

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

Volume 9 Issue 47 #452 ISSN 1712-090X
Canadian Publications Mail Agreement No. (1299263)

Tuesday, November 21, 2006
Published Weekly in Princeton, B. C. by Bengel Publishing Inc.

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Wildsight predicts showdown

Proposed coal power plant upsets residents



John and Lorraine Babiak of Princeton Dairy Queen say Christmas gifts have already started to pour in for their annual Angels Anonymous program. To find out how you can participate drop into the DQ. *

Over three hundred and fifty people attended community meetings in Princeton and Keremeos this month to hear about the pollution that will result if a proposed coal fired electrical generation plant in the Similkameen Valley gets approved.

"I share the concerns of people in my community about this project," said Mayor Randy McLean of Princeton. "It is important for people to hear about the impacts that this plant would have in our valley."

Representatives from the Pembina Institute and Wildsight were invited by local citizens' groups Save Okanagan Similkameen and Friends of the Similkameen Valley to make presentations to packed community halls.

"We are very grateful that these

folks came to our community to provide us with information we couldn't get from the company or the government," said Mayor Walter Despot of Keremeos. "We feel that we finally got clear information about how this project would pollute our air shed."

Attendees learned about the out of date technology Vancouver based Compliance Energy is proposing to use. The fluidized bed combustion system is not 'clean coal'. Gasification is the best technology available and the only one that offers the potential of near zero emissions.

"We in the Similkameen Valley are fighting this battle for everyone in the province. We all can be assured that if this second rate technology is accepted here it would open the door to

.....continued on Page 12

Princeton Arts Council looks ahead

Although the Arts Council will not meet again until January 17, groups are moving ahead with plans for the future.

Vermilion Artists will hold two workshops in the new year, a drawing workshop in February and a watercolours workshop in March.

Princeton Performing Arts members are busy with workshops. Last week, members learned make-up techniques. Preparations for their first production, *The Mouse Trap*, are well underway, with presentation to the public planned for March. The cast has been picked, although they need two men, around age 30, to complete the cast. Interested men should contact Paul Huycke.

Despite failure to have their most recent grant application approved, the group is asking people to honour their pledges and all of those asked, to date, have done so, including the Arts Council, which pledged \$2,500. The money is needed to complete training planned to make the group sustainable.

Del Hall reported to the November 15 meeting that the Potters Guild members are busy with their projects. She reported on the success of the concert given by Jon Bartlett and Rika Ruebsaat on November 5. She gave the report for Vermilion Forks Field Naturalists, indicating they are having a guest speaker on November 20 at Riverside Centre, and will be doing the annual Christmas bird count.

Del Hall reported on the public presentation of three concepts for the

town square. She showed everyone a trend of the future as published in *The National Post*, showing Princeton is way ahead of a trend coming to other Canadian towns, but added Princeton needs a lot of fresh paint.

Mary Bedford advised Arts Council members on matters related to the operation of Riverside Centre. Nadine McEwen is now responsible for scheduling and allocating suitable space for meetings, classes and activities. McEwen has an office in Riverside Centre.

Nick Mills reported the museum has

School Board announces EDI test results

Wendy Hyer made a presentation at the November 15th regular meeting of the Board of School Trustees for School District 58 on the Early Development Instrument.

The EDI is a questionnaire designed to measure children's school readiness. The EDI includes 120 questions on the development of kindergarten-level children in five domains. They are Physical Health & Well-Being (the physical readiness for school, physical independence, general health, gross and fine motors skills, etc.), Social Competence (overall social competence, responsibility and respect, approaches to learning, readiness to explore new things, sharing, etc.), Emotional Maturity (pro-social behaviour and helping behaviour, is able to concentrate, patience, lack of anxious, fearful or aggressive behaviour, etc.), Language and Cognitive Development (basic literacy, interest in reading,

had more than 14,000 visitors during the past three years. He noted that the forest fires had reduced the numbers for early September, and therefore for the year, but was pleased with almost 4,500 visitors this year.

Members were informed of local upcoming Christmas events, the light-up on December 1 and 2, and the annual Christmas songfest early in December. The Field Naturalists representative was told of the Snow Goose Festival in Washington in February, where those in attendance can see thousands of snow geese, an

recognition of numbers and shapes, awareness of time concepts, etc.), Communication Skills and General Knowledge (ability to clearly communicate one's own needs and understand others, active participation in storytelling, interest in general knowledge about the world, etc.).

The EDI has been completed in School District 58 twice with the first cycle in 2002-03 and the second cycle in 2005-06.

The bottom ten percent of scores is used as a cut-off for vulnerability status. This means that children who fall below the tenth percentile are determined to be at risk or vulnerable in terms of school readiness within a given developmental domain.

How did students in Princeton do?

In the first cycle, which involved 39 students, Princeton students deemed vulnerable totaled 12.8% (Physical Health and Well-Being), 15.4% (Social

art and music festival, and can enjoy a salmon barbecue.

The Arts Council agreed to buy a book which is a guideline for community arts projects. When the book arrives, members will review it and perhaps purchase a second book if it appears to have high value for Princeton groups.

Members were advised of an opportunity to apply for a foundation grant for a project. Suggestions were made regarding some kind of event for Canada Day.

A second Open House will take place

Competence), 18.0% (Emotional Maturity), 28.2% (Language and Cognitive Development) and 10.3% (Communication Skills and General Knowledge).

The second cycle had 31 students with totals of 16% (Physical Health and Well-Being), between 10 and 15% (Social Competence), below 10% (Emotional Maturity), Approximately 20% (Language and Cognitive Development) and between 10 and 12% (Communication Skills and General Knowledge). Sample numbers below 35 makes data more difficult to analyze, so estimates were made in the second cycle.

"If you compare Cycle one to Cycle two," Hyer explained, "There has been improvement in some areas and not in others."

It basically means that one in five kindergarten students in Princeton are not prepared for school.

at Riverside Centre in April. Member groups of the Arts Council will be planning their presentations at the Open House. Joan Kelly and Del Hall are the organizers. The meeting ended with wishes for a happy holiday.

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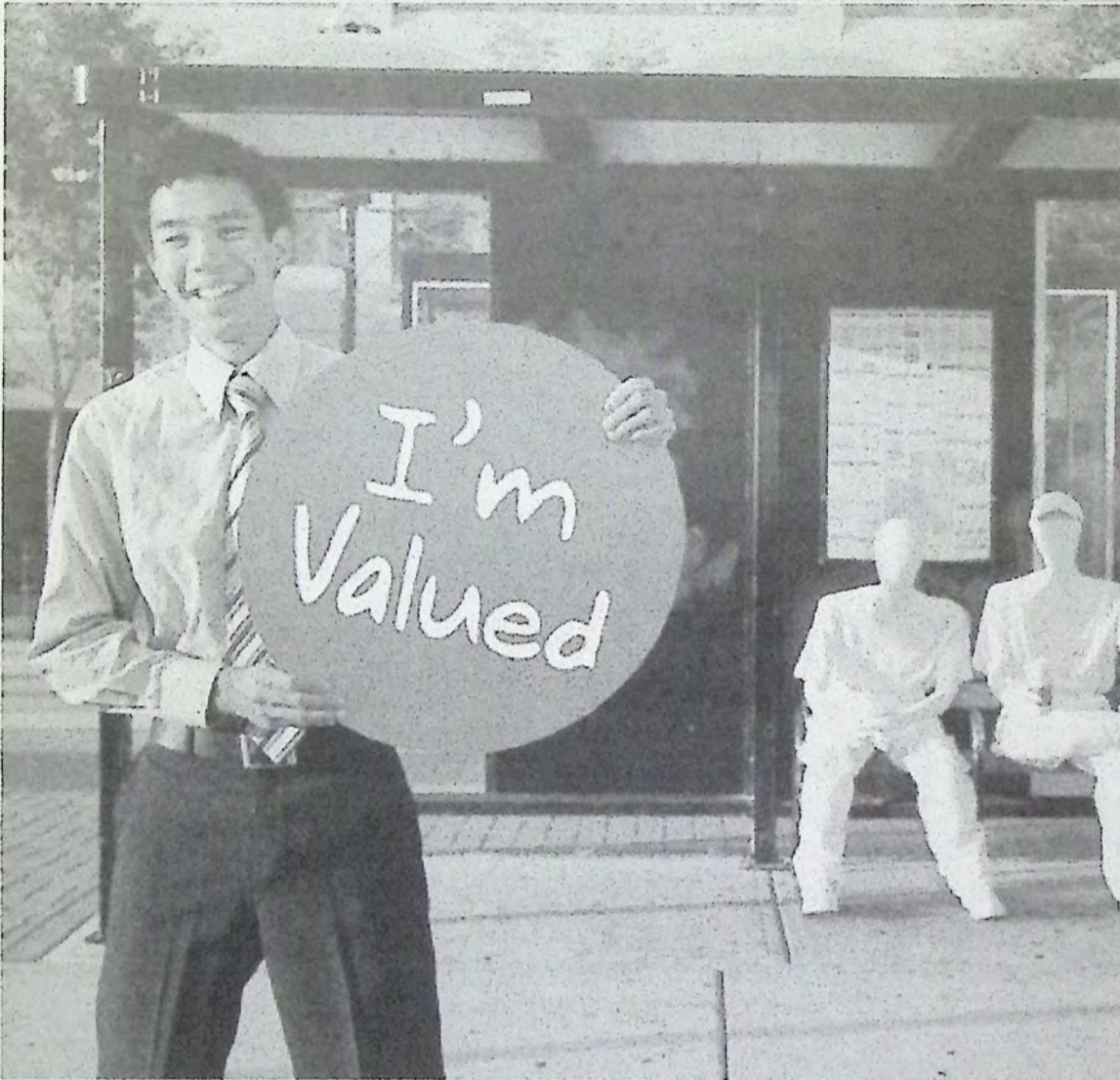
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Slippery roads early last week resulted in a handful of accidents on local roads. This vehicle left the road near Manning Park.
Photo: Princeton RCMP.



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Drivers not prepared for conditions

Snow covered roads that had patches of slush and ice attributed to a flurry of motor vehicle accidents Monday November 13th during the day.

"The first accident occurred on Highway 3 east of Princeton near the Golf Course and four people were transported to the Princeton Hospital with minor injuries," reports Princeton RCMP Cst. Myrl Stus.

"Princeton Fire-Rescue attended to cut the front passengers out of the vehicle."

The second accident occurred at around 8:30 AM west of Princeton on Highway 3 near Burr Road.

"The driver of the jeep slid across into the opposite lane and into the ditch flipping it onto its roof. Two males were transported to hospital for exam and the driver had whiplash injuries. He was issued a violation ticket for having an invalid drivers licence as well as travelling too fast for the road conditions. Attributing to the cause of the two collisions were poor tread on the tires."

The third accident of the day occurred before noon near Sunday Summit, there were no injuries as a result, again poor road conditions and an unfamiliarity with driving in winter road conditions as well as driver inexperience were the result of this collision.

A fourth accident occurred west of Manning Park at around 2:30 PM. Injuries and cause of the accident

were not known at press time.

"Police advise all motorists to ensure they reduce speed during poor winter road conditions and check your tires for proper inflation and replace if there is excessive wear on the treads of your tires, it makes all the difference between staying on the road and getting to your destination and ending up in the ditch and then stranded without a ride."

On Tuesday November 14th, Princeton RCMP responded to a two vehicle collision in Manning Park, East of the lodge.

"On attendance at the scene the first vehicle was present and not driveable, the driver explained he was side by side with a semi truck-tractor unit when entering a curve and hit ice, the car then hit the semi truck and went off road left into the oncoming traffic lane," explained Princeton RCMP Cst. Myrl Stus.

"The semi truck driver exchanged information and left the scene, there were no injuries to either driver."

The driver of the car was issued a violation ticket for "Fail To Complete Pass Safely" Section 157(1)(b) of the Motor Vehicle Act.

"All motorists are cautioned on driving the highways now that it is winter, the roads may appear wet, but some places have a buildup of ice or slush. While they may be wet during the day, when the temperature drops in the late afternoon, evening, the water on the road turns to ice."

Council delays home sale

Christine and Edward Clarke want to buy a mobile home located on the eastern boundary of the golf course, but they are going to have to wait.

On November 6, they applied to Town Council for a long term lease on the property, but Council ran into a snag.

Administrator Patrick Robins advised Council the property is not zoned as a mobile home park, leading to difficulties in granting a lease for the property.

He requested a delay in writing the contract until he could research the correct legal way for the Town to enter into such a contract.

CRYSTAL METH

**"An evil, vicious
and unforgiving drug"**

SPECIAL INFORMATION REPORT

The growing problem of crystal meth use and production was explored at a Hedley Community Forum on June 15th.

The forum, hosted by the Keremeos based South Similkameen Anti-Crystal Meth Initiative in cooperation with Upper Similkameen Indian Band and RCMP, featured a presentation by Cherylee Highway.

Highway is the PACE Program Coordinator/Instructor at the Saskatoon Campus of the Saskatchewan Indian Institute of Technologies. She explained PACE stood for Prevention, Awareness and Community Education.

"It's not about intervention and it's not about treatment as we are not there yet."

Her presentation was titled, 'Protecting our Communities Against Crystal Meth' and contained graphic slides to hammer home a variety of points related to crystal meth.

The basic dynamics of the drug were reviewed and crystal meth was described as a stimulant drug which affects the central nervous system. This changes the way a user thinks and behaves.

The different forms of crystal meth were also discussed. It comes in a powder form, rock-like chunks, a

peanut butter-like spread, a crystal, capsules, tablets and pills.

"The form depends on the production of the meth."

Slang terms used to identify crystal meth in 'user circles' are many and vary.

"In every different location we've visited, they have a different term. One town has a term and another town will use another," Highway said. According to Princeton RCMP S/Sgt. Kurt Lozinski, who was one of the guest speakers at the forum, the slang terms currently used in the Similkameen for crystal meth are 'sideways' and 'jib' but those may change.

"Packaging is very attractively designed to market to a youth market," Highway pointed out, "Different packaging makes a statement."

There are a number of methods to use crystal meth and they include smoking, injecting, ingesting and snorting.

"It can rev our heart rate 300%," Highway said, "We're talking a long-term high at a very high rate. It's cheap and it's a long high. That's why it's attractive to young people."

Highs have been recorded as lasting from 12 to 36 hours from a \$5.00 'baggie' of crystal meth.

"We've heard of 21 days for one person not sleeping while on the drug."

As you can imagine, that kind of abuse takes it's toll on the user. "Seven years is the average life span of a meth user," Highway said, "Ten years is extraordinary."

If that wasn't scary enough, the presentation showed images of the human brain of a healthy person compared to one of a meth user. Meth use created 'holes' or non-functioning parts of the brain and reduces the size of the brain.

"It's damage to the brain."

Meth is able to penetrate the brain within three seconds of use.

The production of crystal meth was also discussed. "It's very important to know what's going into it," Highway

said.

The ingredients are many, but are mostly what would be considered toxic and poisonous chemicals that would not normally be injected by the average, normal person.

Some meth labs have also been known to recycle human urine to extract the remaining traces of meth that have gone through a users system. 'Choosing meth is choosing poison' was the clear message.

The production of crystal meth was discussed.

"It's not easy to make but it's easy to get the ingredients." Meth labs are often portable and easy to store or move or hide.

A total of 65% of meth labs have children in them and are highly flammable, highly explosive and extremely toxic. The production of meth produces a lot of waste. A single kilogram of meth produces seven kilograms of waste.

"We believe healthy individuals come from healthy families living in healthy communities," Highway stated.

How large a problem is crystal meth? According to Highway, "Alcohol is number one with marijuana creeping close behind. Meth is down the line as drug of choice, but it is a huge concern."

YOU CAN GET HELP

There is help for those affected by crystal meth.

The following numbers and web links will lead to information and assistance for crystal meth users, their families and friends, as well as other service providers:
ALCOHOL AND DRUG INFORMATION AND REFERRAL LINE: 1-800-663-1441
SUBSTANCE INFORMATION LINK: www.silink.ca
BC PARTNERS FOR MENTAL HEALTH & ADDICTION INFO: www.heretohelp.bc.ca
DIRECTORY OF ADDICTION SERVICES IN BRITISH COLUMBIA: www.kaiserfoundation.ca
CRYSTAL RECOVERY: www.crystalrecovery.com

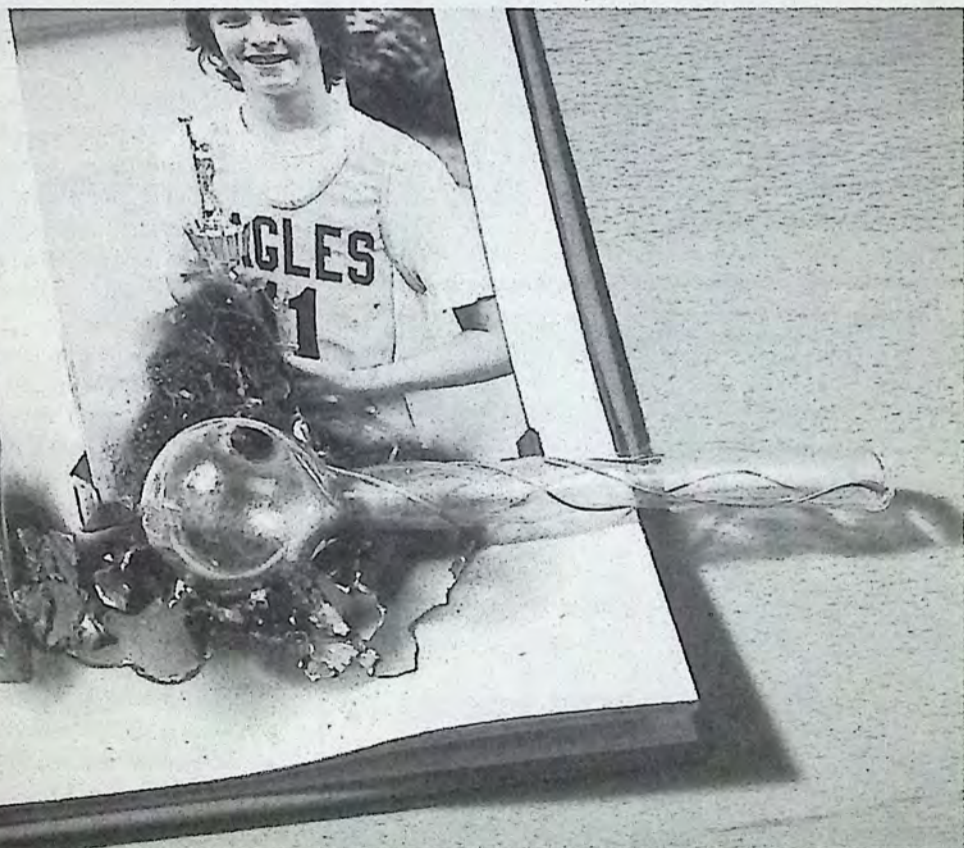
- Information courtesy of the Crystal Meth Secretariat



Nick on his high chair eating - 2 months



Nick blows out candles on birthday cake - 6 years old



You've had a lifetime to talk to your kids about crystal meth.
What are you waiting for?

Crystal meth is not an easy subject to discuss with your kids. But experts agree parents play a crucial role in preventing kids from taking meth. That's why the provincial government is introducing new tools and resources to help families fight this devastating drug. Together, we can stop meth from ruining a lifetime of memories.

For the facts on crystal meth and tips on how to talk to kids about it, visit www.no2meth.ca



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keremeos and area news



Bryan Smith of Cawston has just released his first DVD project. The disc, which features 200 quality photos of the beautiful Similkameen Valley set to music, is available at a few locations in Keremeos as well as at the News Leader office in Princeton. Smith has contributed numerous photos to the News Leader and operates the very successful www.keremeos.net website. *

Keremeos lights up with parade

Entry forms for this year's Keremeos Light-Up Parade have already been distributed to Similkameen Country members.

"Similkameen Country invites everyone in the Similkameen Valley to get involved in our Community Light-Up," says Manager Colleen Christiansen.

"This year's theme is A Winter Wonderland."

The Light-Up Parade will start at 5:30 PM Friday, December 1st and will run from Valley First Credit Union along Main Street (7th Avenue) to the Village Office.

Similkameen Country has issued rules and regulations for the event which include a requirement for all entrants to be at their assigned position in the marshalling area by 5:00 PM on Parade Day; a reminder that due to slippery conditions and restricted visibility on some floats that candy and promotional items will not be allowed to be thrown from floats. Entrants are encouraged to have people walking along the sidewalk on the parade route handing out these items.

"This is a serious consideration for safety and insurance purposes," explains Similkameen Country.

Other guidelines include that

there is only one Santa permitted in the parade and that entrants try to keep fifty to seventy-five feet from the parade entry in front of them. There are Volunteer Parade Marshals who will monitor this to keep the parade flowing at a reasonable pace.

"Let's be proud to get involved in Similkameen Country's

Grist Mill receives funding

The Regional District Okanagan-Similkameen recently announced a Keremeos Grist Mill Funding program.

The Ministry of Tourism, Sport and the Arts, heritage Branch granted \$18,750 to the Regional District for the development of a community business plan to operate the Grist Mill.

The funding will also be used to develop interim measures to ensure the Grist Mill's survival.

Cawston grower wins award

The 2006 Tree Fruit Awards were presented last week as part of the Horticulture Forum in Penticton last week.

The Golden Apple Award went to the Singh's of Kelowna with the Soft Fruit Award being presented to the Kato's of Naramata.

Christmas Light-Up and make a special effort to make 2006 the best Light-Up ever," says Christiansen.

Completed entry forms are to be at Similkameen Agencies no later than November 25th. They can be dropped off or faxed to the attention of Marie Marven at (250) 499-2414.

The historic site has gone through a series of changes when operation of it shifted to a private company a few years ago.

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The Compact Orchard Award went to Tony Dawson of Cawston.

Dawson moved to the Similkameen in 1980 and operates his orchard organically. The judges credited his excellent production and fruit quality for his award this year.

"The air was so thick you could cut it with a knife..."

Coal is the dirtiest fuel you can burn.

Remind Environment Minister Barry Penner. Phone him at (604) 702-5200, fax (604) 702-5205 or e-mail env.minister@gov.bc.ca

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Left to right standing: John Draper, Dene Thomas, Terry Inglis, Sandy Gabor, Eric Gregson and Ruby Bey. Seated: Linda Allison, John Bey and Carol Ruoss.

John Bey begins second term as President

John Bey begins a second term as President of Princeton Exhibition Association (PXA). He, and the rest of the Board of Directors, were elected at the PXA annual general meeting held at Town Hall November 14. Carol Ruoss will serve as Vice-President and Secretary, with Ruby Bey as Treasurer.

Four Directors are serving the second year of a two-year term: Stan Thompson, Eric Gregson, Ernie Willis and John Draper. Four new

Directors were elected to serve a two-year term: Sandy Gabor, Dene Thomas, Linda Allison and Terry Inglis.

A financial report was presented, showing a \$5,116 loss for 2006. This does not mean there is no money in the bank, but it does point to more spent on maintenance. The cost of maintenance doubled from 2005 to 2006, and costs continue as the main gate was replaced last week. A huge increase in power costs (\$900)

added to the cost of operation in 2006.

Losses included a \$3,000 reduction in rentals from pens and stalls, and a \$1,300 reduction in income from grounds use, but income from all sources was up slightly over 2005. It is clear the PXA will rely on banked reserves as 2007 begins, and hope for substantial grants to continue the required maintenance on buildings. A local resident, Mr. Hooper, contributed a great dealcontinued on Page 10

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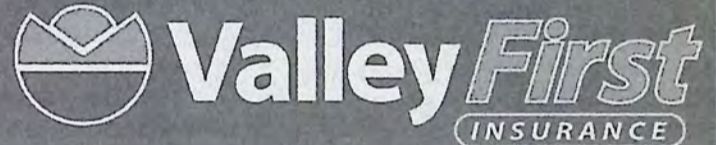


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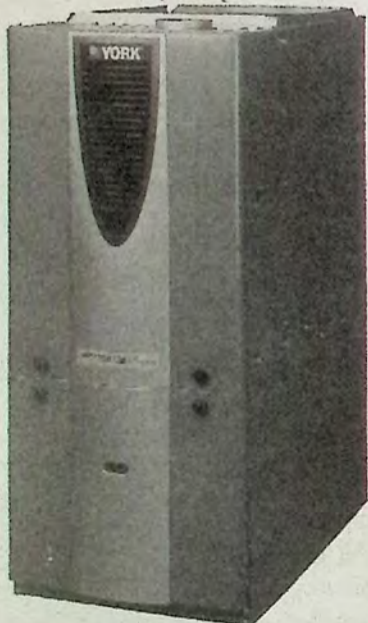
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PS Capsule Comments

by your Pharmasave Pharmacist Wen Wong

We often hear some smokers say, "I smoke very little...only three or four a day." A recent study of 40,000 Norwegians found that smoking as few as 1-4 cigarettes per day significantly increased their risk of dying from heart disease. If you are still a smoker, make it your goal to quit by the end of this year.

Carbon monoxide, that poisonous gas found in our car exhausts, is also an ingredient in tobacco smoke. This gas reduces our blood's ability to bind to oxygen that feeds our vital organs.

There's a fatty acid in milk called *conjugated linoleic acid* (CLA) which seems to help regulate a protein in the body that causes inflammation of arthritis. CLA seems to block this protein (called COX-2 protein) thus preventing inflammatory damage. The amount of CLA in milk is small but may have some positive effects on arthritis.

It was 101 years ago that Wilhelm Roentgen discovered X-rays. He realized that these rays passed through matter and could increase doctors' ability to diagnose medical problems. It was two years later, in 1897 that someone discovered that a bismuth compound could be swallowed and help diagnose intestinal complaints.

There is so much information out there about nutrition and disease. We try to keep current on the latest trends in this field to enable us to advise you better. Even after five years of university training, we still keep learning.

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news leader health page

ECZEMA IN THE CLASSROOM

School can be both physically and socially challenging for children with eczema

(NC)-Over one million children and its consequences.

affected by eczema will be heading back to school this fall with more on their minds than just meeting their new teachers and classmates. At an age when social acceptance is very important, many children with the disease fear that they will be teased by their classmates. "Children with eczema often endure hurtful comments from peers because of the appearance of their skin," said Dr. Maha Haroun, Assistant Professor of Medicine at the University of Toronto. "A child suffering from eczema may feel uncomfortable in social settings and require additional emotional support and understanding from family members and teachers."

Here are a few important facts for teachers and parents to help children better cope with the disease

Breast health - take action

(NC)-Many women who have had breast cancer are alive and well today because it was detected and treated early.

Current evidence suggests that organized screening with mammography and clinical breast exam - the most reliable ways of finding breast cancer - could reduce breast cancer death rates by as much as 25 per cent.

"The Society encourages women to take advantage of organized breast screening programs," says Heather Logan, Director, Cancer Control Policy, Canadian Cancer Society.

"We also encourage screening programs to reach out to their communities to recruit as many women as possible in the appropriate age groups to be screened."

The Canadian Cancer Society recommends the following guidelines:

- **If you are 70 or older:** talk to your doctor about a screening program for you;
- **If you are between 50 and 69:** have a mammogram every two years;
- **If you are between 40 and 49:** discuss with your doctor your risk

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- Children with eczema may be self-conscious.

A child's self-esteem is very fragile and children with eczema may be particularly self-conscious about the appearance of their skin. The child may be teased by classmates and subject to hurtful comments from his or her peers. The child may also resist wearing shorts or T-shirts because of embarrassment. You may choose to address this issue delicately with your child by discussing such subjects as diversity, tolerance, and bullying in the classroom. Remind your child that eczema is NOT contagious and is not caused by poor hygiene.

- Some activities might make it worse.

A child suffering from eczema may not be able to participate in certain

activities, as these activities may make the condition worse. Excessive perspiration during physical activity and certain materials used in some arts and crafts may put the child at risk of a flare up. Eczema on the child's fingers may make it difficult for the child to hold a pair of scissors or even a crayon or pen.

- The child may not be able to sit still.

When suffering from eczema, a child may not be able to sit still because of the constant urge to scratch. It's very difficult for the child to resist scratching, but constant scratching will irritate the skin and cause a flare-up. The resulting cracked skin can lead to a secondary infection. Often the child may not even realize that they are scratching and he or she simply needs to be reminded to stop in a quiet, discrete way.

- The child may feel tired and drowsy.

Drowsiness, fatigue, and poor concentration may be caused by sleepless nights due to the constant itch and physical discomfort. This may even affect their ability to complete homework assignments at times.

To help children with eczema get through the school year with flying colours, please visit our website www.eczema.ca or call 1 (866) 432-0362 to receive complimentary fact-based information that you can pass along to your child's teachers, guidance counsellors and school nurse.

- News Canada

living past 100

Young men beware!

There was some good news about Canadians' weight. While the majority are still gaining, they are not gaining as much nor as quickly, except for young men in their twenties and thirties.

Obesity in men has very serious consequences, much more than for women. Women can put on a lot of weight without suffering any ill effects, but men have to be extra cautious. Weight around the waist is especially dangerous for men.

Young men may not think they are in any danger because they have a small belly beginning to grow. Such young men would be wrong. They could be showing the first signs of heart trouble and hardening of the arteries.

The eating and drinking habits of young men need to be examined. These are the years of beer drinking, hamburgers and French fries, pizzas, and a lot of sweet junk food. There is nothing wrong with any of these things on occasion. The problem comes when the beer, burgers, fries, pizzas and junk food become the daily fare.

Men are meant to be lean, fast hunting machines. The entire physical structure of a young man should be that of the hunter on foot who goes after meat for the family and brings it home. Daily physical exercise is essential for young men, and protection of muscular strength (which includes the heart) is a priority. Whether they want to admit it or not, excess weight impairs sexual performance in men.

There is no quick fix for men. Going on a restrictive diet is not enough. Men need sensible eating, but they must have exercise. Physical activity improves the heart and circulation, and with that improvement comes improved sexual performance.

Along with the physical benefits of healthy eating and exercise, there is an intellectual edge for men. The mind becomes sharper, the senses more alert, and job performance improves. Even temperament improves as exercise clears out certain toxins and makes a man feel happier.

Let's hope a lot of young men change next year's weight loss statistics.

Council okays Telus study

Town Council has given Telus approval to launch a local calling area expansion study. The concept is to make all communities in Regional District of Okanagan-Similkameen a local calling area. This may raise the basic rate, but

could save local residents a lot of long distance charges.

After doing the study, Telus will meet with municipal governments to review costs. If costs are acceptable, Telus will apply to CRTC for approval. If CRTC approves, the

change will go to referendum in all communities.

If the referendum passes, Telus will implement the network upgrades.

Telus estimates the time required for the entire process would be approximately 29 months.

Tulameen faces water issue

Tulameen property owners met on November 18 to hear a proposal for a water system. The community has had a number of problems with water quality in wells due to an expanding population and increasing number of residential properties.

Groundwater contamination from septic systems has been a concern for a number of years.

A proposal for a proper water sup-

ply system will be presented to residents for consideration. The proposal will include the installation of fire hydrants.

www.thenewsleader.ca

Princeton & District
Agricultural Fall Fair Association

Annual General Meeting

7:00 PM

Tuesday, November 28th

Weyerhaeuser Training Building

Election of Officers

Coffee and goodies and a
Fall Fair DVD will follow the AGM

Join a Conversation On Health in Kelowna

What is it all about?

Everyone has opinions on health care. The Conversation On Health is an unprecedented year-long opportunity for you to provide your views directly to the Province, and to discuss with other British Columbians how we can improve and renew B.C.'s public health care system.

Your feedback will help set the direction the Province takes to strengthen our public health care system for today and tomorrow within the Canada Health Act.

Why is it important?

Our health system faces real challenges. Our population is aging and growing, and the costs of expanded health services, new treatments and new technologies are rapidly rising.

These pressures are threatening the sustainability of our health care system for our kids and future generations.

How can I participate?

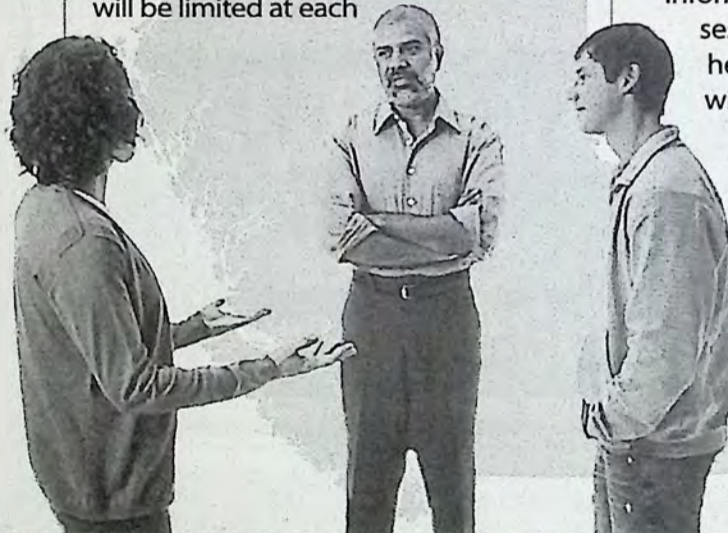
Sign up for a regional forum in Kelowna. Simply visit the Conversation On Health online or call toll-free to request a spot. Pre-registration is required. To ensure a meaningful dialogue, participation will be limited at each



forum and registrants will be randomly selected for the forum within their health service delivery area.

All participants will receive an information package prior to the session. Funding is available to help offset the cost of travel within the health region.

Together, we can keep improving B.C.'s health services and be sure they're there for our kids.



To request a spot or for a list of forum locations in each of B.C.'s 16 Health Service Delivery Areas, call toll-free 1-866-884-2055 Monday to Friday, 8 am to 8 pm, or visit www.gov.bc.ca online.



Conversation On Health



STOCKING STUFFERS?

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VHS TAPES \$2.99 - 4.99

DVD's \$4.99 - \$14.99



GAME CUBE - XBOX
 PS2 GAMES
 \$14.93 - \$19.93

Moonlight Madness

5:00 - 9:00 PM

Friday, December 1st

OUR GIFT GUIDE
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HOW TO FIND THE PERFECT HOME!

Step 1: See Below. Step 2: See Step 1.

| | | | | | |
|--|---|--|---|---|--|
|  213 Bridge Street \$139,900 | <p>Princeton Lot Area (acres): 0.08 MLS# 36123 Fantastic commercial building in downtown Princeton. Very well maintained with many updates 2005, 2006. Long term tenant in place with plans to stay. Excellent downtown location with high traffic and great visual exposure.</p> |  2285 Arcat Road \$279,000 | <p>Princeton Total Sq Ft: 527 MLS# 35823 1-acre river front with panabode cabin and detached sauna/shower house. Concrete foundation, excellent plumbing and wiring, immaculate landscaping. Must see, must have!</p> |  1205 Summers Creek Rd \$298,300 | <p>Princeton Total Sq Ft: 980 MLS# 35215 Rare find. Creek front 28+ acres c/w 980 sq ft home, close to town, large new garage and workshop, small barn and corral, drilled well, lots of electrical supply and a large patio overlooking Summers Creek. Lots of building sites for views of the valley!</p> |
|  2289 Arcat Road \$139,900 | <p>Princeton Lot Area (acres): 1.71 MLS# 35825 1 acre on the edge of the Similkameen River. Property like this is a rare find these days. Call to view this piece of paradise and make it yours today!</p> |  2653 Nicola Avenue \$325,000 | <p>Tulameen Total Sq Ft: 902 MLS# 35787 Two lots perfectly located. steps to the boat launch, beautifully landscaped with 24'x24' shop, easily converts to guest house. Cabin is charming with total privacy and nicely treed. The adjoining two lots also for sale. Great package, family deal.</p> |  448 Corina Avenue \$295,000 | <p>Princeton Total Sq Ft: 1,134 MLS# 35818 Landscaped immaculate home right on the beautiful Tulameen River. Fenced yard with a back deck for complete privacy. Newly painted inside and out, gas fireplace, underground sprinkler system. Don't miss this!</p> |
|  8 Eagle Crescent \$214,900 | <p>Princeton Total Sq Ft: 1,135 MLS# 35994 Be the first to live in this brand new home currently under construction. Privately set in a no-thru cul-de-sac with mountain views, this home is quality throughout with 10-year warranty. Get in early to pick colours, flooring and more.</p> |  2729 Highway 3 \$488,300 | <p>Princeton Total Sq Ft: 1,796 MLS# 35993 First Class log home on 65-acres that fronts Highway 3E, 27KM east of town. Almost one mile of highway frontage. 1,400 sq ft main c/w full basement and enclosed double garage. Heating costs are low with almost new wood stove. Great second bench with view!</p> |  L 5&6 Nicola Avenue \$280,000 | <p>Tulameen Lot Area (acres): 0.27 MLS# 35786 Two lots in Tulameen townsite only steps to the boat launch. Fantastic privacy, nicely treed and gardens. Adjoining two lots and cabin also for sale. Great family investment, four lots in a row. These won't last long!</p> |
|  Lot 1 Hidden Valley \$91,900 | <p>Princeton Lot Area (acres): 2.64 MLS# 35995 Nearly 3-acres just outside of Princeton in a quiet setting with panoramic mountain views. This recent subdivision is definitely set to be one of the nicest areas of town. New homes and that country feel - only one available. Don't miss out!</p> |  Highway 3 West \$333,800 | <p>Princeton Lot Area (acres): 11.90 MLS# 35980 Location, location! Very private 11+ acres in town and bordering Highway 3. Gorgeous building sites, well treed. Two benches, one is approx. 2 acres and the other 6 acres. Possible subdivision potential. Bench CS and Residential below. Super potential!</p> |  211 Angela Avenue \$93,000 | <p>Princeton Total Sq Ft: 620 MLS# 35779 Delightful BR home on a level lot just five minutes from downtown shopping. Concrete foundation, gyproc interior walls, pink fibreglass insulation, easy care aluminum fascia, soffits and siding, all on a fenced 33'x100' lot.</p> |

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* MLS statistics 1990-2004



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Turning Retirement Thinking on its Head!

Join Valley First and Manulife Investments for a free seminar on capital preservation, tax efficient income, and estate planning.

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Cam Bayford, Regional Vice President of Manulife Investments, will be speaking on these topics and welcoming your questions during this free information session.

The presentation is free, however an RSVP is required as a meal will be provided free of charge.

Date: November 22
Time: 6:00 p.m. - 7:30 p.m.
Location: Copper Mountain Bar and Grill Princeton

Please call your nearest branch of Valley First Credit Union to reserve your seat. space is limited and reservations will be required.

Valley First
Belong. Be Valued.



John Allison Elementary School hosted another successful "Bedtime & Books" event last Wednesday in the school gym. Parents and children enjoyed reading books with favourite bedtime snacks. *

School fees issue still unfolding

It's a safe bet to say School District 58 School Trustees and staff are still figuring out what does and does not qualify as a chargeable school fee.

Treasurer Bruce Tisdale says this district is in an interesting position.

"The fee structure we have here is not as severe as in other places."

However, he did say until more information is gathered, the picture isn't entirely clear.

"There will not be an elimination

of fees," although many items not charged for in the past will not be charged in the future.

An example was a student taking woodworking class builds a birdhouse with the standard grade lumber provided as part of the course. This is not chargeable, however, if the student wishes to make their birdhouse out of a higher grade of lumber, then that extra cost would have to be covered by the student.

Another example was reeds used in music programs would have to be paid for by the music students.

As for the cost impact in District 58, Tisdale says, "I think we're going to be in the \$100,000 range in our district."

He says updates will be coming with more details likely by January.

Lighting up health care

Princeton General Hospital Ridgewood Lodge Foundation is launching a holiday season fundraising campaign entitled 'Lighting our Healthcare'.

The funds raised will be used to purchase a blood coagulation analyzer for the Diagnostic Lab. The cost of the analyzer is \$30,000.

By sponsoring the lighting of a bulb on the Christmas Tree you will help the Foundation in reaching its goal. The tree which was donated by the Timberlands division of Weyerhaeuser will be located on the Hospital grounds.

In December we will hold a Tree

lighting ceremony.

Income Tax receipts will be issued for donations of \$20 or more. At this time donations may be dropped off at the Hospital Reception.

For more information please contact the Foundation at (250) 295-3233 or email info@pghrlf.com. Further information and updates will be posted on our website www.pghrlf.com or in the newspapers as the campaign progresses.

For more information, please contact: Bill Quinlan, President & Chair via e-mail at: bill.quinlan@pghrlf.com.

- submitted

PXA news

.....continued from Page 5 last year by painting the grandstand facade, and offered two weeks next spring for further paint upgrades.

There was more discussion about a new stage. John Draper had priced china top trailers and found a good one would cost a few thousand dollars.

Members agreed the money would be better spent to erect a permanent structure. Members plan to complete the heritage area and move the caboose to complement it along the fence line, freeing more area near the buildings.

The PXA will take a winter recess for two months. The next meeting of the PXA will be on February 13 at Town Hall.



A young family shares a book together during "Bedtime & Books" last Wednesday at John Allison School. *

weekly entertainment guide

TUESDAY, NOVEMBER 21, 2006 THROUGH MONDAY, NOVEMBER 27, 2006



Riley Ferster reacts to a shot he took in front of the penalty box in the first period of last Friday night's game against Revelstoke. He was able to leave the ice with some help. *

Posse remains on bottom

The hot and cold Princeton Posse hosted Revelstoke Grizzlies last Friday night at Princeton Arena.

It didn't take long to see the Posse was hurting. Don't get us wrong, they played an alright game, but they have played better.

Revelstoke scored first at 9:40 with a shot that slid along the ice and into the bottom corner of the Posse net while goalie Evan Karambelas was on his knees. He had just finished fighting off a series of shots on goal and eventually got beat by the Grizzly pressure in front of the net.

Princeton did return the favour at 12:20 when Posse players basically did the same thing at the Revelstoke goal.

Sean Carr was given credit with assists going to Michael Bunting and Anthony Leardo.

Revelstoke added one more with 2:04 left in the period when Revelstoke's Casey Patterson when in alone from the blue line and fired a shot between Karambelas' knees.

The second period saw a Revelstoke goal disallowed 1:21 into the frame due to goalie interference.

A combination of bad and missed calls during the period prompted a series of comments from the crowd with our favourite of the night being "Hey Ref, have you ever watched hockey?"

Revelstoke added their third goal of the match at 4:56 when a missile of a shot was fired on goal from the top of the face off circle and Karambelas couldn't reach far enough on the glove side to stop it.

Princeton did come back at 6:13

when Alex Young took a pass from Bryan Smith and fired it in front of the net from the corner. Peter Purves was in position and slapped it between the legs of the Grizzly netminder.

By mid-period smoke from the guns that fire each time Princeton scores started to hang in the building and could have lead to an interference call, but that didn't happen.

In the final period Princeton tied the game at 3-all at 4:46 when Michael Bunting fired a wrist shot high on the glove side. Mike Salter took an assist on the play.

Revelstoke got their go ahead goal at 6:21 and although Princeton pulled their goalie in the last minute of play, the could not tie it up.

Final score: Revelstoke 4, Princeton 3. Shots on goal: Revelstoke 36, Princeton 27.



Action along the boards in Friday night's game against Revelstoke. *

ANNUAL TEDDY BEAR TOSS



Bring a wrapped Teddy Bear to the December 15th Princeton Posse game against Beaver Valley. When Princeton scores their first goal, toss your Teddy Bear on the ice. All bears will be collected and donated to the Christmas Hamper Fund.

The Teddy Bear Toss is sponsored by:

**PRINCETON DAIRY QUEEN
&
SIMILKAMEEN NEWS LEADER**

Princeton Figure Skating Club "Skater of the Week"



Katelin Marshall
Junior/Senior StarSkate

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

Wildsight predicts a showdown between Similkameen communities and the Province

.....continued from Front Page these polluting plants being built across the province," said Mayor McLean.

"This plant will create a toxic burden that will not be born by the company but by the community and we think families and children in this valley deserve better," said Mayor Despot. "Community members throughout the region are going to hold the provincial government and the company to account for negative impacts on our environment," he added.

Provincial government guidelines will allow emissions from a mixed fuel, coal/wood or biomass,

plant that would be far dirtier than the proposed Sumas 2 natural gas fired generation plant in Washington State. The BC government supported the people of Abbotsford in opposing this plant, but is taking a different position when it comes to air quality in the Similkameen Valley.

"This Provincial government actively opposed a polluting power plant in our confined Fraser Valley air shed. The Similkameen Valley has similar challenges so I don't understand why they wouldn't do the same for them. This dirty coal fired power plant should not even be considered in the

Similkameen Valley or anywhere else in British Columbia," said council member Patricia Ross from Abbotsford.

A resolution brought forward by Princeton council that called for a moratorium on all coal burning schemes was passed unanimously at the recent Union of British Columbia Municipalities annual general meeting.

"Why is the government allowing antiquated coal burning technology when we have so many other options? What about small scale hydro, wind or solar? Why can't they be promoting retrofitting our homes?" said Mayor McLean. "We

should be looking to the province to lead us into the twenty first century with sustainable energy solu-

tions. We shouldn't have to fight against their attempts to drag us back into the nineteenth century."

Bantams winning streak ends

It has been a busy couple of months for the K&M Trucking Bantams. In the past month the team has won 5 of their last 6 games. Their winning streak came to an end against a pesky South Okanagan team on Sunday November 12th.

Before that Saturday saw the team play a dominating game against Penticton, but not before the opposing team scored first. From the second period on it was all Princeton scoring 6 of their 7 goals in the second.

Penticton did manage to score one more time but Princeton was too strong winning 7 to 2. On Sunday it was a different story South Okanagan, the number one team in the league, came out flying. Princeton opened the scoring, but three minutes later the opposition scored 4 times to take the lead going into the second.

The team clawed their way back into the game scoring 5 goals to go into the third tied. This is when it became a goalies battle. Ryan

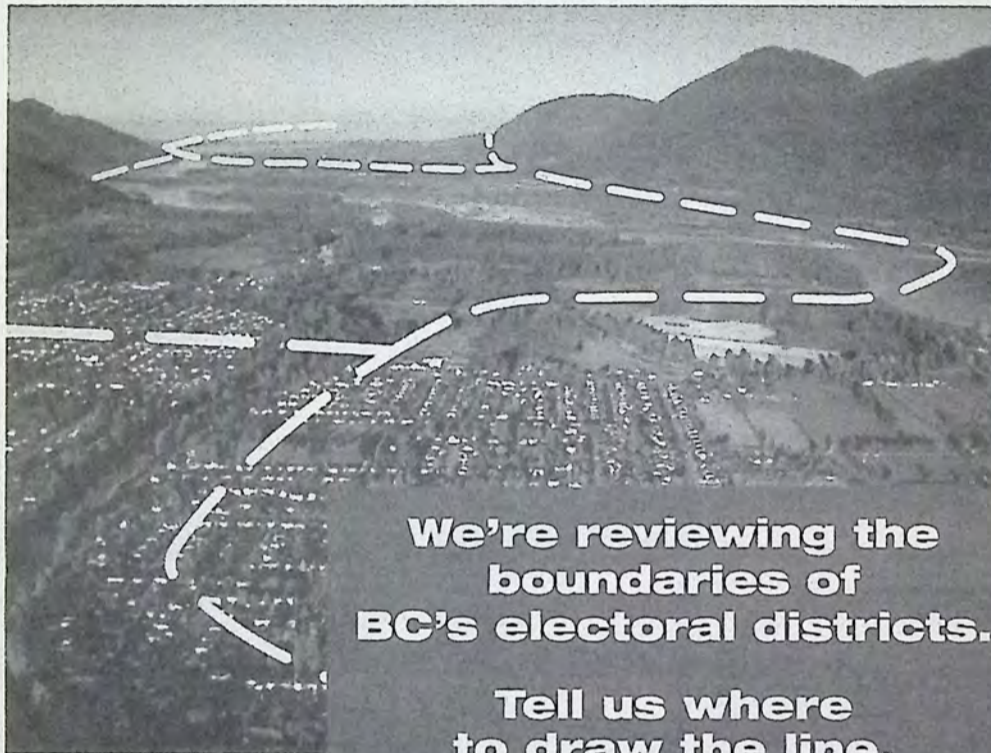
Hearty had to come up big on a penalty shot where he stopped the shot with a well-executed poke check. With just less than ten minutes to go Princeton took the lead.

Three minutes later South Okanagan tied it up, and then with 2 minutes left they took the lead and finished the game off with an empty net goal. The team never gave up. Although they struggled in the first, they pulled together to make a game of it.

Points for the weekend went to Bryce Markin 7 goals, Jared Fenrick 3 goals 4 assists, Jonas Montgomery 2 goals 1 assist, Colton Williams 1 goal 6 assists, Taylor Esselink and Brandt Fenrick with a goal and 2 assists each. Ian McKenzie, Justin Milligan, Keaton Ashley, Kiel Liberatore, and Riley Nikic with assists of their own.

Great run players, lets keep playing hard and good things will happen for you.

- submitted by Coach Kevin Williams



We're reviewing the boundaries of BC's electoral districts. Tell us where to draw the line.

Every eight years, the electoral district boundaries in BC are reviewed to make sure each Member of the Legislative Assembly (MLA) represents approximately the same number of people – currently about 54,000. Because births, deaths, and movement of people around the province can change the population in different districts, this review ensures that all British Columbians are properly represented in the legislature.

Besides population, what factors should the commission consider? (For example, you might feel the geography, transportation, history, growth, or community interests in your area should affect the boundaries.) If your current electoral district is retained, what changes should be made to its boundaries and why? Should the commission recommend an increase in the number of electoral districts in BC? Why? Now is your chance to provide input!

MEETINGS IN YOUR AREA
Merritt Wednesday, Nov 29
6:30-9:30pm Days Inn, Amber Room
3350 Voght Street
Visit www.bc-ebc.ca for details

If you're unable to attend a meeting, please phone, write, email, or visit our website to give your opinion. Deadline for submissions is November 30, 2007. The initial report will be available to the public in August 2007.

From September through November, 2006, the BC Electoral Boundaries Commission will hold public consultations to seek input on the number of MLAs, as well as the number, boundaries, and names of BC's provincial electoral districts.



British Columbia
Electoral Boundaries Commission

PO Box 10073 #601-700 West Georgia Street Vancouver, BC V7Y 1B6 Telephone: 604-660-1203
Toll-free Telephone: 1 877-660-1203 Email: info@bc-ebc.ca Web: www.bc-ebc.ca

What's going on in the RE/MAX building?

14th Annual Country Christmas Craft Fair

Sunday, December 3
9:00 am - 3:00 pm
Princeton Secondary School

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\$15.00 per Table
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(BEFORE NOVEMBER 30th)



JOIN THE TEAM...
The Princeton Posse Team!
OUR TEAM... YOUR TEAM

Community Owned
Community Proud



ANNUAL GENERAL MEETING

7:00 PM
Tuesday, December 5

Riverside Wellness Centre

Everyone Welcome!

TUESDAY, NOVEMBER 21, 2006

| | WTBS ③ | CHBC ④ | KNOW ⑤ | KSPS ⑥ | KHQ ⑦ | KREM ⑧ | A&E ⑨ | KXLY ⑩ | BCTV ⑪ | CITY ⑫ | YTV ⑬ | TSN ⑭ | VTV ⑮ | DISC ⑯ | FOX 41 | FAM 26 | KTLA 27 | CITY 29 | WGN 38 | |
|-----------|--|-----------------------|------------------------|----------------------------|---------------------------|------------------------|------------------------|--|------------------------|------------------------|----------------|---|--|------------------------|------------------------|-----------------|--------------------|--|----------------------|------------|
| 6 AM :30 | Dawson's Creek | News | (Off Air) | Body Elec. Caillou (N) | News | News | City Confidential | (5:00) News | News | (5:00) News | Beasts | SportsCentre | News | Daily Planet | Believers | King | News Calvin Miller | Rachael Ray | Rockford Files | |
| 7 AM :30 | Movie: "A Thin Line Between Love and Hate" | Life Today | BluesClues | Barney | Today Tony Bennett; Ellen | The Early Show | American Justice | Good Morning America | | | Being Ian | SportsCentre | | Blueprint for Disaster | The Littles | K. Possible | KTLA Morning Show | CityLine | Magnum, P.I. | |
| 8 AM :30 | | 100 Huntley Street | Dora | Arthur (EI) | DeGeneres; Blythe Danner | | Cold Case Files | | | 100 Huntley Street | OddParent | SportsCentre | | Canada's Worst Driver | Paid Prog. | Weekend | Amezcua, Pereira | Deep Space 9 | Homicide: Life | |
| 9 AM :30 | NewsRadio | Body | Magic Bus | Dragon | | Discover | Crossing Jordan | Regis and Kelly | 100 Huntley Street | World Vision | Monster | Off-Record | Regis and Kelly | Daily Planet | Fam. Feud | Pool | | News | Da Vinci's Inquest | |
| 10 AM :30 | Cosby | The Price Is Right | Rolie Polie Paddington | Sesame Street (EI) | Ellen DeGeneres Show | The Price Is Right | CSI: Miami | The View (N) | World Vision | Design House | George S. Jane | Champions League Soccer | The View (N) | Greatest Ever... | The Tyra Banks Show | JoJo | Greg Behrendt | Movie: "Kunden" (1997) | WGN News at Noon | |
| 11 AM :30 | Harvey | Thane | Landscape | Thomas | Dr. Keith Ablow (N) | Young and the Restless | 24 | Paid Prog. | Judge J. | News | Pippi | | eTalk | The Mummies of Rome | Montel Williams | Stanley | Lopez | Tenzin Thuthob Tsarong | Greg Behrendt | |
| 12 PM :30 | Home Imp. | News | Sustain | Charlie Rose | Paid Prog. | News | City Confidential | All My Children (N) | News | Days of our Lives (N) | Being Ian | Champions League Soccer | Degrassi | Building | Perry | Recess | Maury | Gyurma Tethong | Funniest Home Videos | |
| 1 PM :30 | Yes, Dear | Diva Dime | Macphee | Watercolor | Days of our Lives (N) | As the World Turns (N) | American Justice | One Life to Live (N) | As the World Turns (N) | As the World Turns (N) | Gadget | | Sue Thomas: F.B.Eye | Break It | Matlock | Lloyd | Jerry Springer (N) | Making It | Moesha | |
| 2 PM :30 | King | Guiding Light (N) | Gaslight | Reading | Passions (N) | Guiding Light (N) | Cold Case Files | General Hospital (N) | Passions (N) | Passions (N) | Adrenalini | X Games | General Hospital (N) | How-Made | Love Lucy | Lilo Stitch | Maury | Ellen DeGeneres Show | Even | |
| 3 PM :30 | Seinfeld | Room | Bali (N) | Arthur (EI) | Judge | Dr. Phil | Crossing Jordan | Rachael Ray | Young and the Restless | Gilmore Girls | Jacob | Off-Record | Dr. Phil | Monstr Machin | Maury | Weekend | What I Like | News | Home Imp. | |
| 4 PM :30 | Raymond | Days of our Lives (N) | Dora | Cyberchase | Judge J. | Oprah Winfrey | CSI: Miami | Millionaire | Oprah Winfrey | News | Tn-Titans | NHL Hockey: Carolina Hurricanes | The Tyra Banks Show | Daily Planet | Little House | Barbarian | Reba | Friends | Funniest Home Videos | |
| 5 PM :30 | Raymond | News | George S. | BBC World | News | News | CSI: Miami | News | News | News | SpongeBob | Hurricanes at New York Rangers | News | Patent | Jim | K. Possible | My Wife | Stargate SG-1 | Funniest Home Videos | |
| 6 PM :30 | Sex & City | Body | CG Kids | News-Lehrer | News | News | Dog | News | News | ET Canada | OddParent | | News | American Chopper | '70s Show | So Little | Jim | Intimate and Interactive | Funniest Home Videos | |
| 7 PM :30 | Friends | Out There | Animals | Nova (N) (DVS) | Jeopardy! | Friends | Dog | Entertain | Entertain | Gilmore Girls (N) | Drake | PGA Golf: Grand Slam of Golf - Day One. (Same-day Tape) | Tony Bennett | Star Racer | Simpsons | So Raven | Raymond | 3 Lbs. "Of Two Minds" | WGN News at Nine | |
| 8 PM :30 | Seinfeld | NCIS | Masterpiece | Wild Things | Tony Bennett | NCIS "Twisted Sister" | CSI: Miami "Shattered" | 2006 American Music Awards (Same-day Tape) | Gilmore Girls (N) | Standoff "Heroine" (N) | Malcolm | House "Whac-A-Mole" | 2006 American Music Awards (Same-day Tape) | Daily Planet | Standoff "Heroine" (N) | 8 Rules | Life Derek | Basketball: Los Angeles Clippers at Los Angeles Lakers | News | Sex & City |
| 9 PM :30 | Movie: "The Wood" | The Unit (N) | With Glowing Hearts | Frontline "Living Old" | Law Order: CI | The Unit (N) | CSI: Miami | House "Whac-A-Mole" | House "Whac-A-Mole" | House "Whac-A-Mole" | Game | Score Golf | American Chopper | House "Whac-A-Mole" | Life-Bonnie | | | Jimmy Kimmel Live (N) | Scrubs | |
| 10 PM :30 | (1999) Omar Epps | Boston Legal | Scattering | Independent Lens (N) (DVS) | Law & Order: SVU | 3 Lbs. "Of Two Minds" | Dog | Standoff "Heroine" (N) | Standoff "Heroine" (N) | Standoff "Heroine" (N) | Prank Ptrl | Obstacle | Star Racer | News | Popular | KTLA Prime News | Sex & City | Movie: "Cat People" (1982) | Funniest Home Videos | |
| 11 PM :30 | "Thin Line-Love" | News | Reach-Top | Moving On | Tonight | Late Show | Dog | News | News | ET Canada | Hollywood | SportsCentre (Live) | News | Patent | Will-Grace | Life Derek | Friends | Nastassja Kinski | Play2Win | |

WEDNESDAY, NOVEMBER 22, 2006

| | WTBS ③ | CHBC ④ | KNOW ⑤ | KSPS ⑥ | KHQ ⑦ | KREM ⑧ | A&E ⑨ | KXLY ⑩ | BCTV ⑪ | CITY ⑫ | YTV ⑬ | TSN ⑭ | VTV ⑮ | DISC ⑯ | FOX 41 | FAM 26 | KTLA 27 | CITY 29 | WGN 38 |
|-----------|---------------------------------|------------------------|------------------------|------------------------|---|------------------------|-----------------------|----------------------|------------------------|------------------------|----------------|---|----------------------|---------------------|---|-------------|--------------------|--|----------------------|
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| 7 AM :30 | Movie: "Angel Eyes" (2001) (PA) | Life Today | BluesClues | Barney | Today Hall & Oates; Macy's Parade on Parade | The Early Show | American Justice | Good Morning America | | | Being Ian | SportsCentre | | Miracle Planet | The Littles | K. Possible | KTLA Morning Show | CityLine | Magnum, P.I. |
| 8 AM :30 | Jennifer Lopez | Homes | BluesClues | Barney | Today Hall & Oates; Macy's Parade on Parade | The Early Show | American Justice | Good Morning America | | | Mystery | SportsCentre | | American Chopper | Paid Prog. | Weekend | Amezcua, Pereira | Deep Space 9 | Homicide: Life |
| 9 AM :30 | NewsRadio | Body | Magic Bus | Dragon | | Discover | Cold Case Files | Regis and Kelly | 100 Huntley Street | World Vision | Monster | Off-Record | Regis and Kelly | Daily Planet | Fam. Feud | Pool | | News | Da Vinci's Inquest |
| 10 AM :30 | Cosby | The Price Is Right | Rolie Polie Paddington | Sesame Street (EI) | Ellen DeGeneres Show | The Price Is Right | CSI: Miami | The View (N) | World Vision | Design House | George S. Jane | Champions League Soccer | The View (N) | UFO Stories | The Tyra Banks Show | JoJo | Greg Behrendt | Movie: "Child Under a Leaf" (1974) Drama | WGN News at Noon |
| 11 AM :30 | Harvey | Seinfeld | English | Bob Buld | Dr. Keith Ablow (N) | Young and the Restless | American Justice | Paid Prog. | Judge J. | News | Pippi | | eTalk | Beyond Human Limits | Montel Williams | Stanley | Lopez | Tenzin Thuthob Tsarong | Greg Behrendt |
| 12 PM :30 | Home Imp. | News | ReachTop | Charlie Rose (N) | Paid Prog. | News | American Justice | All My Children (N) | News | Gilmore Girls (N) | Being Ian | Champions League Soccer | Degrassi | Sci-Superman | Perry | Recess | Maury | Gyurma Tethong | Funniest Home Videos |
| 1 PM :30 | Yes, Dear | Diva Dime | Journal | Painting | Days of our Lives (N) | As the World Turns (N) | American Justice | One Life to Live (N) | As the World Turns (N) | As the World Turns (N) | Gadget | | Sue Thomas: F.B.Eye | Deadliest Catch | Matlock | Lloyd | Jerry Springer (N) | Speakers | Moesha |
| 2 PM :30 | King | Guiding Light (N) | Gaslight | Reading | Passions (N) | Guiding Light (N) | Amer. Justice | General Hospital (N) | Passions (N) | Passions (N) | Adrenalini | X Games | General Hospital (N) | How-Made | Love Lucy | Lilo Stitch | Maury | Ellen DeGeneres Show | Even |
| 3 PM :30 | Seinfeld | Room | Jack's Big Music Show | Arthur (EI) | Judge | Dr. Phil | Cold Case Files | Rachael Ray | Gilmore Girls | Gilmore Girls | Jacob | Off-Record | Dr. Phil | How-Made | Maury | Weekend | What I Like | News | Home Imp. |
| 4 PM :30 | Raymond | Coast Guard Chronicles | Dora | Cyber | Judge J. | Oprah Winfrey | CSI: Miami | Millionaire | Oprah Winfrey | News | Tn-Titans | NHL Hockey: Toronto Maple Leafs at Buffalo Sabres | The Tyra Banks Show | Daily Planet | Little House | Barbarian | Reba | Friends | Funniest Home Videos |
| 5 PM :30 | Raymond | News | George S. | BBC World | News | News | CSI: Miami "Innocent" | News | News | News | SpongeBob | Hurricanes at Buffalo Sabres | News | Perfect Disaster | Jim | K. Possible | My Wife | Next Top Model | Home Imp. |
| 6 PM :30 | Raymond | Body | Mechanics | News-Lehrer | News | News | CSI: Miami | News | News | ET Canada | OddParent | | News | Perfect Disaster | '70s Show | So Little | Jim | Movie: "XXX" (2002) | Becker |
| 7 PM :30 | Sex & City | Out There | Undersea | Walking the Bible | Jeopardy! | Friends | CSI: Miami | Entertain | Entertain | To Be Announced | Sabrina | NHL Hockey: Chicago Blackhawks at Calgary Flames | eTalk | MythBusters | Simpsons | So Raven | Raymond | Action) Vin Diesel, Asia Argento | WGN News at Nine |
| 8 PM :30 | Movie: "Selena" (1997) (PA) | Show Me the Money (N) | Discoveries | Walking the Bible | Madonna: The Confessions | Jericho "Red Flag" (N) | CSI: Miami | Show Me the Money | Bones (PA) | Bones | Malcolm | House "Whac-A-Mole" | Medium (N) | Daily Planet | Movie: "Cheaper by the Dozen" (2003) Premiere | 8 Rules | Next Top Model | News | Scrubs |
| 9 PM :30 | Jennifer Lopez | "Til Death | Industri | Walking the Bible | Tour | Criminal Minds (N) | CSI: Miami "Innocent" | Day Break (N) | Day Break (N) | Day Break (N) | 15/Love | PGA Golf: Grand Slam of Golf - Day Two. (Same-day Tape) | Criminal Minds (N) | MythBusters | News | Popular | KTLA Prime News | Movie: "Black Mask" (1996) | Funniest Home Videos |
| 10 PM :30 | Edward James Olmos | Saved "Code Zero" | Cola Conquest | Keeping Score (N) | (10:01) Medium (N) | CSI: NY "Sweet 16" (N) | CSI: Miami | The Nine "Outsiders" | To Be Announced | News | Prank Ptrl | Bob | News | Perfect Disaster | Sex & City | 8 Rules | Sex & City | Movie: "Black Mask" (1996) | Play2Win |
| 11 PM :30 | Movie: "Angel Eyes" | News | Scattering | Charlie Rose (N) | Tonight | Late Show | CSI: Miami | News | News | ET Canada | Hollywood | SportsCentre (Live) | News | Patent | Will-Grace | Life Derek | Friends | (Action) Jet Li | |

Horoscopes

November 22 - 29, 2006

Aries - You enter a new phase this week when you begin to consider the importance of education, personal principles and travel. This will be an ongoing positive theme for 1 year.

Taurus - Your personal conditions begin to improve now. Matters of investment, debts and shared resources take priority. You are not out of the woods, but you are moving that way.

Gemini - Look for a change in one on one relationships. Your partner/spouse will show greater affection, be more generous. Continue to care for health. Job is still hectic.

Cancer - Your health will improve this week. Your job conditions improve steadily. You may even get a raise! Young people continue to be troublesome, but give them 3 weeks to change.

Leo - You look at a frustrating situation this week, with no immediate solution. Be patient. Problem will resolve itself. Young people are good to you. Creative juices flow.

Virgo - Family relationships undergo positive change for the coming year. Turn attention to your parents, roots, and personal property to make improvements. Driving is still trouble.

Libra - Your interests shift now to matters of communication, intellectual pursuits, and short trips. Money matters must be settled this week. Plan investment for profit 1 year.

Scorpio - Your money picture improves more this week. People surprise you with gifts. Be conservative about spending. Turn attention to your possessions - you could profit by selling.

Sagittarius - You still have some frustration simmering under the surface. Let it go. Pay attention now to your public image. Improve appearance, wardrobe. Look good!

Capricorn - Your mind seems to be waking up to all of the positive things about life. You are at peace with the world. Plans for the future may hit delays. Be patient. This is coming to an end.

Aquarius - Career matters may stall this week and prove very frustrating. Be patient, it changes next week. Begin making positive plans for the future. Good trend begins.

Pisces - You need to be patient only one more week for a spiritual matter to be resolved. Your priority turns to your career, parents, matters of personal importance. Look on bright side.

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.
- 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
- Princeton Badminton Club welcomes new members. Mondays 7:30 - 9:30 PM PSS Gym

thursday movies

MORNING

7:00 am WTBS (3) ★★"Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. The secret agent travels back in time to the 1960s to rescue his stolen mojo from Dr. Evil. (DVS)

10:00 am CITY (29) ★½"In God's Hands" (1998, Action) Patrick Shane Dorian. Three professional surfers travel together on a global quest for the ultimate wave. Directed by Zalman King. (D)

AFTERNOON

2:00 pm KHQ (7) ★★"Babe" (1995, Drama) James Cromwell. An Australian farmer adopts a piglet that becomes a champion herder of sheep. Live action/animatronics. (In Stereo) (D)

4:30 pm WGN (38) ★★"White Christmas" (1954, Musical Comedy) Bing Crosby. Former Army buddies put on a show with a sister act to save their general's hotel in

Vermont. (D)

EVENING

7:00 pm WTBS (3) ★★"Dumb & Dumber" (1994, Comedy) Jim Carrey. An inept dog groomer and a limousine driver chase the latter's dream girl cross country. (D)

8:00 pm CHBC (4) ★★"Spider-Man 2" (2004, Action) Tobey Maguire. Tormented Peter Parker battles a sinister scientist who uses mechanical tentacles for destructive purposes. (In Stereo) (D)

FOX (25) ★★"Spider-Man 2" (2004, Action) Tobey Maguire. Premiere. Tormented Peter Parker battles a sinister scientist who uses mechanical tentacles for destructive purposes. (In Stereo) (D)

9:10 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. (D)

friday movies

MORNING

7:00 am WTBS (3) ★★"Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Austin must rescue his captive father and prevent Dr. Evil's malevolent minions from taking over the world. (D)

10:00 am CITY (29) ★★"The Out-of-Towners" (1970, Comedy) Jack Lemmon. An Ohio businessman and his wife fly to New York and have nothing but trouble for the next 24 hours. (D)

AFTERNOON

5:00 pm CITY (29) ★★"Bruce Almighty" (2003, Comedy) Jim Carrey. After a bad day at work, a frustrated reporter meets God, who endows him with divine powers for one week. (D)

WGN (38) ★½"Teaching Mrs. Tingle" (1999, Comedy) Helen Mirren. With their futures threatened by false accusations of cheating, three teenagers take matters into their own hands. (In Stereo) (D)

EVENING

6:00 pm WTBS (3) ★★"Mr. Deeds" (2002, Comedy) Adam Sandler. A television producer tries to get the scoop on a small-town pizzeria owner after he inherits \$40 billion. (D)

7:30 pm FAM (26) "Once Upon a Christmas" (2000, Fantasy) John Dye. The daughter of Santa Claus vows to transform a single father and his spoiled children to prove that the spirit of Christmas exists.

8:00 pm KHQ (7) ★★"The Family Man" (2000, Romance-Comedy) Nicolas Cage. A Wall Street playboy wakes to find himself married to the college sweetheart he left in order to pursue a career 13 years earlier. (In Stereo) (D)

KXLY (10) VTV (22) ★★"Shrek 2" (2004, Comedy) Voices of Mike Myers. Premiere. Animated. A green ogre, his new wife and a donkey find adventure while visiting his in-laws. (In Stereo) (D)

FOX (25) ★★"Bruce Almighty" (2003, Comedy) Jim Carrey. Premiere. After a bad day at work, a frustrated reporter meets God, who endows him with divine powers for one week. (In Stereo) (D)

Similkameen News Leader Community Calendar

NOVEMBER

22 - Non-Instructional School Day
26 - Princeton Posse vs Revelstoke, 2:00 PM, Arena

DECEMBER

1 - Christmas Light-Up, Keremeos
1 - Princeton Posse vs Kamloops, 7:30 PM, Arena
2, 3 - Christmas Arts & Crafts Weekend, Keremeos
25 - Christmas Day
26 - Boxing Day

JANUARY

1 - New Year's Day
3 - Princeton Posse vs. Summerland, 7:00 PM, Arena
5 - Princeton Posse vs. Spokane, 7:30 PM, Arena
6 - Princeton Posse vs. Creston, 7:30 PM, Arena
7 - Princeton Posse vs. Sicamous, 2:00 PM, Arena
10 - Princeton Posse vs. Summerland, 7:00 PM, Arena
17 - Princeton Posse vs. Kamloops, 7:00 PM, Arena

FEBRUARY

2 - Princeton Posse vs. Castlegar, 7:30 PM, Arena
3 - Princeton Posse vs. Grand Forks, 7:30 PM, Arena

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

Similkameen News Leader Recipe Corner (Recipe #142)

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Strawberry Banana Yogurt Shake

(NC)-Serve this super-thick, low-fat shake with straws and enjoy a hit of calcium, vitamin C, folic acid, thiamine, iron and potassium. For even more tips and recipes, visit www.presidentschoice.ca.

Prep time: 5 minutes. Makes 4 servings.

- 3 cups President's Choice (PC) Blue Menu Frozen Yogurt- Strawberry & Banana
- 1 cup PC Source 5- Orange, Strawberry and Banana
- 1/2 tsp pure vanilla

1. In blender, combine frozen yogurt, juice and vanilla. Blend until smooth and frothy, about 2 to 3 minutes. Pour into four glasses.

- News Canada

Providence Funeral Homes & Crematorium

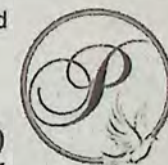


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THURSDAY, NOVEMBER 23, 2006

Grid of TV program listings for Thursday, November 23, 2006, including channels WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, and WGN.

FRIDAY, NOVEMBER 24, 2006

Grid of TV program listings for Friday, November 24, 2006, including channels WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, and WGN.

saturday movies

MORNING

8:00 am WTBS (3) ★★½ "Serendipity" (2001, Romance-Comedy) John Cusack. A man and a woman try to find each other after spending one night together 10 years earlier. (E)

10:15 am WTBS (3) ★★ "Miss Congeniality" (2000, Comedy) (PA) Sandra Bullock. An image consultant transforms a tomboyish FBI agent into a beauty queen so she can work under cover. (E)

11:30 am CITY (29) ★★½ "Mystery Men" (1999, Fantasy) Hank Azaria. Aspiring superheroes band together to defeat a villain when real superhero Captain Amazing disappears. (E)

AFTERNOON

12:00 pm FAM (26) ★★½ "Honey, I Blew Up the Kid" (1992, Comedy) Rick Moranis. The wacky inventor who shrunk the kids makes his 2-year-old boy the size of a Las Vegas casino. WGN (38) ★★ "White

Christmas" (1954, Musical Comedy) Bing Crosby. Former Army buddies put on a show with a sister act to save their general's hotel in Vermont. (E)

12:45 pm WTBS (3) ★★½ "The Pallbearer" (1996, Comedy) David Schwimmer. A directionless young man faces romantic complications after he is asked to attend a forgotten classmate's funeral. (E)

1:30 pm FAM (26) "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment.

3:00 pm WTBS (3) ★★ "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely woman falls for an engaged pediatrician while coordinating his ceremony and wedding reception. (E)

4:00 pm YTV (18) ★★½ "Hook" (1991, Fantasy) Dustin Hoffman. Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook.

5:00 pm WTBS (3) ★ "Mr. Deeds"

(2002, Comedy) Adam Sandler. A television producer tries to get the scoop on a small-town pizzeria owner after he inherits \$40 billion. (E)

CITY (29) ★★ "The Snow Walker" (2003, Adventure) Barry Pepper. A bush pilot agrees to take a young Inuit to a hospital, but the plane nosedives, and they must make their way out of the Arctic. (DVS)

5:35 pm FAM (26) ★★ "The Cheetah Girls" (2003, Comedy-Drama) Raven. Four diverse New York teenagers hope their music group will hit the big time.

EVENING

7:00 pm WTBS (3) ★★ "Miss Congeniality" (2000, Comedy) (PA) Sandra Bullock. An image consultant transforms a tomboyish FBI agent into a beauty queen so she can work under cover. (E)

7:35 pm FAM (26) "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. Members of a teenage vocal group find adventure while participating in a music festival in Barcelona, Spain.

8:00 pm KSPS (6) ★★½ "That Uncertain Feeling" (1941, Comedy) Merle Oberon. A husband and wife's once-happy marriage begins to disintegrate when a crazy concert pianist moves into their home.

YTV (18) ★★½ "Gremlins" (1984, Fantasy) Zach Galligan. An inventor gives his son an odd little creature which multiplies into monsters which wreck the town.

8:30 pm KXLY (10) ★★ "Coyote Ugly" (2000, Romance-Comedy) Piper Perabo. A woman finds her dreams of singing sidelined by the notoriety she receives as a New York City barmaid. (In Stereo) (E)

9:00 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)

CITY (29) ★★ "Detroit Rock City" (1999, Comedy) Edward Furlong. Four fans of the rock band KISS try desperately to score tickets to a big concert in Detroit. (E)

9:15 pm FAM (26) ★ "The Stupids" (1996, Comedy) Tom Arnold. The head of a dimwitted suburban family stumbles onto a secret plot involving arms sales to international terrorists.

10:30 pm WGN (38) ★★½ "Con Air" (1997, Action) Nicolas Cage. A wrongly convicted parolee on a flight with a group of vicious prisoners tries to stop their violent hijacking. (In Stereo) (E)

10:46 pm FAM (26) ★ "RocketMan" (1997, Comedy) Harland Williams. A clumsy, impulsive scientist is chosen

to go aboard NASA's first manned flight to Mars.

11:00 pm WTBS (3) ★★ "Hairspray" (1988, Comedy) Ricki Lake. The Turnblads' plus-size daughter rocks a segregated TV dance show in 1960s Baltimore. (E)

CITY (29) "Mystery Men" (2001, Adult) A Peruvian mystic leads handsome studs on a sensual journey. (E)

Weather?
Updated Hourly...

Road Reports?
Updated Daily...

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January February - March - April - May - June


Time-of-use

Power by the Hour Rates

| TOU | SEP | OCT | NOV | DEC | JAN | FEB | MAR | APR | MAY | JUN |
|-------------|------|------|------|------|------|------|------|------|------|------|
| 12:00-1:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 1:00-2:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 2:00-3:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 3:00-4:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 4:00-5:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 5:00-6:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 6:00-7:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 7:00-8:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 8:00-9:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 9:00-10:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 10:00-11:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 11:00-12:00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

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sunday movies

MORNING

6:30 am WTBS (3) ★★ "Message in a Bottle" (1999, Romance) Kevin Costner. A woman learns that the author of a romantic note that washed ashore is a shipbuilder whose wife died young and tragically. (E)

7:00 am A&E (9) ★★½ "U-571" (2000, Suspense) Matthew McConaughey. Premiere. American soldiers sneak aboard a disabled German sub to steal an encryption device they hope will help the Allies win the war. (E)

9:00 am WTBS (3) ★★ "A Walk to Remember" (2002, Romance) (PA) Shane West. Forced to tutor students at a school, a young delinquent falls for a minister's daughter. (E)

9:30 am A&E (9) ★★½ "The River Wild" (1994, Action) Meryl Streep. Strangers threaten a former river guide, her husband and their son on a white-water rafting trip in the West. (E)

10:00 am WGN (38) ★★ "Lightning Jack" (1994, Western) Paul Hogan. A mute townsman decides to learn

the outlaw business from a small-time member of a notorious gang of desperadoes. (In Stereo) (E)

11:00 am WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity. (E)

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

12:00 pm YTV (18) "Barbie in the 12 Dancing Princesses" (2006, Adventure) Animated. A princess and her 11 sisters must work together to save their father's kingdom.

FAM (26) "Once Upon a Christmas" (2000, Fantasy) John Dye. The daughter of Santa Claus vows to transform a single father and his spoiled children to prove that the spirit of Christmas exists.

WGN (38) ★★ "Batman & Robin" (1997, Action) Arnold Schwarzenegger. Batgirl joins the

caped crusaders to stop Mr. Freeze and Poison Ivy from wreaking revenge upon the world. (In Stereo) (E)

1:00 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)

KTLA (27) ★★½ "George of the Jungle" (1997, Romance-Comedy) Brendan Fraser. A man raised by apes in fictional Bukuvu saves an heiress from death and travels with her to the United States. Keith Scott narrates. (In Stereo) (E)

1:30 pm FAM (26) "Twice Upon a Christmas" (2001, Fantasy) Kathy Ireland. When a widower proposes to Santa's daughter, his children try to discover the truth about her past.

2:00 pm YTV (18) "Casper's Haunted Christmas" (2000, Fantasy) Voices of Brendon Ryan Barrett. Animated. Kibosh, ruler of ghosts, decrees Casper must scare someone or face banishment, so he enlists his look-alike cousin.

VTV (22) "Stolen Miracle" (2001, Drama) Leslie Hope. A policewoman struggles to reunite a kidnapped infant with its worried parents as Christmas draws near. (In Stereo) (E)

3:00 pm WTBS (3) ★★ "The

Blonde" (2001, Comedy) Reese Witherspoon. A sorority queen enrolls in Harvard to prove to her former boyfriend that she has more than good looks. (E)

9:00 pm WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity. (E)

KREM (8) "Candles on Bay Street" (2006, Drama) Alicia Silverstone. Premiere. Feelings from the past re-emerge for a married man after his old high-school sweetheart returns to town with her son. (In Stereo) (E)

FAM (26) ★★ "The Stupids" (1996, Comedy) Tom Arnold. The head of a dimwitted suburban family stumbles onto a secret plot involving arms sales to international terrorists.

10:50 pm FAM (26) ★ "Gone Fishin'" (1997, Comedy) Joe Pesci. Misfortunes plague two working-class buddies, contest-winners of an Everglades fishing trip.

11:00 pm WTBS (3) ★★ "A Walk to Remember" (2002, Romance) (PA) Shane West. Forced to tutor students at a school, a young delinquent falls for a minister's daughter. (E)

EVENING

6:00 pm YTV (18) ★★ "Home Alone" (1990, Comedy) Macaulay Culkin. Accidentally left by his Paris-bound family, an 8-year-old makes mincemeat of two burglars in the house.

CITY (29) ★★ "Welcome to Mooseport" (2004, Comedy) Gene Hackman. Premiere. The owner of a small-town Maine hardware store runs for mayor against a former president. (E)

7:00 pm WTBS (3) ★★½ "Legally

Blonde" (2001, Comedy) Reese Witherspoon. A sorority queen enrolls in Harvard to prove to her former boyfriend that she has more than good looks. (E)

9:00 pm WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity. (E)

KREM (8) "Candles on Bay Street" (2006, Drama) Alicia Silverstone. Premiere. Feelings from the past re-emerge for a married man after his old high-school sweetheart returns to town with her son. (In Stereo) (E)

FAM (26) ★★ "The Stupids" (1996, Comedy) Tom Arnold. The head of a dimwitted suburban family stumbles onto a secret plot involving arms sales to international terrorists.

10:50 pm FAM (26) ★ "Gone Fishin'" (1997, Comedy) Joe Pesci. Misfortunes plague two working-class buddies, contest-winners of an Everglades fishing trip.


11:00 pm WTBS (3) ★★ "A Walk to Remember" (2002, Romance) (PA) Shane West. Forced to tutor students at a school, a young delinquent falls for a minister's daughter. (E)

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Explore The History Of Mining - Gold, Copper and Coal

SATURDAY, NOVEMBER 25, 2006

Grid showing TV schedules for Saturday, November 25, 2006, with columns for station (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and rows for time slots (6 AM to 11:30 PM).

SUNDAY, NOVEMBER 26, 2006

Grid showing TV schedules for Sunday, November 26, 2006, with columns for station (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and rows for time slots (6 AM to 11:30 PM).

MONDAY, NOVEMBER 27, 2006

Television schedule grid with columns for station (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and rows for time slots (6 AM to 11 PM).

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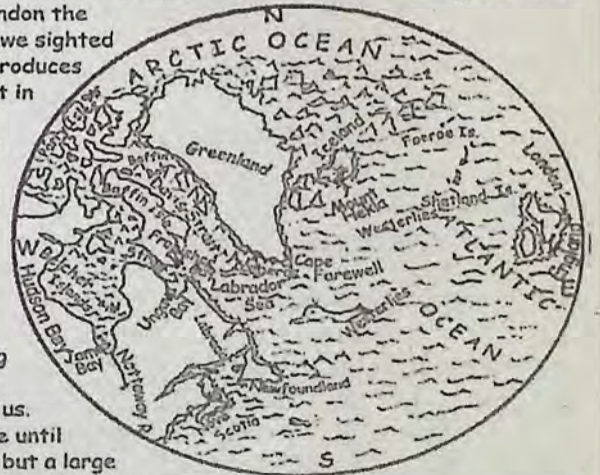
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news leader puzzle page puzzle maps of exploration

Draw a line on the map from (bracketed clue) solution to (bracketed clue) solution



It was a warm June day as we sailed away from friends and family and the Port of (who's bridge is falling down?) 51.3°N/0.0° taking the blessing of Good Queen Bess on our venture to find a northwest passage to Cathay. North up the east coast of England and Scotland we sailed onto the (female-golf start- place) Islands before turning due west towards North America. We had three vessels: the barque's Gabriel and Michael, plus a small pinnacle for shallow explorations and message carrying between the two. West in the (At- lan- muscle spasm) Ocean the weather became rough and very cold as we beat against the westerly wind "close hauled". By mid July we were shivering from the constant cold, soaked and frightened by the massive seas; and our hulls were leaking. We had lost the pinnacle and were forced to abandon the Michael. On July 28th from the Gabriel we sighted the coast of (experiment place-Brad-introduces a choice) and we headed west north west in search of a sheltered anchorage but (frozen waters afloat) and strong winds forced us west into a strait that the captain named for himself. We followed the shore along that strait hoping it might result in clear open black water at it's end rather than the floating white ice fields we constantly had to manoeuvre around. Eventually in the distance we saw a giant tall man standing on the shore and as we approached, it seemed he had his arms open welcoming us. The closer we got the clearer he became until we realized he was not moving or human but a large pile of stones stacked and shaped like a man. Later we found out from the Inuit people that it was called an Inuksuk, a direction and welcoming marker to be seen from a distance. We traded for meat with these Eskimo peoples but could not proceed any further because the "strait" was actually a long Bay. We returned to England by mid October, unfortunately, having lost 5 crew men on a survey expedition and with a hold filled with piles of dark black earth rumored to contain gold.



SOLUTION: You have just followed the first journey of exploration to find a north west passage to Cathay commanded by Martin Frobisher of England in 1576. His black earth and rumors of gold helped finance future expeditions and the first European mining camp in North America. CLUES: (who's bridge is falling down?) = London, (female-golf start- place) = Shetland, (At- lan- muscle spasm) = Atlantic, (experiment place-Brad-introduces a choice) = Labrador, (frozen waters afloat) = Icebergs.

Let's Play Princeton Trivia!

Question:

When did Newmont Mines open?

Last Week:

The residue that results from mining is called tailings. The golf club 'back nine' was constructed on a portion of the largest tailings ponds in the area.

www.princetonmuseum.com

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<http://www.youtube.com/watch?v=VpWVCLIA4>

A musical memory gift for that special someone. This unique gift is just \$20.00 plus postage. Contact youwinagain9@yahoo.ca for details. Jul 25-06

Musical Entertainer available for hire. Private parties, local events, etc. Patty (250) 295-0520 or e-mail pattyann@uniserve.com. Jul 25-06

for sale

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

Firewood for sale. 5-ton load \$150.00/load + \$1.00/km. (250) 295-4123. Oct 03-Dec 19

4 factory all-season radials and wheels for 1998 Ford Explorer. \$400.00. Call (250) 295-0118. Nov 14-28

1999 GMC Suburban (black). Lots of kms (308,000) but in mint shape. New tranny at 260,000 kms. Fully loaded-leather throughout, air, power and heated seats, PW, CD, tape, 5.8 L engine, built in custom phone system w/speakers throughout, good tires, roof rack, bucket seats and much more. First 120,000 kms looked after by GMC and the last by Huff's Auto. All records available. \$13,800. Call Dean Stinson at (250) 295-8537. Oct 31-Nov 06

Kerosene heater, super efficient, portable, emergency heat. 6L-33HRS. 2500 W/H. Used once. Cost \$341.98, bargain for \$225.00. Call (250) 295-6104. Nov 14-28

for rent

2-bedroom home. \$550.00 + utilities. No pets. Call RE/MAX Property Management at (250) 295-3222. Nov 07-06

WANTED

Looking for any 409 Chev Hi Po Heads, 1971-73 Vega Hatchback (complete). Call Wally at (250) 493-8376. Sep 19-06

for sale

Non-medicated free-range turkeys. 24-29 lbs and going fast! Call Mike or Johanna at (250) 295-0420. Nov 21-Dec 05

1997 Ford Explorer. 4WD, 2 sets of tires (all-season and winter - new this year), A/C, in excellent condition. \$8,990.00 OBO. Call (250) 295-6321. Nov 21-Dec 05

for sale

LLAMAS - several BRED FEMALES, weanlings \$500.00 EACH; companion female \$100.00; guardian gelding \$300.00. Various colours/fibre types. CASH sales only. (250) 499-5143 Cawston. Nov 21-06

Examine your relationship with God. Free at the Church of your choice. Any Sunday that works for you.

notices



PROVINCE OF BRITISH COLUMBIA
MINISTRY OF FORESTS



REQUEST FOR EXPRESSIONS OF INTEREST FOR FOREST DEVELOPMENT SERVICES FOR BC TIMBER SALES KAMLOOPS BUSINESS AREA 2007

The Kamloops Timber Sales Office, in cooperation with the Cascades, Clearwater, 100 Mile House and Kamloops Forest Districts (hereafter referred to as Districts) is establishing a Select List of pre-qualified contractors in the following areas:

FULL PHASE DEVELOPMENT OF TIMBER SALES, which will require Silviculture Prescriptions, GPS, Cruising, Block, Road Layout (Full Phase) and TSFA's when done under full phase contracts.

In addition the REI will establish lists for qualified contractors who can carry out the following activities: Residue and Waste Surveys, Soil Disturbance surveys, Riparian Assessments, Road layout and design, Total Chance planning, Visual Inventory assessments, Slash burning.

SILVICULTURE ACTIVITIES such as: Tree Planting, Brushing, Silviculture Surveys, Planting Implementation, Juvenile Spacing, Silviculture Surveys, Site Preparation, Forest Health activities.

MAPPING SERVICES - which include data maintenance and conversion, map preparation and production normally associated with Forest Development Forest Stewardship Plans; site plan maps and Exhibit 'A' preparation.

Contractors may be invited to participate in subsequent Invitations to Tender for contracts in the above areas to be completed by the Kamloops Timber Sales Office or Districts during the term from April 1, 2007 to March 31, 2008. Only those contractors who have been pre-qualified will be invited to submit bids on contracts tendered by Select Invitation. The contractor may be required to meet all of the BCTS EMS requirements before commencing work on contract in the Cascades, Clearwater, 100 Mile House or Kamloops Field Units or for the Kamloops Timber Sales Office. Work done for the Districts does not have this requirement unless required by contract.

Contractors are invited to obtain an information package containing the pre-qualification mandatory requirements and complete instructions for submission of an Expression of Interest at no charge from the BC Bid Website: <http://www.bcbid.gov.bc.ca/open.dill/welcome>

Expressions of Interest will be received until 2:00 PM PST on **December 15, 2006**. Fax machine submissions or revisions will not be accepted. Submissions may be submitted electronically in either Microsoft Word or .pdf format viewable with Adobe Acrobat®. Consultants are solely responsible for delivery of their electronic submission Excel Personnel Inc. by closing deadline. Submissions must be in accordance with the terms and conditions specified in the information package. Applications or questions will not be accepted at the Kamloops Timber Sales Office or any of the Field Unit Offices. They will not be forwarded.

The Contractor for the REI is Duncan Watt at: Excel Personnel Inc., Phone (250) 374-3853. E-mail: dwatt@excel.bc.ca.

Submission of a pre-qualification application does not guarantee inclusion on a resulting short list of pre-qualified contractors. BCTS reserves the right to limit the number of pre-qualified contractors invited to compete on a subsequent contract. Please note that this list may be used to Tender multi-year or renewable contracts.

IMPORTANT NOTICE:
CONTRACTORS THAT WERE SUCCESSFUL IN PREVIOUS EVALUATIONS NEED NOT RE-APPLY HOWEVER PLEASE NOTIFY US OF ANY CHANGES.

This solicitation is subject to Chapter 5 of the Agreement on Internal Trade.

Town of Princeton

NOTICE OF PUBLIC HEARING

Official Community Plan Amendment Bylaws 779, 2006
And
Zoning Amendment Bylaws No. 780, 2006



Notice is hereby given that a Public Hearing will be held on Monday, December 4 at 7:00 PM in the Town Hall, Council Chambers located at 169 Bridge Street, Princeton, BC to receive representations from all persons who deem it in their interest to address Council regarding the following proposed bylaws.

The proposed Amendments are as follows:

- Town of Princeton Official Community Plan Bylaw No. 609, 1993
"That Parcel B, (Portion KH73991), Block 4, District Lot 1823, Similkameen Division Yale District, Plan 1302, PID #018-836-763 be changed from Low Density Residential (LR) to Medium Density Residential (MD).
The purpose of which is to facilitate the redevelopment of the property to accommodate a four-plex residential development at 228 Luard Avenue.
- Town of Princeton Zoning Bylaw No. 646, 1994
"That Parcel B, (Portion KH73991), Block 4, District Lot 1823, Similkameen Division Yale District, Plan 1302, PID #018-836-763 be changed from Two Family Residential (RD) to Multi-family Residential (RM2).
The purpose of which is to facilitate the redevelopment of the property to accommodate a four-plex residential development at 228 Luard Avenue.

Copies of the aforementioned bylaws and further particulars pertaining thereto may be inspected at Princeton Town Hall, 169 Bridge Street, Princeton, BC during the hours of 8:30 AM to 4:30 PM from Monday to Friday excluding statutory holidays (phone: 250-295-3135).

Patrick Robins
CAO
Town of Princeton

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Nov 14-tfn

found

lost

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\$5.00+ GST per Week
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Two cats on Tapton Avenue. Multi-coloured female and a red male. (250) 295-6202. Nov 14-dn

Lost November 4th a pair of ladies bifocal glasses in bronze frames. Reward offered for their return. (250) 295-7965. Nov 14-dn

can you help?

Reward offered (\$50.00) for information leading to the identity of whoever ran our dog down 26KM out Osprey Lake Road between 8:30 - 9:30 AM on Saturday, November 4th. Call (250) 295-0420 or 295-4144 at Three Lakes Store. Nov 14-tfn

Classified Advertising works or you wouldn't be reading this! For more information on how we can get help you sell your item, contact the News Leader Classified Advertising Department at (250) 295-4149.

Regional District Okanagan-Similkameen

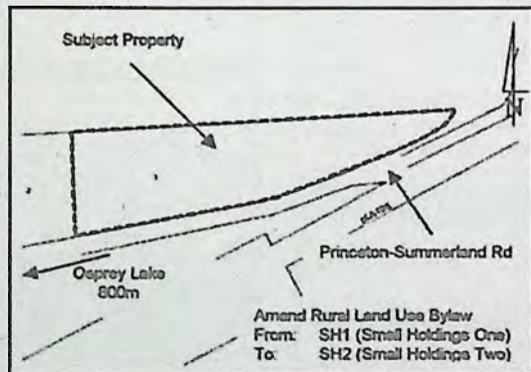
Rural Land Use Bylaw Amendment Application Electoral Area 'H'

4350 Princeton-Summerland Road, Electoral Area 'H'
 Lot 1, Plan 8705, District Lot 2084, Except Plan KAP62723, KDYD
 The applicants are proposing to amend the land use designation for the subject property to facilitate a future subdivision application.

NOTICE OF PUBLIC HEARING:
 Tuesday, November 28, 2006 - 6:30 PM
 Princeton Town Hall - Council Chambers
 169 Bridge Street, Princeton, BC

PURPOSE:
 Amendment Bylaw No. 1725.10: to amend the Rural Land Use Bylaw by changing the designation of the subject property from SH1 (Small Holdings 1) to SH2 (Small Holdings 2).

Permitted uses within the proposed SH2 (Small Holdings 2) designation include: agriculture; single family dwelling, or mobile home, or travel trailer; home occupation; care centre; public parks; and buildings and structures auxiliary to the aforementioned uses, including roof shelters over travel trailers.



VIEW COPIES OF THE DRAFT BYLAWS & SUPPORTING INFORMATION AT:
 Regional District Okanagan-Similkameen
 101 Martin Street,
 Penticton, BC
 Monday - Friday 8:30 AM - 4:30 PM

Princeton Town Hall
 169 Bridge Street
 Princeton, BC
 Monday - Friday 8:30 AM - 4:30 PM

Anyone who considers themselves affected by the proposed bylaw amendments can present written information or speak at the public hearing. No letter, report or representation from the public will be received after the conclusion of the Public Hearing. This Public Hearing has been delegated to a Director of the Regional District.

FOR MORE INFORMATION PLEASE CONTACT PLANNING SERVICES:
 Telephone (250) 490-4107 - Fax (250) 492-0063 - e-mail: planning@rdos.bc.ca - Web: www.rdos.bc.ca

real estate



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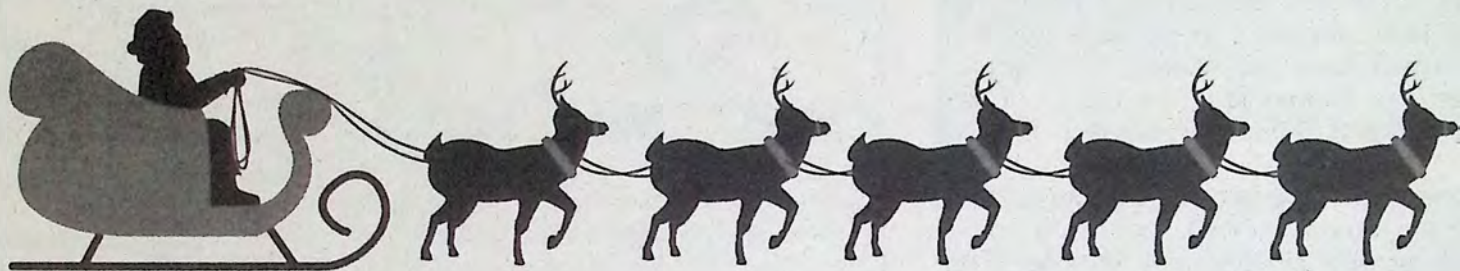
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Friday, DECEMBER 1

**5:30 PM - Light-Up
Stores open to 9:00 PM and later**

Saturday, DECEMBER 1

**12:30 PM - Parade
5:30 PM - Passport Prize Draw**

301 Bridge Street - Christmas Headquarters

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editor@thenewsleader.ca

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

my turn

A new wave of stocking stuffers

With just over 30 days to Christmas, we thought it would be a good idea to offer up some 'local' stocking stuffer gift ideas to get you in the mood.

We're hoping nobody gives us shares in Compliance Energy Corporation although a stock certificate may make for an interesting conversation piece a few months from now.

That being said, Compliance could actually jump on the Christmas bandwagon and start to package up small amounts of coal mined from their Basin Mine and sell them off at somewhere around \$5.00 for a tube of coal dust labeled as "Mined from the historic hills of Blakeburn."

If they really thought about it, packaged it and marketed it right - using the internet as well, they could probably make enough money moving coal samples from Blakeburn to probably afford those new fangled forms of technology everyone keeps taking about regarding the coal/wood waste power generating plant.

What a nifty way to get the public on board for their project. Sell them all a piece of history for five bucks a pop!

While we're at it, the Town of Princeton missed a golden opportunity as well with the Princeton Hotel remains.

Who in Princeton wouldn't spend \$5.00 on a piece of local history such as a piece of tile or a brick or twisted piece of metal salvaged from the historic site?

The Town of Princeton could have generated enough interest that a lot of money could have been made and clean-up would have been done in the form of people buying something and walking away with it. No need for heavy equipment with the giant Princeton Hotel Yard Sale going on.

We think the same method could be used when the Similkameen River is low. Imagine the interest in buying a bucket of silt and sand washed down the historic Similkameen?

Should the concept take off the river would end up getting dredged one bucket at a time - slow enough to not disturb the fragile eco-system, yet fast enough to be flood-safe by the next spring runoff.

We're about to run down to Town Hall for our business licence, anyone else with us on this?

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

ISSN 1712-090X

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Published weekly by Bengel Publishing Inc.

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

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TIS TOONS



your turn

SOS sends warning signal

Dear Editor

For those still not in the know, S.O.S. stands for Save the Okanagan Similkameen. Our group is less than a month old, but there are many within the group who have been gathering information/data on coal-fired generation for at least a year and are well informed on the issue.

As a group we oppose a coal-fired generating plant in Princeton because of health and environmental concerns. We also feel that the government should implement studies done on alternative sustainable, renewable energy such as, wind, water, and solar. We would strongly support such endeavours.

Because time is short, we are doing everything possible to stop the government process until citizens have had the opportunity to give their input and to further educate themselves on the process. To that end, S.O.S. hosted a forum of three individuals, Karen Campbell and Matt Home from the Pembina Institute, and Casey Brennan from Wildsight. They gave unbiased information on legal, technical, and health concerns, plus useful strategies to employ. We also urged residents to attend a NDP information meeting to learn more about the political process, to ask questions, and to voice concerns. All meetings have been well attended.

S.O.S. is circulating a form letter addressed to the Premier with copies to other interested parties for residents to sign. These letters are available at Ounce of

Prevention and at Lorianne's Unique Alternatives (both on Vermilion Avenue). If you support our stand and haven't already signed this letter, visit one of these shops and do so. To date we have over 500 signatures which were collected in one week's time! These letters will be presented to Environment Minister, the Hon. Barry Penner, at his constituency office in Chilliwack on November 23.

Letter To The Editor

Reader challenges NDP MP

To the Editor:

Re: NDP MP Alex Atamanenko's recent comments about Afghanistan

Mr. Atamanenko: I am one of your constituents in the Southern Interior. You have been going around this riding saying how Canadians are desperate to see our troops withdrawn from Afghanistan, and you criticize the federal government for keeping our troops there, to support the US-led war. I have to wonder if you really are that naïve and foolish or if you are just repeating NDP rhetoric.

First, it is not a US-led war; it is a NATO-led war. Canada is a member of NATO. There are also British, Dutch and several other armies posted in Afghanistan.

Second, you neglected to mention the majority of Canadians who want to let our troops do their job. Canadians are proud of what our troops are doing over there. We realize that as distasteful as war

To run an organization costs money, and we have already started to incur expenses. Any donations are greatly appreciated. Donations can be made at the shops mentioned above.

To reiterate, S.O.S. supports CLEAN AIR, CLEAN WATER, CLEAN SOIL and good health but not COAL-FIRED GENERATION.

Sincerely,
M. Masiel (S.O.S. member)

may be, it is sometimes necessary and our troops are doing what they are trained to do protect Canada.

If you were to ask any soldier posted in Afghanistan whether he thinks they should be there you would get an unqualified Yes. Every wounded Canadian soldier I've seen interviewed on the news wants more than anything to get back to Afghanistan and finish the job.

You cannot sit down and hammer out a long-lasting peace with someone who has planted a bomb under your chair. Canadian troops are defending our country from terrorist attacks. Canada cannot call itself a true nation unless we are able and willing to defend it from those who want to destroy our way of life.

You have talked about how most women and girls in parts of Afghanistan are afraid of being kidnapped or worse, raped and that human rights violations arecontinued on Page 24

Current Comment:

Am I a victim of coal?



Dawn Johnson
editor@thenewsleader.ca

The controversy over a coal and wood thermal power plant has sent waves of alarm through me.

I was born and raised in Princeton. All through my youth, people and businesses and industries in Princeton burned coal, without any emission standards and virtually no effort to control polluting the air. Until 1950, locomotives rolling through Princeton belched foul smoke into our air. On a cold winter day, when there was an air inversion, Princeton people could smell coal fumes everywhere.

Now I am hearing that such fumes stunt growth and decrease intelligence in children. I always wondered why I never grew taller than five foot five! I look at some of my classmates, such as Allen Gill, and think, "He could have been taller than six foot three (or four, or whatever he is).

Graham Gould could have been taller, too, instead of his stunted size. In fact, the average height of the guys in my grad class was around six foot tall. Just think, they should have been much taller.

The average height of the girls was five foot five, with the tallest girls at five foot ten. All of us should have been much taller, except we kept breathing those coal fire fumes.

These days I hear that my brainpower was probably reduced by all those coal fires belching fumes into our air. How did we manage to get into college and university with such severely reduced brainpower? My grad class turned out four school teachers, two medical doctors, several technicians and a few entrepreneurs, all of whom we thought were pretty clever people. Now we learn they should have been so much more intelligent. Imagine what we might have done without the influence of those coal fire fumes! Would all of us have been Nobel prize winners by now?

Our class held a reunion this past summer to mark 50 years since we graduated. All of us

are pusing age 70 now, and some of us have passed away, but I looked at those of us who remain and think what good shape we're in. Maybe none of us would have caught cancer or heart disease if only we had been raised where there were no coal

fire fumes.

I have to give full credit to those fighting the power plant. They are trying to protect future generations of Princetonians from having stunted growth and low intelligence, like Dawn Johnson and the others I have mentioned.

Letter To The Editor

Raine dislikes column

Editor:

With Remembrance Day services only days past, it is regretful that Dawn Johnson wrote a tirade on mens inadequacies even if it was concerning home life. The column is oozing with bitterness and conflict.

It is also disappointing that a veteran reporter clumps virtually all men as next to worthless as fathers or husbands and a burden as well. Under those circumstances I suppose it's good riddance to bad rubbish if a husband dies first.

Her radical simplification of the problem of men not pulling their weight on the home front is hardly worth consideration. The so-called solution is a recommendation that women don't marry or have children and it's better they live alone. The maternal instinct is a powerful force and most men cannot duplicate a similar intensity of devotion.

Unfortunately, the same is often true in domestic matters. Men are becoming more adept at sharing the load, but often it doesn't come naturally.

Answers won't come easily, but I found Dawn's column discriminatory and mean spirited, making me more sad than guilt ridden. The solutions proposed would drive a bigger wedge between men and women, and an ominous future for mankind.

In my humble opinion, Dawn Johnson needs to be much more balanced and broad minded if she wishes to be taken seriously as a problem solver.

- Monty Raine, Princeton
(Note from the Publisher: We blame it on all the coal dust she has been subjected to over the years. Please read her article titled, "Am I a victim of coal?" for a clearer picture of the circumstances. Thank you. - the Publisher).

Marketplace Ministry

by Jim Caruso

Listening

We are anatomically well equipped listen. We have two large receivers, one on each side of our life processor. They are strategically placed on either side of our mouth and nose and to the outside and slightly around the corner from our eyes. With only one mouth and two similar sized ears, we can quickly do the math and conclude that we should listen twice as much as we speak.

Listening is more than collecting sound waves in a given area and then processing these sounds through our organic computer. One person has said to me that we can hear perfectly and still have a listening problem. Listening makes use of all our sensory faculties. Eyes may see the messenger; interpret the body language and connect the presentation of the message with the presenter, but the ears collect the words, discern the tone of voice package that they are delivered in and establish the sincerity of the message. The mouth is prepped and ready to defend, correct or agree to remain silent as the ears continue to collect the said matter.

Listening is an art and a developed skill. Few people are good listeners. One life lesson comes to mind as I ponder this topic. It reminds me of how I developed my listening skills at a very young age. It had to do with what my dad communicated to me without saying one word.

It was a wonderfully warm day. Mom and Dad were out in the yard gardening, while my sister and I were playing on the swing set at the other end of the yard, near the old wooden canopy that used to sit atop the old Ford pick-up. Mom was working in the rock garden and needed a hand to move something. She called out to my Dad, Phil, come and help me over here. He obliged her and immediately went over.

Hearing this and being five years old, I thought that was really neat. I think I'll try it, I said to myself. So, when he was finished helping Mom, I said, Phil, come over here. And he did. Now the setting for this story is in small town British Columbia in the late 50s, a time in history when an offspring at the ripe old age of five were not expected nor allowed to address their parent by their first name.

What took place in the following 30-40 seconds after his arrival at my location helped me learn that all messages need not be spoken to be heard. I never addressed my dad by his first name again; he was and is dad to this day.

We live in a world of sounds, from construction, alarm systems, television, cell phones, ipods, vehicles and numerous voices. Each sound communicates a message and for many hearers, the barrage of sounds can lead to confusion, and an inability to hear. In all these sounds, there is a voice that is speaking constantly; it is the still small voice of the Lord saying, I love you. Would you take time in your daily listening to hear the most important message ever uttered? The message is that, For God so loved the world that He sent His only begotten Son, that whosoever believes in Him would not perish, but have everlasting life. (John 3:16) May I encourage you to hear this sound with your ears and listen in your heart? Take a minute to thank Him for loving you.

Pastor Jim Caruso - Oceanside Community Church, Parksville - pjcaruso@telus.net

Similkameen News Leader

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Wednesday, December 6th at the Baptist Church.



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Slippery roads and drivers not prepared for the winter conditions resulted in many accidents early last week, like this one Monday, November 13th at the Golf Course. Photo: Princeton RCMP.

Letter To The Editor
Pippin shares his homework

To The Editor:

In recent months, I have wondered how we got to the point where Compliance Energy is able to have their proposal to burn waste coal near Princeton with its adverse effect seriously considered.

In All the Presidents Men, Deepthroat advised Woodward and Bernstein that they needed to follow the money to understand what was going on. So did I. I was shocked by what I found.

The money trail starts with \$900,000 contributed to the B.C. Liberal party by the coal and coal-fired generation industry between 1996 and 2002.

After their election in 2001, the Campbell government wasted little time paying off on the favours they owed industry.

In 2002 the Environmental Assessment Act, which was only 8 years old, was repealed and Bill 38 took its place.

Among the provisions of the new Act was a requirement that government policy is to take precedent over environmental concerns. This means that since the B.C. Energy plan states that the provincial government is in favour of coal-fired

power plants, then that is more important than the adverse health effects or environmental damage caused by such a power plant.

The B.C. Energy plan, adopted the same year, restricted B.C. Hydro from building any new electricity generation facilities. They could only maintain existing ones. B.C. Hydro had served the province well for many years, keeping electricity costs low while contributing to the general revenue of the Province. No more; private industry would provide any power needed. There was no public consultation over this fundamental change to the power system in B.C. For good measure the Protection of Public Participation Act was repealed.

In 2003, Bill 75, The Significant Projects Streamlining Act became law. A cabinet minister can now declare a project significant and set aside any Act or local bylaw that is in the way. The only exceptions were the new watered down Environmental Assessment Act and the Agriculture Land Commission Act.

Any other Act such as the Park Act or the Waste Management Act can be dismissed with a wave of

the Ministerial pen.

The same year, new Guidelines for power plant emissions were introduced. Some of the least stringent in North America, they are to be enforced by the Conservation Officer Service which is primarily responsible for the regulation of hunting and fishing. Just to be sure that they couldn't do much in the way of inspection, the number of officers was cut.

In 2006, B.C. Hydro put out a Call for Power. The present market price of power at the B.C. - Washington border heading south is \$50 to \$55 per Megawatt hour. The average price B.C. Hydro is to pay to the independent power producers (IPP) is \$87.50.

Section 56 of Bill 30 passed in May of this year further restricted the power of local government to have a say in the approval of any IPP project in their jurisdiction.

The pattern is clear. The fix is in. Gordon Campbell and his gang have hijacked the democratic process.

Gordon the Pirate promised that his government would be the most open, accountable and democratic government in Canada. You must be joking Mr. Campbell! One can only hope the Campbell government will be held to account for their CRIMES AGAINST DEMOCRACY one day.

It is important that the people of the Okanagan and Similkameen let their Town Councils and Regional District Directors know of their opposition to this coal fired plant. Call or write your local government officials today.

They're the only thing standing between us and potentially devastating effects on our health, environment and community.

- Dan Pippin, Princeton

Letter to the Editor

.....continued from page 22 running rampant with little hope of reprieve.

As a matter of fact, world intervention has brought Afghan women out of the dark and has introduced human rights to Afghanistan.

Do you honestly think that removing our troops from Afghanistan would improve the prospects for women afraid of being raped?

Or that human rights would be

respected once were gone?

If you read a little history you would know that every nation on earth became a nation through battle and death.

As much as you would like the world to function on peace and love, it does not and it never will.

If you want to maintain peace in your nation you must be prepared to defend it with force at all times. If you are not willing to defend it then you do not deserve it.

- Alison Gilmour, Osoyoos

Town Council briefs

COUNCIL EXTENDS LAND-FILL CONTRACT

In order to establish a new system of requesting proposals for a land-fill contract, Town Council will extend the existing contract to February 28, 2007. The new system will involve preparation of the Request For Proposals by Regional District. Town Council has decided to use the greater expertise of personnel at Regional District who handle a number of solid waste management contracts.

the weekend, adding December 30, 31 and January 1 to the holiday period.

There will be no public Town Council meeting after the December 18 meeting until January 15, 2007.

FARM PLASTICS GO TO RECYCLEW DEPOT

A pilot project for recycling agricultural plastics will go into effect at Princeton landfill until December 31, 2006.

A company with a market for these plastics wants to discover how much agricultural plastics could accumulate at the local landfill.

If there are enough to make this a viable operation for regular collection, the agricultural plastics recycling program will continue.

TOWN PREPARES FOR HOLIDAY

Town Council is planning well ahead for the Christmas holiday period. Town Hall will be closed from December 27 through 29, 2006. This closure will lead into

Princeton Court News

HEDLEY MAN AGREES TO PEACE

In Provincial Court in Princeton on November 10, 49 year old Douglas Powers, of Hedley, agreed to a peace bond.

The peace bond is for one year, during which Powers is to have no contact with Neil McLeod, also of Hedley.

JUDGE ORDERS TRIAL

A preliminary inquiry was held in Provincial Court in Princeton on November 9 to determine whether there was sufficient evidence against Rory Mervyn to have him stand trial on a charge of possession of drugs for the purpose of trafficking.

After hearing testimony from three police officers, Judge G. Sinclair decided there was enough evidence to warrant a Supreme Court trial. No date for trial has been set.

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Princeton Store Manager
Ray Poole

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

Notice to Intending Applicants For Non-Replaceable Forest Licence A81242 Within the Merritt Timber Supply Area

Pursuant to Section 13 of the *Forest Act*, the Minister of Forests and Range has authorized the Regional Manager of the Southern Interior Forest Region to invite legal entities to submit an application for a Non-Replaceable Forest Licence to harvest smallwood stands of timber from specified areas of Crown land within the Merritt Timber Supply Area.

Non-Replaceable Forest Licence A81242 will have a term of 5 years and an allowable annual cut of 35,000 cubic metres per year from stands meeting the licence criteria. The successful applicant will be required to undertake all operational planning, engineering, and silviculture work and associated costs under this licence in accordance with the *Forest and Range Practices Act* and any associated regulations. All eligible applications will be evaluated on the basis of highest bonus bid, pursuant to Section 13 of the *Forest Act*.

Applications must be submitted in sealed containers marked "APPLICATION AND TENDER FOR NON-REPLACEABLE FOREST LICENCE A81242 WITHIN THE MERRITT TIMBER SUPPLY AREA" and must be received by the:

Regional Manager

Ministry of Forests and Range, Southern Interior Forest Region
515 Columbia Street, Kamloops, British Columbia, Canada V2C 2T7
Phone: 250 828-4131
Attention: Glen Sparrow

on, or before, 2:00 p.m. Tuesday, November 28, 2006. Applications received after this deadline will not be accepted. Public tender opening to commence at 2:15 p.m. Tender packages or additional information can be obtained by contacting the Regional Manager or:

District Manager

Ministry of Forests and Range, Cascades Forest District
Box 4400 Station Main, Merritt, British Columbia V1K 1B8
Phone: 250 378-8400
Attention: Rich Hodson



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Saturday, December 2nd

Antipasto Reception at 5:45 PM includes a complimentary glass of white wine
Dinner at 6:15 PM will include a glass of Hester Creek wine with each course

MENU

Mixed Field Green Salad

with BC poached pears and candied pecans,
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Penne Portabello

Fresh BC Portabello mushrooms sautéed in garlic, white wine,
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Pork Scaloppini Albicocca

with an apricot and basamic reduction OR

Beef Tenderloin Medallions

with a tomato and fresh basil glaze

Above entrée choices accompanied by gnocchi and a medley of fresh vegetables.....served with Merlot

Amaretto Zabaglione.....served with complimentary Ice Wine

Coffee or Tea

Ticket Price for this all-inclusive evening: \$55.00 per person
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Volunteers sort bottle and can returns in Tulameen. Photo: Anne Passey.

Just a little can make a lot

For many years now, it has been the policy of the Tulameen Trading Post, to not accept bottle or can returns during Tulameen Family Days.

When asked by a homebound weekender, "What the heck am I supposed to do with all my empties then?" store owner Bill Reichert came up with an idea.

"Can we put a can in front of the Library and collect the empties for the Ice Rink?" He inquired.

This small idea took on a life of

its own. Within hours the can was full and another soon overflowed onto the ground.

By the end of the weekend there were so many bags of bottles and cans that a Skidoo crate was procured from Reichert Sales and Services and placed in front of the Trading Post.

When this box became full it was magically replaced by an empty one. Occasionally a work party is organized and a group of volunteers sorts the bottles and cans and

a check goes to a community cause.

Since coming up with this idea, store owners Bill Reichert and John Der have donated over \$10,000.00 to various community causes, such as the Volunteer Fire Department (over \$3,000.00), the Sports Club and the Community Club.

Who says that you can't make a difference, one nickel and one dime at a time!

- submitted by Anne Passey

Goldcliff sends exploration update

Leonard W. Saleken, President of Goldcliff Resource Corporation (GCN.TSXV), announces the successful completion of the exploration program on the Company's 100% owned Panorama Ridge gold property near Hedley.

The trenching and drilling objectives for the 2006 field season were achieved on Panorama Ridge. Trenching and drilling on Panorama Ridge were conducted

on the York-Viking, Nordic, Spar, Tower and Thor gold zones.

A total of 60 trenches (1,450 meters) were excavated and channel sampled at one metre intervals. A total of 25 core drill holes (2,213 metres) were drilled. All of the trench samples are in for assay. The sampling and geological logging of the core is in process. An initial batch of core samples has been dispatched to the assay labo-

ratory for sample preparation and analyses. Unfortunately, the lab is backed up due to the busy exploration season in BC, and the assay results have been slightly delayed.

Goldcliff is eagerly looking forward to these results, and as they are received and compiled they will be released to the public. Goldcliff is awaiting results on 75 per cent of its 2006 trench samples.

School surplus goods sale brings \$\$\$

The surplus goods sale conducted by School District 58 earned the school board a total of \$3,227.00.

"It doesn't bring in a lot of money," says Treasurer Bruce Tisdale who explained that taxpayer's pay for the equipment when bought brand new and auctioning off items no longer needed by the District helps give taxpayers a good deal or two.

For example, chairs and desks went for a dollar or two each. A photocopier went for \$57.00 and a microwave oven for \$10.00. A variety of computers were sold off for between \$11.00 and \$20.00 each. There were glitches with the auc-

tion site on the School District website which generated a few phone calls but overall the program was considered a success.

"People were having a lot of fun on this," Tisdale adds.

"It was like the shopping channel on our website."

Transportation rates increase

Tom Lynch of Lynch Bus Lines, the company providing transportation services to School District 58, responded to a request for rates in a letter which was discussed at the November 15th regular meeting of School District Trustees.

"The rates have been adjusted 2.8%, the national increase for the past twelve months," Lynch says in his letter.

What this means is the rates for 2005/06 were \$1.98 per kilometer and will go up to \$2.04 per kilometer, or increase by .06¢ per kilometre. The balance of the rates are .925¢ per kilometre charter, up .025¢ per kilometre from .90¢ and \$18.50 per driver hour - an increase of .50¢ per hour from the previous school year.

The new rates were approved at the meeting.



CPO 1 Tom Thomas receives his Member of the Order of Military Merit from Governor General Michaëlle Jean while the Chief of the Defence staff, General Rick Hillier looks on.
Photos: Sgt. Eric Jolin - Photographer to the Governor General.

Former resident receives honour

Former Princeton resident, Chief Petty Officer 1st Class Tom Thomas received the insignia as Member of the Order of Military Merit from Her Excellency, Michaëlle Jean, Governor General and Commander in Chief of Canada at a ceremony in Rideau Hall on October 27th.

A graduate of Similkameen

Seniors Branch 30 Report

On Wednesday, November 8th, 58 members attended the Annual General Meeting. Election results: President-Eleanor Sinclair, 1st Vice-Barb McDonald, 2nd Vice-Evelyn Cook, Secretary-Isabella Johnson, Treasurer-Lynn McKay, Directors-Keith Parsons, John Zamluck, and Anita Huff.

In other news the quilting group has completed their colourful twin quilts that are being raffled. The draw will be made on December 10th, the day of the Christmas Dinner.

The Christmas Tea & Bake Sale will be held on November 18th from 11:00 am until 2:00 pm. A Teacup Reader, Madame Yvonne, will be in attendance to study soggy tea leaves for a fee.

The latest membership count is 211. Yearly dues are still only \$12.00.

For more information on a variety of activities, and tickets, please visit the Seniors Branch 30 hall.

- submitted by Monty Raine

Secondary School, Thomas enrolled in the Canadian Navy in 1968. He is the son of Bill and Ev Thomas deceased of Hedley. Recognized as one of the senior Chief Petty Officers in the Canadian Navy he is lauded as a shining example of excellence in leadership, communications, management and planning.

He has continually maintained an

exemplary standard of performance and dedication. The Order of Military Merit was created in 1972, to recognize meritorious service and devotion by members of the Canadian Forces.

The Order has three levels, Commander, Officer, and Member and is next in precedence to the Order of Canada.

- submitted



CPO 1 Tom Thomas with his Member of the Order of Military Merit. He is joined by Governor General Michaëlle Jean.

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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.



Secrets To A Successful Retirement - Part 3 of 4

We all know the importance of setting realistic long-term goals, asset allocation, and investing in equities to outpace inflation and taxes. This article will touch upon the mandatory inclusion of growth stocks, the different types of stocks, and the advantages of compounding.

Growth stocks are, quite simply, for growth. You forego income now in favour of superior capital appreciation and enhanced rewards later. A growth stock is usually priced at a higher price/earnings ratio than other stocks or the market generally, because of its superior record and, more importantly, in anticipation of above-average capital appreciation.

These attributes usually reflect a combination of high-growth industries and good management. Because growth companies normally require a continuing infusion of fresh capital with which to keep growing, they do not customarily disburse much, if any, of their profits in dividends.

Foregoing immediate income and running the higher risks that accompany stocks for higher long-term rewards can be tempered by conservative growth portfolios that include a selection of highly-regarded, top-quality, blue-chip growth stocks. These top-notch companies have records of rising earnings, out of which meaningful dividends are paid.

In fact, growing annual dividend yields and capital appreciation through rising earnings coming together bring very worthwhile overall returns. And, in taxable portfolios, there is the added advantage of tax credit on Canadian dividends and of below-average tax on capital gains when such shares are sold. Blue-chip stocks for growth and total return should be required components of all conservative growth portfolios.

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WOOD GUNDY GREG STEWART IS IN PRINCETON EVERY SECOND AND FOURTH THURSDAY 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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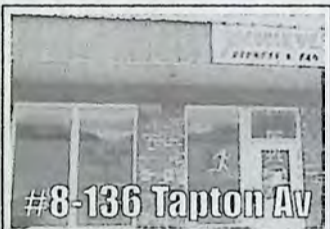
142-3rd Street

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