

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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Trail requires big money



Vandals were busy January 1st in downtown Princeton. In addition to smashing windows at the Fire Hall (above) windows were broken at the Crisis Assistance Society Clothing Store on Vermilion Avenue and Christmas lights were torn off trees down the centre of Vermilion Avenue. Anyone with information regarding these incidents are asked to contact RCMP at 295-6911. Photo: Princeton RCMP.

Roundhouse project will cost plenty to finish

Finishing the roundhouse on the Trans Canada Trail will cost around \$30,000 Judy Short told Town Council at their final meeting of 2006.

She explained that the mural in the roundhouse will have to be weather- and vandal-proof.

Four 4 by 14 foot panels will tell the ground transportation history of Princeton from the time of First Nations to wagons to trains and back to Trans-Canada Trail. Short stated it should be a good tourist facility.

The other project being costed is lighting the trail, but Short had no quotes.

She is expecting a quote from FortisBC this month. A rough

estimate for the project is 30 poles at \$2,000 per pole if new, but FortisBC may assist in finding used equipment.

Short asked for a letter of support from Town Council for the purpose of applying for grants, and Council agreed to give support.

CAO Patrick Robins advised Short of a new funding opportunity from the provincial government.

Councillor Maria Sadegur complimented Short on the excellent work done on behalf of Vermilion Trails Society.

Mayor Randy McLean added, "You do a wonderful job. We're very proud of you."

McLaughlin reviews SVPS in '06

Special to the News Leader
by Michael McLaughlin
Economic Development Officer

The publisher at the News Leader invited me to review the work of the Similkameen Valley Planning Society and the economic picture during the past year. I am grateful for the invitation.

The SVPS turned three in October '06. I would like to thank residents of the Valley, our Chambers of Commerce, our municipalities and Indian Bands for leading the way in improving our economy. It took some time for the SVPS to work out what its role should be. Economic development is the job of local government, Indian Bands, business community and EDO. In 2006, I worked more closely with these key players in economic development.

Princeton has moved ahead dynamically since the election of

the new Mayor and Council. The Princeton airport has a development plan that has been implemented. We might see a fuel facility there soon. That will be the start of making the airport an important economic asset. The Town has taken big steps toward recruiting investment to the industrial park.

It is wise to develop the airport and industrial park together. I believe that Princeton has many advantages that will draw outside investment. A tourism website is near completion. It looks like we may soon have a new town square. That will enhance the community for residents and visitors. The SVPS is pleased to have contributed to most of these accomplishments.

Keremeos saw a lot of residential development in 2006. A new dentist set up office. Some of the empty store fronts are active again. I

worked closely with Similkameen Country (Chamber of Commerce). Those hard-working people organized their wineries and agritourism businesses into an association and created a guide that has won praise everywhere.

Community events hit new attendance records and brought in many visitors. The winery sector is growing and is drawing many visitors to our valley.

The Upper Similkameen Indian Band continued development of the Mascot Gold Mine and Snaza'ist Discovery Centre and continued to be active in forestry. The Lower Similkameen Indian Band's new Chief and Council have made sound business management decisions and are becoming more active in forestry and tourism.

Similkameen farmers and ranchers are mainly doing quite well. That is because they are smart at business. The ranchers survived the beef boycotts and many of our farmers grow niche products and so are not hurt by low commodity food prices.

The tourism product in the Similkameen is improved over what it was three years ago. It is important that industry work together. As a valley we have enough attractions to lure people here; divided we don't. Visitors often stay in Princeton motels, sample the attractions around Princeton and also visit the wineries, fruit stands, Mascot Gold Mine and Keremeos Grist Mill.

The Princeton Museum attracted more visitors than ever before. We have some interesting shopping in Princeton now and some great restaurants. The Mascot Gold Mine Tours are becoming famous.

On the dimmer side, the Keremeos Grist Mill lost its private sector manager. The SVPS received a grant from the BC Heritage Branch and wrote a business case analysis. It shows that the Grist Mill is a vital part of the economy and worth saving. We will know soon if the Province will assist it to get back on its feet until it can pay for itself.

This project brought \$18,750 into the SVPS budget, some of which will pay for administration costs and enable us to use core funding for projects.

Across the valley housing prices continued to go up in leaps and bounds. By now I am sure most residents realize that one of our largest growth opportunities is attracting new residents to our clean and safe communities. New residents spend money and they create jobs. The benefits are not as obvious as when

a new store or industry opens, but the benefits are huge according to surveys. Cawston, Olalla, Bankier, and Tulameen - everywhere you look - new residents are investing in our valley.more on Page 4

Council joins fight for dooper removal

Responding to a letter from Merritt City Council, Princeton gave support to an appeal to provincial and federal governments to allow municipalities the power to drive drug peddlers out of town.

The letter states, "drug dealers have become a pervasive threat to all our communities." The letter further notes that the efforts of police "are largely wasted because of the revolving door policies of our judicial system."

"Municipalities cannot jurisdic-

tionally undertake any type of bylaws that even whisper of prevention in the criminal code area. Yet it is the Mayors and Councillors who are besieged by frustrated homeowners wanting to know what the City is going to do about the known crack house next door," the letter states.

The letter asks for legislation that will "allow municipal government greater authority to remove undesirable and illegal actions from our communities."

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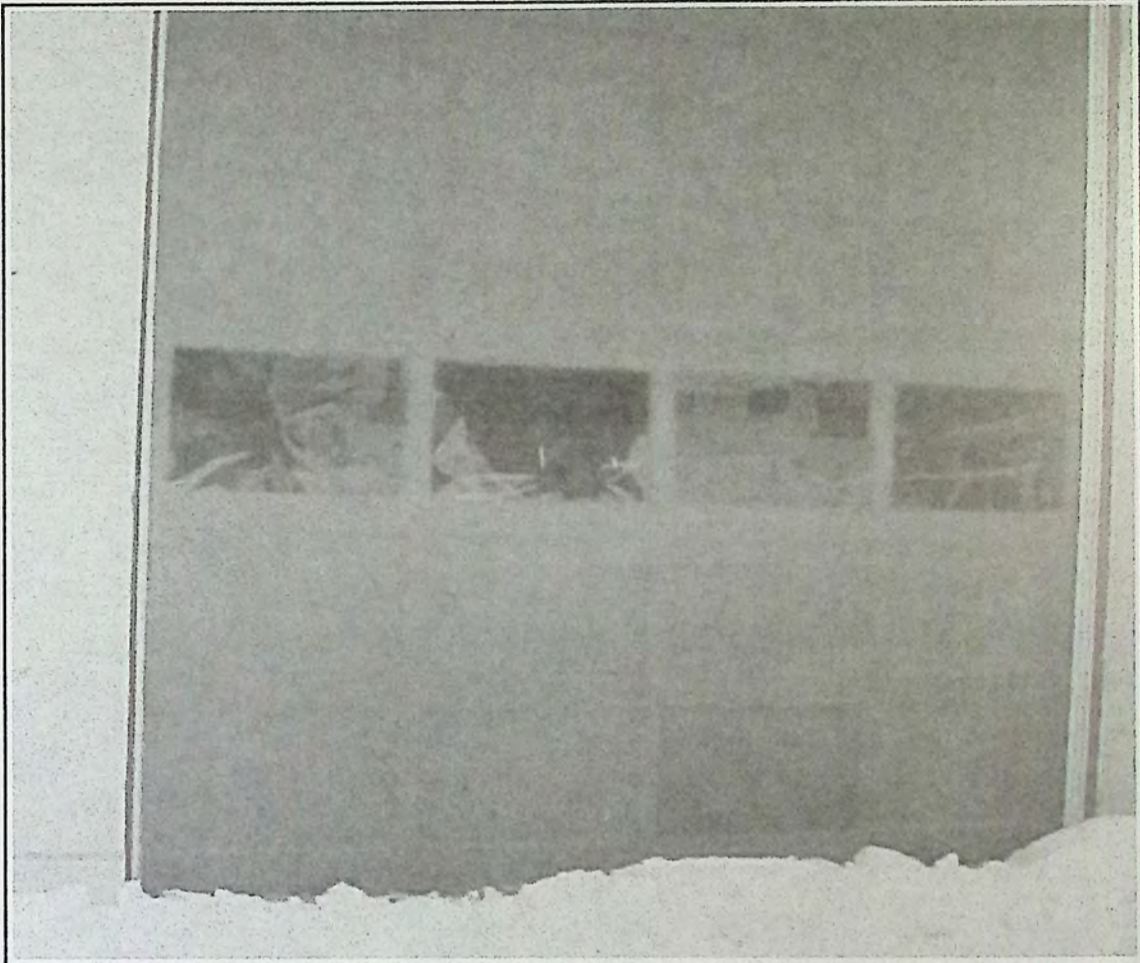
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Here's another view of the vandalism at Princeton Fire Hall. Photo: Princeton RCMP.

Princeton Area Ghost Towns - The DVD



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Similkameen News Leader
 www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

Eastern Star stamp program continues

by Eva Mitravitz

It has been some time since I have written an article on our Used Stamp activities. Although, the Cancer Dressing Station has closed in Princeton we are still operating in Keremeos where our Princeton members have affiliated.

As you are now aware the Princeton Light & Power office closed December 31, 2006 where the staff generously allowed people to drop off their Used Stamps for our programs. I have been advised that there will be some staff members working in the office for awhile and they will watch for your donations of stamps, but they will not be available for long.

It was with a sense of relief and gratitude when George Elliott of The Similkameen News Leader stepped forward with the offer of his office to act as a collection depot for us in place of Princeton Light & Power. He will deliver these stamps to me weekly and we can continue to count on the funds received from their sale for our cancer work.

For those readers who are unfamiliar with our collection of Used

Stamps used in the fight against cancer, all stamps on your everyday mail are eligible to assist us in our efforts to "Stamp Out Cancer".

Since 1954 the Order of Eastern Star members have collected, trimmed, sorted and found purchasers for these stamps. The money realized from the sales go directly to the B.C. Cancer Agency. We then use the funds on deposit to purchase material to make dressings for all cancer patients who may require them and are supplied free-of-charge upon your doctor's orders. A percentage of the funds collected this way goes towards research.

Definitive stamps - Queen's head, Flags, Parliament Buildings, etc - are sold by the pound. Did you know that 7,000 of these stamps are required to make one pound? I have always wondered what dedicated Sister found the time to count out the stamps so that we could obtain the best possible monetary return for our cancer efforts.

With Christmas card season nearing an end, please take a few minutes to think of us and our work and cut the stamps from your

envelopes leaving at least a 1/2" of paper around the outside. Place them in an envelope, mark them "Used Stamps" and drop at The News Leader office. All stamps are welcome. Any post cards you care to donate are welcome also. For Keremeos and area donations, please call (250) 499-2702 for directions.

Season's Greetings to all of you and all the best for the New Year.

Many thanks to all the businesses, school children, and residents who have provided us with their stamps. A special thank you to the Staff of Princeton Light & Power for the use of their office over the years as a collection depot.

We shall miss you!!

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Alberni echoes Princeton in tourism complaint

Princeton has complained three times to Tourism BC about the stupid directions for tourists leaving Hope to go to Princeton. The Tourism BC website advises tourists to go through logging roads to Tulameen, exposing unwitting tourists to danger.

Port Alberni wrote a sympathetic

letter to Princeton Town Council recently.

Port Alberni has the same problem. There is only one highway route from Port Alberni to Comox, but Tourism BC has advised tourists to take an industrial logging road which is gated during non-operating hours!

www.thenewsleader.ca

Princeton Posse KIJHL Hockey 2006-2007

Season Schedule

WED JAN 10 - SUMMERLAND
 FRI JAN 12 - @ Kamloops
 WED JAN 17 - KAMLOOPS
 FRI JAN 19 - @ Sicamous
 FRI JAN 26 - @ Nelson
 SAT JAN 27 - @ Spokane

FRI FEB 02 - CASTLEGAR
 SAT FEB 03 - GRAND FORKS
 SUN FEB 04 - @ Summerland
 WED FEB 07 - KAMLOOPS
 FRI FEB 09 - @ Sicamous
 SAT FEB 10 - REVELSTOKE
 TUE FEB 13 - @ Summerland
 FRI FEB 16 - @ Revelstoke
 SAT FEB 17 - GOLDEN



Trudy Kotzian of Tulameen sent this photo over the holidays to share something special. "The most amazing thing has happened!" She wrote. "Since the beginning of December our cross country ski tracks along Otter Lake on the Trans-Canada Trail have stayed intact. Snowmobilers have not destroyed them. I would like to share my happiness and let the 'sledders' know that their consideration is appreciated. Let's continue to share the road, it's just wonderful!" Photo: Trudy Kotzian.

Seniors had a great holiday

Vermilion Court Report

December had us doing many festive things. On the eve of the 19th, we all boarded the bus for an hour and a half tour of Princeton. As we wove our way up and down the streets, we saw many homes with extravagant light displays. It was a very enjoyable evening.

The 21st was the day of our party. It started with an excellent performance from Princeton's Highland Dancers.

All the young dancers danced with such great confidence as their proud parents watched along with us. Thanks to all the dancers for honoring us with such a great program.

The dancers had just left when we all heard the sound of jingle bells. Who should appear, but jolly old Santa and his Mrs.

He was pulling a festively decorated wagon filled with gifts. Mrs. Clause read 'The Night of the Party at Vermilion Court,' a poem revised to fit us...we all had a good chuckle.

An elf helper read out the 'BEEN NICE LIST' for Santa. Yes, we

were all on it! One at a time, we were called up to sit and snuggle with Santa, receive our gift and have our picture taken. Thank you Mr. and Mrs. Clause for your visit.

As we waved our good byes to the Clause's, Chris was busy in the kitchen setting out our supper. An assortment of platters containing meats, cheeses, veggies, buns, meatballs, etc. were passed around.

Thank you to our kitchen staff for all the work they put into this special supper. We also had cake as we celebrated Olive and Muriel's birthdays.

After supper, Aida and Gail line danced for us to an assortment of Christmas tunes. Donna joined in with them for their final dance. The band, Daniel, Mark and Carra, played and sang many Christmas carols.

Everyone sang along with them remembering days gone by. Carra played a few solos on her clarinet, which we thought were exceptional. This was a day enjoyed by one and all. Well done everyone!

Christmas morning had the smells of a traditional turkey dinner filling

the air. As we sat down at noon with our many friends and guests we realized how wonderful it is to be living in such a great place.

We wish you all a wonderful 2007.

- submitted

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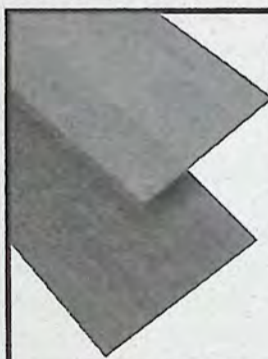
BOARD MEETING DATES FOR 2007

Regular Meetings of the Board of School Trustees will be held as follows. Meetings are held in the School Board office and start at 7:00 PM.

- January 17, 2007 - Princeton START TIME: 4:30 PM
- February 7, 2007 - Merritt
- February 28, 2007 - Princeton
- March 28, 2007 - Merritt
- April 18, 2007 - Princeton
- May 9, 2007 - Merritt
- May 30, 2007 - Princeton
- June 20, 2007 - Merritt

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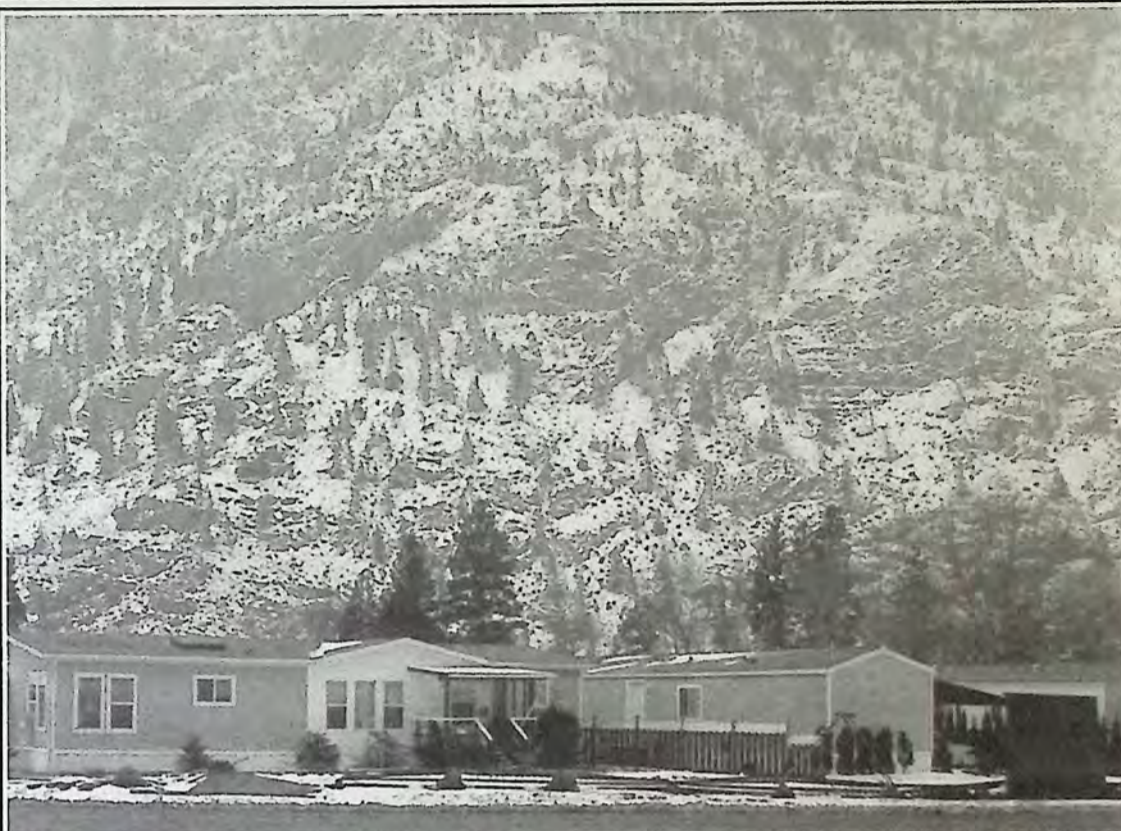


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keremeos and area news



A wind storm just before Christmas left a lot of damage in the Similkameen Valley. A fence that normally hides these homes on Highway 3 near Keremeos remains damaged. Photo: Brenda Engel. *

EDO reviews previous year

.....continued from front page
2006 saw the completion of projects for which the SVPS had a hand in fund-raising. The Princeton Arena addition is complete.

The KVR trailhead is paved and the roundhouse is coming along. The Youth Park in Keremeos is ready to open in the Spring.

Everywhere I look volunteer organizations are making things happen. I will not name names for fear of forgetting someone. Because I work with them, I know how tireless, how immune to frustration, are the volunteers who make our valley a better place to live.

Attracting new business investment is a priority of the SVPS. We developed a strategy for business attraction and are beginning its implementation in cooperation with our members. Much of our work in 2007 will be in business attraction.

It is not a simple task. We compete with every community in British Columbia.

I have a few concerns about the growth and development of the valley. The influx of new residents can be a good thing. It can also lead to inflated property prices, higher residential taxes and overdevelopment of the countryside. Area H is developing a new Official Community Plan.

Areas B and G still have no land use regulations. Many communities are struggling with development problems caused by new

residents.

We still have time to control their impact. The South Okanagan and upper Fraser Valley are growing exponentially. It is only a short time until development pressures spill over into our valley.

There is no land available for industrial development in the Lower Valley. I believe that if there was serviceable land available, then Keremeos - Olalla - Cawston would attract business investment that is going into the South Okanagan.

The EDOs of the entire Okanagan have formed a Society that has attracted some large investment. The SVPS is not an active part of that Society because we do not have the money to contribute.

That brings me to another problem. Our economic development budget for the entire valley is \$82,000 a year. Merritt spends four times that and anyone can see the results.

If we want economic growth, we have to be prepared to invest in it. An additional 40-50 thousand dollars would be leveraged with Provincial and private sector money to add enormously to our ability to do ED projects.

The Similkameen lags behind many rural areas in terms of high speed internet service. Many of the types of business we might hope to attract need the latest in internet technology.

Don't anyone get mad at me, but I am concerned about the unevenness in customer service in our

retail sector. A closely related problem is the amount of out-of-valley shopping. I challenge our retail sector to work together to be innovative and to provide service that gives our communities a positive reputation and encourages our residents to spend more of their dollars at home.

The forest industry is the biggest sector in the Valley. Our Weyerhaeuser mill is one of the most efficient and continues to operate at full speed despite low lumber prices. Our value-added wood industry employs more than 150 workers and is well managed and entrepreneurial. But there are bugs in them that threaten the supply of fibre.

It might be a good idea for local governments to work with the forestry sector and prepare for any hardships that may lie ahead.

The biggest economic news in our valley is the proposed Compliance Energy power plant. I am staying out of the controversy because I see the issue actively debated in the press and among the public. A development as large and conspicuous as the Compliance plant will have far-reaching impacts on our economy, some positive and some negative.

I think it is good that many people are taking the time to look at both sides of the debate and I hope that whatever decision is made is based on facts and sound judgement.

I wish everyone a happy, prosperous new year.

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Princeton
Total Sq Ft: 1,184
MLS# 37929

Beautifully refurbished mobile home in quiet park on fenced lot and a half. Lots of storage. Includes two fireplaces, well-constructed addition, new appliances and new furniture. Must see to believe.

13-406 Brandmayr
\$85,900



Princeton
Total Sq Ft: 1,136
MLS# 37350

Great country setting for this 12' x 68' mobile with 10' x 32' addition. Many updates include roof 2002, laminate floor, ceramic tile, gyproc walls, new paint, kitchen and master. Fantastic bath has double head stand up shower and is handicap accessible. Will trade.

15-453 Taylor Mill
\$42,000



Tulameen
Total Sq Ft: 1,400
MLS# 37386

Extremely private acreage in Tulameen. 5.76 acres, stunning 3-bedroom log home, double garage, park-like setting. Imagine sitting on the big porch overlooking the river with a glass of wine and watching the seasons change. Very, very private.

278 Tulameen River Rd
\$488,300



Princeton
Lot Area (acres): 0.08
MLS# 37940

Central location with easy walk to all amenities. Not many building lots left in Princeton. This is a quiet area of town, in the Allison Flats neighbourhood. Partially fenced lot, with alley and road access.

295 Lachine Ave
\$49,000



Princeton
Total Sq Ft: 1,650
MLS# 37171

Immaculate 4-bedroom home, very spacious, high quality wood stove, kitchen with pantry and skylight, laminate flooring, all appliances, fenced and cross fenced. Year round creek, 16' x 20' insulated, wired and heated guest cabin. Easy to show!

1285 Highway 3
\$349,000



Princeton
Total Sq Ft: 1,220
MLS# 37349

Fantastic setting on the Tulameen River enjoys lovely mountain views. 72 feet of frontage and great privacy. Many updates include windows, paint and flooring. This module is set on full concrete basement. Awesome workshop and many possibilities.

456 Corina Avenue
\$210,000



Princeton
Total Sq Ft: 672
MLS# 37672

Remodeled two bedroom mobile in quiet Lynnwood Mobile Home Park. Bathroom and kitchen redone. New flooring, baseboard heat. Fridge, stove, washer, dryer included. Seller will carry a mortgage. Priced to sell. Bring your offer or trade.

32 Lynnwood MHP
\$40,000



Princeton
Total Sq Ft: 985
MLS# 37939

This cozy 3-bedroom home is perfect for the first time buyer or couples looking for a quiet place to enjoy life. Tenant occupied, 24-hour notice required. Spacious master bedroom and lovely country style eat-in kitchen. Loads of exterior sheds.

297 Lachine Avenue
\$159,000



Princeton
Lot Area (acres): 10.62
MLS# 37191

Over 10 acres, view lot, southern exposure, power and phone at lot line, 20+ gallon well.

Lot B Coalmont Road
\$165,000



Princeton
Total Sq Ft: 1,782
MLS# 37321

One floor full of gracious living! Great three bedroom home located 20-minutes east of town in a quiet rural area. Property has great privacy and river frontage on the Similkameen River. Almost new home needs nothing, ready to move into. Come see now!

2321 Old Hedley Road
\$558,300



Princeton
Total Sq Ft: 2,304
MLS# 37880

Bring your family! Large home on a big, bright lot located in a quiet area of town. Large rec room in the basement for the kids. Wood stove included for low cost heating. Great sundeck for entertaining family and friends. Hurry before it's sold!

170 Dollie Street
\$123,800



Chain Lake
Lot Area (acres): 1.88
MLS# 37198

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Comments**

by your Pharmasave Pharmacist Wen Wong



Twice as many heart attacks occur in January than in July. Reasons include the following: lower temperatures cause more constriction of blood vessels; less exercise in winter; more holiday celebrating causing overeating and over-drinking; more respiratory tract infections that are associated with heart attacks and more stress and smoking around holidays.

It is estimated that 56,000 Canadians are living with HIV infections and 251,000 are infected with hepatitis C. The scary thought is that 30% of these people don't know they have the infection.

Breathing in a lung-full of cigarette smoke causes the carbon monoxide in the smoke to pass immediately into your blood binding to the oxygen receptor sites of the hemoglobin preventing oxygen from being transported all around the body. This results in less oxygen reaching the brain and muscles causing lethargy, confusion and difficulty in thinking.

When you are starting a new medication, keep the lines of communication open with your doctor and pharmacist. Adverse drug reactions can occur with various medications and many of these can be avoided. Learn as much as you can about the medication and communicate any negative effects with your doctor.

Our pharmacists will certainly be your drug teacher. We can explain the effects of your new medication and let you know what to watch for.

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news leader health page

TAKE A 'LOOK CLOSER' AT HEART ATTACK AND STROKE

You might help prevent one from happening to you

(NC) Do you know what the leading cause of heart attack and stroke is? It's not what you may think. In fact, the majority of people who suffer from some kind of cardiovascular disease (CVD) do not fully understand what the disease is or how they developed it. Currently, heart disease and stroke are the leading causes of death in Canada, with approximately 75,000 deaths every year.

If you have, or are at risk for CVD, you can decrease your risk by learning more about the disease and how it occurs as well as taking action on modifiable risk factors like high cholesterol and high blood pressure.

It's the Clot that Kills

Heart attacks and strokes are caused by blood clots suddenly forming in damaged, hardened arteries. Cholesterol and other factors cause plaque to form inside arteries supplying blood to the heart, brain and other organs. Plaque can become unstable and rupture, triggering a clot to form inside the artery, like a scab forming on a cut, and block the flow of blood.

If this happens in arteries leading to the heart or brain, a heart attack or stroke can occur. Although high blood cholesterol and other risk factors damage your blood vessels, it's the clot that kills. Atherothrombosis, which is the formation of blood clots within arteries, is the leading cause of death worldwide and causes 22 per cent of all deaths annually.

There are several risk factors for developing an arterial blood clot resulting in heart attack and stroke:

- ☛ High cholesterol
- ☛ High blood pressure
- ☛ Smoking
- ☛ Obesity
- ☛ Diabetes
- ☛ Physical inactivity
- ☛ Unhealthy diet
- ☛ Heredity or family history

A Patient's Perspective

If Ross Devlin, age 61, had known that as a person with diabetes he was at an increased risk for heart attack and stroke, he would have taken better care of his body. When he was first diagnosed with diabetes 15 years ago, he visited a diabetes clinic where he was given information on how to manage his disease, but no one ever explained the disease process or how diabetes might lead to heart attack or stroke.

"At the time I was diagnosed with diabetes, I was also a smoker. Since smoking and diabetes are both risk factors for developing a blood clot, my doctor should have explained the serious consequences of my continued habit. He kept telling me to stop smoking but never explained why or how it would increase my chances for heart attack or stroke when combined with my diabetes," says Ross. "Had I known what was

happening inside my body - the thought of blood clots forming in my arteries - I know I would have stopped smoking before I had a heart attack."

Today, Ross is well-aware of what is happening inside his body and is now involved in Look Closer, a campaign that is very close to his heart.

Take a 'Look Closer'

The Look Closer Coalition is an international group of heart disease, stroke and diabetes organizations, including Stroke Recovery Canada, who all agree on the need for better patient education on the causes of heart attack and stroke.

Earlier this fall, the Coalition issued the Look Closer Report which included research of physicians and patient needs to reduce the burden of heart attack and stroke.

Dr. Alan Bell, a primary care practitioner, co-author of the Look Closer Report and a member of the Look Closer Coalition says, "In a resource - and time-constrained environment, primary care physicians can only deliver on the challenge of improving cardiovascular patient care, if they are given the necessary knowledge and tools to support them."

In response to this need, the Look Closer Coalition has developed an education program that includes tools and resources for both patients and physicians that incorporates a new and simple explanation of what causes heart attack and stroke.

Patients and doctors can visit www.strokerecoverycanada.com to download the Look Closer educational materials and resources.

- News Canada

living past 100

Use good scents to feel better

Feeling low, depressed, unmotivated? take a deep breath of a certain scent, and you will change your mood. This is called aromatherapy. Medical practitioners of ancient times prescribed certain oils for healing, and they worked.

How do aromas change how you feel? Think of your nose as connected to your emotions. Your olfactory nerve (how you recognize smells) is attached to the main circuitry of the emotion center in your brain, and scents can actually change your brainwaves.

Caution: don't rush out and buy those air fresheners and hope for results. Only natural oils provide results. For some reason, synthetics such as perfumes and air fresheners do not have the same impact, even though they smell nice.

Some essential oils can perk you up, others calm you, and some make your brain work better (good for students at the end of the day?)

The scent of roses, oranges and jasmine will relax you. The scent of clary sage oil can make you feel happy and also relieves menstrual cramps and premenstrual tension.

Eucalyptus oil is wonderful for clearing congestion. It has antiviral properties as well.

All floral oils can relax you, taking the edge off stress better than a martini, and with no side effects.

If you have trouble sleeping, put a few drops of lavender oil on your pillow case. Lavender will relax you and let you sleep. In addition, applying lavender oil to cuts and scratches, insect bites and bruises will heal the sore.

Peppermint oil can provide some relief from a runny nose, flu or sinus problems. Put three drops in a bowl of hot water and inhale through the nose. If you're feeling mentally sluggish, breath in spearmint vapor. Spearmint energizes the mind.

To improve your immune system, take a hot bath into which you have put several drops of sandalwood oil.

For better skin, use rosemary oil in your bath.

To heal your liver, stomach and blood, use rose oil. It is the most expensive natural oil, but it will work.

All natural oils used in aromatherapy are expensive, but they do work.

WARNING: pregnant women should not use any natural oil without asking a physician first, and no natural oils should be ingested without consulting a pharmacist or physician.

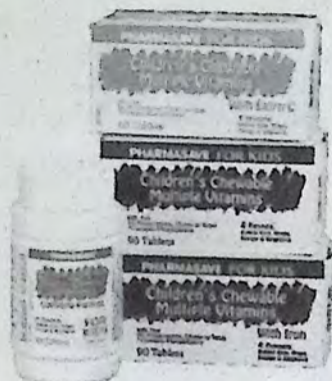
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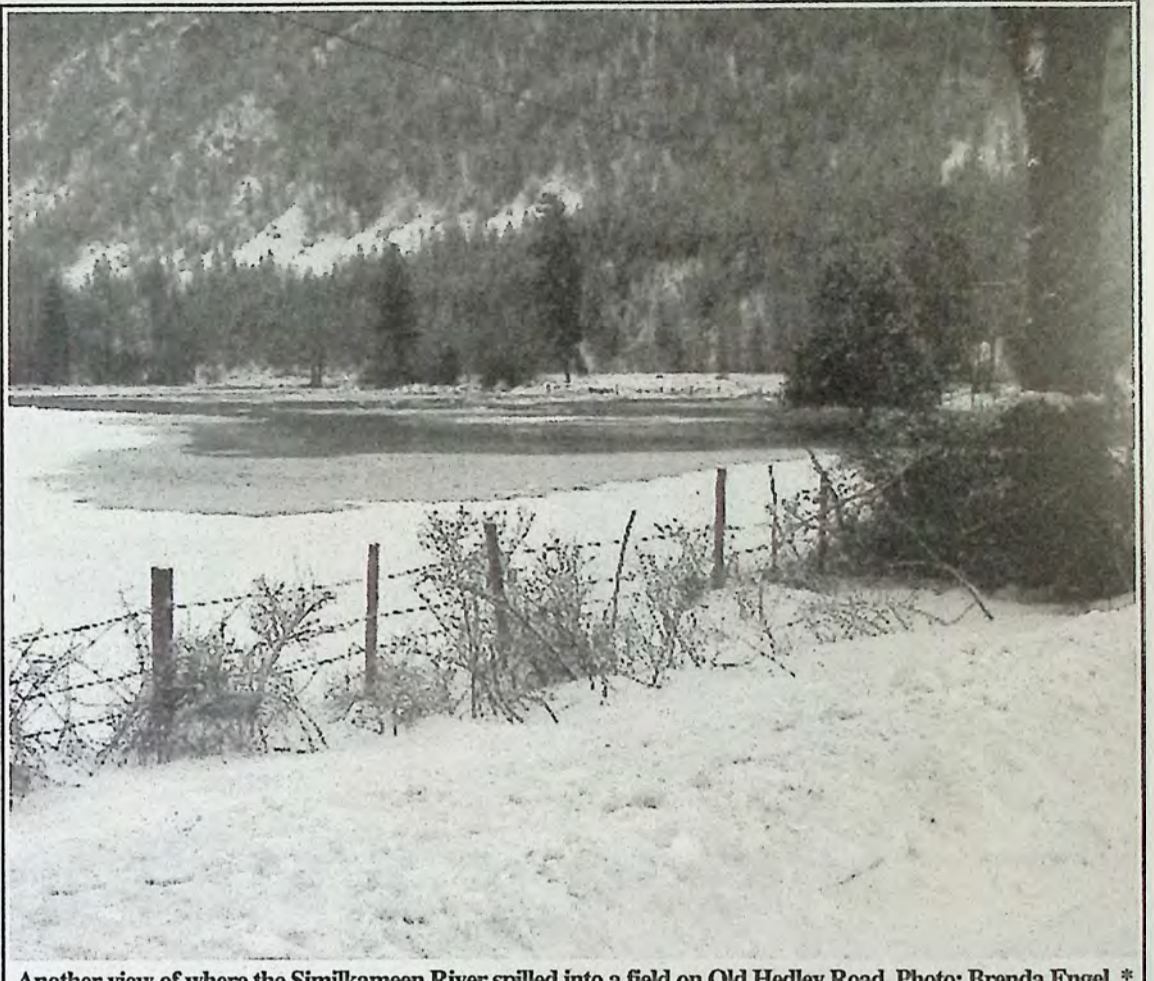
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Another view of where the Similkameen River spilled into a field on Old Hedley Road. Photo: Brenda Engel. *

MP Alex Atamanenko

BC Southern Interior monthly report

Public Health Care Under Attack

Over the past liberal reign of power, and now under the thumb of the Conservative Government, the debate over our health care system has been one that has continually been brought to the forefront. It has not only been debated in the House of Commons, but also on a more personal level, over the dinner table.

Canadians have built a public health care system that they can be proud of. It exists so that everyone has equal access to care. Care based on need, not on the size of your wallet. Unfortunately, again, our system is under attack by private companies, giant insurance corporations and individual entrepreneurs who would like to see it replaced with a US style two-tier system. Financial and corporate lobbyists are hard at work trying to commercialize our public system and even BC is pushing private insurance and for-profit surgical centres and hospitals.

In light of the recent US-style for-profit private medical centre which opened in Vancouver on December 1st, the NDP Health Critic, Penny Priddy has called on Health Minister, Tony Clement to move swiftly against the private facility as it is in clear violation of the Canada Health Act.

A little unknown fact about what a two-tier style system would achieve is that it will siphon what few doctors and health care professionals we have in our public system to serve the wealthy. This alone will increase our wait times and provide a less comprehensive care base. The fact is, that we have the means within our public system to decrease wait times by making the current public system more efficient. For example, a hospital in Alberta has fractioned-off a sector of its services and created a separate facility that deals only with bone and joint health, The Alberta Bone and Joint Institute. They have dedicated surgical rooms specifically for bone and joint surgery and have pooled their wait patient lists for orthopaedic treatment which has dramatically decreased wait times. A consultation with an Orthopaedic surgeon went from 35 weeks to 6 weeks and from consultation to surgery, wait times decreased from 47 weeks to 4.7 weeks. Through this streamlined process within our public health care system, we can improve upon our services and it is within our grasp to do so. What we are lacking is the political will by the federal government and the Gordon Campbell liberals to make our public health care system more efficient.

that proves that a two-tier system would shorten waiting lists. If what the Conservatives are trying to achieve is a US type health care system, you should know that currently, US private insurance premiums have all but doubled since 2000 and that half of the bankruptcy claims filed are the direct cause of medical bills.

I am certain that if you were to compare an average American who has had to rely on their two-tier health care system against a Canadian relying upon our public system, you would agree that we indeed have a superior model.

Stephen Harper has shown his true colours by not enforcing the Canadian Health Act to stop two-tier care. The Conservatives have done nothing to stop the creeping of privatization that bleeds our public system resources. While the Prime Minister looks on, patients wait for hours in overcrowded emergency rooms, ordinary Canadians can't find a doctor, families can't afford medication and our seniors are still waiting for a long-term plan. With the skyrocketing prices for pharmaceuticals coupled with costs for service in private medical facilities, is it any wonder why so many ordinary Canadians want to keep and strengthen our public health care system?

A strong and clear message must be sent to the Minister of Health that US-style private infiltration into our health care system will not be tolerated. We must ensure that quality and accessible health care remains our top priority. The NDP created medicare in this great country, and that is why we defend it so strongly today.

There is no evidence anywhere

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Princeton's Riley Ferster positions himself in front of the Spokane Braves' goal during Friday night's game. *

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Mammography van comes to Princeton

The Screening Mammography Van Comes to Princeton February 5th to 7th at Princeton General Hospital.

Information:

-Biggest risk for breast cancer is age and regular screening mammograms offer the best chance of finding breast cancer early. Early detection allows for more treatment options and a better chance of recovery.

-Screening Mammography Program of BC (SMPBC) offers regular screening mammograms to all eligible BC women ages 40 to 79 without a doctor's referral (outside of this age group, women are

accepted with a doctor's referral).

Benefits of the SMPBC:

-Free service funded by the Ministry of Health through the Provincial Health Services Authority.

-Streamlined processes send results to both the doctor and patient, and reminders to women when it is time to re-screen.

-Results are captured in a provincial database to better track (send reminders) and monitor (follow changes).

Women can arrange a screening mammogram by calling: 1-800-663-9203 (toll-free). There are still a number of appointment times still

available.

The Screening Mammography Mobile Van is accredited by the Canadian Association of Radiologists (CAR). Visit www.bccancer.bc.ca/breastscreening for more information.

- submitted

Rotary Club gives dictionaries

The Princeton Rotary Club was pleased to present all Princeton Grade 4 students with good hard-back dictionaries to keep as their own.

Princeton Rotary hopes these books will be of great help to the students as they progress through their school education and in their personal quest to improve their literacy.

The goal of Rotary is to continue this program each year, so that all Princeton students will eventually receive a valuable educational resource for their use at school and at home.

The school authorities and the Rotary Club hope the dictionaries will be a source of enrichment and enjoyment and an important aid to the education of our children.

- submitted

Police report damage

Princeton RCMP report vandalism/mischief early on the first day of the new year.

"Sometime between 3:00 AM January 1st (New Years Day) and 7:00 AM, windows were smashed at the Princeton Fire Hall and the Princeton Crisis Centre on Vermillion Avenue, as well, Christmas Tree lights were torn down from the trees on the centre boulevard on Vermillion Avenue," states Princeton Detachment Cpl. Joe Houben.

"If anyone has information on who is responsible for this vandalism please contact the RCMP

Princeton Detachment 295-6911 or CRIMESTOPPERS 1-800-222-8477."

Houben also notes, "Anyone parking on the town streets - the vehicles must be insured and by law they have to be moved every 48 hours minimum."

He adds, "The public streets are not private driveways or parking spots, as such, the streets have to be maintained. Snow removal crews have the authority to have vehicles towed if they are impeding snow removal. The cost of the tow and storage fees are the responsibility of the vehicle owner."

Princeton Posse News
Pages 11, 25 & 26

NOTICE OF SPECIAL COMMUNITY MEETING!
SIGNING OF A MEMORANDUM OF UNDERSTANDING
Between the
TOWN OF PRINCETON
UPPER SIMILKAMEEN INDIAN BAND
REGIONAL DISTRICT OKANAGAN SIMILKAMEEN

The Town of Princeton, Upper Similkameen Indian Band and the Regional District Okanagan Similkameen have been working for several months to complete an historic agreement that sets out the objectives for a cooperative relationship.

The agreement, a Memorandum of Understanding, will be signed at a ceremony beginning at 5:30 PM on Wednesday, January 17th at the Riverside Wellness Centre. The evening will include a reception, the signing ceremony and entertainment. **PLEASE NOTE RIVERSIDE WELLNESS CENTRE IS A VENUE CHANGE.**

The signing parties have agreed that it is important for all residents to understand what this agreement stands for and how it will create stronger social ties between the aboriginal and non-aboriginal communities, benefitting everyone in the process.

A number of representatives from local, provincial and aboriginal governments will be in attendance to provide their perspectives and the public will have an opportunity to ask questions and be entertained by cultural performances. There are also opportunities for participating in a number of these activities.

A reception will begin at 5:30 PM to be followed by speeches, the signing ceremony, a short video presentation by the Upper Similkameen Indian Band and social/cultural activities.

This event is open to everyone and should not be missed!

For additional information contact Town Hall, 169 Bridge Street or telephone 295-3135.

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weekly entertainment guide

TUESDAY, JANUARY 9, 2007 THROUGH MONDAY, JANUARY 15, 2007



A face off in front of the Summerland Sting bench during the January 3rd game at Princeton Arena. *

Posse stings Summerland 4-2

The Valley First Princeton Posse started a game-filled week January 3rd hosting Summerland Sting.

It was their first home game since December 16th.

Although the boys looked a little tired in the first period, they played an incredible game against their divisional rivals.

Princeton scored the only goal in the first period at 15:12 with a goal from Eric Galbraith. Riley Ferster got the assist.

A somewhat physical match saw penalties in the first frame for hooking, roughing, interference, slashing, tripping and elbowing.

Summerland tied the match at 15:13 but Princeton turned up the pressure and scored their second goal at 11:36. Sean Carr got the marker with assists going to Matt

Arnold and Riley Ferster.

The third period saw Princeton earn an insurance goal at 5:22 when Drew Knowles took a pass from Anthony Leardo and flicked it into the top stick side corner of the net. Sear Carr also received an assist.

Summerland battled a fired-up Posse team and brought the game to within one with another goal with 1:48 left.

The Sting finished the game with an empty net and an extra man, but it proved to be a costly move as Kyle L'Arrivee got his stick on the puck deep in the Posse zone and fired it across the rink and into the empty net with 19.7-seconds left.

Assists went to Mike Bunting and Jeremy Wagner.

After the game, in a webcast interview by Tom Shields, Posse Coach

Dale 'Duner' Hladun praised his team.

When asked what was bringing the Posse around defensively, Hladun responded, "I think the reason why we're coming around defensively is the kids care for each other. They literally do. I've never had a team as close as this group. They're good guys. They care at practice."

Hladun continued, "You know, we have a lot of fun at practice, but if it gets out of hand I don't have to say anything, the kids step up and get serious. I've got a pretty unique team and there's going to be a unique story to talk about about the Posse this year. Where we started and where we're going."

Final score: Princeton 4, Summerland 2. Shots on goal: Summerland 49, Princeton 28.



A Summerland forward misses his chance to score against the Posse. *

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Timberline Cruisers Snowmobile Club in Tulameen hosted their first annual Antique Snowmobile Show 'n' Shine and Race December 30th. Tulameen resident Anne Passey told the News Leader that there was a lot of activity that day in her community. Photos: Anne Passey.



Timberline Cruisers Antique Snowmobile Show 'n' Shine December 30th in Tulameen.



Timberline Cruisers December 30th Antique Snowmobile Show 'n' Shine also included a race.

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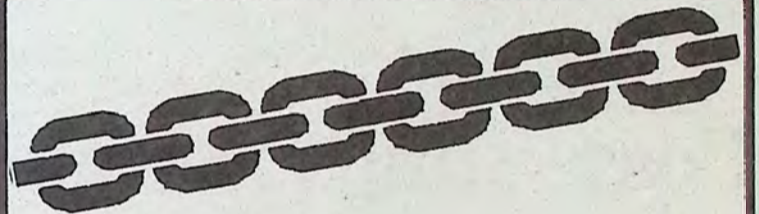
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6 AM :30	Dawson's Creek	News Room	(Off Air)	Body Elec. Caillon (E)	News	News	City Confidential	(5:00) News	News	(5:00) News (Live)	Beasts Jacob	SportsCentre	News Canada AM	Daily Planet	Believers Paid Prog.	(6:06) King Spider-Man	News Calvin Miller	Rachael Ray (N)	Matlock "The Star"
7 AM :30	Movie: "Beverly Hills Ninja" (1997) Chris Farley.	Life Today 100 Huntley Street	BluesClues Dora	Barney Arthur (E)	Today Kyle Chandler; the 1960s; fashion show; hormones; Bradley Bayou.	The Early Show	American Justice Cold Case Files	Good Morning America			Being Ian	SportsCentre		Light: More Than Meets	The Littles Paid Prog.	K. Possible (7:24)	KTLA Morning Show Amezcua, Pereira	CityLine	Magnum, P.I.
8 AM :30	NewsRadio Drew	Body Judge	Hi-5 Berenstain Clifford	Curious		Discover	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	LazyTown Winx Club	SportsCentre	Regis and Kelly	Dirty Jobs Just Shoot	Paid Prog. Lilo Stitch	Weekend		Deep Space 9	Homicide: Life
9 AM :30	NewsRadio Drew	Body Judge	Hi-5 Berenstain Clifford	Curious		Discover	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	LazyTown Winx Club	SportsCentre	Regis and Kelly	Dirty Jobs Just Shoot	Paid Prog. Lilo Stitch	Weekend		News City	Da Vinci's Inquest
10 AM :30	Cosby	The Price Is Right	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right	CSI: Miami "Shock"	The View (N)	World Vision	Design House	Adrenalini Jane	World-Darts	The View (N)	Blueprint for Disaster	The Tyra Banks Show	JoJo Benj Bear	Greg Behrendt	Movie: "Easy Come, Easy Go"	WGN News at Noon
11 AM :30	Harvey	Thane	Math Shop	Thomas	Dr. Keith Ablow (N)	Young and the Restless	24	Paid Prog.	Judge J.	News (Live)	Pippi	2005 European Open Poker	eTalk	Extreme Engineering	Montel Williams	(10:57) King	Lopez	(1967)	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		Degrassi Bold & B.	Seven Wonders Of...	Perry Mason	(11:49) Weekend	Maury	CityLine	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 Stieckin	Madden	Sue Thomas: F.B.Eye	Superweapons	Matlock	Lloyd	Jerry Springer (N)	Making It Star! Daily	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)	Jacob	Charity	General Hospital (N)	How-Made	Love Lucy	Lilo Stitch	Maury	Ellen DeGeneres Show	Even Lizzie
3 PM :30	Seinfeld	Room	Jack's Big Music Show	Arthur (E)	Judge	Dr. Phil	CSI: Miami	Rachael Ray (N)	Young and the Restless	Young and the Restless	Mystery	Off-Record	Dr. Phil	Machines	Maury	Weekend	What I Like	News	Home Imp.
4 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Shock"	Millionaire	Oprah Winfrey	News	Phantom	Hockey	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian Proud	Reba	Friends	Funniest Home Videos
5 PM :30	Raymond	News	George S. (5:32)	BBC World Business	News	News	CSI: Miami "Rampage"	ABC News	Global	News (Live)	OddParent	Legends Cup Poker (Taped)	News	How-Made	King of Hill	Suite Life	Jim	Stargate SG-1	Funniest
6 PM :30	Sex & City	Body	CG Kids	News-Lehrer	News	News	Dog	News	News	ET Canada	Being Ian		News	American Chopper	'70s Show	So Little	Jim	Entourage	Funniest
7 PM :30	My Boys	Vanity	Animals	Nova (N)	Jeopardy!	Friends	Dog	Entertain	Entertain	Gilmore Girls	Sabrina	SportsCentre (Live)	eTalk	Biker Build-Off	Simpsons	So Raven	Raymond	Chris	WGN News at Nine
8 PM :30	Friends	NCIS "Singled Out"	Search Brontes	Wild Things	Dateline NBC (N)	NCIS "Singled Out"	Dog the Bounty Hunter	Funniest Home Videos	Gilmore Girls	Accident Investigator	Fresh Pr.		Degrassi	Daily Planet	House (PA)	8 Rules	Gilmore Girls	News	Sex & City
9 PM :30	Movie: "Scream 3" (2000, Horror) (PA) David Arquette.	The 33rd Annual People's Choice Awards	From Clare to Here	Frontline (DVS)	Law Order: CI	The 33rd Annual People's Choice Awards	CSI: Miami "Rampage"	Big Day (N)	House (N)	House (N)	15/Love	Triathlon	Law Order: CI	American Chopper	House (N)	Sinbad	Veronica Mars	(9:06) Jimmy Kimmel	Scrubs
10 PM :30	Movie: "Scream 3" (PA)	News	Reach-Top	Charlie Rose (N)	News	News	Dog	News	News	Entertain	Madison	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	Sex & City	(10:06) Movie: "Clear and Present Danger" (1994)	Funniest Home Videos
11 PM :30	Movie: "Scream 3" (PA)	News	Reach-Top	Charlie Rose (N)	News	News	Dog	News	News	Entertain	Madison	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	Sex & City	(10:06) Movie: "Clear and Present Danger" (1994)	Funniest Home Videos

WEDNESDAY, JANUARY 10, 2007

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6 AM :30	Dawson's Creek	News Room	(Off Air)	Body Elec. Caillon (E)	News	News	CSI: Miami	(5:00) News	News	(5:00) News (Live)	Beasts Jacob	SportsCentre	News Canada AM	Daily Planet	Believers Paid Prog.	(6:06) King Spider-Man	News Calvin Miller	Rachael Ray (N)	Matlock "The Sisters"
7 AM :30	Movie: "Grumpier Old Men" (1995, Comedy)	Life Today 100 Huntley Street	BluesClues Dora	Barney Arthur (E)	Today The 1970s; hormones; bistro food; Stuart R. Levine.	The Early Show	CSI: Miami "Killer Date"	Good Morning America			Being Ian	SportsCentre		Untamed North America	The Littles Paid Prog.	K. Possible (7:24)	KTLA Morning Show Amezcua, Pereira	CityLine	Magnum, P.I.
8 AM :30	NewsRadio Drew	Body Judge	Hi-5 Berenstain Clifford	Curious		Discover	CSI: Miami "Recoil"	Regis and Kelly	100 Huntley Street	World Vision	LazyTown Winx Club	SportsCentre	Regis and Kelly	American Chopper	Paid Prog. Lilo Stitch	Weekend		Deep Space 9	Homicide: Life
9 AM :30	NewsRadio Drew	Body Judge	Hi-5 Berenstain Clifford	Curious		Discover	CSI: Miami "Fade Out"	Regis and Kelly	100 Huntley Street	World Vision	LazyTown Winx Club	SportsCentre	Regis and Kelly	American Chopper	Paid Prog. Lilo Stitch	Weekend		News City	Da Vinci's Inquest
10 AM :30	Cosby	The Price Is Right	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right	CSI: Miami "Skeletons"	The View (N)	World Vision	Design House	Adrenalini Jane	World-Darts	The View (N)	Sands of the Dead	The Tyra Banks Show	JoJo Higglytown	Greg Behrendt	Movie: "Change of Habit"	WGN News at Noon
11 AM :30	Harvey	Seinfeld	Caller's Choice	Bob Build Sit-Be Fit	Dr. Keith Ablow (N)	Young and the Restless	CSI: Miami "Deviant"	Paid Prog.	Judge J.	News (Live)	Pippi	X Games	eTalk	Mysterious Cleopatra	Montel Williams	(10:57) King	Lopez	(1969) Elvis Presley.	Greg Behrendt
12 PM :30	Home Imp.	News	Reach-Top	Charlie Rose	Paid Prog.	News	CSI: Miami "Collision"	All My Children (N)	News	Days of our Lives (N)	Being Ian		Degrassi Bold & B.	Becoming Alexander	Perry Mason	(11:49) Weekend	Maury	CityLine	Funniest Home Videos
1 PM :30	Yes, Dear	Diva Dime	Journal	Painting	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Gadget Stieckin	Madden	Sue Thomas: F.B.Eye	MythBusters	Matlock	Lloyd	Jerry Springer (N)	Speakers Star! Daily	Moesha
2 PM :30	King	Guiding Light (N)	Gaslight	Reading	Passions (N)	Guiding Light (N)	CSI: Miami "Driven"	General Hospital (N)	Passions (N)	Passions (N)	Jacob	Charity	General Hospital (N)	Dirty Jobs	Love Lucy	Lilo Stitch	Maury	Ellen DeGeneres Show	Even Lizzie
3 PM :30	Seinfeld	Room	Jack's Big Music Show	Arthur (E)	Judge	Dr. Phil	CSI: Miami "Free Fall"	Rachael Ray (N)	Young and the Restless	Young and the Restless	Mystery	Off-Record	Dr. Phil	How-Made	Maury	Weekend	What I Like	News	Home Imp.
4 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Dead Air"	Millionaire	Oprah Winfrey	News	Phantom	Hockey	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian Proud	Reba	Friends	Funniest Home Videos
5 PM :30	Raymond	News	George S. (5:32)	BBC World Business	News	News	CSI: Miami	ABC News	Global	News (Live)	OddParent	NHL Hockey: Buffalo Sabres at Chicago Blackhawks.	News	Ultimate Cruise Ship	King of Hill	Suite Life	Jim	Beauty and the Geek	Home Imp.
6 PM :30	Raymond	Body	Mechanics	News-Lehrer	News	News	The Sopranos	News	News	ET Canada	Being Ian		News	Hyperspeed (N)	'70s Show	So Little	Jim	Movie: "The Ladykillers" (2004) Tom Hanks.	Becker
7 PM :30	Sex & City	Vanity	Echoes of the North	Science Investigator	Jeopardy!	Friends	The Sopranos "46 Long"	Entertain	Entertain	Very Bad Men	Sabrina	SportsCentre (Live)	eTalk	MythBusters	Simpsons	So Raven	Raymond	Chris	WGN News at Nine
8 PM :30	My Boys	King	Discoveries	China From the Inside	Friday Night Lights (N)	Armed & Famous (N)	Dog	Knights In Case	Deal or No Deal (N)	Deal or No Deal (N)	15/Love	Golf: Celebrity Classic	Criminal Minds (N)	MythBusters	Bones (PA)	Sinbad	One Tree Hill	(9:06) Jimmy Kimmel	Scrubs
9 PM :30	Movie: "Grumpier Old Men" (1993, Suspense) Harrison Ford.	Movie: "The Fugitive" (1993, Suspense)	Deconstructing Supper	China From the Inside	Deal or No Deal (N)	Criminal Minds (N)	CSI: NY "Obsession"	PrimeTime (N)	Very Bad Men	News (Live)	Frank Ptrl	Painthall	CSI: NY "Obsession"	Ultimate Cruise Ship	News	Popular	KTLA Prime News	(10:06) Movie: "The Opposite of Sex" (1998)	Funniest Home Videos
10 PM :30	Movie: "Grumpier Old Men" (1995)	News	Reach-Top	Charlie Rose (N)	News	News	The Sopranos	News	News	Entertain	Madison	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	Sex & City	(10:06) Movie: "The Opposite of Sex" (1998)	Funniest Home Videos
11 PM :30	Movie: "Grumpier Old Men" (1995)	News	Reach-Top	Charlie Rose (N)	News	News	The Sopranos	News	News	Entertain	Madison	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	Sex & City	(10:06) Movie: "The Opposite of Sex" (1998)	Funniest Home Videos

Horoscopes

January 10 - 16, 2007

Aries - This can be a rough week for you if you are travelling as you could be in a serious accident. Stay close to home if possible. If not, do not drive if angry. Friends are kind.

Taurus - Death of a friend or family member could leave you feeling low. Tax troubles could bother you. Career matters run smoothly. Communicate with people far away this weekend.

Gemini - There could be a big shake-up in the romance department this weekend, and it could change everything in a positive way. Talk about sharing resources, teamwork.

Cancer - Partnership matters take priority. Partner wants to share resources, or maybe you need a loan - go for it! Expect upset at work. Angry boss could fire you if you don't produce.

Leo - Health and your job should be your main concern now. Be sure you communicate with others on the job. A young person's actions could change everything. Caution!

Virgo - Events concerning home, parents, family may surprise or upset you. Talk with young people. Creativity is stimulated. Weekend may leave you sad. Matters change permanently.

Libra - Talk about family concerns, parents, and home. Talk with siblings may cause upsets or stress. Children are loving, young people are kind but vague. Stay away from booze, etc.

Scorpio - Be kind with family, communicate with siblings. Finances could change abruptly so do conserve money. Don't gamble this weekend. Career imposes burdens on weekend.

Sagittarius - Exercise maximum caution through this week. Do not let temper lead to accidents. Check health. Double check shared resources and responsibilities. Weather storm.

Capricorn - Talk with friends, express ideas. Money picture clears. Look for major change of attitude or beliefs on weekend. Things are going around in your mind. Don't act too fast.

Aquarius - You may experience financial uproar this week, but just relax and let somebody else help you deal with it. Weekend news affects groups you belong to. Conditions change without warning. Use sense of humour to cope.

Pisces - You feel restless and would like to liven up your career. Parents may bring surprise. Parental situation could change abruptly. Double check security in career environment now.

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) ★★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)
- 10:00 am CITY (29) ★★½ "Six Days, Seven Nights" (1998, Romance-Comedy) Harrison Ford. An emergency landing strands a New York magazine editor and a South Pacific cargo pilot on an unknown Tahitian island. (E)

AFTERNOON

- 5:00 pm WGN (38) ★ "Firestorm" (1998, Adventure) Howie Long. A Wyoming smoke jumper fends off a forest fire while taking on escaped cons looking for a fortune in stashed

loot. (In Stereo) (E)

EVENING

- 7:00 pm WTBS (3) ★★½ "Jersey Girl" (2004, Romance-Comedy) Ben Affleck. A young woman changes the life of a single father who used to be a successful New York music publicist. (E)
- 9:10 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)
- 11:10 pm WTBS (3) ★★ "Three Wishes" (1995, Drama) Patrick Swayze. In 1955, a mysterious vagrant helps transform a young misfit into the star of a Little League Baseball team. (E)

friday movies

MORNING

- 7:00 am WTBS (3) ★★½ "Jersey Girl" (2004, Romance-Comedy) Ben Affleck. A young woman changes the life of a single father who used to be a successful New York music publicist. (E)
- 10:00 am CITY (29) ★★ "Madeline" (1998, Comedy-Drama) Frances McDormand. A fearless French orphan involves her schoolmates and headmistress in a series of misadventures. (E)

AFTERNOON

- 5:00 pm WGN (38) ★★ "Black Rain" (1989, Crime Drama) Michael Douglas. Two New York police detectives take an underworld upstart back to Osaka, Japan. (In Stereo) (E)

EVENING

- 6:00 pm WTBS (3) ★★ "Clueless" (1995, Comedy) Alicia Silverstone. A Beverly Hills teen plays matchmaker for teachers, transforms a bad dresser and examines her own existence. (E)
- 7:30 pm FAM (26) ★★½ "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A new cadet at a military academy must prove that she is stronger than the upperclassman who wants to break her.
- 8:00 pm KNOW (5) "Anna Karenina" (2000, Romance) (Part 2 of 2) Helen McCrory. A woman jeopardizes her social standing and her marriage to an older man when she begins an affair with a young count. (E)

- 8:10 pm WTBS (3) ★★½ "Sugar & Spice" (2001, Comedy) Marley Shelton. Members of a cheerleading squad decide to rob a bank to raise some quick cash for a pregnant cohort. (E)
- 9:10 pm FAM (26) "Hello Sister, Goodbye Life!" (2006, Drama) Lacey Chabert. Premiere. A college student must take care of her 7-year-old half sister after the death of their parents.
- 10:00 pm WTBS (3) ★★ "Mad Love" (1995, Drama) (PA) Chris O'Donnell. Fiery passion consumes a responsible high-school senior and a free-spirited classmate. (E)
- 10:06 pm CITY (29) "Sex Surrogate" (2003, Adult) Chloe. A husband and wife get help from an expert in their quest to put the spark back in their marriage. (E)
- 10:40 pm FAM (26) ★★ "Mr. Holland's Opus" (1995, Drama) Richard Dreyfuss. Life steers a passionate musician away from composing and toward a teaching career.

Similkameen News Leader Community Calendar

JANUARY

- 10 - Princeton Posse vs. Summerland, 7:00 PM, Arena
- 17 - Princeton Posse vs. Kamloops, 7:00 PM, Arena

FEBRUARY

- 2, 3, 4 - Mens Curling Bonspiel, Princeton Curling Club
- 2 - Princeton Posse vs. Castlegar, 7:30 PM, Arena
- 3 - Princeton Posse vs. Grand Forks, 7:30 PM, Arena
- 7 - Princeton Posse vs. Kamloops, 7:00 PM, Arena
- 10 - Princeton Posse vs. Revelstoke, 7:30 PM, Arena
- 14 - Valentine's Day
- 16, 17, 18 - Ladies Curling Bonspiel, Princeton Curling Club
- 17 - Princeton Posse vs. Golden, 7:30 PM, Arena

MARCH

- 2, 3, 4 - Mixed Curling Bonspiel, Princeton Curling Club
- 17 - St Patrick's Day
- 19 - Brenda turns 50!!!
- 24 - Princeton Curling Club Wind-Up Funspiel

Similkameen News Leader Recipe Corner (Recipe #149)

Brought To You By: Providence Funeral Homes & Crematorium

Mediterranean Chicken & Pasta Bake

(NC)—Who says soup has to be sipped? In these weeknight wonders from www.homebasics.ca, soup brings to life family dinners in a flash!

Mediterranean Chicken and Pasta Bake

- 8 boneless, skinless chicken thighs, trimmed, halved (8)
- 1 tbsp Bertolli Olive Oil (15 mL)
- 4 cups baby spinach leaves 1 pkg Lipton SoupWorks (1 L)

Minestrone Soup Mix

- 1 can (796 mL/28 oz) diced tomatoes (1)
- 1 tbsp dried basil (15 ml)
- 2 tbsp finely sliced (30 mL) black olives
- 1 cup shredded mozzarella cheese (250 mL)

Preheat oven to 350° F (180° C). In a large, nonstick skillet set over medium-high heat, brown the chicken in olive oil. Remove from skillet and arrange in a single layer in a well-greased 8-inch (20 cm) baking dish. Place the spinach leaves evenly over the chicken. Combine the minestrone soup mix with the tomatoes, basil and black olives. Spread this mixture evenly over top off the spinach. Cover with foil and bake for 1 hour. Uncover and sprinkle with cheese. Bake 10-15 minutes or until cheese is bubbly. Serves 8.

- News Canada

Providence Funeral Homes & Crematorium



Ron Crooker

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Parkview Funeral Home, 1258 Main Street, Penticton



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

ads@thenewsleader.ca

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

226A Bridge Street, Princeton

THURSDAY, JANUARY 11, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX (25)	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Room	(Off Air)	Body Elec. Caillon (EI)	News	News	City Confidential	(5:00) News	News	(5:00) News (Live)	Beasts Jacob	SportsCentre	News Canada AM	Daily Planet	Believers	(6:05) King Spider-Man	News Calvin Miller	Rachael Ray (N)	Matlock "The Cop"
7 AM :30	Movie: "The Pallbearer" (1996) Comedy	Life Today 100 Huntley Street	BluesClues Dora	Barney Arthur (EI)	Today Clint Eastwood; Aaron Sanchez	The Early Show	American Justice	Good Morning America			Being Ian Jane	SportsCentre		Blue Realm "Tentacles"	Libertys	K. Possible (7:24)	KTLA Morning Show	CityLine	Magnum, P.I.
8 AM :30		Taste	Hi-5	Curious			Cold Case Files			100 Huntley Street	LazyTown	SportsCentre		MythBusters	Paid Prog.	Weekend	Amezcuca, Pereira	Deep Space 9	Homicide: Life
9 AM :30	NewsRadio Drew	Body Judge	Magic Bus	Dragon		Discover	Crossing Jordan	Regis and Kelly	100 Huntley Street	World Vision	Monster Mona	Off-Record Arm Wrest	Regis and Kelly	Daily Planet	Fam. Feud	Pool		News City	Da Vinci's Inquest
10 AM :30	Cosby	The Price Is Right	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right	CSI: Miami "Deadline"	The View (N)	World Vision	Design House	Adrenalini Jane	World-Darts	The View (N)	The Bull Shark	The Tyra Banks Show	JoJo Mermaid	Greg Behrendt	Movie: "Six Days, Seven Nights" (1998)	WGN News at Noon
11 AM :30	Harvey	Seinfeld	Haida Art	Thomas	Dr. Keith Ablow (N)	Young and the Restless	24 "Day 2:00 - 3:00PM"	Paid Prog.	Judge J. House	News (Live)	Pippi	College Basketball: 2006 Slam	eTalk	Sharks-North	Montel Williams	(10:57) King	Lopez		Greg Behrendt
12 PM :30	Home Imp.	News	Animals-Front	Charlie Rose	Paid Prog.	News	City Confidential	All My Children (N)	News	Days of our Lives (N)	Being Ian Jane	Dunk/3-Point	Degrassi Bold & B.	Light: More Than Meets	Perry Mason	(11:49) Weekend	Maury	CityLine	Funniest Home Videos
1 PM :30	Yes, Dear	Diva Dime	Hope for the Addicted	Painting Needle Art	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 Stickin	Madden	Sue Thomas: F.B.Eye	Ultimate Cruise Ship	Matlock	Lloyd	Jerry Springer (N)	In Fashion Star! Daily	Moesha Cosby
2 PM :30	King	Guiding Light (N)	Gaslight	Reading	Passions (N)	Guiding Light (N)	Cold Case Files	General Hospital (N)	Passions (N)	Passions (N)	Jacob	Interruptio	General Hospital (N)	Hyperspeed	Love Lucy	Lilo Stitch	Maury	Ellen DeGeneres Show	Even Lizzie
3 PM :30	Seinfeld	Room	Jack's Big Music Show	Arthur (EI)	Judge	Dr. Phil	Crossing Jordan	Rachael Ray (N)	Young and the Restless	Young and the Restless	Mystery Yu Gi Oh	Off-Record Sports	Dr. Phil	How-Made	Maury	Weekend	What I Like	News	Home Imp.
4 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Deadline"	Millionaire	Oprah Winfrey	News Global	Phantom The X's	Hockey In Corner	The Tyra Banks Show	Daily Planet	Little House	Barbarian Proud	Reba "Ring-A-Ding"	Friends Hollywood	Funniest Home Videos
5 PM :30	Friends	News	George S. (5:32)	BBC World Business	News	News	CSI: Miami "The Oath"	News ABC News	News Global	News (Live)	OddParent	Legends Cup Poker (Taped)	News	Biker Build-Off (N)	Jim King of Hill	K. Possible Suite Life	My Wife Jim	Ugly Betty (N)	Movie: "Firestorm" (1998)
6 PM :30	Friends	Body	Spellz (N)	News-Lehrer	News	News	The First 48 (N)	News	News	ET Canada	Being Ian		News	Dirty Jobs	'70s Show	So Little	Jim	Supernatural "Hunted"	Howie Long
7 PM :30	Movie: "Jersey Girl" (2004) Ben Affleck	Vanity	Profiles of Nature	Antiques Quest	Jeopardy!	Friends	Kansas City SWAT (N)	Entertain	Entertain	Shark	Sabrina Malcolm	SportsCentre (Live)	The O.C. (N)	Mayday	Simpsons	So Raven	Raymond	Men in Trees (N)	WGN News at Nine
8 PM :30		"Til Death	With Glowing Hearts	Rosemary and Thyme	Name Earl The Office	Armed & Famous (N)	Detroit SWAT	Ugly Betty (N)	Name Earl The Office	Name Earl The Office	Fresh Pr.	Off-Record	Grey's Anatomy (N)	Daily Planet	"Til Death War	8 Rules	Smallville "Hydro" (N)	News (8:35) Star!	Sex & City Scrubs
9 PM :30	(8:10) Movie: "The Pallbearer" (1996) Comedy	In Case 10 Items	Himalaya-Palin	Globe Trekker	Scrubs (N) (9:31) 30	CSI: Crime Sen	CSI: Miami "The Oath"	Grey's Anatomy (N)	Brothers and Sisters	Brothers and Sisters	15/Love Oracle	Obstacle 2005 European Open Poker (N)	CSI: Crime Scn	Dirty Jobs	The O.C. (N)	Sinbad Life-Bonnie	Supernatural "Hunted"	(9:06) Jimmy Kimmel	Scrubs Becker
10 PM :30		Zoe Busiek Wild Card	BC Chronicles (N)	Edens Lost and Found	(10:01) ER "A House Divided"	Shark	The First 48	(10:01) Men in Trees (N)	Shark	News (Live)	Prank Ptrl Bob		(10:01) ER "A House Divided"	Mayday	News	Popular	KTLA Prime News	(10:06) Play2Win	Funniest Home Videos
11 PM :30	(11:10) Movie: "Three"	News Room	Perspectives	Charlie Rose (N)	News	News	Kansas City SWAT	News (11:35)	News	Entertain ET Canada	Madison Hollywood	SportsCentre (Live)	News	Biker Build-Off	Sex & City	8 Rules	Sex & City	Friends	Play2Win

FRIDAY, JANUARY 12, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX (25)	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Room	(Off Air)	Body Elec. Caillon (EI)	News	News	City Confidential	(5:00) News	News	(5:00) News (Live)	Beasts Jacob	SportsCentre	News Canada AM	Daily Planet	Believers	(6:06) King Spider-Man	News Calvin Miller	Rachael Ray (N)	Matlock "The Chef"
7 AM :30	Movie: "Jersey Girl" (2004) Ben Affleck	Life Today 100 Huntley Street	BluesClues Dora	Barney Arthur (EI)	Today Jill Hennessy; the 1990s; Ann Brashares; children's hospitals.	The Early Show	American Justice	Good Morning America			Being Ian Mischief	SportsCentre		Africa-Dinosaur	Libertys	K. Possible (7:24)	KTLA Morning Show	CityLine	Magnum, P.I.
8 AM :30		Catering	Hi-5	Curious			Cold Case Files			100 Huntley Street	LazyTown	SportsCentre		Biker Build-Off	Paid Prog.	Weekend	Amezcuca, Pereira	Deep Space 9	Homicide: Life
9 AM :30	NewsRadio Drew	Body Judge	Magic Bus	Dragon		Discover	Crossing Jordan	Regis and Kelly	100 Huntley Street	World Vision	Monster Mona	Off-Record Arm Wrest	Regis and Kelly	Daily Planet	Fam. Feud	Pool		News City	Da Vinci's Inquest
10 AM :30	Cosby	The Price Is Right	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right	CSI: Miami	The View	World Vision	Design House	Adrenalini Jane	World-Darts	The View	Biker Build-Off	The Tyra Banks Show	JoJo Mickey	Greg Behrendt	Movie: "Madeline" (1998)	WGN News at Noon
11 AM :30	Harvey	Seinfeld	War	Bob Build	Dr. Keith Ablow (N)	Young and the Restless	24	Paid Prog.	Judge J. House	News (Live)	Pippi	X Games	eTalk	Monster House	Montel Williams	(10:57) King	Lopez	Frances McDormand	Greg Behrendt
12 PM :30	Home Imp.	News	Canada-History	Charlie Rose	Paid Prog.	News	City Confidential	All My Children (N)	News	Days of our Lives (N)	Before Mischief	Boxing: Friday Night Fights. From Biloxi, Miss.	Degrassi Bold & B.	Biker Build-Off	Perry Mason	(11:49) Weekend	Maury	CityLine	Funniest Home Videos
1 PM :30	Yes, Dear	Diva Dime	Router SportFish	Schewe Scrapbook	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 Stickin		Sue Thomas: F.B.Eye	Dirty Jobs	Matlock	Lloyd	Jerry Springer (N)	At Movies Star! Daily	Moesha Cosby
2 PM :30	King	Guiding Light (N)	Gaslight	Reading	Passions (N)	Guiding Light (N)	Cold Case Files	General Hospital (N)	Passions (N)	Passions (N)	Jacob	In Corner	General Hospital (N)	Mayday	Love Lucy	Lilo Stitch	Maury	Ellen DeGeneres Show	Even Lizzie
3 PM :30	Seinfeld	Room	Hi-5	Arthur (EI)	Judge	Dr. Phil	Crossing Jordan	Rachael Ray (N)	Young and the Restless	Young and the Restless	Mystery Pokemon	Off-Record Sports	Dr. Phil	How-Made	Maury	Weekend	What I Like	News	Home Imp.
4 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami	Millionaire	Oprah Winfrey	News Global	Phantom Drake	Hockey NBA	The Tyra Banks Show	Daily Planet	Little House	Barbarian Proud	Reba	Friends Hollywood	Funniest Home Videos
5 PM :30	King	News	George S. (5:32)	BBC World Business	News	News	CSI: Miami	News ABC News	News Global	News (Live)	OddParent	Basketball: Toronto Raptors at Boston Celtics.	News	Unsolved History	Jim King of Hill	K. Possible Montana	My Wife Jim	Funniest Home Videos	Movie: "Black Rain" (1989)
6 PM :30	Movie: "Clueless" (1995) Alicia Silverstone	Body	Serious Arctic	News-Lehrer	News	News	CSI: NY	News	News	ET Canada	OddParent		News	I Shouldn't Be Alive (N)	'70s Show	Zoey 101	Jim	Stargate Atlantis	Michael Douglas
7 PM :30		Vanity	Time	Wash Wk	Jeopardy!	Friends	CSI: Miami	Entertain	Entertain	Falcon Beach	Team Fantastc 4	SportsCentre (Live)	eTalk	A Haunting (N)	Simpsons	School	Raymond	Godiva's (DVS)	WGN News at Nine
8 PM :30	(8:10) Movie: "Sugar & Spice" (2001) Marley	Next Great Chef	Movie: "Anna Karenina" (2000) Helen McCrory.	NOW (N) Europe	I vs. 100 (TV) (N)	Ghost Whisperer (N)	CSI: Miami	Grey's Anatomy (9.01)	Falcon Beach (N)	NUMB3RS (N)	(8:05) (8:35) Zatch		Ghost Whisperer (N)	Daily Planet	Nanny 911 (N)	"Cadet Kelly" (2002)	WWE Friday Night	News Night Party	Sex & City
9 PM :30		Trading Spouses	(2000) Helen McCrory.	Dionne Warwick: Live	Las Vegas (N)	Close to Home (N)	CSI: Miami	Brothers and Sisters	Las Vegas (N)	Las Vegas (N)	Inuyasha Eureka 7	2005 European Open Poker	Close to Home (N)	I Shouldn't Be Alive	Trading Spouses	Movie: "Hello Sister."	SmackDown! (N)	(9:06) Jimmy Kimmel	Scrubs Becker
10 PM :30	Movie: "Mad Love" (1995) (PA)	20/20	Sher. Holmes	Generation	Law & Order (N)	NUMB3RS (N)	CSI: NY	20/20	NUMB3RS (N)	News	Alchemist Bleach		Law & Order (N)	Biker Build-Off	News	Geraldo	KTLA Prime News	Movie: "Sex Surrogate" (2003, Adult)	Da Vinci's Inquest
11 PM :30	Chris O'Donnell.	News Room	With Glowing Hearts	Austin City Limits (N)	News	News	CSI: Miami	News (11:35)	News	News (11:03) ECW	Monster Oracle	SportsCentre (Live)	News	Unsolved History	Sex & City	Will-Grace	Friends	Chloe	

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saturday movies

MORNING

7:05 am WTBS (3) ★★½ "Sugar & Spice" (2001, Comedy) Marley Shelton. Members of a cheerleading squad decide to rob a bank to raise some quick cash for a pregnant cohort. (E)

8:30 am A&E (9) ★★½ "Tightrope" (1984, Suspense) Clint Eastwood. A New Orleans police detective finds he has some of the same traits as a serial killer of prostitutes. (E)

8:55 am WTBS (3) ★★ "Clueless" (1995, Comedy) Alicia Silverstone. A Beverly Hills teen plays matchmaker for teachers, transforms a bad dresser and examines her own existence. (E)

11:00 am WTBS (3) ★★ "Summer School" (1987, Comedy) Mark Harmon. The vice principal makes a high-school gym teacher teach catch-up English to a group of misfits. (E)

CITY (29) ★★ "For Love of the Game" (1999, Drama) Kevin Costner. An aging pitcher learns that he will soon lose his girlfriend and his spot with the Detroit Tigers. (E)

AFTERNOON

12:00 pm FAM (26) ★★½ "The Lizzie McGuire Movie" (2003, Comedy) Hilary Duff. After graduating from junior high school, a teenager travels to Rome and meets a pop singer. WGN (38) ★★½ "Exception to the Rule" (1997, Suspense) Kim Cattrall. A gem merchant leads a sordid life filled with expensive jewelry and sultry women. (In Stereo)

1:00 pm WTBS (3) ★★½ "The Out-of-Towners" (1999, Comedy) Steve Martin. An Ohio couple reinvigorate their passionless marriage during a bizarre 24 hours in New York City. (E)

1:32 pm FAM (26) "The Brainiacs.com" (2000, Comedy) Michael Angarano. A boy schemes to spend more time with his workaholic father by secretly buying a controlling share of his company. cast internationally. (E)

3:00 pm WTBS (3) ★★½ "10 Things I Hate About You" (1999, Comedy) Heath Ledger. A pretty, popular student can't date until her rebellious older sister gets a suitor of her own. (E)

4:00 pm YTV (18) ★★ "Pokémon Heroes" (2003, Fantasy) Voices of Veronica Taylor. Animated. Two thieves go to an island city to steal a giant jewel that has immense powers. KTLA (27) ★★½ "Nothing to Lose" (1997, Comedy-Drama) Martin Lawrence. A spirited white ad executive teams up with a black car-jacker for a crime spree. (In Stereo)

5:00 pm WTBS (3) ★★ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. (E)

EVENING

6:00 pm CITY (29) ★★ "Punch" (2002, Drama) Michael Riley. A boxer beats up a hostile 18-year-old who slugged her sister during a date. (E) (DVS)

7:00 pm KXLY (10) ★★ "The Terminal" (2004, Comedy-Drama) Tom Hanks. Premiere. Unauthorized to enter the United States, an Eastern European befriends a flight attendant while living in a New York airport. (In Stereo) (E)

7:30 pm WTBS (3) ★★½ "The Truman Show" (1998, Comedy-Drama) Jim Carrey. An unwitting man's life is arranged for him, captured on hidden cameras and broadcast internationally. (E)

8:00 pm CHBC (4) ★★ "The Terminal" (2004, Comedy-Drama) Tom Hanks. Premiere. Unauthorized to enter the United States, an Eastern European befriends a flight attendant while living in a New York airport. (In Stereo) (E)

KSPS (6) ★★ "Guys and Dolls" (1955, Musical Comedy) Marlon Brando. A Broadway gambler

sunday movies

MORNING

6:30 am WTBS (3) ★★½ "10 Things I Hate About You" (1999, Comedy) Heath Ledger. A pretty, popular student can't date until her rebellious older sister gets a suitor of her own. (E)

8:30 am WTBS (3) ★★½ "Groundhog Day" (1993, Romance-Comedy) Bill Murray. February 2nd keeps repeating for a cynical TV weatherman sent to watch the groundhog in Punxsutawney, Pa. (E)

10:00 am WGN (38) ★★½ "My 5 Wives" (2000, Comedy) Rodney Dangerfield. A bank officer and a gangster conspire to take land away from a real-estate developer.

10:30 am WTBS (3) ★★½ "The Out-of-Towners" (1999, Comedy) Steve Martin. An Ohio couple reinvigorate their passionless marriage during a bizarre 24 hours in New York City. (E)

AFTERNOON

12:00 pm FAM (26) ★★ "The Even Stevens Movie" (2003, Comedy) Shia LaBeouf. Members of a family unwittingly appear on a reality-television show after the producer sends them to an island for a vacation. WGN (38) ★★½ "Meet Wally Sparks" (1997, Comedy) Rodney Dangerfield. As the threat of cancellation looms, a TV talk show host pulls an outrageous stunt in an attempt to boost his ratings.

12:30 pm WTBS (3) ★★½ "The Truman Show" (1998, Comedy-Drama) Jim Carrey. An unwitting man's life is arranged for him, captured on hidden cameras and broadcast internationally. (E)

1:00 pm KTLA (27) ★★ "Simon Birch" (1998, Comedy-Drama) Ian Michael Smith. An undersized New Hampshire boy helps a friend learn his father's identity.

1:30 pm FAM (26) "The Trial of Old Drum" (2000, Drama) Randy Travis. A boy's golden retriever faces death after being blamed for the slaughter of a sheep in 1955 Missouri.

2:00 pm VTV (22) ★★ "The Night of the Twisters" (1996, Drama) John Schneider. Old grievances surface while a father and son fight to survive tornadoes ravaging their Nebraska farm community. (In Stereo) (E)

2:30 pm WTBS (3) ★★ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. (E)

3:00 pm KTLA (27) ★★½ "Just Visiting" (2001, Comedy) Jean Reno. Drinking a defective potion takes a French nobleman and his servant from the Middle Ages to 20th-century Chicago.

4:00 pm YTV (18) ★ "Baby Geniuses" (1999, Comedy) Kathleen Turner. Evil partners experiment on an infant and send his twin to a reputable research nursery.

5:00 pm WTBS (3) ★★½ "Forrest Gump" (1994, Drama) (PA) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (E)

EVENING

6:00 pm YTV (18) ★★½ "The Flintstones" (1994, Comedy) John Goodman. Betty's Barney helps Wilma's Fred move up the ladder at Slate & Co. in Stone Age Bedrock. CITY (29) ★★½ "The Girl Next Door" (2004, Romance-Comedy) Emile Hirsch. Premiere. A high-school senior falls for a beautiful new neighbor, then learns she used to be a porn star. (E)

8:00 pm WTBS (3) ★★½ "Forrest Gump" (1994, Drama) (PA) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (E)

9:00 pm FAM (26) ★★½ "Houseguest" (1995, Comedy) Sinbad. An impostor fools a lawyer and his family as an old friend trained in oral surgery.

10:46 pm FAM (26) ★★ "Ernest Goes to Jail" (1990, Comedy) Jim Varney. A case of mistaken identity lands a bumbling bank janitor in the slammer and his criminal look-alike on the streets.

11:00 pm WTBS (3) ★★½ "Sweet November" (2001, Romance) Keanu Reeves. A workaholic executive and an unconventional woman agree to a personal relationship for a trial period of one month. (E)

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SATURDAY, JANUARY 13, 2007

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and 11 rows of programming for Saturday, January 13, 2007.

SUNDAY, JANUARY 14, 2007

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and 11 rows of programming for Sunday, January 14, 2007.

MONDAY, JANUARY 15, 2007

Table with 19 columns (WTBS to WGN) and 24 rows (6 AM to 11 PM) listing TV programs and their corresponding channels.

monday movies

MORNING

7:00 am WTBS (3) ★★ "High School High" (1996, Comedy) Jon Lovitz. A perky administrator helps a naive inner-city teacher when a gang steals his class's college-entrance exams.

11:00 pm WTBS (3) ★★ "High School High" (1996, Comedy) Jon Lovitz. A perky administrator helps a naive inner-city teacher when a gang steals his class's college-entrance exams.

10:00 am CITY (29) ★ "Spice World" (1997, Musical Comedy) The Spice Girls. An all-girl musical group prepares for a live performance at London's Royal Albert Hall.

EVENING

6:00 pm CITY (29) ★★ "The 6th Day" (2000, Science Fiction) Arnold Schwarzenegger. When a man discovers he has been illegally cloned, he must outrun assassins trying to protect his secret experiment.

9:00 pm WTBS (3) ★★ "The Cable Guy" (1996, Comedy) Jim Carrey. An act of kindness brings a jilted architect the unwanted friendship of an unbalanced cable-TV installer.

10:06 pm CITY (29) ★★ "Stir of Echoes" (1999, Suspense) Kevin Bacon. After being hypnotized at a party, a man has visions of deaths and

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news leader puzzle page puzzle maps of exploration

Follow on the map from (bracketed clue) solution to (bracketed clue) solution



Think Ye Outside The Box

Jamaica, 17.58°N/76.48°W, had long disappeared behind our small fleet of 4 ships as we entered the (bad- sunburn) Channel. Drenched with rain from an El Norte wind and bucking 10 foot seas we had sailed around the Western tip of (Junior boy scout+ a). During a brief lull in the storm our 270 men, except for the very hardy old seamen, seemed to have all turned a pale greenish color and were hanging over the sides. It took two full days to recover and clean up while we headed north in calm seas to the gulf coast of Florida. We sighted land near Cape San Blas and turned west keeping the coast on our starboard side. By the beginning of June we had discovered a vast river delta which he named for the festival day Rio Espiritu Santo, now called the (unmarried girl-is-drinking tiny mouthfuls- pi) River. We explored the area briefly and traded with some friendly natives before continuing west past a vast Mangrove forest onto a long sandy coast. We sailed on slowly depth sounding most of the way because of low lying sand bars. Eventually we found a good sized bay which the captain called Corpus Christi for the Christian festival of that week. On shore with a landing party he claimed all these lands called (your payments to government, a&e reversed) for Spain. Continuing south, charting the coast, our occasional forays onshore often received a hostile reception or sometimes direct attack from the warlike Aztec natives. We became very careful when approaching a village. Finally we reached Vera Cruz for rest and to resupply but were attacked by our own Spanish countrymen under the command of Hernan Cortez who claimed all of Mexico for himself. Returning North we made safe anchor in Tampico bay on the (moving camera - "you" -c-"nothing") River. We made it our base and explored the river system trading with mostly friendly natives. This hospitality did not last and in the fall of 1519 the captain depleted our numbers by sending our ships back to Jamaica for supplies. Taking this opportunity the Huastec Indians attacked in force and slaughtered the captain and all those remaining including the horses.



SOULUTION: You have just followed the voyage commanded by Alonso Alvarez de Pineda in 1519, a young conquistador who charted the Gulf of Mexico coastline from the Florida Panhandle to Vera Cruz. He is recognized as the first European to explore the area and lay claim to Texas for Spain. CLUES: (bad sunburn) = Yucatan, (junior boy scout+ a) = Cuba, (unmarried girl-is-drinking tiny mouthfuls- pi) = Mississippi, (your payments to government, a&e reversed) = Texas, (moving camera - "you" -c-"nothing") = Panama.

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



obituary

Vic Francis

April 22, 1924 - December 29, 2006

It is with the deepest sorrow that the family announces the passing of Vic Francis. He was born April 22, 1924 in Betws, Wales. He passed away peacefully in his home on December 29, 2006 at 10:00 AM. Vic is predeceased by his wife, Dot. Vic leaves behind two sons Barry (Linda), and Randy (Lisa) and daughter Donna, six grandchildren, Jenny, Jerry, Mandy, Erica, Colin and Ryan and four great-grandchildren R. J., Ryan, Travis and Azlyn. As per Vic's request there will be a private family service at a later date. Vic will be missed by his family and friends. Funeral arrangements entrusted to Parkview Funeral Home. Condolences may be sent to parkview@vip.net.

Gerhard (Gerry) Greb

Gerhard (Gerry) Greb passed away peacefully at 5:50 AM at Princeton General Hospital on Wednesday, January 3, 2007 in his 81st year. Gerry is survived by his partner Ruth, his children Karen (Al), Ron (Ginny), Linda (Chris), and grandchildren Matthew and Trevor; also by his brother-in-law Allen (Diane) and nephew Jeffrey. Gerry came to Canada in 1951, married in 1953 and became a proud Canadian in 1957. He retired from MacMillan Bloedel, White Pine Division, Vancouver where he started shoveling snow, progressed to be a grader and eventually became electrical foreman. Gerry moved to Princeton from Burnaby in 1994 with his wife Ottilie, who predeceased him in 2002. He became active in the Royal Canadian Legion, Branch 56 and the OAP Branch 185. Friends will remember him attending the meat draws on Saturday afternoon and would groan and smile at his jokes. A private service for the family was held Sunday, January 6, 2007 at home in Princeton. In lieu of flowers, donations appreciated to the Heart & Stroke Foundation in Gerry's memory.

Grateful thanks to Dr. Reid and Dr. Whittle and all those who cared for Gerry during his lengthy illness.

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- Peter & Janet

We would like to thank Dr. Reid, Dr.
Whittle, the staff at the Princeton
General Hospital and the ambulance
attendants for caring for our father dur-
ing his visits to the hospital. The fam-
ily would like to say a big thank you to
Dorothy, Ann, Annie, Ann, Eleanor,
Pam, Dianne, Andrea and all the others
from Community Services for taking
great care of our father over the years.
- Thank you from Vic's Family.

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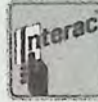
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LOWER SIMILKAMEEN COMMUNITY FOREST LIMITED PARTNERSHIP

Request for Proposals

The Lower Similkameen Community Forest Limited Partnership is issuing a Request for Proposals to solicit a Manager for our soon to be issued Probationary Community Forest Agreement.

We are a licensee comprised of five (5) entities:

- Lower Similkameen Indian Band
- Upper Similkameen Indian Band
- Village of Keremeos
- Regional District of Okanagan Similkameen Electoral Area "B"
- Regional District of Okanagan Similkameen Electoral Area "G"

The Probationary Community Forest Agreement is an area based tenure issued for a five (5) year term with a 20,000 m3 Allowable Annual Cut primarily in the Ashnola operating area. Following successful operation in the initial five (5) years, the Probationary Community Forest Agreement may be replaced with a twenty-five (25) year replaceable tenure.

We will rely on the expertise of the Manager to professionally manage our license, as per our principles and goals and as per the terms and conditions of the tenure. The Manager is expected to carry out all legal, financial and safety obligations in managing the license on our behalf.

Proposals shall be delivered to the Village of Keremeos office in accordance with the instructions set out in the Request for Proposals before 4:00 PM on January 31, 2007.

Five (5) copies of the proposal must be submitted in a sealed envelope clearly addressed:

Roger Mayer, Chair
 Lower Similkameen Community Forest Steering Committee
 Village of Keremeos
 702-4th Street
 Box 160
 Keremeos, BC, V0X 1N0

Proposal for Lower Similkameen Community Forest Management
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Request for Proposal packages are available for pick-up from December 18, 2006 at the Village of Keremeos office between the hours of 8:30 AM - 4:00 PM Monday to Friday.

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my turn

What other proof do you need?

We thought sooner or later the coal-fired energy debate would lose its spark and we'd all start the new year off talking about and concerning ourselves with other issues.

According to a province-wide survey conducted by Strategic Communications (between November 23 and 30, 2006) on behalf of Sierra Legal, the majority of British Columbians have strong opinions regarding energy.

The survey says 82% of British Columbians agree and 66% strongly agree that the BC government should enact climate change legislation with mandatory targets for reducing greenhouse gas emissions.

Only 6% strongly disagree.

The survey gets better: following a list of realistic energy options that BC may pursue to meet its energy needs, 86% strongly agree the province should encourage renewable energy such as wind and solar power.

79% strongly agree BC should encourage energy efficiency and conservation.

Here's the cruncher: Only 9% strongly agreed that the province should encourage coal-fired power plants compared with 69% who either disagreed strongly (48%) or somewhat (21%) that BC should look to coal-fired power.

Let's think about this for a moment. Only 9% of those questioned thought coal-fired energy was the right thing for BC to do. Let's break that down further.

A total of 601 adult Canadian citizens of voting age who reside in BC were polled and 54 of them said they liked the sound of coal-fired energy. That's got to send a pretty clear message to someone out there.

The poll should have included the question: Would you be in favour of coal-fired energy plants being established in your community? And how about this gem: Are you grateful the coal-fired energy plants being established in BC are located in rural areas such as Princeton?

Okay, so the last paragraph is us having a little fun, but if you've been sitting on the fence on this issue, these survey results may make you interested in doing a little homework of your own.

If you'd like to download the poll it can be found at: http://www.sierralegal.org/m_archive/pr07_01_02pollresults.pdf.

If the majority of British Columbians don't want this, what's that say about us?

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

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

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

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your turn

Pippin shares his homework

To The Editor,

Compliance Energy and CEO John Tapics recently placed a full-page ad in this newspaper implying that the critics of their proposed coal-fired power plant are lying and deliberately spreading misinformation. This just shows how desperate Compliance is.

The outcome does not mean financial gain for those people opposed to the project. Let's look at what Compliance had to say.

Waste Coal

I used the term in one of my letters to the editor. Where did I get my information?

From the company information packet that they give to anyone who visits their storefront. Included was an article from the July 03, 2006 issue of the Northern Miner.

With reference to the coal mine owned by Compliance near Coalmont they said, "If its power plant proposal is not accepted by the government, the company will have to work hard to secure contracts for the thermal coal coming out of Basin. What I meant by the term waste coal was coal that can not be sold on the open market because it is of too low a grade to be economically transported far and is therefore a waste product. According to their 2005 annual report Compliance only has one customer for their Basin coal. This one customer bought 43,400 tonnes of coal while the wash plant at the mine has a capacity of 400,000 tonnes. It's hard to make money operating at 11% of capacity and in fact the company has consistently lost money. There is nothing wrong with turning a waste product into income, as Compliance wants to do with its proposed power plant. It makes economic sense.

What the company does not say is that the lower the grade of coal burned the more that is needed per megawatt of power produced. The more coal burned the more contaminants are released into the environment. The picture that I get is of a company operating an economically unfeasible mine that never should have been developed in the first place that is willing to sacrifice the Similkameen Valley and the health of its residents to save itself from other bad decisions.

Environmental Assessment

The company says they are complying with all provisions of the newly weakened Environmental Assessment Act. And why not, the Campbell government has made sure their industry friends wouldn't have to worry about what those pesky locals think. Public input is merely window dressing.

Sulfur Emissions

The good news is the company says the coal is low in sulfur and most emissions will be captured. Great! What about mercury? The word does not appear anywhere in the entire full-page ad. Mercury is toxic to all living things. Enough said.

According to information in the information package, Compliance is a coal mining company that has never built or operated a power plant. The people opposed to the plant are new to all the terminology so please excuse us, Mr. Tapics, if we sometimes use the wrong term. What you should understand is that your plant is not wanted no matter how much you want to get rid of coal you can't sell anywhere else.

There are other alternatives to supply the power we all use. The

Similkameen Valley has potential from run of the river hydro, wind and solar power. The first two are economical right now, as witnessed by the fact that in BC Hydro's 2006 call for power 36 of the 38 proposals approved were for renewable energy.

Why not identify suitable sites and look for investors to build these renewable energy sources. With a bit of hard work and imagination we could turn the Similkameen Valley into a showcase of how energy needs could be met nation-wide without increasing greenhouse gas emissions. Solar energy has the greatest long-term potential as a renewable energy source. The Valley has lots of sunshine in the summer months when electrical demand is high to run air conditioners all over North America.

Other areas have come up with innovative ways to level the playing field for solar power. At present, solar power is significantly more expensive to produce than dirty, non-renewable sources such as coal. With a little help in the short term, the price per watt will come down like other high-tech products. Ontario is paying 42 cents per kilowatt hour to small producers in order to stimulate the manufacture of solar products. Germany is paying 65 cents per kilowatt hour. In Germany there are 30,000 people employed in the renewable power generation industry.

What if we could attract these kinds of companies to the Princeton Industrial Park? What would Princeton be like if 100's of people were employed manufacturing, installing and maintaining wind, solar and hydro power generating equipment and controls?

- Dan Pippin, Princeton

Current Comment:

Does praise cost too much?



Dawn Johnson
editor@thenewsleader.ca

I receive a lot of mail during the Christmas holiday season. Often, people write to tell me the highlights of their year just passed. Others send annual letters about their organization. Frequently, the news is about honours and awards they have given or received.

I read these with a pang of disappointment and regret about the town I live in. We no longer give public honour and praise. We did so in the past, and I thought it was such a great idea.

I remember the Chamber of Commerce used to have a Citizen of the Year banquet and dance. The Chamber honoured people who had made a great contribution to the community during the previous year. The banquet was held in February, and was a high spot in the dreary winter months.

Town Council, many years ago, gave framed certificates of appreciations to local citizens who had done outstanding things to bring positive attention to Princeton, and I was pleased to see Council honour the Environmental Mind Grind team last year.

Publicly recognizing and praising the achievements of local citizens is a very positive thing. It builds community morale. It makes people feel good about the part they play in making the community a good place to be.

I am not suggesting that every citizen goes out to do something good for the community in order to be recognized publicly. Far from it: most of the hardworking community people I know are doing good things without seeking any recognition for themselves as individuals. At the same time, it is encouraging to have those efforts publicly praised.

In my study of the Medicine Wheel philosophy of living, there is a statement about praise. "Praise works magic." I have found this to be true in any circumstance.

When praise is given, the person receiving praise feels rewarded, but the "magic" of praise comes in the larger world in the Medicine Wheel way of thinking. The magic goes beyond the individual; it goes into the great scheme of life itself. When we give praise, we are completing the sacred circle that says the giver must

be blessed and praised.

There is another magic that happens: whatever we praise becomes more abundant. The Medicine Wheel philosophy tells us that when we refuse to praise, or neglect to praise, we receive less and less. The empty space in the circle becomes bigger and bigger.

I believe this is true in any community. When we fail, as a community, to recognize and praise the good peo-

ple do, we create an empty space. Too often, that empty space is filled with complaining, criticizing and alienation. We invalidate what is good when we fail to praise it.

I see a lot of people in our community doing a lot of good things for the community, and I am sorry we do not celebrate their achievements and praise them for the good they do. How much does it cost to give praise?

Marketplace Ministry

by Jim Caruso

China Creek winter campout

I was about 11 years old. Eleven was the age when I looked for super heroes in everyday life. Kind of like Spiderman, he was the comic book hero that I put as number one in my imagination and even though I hated spiders, I thought Spidy was cool. Super heroes were not that common in those days especially in everyday life, but one story does come to mind, it about my brother Doug. It was January I think, the winter had been tough and the snow was deeper than usual. I was a part of the local cub-scout pack. I was in the tawny pack and had my own uniform with the scarf and the toggle. I still remember those words that would call us together as we began the evening. PACK, PACK, PACK, Mr. Marcel would call out and we would answer, Akala, we will do our best to honour God and the Queen, well DIBB, DIBB, DIBB and we will DOB, DOB, DOB. So we dibbed and dobbed and earned badges and we played games and ran into walls and posts in the basement of the local elementary school, it was always fun until someone got hurt. Anyway the big winter campout was happening this weekend and my brother Doug was the leader that was going to take 10 or 12 of our cub pack up China Creek, to camp in the snow.

Doug was older than me, by some six years or so, he was the firstborn in the family, followed by Tony and me and then my sister. My sister Debbie was a tough as they came; she had to be strong to survive three older brothers. Anyways back to Doug. He was older but that was all that really qualified him as the leader for this excursion. We met at the school on Saturday. We had spent the last few days packing up our sleeping bags, our personal items which weren't much, we were only eleven and none of us were shaving yet, didn't produce much body odor and only washed and brushed our teeth every second week. And of course we were cubs-scouts, so we would live off the land and survive in the wilderness like the early explorers or some of the draft dodgers that lived nearby until the latest war was over.

We had food, plastic to make lean-tos; canned goods and an aluminum campfire cook set that burned everything equally to the point of non eat ability. We also had a hatchet and a knife to cut down trees and brush to make our beds and latrines. Latrines were the first order of any camp set up procedure and they had to build to a certain standard of construction. Many a forest was clear-cut to provide just the right type of tree and bough for the latrine. It seemed like our cub-scout group was really into latrines, we built one each every time we had a campout.

With all the backpack and gear loaded in the trucks, we headed off into the local hills surrounding our small town and parked just past the airport overlooking the China Creek ravine. Here we unloaded our back packs and helped each other slide into our packs and off we went.

When you are 11 and Italian and Irish, the snow seems a lot deeper than if you are 17 and Italian and Irish. My legs were Italian, the length being similar to that of a new born of any race. It seemed funny to look at my legs at age eleven and see a knee joint two inches up from my ankle and three inches down from my belt. This of course didn't change and when you grow into a full sized Italian and Irish adult, you have to roll up gym shorts and peddle pushers or you will trip over the excess. As an adult when I order a suit, I have them make a vest out of the part they cut off my pant legs. My waistline and inseam measurements are the same as a rectangular structure you may be familiar with, 38 wide and 28 long. All that to say that the snow was deep for many of us that day, but we left the parking lot excited and so warmly wrapped in our snowsuits, scarves, toques, and snow boots that all we could think about is when we do get the latrines built, it will take us a day and a half to get out of these clothes to be able to use it.

We must have trudged through the snow for what seemed like two hours, but really was only about thirty minutes. We stopped on a bit of a hillside and it was all ready just about dark when we started to set up camp. The first thing we did was make sure that everyone was present that had left the parking lot. Our cub-scout group was getting smaller and it seemed like it declined one or two kids after every camp out. The insurance company suggested that the leaders keep a better accounting of everyone who goes on these campouts, even though the excitement of search and rescue helicopters flying over our other campout sites with their bright search lights all night long was fun, packing the lost kids gear was pretty stressful for us who have the short Irish and Italian legs.

Because it was dark and cold, my brother the hero, that day, decided to build a fire. Looking around with my Jungle Jim flashlight, saw an old snag tree that had at one time been hit by lightning and looked like a fireplace. It stood about 35 feet tall and was only about 10 feet from our newly constructed lean-tos and latrines. Staring a fire in the fireplace like tree seemed at the time a great idea. The fire would burn and the tree would reflect the heat back into the campsite and I sat there excitedly thinking about my lifeless, numb, blue Irish Italian legs becoming warm enough to feel again. The fire started quite easily. Being a scout leader, my brother knew that you could start a fire easily rubbing two sticks together, as long as one of them is a match. Three gallons of white gas helps to establish the fire as well as the last four weeks daily newspaper that was crumpled up under the pile of self igniting presto logs from the local hardware store. Well, the old snag that was to act like a natural fireplace in the forest was actually in real life, a pitch stick. Let me explain. This 35 foot tree was composed of hundreds of pounds of highly flammable tree sap that had soaked into every cell of that old tree as it sat under the summer sun for who knows how many years. The ignition point of such volatile fuel is similar to that of a gas soaked sponge being touched by a lightning strike. Whoof! That snag was fully involved in seconds and the light and heat from it melted the plastic that we had made our lean-to out of and began to melt the snow in our camp site. The light alone kept us awake all night and I'm sure that it would have been seen from the space station had it been assembled at that time.

We left the campsite the next morning. The snow had melted and the mud dried up and the remaining area looked like a barren desert in the midst of the Arctic. We left all of still alive, suffering from mild sunburn and a couple of the kids who were in their lean-tos at the time of the inferno had to cut free from the shrink wrap that had imprisoned them when the heat reached its peak. My brother was right out in front, his backpack lighter now because of the proximity of his sleeping bag to the old snag. The doctor said that new eye brows and eye-lashes only take about 5 months to regrow. I was so proud of him.

Jim Caruso, Pastor
Oceanside Community Church, Parksville, BC,
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Here is a photograph of Vermilion Forks student council with Earl Driver of Princeton Crisis Assistance Society. The student council presented him a cheque for \$50. They had raised the money by selling candy cane'o grams. The council also collected over 500 items (food) for the Christmas Hamper Drive. The winning class received a pizza lunch paid by student council. Mrs. Tarswell's class won this year. Congratulations to VFE student council and everyone who participated in the event. - photo submitted.

Letter To The Editor

Green lobs one at local SOS group

The Editor:

Re: SOS advertising,
Similkameen News Leader,
December 18, 2006.

Dear SOS: Please stop trying to play the honesty card. Neither I nor Compliance Coal have accused you of dishonesty as yet. To say that you are mistaken merely means that I question your information, not your integrity. Your statement that "Compliance has such respect for the truth they have refrained from using it" is anything but tactful. If you feel that all statements that do not reflect your opinion are an attack on your honesty, there can be no civil conversation with you!

The most compelling statement in your very political attack ad draws on an article in the December issue of Discover Magazine. I subscribe to Discover. You have extracted a sentence from the opening paragraph of an article called "Can Coal Come Clean? How to survive the return of the world's dirtiest fuel" by Tim Folger, a journalist in need of an attention grabbing headline, not a scientist.

Your remaining extracts, "Built to demonstrate the feasibility of a new way of wring power from coal without belching assorted toxins into the air," "It makes the lowest-cost electricity on TECO's (Tampa Electric Company) grid." come from the second paragraph of a six-page spread, partially devoted to describing the Polk Power Station near Tampa, Florida, built as a demonstration project with considerable government funding.

The Polk Plant is the Integrated Gasification Combined Cycle (IGCC) facility you are demanding but you conveniently failed to com-

plete the second sentence which continues to say that, paraphrased, the \$600 million plant has been running steadily since 1996 and now produces the lowest cost electricity on the grid: hardly remarkable since coal/biomass generation, after hydro, is the most cost-effective per kilowatt hour.

Despite the immense cost, while this plant burns so clean that "You don't even see a heat plume", it does not capture carbon dioxide or mercury, the very substances at the root of the local debate.

While riddled with some dubious statements, the article does inform us that the Polk Plant is one of only four of its kind in the world.

It also mentions that of 75 coal-

fired plants planned for construction over the next ten years in the United States, only nine will be IGCC because each plant will cost about \$1 billion.

I do not want to critique the whole article but it is clear that after getting everyone's attention, the author goes on to provide a great deal of information that the SOS committee does not intend to highlight.

In this case, unless the creator of the ad failed to read the whole article, SOS has obviously used bits of truth to manipulate public perception. I sincerely hope you do better with your future publications and your information store front.

- Karin Green, Princeton

Letter To The Editor

Allison says no to coal

To The Editor,

Sir, I'm writing this letter because I saw a sign on a pole by the Post Office asking us to support the Compliance coal/wood-fired energy project because of the jobs it will bring to local people.

My immediate response is "No jobs on a Dead Planet." It isn't worth harming farms, wildlife, tourism, fishing, our own health or the health of children and grandchildren to create a few jobs.

In science fiction films and books like Star Trek, Kirk, Spock, Uhuro and Piccard drive around the universe at 'warp speed' able to access thousands of habitable planets - many with fine, California-like climates.

Award-winning science fiction writer Ursula K. LeGuin brings us back to Earth when she warns, "The future has become uninhabitable. Such hopelessness can arise, I think, only from an inability to face the present, to live in the present, to live as a responsible being among other beings in this sacred world here and now, which is all we have and all we need to found our hope upon."

Compliance Energy wants to put a lump of coal in EVERYONE'S stocking this Christmas. During this sacred season let's honour our sacred responsibility to Earth, the only home we have, by saying 'NO' to coal.

- G. Allison, Princeton

www.thenewsleader.ca



Princeton's Anthony Leardo (left) tries to move a Spokane player from in front of the net as goalie Tanner Sheridan tries to get a view of action in the Posse zone.*

Posse surprises Spokane Braves

What has probably hurt the Valley First Princeton Posse more than anything this season is their schedule. Dominated with one game weekends the Posse has had a tough time building on momentum. Posse Coach Dale 'Duner' Hladun has been very vocal about the affect the schedule has had on his team, but when the 'four-games-in-five-days' first week in January rolled around nobody knew what to expect.

Princeton beat Summerland in the first match and nearly did the same to Spokane in the second game on January 5th.

The first period saw both teams feeling each other out with the obviously larger Princeton squad dominating Spokane for most of the frame, which ended scoreless.

In the second period play continued to be fast but with players out of position Princeton could not score.

Spokane managed to break the

scoreless tie only 53-seconds into the frame and added two more at 9:57 and 10:48.

Princeton did not let up and in a lightning fast move, Kyle L'Arrivee took a pass from Mike Salter on the power play and went behind the Spokane net. He passed out front to Jeremy Wagner who scored Princeton's first goal at 12:05.

Princeton's Dan Hillman added one more at 15:00 with assists coming from Sean Carr and Liam Darragh.

The period ended with Spokane leading 3 to 2.

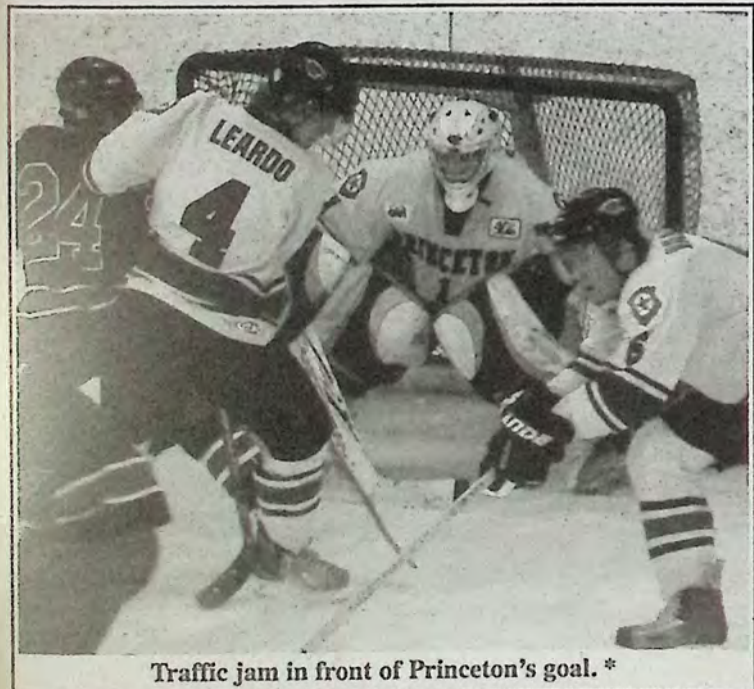
Part way through the third period Princeton was starting to look tired, but with a burst of energy tied the game up at 8:12 when Eric Galbraith, with a pass from Riley Fester, passed out front from behind the net to Dan Hillman, who popped it into the Spokane goal.

The tie seemed to light a fire

inside the Posse who looked to be heading into an overtime game until Spokane scored with 12.8-seconds to go.

The stats sheet shows the Posse scored all their goals on the power play and collected only 10-minutes in penalties. There was no doubt the boys had the game and only the game on their minds.

Final score: Spokane 4, Princeton 3. Shots on goal: Princeton 32, Spokane 29.



Traffic jam in front of Princeton's goal.*

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On behalf of Princeton Minor Hockey Association the Best Western Midget Team would like to thank the following for their continued support during the season and our tournament of December 8th to 10th.

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We would also like to thank our Officials, Arena Staff, Parents and Team Members for their hard work and dedication to making events like this a success.

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2007 ANNUAL GRANT PROGRAM**

Interested non-profit organizations are invited to obtain a Grant Information Package for the upcoming 2007 Grant Program of the Princeton and District Community Forest Corporation (PDCFC).

The 2007 Grant Program's objective is to make meaningful financial contributions to eligible recreation and cultural town and area programs, services and capital projects. Eligible organizations are encouraged to pick up an information package (including guidelines to eligibility and application process) from the Secretary-Treasurer, PDCFC, at Town Hall, 169 Bridge Street during regular business hours.

Part of PDCFC's remaining five-year mandate is to ensure net revenues generated from the Corporation's forestry operations are used to support the acquiring of community assets. In addition, it is the Corporation's mandate to leave the community with a considerable legacy.

Complete grant information packages are now available. Grant applications from eligible organizations are to be received no later than January 31, 2007 for consideration for the 2007 grant allocation year. Eligible grant applications will be reviewed and evaluated by the Board of Directors at their first quarterly meeting in 2007 with awarding of successful application(s) no later than May 31, 2007. Please refer to the information package for evaluation criteria used by the PDCFC Board of Directors.



Princeton's Kyle L'Arrivee (#24) tries to score on the rebound against Creston last Saturday night. *

Posse mauls Creston

It's obvious that the Valley First Princeton Posse plays better the tighter their game schedule.

On January 6th, the third of a four game week, saw an extremely strong Princeton team battle Creston Thunder Cats.

The teams looked evenly matched for size but it was Princeton who scored first at 7:18 when Mike Salter one-timed a pass from Matt Arnold just inside the blue line. Jordan Lane was also given an assist on the play.

The fast-paced period flew by quickly and with 1:09 left to play Princeton scored again when Eric Galbraith, with a pass from Liam Darragh, slipped behind the Creston goal and slipped the puck in the stick side.

The second period saw a lot of physical play with many hard hits coming from both teams.

Princeton widened their lead at 6:03. Peter Purves got the credit with help from Drew Knowles and Garrett Pfeifer.

The Posse continued to dominate the game by adding their fourth goal, scored by Eric Galbraith, at 15:58. Assists went to Liam Darragh and Dan Hillman.

Creston kept putting pressure on the Posse net and finally scored at 17:31. Princeton led the match 4 to 1 after two periods.

The third period saw an emotionally charged Creston team attack Princeton from every face off. The Posse did not let up, and in most cases, continued to dominate the game.

Eric Galbraith added an unassisted goal to the Posse tally at 3:17 following a rebound in front of the Creston goal.

Fists starting flying after whistles and face offs until Creston scored their second goal of the night at 3:36.

Princeton did not let up and Kyle L'Arrivee poked in a goal at 4:03 taking a pass in the slot. Michael Bunting was given an assist on the play.

Creston Coach Shane Lukinchuk was sent off with a game misconduct for exercising his vocal talents with the officials and Princeton scored once more at 6:24 when Brett Van Riper one-timed a pass from Dan Hillman. Eric Galbraith also received an assist.

By this time it appeared as if the

wind was out of the sails of the Creston team as they continued to go through the motions as time continued to tick away.

Princeton hammered the final nail in the coffin with 7.2-seconds left when Anthony Leardo popped one in that hit the Creston goalie and just dribbled past the goal line.

Assists went to Dan Hillman and Matt Arnold.

Final score: Princeton 8, Creston 2. Shots on goal: Princeton 45, Creston 29.

Posse wins 'four-pointer'

The January 7th afternoon match between the Valley First Princeton Posse and Sicamous Eagles had all the markings of a pivotal game.

In addition to being the fourth game played by Princeton in five days, it was against division rivals Sicamous, who at the opening face off sat one point ahead of the Posse in the Okanagan Shuswap Division.

Both teams looked evenly matched for what many Princeton fans were calling a four point game.

Sicamous opened the scoring at 13:40 of the first period and Princeton's Drew Knowles replied at 14:46 with a missile of a shot fired to the stick side of the Eagle goaltender. It sailed past the net and off the boards and back at Knowles who backhanded his rebound for the score. Garrett Pfeifer got an assist.

The period ended locked at one apiece. The second period was mostly action of the scoring kind

for both teams.

Sicamous scored their go ahead goal at 1:42 and added another at 4:57.

Princeton scored goal #2 at 7:37 (Matt Arnold from Brett Van Riper and Lyle L'Arrivee), goal #3 to tie the game at 9:37 (Garrett Pfeifer from Drew Knowles and Peter Purves), goal #4 to take the lead at 10:52 (Eric Galbraith from Liam Darragh and Dan Hillman) and goal #5 at 12:43 (Anthony Leardo from Peter Purves and Brett Van Riper).

Sicamous did not give up and scored their fourth goal of the game at 13:36.

The period ended with Princeton leading 5 to 4.

The final frame saw both teams take a number of chances but Sicamous could not tie the game to force overtime.

Final score: Princeton 5, Sicamous 4. Shots on goal: Sicamous 33, Princeton 25.

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There Are No Chains Of Us!



Ice build up in the Similkameen River a few kilometres downstream from Princeton forced water high and onto Old Hedley Road last week. This was a look at the side of the road last Thursday. Photo: Brenda Engel. *

Letter To The Editor

Rosemary shares shocking story

To The Editor,
RE: Credit card fraud and local businesses

Recently I used my credit card at a Princeton business and thought nothing of it. It turns out one of the employees has a history of fraud-related offences and took my credit card number (not the actual plastic card) and spent a few hundred dollars on it until they expired the credit limit.

This fraudster enjoyed some fine dining at a number of local establishments where the card number was freely accepted without verification,

identification or signature check. In fact, the fraudster enjoyed the experience so much they returned to the same establishments a second time for more good service on my credit.

This situation compels me to petition local business to stop the practice of accepting card numbers without verifying the ownership, identification and signature of the person presenting the card number. I would encourage businesses not to accept a card number without the plastic card itself. *

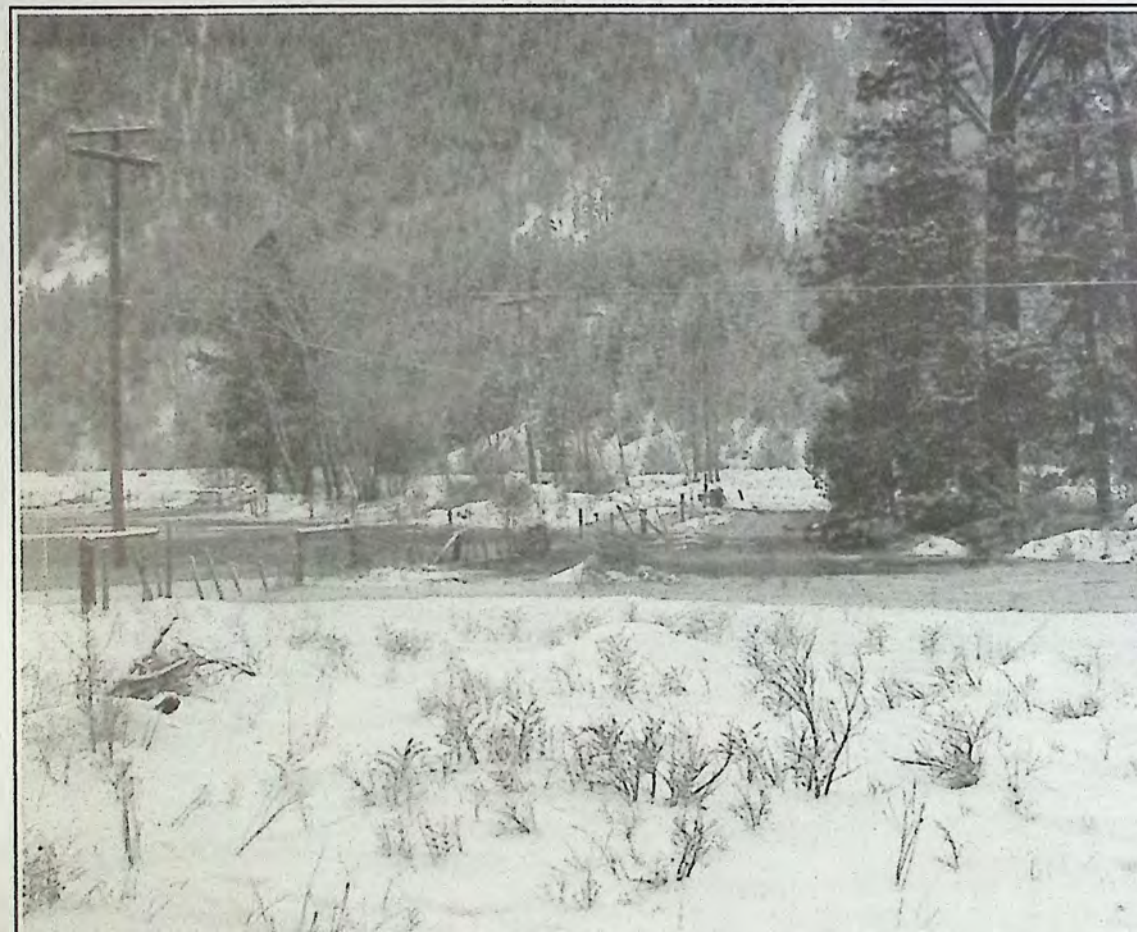
I also petition local businesses to request criminal record checks for the

people they hire, especially when those employees have access to customer credit card information. I am well known in Princeton so the fact that another person can pretend to be me and use my credit card number indicates that the problem is serious.

Any one of us can be easily victimized in the same way. Please train your staff to pay attention and be responsible when accepting improper payments such as this.

If we work together we can prevent this sort of fraud.

- Rosemary Doughty, Princeton



Ice build up on the Similkameen River flooded a portion of this field on Old Hedley Road last week. Photo: Brenda Engel. *

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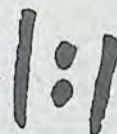
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INVESTMENT INSIGHTS

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



Types Of Mutual Funds - Part 1

The growing popularity of mutual funds has resulted in an increase in the number and type of mutual funds available in Canada. Below is a description of some of the different types of mutual funds available in today's marketplace:

Money Market Mutual Funds invest in short-term, interest-bearing instruments, such as Treasury Bills, thus providing safety of principle and a source of interest income.

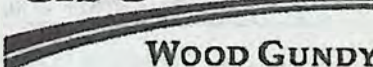
Fixed Income Mutual Funds concentrate on generating income, therefore, most invest in high-quality bonds issued by governments, provinces and corporations - either domestic or foreign.

Equity Mutual Funds are often called growth funds, and invest mainly in common stocks. The primary investment objective is growth of capital, however, the investment style will differ from fund to fund.

Dividend Mutual Funds invest in high-yielding, dividend-paying preferred and common shares. These funds are attractive to investors who seek a steady stream of income and who want to take advantage of the dividend tax credit to increase their after-tax return.

See the next Investment Insights article "Types Of Mutual Funds - Part 2" for the four remaining types of mutual funds.

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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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