.

Regardless of the turn out, the SVPS had a lot of good things to say about itself.

Committee Chair George Hanson suggested the public meeting be turned into an information meeting for the purpose of sharing information.

"In the past SVPS meetings we haven't had the time to bring each other up to date on individual districts initiatives."

Area H Director Gerri Logan started with a review of activities in her jurisdiction.

"There's been quite a few things going on," she said.

"We've submitted a grant application to LegaciesNow for a valley-wide literacy program which involves reading through music."

She also mentioned an RDOS endorsement of an Olympic LiveSites grant application and that she now sits on a 'working group' - along with Princeton Mayor Randy McLean - regarding the Compliance Energy power generation project.

A meeting of that committee has already been held, but Logan and McLean were not invited to attend.

Keremeos Mayor Walter Despot took his reporting time and used it in a slightly different manner. He chose to emphasize the importance

of the unification of the Similkameen Valley governing bodies.

"One of my objectives was to see valley unification in projects and concerns that affect the valley. I think we've come a long way on that. We're working as a valley now and I find that very reassuring, as we cannot survive alone."

Despot also reported on local initiatives including the skateboard park project and rails to trails development.

Councillor Jim Manion spoke on behalf of the Town of Princeton and echoed Despot's comments regarding the unification of the valley.

"It's a wonderful thing and it's because of this group."

Manion pointed to progress within the Tourist Advisory Committee as an example of working together and cooperation coming from both ends of the valley.

"The more information we know about each other the more people will travel back and forth and we're seeing that."

Manion views the sharing and cooperation between the governing bodies in the Similkameen as being significant.

"If the SVPS has done nothing else, this has been a wonderful thing."

Area G Director Joe Nitsch also continued with the same theme in his report.

"I see the SVPS as a group that

seizes opportunities in the communities for the public good."

He cited tourism activity in Hedley and organic farming as highlights in his district and thinks an exploration of affordable housing opportunities in rural areas of the valley may be necessary.

Economic development was another issue of concern.

"Business and industry is like the stock market. They see opportunity and they're there."

Area B Director George Hanson described his district as containing mostly five-acre parcels of farmland.

"What I'm seeing is a lot of movement on those parcels with a lot of property selling due to the real estate market."

Hanson sees a need for a 'build your own estate' marketing plan and a possible need for an official community plan for Cawston.

"From all indications I see the community is saying 'yes we do.'" He says the OCP would bring some organization to Cawston as well as a way for residents to control change to their community.

The Organic Farming Institute was also viewed as a highlight with fundraising going towards course development. The first course is to be offered this Fall.

The committee members agreed that having all governing bodies working together would benefit the Similkameen Valley far greater than working alone.

*Does  
Princeton  
want  
an  
EDO?*

George Hanson, Chair of Similkameen Valley Planning Society (SVPS) and Michael McLaughlin, Economic Development Officer for the valley, attended the May 15 Town Council meeting.

Hanson asked for a commitment from Town Council to continue with other communities in SVPS to contribute toward hiring an economic development officer.

McLaughlin submitted a five page report of activities for the past two years.

During that time, McLaughlin was successful in bringing \$750,000 in grants to the valley communities, with the majority going to Princeton.

Although the focus of McLaughlin's activities has been on increasing tourism, in the coming year the focus will be on attracting new business as well as assisting to strengthen existing businesses to help them grow.

Mayor Randy McLean said SVPS gives Princeton the opportunity to have an economic development officer, as it was not likely the Town could afford one on its own.

There was some discussion of when the Town could pay its share for 2006, and it was determined the Town could pay the \$20,000 by July 1.

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# Booster



Leann gets a boost! Leann Bishop is the operator of Booster Juice, which will open later this month in the Subway building on Highway 3. Bishop, who has worked in Princeton for the past twenty years, started serving the signature 'real fruit smoothies' last Wednesday afternoon out of a trailer on the site as the actual store space is renovated for business. The juice and smoothie bar is accepting resumés and will be offering nutritional juices, smoothies and snack foods when fully operational.

## Town Council seeks MHP policy

In response to a letter from a lobby group in Merritt, Town Council will look at a new policy regarding rezoning of mobile home parks.

The issue arises as a result of a growing number of mobile home parks being sold and redeveloped as standard housing sites.

### Wood supply looks good

Mayor Randy McLean reports good news for Princeton's future.

He stated at the May 15 Town Council meeting that he had met with Weyerhaeuser's Forest Land Manager for Canada, Bob Taylor, and his local counterpart, Rob Marshall, to discuss the timber supply situation at the Princeton mill.

Mayor McLean said he had learned there may be a shortage in seven years, but it is not likely to seriously affect the local Weyerhaeuser mill except to perhaps decrease the number of shifts.

He added Weyerhaeuser considers its Princeton mill the most efficient operation in Canada.

The result is the displacement of tenants of the park. The majority of mobile home park tenants are seniors, who cannot easily find affordable housing elsewhere.

Council discussed the problem at the May 15 meeting. Councillor Ray Jarvis commented that what is happening in so many areas of the province is a disgrace, as seniors forced out of mobile home parks have no place to go and cannot

afford to relocate.

Councillor Jim Manion said he would hesitate to endorse a bylaw that told property owners what they could or could not do with their property.

CAO Patrick Robins suggested Council develop a policy rather than a bylaw. Council agreed to look at new policy to protect tenants should the problem arise in the future.

## Vermilion Court report

We recently welcomed two new residents: Doreen and Ruby fit right in. Besides arranging their rooms, Doreen has had her sister Jackie from England to visit for two weeks. We are sorry to learn Mary is having major surgery and wish her a speedy recovery.

The volunteers have been thanked for their help and time making the days here more interesting. I'm sure many of you have noticed the nicely decorated windows that Aida has done.

This week we are celebrating Mothers Day. Aida very kindly presented each of us with a lovely carnation. Mine is red with pink bordered petals. Beautiful!

Margaret Dixon had the misfortune to fall and suffered another hip fracture. She was transferred to Penticton Hospital for necessary repairs. We all wish her a speedy recovery. Bob is home from the hospital after being absent for more than two weeks. Keep well Bob! We missed you.

Several residents were treated to a Bus trip. They were able to enjoy all the flowering trees and shrubs, the lawns and garden en route to and while in Penticton. They were also able to do some shopping and have their lunch in a different place. We all look forward to another trip.

- submitted by D. Stenvold

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Area H Director (Princeton Rural) Gerri Logan, left, watches Keremeos Mayor Walter Despot as he gives his report during the Similkameen Valley Planning Society meeting last Wednesday night.

## News from Town Council

- Town Council received a request from Katimavik participants to use the Riverside Wellness Centre gym for a spring fair on June 11, as well as asking whether a municipal permit is required.

Council was not opposed to the fair, but could not say yes to it, as Town Council has no jurisdiction over the use of Riverside Wellness Centre. It is leased to Regional District. The request was forwarded to Lyle Thomas, who is manager for the Centre.

- Mayor Randy McLean will participate in the environmental impact review of the proposed coal and wood fired thermal electricity plant proposed by Compliance Energy Corporation. Ken Blower, former Similco Mine manager, will attend with Mayor McLean as his advisor.

- Princeton Motorsports will receive the assistance of Town equipment in preparation for the June 11 Motorsports Festival. The equipment will be used for reconfiguration of the motorsports track

at Princeton Fairgrounds.

The Town has donated use of the equipment in the past. The equipment is used on the track only when it is not in use for Town maintenance.

- Town Council is planning to honour the students at Princeton Secondary School for winning the Environmental Mind Grind competitions held earlier this year. For the fourth year in a row, Princeton students brought home the top prize from the BC Finals.

Council did not specify exactly what they will do to honour the students.

- There will be a public meeting about Princeton's deer problem. The meeting will take place at 7:00 p.m. Monday, May 29, at the Catholic Hall on Lime Street.

Council has met with Conservation Officer Al Lay and Brian Harris of Wildlife Branch to discuss possible solutions to the deer problem. The meeting will talk about the situation.

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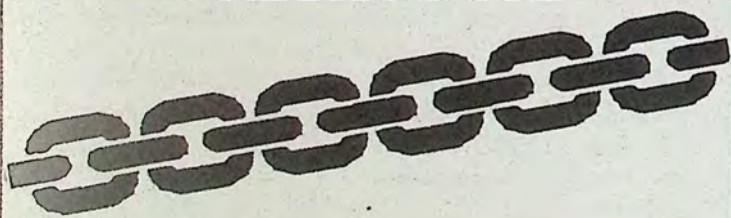
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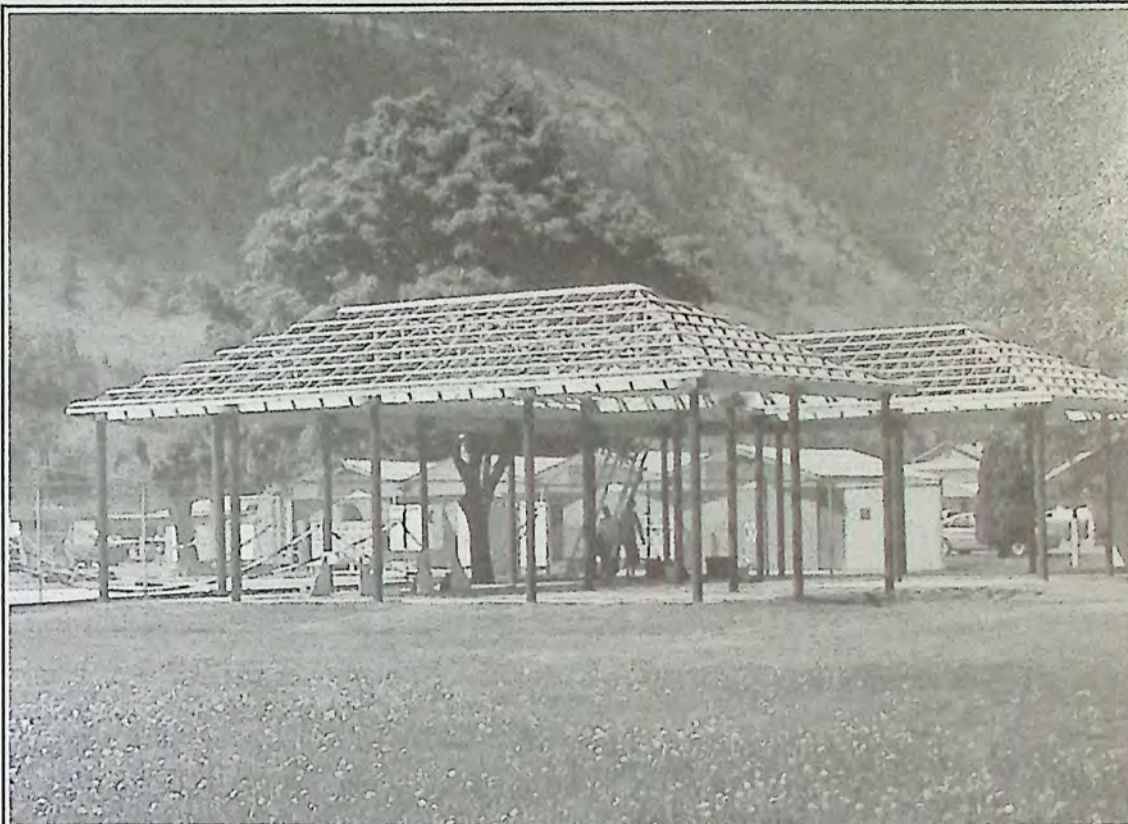
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## keremeos and area news



Construction continues in Keremeos Memorial Park on the new gazebo. The horseshoe-shaped structure sits in front of the existing cook shack, next to the outdoor swimming pool.

## Committee discusses shorter sizzle

The Similkameen Sizzle Committee met for their first meeting of the new year last Wednesday to discuss plans for the fifth annual pepper festival.

Committee Chair Judy Egli reviewed the financial statement from last September's event which had expenses pegged at \$11,201.44 and income totaling \$16,703.59 leaving a profit of \$5,502.15.

"That's an awful lot of money for a one day festival," Egli said about the cost of hosting the event.

The fifth annual Sizzle is set to take place on Saturday, September 16th in Memorial Park with a far shorter schedule of events, resulting from concerns involving both time commitments of volunteers and what appeared to be a lack of support from local residents to some elements of the celebration.

"We really don't need an eight-

teen-hour day," Egli said regarding the length of time some volunteers spend working on the day of the event.

"Start at noon and end at 5:00 PM and fill the park for the day for a single day festival."

The committee reviewed last year's event and determined two high points of the celebration were the Chili Cook Off and the Sear Factor pepper eating contest, which would act as the bookmarks this year's event would be built around.

The tentative schedule would see the Chili Cook Off at 12:30 PM and Sear Factor at 4:00 PM with entertainment, concession, refreshment garden (serving beer and wine) and vendors filling out the afternoon.

Events dropped from the schedule include the pancake breakfast

and the evening dinner and dance. New events that may be added to the afternoon activities include cooking demonstrations (using peppers), dance demos and educational elements related to the pepper theme.

"We need activities in the park to keep people there," Egli pointed out.

The shorter schedule will also ease up pressure on volunteers — many of which are involved in other activities close to the Sizzle date.

Sponsorship letters will be mailed in the next few weeks' requesting financial donations to support the pepper festival, and a focus on local entertainment will be added to the concept of the event.

"It's a community event for the community."

## 2006 Keremeos Kruncher results

The 2006 Keremeos Kruncher 50km/25km Runs were held on May 13th.

A total of 21 starters participated in the grueling 50-kilometres event that saw all but two finish the run.

41-year old Matt Sessions from Port Moody was the first to cross the finish line with a time of 5:08:58.

Second Place went to 40-year old Andy Bachmann of Pitt Meadows with a time of 5:34:10.

Third Place finisher was 40-year old Randy Rankin of Maple Ridge (5:37:27).

First in the Women's Division, and fourth overall, was 33-year old Melanie Bos from Kelowna. She set a Women's Course Record with her time of 5:40:10.

Second in the Women's (6th overall) was Lorraine Lees of Kelowna. The 47-year old finished in 6:20:16.

Third in the Women's was Shirlee Ross, who finished 12th overall. The 21-year old Kelowna runner recorded a time of 6:44:51.

In the shorter 25-kilometres run a total of nine of ten starters finished the event.

First Place went to 29-year old

Darren Pottle of Vancouver who blazed through the course in 2:40:22.

45-year old Brock Busby of Kelowna was second with a time of 2:41:35.

Third Place went to 23-year old Liam Doyle of Oliver (2:51:46).

In the Women's Division First to finish was Blandine Baritaud (5th overall). The 53-year old runner from Revelstoke completed the event with a time of 3:45:02.

Second in the Women's was Caroline Lepard, who finished tied for Sixth Place overall. The 24-year old from North Vancouver crossed the finish line at 3:48:26.

Third in the Women's was 33-year old Linda Carlson who finished in ninth place overall.

The Calgary runner recorded a time of 5:11:38.

Visit [www.eagleruns.com](http://www.eagleruns.com)  
for more race information.



Matt Sessions crosses the finish line of the 3rd annual Keremeos Kruncher held May 13th.  
Photo: Bryan Smith, www.keremeos.net.

## Moe reports on the Kruncher

by Moe 'the Eagle' Beaulieu

The Keremeos Kruncher 50KM/25 KM run is history for this year.

On Saturday, May 13, in near perfect weather conditions, 31 runners started the third annual Keremeos Kruncher near the graveyard on Liddicoat Road - a few miles North of Keremeos.

The 31 runners was down considerably from 51 and 55 runners in the previous two years. Is the price of gas making them pass? Are people staying closer to home?

To wit, most Interior Road Races are somewhat down this season. We had 20 entrants from Vancouver alone last year - this year six!

Anyway, enough about spilled milk, increased gas prices and lost runners. The ones who were here ran some very good times. Overall winner two years running now was 41-year old Matt Sessions of Port Moody who held on to a very comfortable lead from start to finish.

He was only three minutes slower at 5:08:58 than his last year's winning time. Second male was 40-year old Andy Bachmann of Pitt Meadows in 5:34:10. Third male was 40-year old Randy Rankin of Maple Ridge in 5:37:27.

Fourth overall and first woman was a complete trail rookie 33-year old Melanie Bos from Kelowna. Melaine, an excellent road runner, took three minutes off the time set by perennial winner Donna Mazurkewich's course record.

Mazurkewich was at the race helping out all day (even brought home-made cookies!) as she is presently injured.

Second woman this year (6th overall) was 47-year old Lorraine Lees from Kelowna in a time of 6:20:16.

Other notable performances were local Keremesean 36-year old Heather Henri who ran 13th in a time of 6:47:58. Heather is getting stronger each time out. She picked up the beautiful First Local Award (last year won by Steve Crockett) donated by Jeff Rowe and Valu Plus Foods.

Another awesome performance was Dan Crockett of Kelowna who at 59-years young was 5th overall in 5:54:26. This was a personal best for Dan on the Kruncher course by a whopping 29 minutes. Almost a full minute per mile faster. What's in the water at his house?

Joe Marchand at 65-years old who has been injured, only really biking instead of running) for the last five years after coming back from a triple hernia operation finished the race in 9:01...a bit over the cut off time, but a hero nonetheless. Joe has many fine performances in the last 20 years, including still being the second fastest Canadian ever in the 24-year history of the Leadville Trail 100-mile run in Colorado.

Nice to see Lou Pals, a very good trail runner. He was 10th overall in 6:38:07. Lou said, "You run an honest race, Moe." Lou is a tough nut who likes tough, challenging courses.

Excellent times in the 25KM - First in the 25km division was Darren Pottle, 29, of Vancouver in 2:40:22.

Second: Brock Busby of Kelowna in 2:41:35. Third: Liam Doyle of Oliver in 2:51:46.

First woman was 53-year old Blandine Baritaud of Revelstoke in 3:45:02.

I'd like to thank the Keremeos SAR and local volunteers and ranchers. Also a big thanks to our sponsors: Keremeos Valu Plus Foods, Peach City Runners & Nordic Ski, Okanagan GPS, Similkameen Country, Signz.ca,

Trail Runner Magazine, Honey Stinger Gels, Steve King - Race Announcer.

We thank all our volunteers. Please try to help at the Eagle Lite June 24/25 this year. It is all on the Ashnola Road, a less difficult Eagle folks can actually finish?

And we need folks to camp out and set up aid stations, etc. We are painfully short-handed for the Eagle this year. Please do what you can.

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## Capsule Comments



by your Pharmasave Pharmacist Wen Wong

Canada is the first country in the world to call for mandatory labeling of *trans* fats in food. This occurred in December 2005 so now consumers can determine how much of this bad fat is in pre-packaged food like baked goods, snack foods and some breads.

However there is some good news about coffee that we often have with our *trans-fat*-containing baked goods. Although coffee does raise your blood pressure for a short time after a cup, it certainly doesn't cause any permanent hypertension.

Morning sickness during early pregnancy can be quite a problem. There are safe prescription drugs that can control it but some women get relief from ginger capsules. These usually come in a 500 mg strength and it is a safe way of controlling the nausea. If that doesn't work, there are other treatments.

Many doctors aren't refilling prescriptions by phone anymore. This is a good idea. It allows doctors more time for direct patient care and patients will have enough medication to last until their next visit. Ensure your prescription has enough refills on it. Our pharmacists will remind you when you have had your last refill.

We subscribe to many pharmacy and medical journals to ensure our knowledge about medications is current. Life-long learning is all part of being a pharmacist. It helps us to serve you better.

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## Test your arthritis IQ - You could be a winner!

(NC)-Osteoarthritis (OA) is what most people are thinking of when they refer to 'arthritis.'

Rheumatoid arthritis (RA) is a complex, chronic autoimmune disorder for which there is no cure.

In fact, there are more than 100 types of arthritis of which OA and RA are the most prevalent and so the most widely known. Put your arthritis IQ to the test and see if you know the difference between OA and RA.

The first 100 correct entries will receive a complimentary copy of the recently published book: "Arthritis Without Pain: The Miracle of The TNF-blockers" by Dr. Scott Zashin.

1. This type of arthritis can occur at any age:

- Osteoarthritis
- Rheumatoid arthritis

2. This type of arthritis is a condition of wear and tear associated with aging or injury.

- Osteoarthritis
- Rheumatoid arthritis

3. In this type of arthritis, unusual morning stiffness that lasts longer than 30 minutes is one of the first symptoms of the onset of the disease:

- Osteoarthritis
- Rheumatoid arthritis

4. This type of arthritis usually begins in one joint:

- Osteoarthritis
- Rheumatoid arthritis

5. In this type of arthritis, joint pain is usually accompanied by swelling, redness, warmth and tenderness:

- Osteoarthritis
- Rheumatoid arthritis

6. Intense fatigue is a symptom of:

- Osteoarthritis
- Rheumatoid arthritis

7. This type of arthritis attacks tis-

sue - in particular, the tissue that lines and cushions joints:

- Osteoarthritis
- Rheumatoid arthritis

8. Slow or gradual onset of joint pain is characteristic of:

- Osteoarthritis
- Rheumatoid arthritis

9. This type of arthritis can worsen very quickly in its early stages and cause serious damage to joints in just the first 24 months:

- Osteoarthritis
- Rheumatoid arthritis

10. This type of arthritis affects joints on both sides of the body.

- Osteoarthritis
- Rheumatoid arthritis

11. This type of arthritis affects joints and internal organs:

- Osteoarthritis
- Rheumatoid arthritis

12. With this type of arthritis, it is vitally important to consult your doctor immediately so that it can be diagnosed and treated as early as possible:

- Osteoarthritis
- Rheumatoid arthritis

13. Chronic inflammation triggers attacks of this arthritis:

- Osteoarthritis
- Rheumatoid arthritis

14. New therapies that target the cause of chronic inflammation are proving highly effective in relieving the signs and symptoms and slowing the progression of this arthritis:

- Osteoarthritis
- Rheumatoid arthritis

15. When first diagnosed, this type of arthritis is considered a medical emergency:

- Osteoarthritis
- Rheumatoid arthritis

Submit your entry with your name and mailing address to "Arthritis Quiz", HealthComm Inc., 186

Robert Speck Parkway, Suite 200, Mississauga, Ontario L4Z 3G1 or by facsimile to 905-206-1272.  
- News Canada

## Spring Makeover - from the inside out

(NC)—Spring is here. When the weather gets warmer, we seem to find a built-in drive to de-junk basements, scrub floors, wash windows and makeover our homes. But don't stop with your physical surroundings.

Why not take the energy with which you tackle your cluttered closets...and apply it to taking good care of yourself?

According to a national survey, of the 2.5 million Canadians with asthma, a staggering 57 per cent are leading a life compromised by their symptoms. If you are one of these people, don't you think you owe it to yourself to take the time to makeover your asthma and strive to live symptom-free? To get started, here are four important steps to help you take control of your asthma:

**Understand asthma control.** Controlled asthma means you are able to live virtually symptom-free: with little or no coughing, wheezing, shortness of breath, restless nights and missed days of work, school, family or social time. Set higher expectations for your asthma control.

**Know and avoid asthma triggers.** Speak to your doctor to determine what activities or environmental factors trigger your asthma. Common asthma triggers include cigarette smoke, pets, dust, pollens, strong odours and sprays. Once you know your triggers, do your best to avoid them.

**Make an action plan.** Work with your doctor to determine what lifestyle changes or medications may further help to control your symptoms. There are many medications that help with both the symptoms of your asthma (coughing, wheezing, chest tightness) and the underlying cause of symptoms (inflammation of the airways).

**Start your makeover!** Stick to your action plan, and review it periodically with your doctor to ensure you are on track to achieving better control of your asthma. Remember, better control means more time spent on the things that are important to you.

- News Canada

## living past 100

### Protect against memory loss

One of the problems of aging is a failing memory. Many older folk laugh about "senior's moments" when they have forgotten something, or blithely call it "oldtimer's disease". There is nothing funny about it when it causes severe forgetfulness, such as forgetting where you live or how to drive.

There is a connection between forgetfulness and homocysteine levels in your blood. If you are the kind of person who is inclined to build up plaque in your blood vessels, you have too much homocysteine in your blood. You probably have more problems remembering things, too. The two conditions have been found to go hand in hand.

A study done in Oxford, England, showed the high levels of homocysteine corresponded to low levels of folic acid and higher levels of forgetfulness. By increasing folic acid intake, the homocysteine level dropped and memory improved.

Do not dash out and buy folic acid. Have your doctor check your homocysteine levels first. Most doctors prefer to have the level below 12 micromoles per litre. If it is higher, the recommended dosage of folic acid is 400 mcg daily.

Some doctors recommend higher doses if there are cardiovascular problems.

To ensure ongoing dietary sources of folic acid, eat spinach, lima beans, cantaloupe, watermelon, wheat germ and liver from organically raised animals.

This same research prompted a current ongoing study relating to slowing the advance of Alzheimer's disease. There may soon be a major breakthrough in this area. In the meantime, do not treat forgetfulness as a joke. It could be a sign of dietary deficiency.

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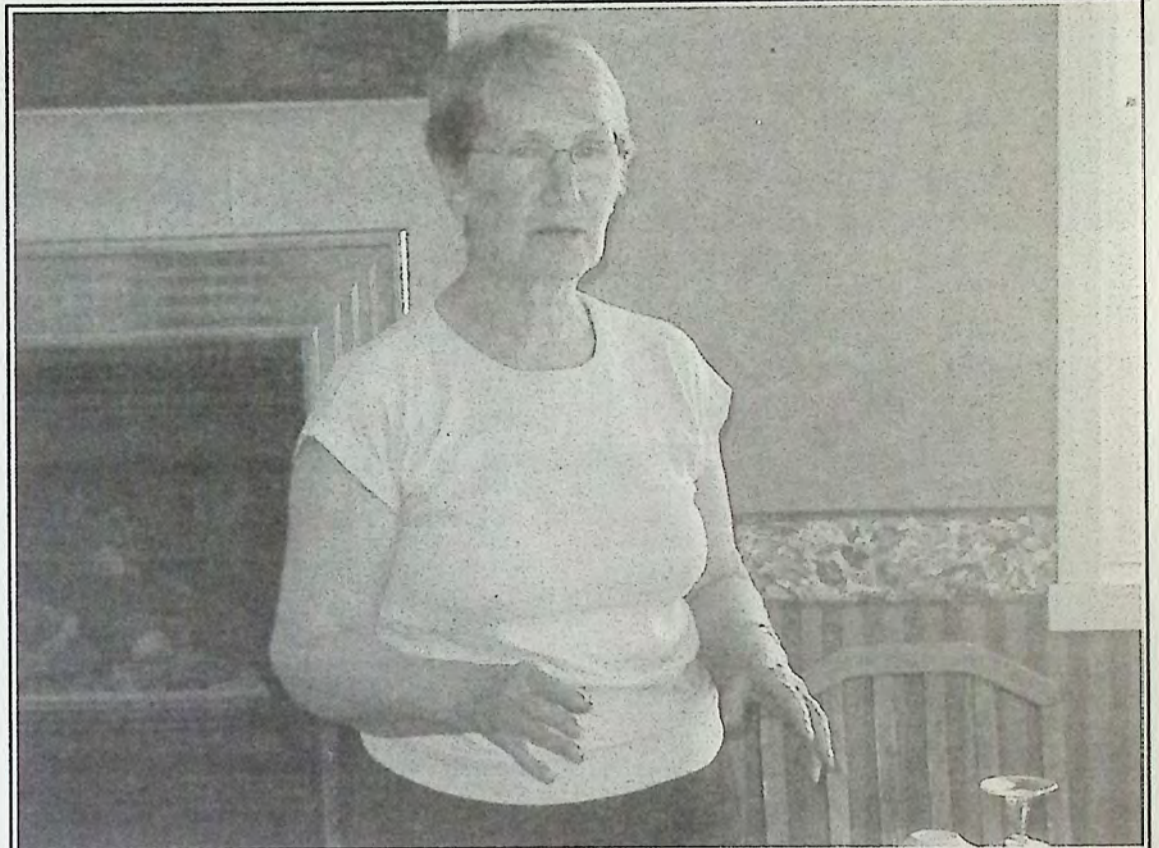
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Dawn Johnson, Community Arts Council Chairperson, was the guest speaker at the May 16th luncheon meeting of Princeton Rotary Club. She outlined plans made by the Arts Council and its member groups for changes to the Riverside Wellness Centre with emphasis on activities of the new performing arts group.

It's motorcycle season. Ride safely. After a dull winter it's great to get back in the saddle again. Be aware that single-vehicle motorcycle crashes tend to occur at high speeds and on curves, on weekends during daylight hours. Ride safely and enjoy the open road.

**ICBC Road Sense**

## Couple presents petition

Dan and Kathleen Pippin attended the May 15 Town Council meeting with a petition against shooting homeless pets. Kathleen Pippin stated she had heard of the practice of shooting pets in the pound, and had drawn up the petition. She stood in front of the Post Office and secured pages of signatures in support of sending the animals to Penticton SPCA or having a veterinarian euthanize the unclaimed pets. She said she had consulted a local veterinarian and he told her it could be done for \$20 per animal.

Mayor Randy McLean said he had checked past years and found few animals had been shot. He had attempted to confirm the cost of euthanizing the unwanted animals, but the veterinarian had been unable to give a price.

Mayor McLean said Council would be happy to adopt the procedures requested in the petition providing Penticton SPCA and the veterinarian would confirm, in writing, their willingness to cooperate at a reasonable cost to the Town.

## Police warn of new gang ritual

On March 12th, 2006, Jhessika Petroff a 42-year old female from Ontario stopped at her local pay-at-the-pump gas station to obtain fuel for her car.

Once having filled the tank full and having paid the amount due, she heard over the speaker the attendant inside requesting her to come into the station. He told her something happened with her card and that she would need to come inside to pay.

The lady was confused as her card transaction indicated that the debit was successful, complete and approved. She relayed that to the attendant and was getting ready to leave but the attendant, once again insisted and urged her to come inside to pay or she could be in trouble.

She proceeded to go inside and started arguing with the attendant about his threat. He told her to calm down and listen carefully: He said that while she was pumping gas, a guy was viewed on the station's theft mirrors slipping into her back seat on the opposite side of her automobile; and he assured her that he had already called the authorities.

She became frightened and looked

out in time to see her car door open and a male slipping out.

North American Police are currently reporting a new gang initiation ritual: New Gang members are encouraged to return to their gang bunkers with a female and/or her car. One way they do this is to crawl into women's cars while they pump gas or purchase groceries during the night or late afternoon. Members are also known to slip into unattended cars and kidnap females.

PLEASE REMAIN VIGILANT and forward this to other female friends! Pass this information on to other females: young and old.

Be careful going to and from your car at night.

This is Real - We encourage you to verify with your local police.

1. ALWAYS LOCK YOUR CAR DOORS, EVEN IF YOU'RE GONE FOR JUST A SECOND.
2. CHECK BACK SEAT AREA OF YOUR CAR WHEN APPROACHING IT FOR RE-ENTRY, AND CHECK THE BACK BEFORE GETTING IN.
3. ALWAYS BE AWARE OF YOUR SURROUNDINGS IN YOUR GENERAL VICINITY, PARTICULARLY AT NIGHT.





The last caragana bush, #240, completed a project created by local girls in an attempt to clean up the area near the Princeton Landfill site. From left, Nicole Thomas, Jana McKenzie and Dana Luchsinger finished the planting of the bushes on Friday, May 12th. Congratulations!

## Girls help to beautify landfill

It all started with an idea to try to trap flying debris from leaving the Princeton Landfill and to keep a section of Highway 40/Princeton-

### Church hosts gospel group

The Choraliers, a southern Gospel quartet which has been singing actively throughout British Columbia and Canada since it was first organized forty-six years ago in 1960, will be ministering this Sunday evening; May 28; at the Pentecostal Church, located beside the town library.

This group pioneered southern Gospel music on Canada's west coast, together with southern gospel quartet concerts, during the 1960's and 70's.

They have sung in concert with such well known groups as The Couriers, Stamps Quartet, The Imperials, Blackwood Brothers, The Statesmen, the Weatherfords and many others.

The Choraliers' ministry has taken them to many hundreds of churches and concert venues clear across Canada from their home base in Vancouver, BC. They have also toured many cities in the Pacific

Summerland Road cleaner.

Just over a year, numerous donations and countless hours of volunteer labour later the project is now

northwest states, and in recent years have sung and performed in Russia.

Over the years, the make-up of the Choraliers has changed, but the mission and ministry of this quartet has grown dramatically. The offerings which they receive currently go to support troubled youth living on the east side of Vancouver, orphaned children in Zambia on the African continent, and a young couple who are church planting in Russia.

You won't want to miss this talented Gospel group. Bring your family and friends, and enjoy a great 'southern Gospel sing' this coming Sunday evening beginning at 6:00 PM.

Admission is free, but a free-will offering shall be received and then presented to them. Their recordings will also be available for sale at that time.

- submitted

complete.

Three local students, Nicole Thomas, Jana McKenzie and Dana Luchsinger, along with family and friends, planted all 240 caragana bushes along the outer rim of the landfill site, just below the roadway.

"We would like to thank the Town of Princeton for the support and donation towards our Landfill Beautification Project," the girls said in an e-mail to the News Leader.

"Thank you to everyone who donated money toward the project. With your donations we were able to plant 240 caragana bushes."

Don & Anna's Greenhouses in Keremeos provided the plants, at a reduced cost in support of the project.

Other major contributions came from Lorne Esselink of Cool Creek Agencies for digging the holes, Barry and Dana Luchsinger for helping plant the bushes - along with other family members.

"A big thank you especially to my Dad, Kim McKenzie for the many extras hours he gave us to help get this project complete," Jana added.

## RDOS endorses application

The Regional District of Okanagan Similkameen (RDOS) endorsed an application to Olympic/Paralympic Live Sites for \$170,000.00 to aid in the creation of a multi-media theatre for the Princeton Riverside Wellness Centre.

The endorsement came during a Corporate Board meeting of the RDOS on May 18th.

The project will allow for the use of the centre as a theatre that will host community music,

drama and dance events as well as conventions.

The application is also supported by the Town of Princeton, the Similkameen Valley Planning Society, the Princeton Community Arts Council and Electoral Area H Director Gerri Logan

In other RDOS news, the Board supports the formation of the Lower Similkameen Community Forest Corporation.

This will include Electoral Areas B and G, the Village of Keremeos and the Lower and Upper Similkameen Indian Bands.

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Centennial Pool opens for the season May 29th with Public Swimming from 7:00 to 8:30 PM.

## Royal Canadian Legion

Branch 56 - Princeton

## VETERANS APPRECIATION DAY

2:00 PM - ? Saturday, June 3<sup>rd</sup>

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## Group needed to plan new local event

Following the theme of 'Join Us In 2006' the Rick Hansen Wheels In Motion Foundation is preparing for their 4th annual event.

Princeton has not participated in the program to date and Recreation Director Lyle Thomas thinks there may be some interest in hosting the June 11th event in Princeton.

"A local organizational team is needed to host this event," Thomas says.

Promotional material from the Wheels In Motion Foundation says people of all ages and abilities can wheel, run or walk to raise awareness and funds to make a difference in the lives of the many men,

women and children with spinal cord injury (SCI) and related disabilities.

To date, over \$3.6-million has been raised through Wheels In Motion.

Princeton has always had a dedicated group of supporters involved in the annual Terry Fox runs so it stands to reason there may be interest in bringing the annual Wheels In Motion program to the community.

Thomas is so certain this is the case

that he has scheduled a meeting for Wednesday, May 31st, starting at 7:00 PM in the Riverside Centre to see if others share his interest in the program.

"If you are interested, please attend the meeting."

To find out more about the Wheels In Motion event call the Rick Hansen Man In Motion Foundation at 1-866-60-WHEEL or visit [www.rickhansen.com](http://www.rickhansen.com).

## BEA learns about mentoring

At the Wednesday, May 10th, regular meeting of the Princeton & Area Business Enhancement Association (PABEA) Jennifer Parton of Community Futures Development Corporation was the guest speaker.

Parton acquainted the membership to the concept of their Business Exchange Program created to assist and mentor businesses in the region. The PABEA has an interest in facilitating this programs development in Princeton because mentoring falls within the mandate

accorded the PABEA by its membership as a result of its survey of 2005.

The aim of the Business Exchange Program is to:

- share techniques for managing finances and employees.
- review ideas for improving sales, marketing and customer service.
- collaborate on growth issues.

Future meetings will be held by Community Futures during this Summer with the view of starting a Business Exchange Group in the Princeton area by September 2006.

## Doctor appeals to Council

Dr. Michael Whittle wants to return to Princeton and open a private practice. He is negotiating for a property in downtown Princeton but it lacks sufficient parking space to meet the bylaw requirements. Approximately 40 people attended the May 15 Town Council meeting in support of Dr. Whittle's appeal to Council.

Stan Turner, barrister, spoke for Dr. Whittle, explaining the circumstances and asking Council to assist in finding a solution.

A possible solution to the problem was offered by a member of the audience, who suggested looking for available parking spaces nearby. The matter was left to further investigation.



The Princeton Lions Club would like to thank the following Volunteers and Merchants who helped make our annual Auction a huge success:

Alan Hargitt - Similkameen News Leader - Alan Shopshire - Otto Coers - Bert Blanchette - Overwaitea - Blaine Marsel - Princeton Pizza Party - Blanche Ceccon - Princeton Outdoor Supply - Bob Coyne - Princeton Redi Mix - Cascade Post & Rail - Princeton Brewing - China Creek Internet - Princeton Husky - Don & Anna's Greenhouses - Princeton Co-Gen - Don McColman - Reichert Sales & Service - Earl Driver - Rick's Appliances - Home Hardware - Royal Canadian Legion - Firemaster - Skaha Ford - Fred Ayling - Similkameen Spotlight - Gordon Daw - Staples - Ground Search & Rescue - Subway - Henry Rykers - Ted Babich - Home Builders Supply - The Bay - John Babiak - Valley First Credit Union Ladies - K&M Trucking - Wal Mart - Kal Tire - Weyerhaeuser - Katimavik Kids - Wilf Bader - Keith Later - Dana Stevens - Ken Gibson - Ken Sulentich - Kevin Acres - Kumsheen Rafting - Lew Smyth - Lordco Auto Parts - Mac's Auto Parts - Movie Gallery

If we have missed any person or business please accept our sincere apologies.

**SEE YOU ALL AGAIN NEXT YEAR!**



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# weekly entertainment guide

TUESDAY, MAY 23, 2006 THROUGH MONDAY, MAY 29, 2006



Bambi and her friends may soon find the welcome mat pulled out from under them following a public meeting to discuss the deer problem. The meeting, set for 7:00 PM on Monday, May 29th, will be held in St. Peter's Catholic Church and is intended as an information meeting with hopes of developing a 'made for Princeton' solution. The meeting is open to everyone.

## Men's Fastball still popular

By the time this issue hits the street, the Princeton Merchants Men's Fastball team will have completed seven games in this season's schedule.

The team, the only Similkameen Valley entry in the South Okanagan Similkameen Men's Fastball League, will have no less than 13 more games to play before playoffs begin in early July.

Games of note in the Princeton schedule are double-headers hosted

at Memorial Park.

The first series is between Kal Tire, Penticton on Sunday, May 28th with game 1 at 11:00 AM and game 2 at 1:00 PM.

Sunday, June 4th will see Princeton host another double header against Interior Roofing of Penticton. Games are at 11:00 AM and 1:00 PM.

Berry & Smith Trucking will travel to Princeton for a double header on Sunday, June 11th. Games are at

11:00 AM and 1:00 PM.

The final double header at home for Princeton will be on Sunday, June 25th when the Merchants play host to Gabriel Fastball Extreme (GFX) of Penticton.

Game times are set for 11:00 AM and 1:00 PM.

The Princeton Merchants team has a long history of action in Princeton and invite all interested sports fans to watch them play during these home games.



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# This clown really gets around

If you attended Princeton's Pro Rodeo on the weekend of May 12-14, you would have seen the funny antics of Rodeo Clown Dennis Halstead.

Halstead is a lot more than a just a guy wearing make-up and doing goofy stunts during the rodeo. Halstead is the #1 Rodeo Clown and Barrel Man in Canada, #4 in the World and three-time Rodeo Entertainer of the Year.

The Princeton Rodeo Club has been fortunate to have someone of his skill and ability at their event.

The News Leader spoke briefly with Halstead just before he went out into the Rodeo Arena for the Saturday performance.

"Do you ever get nervous anymore?" We asked.

"I do about 170 shows a year and I still get nervous before each one," he said as he stepped through the gate next to bucking chute #1 and out to start another show.

A feature in the Spring 2006 issue of Strada, a Dodge product catalogue, on Halstead gives a little more insight into the man.

The 24-year veteran of the Calgary Fire Department started his rodeo career quite by accident. It started 12-years ago at a charity rodeo when the professional rodeo clown scheduled to perform that day cancelled at the last minute.

Organizers for the event scrambled for a volunteer replacement and Halstead offered to participate. The rest - as they say - is history.

Halstead - who somehow finds time to respond to between 2,000 and 3,000 calls a year as part of his firefighter duties - also performs his popular rodeo clown act in-hospital for physically challenged and terminally ill children.

In fact, when Halstead visits a community to perform at their local rodeo, he also tries to visit area schools with a performance.

The last two years he's been in Princeton he's visited local elementary schools.

Halstead is also known to be quite a prankster. When visiting casually with the News Leader after last year's rodeo, Halstead told a story we're still chuckling at.

Apparently at a rodeo somewhere in a small town on the Prairies, Halstead rushed to the side of a rider that had just been tossed off an animal.

By the time the cowboy had regained his bearings he told Halstead he was doing fine and asked, "What rodeo am I at?"

Halstead, who knew paramedics were on their way to aid the cowboy, gave him the name of a town in a different province.

By the time the paramedics arrived they asked the cowboy where he was and he gave them the answer provided by Halstead, which earned the cowboy an instant ambulance ride to the nearest hospital for a battery of tests.

Joking aside, Halstead switches



Rodeo Clown/Entertainer Dennis Halstead takes aim at our photography during the Similco Bull-A-Rama event on May 12th. Photo: Bryan Smith, www.keremeos.net.

from joker to lifesaver in an instant when required in the rodeo arena. The average rodeo spectator may think the action ends once a cowboy is tossed from an animal - whether he rides for 8-seconds or not - but that's when the real action, as well as the dangerous part of the job, starts.

Halstead will do whatever it takes at that moment to distract an animal's attention away from the cowboy until he is safely out of reach.

However, this usually puts a big target onto Halstead who has broken an arm, elbow, ribs, lost teeth

and injured his spleen in his years as Rodeo Clown.

Remember, he does this at over 170 shows a year!

Halstead puts in about 100,000-kilometres a year in a 2005 Dodge Ram 3500 Dually (Dodge is his major sponsor) towing a 30-foot fifth wheel that contains all the props and tricks of his trade.

The Ram - his office on wheels - includes a satellite radio, colour television, GPS and laptop computer. To find out more about this real-life hero visit Halstead's website at [www.dennytherodeo-clown.com](http://www.dennytherodeo-clown.com).

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## tuesday movies

### MORNING

7:00 am WTBS (3) ★★½ "Grumpy Old Men" (1993, Comedy) Jack Lemmon. Minnesota neighbors rekindle a 10-year feud when they fall for the same widow.  
10:00 am CITY (29) ★★½ "Star Trek II: The Wrath of Khan" (1982, Science Fiction) William Shatner. The past returns to haunt Adm. James Kirk when he and his crew become locked in a battle of wits with an old nemesis. (D)

### AFTERNOON

5:00 pm CITY (29) "Stephen King's Desperation" (2006, Horror) Tom Skerritt. Premiere. Humans must battle against a malevolent entity that has invaded a remote Nevada mining town. (In Stereo) (D) (DVS)  
WGN (38) ★★ "Three Amigos!" (1986, Comedy) Chevy Chase. Three bumbling silent-movie cowboy stars head to Mexico and become

involved in a small town's battle against a tyrant. (D)

### EVENING

8:00 pm KXLY (10) "Stephen King's Desperation" (2006, Horror) Tom Skerritt. Premiere. Humans must battle against a malevolent entity that has invaded a remote Nevada mining town. (In Stereo) (D) (DVS)  
9:00 pm CHBC (4) KHQ (7) "10.5: Apocalypse" (2006, Suspense) (Part 2 of 2) Kim Delaney. Premiere. The president and a top scientist work together to save North America from potentially devastating earthquakes. (In Stereo) (D)  
10:00 pm WTBS (3) ★★½ "Space Cowboys" (2000, Adventure) Clint Eastwood. Four aging astronauts who never made it into space agree to go up and repair a 1950s satellite. (D)

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## wednesday movies

### MORNING

6:00 am A&E (9) ★★½ "Lean on Me" (1989, Docudrama) Morgan Freeman. Principal Joe Clark goes to bat against drugs, crime and bad grades in his Paterson, N.J., high school. (D)  
7:00 am WTBS (3) ★★½ "Three Men and a Little Lady" (1990, Comedy) Tom Selleck. The bachelors must rethink their joint role of father when Mary's mother decides to marry a stuffy stage director. (D)  
10:00 am CITY (29) ★★½ "Star Trek III: The Search for Spock" (1984, Science Fiction) William Shatner. Kirk and the Enterprise crew defy Starfleet and return to the Genesis planet to reunite Spock's body and spirit. (D)

### AFTERNOON

12:00 pm A&E (9) ★★½ "Lean on Me" (1989, Docudrama) Morgan Freeman. Principal Joe Clark goes to bat against drugs, crime and bad grades in his Paterson, N.J., high school. (D)

### EVENING

6:00 pm CITY (29) ★★ "Daredevil" (2003, Action) Ben Affleck. A blind attorney becomes a nocturnal superhero who dispenses justice to New York's criminal element. (D)  
7:00 pm CITY (12) ★★½ "The Matrix Revolutions" (2003, Science Fiction) Keanu Reeves. Premiere. Neo, Morpheus and Trinity prepare

for a final battle against vicious machines set to invade Zion. (D)

8:00 pm BCTV (11) ★★½ "The Matrix Revolutions" (2003, Science Fiction) Keanu Reeves. Premiere. Neo, Morpheus and Trinity prepare for a final battle against vicious machines set to invade Zion. (D)

KTLA (27) ★★ "Daredevil" (2003, Action) Ben Affleck. Premiere. A blind attorney becomes a nocturnal superhero who dispenses justice to New York's criminal element. (In Stereo) (D)

10:00 pm WTBS (3) ★★½ "Shaft" (2000, Action) (PA) Samuel L. Jackson. The nephew of the famous John Shaft squares off against the murderous racist and drug dealer who want to bring him down. (D) (DVS)

10:06 pm CITY (29) ★★ "Daredevil" (2003, Action) Ben Affleck. A blind attorney becomes a nocturnal superhero who dispenses justice to New York's criminal element. (D)

Weather?  
Updated Hourly...  
Road Reports?  
Updated Daily...  
[www.thenewsleader.ca](http://www.thenewsleader.ca)

TUESDAY, MAY 23, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Body	(Off Air)	Body Elec. Boohbah	News	News	Airline	(5:00) News	News (Live)	(5:00) News (Live)	Monster	SportsCentre	News	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "Grumpy Old Men" (1993) Jack Lemmon.	Life Today 100 Huntley Street	BluesClues	Clifford	Today Tim Russert; Kelsey Grammer; Patricia Cornwell.	The Early Show	Family	Good Morning America	News (Live)	(5:00) News (Live)	Mona	SportsCentre	Canada AM	Megabuilders	Sabrina's	K. Possible	News	CityLine	Rockford Files
8 AM :30	Becker	Gold Trails	Arthur	Sesame Street (EI)	Discover	Amer. Justice	Regis and Kelly	100 Huntley Street	World Vision (N)	Care Bears	Off-Record	Regis and Kelly	Daily Planet	Fam. Feud	Pooh	Maury	News	Magnum, P.I.	
9 AM :30	Cosby	The Price Is Right	Miss BG	Barney	Ellen DeGeneres Show	The Price Is Right	Cold Case Files	The View (N)	World Vision	Room	Rupert	Bowling Men's 10 Pin.	The View (N)	How-Made	Starting Over (N)	JoJo	Jerry Springer (N)	Movie: "Star Trek II: The Wrath of Khan" (1982)	News
10 AM :30	Harvey	Thane	Snoops	Mr Rogers	The Tyra Banks Show	Young and the Restless	Investigative Reports	Paid Prog.	The Insider	News (Live)	George S. Fly Rhino	Score Golf	eTalk	Moments In Time	Montel Williams	Stanley King	Blind Date	Wrath of Khan (1982)	Magnum, P.I.
11 AM :30	Home Imp.	Judge J.	Undersea	Sit-Be Fit	Paid Prog.	News	Airline	All My Children (N)	News (Live)	Days of our Lives (N)	Being Ian	European Poker Tour	Daily Planet	The Black Death	Perry Mason	Recess	Maury	CityLine	Da Vinci's Inquest
12 PM :30	Drew	News (Live)	Odysseys	Charlie Rose	Paid Prog.	Bold & B.	Airline	All My Children (N)	News (Live)	Days of our Lives (N)	Being Ian	European Poker Tour	Daily Planet	The Black Death	Perry Mason	Recess	Maury	CityLine	Da Vinci's Inquest
1 PM :30	Yes, Dear	Stargate SG-1	Notes	Wonderful America	Days of our Lives (N)	As the World Turns (N)	Family	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears	European Poker Tour	Vicki G.	Fear Fighters	Matlock "The Witness"	Lloyd Whiskers	Jerry Springer	NewMusic	Cosby
2 PM :30	Home Imp.	Body	Gaslight	Reading	Passions (N)	Guiding Light	City Confidential	General Hospital (N)	Passions (N)	Passions (N)	Mona	Germany	General Hospital (N)	How-Made	Love Lucy	Lilo Stitch	Eye Eye	Ellen DeGeneres Show	Moesha
3 PM :30	Seinfeld	Fear Factor	Bear	Postcards	Brown	Dr. Phil	Amer. Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Off-Record	Dr. Phil	Zapped Part 2	Montel Williams	Weekend	ER	News	Home Imp.
4 PM :30	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey	Cold Case Files	Millionaire	Oprah Winfrey	News	Tn-Titans	NHL Hockey: Playoffs - Teams	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian	8 Rules	Sex & City	Funnlest Home Videos
5 PM :30	Friends	News (Live)	George S.	BBC World	News	News	Kids Behind Bars	News	News	News	OddParent	TBA (Live)	News	Break It	Malcolm King of Hill	K. Possible	Sabrina	Movie: "Stephen King's Desperate n" (2006)	Movie: "Three Amigos!" (1986)
6 PM :30	Sex & City	Stargate SG-1	CG Kids	News-Lehrer	News	News	Dog	News	News	ET Canada	Being Ian	News	American Chopper	"70s Show"	So Little	My Wife	Friends	Tom Skeritt	WGN News at Nine
7 PM :30	MLB Baseball: Atlanta	Past Lives	Gardens	Nova (DVS)	Jeopardy!	Friends	King Cars	Entertain	Entertain	Gilmore Girls	X Men	SportsCentre (Live)	eTalk	American Hot Rod (N)	Simpsons	So Raven	Raymond	News	Sex & City
8 PM :30	Braves at San Diego Padres.	NCIS "Model Behavior"	Artists	Globe Trekker	Moments	The 41st Annual Academy of Country Music Awards (Same-day Tape)	Crossing Jordan	Movie: "Stephen King's Desperate n" (2006)	The Unit (N)	The Unit (N)	SpongeBob	In Corner	American Idol	Daily Planet	American Idol	8 Rules	Gilmore Girls	News	Star! Daily
9 PM :30	(Subject to Blackout)	Movie: "10.5: Apocalypse" (2006)	With Glowing Hearts	Frontline "Sex Slaves"	Movie: "10.5: Apocalypse" (2006)	Kim Delaney.	Dog	Skeritt.	Gilmore Girls	News (Live)	My Family	Score Golf	CSI: Crime Scene Investigati on "Grave Danger"	American Chopper	News	Popular "Hope in a Jar"	Pepper Dennis (N)	Radio Free	Jimmy Kimmel Live
10 PM :30	Movie: "Space Cowboys" (2000) Clint Eastwood.	News	Kaldor	News	News	News	King Cars	News	News	Entertain	ReBoot	SportsCentre (Live)	News	Break It	Sex & City	8 Rules	Sex & City	(10:06) Movie: "U-Turn" (1997)	Sean Penn, Nick Nolte.
11 PM :30	News	Fortune	Moving On	C. Rose	Tonight	Late Show	King Cars	Nightline	News (Live)	ET Canada	Beasties	News	News	How-Made	Becker	Radio Free	Friends	News	Paid Prog.

WEDNESDAY, MAY 24, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Body	(Off Air)	Body Elec. Teletubbs	News	News	Movie: "Lean on Me" (1989)	(5:00) News	News (Live)	(5:00) News (Live)	Monster	SportsCentre	News	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "Three Men and a Little Lady" (1990)	Life Today 100 Huntley Street	BluesClues	Clifford	Today Halle Berry; Martha Stewart; Stefani Greenfield.	The Early Show	Morgan Freeman.	Good Morning America	News (Live)	(5:00) News (Live)	Mona	SportsCentre	Canada AM	Nature of the Beast	Sabrina's	K. Possible	News	CityLine	Rockford Files
8 AM :30	Becker	Gold Trails	Arthur	Sesame Street (EI)	Discover	Amer. Justice	Regis and Kelly	100 Huntley Street	World Vision (N)	Care Bears	Off-Record	Regis and Kelly	Daily Planet	Fam. Feud	Pooh	Maury	News	Magnum, P.I.	
9 AM :30	Cosby	The Price Is Right	Paddington	Barney	Ellen DeGeneres Show	The Price Is Right	Kids Behind Bars	The View (N)	World Vision	Room	Rupert	Drag Racing: Pontiac	The View (N)	Extreme	Starting Over (N)	JoJo	Jerry Springer (N)	Movie: "Star Trek III: The Search for Spock"	MLB Baseball: Chicago Cubs at Florida Marlins.
10 AM :30	Harvey	Brown	Sustain	Mr Rogers	The Tyra Banks Show	Young and the Restless	JonBenet: Investigati on	Paid Prog.	The Insider	News (Live)	George S. Fly Rhino	Performanc e Nationals. (Taped)	eTalk	Tornado Alley	Montel Williams	Stanley King	Blind Date	Search for Spock	News
11 AM :30	Home Imp.	Thane	Reach-Top	Sit-Be Fit	Paid Prog.	News	Movie: "Lean on Me" (1989)	News	News	Days of our Lives (N)	Being Ian	European Poker Tour	Daily Planet	Tornado Alley	Perry Mason	Recess	Maury	CityLine	
12 PM :30	Drew	News (Live)	Reach-Top	Charlie Rose (N)	Paid Prog.	Bold & B.	Movie: "Lean on Me" (1989)	News	News	Days of our Lives (N)	Being Ian	European Poker Tour	Daily Planet	Tornado Alley	Perry Mason	Recess	Maury	CityLine	
1 PM :30	Yes, Dear	Mutant X "Interface"	Home Biz	Simply	Days of our Lives (N)	As the World Turns (N)	Morgan Freeman.	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears	European Poker Tour	Vicki G.	Worst Handyman	Matlock	Lloyd Whiskers	Jerry Springer	Relic Hunter	Cosby
2 PM :30	Home Imp.	Body	Gaslight	Reading	Passions (N)	Guiding Light (N)	City Confidential	General Hospital (N)	Passions (N)	Passions (N)	Mona	World Cup	General Hospital (N)	Dirty Jobs "Pig Farmer"	Love Lucy	Lilo Stitch	Eye Eye	Ellen DeGeneres Show	Moesha
3 PM :30	Seinfeld	Fear Factor	Bear	Postcards	Brown	Dr. Phil	Amer. Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	The X's	Off-Record	Dr. Phil	How-Made	Montel Williams	Weekend	ER	News	Home Imp.
4 PM :30	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey	Kids Behind Bars	Millionaire	Oprah Winfrey	News	Tn-Titans	NHL Hockey: Playoffs - Teams	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian	8 Rules	Sex & City	Funnlest Home Videos
5 PM :30	Raymond	News (Live)	George S.	BBC World	News	News	Dog	News	News	News	OddParent	TBA (Live)	News	On the Run "Scotscam"	Malcolm King of Hill	K. Possible	Sabrina	Model-Story	
6 PM :30	Sex & City	Stargate SG-1	Mechanics	News-Lehrer	News	News	Inked "Pilot"	News	News	ET Canada	Being Ian	News	News	On the Run (N)	"70s Show"	So Little	My Wife	Friends	Home Imp.
7 PM :30	MLB Baseball: Atlanta	Mysteries	Undersea	Dr. Wayne Dyer: Inspiration	Jeopardy!	Friends	Angel	Entertain	Entertain	Movie: "The Matrix Revolutions" (2003)	X Men	SportsCentre (Live)	eTalk	MythBuste rs	Simpsons	So Raven	Raymond	WGN News at Nine	
8 PM :30	Braves at San Diego Padres.	Can Files	Chasing the Cure	Your Ultimate Calling	Destelino NBC	Dr. Phil Special	Crossing Jordan	Lost "Reckoning"	Movie: "The Matrix Revolutions" (2003)	Keanu Reeves. Premiere.	SpongeBob	Off-Record	American Idol (Season Finale) The winner.	Daily Planet	American Idol The winner.	8 Rules	Boy World	Movie: "Daredevil" (2003) Ben Affleck.	News
9 PM :30	(Subject to Blackout)	"70s Show"	Sidde! Past	Law & Order "Magnet"	Law & Order	Criminal Minds	Dog	Lost "Live Together, Die Alone" (N)	Keanu Reeves. Premiere.	News (Live)	15/Love	Boxing: Wednesday Night Fights. (Taped)	MythBuste rs	On the Run "Scotscam"	News	Popular "Caged!"	Radio Free	Jimmy Kimmel Live (N)	Funnlest Home Videos
10 PM :30	Movie: "Shaft" (2000) Samuel L. Jackson.	Will-Grace	With Glowing Hearts	News	News	News	Angel	News	News	Entertain	ReBoot	SportsCentre (Live)	News	On the Run "Scotscam"	Sex & City	8 Rules	Sex & City	(10:06) Movie: "Daredevil" (2003) Ben Affleck.	Da Vinci's Inquest
11 PM :30	News	Mysteries	Dotto Tech	Charlie Rose (N)	Tonight	Late Show	Angel	Nightline	News (Live)	ET Canada	Beasties	News	News	How-Made	Becker	Radio Free	Friends	News	Paid Prog.

## Similkameen News Leader Community Calendar

### MAY

- 25-28 - Music Under the K, Keremeos
- 27 - PSS Graduation Ceremonies, 12 Noon, PSS
- 29 - PSS PAC Meeting, 7:00 PM

### JUNE

- 14 - PSS Athletic Banquet, 5:30 PM
- 24 - Eagle Lite Ultra, Keremeos
- 27 - PSS Awards Ceremony
- 29 - Racing Days
- 30 - Princeton Schools close for Summer Break

### JULY

- 1 - Canada Day Celebrations

### AUGUST

- 5, 6 - Tulameen Family Fun Days
- 5 - 50th Anniversary of Incorporation, Keremeos
- 6 - Kars Under the K - Keremeos

### SEPTEMBER

- 2, 3, 4 - Slo-Pitch Tournament, Hedley
- 4 - Labour Day
- 9, 10 - Princeton Fall Fair, Princeton Fairgrounds
- 16 - Similkameen Sizzle, Keremeos
- 17 - Terry Fox Run, Keremeos/Hedley/Princeton

### OCTOBER

- 14 - Logan's Run, Apex

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 Riverside Wellness Centre
- \* 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 2nd Wednesday of the month. 7:00 PM, Skills Centre.
- \* Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- \* U'th Group 7 PM, 1st and 3rd Tuesdays, Living Water Church.
- \* U'th Social Night 7 PM, 2nd and 4th Fridays, Living Water Church

## thursday movies

### MORNING

- 7:00 am WTBS (3) ★★½ "Forces of Nature" (1999, Romance) Sandra Bullock. A groom-to-be has second thoughts about his upcoming nuptials during a detour-laden journey with a free-spirited woman. (E)
- 10:00 am CITY (29) ★★½ "Star Trek IV: The Voyage Home" (1986, Science Fiction) William Shatner. Spock, Kirk and the Enterprise time-travel to modern-day San Francisco to bring humpback whales to the 23rd century. (E)
- 11:30 am A&E (9) ★★½ "Falling Down" (1993, Drama) Michael Douglas. A traffic jam helps push a stressed-out former defense worker to the breaking point and beyond. (E)

### AFTERNOON

- 4:30 pm WGN (38) ★★½ "Maverick" (1994, Western) Mel Gibson. A lawman, a lady and a gambler head to a poker championship, where conning is the name of the game. (In Stereo) (E)

### EVENING

- 6:00 pm WTBS (3) ★★ "Stepmom" (1998, Drama) Julia Roberts. A New York fashion photographer contends with her boyfriend's children and ex-wife. (E) (DVS)
- 8:00 pm KXLY (10) ★★ "Charlie's Angels: Full Throttle" (2003, Action) Cameron Diaz. Premiere. Three private detectives work under cover to retrieve two rings that contain cryptic information. (In Stereo)
- 8:40 pm WTBS (3) ★★½ "Forces of Nature" (1999, Romance) Sandra Bullock. A groom-to-be has second thoughts about his upcoming nuptials during a detour-laden journey with a free-spirited woman. (E)
- 10:06 pm CITY (29) ★★½ "44 Minutes: The North Hollywood Shootout" (2003, Docudrama) Michael Madsen. A protracted gun battle ensues as two men hold police and SWAT teams at bay in Los Angeles. Based on a true story.

## friday movies

### MORNING

- 7:00 am WTBS (3) ★★ "Stepmom" (1998, Drama) Julia Roberts. A New York fashion photographer contends with her boyfriend's children and ex-wife. (E) (DVS)
- 10:00 am CITY (29) ★★ "Star Trek V: The Final Frontier" (1989, Science Fiction) William Shatner. The Enterprise crew falls under the spell of Spock's half brother, a renegade Vulcan on an obsessive quest to find God. (E)

### AFTERNOON

- 5:00 pm WGN (38) ★★½ "Blue Steel" (1990, Suspense) Jamie Lee Curtis. A police rookie loses her badge, gains a boyfriend and hunts a killer who uses a .44-caliber Magnum. (In Stereo)

### EVENING

- 6:00 pm WTBS (3) ★★½ "While You Were Sleeping" (1995, Comedy) Sandra Bullock. A Chicago woman's lonely existence changes for the better when the man she secretly desires falls into a coma. (E)
- A&E (9) ★★½ "Ike: Countdown to D-Day" (2004, Historical Drama) Tom Selleck. Gen. Dwight D. Eisenhower

- faces monumental decisions in the 90 days leading to the Allied invasion of Normandy in 1944. (E)
- CITY (29) ★★½ "Scary Movie" (2000, Comedy) Shawn Wayans. Keenen Ivory Wayans directed this sendup of slasher films in which a vengeful killer stalks a group of nubile teens. (E)
- 7:30 pm FAM (26) "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach.
- 8:00 pm CHBC (4) ★★½ "Pretend You Don't See Her" (2002, Suspense) Emma Samms. Premiere. Based on the novel by Mary Higgins Clark. A murder witness's new identity fails to protect her from the killer. (E)
- KNOW (5) ★★½ "Nemesiss" (1987, Mystery) Joan Hickson. Agatha Christie's Miss Marple investigates the mystery behind a supernatural request. (E)
- KXLY (10) ★★½ "Freaky Friday" (2003, Comedy) Jamie Lee Curtis. Premiere. Two fortune cookies cause an engaged psychotherapist and her teenage daughter to magically exchange bodies. (In Stereo)

## Horoscopes

May 24 - 31, 2006

**Aries** - You begin this week with a lot of work related to your neighbourhood. Siblings may have needs or bad news or just don't want to talk. You have a lot to say - don't sulk!

**Taurus** - Your mind is on your money and what you own. You want to talk finances. Don't be discouraged. Home repairs may take work and cash, but you can afford it. Ambition stirs you.

**Gemini** - You may not feel much like socializing this weekend. You don't want to talk about anything. Work around home, stay out of traffic. Check vehicle for problems.

**Cancer** - Watch out for illness, cuts, burns. Some kind of health problem could make your weekend really dull, or your job could hold you down. Look for relationship improvement.

**Leo** - You still feel very frustrated but you will find an alternative way to look at things this week. Spend the weekend making firm plans. You enter high energy cycle next week.

**Virgo** - Your career makes big demands but watch your health. Your mate can take up some of the slack. Plans may change permanently. Travel or move could prove beneficial by Friday.

**Libra** - Don't plan to travel anywhere this weekend. You will be tied down to your job. Make plans for spiritual renewal later this year. Money prospects look better. Expect visit.

**Scorpio** - Plan how to handle finances this weekend. By end of week, partner and friends bring cheer, affection. Hold the line on spending. Career makes demands. Stay home this weekend.

**Sagittarius** - Partner, friends seem distant this weekend. There is a change in your feelings about sports, fun. You may have to work at an event involving youth, sports.

**Capricorn** - Partner is still difficult, but may change soon. Guard against losing temper Thursday. Work hard this weekend around home. Improvements will pay off in the long term.

**Aquarius** - Stay home and work on beautifying your home property this weekend. Young person may disappoint you. News may change your mind about several matters.

**Pisces** - Your home may demand a lot of work this week. Good news from sibling will cheer you. Job makes big demands soon, clear the deck of chores, daily burdens. Romance inspires you.

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## Similkameen News Leader Recipe Corner (Recipe #116)

### Louisiana Hot Wings (WITH BLUE CHEESE DIP)

- 3 lbs chicken wings, (1.5 kg) about 20 wings, trimmed of fat with tips cut off
- 1 bottle Knorr Louisiana (1)
- Red Pepper Marinade, divided carrot and celery sticks
- blue cheese dressing (homemade or store bought)

Place wings in large saucepan, add water just to cover and bring to a boil. Reduce heat and simmer 10 minutes. Drain and pat dry. Toss wings with 1 cup (250 mL) Knorr Louisiana Red Pepper Marinade and marinate in refrigerator for 30 minutes. Meanwhile, rub grill well with vegetable oil (to help prevent wings from sticking) and preheat barbecue for 10 minutes. Remove wings from marinade, discarding used marinade. Reduce heat to medium-low and cook wings until crisp and nicely glazed, about 15-20 minutes, brushing with remaining marinade and turning often. Serve with carrots, celery sticks and blue cheese dressing for dipping. Serves 4-6.

- News Canada

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

226A Bridge Street, Princeton

# Don't Feed The Deer!

THIS REMINDER COMES FROM THE TOWN OF PRINCETON

THURSDAY, MAY 25, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Body	(Off Air)	Body Elec. Boohbah	News	News	Movie: "Falling Down"	(5:00) News	News (Live)	(5:00) News (Live)	Monster	SportsCentre	News Canada AM	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "Forces of Nature"	Life Today	BluesClues	Clifford	Today Hugh Jackman; Tom Brokaw; safari fashions; Infomercial products.	The Early Show	(1993) Michael Douglas. City Confidential	Good Morning America			Mona	SportsCentre		Untamed North America	Libertys	K. Possible	News	CityLine	Rockford Files
8 AM :30	(1999, Romance)	100 Huntley Street Room	Hi-5	Dragon						100 Huntley Street	SpongeBob LazyTown	SportsCentre		MythBusters	Paid Prog.	Weekend		Close-Up	Matlock "The Clown"
9 AM :30	Becker	Gold Trails	Arthur	Sesame Street (El)	Discover	Amer. Justice	Regis and Kelly	100 Huntley Street	World Vision (N)	Care Bears	Off-Record	Regis and Kelly	Daily Planet	Fam. Feud	Pooh	Maury	News	Magnum, P.I.	
10 AM :30	Cosby	The Price Is Right	Miss BG	Barney	Ellen DeGeneres Show	The Price Is Right	Cold Case Files	The View (N)	World Vision	Rupert	High School Basketball	The View (N)	African Tights	Starting Over	JoJo	Jerry Springer (N)	Movie: "Star Trek IV: The Voyage Home" (1986)	News	
11 AM :30	Harvey	Brown	Canada-History	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Sell House	Paid Prog.	The Insider	News (Live)	George S. Fly Rhino	Golf: Senior PGA Champions hip -- First Round.	eTalk	Beastly Countdown	Montel Williams	Stanley King	Blind Date	Magnum, P.I.	
12 PM :30	Drew	News (Live)	Chasing the Cure	Charlie Rose	Paid Prog.	Boyd & B.	Movie: "Falling Down" (1993, Drama) Michael Douglas.	All My Children (N)	News (Live)	Days of our Lives (N)	Being Ian Jane	PGA Golf: FedEx St. Jude	Daily Bold & B.	On the Run "Scotscam"	Perry Mason	Recess	Maury	CityLine	
1 PM :30	Yes, Dear	Doc "Nobody"	Scattering Planet	In Studio Needle Art	Days of our Lives (N)	As the World Turns (N)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears George S.	PGA Golf: FedEx St. Jude	Vicki G.	On the Run	Matlock	Lloyd	Jerry Springer	Close-Up	Cosby	
2 PM :30	Home Imp.	Body	Gaslight	Reading	Passions (N)	Guiding Light (N)	City Confidential	General Hospital (N)	Passions (N)	Mona	Classic -- First Round.	General Hospital (N)	Greatest Ever...	Love Lucy	Lilo Stitch	Eye Eye	Ellen DeGeneres Show	Moesha	
3 PM :30	Seinfeld	Fear Factor	Bear	Postcards	Brown	Dr. Phil	Amer. Justice	The Tony Danza Show	Young and the Restless	Jacob	Off-Record	Dr. Phil	How-Made	Montel Williams	Weekend	ER "Double Blind"	News	Home Imp.	
4 PM :30	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey	Cold Case Files	Millionaire	Oprah Winfrey	News	Tn-Titans	NHL Hockey: Playoffs -- Teams TBA. (Live)	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian	8 Rules	Sex & City	
5 PM :30	Friends	News (Live)	George S.	BBC World	News	News	The First 48	News	News	News (Live)	OddParent	SpongeBob	Extreme Engineering	Malcolm King of Hill	K. Possible	Sabrina	Smallville "Arrival"	Movie: "Maverick" (1994) Mel Gibson, Jodie Foster.	
6 PM :30	Movie: "Stepmom" (1998, Drama)	Stargate SG-1	Beaker Edge	News-Lehrer	News	Raymond	Combat Diary: The Marines of Lima Company	News	News	ET Canada	Being Ian	SportsCentre (Live)	eTalk	Breaking Vegas (N)	Simpsons	So Raven	Raymond	Kojak "Hitman"	
7 PM :30	Julia Roberts	Jeopardy!	Blue Realm	NW Profl	Jeopardy!	Friends	Lima Company	Entertain	Entertain	Without a Trace	X Men	SportsCentre	Hollywood	70s Show	Fraser	Smart Guy	Raymond	WGN News at Nine	
8 PM :30	(DVS)	Will-Grace	Shakespeare	New Tricks	Name Earl	NUMB3RS "Harvest"	Crossing Jordan	Movie: "Charlie's Angels: Full Throttle" (2003)	NUMB3RS "Harvest"	NUMB3RS "Harvest"	SpongeBob	Off-Record	So You Think You Can Dance (N)	Daily Planet	So You Think You Can Dance (N)	Brotherly	Supernatural "Pilot"	Star! Daily	
9 PM :30	Movie: "Forces of Nature" (1999, Romance)	American Inventor	Forced March	World Class Trains	Name Earl	CSI: Crime Scn	The First 48	Throttle (2003)	Name Earl	Name Earl	15/Love	High School Basketball	Deadliest Catch	Extreme Engineering	Sex & City	8 Rules	Sex & City	Jimmy Kimmel Live	
10 PM :30	Movie: "Made in America" (1993)	Queer Eye-Guy	(10:10) Northern Legacy	Corra-Geneva	ER "The Human Shield"	Without a Trace	Combat Diary: The Marines of Lima Company	Primetime	Without a Trace	News (Live)	My Family Bob	Road Trip	CSI: Crime Scn	Breaking Vegas	News	Popular "Booty Camp"	KTCL Prime News	(10:06) "44 Minutes: The North Hollywood Shootout"	
11 PM :30		News	Perspectives	Charlie Rose (N)	Tonight	Late Show		Nightline	News (Live)	Entertain	ReBoot	SportsCentre (Live)	News	Extreme Engineering	Becker	Radio Free	Friends	Elimdate	

FRIDAY, MAY 26, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Body	(Off Air)	Body Elec. Teletubbs	News	News	Third Watch	(5:00) News	News (Live)	(5:00) News (Live)	Monster	SportsCentre	News Canada AM	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "Stepmom" (1998, Drama)	Life Today	BluesClues	Clifford	Today Jimmy Buffett; Randy Jackson; instant	The Early Show	Third Watch	Good Morning America			Mona	SportsCentre		Kandula: Ele.	Libertys	K. Possible	News	CityLine	Rockford Files
8 AM :30	Julia Roberts	100 Huntley Street Summit	Hi-5	Dragon			City Confidential			100 Huntley Street	SpongeBob LazyTown	SportsCentre		American Hot Rod	Paid Prog.	Weekend		At Movies	Matlock "The Star"
9 AM :30	(DVS)	Gold Trails	Arthur	Sesame Street (El)	Discover	Amer. Justice	Regis and Kelly	100 Huntley Street	World Vision (N)	Care Bears	Off-Record	Regis and Kelly	Daily Planet	Fam. Feud	Pooh	Maury	News	Magnum, P.I.	
10 AM :30	Drew	The Price Is Right	Paddington	Barney	Ellen DeGeneres Show	The Price Is Right	American Justice	The View Halle Berry.	World Vision	Rupert	Fame Moting	The View Halle Berry.	Fear Fighters	Starting Over	JoJo	Jerry Springer (N)	Movie: "Star Trek V: The Final Frontier" (1989)	News	
11 AM :30	(11:15) MLB Baseball: Atlanta	Direct Buy	Sew Fun	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Third Watch	Paid Prog.	The Insider	News (Live)	George S. Fly Rhino	Golf: Senior PGA Champions hip	eTalk	Critical Rescue "F-5"	Montel Williams	Stanley King	Blind Date	Final	
12 PM :30	Braves at Chicago Cubs.	News (Live)	Dotto Tech SportFish	Charlie Rose	Paid Prog.	Boyd & B.	All My Children (N)	News (Live)	Days of our Lives (N)	Being Ian	Beasts	Daily Bold & B.	Extreme Engineering	Perry Mason	Recess	Maury	CityLine	MLB Baseball: Atlanta Braves at Chicago Cubs. (Live)	
1 PM :30	(Subject to Blackout)	Rock and Desire	Router	Scheewe	Days of our Lives (N)	As the World Turns (N)	Third Watch	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears George S.	PGA Golf: FedEx St. Jude	Vicki G.	Breaking Vegas	Matlock "The Ex"	Lloyd	Jerry Springer	At Movies	
2 PM :30	Home Imp.	Body	Gaslight	Reading	Passions (N)	Guiding Light (N)	City Confidential	General Hospital (N)	Passions (N)	Mona	Classic	General Hospital (N)	Deadliest Catch	Love Lucy	Lilo Stitch	Eye Eye	Ellen DeGeneres Show	Inning	
3 PM :30	Seinfeld	Legends	Bear	Postcards	Brown	Dr. Phil	Amer. Justice	The Tony Danza Show	Young and the Restless	Neutron	Off-Record	Dr. Phil	How-Made	Montel Williams	Weekend	ER "Choosing Jo"	News	Home Imp.	
4 PM :30	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey	American Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	NHL Hockey: Playoffs -- Teams TBA. (Live)	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian	8 Rules	Sex & City	
5 PM :30	Friends	News (Live)	George S.	BBC World	News	News	Bio. Selleck	News	News	News (Live)	OddParent	SpongeBob	Blueprint for Disaster	Malcolm King of Hill	K. Possible	Sabrina	The Collector	Movie: "Blue Steel" (1990)	
6 PM :30	Movie: "While You Were Sleeping" (1995)	Stargate SG-1	Outta Town Reach-Top	News-Lehrer	News	Raymond	Movie: "Ike: Countdown to D-Day" (2004)	News	News	ET Canada	Yu-Gi-Oh!	SportsCentre (Live)	eTalk	A Haunting "Cursed"	Simpsons	School	Raymond	WGN News at Nine	
7 PM :30		2nd Chnce Jeopardy!	Wilderness	Wash Wk	Jeopardy!	Friends	Fortune	Entertain	Entertain	NUMB3RS "Toxin"	Cybertron Zixx	Off-Record	Dr. Phil Special	Daily Planet	Movie: "Mona Lisa Smile" (2003) Julia Roberts.	Jordan Hinson, Whitney Sloan.	Twins	Night Party	
8 PM :30	Movie: "Only You" (1994)	Movie: "Pretend You Don't See Her" (2002)	Movie: "Nemesis" (1997)	NOW (N) Europe	Dateline NBC	Ghost Whisperer	Airline	Movie: "Freaky Friday" (2003)	Conviction "Pilot"	Conviction "Pilot"	Naruto	Off-Record	Dr. Phil Special	Daily Planet	Movie: "The Inkwell" (1994, Drama)	KTCL Prime News	Situations	Da Vinci's Inquest	
9 PM :30	Marisa Tomei, Bonnie Hunt	Movie: "Pretend You Don't See Her" (2002)	Movie: "Nemesis" (1997)	Night of the Sultans	Las Vegas	Close to Home	Bio. Selleck	Movie: "Ike: Countdown to D-Day" (2004)	20/20	News (Live)	Alchemist	Fights. (Same-day Tape)	Law & Order	A Haunting "Cursed"	News	Movie: "The Inkwell" (1994, Drama)	Sex & City	Elimdate	
10 PM :30	Family Guy	20/20	Sherlock Holmes	My Family	Conviction "Pilot"	NUMB3RS "Toxin"	Movie: "Ike: Countdown to D-Day" (2004)	20/20	News (Live)	Entertain	Shadow	SportsCentre (Live)	News	Greatest Ever...	Sex & City	"Metro"	Friends	Situations	
11 PM :30	Futurama	News	For King and Empire	Monty Python	News	Late Show		Nightline	News (Live)	Entertain	Beasties	News	News	Becker	Radio Free	Friends	Situations	Paid Prog.	

# saturday movies

## MORNING

7:00 am WTBS 3 ★★ "Only You" (1994, Romance-Comedy) Marisa Tomei. A Pittsburgh teacher leaves her fiancé for Italy in pursuit of a man with the name of her soul mate. [E]  
 9:20 am WTBS 3 ★★ "While You Were Sleeping" (1995, Comedy) Sandra Bullock. A Chicago woman's lonely existence changes for the better when the man she secretly desires falls into a coma. [E]  
 11:50 am WTBS 3 ★★ "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other. [E]

## AFTERNOON

12:00 pm FAM 26 ★★ "Buffalo Dreams" (2005, Drama) Reiley McClendon. A Navajo teen and a mountain-biker from Chicago must bridge a cultural gap to become friends and preserve tribal land. CITY 29 ★★ "Star Trek VI: The Undiscovered Country" (1991,

Science Fiction) William Shatner, Kirk, Spock, McCoy and the Enterprise encounter sabotage on the way to the Klingon-Federation peace talks. [E]  
 WGN 38 ★★ "Fifteen and Pregnant" (1998, Drama) Kirsten Dunst. A girl's pregnancy further tests her siblings and parents, already stressed by marital problems. (In Stereo) [E]  
 1:30 pm 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. [E]  
 FAM 26 ★★ "The Even Stevens Movie" (2003, Comedy) Shia LaBeouf. Members of a family unwittingly appear on a reality-television show after the producer sends them to an island for a vacation.  
 2:30 pm WTBS 3 ★★ "Overboard" (1987, Comedy) Goldie Hawn. An Oregon carpenter takes advantage of an amnesiac millionaire by convincing her that she is really his wife. [E]  
 4:00 pm YTV 18 ★★ "Pokémon 3:

The Movie" (2001, Adventure) Voices of Veronica Taylor. Animated. Ash and friends must save a town from the icy grip of a new Pokémon species called the Unown. (In Stereo) [E]  
 KTLA 27 ★★ "He Got Game" (1998, Drama) Denzel Washington. A high-school basketball sensation is reunited with his estranged father while deciding where he should attend college. (In Stereo)  
 5:00 pm WTBS 3 ★★ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress. [E]  
 WGN 38 ★★ "The River Wild" (1994, Suspense) Meryl Streep. Murderous thieves force a former river guide to pilot them through a perilous stretch of water known as the Gauntlet. (In Stereo) [E]  
**EVENING**  
 6:00 pm CITY 29 "Cybermutt" (2002, Fantasy) Judd Nelson. Premiere. A scientist uses a computer chip to transform the dog that saved his life into a bionic canine. [E] (DVS)  
 7:30 pm WTBS 3 ★★ "Sister Act" (1992, Comedy) (PA) Whoopi Goldberg. A Reno lounge singer-

turned-murder witness transforms a group of singing nuns into an unconventional convent choir. [E]  
 8:00 pm KSPS 6 ★★ "Lilies of the Field" (1963, Comedy-Drama) Sidney Poitier. A traveling laborer teaches English to a group of German-speaking nuns while building a chapel for their community. KXLY 10 ★★ "Enemy of the State" (1998, Action) Will Smith. A former NSA operative aids the innocent victim of a politically motivated assassination cover-up. (In Stereo)  
 9:00 pm KNOW 5 "Last Seen Wearing" (1988, Mystery) John Thaw. Inspector Morse uncovers devious doings at a boarding school from which a girl disappeared six months earlier.  
 YTV 18 ★★ "Batman" (1989, Action) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker. (In Stereo) [E]  
 FAM 26 ★★ "Hero" (1992, Comedy-Drama) Dustin Hoffman. An anonymous loser sees another man get credit for his rescuing of a TV newswoman and others from a plane crash.  
 CITY 29 ★★ "Hurlyburly" (1998, Drama) Sean Penn. Premiere. Adapted from David Rabe's stage play about several Hollywood lowlifes and their relationships with women.

9:30 pm WTBS 3 "Getting Played" (2005, Romance-Comedy) Carmen Electra. Three friends play a game of seduction on a stranger, but the tables are turned when he finds out about the joke. [E]  
 WGN 38 ★★ "Vanishing Point" (1971, Action) Barry Newman. An auto deliverer floors a Dodge from Denver to San Francisco, guided by a blind soul-station DJ. (In Stereo) [E]  
 10:34 pm FAM 26 ★★ "Last Dance" (1996, Drama) Sharon Stone. A clemency-board rookie takes interest in the case of a woman on death row for 12 years for a double murder.  
 11:00 pm KNOW 5 "Kings in Grass Castles" (1998, Drama) (Part 2 of 4) Stephen Dillane. Chronicling 75 years in the lives of an Irish family who established roots in 19th-century Australia.  
 11:15 pm WTBS 3 ★★ "The Birdcage" (1996, Comedy) Robin Williams. In Miami Beach a gay couple pretend to be man and wife when a son's future father-in-law and family visit. [E]  
 11:30 pm CITY 29 ★★ "U-Turn" (1997, Mystery) Sean Penn. Premiere. Oliver Stone directed this tale of a stranded hood in Arizona who becomes involved with a woman he was hired to kill. [E]

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 January - February - March - April - May - June

For Information 295-3244

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:00 AM - 11:00 AM</b>	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
<b>11:00 AM - 1:00 PM</b>	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
<b>1:00 PM - 5:00 PM</b>	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
<b>5:00 PM - 11:00 PM</b>	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
<b>11:00 PM - 5:00 AM</b>	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

# sunday movies

## MORNING

6:30 am WTBS 3 ★★ "Sister Act" (1992, Comedy) (PA) Whoopi Goldberg. A Reno lounge singer-turned-murder witness transforms a group of singing nuns into an unconventional convent choir. [E]  
 7:30 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. [E]  
 8:30 am WTBS 3 ★★ "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other. [E]  
 11:00 am CITY 29 ★★ "Career Opportunities" (1991, Comedy) Frank Whaley. Two would-be burglars tangle with a night-shift janitor and a comely shoplifter in a supposedly empty department store. [E]

## AFTERNOON

12:00 pm FAM 26 ★★ "Corrina, Corrina" (1994, Comedy-Drama)

Whoopi Goldberg. A vivacious black housekeeper brings happiness back into the lives of a Jewish widower and his troubled young daughter.  
 1:00 pm KTLA 27 ★★ "Wrongfully Accused" (1998, Comedy) Leslie Nielsen. A classical violinist takes the fall for his benefactor's murder and tries to clear his name while on the run. (In Stereo)  
 1:55 pm FAM 26 ★★ "Invisible Dad" (1997, Comedy) Daran Norris. After an inventor turns himself invisible, his son attempts to reverse the procedure.  
 2:00 pm VTV 22 "Another Woman" (1994, Romance) Justine Bateman. An amnesiac wakes up in a hospital, unaware of her life, her husband and her unhappy marriage. (In Stereo) [E]  
 2:30 pm KTLA 27 ★★ "He Got Game" (1998, Drama) Denzel Washington. A high-school basketball sensation is reunited with his estranged father while deciding where he should attend college. (In Stereo)  
 3:00 pm WTBS 3 ★★ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A

writer tries to stop her former lover from marrying another woman, a guileless heiress. [E]  
 4:00 pm YTV 18 ★★ "Harriet the Spy" (1996, Comedy-Drama) Michelle Trachtenberg. Spying on and writing about family, friends and neighbors turn a preteen aspiring novelist into an outsider. (In Stereo) [E]  
 5:00 pm WTBS 3 ★★ "Miss Congeniality" (2000, Comedy) (PA) Sandra Bullock. An uncouth FBI agent goes under cover as a beauty pageant contestant to flush out a terrorist. [E] (DVS)

## EVENING

6:00 pm YTV 18 ★★ "The Princess Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince. (In Stereo) [E]  
 CITY 29 ★★ "We Were Soldiers" (2002, Drama) Mel Gibson. Lt. Col. Hal Moore leads his troops into a fateful and bloody battle in Vietnam's Ia Drang Valley in November, 1965. (In Stereo) [E]  
 7:00 pm WTBS 3 ★★ "Miss Congeniality" (2000, Comedy) (PA) Sandra Bullock. An uncouth FBI agent goes under cover as a beauty pageant contestant to flush out a ter-

rorist. [E] (DVS)  
 8:00 pm FOX 25 ★★ "An American Werewolf in Paris" (1997, Horror) Tom Everett Scott. A U.S. tourist saves a Parisian from suicide, pursues her and gradually discovers her dark secret.  
 9:00 pm WTBS 3 ★★ "Pay It Forward" (2000, Drama) Kevin Spacey. A disfigured teacher's classroom assignment inspires a boy's attempt to change the world through altruistic acts. [E]  
 KNOW 5 "Kings in Grass Castles" (1998, Drama) (Part 3 of 4) Stephen Dillane. Chronicling 75 years in the lives of an Irish family who established roots in 19th-century Australia.  
 KREM 8 ★★ "We Were Soldiers" (2002, Drama) Mel Gibson. Lt. Col. Hal Moore leads his troops into a fateful and bloody battle in Vietnam's Ia Drang Valley in November, 1965. (In Stereo) [E]  
 VTV 22 "Eight Days to Live" (2006, Drama) Kelly Rowan. Premiere. A woman races against time to find her missing son and save his life. (In Stereo) [E] (DVS)  
 FAM 26 ★★ "Marvin's Room" (1996, Drama) Meryl Streep. A Florida leukemia patient needs her sister's bone marrow, but first they must end a 20-year feud.

10:39 pm FAM 26 ★★ "Only You" (1994, Romance-Comedy) Marisa Tomei. A Pittsburgh teacher leaves her fiancé for Italy in pursuit of a man with the name of her soul mate.  
 11:30 pm WTBS 3 ★★ "I Love Trouble" (1994, Suspense) Julia Roberts. Rival reporters are forced to team up when an investigative piece involving corporate intrigue turns dangerous. [E]  
 CITY 29 ★★ "Hurlyburly" (1998, Drama) Sean Penn. Adapted from David Rabe's stage play about several Hollywood lowlifes and their relationships with women.

**Weather?**  
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MONDAY, MAY 29, 2006

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

monday movies

MORNING

(In Stereo) [E]

6:00 am WTBS [3] ★★ "Cats & Dogs" (2001, Comedy) (PA) Jeff Goldblum. An eager beagle joins undercover canines on a mission to foil a feline plot to make all people allergic to dogs. [E]

7:45 am WTBS [3] ★★½ "Jumanji" (1995, Fantasy) Robin Williams. Based on Chris Van Allsburg's tale of a board game that unleashes a stampede of jungle dangers against its players. [E] (DVS)

10:00 am CITY [29] ★★ "Swept From the Sea" (1997, Drama) Vincent Pérez. A stranded Russian sailor and the outcast woman who gave him aid share a doomed love affair in 19th-century England. [E]

AFTERNOON

1:00 pm WTBS [3] ★★ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot. [E]

5:00 pm CITY [29] ★★ "2 Fast 2 Furious" (2003, Action) Paul Walker. Premiere. A former policeman and his friend work with a U.S. customs agent to indict a money launderer in Miami.

EVENING

8:00 pm YTV [18] ★★ "Chasing Liberty" (2004, Romance-Comedy) Mandy Moore. A British man accompanies the teenage daughter of the U.S. president on a European adventure. (In Stereo) [E]

FOX [25] ★★ "2 Fast 2 Furious" (2003, Action) Paul Walker. Premiere. A former policeman and his friend work with a U.S. customs agent to indict a money launderer in Miami. (In Stereo) [E]

8:30 pm WTBS [3] ★★ "Naked Gun 33 1/3: The Final Insult" (1994, Comedy) Leslie Nielsen. Ed coaxes his "Police Squad" pal Frank out of retirement to thwart a terrorist bombing. [E]

10:06 pm CITY [29] ★★½ "Mr. Nice Guy" (1997, Comedy) Jackie Chan. A television chef gets caught up in a gang war when he helps a reporter escape from a crime lord. [E]

10:30 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]

news leader puzzle page puzzle maps of exploration

Draw a line from (bracketed-clue) solution to (bracketed-clue) solution.



Think Ye Outside the Box

That night we both returned to Ye Albatross tavern and he continued his tale. "By the end of November 1520, having followed the Strait into the (peaceful ocean) thus avoiding the angry sea at the (blowing instrument creak), they sailed north north west, along the coast from 53S/75W into the great ocean. Only three ships left now, as one was lost on the rocks and the other sent home to Spain with the news. North they sailed over Capricorn, then west north west for Cathay. For many months the crew suffered from extreme hunger, eating rats, boiled leather belts, maggots, and even wood. Over 20 people died! By march 6th, they had crossed the (half line 0) and reached (G you am) at 14N / 145E, thus having sailed the Pacific without stop; over one third the world's circumference. But bad luck continued when natives attacked the landing party. Forced to re-provision elsewhere they sailed to the (trees named Philip) islands. Undertaking the spread of Christianity amongst the natives, the Captain upset the local chief who, on April 27th, ordered an attack. But, the Captain stood firm on the beach in his full body armour, not fearing "primitive spears" until, like Achilles, his foot was struck and he fell and was hacked to death. After an arduous journey around the Cape of Africa on September 8th 1522, one ship of the original five, with only 18 of the original 230 crewmen sailed home into Seville harbor. They had fully navigated the circumference of the world in one voyage. The Captain, having previously sailed eastward to the Philippina Isles was accorded, in death, the honor of full World circumnavigation."



SOLUTIONS: You have just followed the fateful journey of discovery of Ferdinand Magellan and his crew from 1519 to 1522. The survivors being the first known Europeans to circumnavigate the World. CLUES: Peaceful Ocean = Pacific, Blowing instrument creak = Cape Horn, Half line = Equator, G you am = Guam, Trees named Philip = Philippines.

Let's Play Princeton Trivia!

Question:

Who were Charles Connelly, Treasure Mountain Mining Company and the Mary E. Mining Company?

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### in memoriam

### in memoriam

### Karen Allen (nee Kummel)

A service will be held on Saturday, May 27, 2006 in memory of Karen, our mother, a wife, our family and friend at the SS Sicamous located at 1099 West Lakeshore Drive, Penticton, BC. 1:00 PM. There will be a tea to follow the service.

### card of thanks

### card of thanks

### Thank You!

Thank you to everyone who sent cards and/or personally expressed their sympathy and support after my recent loss. Much appreciated, Thank you!

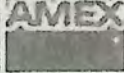
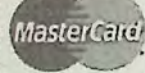
Tom Mitchell

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Regular	\$ 53.80
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### for sale

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**Princeton Rentals**  
(250) 295-6545

### notices

The Otter Valley Fish & Game Club is in need of a Caretaker for their Clubhouse in Tulameen. The position is available July 1st and requires a mature person who can take care of a number of chores in exchange for free rent. For more information contact Ron at (250) 295-7384 or Myra at (250) 295-7168.

### help wanted

Kal Tire is looking for an energetic individual to train for position of Tire Serviceman.

We are looking for a well-groomed individual who can assume responsibility to see the job done to completion with a minimum of supervision, and who will work within strict safety guidelines.

The successful candidate will have a good drivers abstract and possess a valid drivers license.

Send resumes to PO Box 1660, Princeton, V0X 1W0 or drop off at Kal Tire, Attention Ray Poole.

May 23

Responsible couple required Sundays in July and August 11:00 AM - 4:00 PM for cleaning of rental home in Tulameen. Call Kevin or Debbie (604) 312-9446.

May 23-Jun 06

### notice

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INFORMATION CALL RON  
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**BIG - BIG - BIG GARAGE SALE**  
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Too much to sell in one day!  
8 AM - 4 PM  
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9 AM - 12 Noon  
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04 - 24' ultra light travel trailer -  
Maytag dishwasher - utility trailer -  
patio furniture and much, much more!

**MOVING & YARD SALE**  
236 Billiter Avenue  
(2nd Bench)

May 27 & 28  
9:30 AM - ?

DOUBLE FOR EARLY BIRDS

**MOVING SALE**  
MULTI-FAMILY SALE  
310 Princeton-Summerland Road

Saturday, May 27  
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Appliances, furniture & treasures.

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2001 Honda 5-hp boat motor, new...\$950.00. Computer desk, \$65.00. Fibreglass boat, \$175.00. 5th wheel tripod stabilizer, \$60.00. 5th wheel hitch, complete, \$100.00. 2 diesel tanks with manual hand pump, \$50.00 each. Clothes dryer, like new, \$125.00. 2 weed eaters, gas, not running, \$20.00 for both. (250) 295-7306 or 295-1335. May 16-30

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**1-888-647-3377**

Jul 06-tfn

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Jan 10-tfn (MC)

Room for rent, \$240/month. (250) 295-6329 for information. May 09-tfn

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House For Sale - By Owner. 2 + 1 bdrm - full bsmt. Excellent location on a very private corner - view - lot. Patio, garden, fruit and shade trees. 300 Vernon Avenue. \$129K. Phone (250) 295-7747. May 23-Jun 13

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SKY HI Aluminum Snowmobile and ATV deck with brand new 2,000 lb. Warn Winch. \$2,300.00 OBO. (250) 295-4311. May 09-23

1989 Dodge 1/2 ton, 318 V8, auto, overdrive, Reg. cab, 2WD, tilt, cruise, remote starter, wooden box liner and dry box. \$2,000.00 OBO. (250) 295-3538. May 09-23

3,500 watt generator. Quiet auto-idle, 4-stroke OHV. Less than 20 hours. \$600.00 OBO. (250) 295-7814.  
May 02-16

### wanted

Childcare wanted in my home for three children, 4-years plus two 18-months. MUST HAVE criminal record check, experience and flexible hours. Call Tania (250) 295-1549. May 16-30

Used woodstove. Newer model preferred. (250) 295-0315. May 16-30

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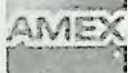
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Meets 7:30 PM Thursdays  
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For Seniors 55 & Older  
Bachelor Suites, \$225/mo  
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Contact: Alice Cook  
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Jan 18-tfn (b)

### for rent

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Contact new resident manager  
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Mar 03-tfn

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## DAIRY QUEEN

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ALL NATURAL  
NO ANIMAL BY-PRODUCTS  
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GRAINED

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Jul 19-tfn

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

Oct 25-tfn

### for sale

### for sale

1990 F250 XLT Lariat 7.3L Diesel, Ex-Cab, 4x4, a/c,  
good condition. Runs great, long box with fibreglasslid,  
tow package, manual transmission. Has been repainted.  
\$10,500 OBO. Call (604) 819-4986.

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

Remember: Heinz Sells!

### legal

### legal

No.: S16106  
Chilliwack Registry

IN THE SUPREME COURT OF BRITISH COLUMBIA

BETWEEN:

DONNA KIM FLEMING and  
LUCY KATE FLEMING UNDEM  
(BY HER GUARDIAN AD LITEM DONNA KIM FLEMING)

PLAINTIFFS

AND:

GORDON JAMES BELL, HENRY OSLER BULL, CATHERINE SHAND  
CRAIG, BRIAN DONALD DEBECK, NANCY OSGOOD HANNUM,  
GEORGE HEYMAN, GERALDINE MARIE HILLS,  
JAMES WAKELY KINZEL, CAROLLYNE LEIGHLAND, GLENN LEWIS,  
JOAN PAYNE, DAVID MCLELLAN RIMMER, KAREN  
JEAN RIMMER, ROSS SENIOR (ADMINISTRATOR OF THE  
ESTATE OF JOHN COLIN THOMPSON, DECEASED), LINDA  
FLORA St. JOHN, KAREN SHEPARD TALLMAN, ROBERT LOUIS  
TENNEY, BRUCE ROBERTSON WOOD, IRENE LOUISE WOOD,  
ALL A.K.A. STORM BAY JOINT TENANTS ASSOCIATION

DEFENDANTS

To: Gordon James Bell

TAKE NOTICE THAT on Monday, May 1, 2006 an order was made for substituted service upon you of a Writ of Summons and Amended Statement of Claim issued from the Chilliwack Registry, Supreme Court of British Columbia in action number S16106 by way of this advertisement.

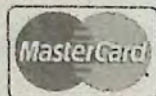
In the proceeding, a claim for damages is made against you in occupiers' liability, negligence and pursuant to the Family Compensation Act for the death of David Casey Pendarves Undem on or about July 22, 2004.

You have 21 days to enter an Appearance, failing which proceedings in default may be taken against you.

You may obtain a copy of the Writ of Summons and Amended Statement of Claim and the order for substituted service from the Chilliwack Registry, at 46085 Old Yale Road, Chilliwack, BC.

Monique Pongracic-Speier  
Schroeder & Company  
Barristers and Solicitors  
1119-808 Nelson Street  
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Phone: (604) 688-6737

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**WEEKLY DEADLINE IS 12 NOON FRIDAYS**



notices

notices

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

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TUESDAYS, THURSDAYS - PRINCETON (250) 295-4453

## GOD POWER

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

notices

notices

notices

### Town of Princeton NOTICE

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

### 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  
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### SUNDAY AFTERNOON BINGO

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\$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!

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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**

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

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5:30 PM

Regulars & Specials

Play Safe - Gamble Responsibly  
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Examine your relationship with God at the place of Worship of your choice.

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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)

### Narcotics Anonymous

**OPEN MEETINGS**  
Thursdays 7:30 PM

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

Info: (250) 295-7919

### INDIVIDUALLY PREPARED HOROSCOPE

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Basic chart plus predictive - \$50.

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Completely confidential

[vote@vermillionforks.ca](mailto:vote@vermillionforks.ca)

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

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

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



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British Columbia - Rural or Box - Senior \$35.90  
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British Columbia - Delivery To Door - Senior - \$48.80

Rest Of Canada - Regular \$53.80  
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# editor@thenewsleader.ca

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

## my turn

### What exactly do you want?

An interesting point was made at last week's meeting of the Similkameen Valley Planning Society. It had to do with growth and development of industry in what seems to be viewed as a resource-based only frame of mind of the average citizen in the Similkameen.

Area H Director Gerri Logan put it best with her comment, "Right now we're busy fighting against what we think we don't want." She was obviously directing her comment at the coalbed methane and power generation plant projects – but it got us thinking.

Why is it we seem to ask the question "How is this going to hurt me" before we ask the question "How is this going to help me?"

We have to admit we are not really sure of what industry should set up shop in our valley – nor has the SVPS been able to pin down exactly what would be considered the ideal 'Similkameen Valley Industry.'

Maybe it's tourism, but really, when you think about it, we're talking about something that attracts people for only a portion of the year. Or are we? Don't tourism opportunities exist all twelve months of the year?

As great as it may sound, we don't really think its tourism either. Maybe we're so used to having mining and forestry chug along in our valley we can no longer see anything else. We view our local history as an incredibly valuable resource, but have yet to figure out how to mine or mill that.

Logan was right on the nose saying we're too busy fighting what we don't want...but are we doing it because we know what we want or are we doing it because it just seems to be what to do when there's nothing else to do?

#### EDITORIAL GUIDE

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

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

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

## Similkameen News Leader

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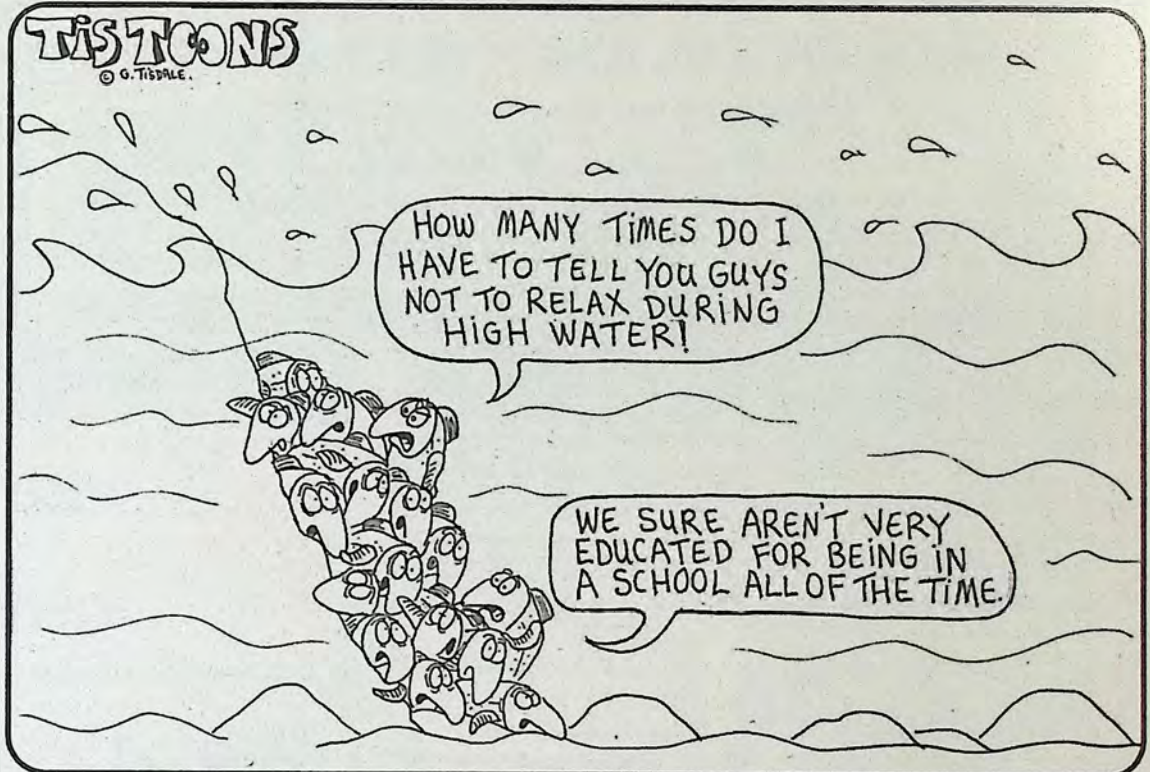
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George Elliott  
Brenda Engel  
Dawn Johnson



## your turn

### Do you support a national park?

To The Editor;

The proposed National Park is a great idea. It would help protect the endangered grasslands and the many and various species of that habitat which are now at considerable risk of survival.

At the same time it would be a powerful tourist attraction, offering many people a reason to visit the area and for others a reason to extend their stay. There seems to be some confusion about what would happen if the Park was once declared. Of course hiking, birding, and other wild life observation would not only be allowed but would be greatly enhanced.

#### Letter To The Editor

### Alex explains his position on issue

Dear Editor:

As the federal representative for the BC Southern Interior I voted against the motion to extend Canada's military mission in Afghanistan until February 2009 because I believe it is the wrong mission statement for Canada.

The gunshot debate in Parliament was a clear example of Stephen Harper's back door methods of supporting the American led insurgency into Afghanistan. This in no way reflects the peace-making values that Canadians want to see our forces undertake on the world stage.

I could not in good conscience support a motion that ties our Canadian foreign aid to such an ill conceived war making agenda.

It is quite clear that Harper's Conservatives are not interested in due diligence. They are only inter-

Horse riding is permitted and motorized vehicles limited as in Provincial Parks - remembering that the purpose of the Park is to protect the natural life there.

Contrary to some reports, cattle ranching could continue and the grazing would be part of the Park management. Outside some of the other Parks, hunting has actually improved.

As far as contributing to the local economy is concerned, there is clear evidence that there are benefits wherever a National Park is located. Full time and part time jobs are created, and the increase in tourism creates others.

This is a beautiful and unique countryside which we must care for and ensure that our kids and theirs will be able to visit and wonder at the complex life within the Park.

Please consider all the above and write or call the MLA Bill Barisoff and MP Alex Atamanenko to tell them of your approval. You can then learn much more by attending the Open House events and expressing your views for a National Park in the South Okanagan.

- Sheila White, Secretary  
Okanagan Similkameen Parks Society

ested in dragging us further into a US-style combat role and away from a fundamental peace keeping role.

Afghanistan has seen numerous invading armies come and go throughout her ravaged history. Mughal rulers of South Asia, Russian Tsars, Soviet Armies and the British Empire have all suffered humiliating defeats in this strategically important country. Most recently we have witnessed the rise and fall of the Taliban and an invasion by a US led coalition many of whom are no longer making new commitments to this mission.

After six hours of debate the Conservatives emulated the Liberals before them and refused to answer any questions put forward by the opposition such as what the chain of command and

control will be, how Canadian troops may define success at the end of the mission or what the exit strategy will be.

Many Canadians have written me wanting answers and it is my duty as their elected representative to get them those answers. As any soldier knows, time spent on reconnaissance is never wasted.

If there is to be peace and security in this region then clearly the United Nations need to commit to and develop a comprehensive peace plan that is based on a defensive rather than an offensive military role.

I am afraid that May 17, 2006 will go down in history as a tragic day for Canadians and all those seeking peace in these troubled times.

- Alex Atamanenko, MP  
BC Southern Interior

Current Comment:

# So, when is it not genocide?



**Dawn Johnson**  
editor@thenewsleader.ca

Recently, Turkey pulled its ambassador out of Canada, because Canada agreed that what the Turks did to the Armenians 100 years ago was genocide.

I laughed a cynical laugh about that one. I wonder how far back these "good" nations are willing to go.

Shall we now condemn the British as a genocidal nation because they wiped out the Tasmanians? That was most certainly genocide.

Shall we condemn Spain for wiping out the Caribs? and the Aztecs? Smells like genocide to me.

Are the Canadians and Americans going to own up to their attempts at nationwide genocide in their treatment of our own aboriginal people? As one First Nations gentleman said after all the weeping and wailing after 9/11, "We know about terrorism. We know about germ warfare. They did it to us."

(Germ warfare refers to the gift of smallpox infected blankets to First Nations people. This was deliberate. In fact, there was an advertisement in a newspaper calling for such infected blankets to give to the native people.)

How far back do we want to go with these accusations of genocide?

I have a hunch every nation could be accused of genocide. What do you call what the Vikings did to the native people of Newfoundland? There are no more Beotuks to tell the story. Shall we accuse Sweden of being a genocidal nation?

Shall we accuse the Vatican? After all, it was the order of the Pope to kill off 600,000 Goths in the south of France 1,400 years ago. It is amazing any of the Goths survived that slaughter.

We can point fingers at the Turks, Hutus and Tutsis, Serbs and Croats, Idi Amin, and the Nazis for their genocidal behaviour in the past century. We can condemn the anti-Israel nations for their desire to wipe all Israelis off the face of the earth. At the same time, aren't we being hypocritical if we select just one nation to condemn 100 years later?

Frankly, I am sure some of my

ancestors may have had genocidal intent toward somebody else, and may have suffered from the same kind of intent aimed at them. I know my Briton ancestors faced the wrath of the Romans and the Picts and whoever else invaded Britain. How far back in history do we want to go when accusing other nations of genocide?

I refuse to be responsible for what people did 100, 200, 500 or 1,000 years ago. I am not the same as they were, and I see the world differently. The majority of educated people in today's world have little patience with the notion of wiping out some group simply because that group is different.

Prejudice, whether sparked by religious, racial or cultural differences, can lead to attempts to wipe out a perceived enemy. Prejudice, and those who condone it and promote it, are the real culprits. Genocide can take many forms, from starving people to death as in Darfur, or killing them off one by one as in Rwanda or Sri Lanka.

We tend to see genocide as a moral issue, as it should be, but it goes deeper than morality. Mass murder involves the destruction of a very large number of people simply because they are "different".

We should be very cautious about wiping out any group, simply for our own survival on earth. Every time some major slaughter occurs,

the human gene pool loses some important elements. This is serious, because the human gene pool is already very shallow. We could eventually die out as a species if we make it too shallow. We will die from increasing numbers of genetically defective members of our species and become extinct. We need to keep "different" people alive.

Anyone who knows anything about genetics and breeding knows the danger of losing genetic material. An inbred group, whether it is some other species or our own, becomes smaller, less hardy and probably less intelligent.

When we cross-breed, we tend to see the best of both parents in the offspring. Hybrids tend to be larger, hardier and more intelligent than the parent groups. There is more good quality genetic material to choose from.

Who knows what the gene pool lost when the Tasmanians died out? Who knows what genetic material was lost when the Aztecs, or the Armenians or the Beotuks were killed? Who knows how much our own nation and the United States may have lost by decimating our First Nations gene pool?

As the old joke goes, "There's no lifeguard on our gene pool."

Perhaps we should think in terms of having lifeguards now.

## Heart Food

by Dave Machin

You make the decision to live in divine health right now, in the same way you can make the decision to accept Jesus as your Savior. First you decide to be well, then you believe you receive health and healing in your body. Just as salvation is offered to 'whosoever' will accept it (John 3:16) so is healing offered to whosoever will believe, it is offered to them. There are three witnesses in receiving healing; the word, the pain or sickness and you. You are the deciding factor. If you join your confession with the pain, you are crossing the word that says you are healed. If you align your confession with God's word you will have to cross the pain. The Bible teaches that by two witnesses a thing is established. You make the choice. Agree with the pain and sickness will rule. However, if you dare to agree with the Word of God then healing will be established. The circumstances will follow your action and confession. Steadfastly know that God's word does not fail. Refuse to be moved by what you see and be moved only by the word of God and by your confession of Jesus as your healer. The word will change what you see. Stand fast in your knowledge of God's word and believe you have received. God's mercy goes forth in accordance with his covenant - His word - because He has bound Himself by His word. He can move freely only toward those who put themselves in a position to receive. Acting on His word puts you in this position. When you believe that you receive healing you may be healed instantly or you have to act on the covenant of healing, even though your body does not feel healed. One thing you CAN KNOW! When you believe that you receive, healing begins to take place in your body. God cannot keep His covenant without healing you - if you have met the conditions of that covenant. You are learning to be moved by the Word, instead of what you see or feel. This is how faith operates. Your faith will get stronger as you use it to act on God's word; for God is good, His word is good and good all the time.

**Pastor Dave Machin,**  
SUNDAY SERVICES 10:30 AM  
Phone 295-0485 9:00 AM - 4:00 PM Monday-Friday  
1260 Highway 3, 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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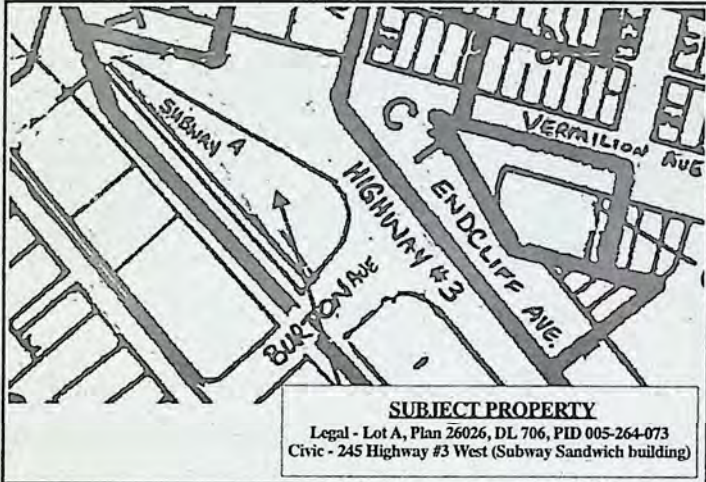
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## Town of Princeton

### NOTICE OF PROPOSED BYLAW

#### Zoning Amendment Bylaw No. 772, 2006



**SUBJECT PROPERTY**  
Legal - Lot A, Plan 26026, DL 706, PID 005-264-073  
Civic - 245 Highway #3 West (Subway Sandwich building)

Pursuant to the provisions of Section 893 of the *Local Government Act*, notice is hereby given, that Council will consider Zoning Amendment Bylaw No. 772, 2006 (0717066 BC Ltd./Booster Juice) in the Council Chambers of the Town Hall at their regularly scheduled meeting of Council on Monday, June 5, 2006 at 7:30 PM, to consider amending the Town of Princeton Zoning Bylaw No. 646.

The proposed Amendment is as follows:

- a) That Lot A, Plan 26026, District Lot 706, Yale Division of Yale Land District, PID #005-264-073 be changed from Service Commercial (CS) to Central Business (C2).

The purpose of which is to allow restaurant, take out use.

A copy of the subject Bylaw No. 772, 2006 is available for examination during normal business hours 8:30 AM to 4:30 PM, Monday to Friday inclusive in the Town Office, 169 Bridge Street, Princeton, BC.

Given under my hand this 16th day of May, 2006.

Patrick Robins  
CAO  
Town of Princeton



Pharmasave Princeton thanks local residents for their overwhelming support of Variety Club's 'Boat Of Hope' fundraising campaign for BC's Children. Lynn Fraser, left, and Lindsay Coltman say they ran out of the \$2 donation slips in just over a week.

#### Letter To The Editor

## Joe shares his Expo 86 memories

To The Editor,  
Sir,

Twenty years ago, May 15, 1986, was to be the official opening of the Coquihalla Highway to coincide with Expo 86 in Vancouver.

We'd only been in the Tulameen Trading Post a few months. Not being familiar with the back country we drove the back road to the toll booth, about an hour and approximately 30 miles of vast wilderness with a spider web of

logging roads, supposedly inhabited with bears, grizzly bears moose, elk, deer, coyotes, cougars, bobcats and eagles, etc.

Sure enough once the Coquihalla was open, people (and there was a variety of types) would turn off at the toll booth and head who knows where. Many times they'd come into the store with a ghostly look on their face asking "where am I?" They'd been lost in the maze of logging roads.

Women were especially bad. Their cars with bald tires would be overloaded with stuff and kids.

One day a neatly attired gentleman came in and introduced himself as a retired Anglican minister. "Wow, are we ever glad to see you." Looking somewhat startled he replied, "Really?" "Yes we said, We're getting an infinite number of lost souls from the toll booth desperate for help."

He laughed, thought that was great and would do what he could. We never saw him again. Another man came in, good natured looking like a 'Woodstock' veteran of the Vietnam era in search of gold, and wanted a little guidance. We kidded a bit and told him not to get confused with the tarnished nuggets like some do -- those were deer droppings.

His beat up Volkswagon van was O.K. but he wanted some air for his wheelbarrow tire and he could handle it. A little while later there was a big bang and simultaneous thud. He over inflated the tire splitting the rim making a big dent in the shop door. Luckily he was uninjured rather than ending up singing soprano in the St. Petersburg male choir.

Like everyone else we visited Expo and even had our picture

taken with actress Joan Collins and displayed it in the store.

Many tourists were amazed that she frequented the area. Tulameen and the Similkameen we'd say is known by many for its uniqueness and beauty. We never said Joan Collins was really a paper cutout we'd been photographed with. We followed President Clinton's dictum - "Don't ask, don't tell."

Years later while in a Indio, California store specializing in used golfballs we unexpectedly had a very pleasant conversation with a casually dressed stranger. It was former Expo 86 Premier Bill Bennett.

Also while in Indio we befriended three Vietnamese brothers who operated a dollar store and suggested they should visit Vancouver sometime. "Oh, we have," they said. "We visited Expo 86. It was great but the second day we were there, our van was stolen. Sure made us feel good."

The man who for five years headed Expo 86 to it's opening at a salary of a dollar a year was Mr. Jimmy Pattison. He later said he was never paid his salary of 5 dollars so the Tulameen Trading Post felt he earned it and paid it.

Mother said, "always wear a clean shirt and pay your bills." The store never did hear from him but then it was in competition with his Overwaitea store in Princeton.

Like the present Whistler Olympics, Expo 86 had it's controversy but Tulameen prospered. The lot across the street from the Trading Post front door sold in 1986 at \$ 6,500.00. At least one tenth of today's prices. A Microsm of B.C.

Regards,  
Joe Schwarz, Princeton



The team at Royal LePage Locations West Princeton - Heinz Ebenau, Dawn Rae and Roger Love welcome Susan Collins and would like to introduce her to the people of Princeton.

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Katimavik's Sarah Johnston enjoys learning more about the Princeton area in the Museum's Joe Pollard Wing. The facility was a very busy place over the May Long Weekend.

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## we beat those cravings

by W. George Elliott

In the months that have passed since we discontinued this column, we have received a number of comments asking about it. The feedback was far better than we expected and so we will try to bring it to you on a regular basis.

For readers unfamiliar with this column, a number of months ago my wife, Brenda, and I took turns writing about our journey to 'beat those cravings' and experience ways to better health. We were by no means recruiting people to follow our methods, we were merely sharing our experiences and discussing what we had learned and what seemed to work for us.

The idea for this week's installment came to me while in the shower. Oddly enough, I find I have a lot of what I consider highly-creative ideas come to me while I'm in the shower. Maybe it's the relaxing feeling of the water or the fact that I've shut my mind down for a few moments - who knows.

Anyway, I was going to explore the connection of Body-Mind-Spirit. I'm not about to go 'new age' on you as I'm not sure I believe in much of that sort of thing, but I do believe that the pathway to overall fitness and health involves the Body, Mind and Spirit.

I know I'm not the only one as there is currently a specialty television channel devoted just to this subject matter available. Although I haven't watched it, I know it's there.

I need to bring you up-to-date on our journey to 'beat those cravings' to lead into where I'm going with

this column.

Since our last column - which I think was well over a year ago - both Brenda and I have gone through a lot of changes.

The plus side is that our eating habits are still pretty much intact. We eat a lot of salads, continue to be choosy when dining out and have somehow managed to keep portion control in place. That doesn't mean we don't treat ourselves once in a while! What's the point if you don't receive the odd reward?

Unfortunately, after Brenda's operation last August, her energy level plummeted to an all time low. She suffered a great deal as a result and put on some weight from the inactivity.

Mentally she also took a beating having been more or less forced to come back to work far earlier than she should have (that hindsight thing) and found herself trying to manage what could only be described as two full time jobs.

I'm impressed that she was able to recognize what was happening to her and has now cut back her workload to just one job.

Then there's me. I still weigh the exact same weight as a year ago and can't find the words to describe how much I actually enjoy what I do at work.

This leads me to the Body, Mind and Spirit connection.

Brenda was becoming less productive as she was fighting with way too much in her already weakened condition. She was beginning to dislike what she was doing and may have been close to slipping into a slight depression. Her spirits were low and her mind was racing

so much with worry that there were many nights she went without sleep.

Thankfully, she identified part of what was causing her discomfort and took action herself to lighten the load.

These days she is not nearly as stressed as she was, her productivity has increased and she is happy and having fun and finding pleasure in small things again.

Her Mind is free of a lot of clutter. She's now talking about buying some in-line skates so she can get more active. This works for me as I'm about to actually start hitting the pavement myself and it would be great to have her skating along side me.

We've also started to take walks around the neighbourhood in the evening when it's cooler. These things also help me to free my mind of a lot of the clutter so I can concentrate on what I have to and not get distracted by what I don't need to pay so much attention to.

Having a clear Mind is so important - especially if you are trying to 'beat those cravings' and not only better yourself physically but mentally as well.

We often try to get involved in activities where we meet new people, but have the comfort zone of being around people we already know. The contacts enrich our lives and feeds our Minds with new information about new people.

Never underestimate the importance of getting rid of the clutter in your Mind.

Next time I'll share more on what a healthy Spirit means to us and how we feed ours.

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### OCCUPATIONAL FIRST AID LEVEL 1

9:30 AM - 5:30 PM  
June 10, 2006

### TRANSPORTATION ENDORSEMENT

8:00 AM - 4:00 PM  
June 11, 2006

### WORKPLACE HAZARD RECOGNITION

8:00 AM - 4:00 PM  
June 7, 2006

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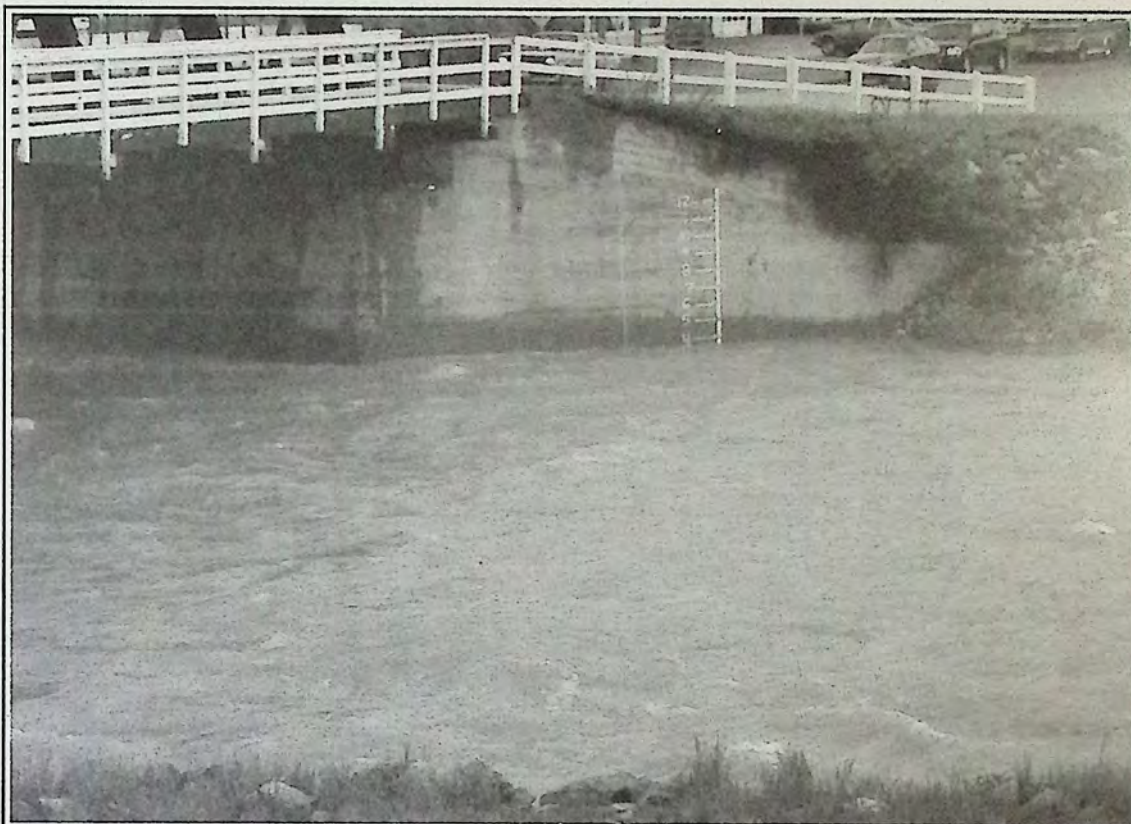


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This photo of the level of Similkameen River was taken early Saturday morning. The river was just under the four foot level. It had been higher than that two days before.

## SVPS marks end of second year

The Similkameen Valley Planning Society (SVPS) has accomplished a tremendous amount of work in the past two years.

In a report presented to Town Council May 15th and again at the SVPS meeting on May 17th, the list is impressive.

In addition to organizational accomplishments, the SVPS has listed under economic development funding for a number of Similkameen Valley projects including: Princeton Arena (\$352,000), Princeton KVR Trailhead (\$90,000), Princeton ArtsNow (\$4,500), Princeton Airport (\$6,000), Keremeos Youth Park (\$74,000), Agri-Business Workshop (\$19,000), Organic Farming Institute (\$40,000) and Business Database Funding (\$11,000).

There's numerous other accomplishments related to agriculture, tourism and non-tourism business development.

So far in 2006 the list includes:

- Grant applications for Princeton Wellness Centre Performing Arts Theatre, Vermilion Trails Society and Princeton Arts Council/Performing Arts Committee.
- Continued administration of airport development project.
- On-going administration of the Tourism Advisory Committee.
- Research of Chambers of Commerce funding models.
- Providing advice to Princeton and District Chamber of Commerce.
- Draft proposal for federal funding of a Similkameen Valley Economic Development Strategic Plan.
- Prepared applications to TOTA for community tourism grants for Similkameen Country and Vermilion Trails Society.
- Participated with Princeton Area Business Enhancement Society on business retention initiatives.
- Procured \$18,500 for Lower Valley crystal meth prevention initiative.
- Procured additional \$20,000 for Keremeos youth park.
- Application for \$27,000 for

Similkameen Recreation Centre, \$3,000 received.

- Assistance to Similkameen Country including writing four reports and procuring \$17,760 in federal funding.
- Successfully pursuing opportunities to supply 2010 Olympics with Similkameen food products.
- Procurement of \$35,000 funding for Organic Farming Institute from Real Estate Foundation of BC - they intend to be a long term supporter.
- Procurement of long term funding support for the agriculture industry by Valley First.
- Successful lobbying of the Ministry of Tourism regarding management of the Grist Mill.
- Assistance to Upper Similkameen Indian Band in promoting Hedley attractions and events.
- Business case analysis for national chain motel in the Hedley or Keremeos area.
- To find out more about the SVPS contact Similkameen Valley EDO Michael McLaughlin at (250) 295-7260 or 499-5130 or e-mail edo@similkameen.org.

## Woman serves probation

A 20 year old woman appeared in Provincial Court in Princeton on May 11 to plead guilty to theft. Rita L. Jules admitted to stealing alcoholic beverages from a local beer and wine store in August 2005. She

was caught on videotape. Jules had no prior record. She is currently undergoing alcohol abuse counselling. She was ordered to serve a 12 month probation.

## Bridge announces Grads

The Bridge Centre for Lifelong Learning has announced the six Graduates from their program. Congratulations to the Bridge

Grad Class of 2006: Whitney Bentley, Sondra Cherot, Kim Derkson, Katie Quinnell, Brian Lewis and Jackie Byle.

## NOTICE OF PUBLIC MEETING



A Public Meeting will be held regarding the deer within the Town of Princeton. This meeting is your opportunity to express your views and share ideas.

Hopefully we will be able to achieve a "Made For Princeton" solution that will be agreeable for all residents of Princeton.

7:00 PM Monday, May 29 - St. Peter's Catholic Church  
MLA Harry Lali and Fish & Game Biologist Barry Harris in attendance

[vote@vermilionforks.ca](mailto:vote@vermilionforks.ca)

Should the Town of Princeton  
change back to Vermilion Forks?



Princeton RCMP report that at approximately 4:00 PM on Friday, May 12th this vehicle, traveling Westbound on Highway 3 about 6-kilometres West of Hedley drifted off the road, climbing the embankment and flipping onto its roof. Police and BC Ambulance attended and a single occupant of the vehicle was transported by ambulance to Princeton General Hospital with minor injuries. Police say the female driver is a Penticton resident. The incident continues to be under investigation. "It does appear it was driver error," states Princeton RCMP Detachment Cst. Myrl Stus.

## Music Under the 'K' is coming!

by Maggie Frasch

Holy smoke! One weekend the Rodeo, the next Music Under the K. Keremeos is a cool place to be! The Eighth Annual Music Under the K, begins Thursday the 25th of May with Opening Ceremonies in Memorial Park at 6:45 PM.

How much do the concerts cost? No tickets required!

## RCMP invite input

Princeton RCMP are helping the Musical Ride Branch of the Royal Canadian Mounted Police with their annual 'Name The Foal' Contest.

"Again this year, the RCMP is asking for help from children and youth under the age of 14 to name six foals that will be born this Spring at the RCMP breeding farm in Pakenham, Ontario," says Princeton RCMP Cst. Myrl Stus.

"Some of these horses may one day be part of the world famous Musical Ride."

The contest is international in scale and in order to qualify entries must meet the following criteria:

- names must begin with the letter 'D' and must be between one and six letters.
- entries must be accompanied by the entrants name, age, address and telephone number with the suggested name on a piece of paper.
- entries must come from those 14 years old or younger.

Entries can be mailed to:  
The Royal Canadian Mounted

Donations gratefully accepted!

What types of music will there be? All types. Everything from jazz to rock to folk to classical. There's something for everyone.

Where can I go to hear this great music? There are a total of five venues this year: Memorial Park, Similkameen Elementary / Secondary School, St. John's Ecumenical Church, the parking

Police, Musical Ride Branch, c/o RCMP Name the Foal Contest, PO Box 8900, Ottawa, Ontario K1G 3J2

Entries are also accepted on the internet at [www.rcmp.ca/musical-ride/foal\\_e.htm](http://www.rcmp.ca/musical-ride/foal_e.htm).

For school entries they should have "School Entry" written on them and all entries must be received or post-marked no later than July 3, 2006.

The winning entries will receive a number of prizes from the RCMP and winners will be announced August 1, 2006.

The News Leader - which does not qualify to enter this contest is offering suggestions for local youth to send in to the contest.

Our suggestions include: Dasher, Donner, Discus, Dahlia, Dagger, Dakota, Danger, Dapper, Dealer, Dazzle, Decoy, Deport, DUI (guess who suggested the last two!), Ditto, Diver, Docket, Dollar, Duke and Dusty.

lot of Similkameen Agencies (all in Keremeos) and the Cawston Hall (on Main Street, Cawston). You might want to bring your own lawn chair to the Park.

Where can I find out exactly who is playing, where, when, etc.? Programs will be on sale at Pharmasave, the Review office, Valu-Plus Foods, Hilltop Esso, FasGas-Sportsman's Corner (all in Keremeos) and The Amber Light and Cawston Market in Cawston. You can check out our website at [www.musicunderthek.ca](http://www.musicunderthek.ca)

Can I buy food at Music Under the K? Yes. There will be a supper in Memorial Park on Friday evening from 4:30-6:00 PM. The cost is \$6.00 per person. Meal choices will be fried chicken, beef on a bun or vegetarian lasagne. There is a pancake breakfast on Sunday morning from 7:30-10:30 AM. Cost is \$4.00 per person. There will also be a concession in Memorial Park selling snack foods. Don't forget all the great restaurants in Keremeos as well; they'll be ready and willing to fill your tummy!

Is handicapped parking available? Yes.

Will there be professional groups? Yes. There is a wide variety of professional, community and school performers.

When is it, again? THURSDAY, FRIDAY, SATURDAY AND SUNDAY. May 25th-28th.

Who supports Music Under the K? The whole community. Our Major Sponsors this year are Heritage Canada, Gorman Bros. Lumber, TerraLink and Yamaha/Long & McQuade.

Can you guarantee me a good time? Absolutely. See you there!

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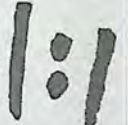


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## INVESTMENT INSIGHTS

By John Vaccaro Investment Advisor with CIBC Wood Gundy  
and Greg Stewart Associate Investment Advisor with CIBC Wood Gundy  
Expertise that's one to one.



### The Fundamentals Of Golf And Investing

The weather is getting warmer and soon golf season will be in full swing. I, like most of you, look forward to digging golf shoe spikes on the fairway and getting out on the links after such a long, drawn out winter. But as I was pondering on how to fix my slice, I also got to thinking that golf is a lot like investing. Here's why:

**You Have To Choose The Right Club For The Job** - In golf, you have to match the right club for the stroke. For example, you would never choose a putter instead of a driver when you start out on a course. It's the same with choosing an appropriate investment for your portfolio. You would never select a high-risk stock if you have a conservative risk profile, nor would you acquire a GIC if you were an aggressive investor. Always choose the best product, based on your financial goals and risk profile.

**Aim Of The Game** - Golf is one of the only sports that you compete, not against an opponent, but against yourself, your surroundings and your previous score. Successful investing doesn't involve comparing yourself to your neighbours and colleagues - an investment strategy that's good for another person may not be ideal for you. To 'win' financially, you have to observe market trends, industries and the investment climate, and assess how they will affect your 'game' over the long-term.

**Patience And Practice Makes Perfect** - It's almost impossible to get a hole in one - in fact, only one golfer out of every 1,000 ever plays an entire course on par. Investing follows the same principal - there's no single product or concept that'll make you instantly rich. If you need proof, just think about when the tech bubble burst in 2000.

**To play the game of golf, a beginner has to put in the time and energy before he or she can have a good game.** Rather than get discouraged, most players thrive on the challenge. Successful investing follows the same principal. If you look at investing for the long-term, the odds of reaching 'par' or better yet 'under par' are more likely. The most interesting thing about golf is that it's the only sport where the scores aren't kept by officials but by fellow competitors. Since players keep track of their opponents' scores, they rely heavily on their partners to ensure that they keep an accurate tab of their game.

I'm your investing partner: I look out for your best interests financially and I'll always be here to guide you to make sure that you stay on top of your 'game.' In the end, we both win.

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PLEASE CALL FOR YOUR APPOINTMENT

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

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Excellent opportunity to own your own building and lease the business out.



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MLS# \$349,000  
Building only on large lot with highway frontage. Long-term tenant.



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10-acre recreational property. Within 1km of Allison and Round Lakes.



MLS#33791 \$79,500  
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MLS#33164 \$26,000 each!  
Side by side recreational lots next to cross country ski area near Snowpatch.



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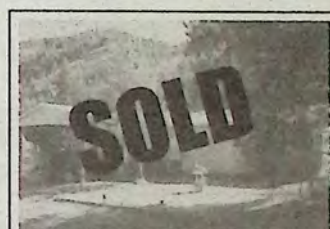
MLS#34649 \$257,900  
4-bedroom view home at Missezula Lake on quiet cul-de-sac.



MLS#27735 \$495,000  
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MLS#33712 \$289,000  
Custom built country home on private 5-acres. Wrap around deck!



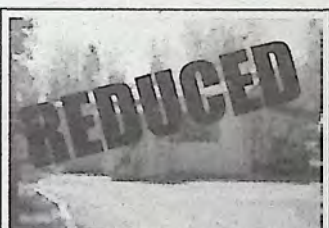
**SOLD**  
MLS#33717 \$395,000  
This property has it all! 2 residences, shop, sheds. 10 acres in hay plus more!



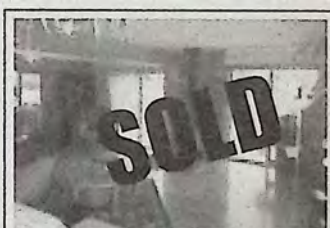
MLS#32517 \$154,900  
5 treed acres close to three lakes and TCT. 3-bedroom mobile with more!



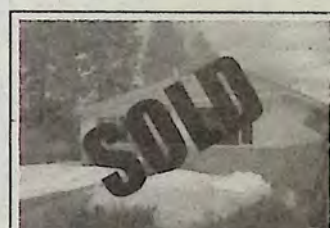
**SOLD**  
MLS#32459 \$144,900  
Don't miss this! Nicely built home on 1/2 acre lot with garage and room for shop.



**REDUCED**  
MLS#34672 \$249,900  
Tulameen! Treed 1/2 acre lot with many outbuildings. Updated home.



**SOLD**  
MLS#33420 \$262,800  
10-acre parcel, fully fenced with barn and hay storage. 3-bedroom home, pool.



**SOLD**  
MLS #34189 \$190,000  
4-bedroom, 2-bath home with full basement and workshop near downtown.



**SOLD**  
MLS#33792 \$243,900  
Recreational property includes 5-acres with home. Call for details!




**REDUCED**  
MLS#34067 \$210,000  
Family alert! Immaculate 4-bedroom home by school and hospital.



**NEW**  
MLS# \$79,900  
Excellent investment property. 3-bedroom, 4 appliances, alley access.




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