

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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RCMP sends rafters to PGH

Princeton RCMP report that at 4:45 PM on Sunday, May 21st they received a call regarding rafters overturned in Tulameen River just East of Princeton.

"Attendance was made and three canoeists had left the RV Campground by canoe and had travelled down the river and overturned," says Princeton RCMP Detachment Commander Kurt Lozinski.

"Two occupants made it to shore quickly, while the third held on to the canoe and he spent more time in the water."

When police arrived at the scene, the third member of the party was just getting to shore.

"He displayed signs/symptoms of being hypothermic and all three were transported to Princeton Hospital by police."

The river level has risen considerably, making it attractive for rafters, kayakers and canoeists, however, the water is also quick and dangerous to even experienced people used to rafting, kayaking or canoeing.

"The water is also very muddy/murky, if anyone were to drown they may not be found for days or weeks," warns Lozinski.

Two tied for top honours



Lewis Smith, left, and Peter Newman are the top academic students at Princeton Secondary School.

Final Exams to determine outcome

Lewis Smith and Peter Newman are setting standards for Princeton's secondary school.

Both were within a percentage point of each other going into last Saturday's Graduation Ceremonies.

The final outcome - who ends up with the highest academic score and who will finish second - will not be known until Provincial Exams are completed and scored next month.

The outcome will also determine who will receive the two bursaries awarded to the top two students.

A \$2,000 bursary from Princeton District Teachers' Union goes to the top student with the \$1,000 Bud DeWolf Memorial Rotary Bursary being awarded to the number two student.

The 'tie' is good for the local public school system says PSS Principal Bill Lawrence.

"It says a lot about our school. We prepare them well."

Lawrence is clearly proud of all graduating students but admits the Smith/Newman race is an interesting twist.

"It's going to be interesting at the Provincial Exams to see what it comes down to."

Community support of local students is also a huge factor according to Lawrence.

"Our academic kids do as well in scholarships than any other place."

Evidence for this year sees close to \$30,000 in scholarships/bursaries going to the PSS graduating class of 36 students.

Community Forum generates interest

The first ever community forum, hosted by Southern Interior MP Alex Atamanenko and a variety of local elected officials and invited guests, attracted thirty area citizens.

The event, which took place last Thursday night in Princeton's Legion Hall, was one in a series of 'town hall meetings' held over the past week across the federal riding.

Atamanenko stated he was very pleased with the turn out, considering the forum was competing with a hockey game and Grad dinner.

"These meetings have been very successful and they allow me to learn more about your community," he explained.

"We've tried them, they've worked."

Residents will have regular access to their elected officials as the plan is to host at least two of these open meetings a year.

As for regional and local issues, Atamanenko says Keremeos residents have lost antenna access to the CBC, so he's working with the TV society there to return the service. In Princeton, the lack of sufficient home care for seniors has his attention.

"We (the New Democrats) want to put forward a Seniors Charter so seniors can be recognized at the federal level."

Princeton Mayor Randy McLean was encouraged by the concept of the forum.

"To me this is a chance for the people of Princeton to identify issues that are important to them

and to help us get the ball rolling on solving these problems."

McLean also took an opportunity to request federal help from Atamanenko, who was sitting to his left, for the Official Community Plan and the Hope-Princeton Highway.

The Mayor also praised those who attended the forum.

"We have a lot of meetings and I see a lot of the same people at them who really are interested in the future of their community."

Area H Director Gerri Logan echoed that thought, "This is a nice way to get out and meet with people," and stressed the importance of community members getting involved in what goes on in their community.

She also pointed out that although it is common to view politicians as the 'bad guy' that's not always the case.

"I'm on your side, I'm working for the people of Area H."

School District 58 Trustee Dina Slowikowski-Campbell took a more holistic view in her opening remarks and made general observations.

"Education, in my opinion, is intrinsic to the betterment of society."

She discussed the change in education that has forced students to concentrate on taking courses merely as a lead into post secondary schooling primarily with a system that moved away from knowledge-based learning to credential-based education.

"It's not the poorest of the poor who are denied an education," she pointed out.

"It's climbing up the income ladder."

Slowikowski-Campbell indicated education in society is a hallmark of freedom and stated, "There is creative ability in all of us and with it there is hope."

Marilyn Harkness, local Director of Health Services for Interior Health, explained her duties in Keremeos and Princeton and clarified that Princeton General Hospital is what is identified as a Community Level 1 Hospital. She says hospitals in communities such as Merritt, Lillooet and Revelstoke are also Community Level 1 facilities.

She said home and community care are ongoing issues that are closely linked to the availability of services.

"Health care is the six o'clock news," Harkness said.

"It is the news of the day."

She also pointed out that statistically Princeton is in good shape compared to other communities. In a small comparison Harkness explained that Keremeos has only three physicians and will soon be down to two. Princeton has five and for a while had six. As for the hospital, aside from the odd peak resulting from a major accident, there is enough room to address all issues at the hospital.

"We don't have beds filling the hallways. We are rarely over ourcontinued on Page 2

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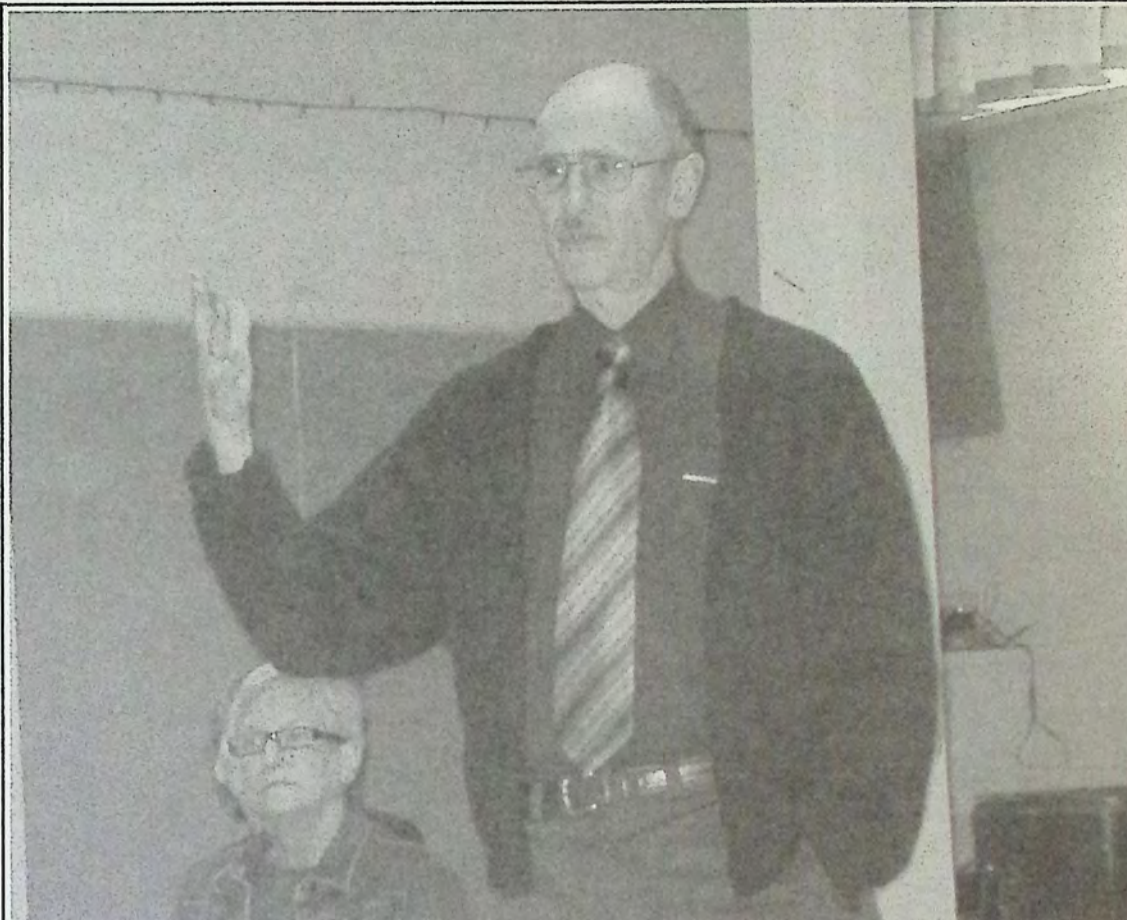
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BC Southern Interior MP Alex Atamanenko makes a point during last Thursday night's Community Forum in Princeton Legion Hall.

Forum exposes various issues

.....Continued from Front Page bed count."

Harkness issued an open invitation for anyone to tour the hospital with her to learn more about the many services available at the site.

Grade 10 student Tara Plecas was on the panel representing Princeton's Youth.

She indicated her age group is one that is rarely considered in plans within the community and pointed out the need for a safe gathering place for area youth to engage in a variety of activities.

"We are the future," she said.

"We will be paying taxes in ten years."

Plecas provided a list of suggestions including a need to direct

drug education at younger students than it already is; a bus providing travel to and from Penticton for youth without vehicle access and activities in Winter for non users of the Arena.

"Princeton is a very safe place. We feel very welcome and safe in and around town."

Plecas also stated there is a small segment of her age group that would be considered trouble makers, but for the most part, not all youth in Princeton fit that category.

Questions from the floor covered the spectrum from coalbed methane exploration to the coal-fired energy plant. Handicap access to local businesses and pub-

lic buildings downtown was also mentioned.

Highway 5A was cited as in need of serious attention and what was described by an audience member as a lack of police intervention in the drug issue. One specific individual was implicated in particular - not by name - and local police were blamed for not being more aggressive in dealing with this and other individuals.

"I don't care about them (the RCMP) giving away tickets for people going through stop signs," Mayor McLean stated.

"I care about the youth of our community and how the drug problem affects them."

The Princeton Detachment continued to be the target of much discussion until it was pointed out that it was unfair to continue without at least one member of the detachment present to speak to the concerns expressed.

Gerri Logan did toss in a funny line when she joked, "In Area H we only grow the drugs - we don't use them."

In closing, each panel member thanked residents for attending and for expressing concerns of local interest.

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Mayor Randy McLean speaking to an issue at last Thursday night's Community Forum.

Local woman's collection makes sense

Over the last three years local woman, Janet Hardin has tirelessly collected pennies from generous Princeton citizens, in church, at the hockey arena and wherever she went.

She collects for the Beads of Hope, sponsored by the United Church of Canada for Canadians to send to Africa. The goal for the campaign was one million dollars in PENNIES to help the millions of African orphans and families suffering from the HIV/AIDS pandemic.

Many were skeptical, that pennies would grow to millions, but not Janet. She quietly collected the pennies and soon people were bringing in their stashes of pennies, loonies and toonies and have kept

giving after the official campaign was over.

The total collected throughout Canada was well over two million and the campaign has been extended through the Mission in service fund so we can bring our pennies

and spare change to Janet to help HIV/AIDS sufferers in Africa.

Joanne Gabriel donated her pennies to Janet Hardin who has collected thousands for the Beads of Hope Campaign to help Aid sufferers in Africa. - submitted

Fire ban notice released

Effective at 12 Noon June 1st, and until further notice, industrial pile burning (Category 3) is banned at all elevations throughout the Kamloops Fire Centre. This open fire ban is in effect to protect public safety and to limit the risk of person-caused wildfires.

An industrial pile burning ban (Category 3) prohibits the use of open fires that burn material in

piles over two metres high and three metres wide. This ban also prohibits burning of windrows and stubble in an area over 0.2 ha in size.

Bans on all industrial pile burning apply to all lands outside of municipal boundaries and Regional Districts that have open fire bylaws. Campfires and backyard burning are not restricted at this time.



Tara Plecas, representing Princeton's Youth, spoke at Thursday night's Community Forum. Marilyn Harkness, seated on left, and Dina Slowikowski-Campbell look on.


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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

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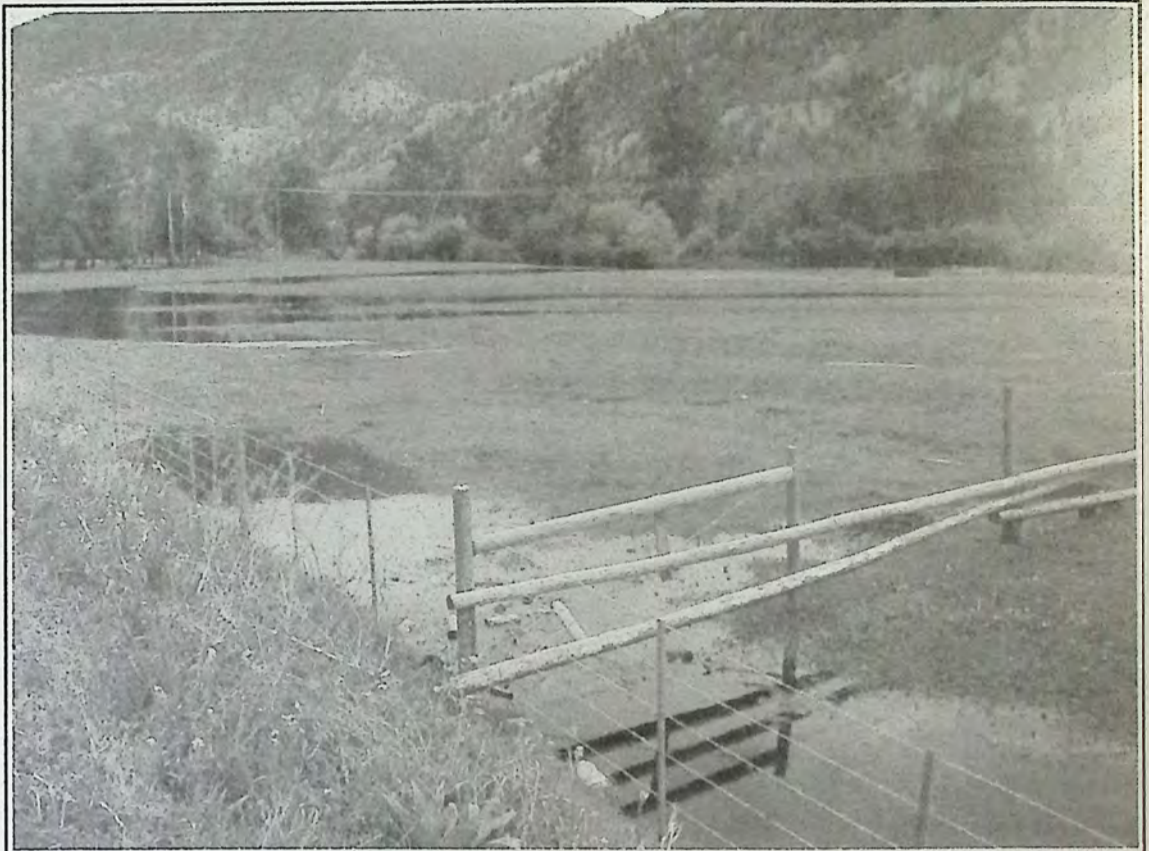
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keremeos and area news



High water levels are showing throughout the valley.
The Lawrence Ranch near Keremeos had water filling fields last week.

Elks Rodeo final results released

The Keremeos Elks Rodeo is now history. The British Columbia Rodeo Association approved event takes place traditionally on the Sunday and Monday of the Victoria Day long weekend in May.

In the Saddle Bronc event a total of 13 riders entered with Donovan Beigler of Spokane, Washington scored an 80 in the Sunday performance which held on for First Place overall. Andy Copeland of Montney, BC finished in Second with his Sunday ride score of 76 and Devin Richter of Omak took Third with his Sunday score of 74. Three other riders tied at 73 for Fourth.

Kyle DeRose of Kamloops scored a 78 on Monday to take the Bareback event. Brian Kurtz (Buckley, Washington) and Cody Cox (Merritt) had rides on Monday that tied them for Second with scores of 76.

Third went to Steve Hohman of Quesnel who scored 70 on Monday. There were a total of eight entries in the event.

A total of eight participants were in the Tie-Down Roping event. Brad Thomas (Alkali Lake) finished Monday with a time of 10.4-seconds earning First Place.

Second went to Shawn Sullivan of Okanagan, Washington with a time of 11.7 seconds (Sunday) and Third was taken by Clayton Freemantle (Surrey) with a time on Sunday of 14.9 seconds.

In Steer Wrestling, a total of ten cowboys entered the event with Willee Twan of Alkali Lake taking First with a time of 5.6-seconds recorded on Monday.

Second went to Charlie Attrill

of Pitt Meadows with a time of 9.5 (Monday) and Rob Everett of 150 Mile House earned Third with a time of 9.6 (Monday).

In Team Roping there were 24 entries with the team of Ryan and Kyle McNaughton of Quesnel finishing in First with their Monday time of 5.6-seconds.

Second place went to Ryan McNaughton and Ty Lytton (Quesnel/Lone Butte) with their Monday time of 6.8-seconds. Third went to Cole and Jace Lambert of Aldergrove with their Monday time of 7.0-seconds.

In Junior Steer Riding, there were a total of 14 entries. Matt O'Flynn (Quesnel) earned a score of 79 on Monday which gave him First Place overall. Kurtis Kozar (Vernon) earned Second with his Monday score of 75. Ryan Strande and Tyrell Pozzobon of Merritt tied for Third with scores of 74, both recorded on Monday.

Ten girls entered Breakaway Roping with Kirsty DeRose of 150 Mile House finishing in First with a time of 3.6-seconds (Monday). Second went to Debbie May (Abbotsford) with her Sunday time of 4.1-seconds. Third went to Tracy Tutt (Chilliwack) with her Sunday time of 4.4-seconds.

A total of 28 riders entered Ladies Barrel Racing with Darcy Willis of 150 Mile House finish-

ing in First with her Sunday time of 17.875-seconds. Second Place went to Julie Leggett of Kamloops with her Sunday time of 17.987 and Third went to Alysha Jinnah of Abbotsford with her Monday time of 18.074. Princeton's Aimee Willis recorded a time on Sunday of 18.925.

There were 17 entries in Junior Barrels. Maria Schurian of Kelowna earned First place with her Monday time of 18.310-seconds. Ashley Sword (Quesnel) finished in Second with her Sunday time of 18.496-seconds. Lane Wills (Quesnel) and Jori Cripps (Prince George) tied at Third with their Monday times of 18.612-seconds.

In Novice Barrels, Sherry Spencer of Penticton took First with her Sunday time of 18.495-seconds with Lisa Winters of Penticton taking Second with her Sunday time of 18.875-seconds. Third went to Rikki Hutnyk (Merritt) with a time of 18.911-seconds.

There were a total of 20 Bullriders with Dave Leader of Cawston taking First with his Monday ride score of 77.

Second went to Justin Davis of Riske Creek with his Sunday score of 75 and Wade McNolty (150 Mile House) took Third with his Monday score of 73. Princeton's Brian Rutherford did not ride the full 8-seconds.

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www.hedleybc.com



Clayton Freemantle of Surrey earned Third in the Tie-Down Roping event with this run on Sunday.

Moe the Eagle needs you!

Moe 'the Eagle' Beaulieu of Keremeos is at it again!

Moe is currently finishing up the organizational details related to his upcoming Eagle Run, planned for Saturday, June 24th.

Similkameen Country, one of Moe's largest supporters, sent an e-mail out to all their members last week requested volunteers for the event.

There is a need for one person from 5:45 to 6:40 AM on race day to take registrations and two people between 8:30 and 10:30 AM (prefer someone with neat penmanship) to record finish times and transfer to finishers certificates for the 25-kilometre run.

Another two people are required

between 12 Noon and 5:00 PM (again, penmanship will count!) to record finish times and transfer them to finishers certificates for the 50-kilometre run.

Moe also needs two people for the same duties between 3:00 and 9:00 PM for the 50-mile run.

The following day, Sunday, June 25th, volunteers are required for the same tasks from 6:00 AM to 3:00 PM, but are reminded the day will see activity only every half hour or so, depending on when runners arrive.

Ideally, a number of people could work this day in two or three hour shifts.

If you are interested in volunteering any time towards this event on June 24th or 25th, contact Similkameen Country at (250) 499-5225 or e-mail siminfo@nethop.net.

For more information on the Eagle Runs - or anything else Moe 'the Eagle' promotes - visit his website at www.eagleruns.com or e-mail Moe directly at eagle-moe@eagleruns.com.

www.hedleybc.com



Southern Interior Stockmens Association hosted a barbeque steak dinner in Memorial Park as part of Keremeos Rodeo weekend. Although they were camera-shy, they fixed up a great meal!

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PS Capsule Comments

by your Pharmasave Pharmacist Wen Wong

I mentioned last week that many doctors aren't refilling prescriptions by phone anymore. That's true in many big cities but in Princeton that's not the case. Local doctors are quite willing to continue with phone refills, but remember, it may take them between two and five business days to do so.

Some people are very allergic to stings and carry a pre-filled syringe of epinephrine in case of an emergency. There's a new product called *Twinject*, an automatic injector containing two doses of epinephrine. Some people may need a second dose to prevent anaphylactic shock and this syringe can supply it. *Twinject* is available in both adult and child strengths plus a toll-free number for advice. This product is currently a non-benefit item in BC.

Have you checked your feet lately? If they hurt while walking or resting, lack feeling in some areas, are cold, pale, blue or swollen, have sores that don't heal or the skin is thick, dry, scaly, calloused or cracked, you could have circulation problems. See your doctor.

A recent survey done in Saskatchewan found that one in five asthmatics do not have good control of their condition. If you are an asthmatic and are using your fast-acting bronchodilator sprays too often, you need to be checked. We can help check your inhaler technique and talk to you about your other asthma medications.

Our job as your pharmacist is to help you get the most out of your medications. Proper use can help you realize better outcomes. That certainly applies to asthma medications. Let one of our pharmacists give your inhaler technique a check-up.

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news leader health page

Medic Alert - 45 years of saving lives

(NC) - Canadian MedicAlert Foundation celebrates its 45th birthday this year. Its legacy can be traced back to Turlock, California where Dr. Marion C. Collins discovered that what health professionals didn't know about their patients could harm them.

The idea began when Dr. Collins' daughter Linda had a near fatal reaction to a tetanus antitoxin scratch test. The realization that his daughter could have died if given the full tetanus injection gave birth to the need for personal identification. Dr. Collins and his wife Chrissie designed an emblem for their daughter that would stand the test of time. The original bracelet can be viewed at the Smithsonian Institute in Washington, D.C.

"I think I can save more lives with MedicAlert than I'll ever save with my scalpel." - Dr. Marion C. Collins

In 1961, Dr. Maureen Roberts, a Halifax pediatrician, read a newspaper article about the MedicAlert bracelet. Believing this medical information service could help many of her patients, Dr. Roberts contacted Dr. Collins in California for more information about the service. Later that year, Dr. Roberts, together with a group of colleagues, established the Canadian MedicAlert Foundation (CMAF) as a national registered charity and became the first affiliate of MedicAlert International.

In the decades following, CMAF expanded its services, educational and charitable programs and diversified its product lines. Several notable milestones were marked along the way:

- 1975 MedicAlert introduced a membership card that provided additional detailed medical information and personal data, including

physician and emergency contacts.
- 1980s MedicAlert implemented computerized record management, toll-free telephone lines in English and French, and standardized medical terminology.

- 1986 CMAF celebrated its 25th Anniversary with 500,000 members.

- 1990s CMAF began programs to educate emergency and medical personnel about its services. Sports bracelets, with stainless steel emblems and adjustable nylon straps were introduced for children and active adult members.

- 1996 CMAF launched redesigned bracelets and necklets. No longer lettered in red paint, the MedicAlert logo was embossed on the bracelet and necklet emblems. Production of the bracelets and necklets began in Canada, which greatly reduced order-processing time. CMAF also introduced targeted educational programs for emergency responders.

- 1997 The Canadian Association of Emergency Physicians (CAEP) endorsed the MedicAlert program.
- 2002 CMAF enrolled its one millionth member.

- 2005 CMAF launched My MedicAlert - a secure and confidential online update to members' medical information. CMAF began a charitable program called No Child Without to protect all elementary school children in Canada. CMAF introduced the first-ever MedicAlert watch.

With 45 years of significant achievements, MedicAlert remains committed to its mission of protecting and enhancing the lives of its members by meeting their health information needs. As we move forward, we will continue to develop partnerships with health and patient

associations as well as with different levels of government to ensure that education and awareness of MedicAlert services are available to the public and emergency responders.

We envision a future where Canadians in collaboration with their physician, pharmacist and other healthcare providers have online access and management of their personal health records. Ultimately, it is a future that also works to ensure all Canadian children living with medical conditions, allergies and special needs receive MedicAlert protection through our No Child Without program. It is a future of protecting lives.

For more information about the Canadian MedicAlert Foundation, call toll-free 1-800-668-1507 or visit the MedicAlert Web site at www.medicalert.ca.

- News Canada

Gardener's Guide to Daily Living

Plant three rows of peas:

- peas of mind
- peas of heart
- peas of soul

Plant four rows of squash:

- squash gossip
- squash indifference
- squash grumbling
- squash selfishness

Plant four rows of lettuce:

- lettuce be faithful
- lettuce be kind
- lettuce be patient
- lettuce truly love one another

No garden is without turnips

- turnip for meetings
- turnip for service
- turnip to help one another

To harvest, put in thyme:

- thyme for each other
- thyme for family
- thyme for friends

Water freely with patience and cultivate with love. You will reap what you sow.

living past 100

Taking care of kids health

Our children are not properly nourished. That is the conclusion of a study done in the United States. The study found that children who are malnourished become disturbed, violent and dangerous as they become adults.

This study is a lot to take in. It is a sweeping condemnation of the North American lifestyle that goes beyond obese children to look at something far worse: an underlying nutrition deficiency.

The huge increase in early Type II diabetes, along with a huge increase in ADD and ADHT and a thousandfold increase in autism may be linked to improper feeding of North America's children (and perhaps adults, too).

A lot of research has dealt with the "too much" we eat in our average daily diet in North America. The recent study was about the "too little" we eat of some foods we need desperately.

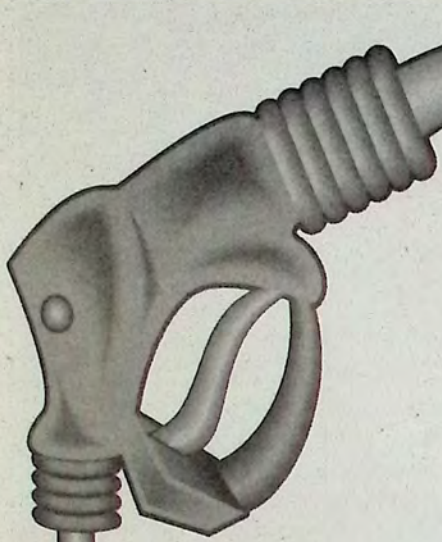
How often does your family eat beans? Spinach? Broccoli? Radishes? Fish? These foods contain some of the most valuable nutrients we can consume. These are the kinds of food we should put on our "too much" list of what to eat.

We hear a lot about a balanced diet. We see television advertisements reminding us that pregnant women need folic acid. We are being told to eat better foods. We are not being told to eat less, we are being told to eat smarter.

We need to eat smarter, because our children are paying the price for our stupidity. To raise the best and brightest children should always be the top priority of any parent. To sabotage that objective at the dinner table is just plain stupid.

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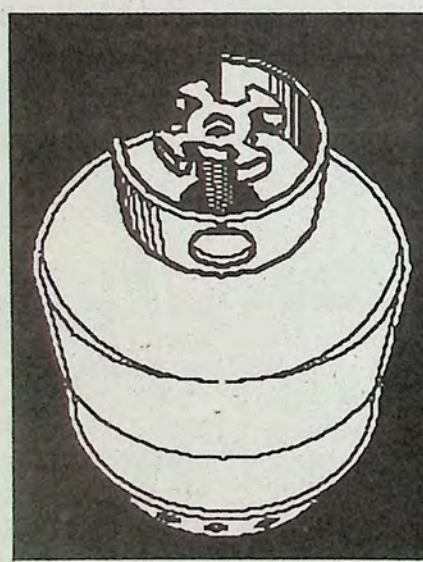


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224 Bridge Street, Princeton, BC V0X 1W0
Office: (250) 295-6977

Casual/Relief Employment Facilitator

WorkZone is seeking an energetic individual with an upbeat personality and exceptional people skills. This position encompasses, but is not limited to: conducting informal orientations, assisting unemployed individuals with resources, maintaining and updating in-house resources, and performing routine administrative tasks and other related duties.

Qualifications:

- Sound computer skills, including MS Word, Windows and the Internet.
- Excellent interpersonal and communication skills.
- Must have a valid drivers license, and be willing to travel when needed.

This is a casual/relief position. If you are interested in this challenging and interesting opportunity, please drop off your resume and cover letter (Attention: Pam Latimer) to the Princeton WorkZone, in the Princeton Plaza next to Movie Gallery, by Tuesday, June 6.

We wish to express our appreciation to all applicants for their interest and effort in applying for this position and advise that only candidates selected for interviews will be contacted.

Part-Time Youth Counsellor

WorkZone is seeking an individual who will be responsible for promoting employment services to the youth population in the Princeton area. By seeking out youth-at-risk who would not normally come into an employment centre, the counsellor will act as a bridge to encourage youth to access employment services or return to school.

This position will require regular evening/weekend hours. Duties include maintaining a thorough knowledge of and relationship with all youth programs and services in the community, working with youth by engaging in individual employment counselling sessions, and developing and delivering interactive workshops and group counselling sessions related to Youth Employment Issues.

Qualifications:

- Completion of college or University program in the Human Service field, and three to five years of related experience, or an equivalent combination of education and experience.
- Preferably three years experience working with youth including multi-barriered youth
- Ability to identify and establish positive relationships with youth in general, high-risk youth, and youth with multiple barriers.
- Sound knowledge of techniques and strategies related to youth employment.
- Familiarity with community and federal and provincial government services for youth.
- Excellent interpersonal and communications skills.
- Computer skills including MS Word, PowerPoint, Windows and the Internet.

If you are interested in this challenging and interesting opportunity, please forward your resume and cover letter to pam@workzonebc.com.

We wish to express our appreciation to all applicants for their interest and effort in applying for this position and advise that only candidates selected for interviews will be contacted.

The Government of Canada
has contributed funding to this initiative

Canada



School District 58 (Nicola-Similkameen) School Trustee Dina Slowikowski-Campbell spoke passionately about the role of education in society at last Thursday night's Community Forum.

Lozinski shares some observations

Youth loses vehicle

On May 26th two young males were involved in a routine traffic stop. Police discovered that these youths had just recently smoked marijuana and subsequently arrested them for possession of a controlled substance. A search of the vehicle yielded a small amount of marijuana.

"The 17 year old new driver was issued a 24 hour driving prohibition for drugs; and his vehicle was towed. A report was submitted to the Superintendent of Motor Vehicles who will review the status of this per-

sons license." says Princeton RCMP Detachment Commander Kurt Lozinski.

"Routinely in instances such as these the Superintendent will suspend a new drivers license for at least a 3month period."

Could this be a trend?

"Police have noticed a significant increase in the number of vehicle accidents involving wildlife in our area," Lozinski reports.

"On average a vehicle is involved in a collision with wildlife three times per week. These accidents range from

minor damage to extensive damages with the vehicles being completely destroyed and the occupants being hospitalized."

Police are urging motorists to slow down especially during the dawn and dusk periods when wildlife seem to be the most active.

More traffic means more activity

"It is that time of year where the volume of traffic on our highways increases substantially," Lozinski points out.

"This is also the time when more and more accidents are occurring due to impatient and aggressive drivers."

Police are encouraging drivers of large vehicles to be aware of the traffic behind them and to pull over once three or more vehicles have accumulated.

"Drivers admit to driving aggressively and unsafely in an attempt to pass these slower vehicles."

Police are reminding people that it is also against the law to impede traffic on our highways by driving significantly lower than the posted speed limit.

"By being considerate of everyone on our roadways will ensure everyone is getting home safely."

ATVs making mark

Police have received several complaints from residents in the Tulameen, Coalmont, Bankier and Missequela Lake areas in regards to unlicensed all terrain vehicles being driven in their communities.

"Police want to remind people that these unlicensed vehicles are not allowed on the roadways and violators could receive a number of tickets including: No insurance - section 24(3)(b) Motor Vehicle Act - \$598.00 fine," Lozinski says.

"Police will be conducting more patrols in these areas targeting these offenders. Police will be using marked and unmarked police vehicles in their effort to deal with these complaints."



The 4th annual Rick Hansen Wheels In Motion event will take place across Canada on Sunday, June 11th. 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
IT'S YOUR TURN TO GET INVOLVED!

ORGANIZATIONAL MEETING
7:00 PM
WEDNESDAY, MAY 31
RIVERSIDE CENTRE

weekly entertainment guide

TUESDAY, MAY 30, 2006 THROUGH MONDAY, JUNE 5, 2006



Princeton's Aimee Willis rounding the second barrel during the May 21st performance of the Keremeos Elks Rodeo.

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Congratulations!
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We were proud to be part of it.
Similkameen News Leader



The highlight of Keremeos Elks Rodeo weekend for many was the Bull Riding event.
Photo: Byran Smith, www.keremeos.net.

FINANCIAL FOCUS

Why Buy-and-Hold Makes Sense

There are two kinds of investors: those who move in and out of investments searching for quick profits, and those who patiently invest for the long term. Which should you be?

For most of us, the best approach is a 'buy-and-hold' strategy within a portfolio that is well diversified among stocks, bonds and mutual funds. Making sure that your portfolio includes long-term investments in shares of high-quality companies is one of the important ingredients of success. Legendary investors such as Warren Buffet and his Berkshire Hathaway Inc. have amassed fortunes by purchasing quality investments and rarely selling them.

Why does a buy-and-hold strategy work so well? Because, over time, the direction of financial markets is generally up. When you hold investments for the long term, temporary fluctuations in markets or securities prices are inconsequential. With a longer investment horizon, it won't matter much whether an investment gyrates along the way.

Stocks market investments are particularly good candidates for a buy-and-hold approach. In addition to capital gains, equity investors may benefit from dividends paid by blue-chip investments. If those dividends are reinvested, potential returns are enhanced. Returns derived from dividends paid by Canadian corporations are taxed at a lower rate than other income, as are capital gains.

Even when the benefits of buy-and-hold might not be obvious, they're still at work. For example, market declines may seem like the right time to get rid of investments. But it's generally a good idea to resist the temptation and stick to your long-term strategy if the fundamentals of the investment are still sound. If you sell when prices are temporarily depressed, you'll miss out on the potential price rise that follows a decline.

Investors who chase profits by frequently trading stocks or other investments have a tendency to buy and sell at the wrong times. Attempting to 'time the market' by moving in and out of investments at their valleys and peaks is notoriously difficult, even for professionals.

In fact, many investors end up doing just the opposite-buying on emotion, when prices are too high, or selling when they've hit bottom. Then they remain on the sidelines as prices rebound. Plus, frequent trading can result in increased commission costs and capital gains taxes.

Investors who try to jump in and out of major asset groups-such as stocks and bonds-make similar mistakes. For example, when stocks are falling they may wait too long before making an exit, missing out on recovering prices later. When they move back into stocks, they most likely buy in at higher prices.

Ask your investment representative how you can put together an investment portfolio designed for long-term results. You'll see that buy-and-hold really does work.

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tuesday movies

MORNING

7:00 am 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)
 10:00 am CITY (29) ★★½ "Mr. Nice Guy" (1997, Comedy) Jackie Chan. A television chef gets caught up in a gang war when he helps a reporter escape from a crime lord. (E)

AFTERNOON

5:00 pm WGN (38) ★★½ "In the Line of Duty: The Price of Vengeance" (1994, Drama) Dean Stockwell. A game of cat-and-mouse ensues between a grieving police detective and the gang leader who murdered his friend. (In Stereo) (E)

EVENING

8:00 pm FOX (25) ★★ "Shanghai

"Knights" (2003, Comedy) Jackie Chan. Premiere. With help from his sister and a friend, a martial-arts master travels to London to find his father's murderer. (In Stereo) (E)
 9:00 pm WTBS (3) ★★½ "Lethal Weapon 2" (1989, Action) (PA) Mel Gibson. Two Los Angeles police detectives battle South African drug smugglers who are protected by diplomatic immunity. (E)
 10:06 pm CITY (29) ★★ "G.I. Jane" (1997, Drama) Demi Moore. A female Navy SEALs recruit completes rigorous training under a tough officer's command.
 11:15 pm WTBS (3) ★★½ "Lethal Weapon 2" (1989, Action) (PA) Mel Gibson. Two Los Angeles police detectives battle South African drug smugglers who are protected by diplomatic immunity. (E)



Volunteers made all activities possible during Keremeos Elks Rodeo weekend. These ladies in the cookhouse served up the 'fixins' for the Sunday night barbecue hosted by Southern Interior Stockmens Association.



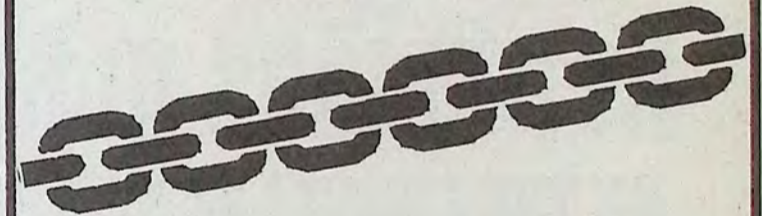
Darcy Willis of 150 Mile House (formerly of Princeton) took First Place in Ladies Barrel Racing at Keremeos Elks Rodeo during this ride on Sunday, May 21st.



Action from the Lawn Mower Races during Keremeos Rodeo Weekend. Photo: Bryan Smith, www.keremeos.net.

Similkameen News Leader

AN INDEPENDENT NEWSPAPER



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wednesday movies

MORNING

7:00 am WTBS (3) ★★½ "Fast Times at Ridgemont High" (1982, Comedy) Sean Penn. Students in a Southern California town divide their time between high school and the neighborhood shopping mall. (E)
 10:00 am CITY (29) ★★ "Seven Years in Tibet" (1997, Drama) Brad Pitt. An egocentric Austrian mountaineer gradually learns selflessness from the young Dalai Lama. (E)

EVENING

6:00 pm CITY (29) ★★ "The Italian Job" (2003, Crime Drama) Mark Wahlberg. A master thief and his crew plan to steal back a fortune in gold bullion after they lose it to a double-crossing gang member. (In Stereo) (E)
 8:00 pm WTBS (3) ★★ "A Thin Line Between Love and Hate" (1996, Comedy-Drama) Martin Lawrence. A wealthy woman stalks the womanizing club owner who seduced, then betrayed, her. (E)
 9:00 pm KHQ (7) ★★ "The Italian Job" (2003, Crime Drama) Mark Wahlberg. A master thief and his crew plan to steal back a fortune in gold bullion after they lose it to a double-crossing gang member. (In Stereo) (E)
 10:00 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)

10:06 pm CITY (29) ★★ "Seven Years in Tibet" (1997, Drama) Brad Pitt. An egocentric Austrian mountaineer gradually learns selflessness from the young Dalai Lama.
 11:45 pm WTBS (3) ★★ "A Thin Line Between Love and Hate" (1996, Comedy-Drama) Martin Lawrence. A wealthy woman stalks the womanizing club owner who seduced, then betrayed, her. (E)

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TUESDAY, MAY 30, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows of programming schedules.

WEDNESDAY, MAY 31, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows of programming schedules.

Similkameen News Leader Community Calendar

JUNE

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

JULY

- 1 - Canada Day Celebrations
- 1 - Rotary Club Parade, 12 Noon, Princeton

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

- 9 - Thanksgiving Day
- 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

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 Tuesdays 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) *** "The Client" (1994, Suspense) (PA) Susan Sarandon. Mobsters and lawyers hound a boy who knows about the missing corpse of a U.S. senator. (DVS)
- 10:00 am CITY (29) "Sleeping Dogs" (1998, Science Fiction) Scott McNeil. A jewel thief and his young female companion square off against the psychotic leader of a crime syndicate. (D)
- 11:30 am A&E (9) *** "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. (D)

EVENING

- 7:30 pm WTBS (3) ** "Orange County" (2002, Comedy) Colin Hanks. A high schooler tries to fix a mistake after his guidance counselor sends the wrong papers to Stanford University. (D)
- 9:25 pm WTBS (3) ** "Encino

- Man" (1992, Comedy) Sean Astin. Two Encino Valley teens unearth, defrost and befriend a lovable cave-man in suburban California. (D)
- 10:06 pm CITY (29) ** "Diary of a Mad Housewife" (1970, Comedy-Drama) Richard Benjamin. Despondent over the superficiality of her life and marriage, an attorney's wife begins an affair.
- 11:25 pm WTBS (3) ** "Orange County" (2002, Comedy) Colin Hanks. A high schooler tries to fix a mistake after his guidance counselor sends the wrong papers to Stanford University. (D)

friday movies

MORNING

- 7:00 am WTBS (3) ** "Encino Man" (1992, Comedy) Sean Astin. Two Encino Valley teens unearth, defrost and befriend a lovable cave-man in suburban California. (D)
- 10:00 am CITY (29) "Visitors of the Night" (1995, Science Fiction) Markie Post. Terrible nightmares plague a woman who comes to suspect her teenage daughter was conceived during an alien abduction. (D)

AFTERNOON

- 5:00 pm CITY (29) ** "Lara Croft: Tomb Raider" (2001, Adventure) Angelina Jolie. A beautiful globe-trotter battles otherworldly creatures for possession of a powerful artifact. (In Stereo) (D)

EVENING

- 6:00 pm WTBS (3) ** "Road Trip" (2000, Comedy) Tom Green. Four college buddies take time out to party as they travel from New York to Texas to retrieve an incriminating video. (D)
- 7:30 pm FAM (26) ** "Alr Bud: Seventh Inning Fetch" (2002, Comedy) Kevin Zegers. The golden retriever joins a middle-school baseball team and searches for his missing offspring.

- 8:00 pm KNOW (5) *** "Much Ado About Nothing" (1993, Comedy) Kenneth Branagh. Shakespeare's Don Pedro pairs Benedick and Beatrice and woos Hero for Claudio around a lively Italian villa. (D)
- FOX (25) ** "Lara Croft: Tomb Raider" (2001, Adventure) Angelina Jolie. A beautiful globe-trotter battles otherworldly creatures for possession of a powerful artifact. (In Stereo) (D)
- 8:10 pm WTBS (3) ** "Son-in-Law" (1993, Comedy) Pauly Shore. A South Dakota farm family gets a taste of life in the surf lane when their daughter brings home a California friend. (D)
- 9:03 pm FAM (26) ** "My Boyfriend's Back" (1993, Comedy) Andrew Lowery. After a plan to impress the girl of his dreams fatally backfires, an infatuated teenager returns from the grave.
- 10:30 pm FAM (26) ** "Mr. Holland's Opus" (1995, Drama) Richard Dreyfuss. Life steers a passionate musician away from composing and toward a teaching career.

Horoscopes

May 31 - June 7, 2006

Aries - The high level of activity of last week continues this week, with one difference: you are happier about your finances. Don't kid yourself into overspending or debt!

Taurus - You may feel lazy this week. Watch out for over-eating and weight gain. Work around home may displease you. You really want to go places and talk to people now. Enjoy!

Gemini - You change your worries from money to travel. You would really like to plan a vacation, a summer holiday. Spend energy on assessing what you own and its worth.

Cancer - You could put your foot in your mouth bigtime just by telling jokes this weekend. You may have to travel on short notice this weekend. Drive cautiously. Week ends happily.

Leo - You are full of energy and may want to be top dog for the next two months. Use the energy to achieve a major project. Keep your ego under control. Let others brag for you.

Virgo - You've been busy making plans, but your mind shifts this week to less conscious motives. Guard against self-defeating thoughts and take care of health. Keep foot out of mouth.

Libra - Shared resources are a matter of concern this week, and maybe a matter of dispute. An unexpected visit this weekend may cause conflict on job, with friends. Hang in.

Scorpio - You and partner begin happy new phase. Look for pleasant activity this weekend. Partner has lots to say about assets you share. Listen, do some planning. Travel locally.

Sagittarius - Partner may surprise you this weekend with news about home, family. You may have to travel. Pay attention to speed limits! Job is demanding, but flows smoothly.

Capricorn - Partner wants to talk finances. News may bring surprise, upset on weekend. Plans change suddenly. Problem with unhappy youngster follows weekend. Keep your cool.

Aquarius - Friends, partner suddenly have a lot to say. They go into action. Problems arise over money, shared resources.

Pisces - You do some sudden changes this weekend regarding home and family. A friend or partner could be involved. Sibling may have good advice: listen. Stick to facts, take care of health.

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Similkameen News Leader Recipe Corner (Recipe #117)

Frozen Cranberry Margarita

- 5 oz Ocean Spray Whole Berry (2/3cup/ 150ml)
- Cranberry Sauce
- 1 1/2 oz tequila (3 tbsp/45ml)
- 1 1/2 oz lime juice (3 tbsp/45ml)
- 1/2 oz triple sec (1 tbsp/15ml)
- 5 oz crushed ice (2/3 cup/150 ml)
- Strawberry fan, garnish

Put all ingredients except garnish in a blender. Blend on high speed until ingredients are thoroughly combined. Pour into a large glass and garnish with strawberry.

- 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

PRINCETON SECONDARY SCHOOL - Graduation Class of 2006



The Graduating Class of 2006 pose for a group photo just prior to last Saturday's ceremonies.

Scholarships and Bursaries went to many

Anonymous Scholarship/Bursary - Kassi Crimmon
A. R. Meston Memorial Bursary - Jerrid Lay
C.U.P.E. Local 847 Bursary - Nicole Thomas
George Pearkes Scholarship (Royal Canadian Legion) - Kassi Crimmon, Jana McKenzie
Grad Legacy Bursary - Lewis Smith, Peter Newman, Jana McKenzie, Jerrid Lay
Investors Group Bursary - Cullen Smart
Jennifer Shaun Cusworth Memorial - Samantha Bertucci
Jim Boyce Memorial Bursary - J-Lee White
John Haayer Senior Memorial Bursary - Jerrid Lay
Princeton Lions Club Bursary - Cullen Smart
Legion Ladies Auxiliary Branch 56 - Shelby Carlson
Michelle Webster Memorial

Scholarship - Jana McKenzie Nicola-Similkameen Principals' and Vice Principals' Association - Ashley Folk, Shelby Carlson
Norm Clevon Memorial Bursary - Jerrid Lay
Okanagan College Entrance Scholarship - Jennifer Bailey
Pepsi Bursary - Jana McKenzie
Princeton District Teachers' Union - either Peter Newman or Lewis Smith (to be determined following Provincial Exams)
Rotary Bud DeWolf Memorial Scholarship - either Lewis Smith or Peter Newman (to be determined following Provincial Exams)
Princeton General Hospital and Ridgewood Lodge Foundation - Jana McKenzie
Princeton Hospital Auxiliary - Stephanie Nicholls
Princeton Light & Power - Jerrid Lay, Nicole Thomas, Cullen Smart
Princeton Minor Hockey - Lewis

Smith
Princeton Youth Ambassador Memorial Bursary - J-Lee White, Kassi Crimmon
Senior Citizens Branch 30 - Lewis Smith
Tanner Hogg Memorial Bursary - Jana McKenzie
University of British Columbia - Okanagan - Lewis Smith
Valley First Credit Union - Ashley Folk
Family Fair Bursaries (21 in total) - Jennifer Bailey, Samantha Bertucci, Stephanie Boyce, Jeremy Buhler, Shelby Carlson, Kassi Crimmon, Russell Fletcher, Jerrid Lay, Braden Mare, Jana McKenzie, Stephanie Nicholls, Justine Pelly, Nadine Price, Cody Robinson, Andrew Small, Cullen Smart, Lewis Smith, Blake Tarswell, Nicole Thomas, Colby Whelpton and J-Lee White.
 The Bernice Wardle Award was presented to Peter Newman.



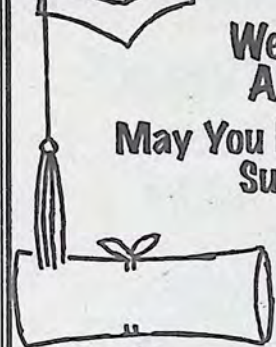
Nicole Thomas receives her Graduation Certificate from PSS Principal Bill Lawrence.

Good Luck Grads!
Take Care of Yourselves for the Good Times Ahead!



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Congratulations Graduates...



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Congratulations, Grad Class of '06!



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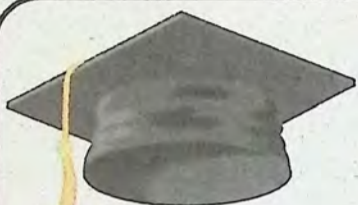
Meet the Grads...

To The Grads of 2006

May the next part of your journey be challenging and rewarding. Good luck to each of you!

Robert R. Wicks

Barrister & Solicitor
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(250) 295-3123
wickslaw@nethop.net



Congratulations "Class of 2006"

May you always enjoy the endless wonders of life!

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We Wish all 2006 Grads the Best of Luck and Success for the Future



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Year 2006 Grads Congratulations!

We are proud of your achievements and wish you success in the future

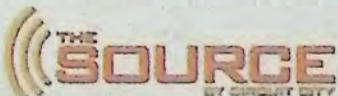
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Graduation

Congratulations

Princeton Secondary School Graduates!
We're Proud Of You!



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Jennifer Bailey, Samantha Bertucci, Whitney Bentley, Jeremy Buhler, Shelby Carlson, Kassi Crimmon.



A. J. Doyle, Rebecca Donohoe, Russell Fletcher, Stephanie Boyce, Tanner Gunn, Amanda-Jean Hobson.



Braden Mare, Jerrid Lay, Peter Newman, Stephanie Nicholls, Ashley Folk, Clark Esselink.

These colour photos will be available to view at www.thenewsleader.ca



Justine Pelly, Shaine Martini, Jana McKenzie, Merissa Ratzlaff, Cody Robinson, Andrew Small.



Cullen Smart, Lewis Smith, Blake Tarswell, Nadine Price, Nicole Thomas, Colby Whelpton.




J-Lee White, Renee Willis, D. J. Wilson, Jackie Byle, Kim Derkson, Katie Quinnell.

Good Work!
We Wish You All The Best In Life




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Congratulations Class of '06!
FROM JAMIE, LESLIE AND STAFF



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Congratulations Grads

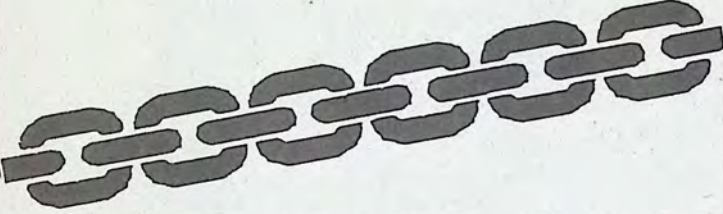
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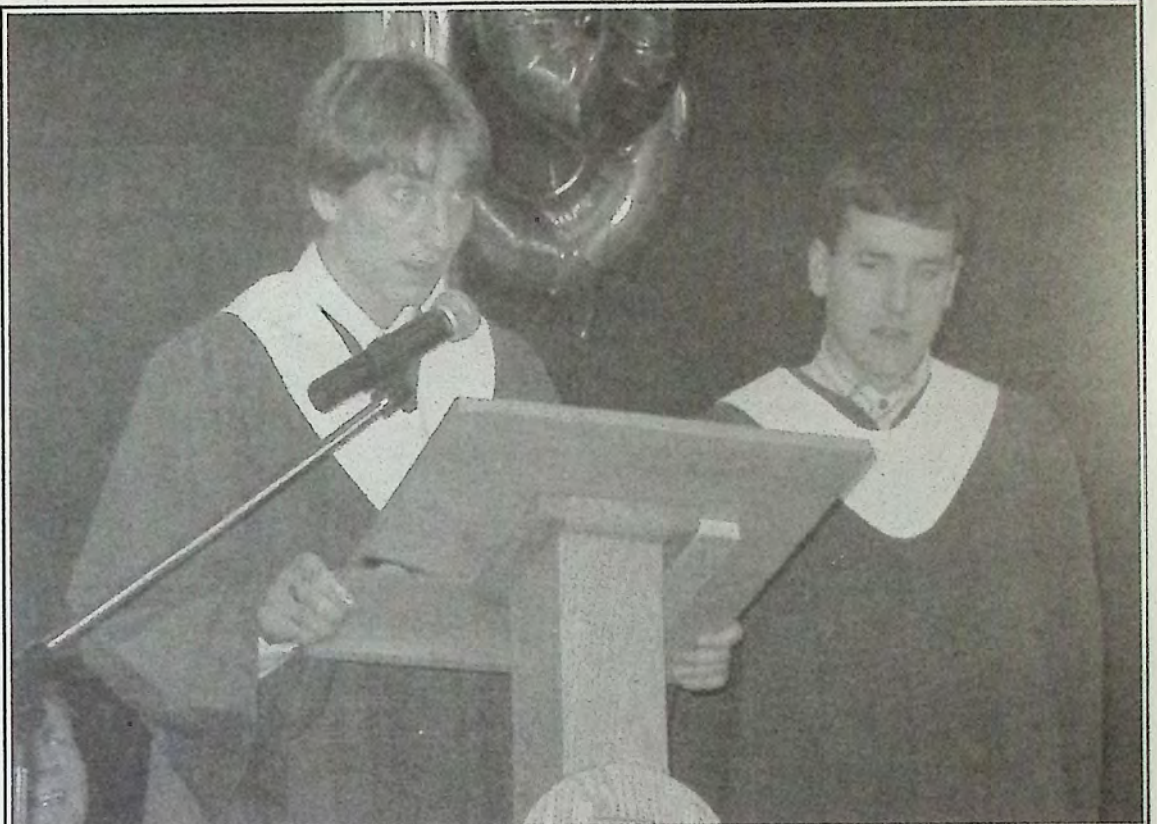
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Valedictorians Lewis Smith and Blake Tarswell address the Class of '06 on Saturday.

Princeton Secondary School '06 Grads

Jennifer Bailey
Samantha Bertucci
Stephanie Boyce
Jeremy Buhler
Shelby Carlson
Kassi Crimmon
Natalie Desrochers
Rebecca Donohoe
A. J. Doyle
Clark Esselink
Russell Fletcher
Ashley Folk
Tanner Gunn
Amanada-Jean Hobson
Jerrid Lay
Braden Mare
Shaine Martini
Jana McKenzie
Peter Newman

Stephanie Nicholls
Justine Pelly
Nadine Price
Merissa Ratzlaff
Cody Robinson
Andrew Small
Cullen Smart
Lewis Smith
Blake Tarswell
Nicole Thomas
Colby Whelpton
J-Lee White
Renee Willis
D. J. Wilson
BRIDGE GRADS
Whitney Bentley
Jackie Byle
Kim Derkson
Katie Quinnell

Congratulations

...on a job well done!

Good Luck with your future plans.



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CONGRATULATIONS!

PRINCETON SECONDARY SCHOOL
Class of 2006

*May your future be filled with
Hope and Prosperity!*



Harry S. Lali, MLA
Yale-Lillooet
Province of British Columbia



Jana McKenzie receives her Graduation Certificate from PSS Principal Bill Lawrence.

THURSDAY, JUNE 1, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM 26, KTLA, CITY 29, WGN 38) and 24 rows (6 AM to 11 PM) listing TV programs and their corresponding channels.

FRIDAY, JUNE 2, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM 26, KTLA, CITY 29, WGN 38) and 24 rows (6 AM to 11 PM) listing TV programs and their corresponding channels.

saturday movies

MORNING

7:00 am WTBS (3) ★★½ "Air America" (1990, Adventure) Mel Gibson. During the Vietnam War, a co-pilot has a sobering effect on his partner, a CIA-sanctioned drug smuggler. (E)
9:35 am WTBS (3) ★½ "Lost & Found" (1999, Romance-Comedy) David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring. (E)
10:00 am A&E (9) ★★½ "Falling Down" (1993, Drama) Michael Douglas. A traffic jam helps push a stressed-out former defense worker to the breaking point and beyond. (E)
11:30 am CITY (29) ★★ "Ghost" (1990, Fantasy) Patrick Swayze. A slain Manhattan yuppie reaches out to his lover, with a medium as his middlewoman. (E)
11:50 am WTBS (3) ★★ "Road Trip" (2000, Comedy) Tom Green. Four college buddies take time out to party as they travel from New York to Texas to retrieve an incriminating video. (E)

AFTERNOON

12:00 pm FAM (26) ★★½ "Gotta Kick It Up" (2002, Drama) Susan Egan. A teacher inspires a group of Latina schoolgirls to reach for their full potential and become a championship dance team. WGN (38) ★★ "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) (E)
1:34 pm FAM (26) ★★ "Kazaam" (1996, Comedy-Drama) Shaquille O'Neal. A gigantic genie adapts to modern society while waiting for a troubled 12-year-old to request his three wishes.
2:00 pm WTBS (3) ★½ "Son-in-Law" (1993, Comedy) Pauly Shore. A South Dakota farm family gets a taste of life in the surf lane when their daughter brings home a California friend. (E)
4:00 pm YTV (18) "Kangaroo Jack: G'Day U.S.A.!" (2004, Adventure) Animated. A kangaroo's pals wind up

EVENING

6:00 pm CITY (29) "Wall of Secrets" (2003, Suspense) Nicole Eggert. Premiere. An architect's wife finds her perception of reality twisted after her neighbor dies under mysterious circumstances. (E)
7:00 pm WTBS (3) ★★ "Rush Hour 2" (2001, Action) (PA) Jackie Chan. Two detectives battle a Hong Kong gangster and his henchmen after a bombing at the U.S. Embassy. (E)
8:00 pm KXLY (10) ★★ "Toy Story" (1995, Adventure) Voices of Tom Hanks. Animated. A flashy new action hero's arrival creates upset in a community of toys that comes to life when people are absent. (In Stereo)
9:00 pm WTBS (3) ★★½ "Jerry Maguire" (1996, Romance-Comedy) Tom Cruise. A Los Angeles sports agent finds love with a pretty accountant after an attack of conscience costs him his job and fiancée. (E)
VTV (22) "Fast Food High" (2003,

Comedy-Drama) Alison Pill. A teenage risks losing her job, boyfriend and social status to start a union at the burger joint where she works. (E)
FAM (26) ★★ "Inferno" (1999, Suspense) Ray Liotta. Premiere. Criminal elements surround an amnesiac's quest to learn his true identity.
CITY (29) ★★ "Ghost" (1990, Fantasy) Patrick Swayze. A slain Manhattan yuppie reaches out to his lover, with a medium as his middlewoman. (E)
9:30 pm WGN (38) ★½ "Prince of Central Park" (1999, Drama) Kathleen Turner. A teenager runs away from his abusive foster mother and lives on his own in Central Park. (In Stereo) (E)
10:36 pm FAM (26) ★★ "I'll Do Anything" (1994, Comedy) Nick Nolte. A struggling actor is reunited with his precocious young daughter after his ex-wife is sentenced to jail.
11:00 pm 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.
11:30 pm WGN (38) ★½ "An American Werewolf in Paris" (1997, Horror) Tom Everett Scott. A U.S. tourist saves a Parisian from suicide, pur-

sues her and gradually discovers her dark secret. (In Stereo) (E)
11:45 pm CITY (29) ★★ "Fellini's Casanova" (1976, Drama) Donald Sutherland. The fantasies and frolics of the infamous lover are played out against the spectacle of 18th-century Europe.

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

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

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On Peak Red Zones
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Time-of-use

Table with columns for days of the week and rows for different time slots (e.g., 10:30 PM, 11:00 PM) showing power usage status.

sunday movies

MORNING

6:00 am WTBS (3) ★★ "Save the Last Dance" (2001, Drama) Julia Stiles. A former ballet student gets a dose of hip-hop culture after she enrolls in an urban Chicago high school. (E)
8:00 am WTBS (3) ★★ "Never Been Kissed" (1999, Comedy) Drew Barrymore. An awkward young woman poses as a high-school student to get the scoop on teenage life for a Chicago newspaper. (E)
11:00 am CITY (29) ★★½ "Beethoven 2" (1993, Comedy) Charles Grodin. A St. Bernard's evil owner tries to abduct her litter from a family who saved them from death. (E)

AFTERNOON

12:00 pm FAM (26) ★★ "Super Mario Bros." (1993, Fantasy) Bob Hoskins. Based on the popular video game that takes two plumbers on a perilous mission to rescue a parallel-world princess.
1:00 pm 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)
KTLA (27) ★★ "The Sixth Man" (1997, Comedy) Marlon Wayans. The ghost of a college basketball player helps his younger brother carry their team to victory. (In Stereo)
1:30 pm FAM (26) ★★½ "Houseguest" (1995, Comedy) Sinbad. A con artist brings normalcy to a dysfunctional family after he assumes the identity of an old friend.
2:00 pm VTV (22) "A Killing Spring" (2002, Mystery) Wendy Crewson. Based on a novel by Gail Bowen. Joanne Kilbourn investigates the suspicious death of the journalism school's dean. (In Stereo) (E)
3:00 pm WTBS (3) ★★ "Never Been Kissed" (1999, Comedy) Drew Barrymore. An awkward young woman poses as a high-school student to get the scoop on teenage life for a Chicago newspaper. (E)
KTLA (27) ★★ "Senseless" (1998, Comedy) Marlon Wayans. A college student becomes a human guinea pig when he takes an experimental drug that heightens the senses. (In Stereo)

4:00 pm YTV (18) ★★½ "Beethoven's 3rd" (2000, Comedy) Judge Reinhold. The lovable Saint Bernard and his family get caught up in a computer caper during a road trip in their motor home.
5:00 pm WTBS (3) ★★ "Runaway Bride" (1999, Comedy) Julia Roberts. A columnist travels to Maryland to get the scoop on a commitment-shy woman who's left several suitors at the altar. (E)

EVENING

6:00 pm YTV (18) ★★ "Rookie of the Year" (1993, Comedy) Thomas Ian Nicholas. A boy lands a job with the Chicago Cubs after an arm injury leaves him with major-league pitching talent.
CITY (29) ★½ "Domestic Disturbance" (2001, Suspense) John Travolta. A boy's real dad is the only one who believes his claim that he saw his stepfather commit a murder. (E)
7:30 pm WTBS (3) ★★ "Runaway Bride" (1999, Comedy) Julia Roberts. A columnist travels to Maryland to get the scoop on a commitment-shy woman who's left several suitors at the altar. (E)
9:00 pm KNOW (5) "Kings in Grass Castles" (1998, Drama) (Part 4 of 4) Stephen Dillane. Chronicling 75

years in the lives of an Irish family who established roots in 19th-century Australia.
KREM (8) ★★ "Ocean's Eleven" (2001, Adventure) George Clooney. A charming criminal recruits a diverse team of theft experts to pull off a daring heist in Las Vegas. (In Stereo) (E)
VTV (22) "Spirit Bear: The Simon Jackson Story" (2005, Docudrama) Ed Begley Jr. Premiere. A Canadian teenager leads a campaign to save an endangered bear. (In Stereo) (E) (DVS)
FAM (26) ★★½ "Legends of the Fall" (1994, Drama) Brad Pitt. A Montana rancher and his three sons experience the devastating tragedies of romance and war in the early 20th century.
10:00 pm WTBS (3) ★★ "Save the Last Dance" (2001, Drama) Julia Stiles. A former ballet student gets a dose of hip-hop culture after she enrolls in an urban Chicago high school. (E)
11:00 pm CITY (29) ★★ "Cat People" (1982, Horror) Nastassja Kinski. A woman suffering from an ancient curse realizes that intimacy with another will turn her into a panther.
11:12 pm FAM (26) ★★ "Mr. Jones" (1993, Drama) Richard Gere. A doctor

crosses the ethical line when she falls under the spell of a charming but mentally unbalanced patient.

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SATURDAY, JUNE 3, 2006

Table of TV programming for Saturday, June 3, 2006. Columns include channel numbers (WTBS 3, CHBC 4, KNOW 5, KSPS 6, KHQ 7, KREM 8, A&E 9, KXLY 10, BCTV 11, CITY 12, YTV 13, TSN 14, VTV 22, DISC 24, FOX 41, FAM 26, KTLA 27, CITY 29, WGN 38) and program titles such as 'Stories', 'News', 'Movie: "Air America"', 'PGA Golf: Memorial Tournament', etc.

SUNDAY, JUNE 4, 2006

Table of TV programming for Sunday, June 4, 2006. Columns include channel numbers (WTBS 3, CHBC 4, KNOW 5, KSPS 6, KHQ 7, KREM 8, A&E 9, KXLY 10, BCTV 11, CITY 12, YTV 13, TSN 14, VTV 22, DISC 24, FOX 41, FAM 26, KTLA 27, CITY 29, WGN 38) and program titles such as 'Movie: "Save the Last"', 'Dance', 'Movie: "Never Been Kissed"', 'MLB Baseball: Arizona Diamondbacks at Atlanta Braves', etc.

MONDAY, JUNE 5, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM 26, KTLA, CITY 29, WGN 38) and 24 rows (6 AM to 11 PM) listing TV programs and channels.

monday movies

MORNING
7:00 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)
10:00 am CITY (29) ***"Beethoven" (1992, Comedy) Charles Grodin. Children talk their father into letting them keep a St. Bernard puppy, which grows to be a problem. (E)
AFTERNOON
5:00 pm CITY (29) ***"Rush Hour 2" (2001, Action) Jackie Chan. Two detectives battle a Hong Kong gangster and his henchmen after a bombing at the U.S. Embassy. (In Stereo) (E)
EVENING
8:00 pm WTBS (3) ***"The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A hit man in the Witness Protection Program and his next-door neighbor team up to find out who is trying to kill them. (E) (DVS)
FOX (25) ***"Rush Hour 2" (2001, Action) Jackie Chan. Two detectives battle a Hong Kong gangster and his henchmen after a bombing at the U.S. Embassy. (In Stereo) (E)

news leader puzzle page puzzle maps of exploration

Draw a line on the map from (bracketed clue) solution to (bracketed clue) solution. He had done well with his law study's and now wanted to travel. It was the year 1325 and he was 21 years old when he left the city of (stronger taste ear) 36N/6W. Following the trade route he set out on a donkey towards the (map) mountains and for safety, joined a group of fellow travelers. They moved on for many days without seeing any towns only groups of camel herders, until they reached the outskirts of (pond growthers) city. As they traveled night and day through the Cedar forests trying to avoid the Arab rebels he became ill so they tied him to his saddle. At Tunis he stayed and recovered at a college dorm and eventually moved on with a good sized caravan. Along the shore of the Barbary Coast they experienced the fierce Scirocco winds off the desert. They fought off Camel thieves near (fall down Oli). After several more thirsty months of weary travel, 2000 miles (3200K) into his journey, they reached Alexandria and abundant fresh water. Deciding to be a tourist he went down river to the Pyramids then to the city of Cairo 30N/31E. Continuing along the Nile river to the (blood color) sea port of Aydhad he intended a boat trip to Jeddah in Arabia, but a rebellion against the Mamluk rulers was underway and he was turned back to Cairo. From there he traveled north to the (wall for liquid ascus) city and joined a mighty caravan for the journey south through the desert to Medina, then on to Jeddah; A detour for him of almost 1600 miles (2560K). Finally a year and a half since he left home he reached the goal he once dreamed of, Mecca 21N/39E.

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card of thanks

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Bless you all,
Ron Armstrong

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(250) 295-6545

yard sale

YARD SALE
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Saturday, June 3

2:00 PM - 4:00 PM
Sunday, June 4

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May 30-31

wanted

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May 30-31

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wanted

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May 23-Jun 06

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May 30-31

help wanted

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.

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

Experienced help wanted. Kitchen and wait staff. Apply at kitchen door, Linguini's Restaurant, 255 Vermilion Avenue, Princeton.
May 23-Jun 06

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Jan 10-tin (MC)

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

for sale

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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May 30-Jun 13

28 HP 4x4 Kubota tractor with PTO and 60" hydraulic bucket. 1,770 hours. \$10,000.00. (250) 295-7365.
May 30-Jun 13

1994 GMC 2500 Extended Cab. Auto., power everything including start, towing package, visor with lights, running boards, deflectors. Very clean. \$9,950.00 (canopy separate - \$400.00). Call (250) 295-3245.
May 30-Jun 13

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

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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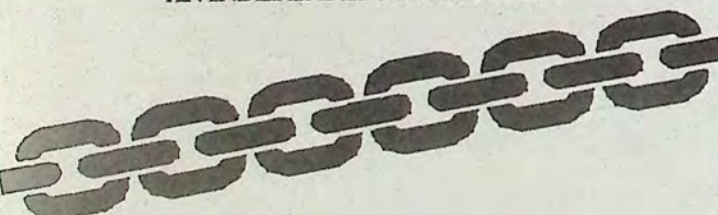
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Phone (250) 295-7588
e-mail: info@princetonmuseum.com

Closing Date for Applications: Saturday, June 3, 2006

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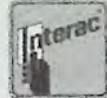
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my turn

Coming down to the wire

What a fitting way to end the school year. If you haven't heard, two of the largest school bursaries at Princeton Secondary School - the Princeton District Teachers' Union and Princeton Rotary Club's Bud DeWolf Memorial - are normally presented to the top two students in Grade 12.

At the time of last week's Graduation Ceremonies, the top two student - Peter Newman and Lewis Smith - were sitting at a tie.

While we are not trying to suggest this should ever be considered a competition with a large cash award at the end of it, we have to say how impressed we are that Princeton's High School has produced such worthy candidates that a decision will only be made possible following scoring at the end of Final Exams.

Not only should both families of these students be proud, but so should all members connected to our school system and the community at large.

We cannot remember such circumstances affecting the decision of who gets which bursary, at least not in recent years.

For a small town with a School District that faced having to close one school due to a dwindling student population to the resurrection of that site into the Riverside Wellness Centre to the present situation where the top two students in the Graduating Class are tied - you couldn't script a more fitting end to a chapter of one's schooling.

We hope both students will earn some sort of recognition from both the School District and Town Council for their achievements and for putting a little more excitement into Graduation for the rest of us.

It doesn't matter to us which student gets which bursary as we consider both winners - just as we view all members of the Class of 2006 (Bridge Graduates, too!) as winners.

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.

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your turn

The non-motorized debate continues

To The Editor;

Members of the local cycling group rode out to Coalmont on Sunday, May 21st, looking forward to a pleasant, quiet off-road experience cycling back to Princeton on the Trans Canada Trail.

We hoped to see some wildlife, stop to smell some flowers, perhaps hear some birds, and enjoy that awesome canyon that most communities would dearly love to have so close.

Instead, we were constantly passed by trail bikers and people on quads, and irritated by clouds of dust, the smell of exhaust, noise, and sometimes threats to our safety. The trail is often diffi-

cult to ride because the surface has been chewed up by ATVs.

It is time that the Trans Canada Trail be designated NON-Motorized. The signs saying "No automobiles," on the section of the trail going out to Osprey Lake, are not enough.

As on other sections of the Trans Canada Trail that we have been on, the signs have to be explicit, prohibiting ALL MOTORIZED VEHICLES, and barriers must be put in place to reinforce that message.

There are many other places where ATVs can ride. The Trans Canada Trail is special. It is part of a country-wide trail that attracts people from all over the world. It

has huge tourism potential that has already benefited this area, and could benefit it even more.

We know there has been some funding for improvements to the trail in this area. We know many people from the community have worked very hard to make those improvements. However, unless the ATVs are kept off the trail, the improvements will be of marginal benefit.

I don't think the people from out of town, and particularly from out of the country, who were trying to cycle the trail on Sunday, will be back. And that's a shame.

- Sincerely,
Myrna and John Bosomworth,
Princeton

Letter To The Editor

Princeton pleases out-of-towners

To The Editor;

We recently visited the Town of Princeton on our way back from the Vintage Car Club of Canada's May Tour in Castlegar.

Princeton was a convenient stop on the way home to Victoria, providing a break from the awful experience of holiday Monday traffic - in fact we took the Old Hedley Road in from Hedley which is slower but a way more pleasant drive, leaving all the speedballs on Highway 3, and when you drive an old car you should not be in such a hurry!

We stayed overnight at the Best Western. Then next morning, our car would not start. As it turns out, the starter was gone.

We called BCAA and had it towed to On-Time Automotive.

This car is 38 years old and there was not a starter in town for it. They ordered one for us to be delivered the next day, and they promised to put it in as soon as it arrived.

They also told us they would push our car into one of their bays overnight so it would not be out on the street. When I went there at 9:30 the next morning, the car was all fixed and ready to go.

We were impressed by the good service we got at On-Time Automotive, and if we were ever in need of auto service in Princeton again we would certainly know where to go. We will also let the other 100 members of our Chapter know in case they ever have a similar need.

On our walk back to the Best Western, we saw a Princeton Visitor's Guide in a rack in a Realtor's office on Vermillion Street. We went in to pick one up to plan our extra day, and the lady in the office was very friendly and gave us some ideas for things to do.

There was a 2 for 1 coupon at Subway in this guide, which we used, and then we walked out to the Red Ochre Bluffs on the Trans-Canada Trail.

We also realized that there are lots of other things to do there and we have never really done anything other than drive through on our way to somewhere else. One of these times we will stop and spend a few days.

- Paul & Liz Taylor, Victoria

Current Comment:

Code movie needs open minds



Dawn Johnson
editor@thenewsleader.ca

All of the fuss over the movie The Da Vinci Code made me do a lot of thinking. I read the book quite some time ago, and found it fascinating.

It is important, when reading any novel, to remember it is fiction. There may be some important facts in the novel, but it is a work of fiction. Somebody made it up based on a few facts and a lot of imagination.

What troubled me most about all the fuss was the vehement reaction of Christians, as if no questioning of the life of Jesus could be permitted.

I recall the words of Pope John XIII: the Christian faith needs doubters. He said this in the early 1960's. I have forgotten which book or movie created an uproar, but I remember his reaction. It seemed surprising coming from the Pope.

What do doubters do for the faith? In my opinion, doubters make us take off our blinders and seek to find the truth. "Seek and you will find. Knock and the door will be open to you." Isn't that what Jesus said?

He also said we can find the Kingdom of Heaven, because it is within us. Jesus said some pretty revolutionary things. He even said anyone could be like him.

We do not know everything Jesus may have said. The Bible, as we know it, is the work of many writers, and it was carefully selected to suit the purposes of the Catholic Church. The first Bible of common use was printed by Gutenberg about 400 years ago, and it was the same Bible, pretty much, as approved by the Catholic Church.

Despite the Dead Sea Scrolls and the Nag Hammadi Library, the Bible has never been expanded to include the new information. It is as if the Christian faith cannot, or will not, broaden its thinking to explore other sources. Yet, on television (Discovery Civilization), we have seen one program after another expanding our understanding of what is in the Bible.

More revolutionary are the

works of Zacheriah Sitchin, who translated the 6,000 year old tablets of Sumer to tell us in detail what Genesis briefly touches on about the origins of mankind.

Is the world flat? People used to believe it was until it was generally accepted that it was round, because nobody fell off the edge no matter how far they travelled. However, before it was commonly accepted that Earth was not flat, people were put to death for believing it was round. The Church said Earth must be flat because the Bible said Earth had four corners.

What disturbs me about the reaction to The Da Vinci Code is the potential for the same kind of religious fanaticism that executed people for daring to question

prevailing belief. Take a look at the Middle East or Northern Ireland, and see the horrible consequences of religious fanaticism.

Across all nations, and all religions, people believe in some kind of greater purpose to life, that we are part of something much bigger than just our little selves. In my opinion, religious fanatics have forgotten the larger purpose and are totally involved in their little selves. Fanaticism is never about the Supreme Being, it is about the importance of the little me who wants to guarantee that what I believe is the only thing worth believing. In the name of that ego trip, millions have died, and death continues to stalk the path of fanaticism.

Heart Food

by Dave Machin

“Your word is truth.” (John 17:17b). Notice that this verse does not say, “your word is fact.” Why? Because truth goes beyond facts. The fact may be that you do not have any money. The fact may be that the doctor said you have an incurable disease, but what does the truth have to say about it? You must understand that truth is absolute. Truth does not yield. Truth does not change. Therefore facts are subject to the truth. It can be a fact that you are as sick as can be, BUT GOD SAYS you were healed by the stripes of Jesus when He died on the cross 2000 years ago. That is the truth! Now you have a choice. You can apply the truth of God’s word to the fact that you are sick and the fact will change - or you can agree with the facts and things will stay like they are. It will be much easier just to agree with the facts, because facts scream a lot louder than the word of God does. God’s word will be quiet - until it begins to come out of YOUR mouth in faith, it will be the final word! If it’s God’s word about healing you will be healed, if it’s His word about prosperity you’ll be prosperous. If it’s His word about deliverance, you’ll be delivered. God has given you His contract. When you do your part by believing and speaking and acting on a heart full of faith, God’s word will come to pass. No circumstance on earth and no demon in hell can stop it. So forget all these stories you have heard about those who believed and it didn’t work for them. Quit asking questions about how and settle it once and for all. GOD’S WORD IS TRUTH! For God is good, His word is good and good all the time.

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A number of these signs were posted along the Trans-Canada Trail last week indicating the proper use of the trail. So far, dirt bikers in the Tunnel area haven't figured out what the signs mean.

we beat those cravings

by W. George Elliott

Last week I discussed the 'mind' part of the Body, Mind, Spirit equation. This week I'm going to examine Spirit. I had to actually look it up in two different dictionaries so that I would be clear on the difference between spirit and spiritual.

The Spirit part of what I'm talking about is defined as 'a person's mind or feelings or animated principle as distinct from his body; a person's nature' so in other words, for me anyway, my Spirit is the thing that motivates me to do whatever it is I do. My drive, my ambition. The thing that fuels me.

In order to clearly understand my Spirit, I need to have a clear Mind (as discussed last week) which demonstrates a linkage between the two.

It's not unusual for me to be in front of the television in the late evening tapping out news on my laptop - just as I'm doing this column - and think nothing of it. Part of it's an essential part of my job, but I don't view it as work. There's something inside me that is driving me to do this and there is not only a sense of satisfaction that comes from it, but there's a great deal of pleasure. I've been told many times over the years that I'm very lucky to be doing something I enjoy so much - which I suppose removes the 'job' title away from it.

The Spirit part for me is that I'm driven to do this. Most anything I've tackled has had an amount of drive associated with it. I am also very careful not to get involved in something I don't find any interest in as I know I either won't enjoy it, or won't want to continue to do it.

Which brings me to my ongoing journey to beat those cravings. I've had an interest in fitness as far back as I can remember. In high school I

found I liked the middle distance track and field events more than anything else. It didn't matter how far I could toss the javelin as I wasn't interested, but how fast could I run the 440? That got me interested. In later years, road races were an interest (mostly 10-kilometres) and cross training with free weights introduced me to kinesiology and the wheels just kept spinning.

I eventually bought a mountain bike thinking I'd ride hundreds of miles a year and retire from running. I sold the bike two or three

years later after only using it twice. Something kept driving me back to running.

So Brenda now has a pair of inline skates, which she loves and I'm running alongside her as we slowly reintroduce our bodies to the most important part of our fitness equation: activity.

We both like what we are doing (skating/running) which means we will likely stick with it and turn the activities into a routine. Call it drive, ambition or spirit. We've got it and it's going to get us where we need to be to beat those cravings.

Vermilion Court news

The month of May has been quite busy. Mother's Day saw many of our residents receiving plants or floral arrangements to brighten our days and, of course, several had relatives arrive to help celebrate the day. And many phone calls were taken or made.

And then Victoria Day Holiday! Highways have been busy, the stores also. Now we have Fields store back in business. The building looks so nice with the new flooring and with a different arrangement of their goods.

Birthdays have been celebrated. Audrey was tricked into making her own cake. (She thought it had been forgotten!) Doreen had her sister Jacquie from England visit-

ing with her to help celebrate her day. And by the time this is published Reet will have added another number to her age.

Bingo remains popular on Tuesdays and Thursdays. Nail care with hand massage were given to several and was very much appreciated.

A young gentleman by the name of Mere gave us each a small bouquet. So nice of him.

Our residents are planning a trip to Summerland to board the train for a two hour ride. Of course a day out would not be complete without a meal out.

Until next time enjoy the longer daylight days.

- submitted by D. Stenvold

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COFFEE MUG CHRONICLES

Girl Pumps Up Her Resolutions



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

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

What Will You Do With Your FREE Mug?

We've Got Your Perfect Place!



Commercial...
 MLS#32878 \$240,000
 Great buy! Two commercial buildings located downtown.



MLS#32728 \$79,500
 Excellent opportunity to own your own business in Mall. Highway access.



MLS#34994 \$179,000
 10 acres with highway frontage, out-buildings, well and septic.



MLS#34946 \$69,000
 Nice little business located at the end of Bridge Street downtown.



MLS#35180 \$349,000
 Building only on large lot with highway frontage. Long-term tenant.



MLS#32461 \$350,000
 Excellent opportunity to own your own building and lease the business out.



MLS#29521 \$139,000
 Clean investment in the heart of downtown. Building only.



Recreational...
 MLS#34165 \$59,900
 10-acre recreational property. Within 1km of Allison and Round Lakes.



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



MLS#27735 \$495,000
 47-acres, incredible views! Hot tub room, privacy galore!



MLS#33791 \$79,500
 Beautiful lot. Dillard Creek runs through. Has shed and comes with trailer.



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



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



MLS#35179 \$79,900
 Excellent investment property. 3-bedroom, 4 appliances, alley access.



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



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



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



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



MLS# \$162,700
 2-bedroom, 2-bath townhouse on one level. Private yard with patio.



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



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



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



MLS# \$142,000
 Recreational opportunity in Tulameen! Hunt, fish, hike...it's all here.

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