

# Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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## How do we want our \$\$\$ spent?



Princeton Flyers hosted a Minor Hockey Association PeeWee Tournament over the weekend. The first game saw Princeton against Penticton Ice Dogs. A total of seven out of town teams attended. \*

### 36 recommendations made in BC

In September and October 2006, the provincial Select Standing Committee on Finance and Government Services conducted 15 public hearings across B.C. The Committee asked the public how B.C. should spend its money. As a result of the hearings and written submissions, the Committee has made 36 recommendations to the Minister of Finance to consider while making up the 2007 budget.

One conclusion dominated public responses: **we need to invest in our infrastructure but we need to limit our borrowing and keep debt affordable.**

Themes of public response emphasized support for B.C.'s communities and natural environment and enhancing opportunities for those in

need of assistance, as well as continuing to strengthen our economy.

The public wants government to review personal, corporate and sales taxes to ensure B.C. remains a good place to do business, and to make home ownership more affordable by eliminating the one percent property transfer tax on the first \$200,000 of the purchase price.

Other recommendations include helping foreign doctors find residency positions and accelerating qualification of physicians' credentials, providing assistance to employers by expediting the training tax credit and to ensure completion of apprenticeships, and to improve funding to post-secondary education.

.....continued on Page 26

## Town prepares to sign document

The culmination of almost a year of work is being celebrated with the historic signing of a Memorandum of Understanding (MOU) between the Town of Princeton, Regional District Okanagan Similkameen (RDOS) and the Upper Similkameen Indian Band (USIB).

The public is invited to help celebrate this event on January 17th beginning at 5:30 PM at the Riverside Wellness Centre.

The three governments began meeting in March of 2006 to forge a new relationship between aboriginal and non-aboriginal peoples and to contemplate mutually beneficial economic initiatives.

The meetings were made possible through a grant from the Union of BC Municipalities (UBCM) Community to Community Program. This program was established following a UBCM and First Nations Summit jointly organized province-wide Community to Community Forum. The event brought together First Nation and local government community lead-

ers from around BC to discuss common goals and opportunities for joint action. Its success was due to a spirit of goodwill and an open exchange of concerns, ideas and constructive viewpoints.

Having built on a 2001 document between the three governments, the new MOU is a model template that genuinely fosters sustainable economic development between the governments and continues to protect the Upper Similkameen Indian Band's cultural history and improve relationships with local governments.

The MOU has several objectives that include:

1. Ensuring local understanding and respect for aboriginal culture through the inclusion of these attributes in communications and development activities;
2. Maintaining positive communications and working relationships that benefit the area in social, cultural and economic terms; and
3. Working together towards a vibrant, diverse and sustainable local

economy.

The three parties have already been active with several initiatives.

A Heritage Park, to be located near the Chamber of Commerce and the USIB office is in preliminary stages. Conceptual design work is being updated and land tenure over the area is being secured. A Heritage Park would celebrate the history of the First Nations presence in the Similkameen to the settlement of the

### Town receives bonus

The Town of Princeton has come into a little extra money. Under the Gas Tax Agreement - Community Works Funding, Princeton received

### Website expected soon

Princeton.ca is the new address for the new Princeton website. It should be ready this month, Town Council says.

Business license invoices go out this month and will be accompanied by a form to be filled out by the

first Europeans to the area.

A Partnership Statement of Intent has been drafted that forms the basis for a future community forest corporation. Letter to the provincial forestry ministry and a meeting with Minister Rich Coleman have already been completed. The partnership is awaiting an invitation from the ministry to make a formal application for a forest license.

The three governments are also

\$22,772.02 in December.

Dividends from the Municipal Insurance Association of BC added another \$6,516.

business owner for listing on the website.

Clubs and organizations needing to update information should advise Town Hall.

This project has been months in the making.

exploring the opportunity to partner with the provincial Crown in developing residential property and master recreation planning.

The MOU strengthens relationships and fosters future cooperative action.

**Similkameen News Leader**  
This Week

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**This month Similkameen News Leader salutes Princeton Posse... Look for Player Profiles throughout this issue!**



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Royal Canadian Legion Branch 56 Princeton hosted their annual Installation of Officers last Friday night. The 2007 Executive includes, left to right, standing: Janet Neil, Past President Bud Sadegur, Wayne Cummings, Bob Paterson and Ray Jarvis. Seated: President Sharon Paterson, Chaplain Diane Robinson, Chuck Whitlock and Cam Powley. Photo: Dawn Johnson.



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## Legion installs 2007 officers

On what might be the coldest night of the year, more than 40 members of the George Pearkes Branch of the Royal Canadian Legion, Ladies Auxiliary and Youth Auxiliary turned out for a potluck supper and installation of the 2007 officers of each group.

Zone Commander Chris Yarburgh and Deputy Zone Commander Mike de Salaberry conducted the installation ceremonies.

Sharon Paterson is the new Legion President, with Bob Paterson as First Vice-President and Ray Jarvis as Second Vice-President. Chaplains are Diane Robinson and Ray Jarvis, and Janet Neil is Service Officer. Bud Sadegur and Cam Powley share duty as Sergeant at Arms. The Executive Committee is comprised of Janet

Neil, Wayne Cummings and Chuck Whitlock.

Charlene Longdo will serve another term as Ladies Auxiliary President, with Elizabeth Kightley as Vice-President. Ann Bauder is Secretary-Treasurer. Norma Kraetor and Marion Marsel were installed as the Executive Committee.

The Princeton Branch of the Royal Canadian Legion is one of the very few branches to enjoy supporting a Youth Auxiliary. They were installed in office as part of the evenings ceremonies.

Michael Date is President of the Youth Auxiliary with Hannah Donohoe as First Vice-President and Matt Donohoe as Second Vice-President. Kelsey MacDonald is Treasurer. Levi Dube and Ben Stout form the Executive Committee, and Cody MacDonald is Sergeant at Arms.

Both Zone Commander Yarburgh and Deputy Zone Commander de Salaberry thanked Princeton's Legion for inviting them, and wished the new officers a successful year.

## Princeton Posse

KIJHL Hockey  
2006-2007  
Season Schedule

WED JAN 17 - KAMLOOPS  
FRI JAN 19 - @ Sicamous  
FRI JAN 26 - @ Nelson  
SAT JAN 27 - @ Spokane

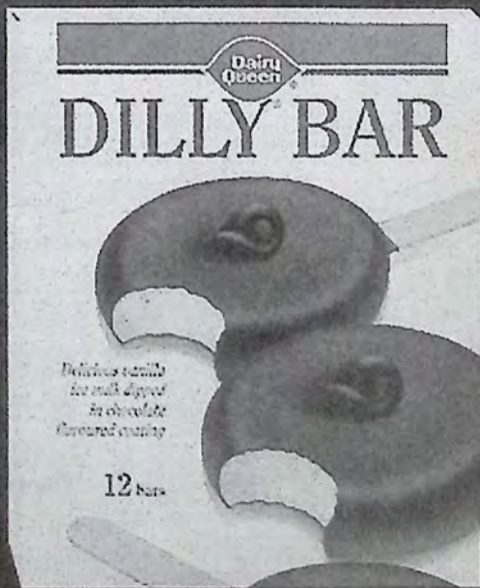
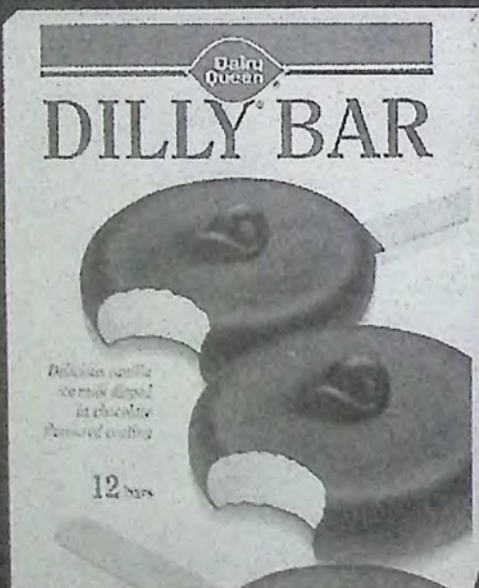
FRI FEB 02 - CASTLEGAR  
SAT FEB 03 - GRAND FORKS  
SUN FEB 04 - @ Summerland  
WED FEB 07 - KAMLOOPS  
FRI FEB 09 - @ Sicamous  
SAT FEB 10 - REVELSTOKE  
TUE FEB 13 - @ Summerland  
FRI FEB 16 - @ Revelstoke  
SAT FEB 17 - GOLDEN

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Sharon Paterson (left) takes her place at the Legion head table following installation by Zone Commander Chris Yarburgh. Ladies Auxiliary President Charlene Longdo stands at right. Royal Canadian Legion hosted their Installation Night last Friday. Photo: Dawn Johnson.

## Princeton Court News

EXCLUSIVE TO THE NEWS LEADER

News Leader Court Reporter Dawn Johnson

# Bar fight ends in court

Danny E. Ladouceur stood trial on January 12 in Princeton Provincial Court for the assault of Augustino Migliorino.

The incident began with Migliorino, John O'Rourke and Dave Smith, all older men, sitting in Princeton Hotel bar enjoying

non-alcoholic beverages and socializing. Around midnight, Ladouceur, also over age 60, approached the table and asked for a ride home. All three refused. Migliorino said he told Ladouceur to stay away from him. He said Ladouceur came at him with his fists and blackened one eye and bruised his cheek and chest with punches.

Migliorino said he did not put up a fight until he remembered his cane (he is disabled) and raised it. Ladouceur left then.

Smith testified that Ladouceur appeared drunk, but he saw only one punch which gave Migliorino a shiner. O'Rourke said Ladouceur hit Migliorino several times.

Solange St. Pierre, the bartender that evening, said she saw a fight and went over to tell them to take it outside or stop. She did not know how much Ladouceur had to drink nor who hit who first.

Ladouceur took the witness stand in his own behalf and stated he had leaned across the table to respond to remarks made by Migliorino who was sitting at the back of the booth. Ladouceur said Migliorino grabbed him and pulled at him, so Ladouceur defended himself.

After hearing all of the testimony, Judge G. Sinclair found Ladouceur guilty and ordered him to serve an eight month probation and to have no contact with Tino Migliorino.

# Thief pays fine

In Provincial Court in Princeton on January 12, D. Venables pled guilty to stealing a bicycle, a wallet and a chainsaw. Evidence revealed that on April 28, 2005, Venables entered a ranch home and stole a wallet containing between \$450 and \$475, as well as a chainsaw. The wallet was handcrafted with a distinctive design. Later, Venables girlfriend was being treated at Princeton General Hospital. An X-ray technician rode his bicycle to work that day and left it parked at the hospital. When he discovered it was missing, witnesses

described a van in the area.

Police found the van, and discovered the bicycle, wallet and chainsaw in the van. The owner, Venables, was charged with theft.

The 27 year old construction worker from Mission had been taking illegal drugs and had no money. Approximately \$150 was missing from the wallet.

Judge G. Sinclair ordered Venables to pay a total of \$500 in fines and to repay \$150 to the rancher. In addition, Venables must serve a nine month probation.

# Driver loses license

Frederick James Haffey appeared in Provincial Court in Princeton to plead guilty on January 12 to a charge of driving without due care and attention. On March 26, 2005, police noticed a vehicle being driven without headlights. They followed it and noted some erratic dri-

ving. Police stopped the vehicle and then charged Haffey with impaired driving.

Due to some constitutional issues, Haffey was able to plead to a lesser charge. He was ordered to pay a \$1,000 fine and is prohibited from driving for three months.

## What's Five Bucks Get You These Days?

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SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

### 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

## Advance Public Notice Load Restrictions

Pursuant to Section 66 of the *Transportation Act*, and to provisions of the *Commercial Transport Act*, notice is hereby given that load restrictions may be placed, on short notice in the near future, on all highways in the following Highways District:

**Okanagan-Shuswap  
(Vernon / Salmon Arm / Kelowna / Penticton)**

Restrictions will be imposed in each area individually as conditions warrant, normally the most westerly and southerly areas to be restricted first.

The restrictions will limit vehicles to 100 per cent, 70 per cent, or 50 per cent of legal axle loading, as allowed under the Regulations pursuant to the *Commercial Transport Act*.

Overweight permits will not be granted. All term overweight permits are invalid for the duration of the restrictions.

The public and trucking and transportation companies should govern themselves accordingly.

Your cooperation in adhering to the above regulations is appreciated.

Load restrictions—once imposed—can be viewed at:  
<http://www.th.gov.bc.ca/BCHighways/loadrestrictions/loadrestrictions.htm>

Dated at Kelowna, BC this 3rd day of January 2007.

Grant Lachmuth, District Manager  
Okanagan Shuswap Highways District  
Phone: 250 712-3629



MORE COURT NEWS - PAGE 9



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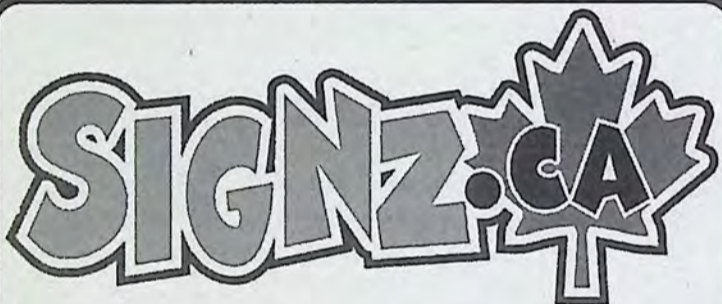
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**keremeos and area news**



Marina Buchan, left, and Jesse Prest spent the Christmas holidays working with other members of Friends of the Similkameen creating yard signs to promote a campaign for clean air in opposition to Compliance Energy and their proposed coal-fired energy plant near Princeton. Photo: Dave Cursons.

## Group wants new facility built

Similkameen Country is planning the construction of a new, larger Information Centre, which will include two offices, three washrooms and an intergraded cooking facility for local events.

The present cook shack (located in Memorial Park) could be removed from its present site and that area used for green space. The centre will be a replica of the Great Northern Railroad Station that was built in the early 1900s.

"The present info centre does not live up to the image that we and many of the tourism businesses are promoting," says Similkameen Country. "We want to grow with potential development. At the present time we attract only a small percentage of the traveling public."

When this project is complete, Similkameen Country will provide information services 12 months of the year, and be more visible to local communities.

"We are hoping to start construction after Thanksgiving of this year and be finished by March 2008."

The group is in the process of applying for a grant which requires that they provide local funding including cash and in kind contributions from local business and service clubs. Similkameen Country invites local financial support.

"Our goal is to complete this project at no cost to the local taxpayer. All financial supporters will be listed in the local paper and your name and your generosity will be recorded on a recognition plaque to be placed in the new info centre."

Similkameen Country became a Certified BC Tourism Information

Centre in 2006 and it became evident with QSR (Quality Service Reports) reports that a new info centre should be a more up to date place to host the many visitors that stop.

Some of the questions and remarks from the mystery tourist were: Question: Was there adequate parking space available for RVs? Answer: No. Comments: There was a small, roughly paved parking lot to the right of the cen-

## Some comments on centre

Here's are a few quotes from Keremeos area residents in support of a new information centre facility.

Similkameen Country President Anna Bartlett: "Don and I love to travel and stop at Visitor Information Centres wherever we go. An important issue for us is easy parking for recreational vehicles. The more eye appealing and welcoming the VIC is, the greater our chances are that we will stop. Once inside the VIC I am looking for an experience. I feel this Valley is just starting to unfold all of the hidden treasures that we have to offer. I love living in our Valley that we take for granted with its friendly people, and clean environment. Tourism is a clean industry that can compliment our agricultural industry. With so many people living in cities now most people don't know the first thing about agriculture. We should be proud to invite everyone to the Fruit Stand Capital and Organic Capital of Canada, and give them a lifetime experience. I believe as a Valley we must come together on a project

tre with room for a few cars. Concerning the interior features the comments were: The floor was a worn, brown carpet. There was a single-stall washroom with two different colours of linoleum which was worn. There was a white sink with many large chips in the enamel bowl. The right wall of the washroom had several shelves, which were used to store publications and cleaning products.

that has positive goals and start working together on them for the betterment of this Valley."

Volunteer worker at the info centre Shirley Dixon: "I worry about cleanliness, as there is no hot water. It is very hard to maintain a clean sanitary environment under these conditions."

Student Information Centre Councillor Whyttney Goebel: "Last summer it was very hard to give information when there was more than two parties in at one time because the facility is so small. We had no room to display and organize the many brochures that we provide to our visitors. Keeping the facility clean was also a major challenge."

Colleen Christensen Manager of Similkameen Country: "An information centre is a very important part of a community. Our community sign is not adequate to inform the residents of the many events happening. The new facility will have an electronic reader board type which can be changed at the drop of a hat."



# HOW TO FIND THE PERFECT HOME!

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



**1000 Darcy Mtn Road**  
**\$72,000**

Princeton  
Total Sq Ft: 1,248  
MLS# 37124  
Fantastic set up right beside golf clubhouse. Beautifully updated including all vinyl windows and kitchen cabinets plus new covered deck. What a stunning setting among the whispering pines and rolling greens. All this only minutes from town.



**Osprey Lake Road**  
**\$259,000**

Princeton  
Lot Area (acres): 20.00  
MLS# 36704  
Phenomenal view property just 5km from Princeton. Limitless views to the south and west overlooking the valley, next to Wayne Lake. Ideal for B&B as Trans Canada Trail goes through a portion of the property. 20gpm drilled well in place.



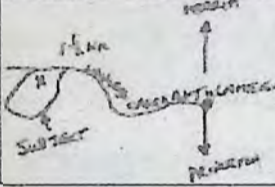
**523 Similkameen Ave**  
**\$129,900**

Princeton  
Total Sq Ft: 797  
MLS# 36842  
Many updates including appliances, windows, roof, flooring, decks, etc. Beautiful landscaping, nice sized lot.



**Lot 8 George Street**  
**\$144,900**

Tulameen  
Lot Area (acres): 0.13  
MLS# 36985  
Building lot in Tulameen! Perfect RV lot as you could hookup to existing septic system. Usable now - build the dream later. Quiet no-through road, a short walk to the Tulameen River. Won't last!



**Lot A Lawless Creek**  
**\$338,300**

Tulameen  
Lot Area (acres): 13.93  
MLS# 36602  
Fantastic view acreage overlooking the Tulameen River and valley. Very private and pristine. Located just outside of Tulameen, approx. 1km on the Lawless Creek Road. 13+ acres waiting for your dream home or just for your personal getaway.



**308 E Highway 3**  
**\$149,900**

Princeton  
Lot Area (acres): 3.23  
MLS# 36791  
One of the last lots left in Princeton with highway exposure. Last lot leaving to the east, first lot coming west. Storage center next door, Kal Tire, motel, car wash across. Excellent investment to hold or develop.




**3-459 Huey Road**  
**\$25,000**

Princeton  
Total Sq Ft: 915  
MLS# 36981  
Older mobile home, well-maintained and situated in a peaceful, small mobile home park. Has a large lot with several storage sheds, an addition, pellet stove, covered parking and an extra bedroom. Priced to sell!



**Lot 2 Highway 3 W**  
**\$1,138,000**

Princeton  
Lot Area (acres): 1.45  
MLS# 36998  
By appointment only through listing Agent. 72 seats inside, 35 patio and 56 seating for conference upstairs. Great highway exposure, pub sits overlooking Similkameen River. Two patios, cherry wood bar, JJ is the only pub/bar in town.




**Parcel Z Penryn Ave**  
**\$39,900**

Princeton  
Lot Area (acres): 0.08  
MLS# 36615  
Central location in downtown area with easy walk to all amenities. Single family dwelling with quiet no through road. Not many building lots left in Princeton. Zoning allows duplex, but not enough room.



**439 Similkameen Ave**  
**\$215,000**

Princeton  
Total Sq Ft: 1,120  
MLS# 36919  
Immaculate rancher style home with attached single car garage with cozy front and back covered porches. Bonus 6-foot crawl is bright, lots of storage and perfect woodstove with wood hatch. Lovely finishing, laminate, tile and awesome kitchen.



**546 San Ang Way**  
**\$85,000**

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Lot Area (acres): 0.50  
MLS# 36938  
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**484 Palmer Street**  
**\$295,000**

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\* MLS statistics 1990-2004



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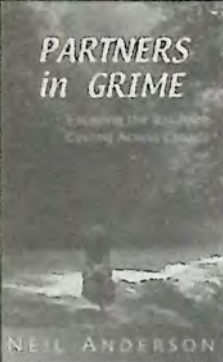


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**PS Capsule Comments**

by your Pharmasave Pharmacist Wen Wong

Many new drugs come onto the market each year in Canada. However only 25% of them are original while the rest (sometimes called me too drugs) are variations of others already in use. If you are getting good results from the older medications switching to a newer me too drug probably won't gain you much.

You are never too old to exercise. Our bodies are meant to move and keeping muscles and joints well limbered goes a long way to improving your health. If you are thinking of beginning an exercise program and have some pre-existing medical conditions, check with your doctor first.

An old breakfast cereal has made it back onto the market. Sonny Boy is a great way of increasing your fibre intake. One serving of 1/4 cup (about 40 grams) in 3/4 cup of water contains a whopping 24 grams of fibre. The cereal consists of a mixture of whole grains...wheat, oats and flax.

The strength of eye drops is usually calibrated to a certain amount of medication per one drop. Putting two drops in is usually a waste because one drop is about the amount of fluid your eye can take. Instilling two drops, you'll find some liquid ends up running down your cheek. It's a waste of money too.

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**news leader health page**

**Riding the peaks and valleys of rheumatoid arthritis**

(NC) For most people, the very term arthritis conjures up images of the elderly and the slow degeneration of joints that comes with age. But for the nearly 300,000 Canadians who suffer rheumatoid arthritis (RA), the term is anything but a natural part of growing old.

RA hits people in the prime of their lives, between the ages of 25 and 50. RA is a disorder in which the body's immune system attacks the lining of joints and organs.

Its onset is deceiving. Morning stiffness, a fever and joint pain may seem just like a bad case of the flu. But early diagnosis and treatment are essential to preventing the irreversible joint damage that may occur within the first few months.

Just ask Brian Twohig of Victoria, BC. The high school teacher was a competitive athlete and rowing coach for Victoria City Rowing Club and for the University of

Victoria. In his 40s, when RA first presented, he experienced morning stiffness in his hands and a few episodes of joint pain. It took some time before he was even diagnosed. Eventually, his episodes became so severe he could barely turn a door knob or put on his socks.

"The image most people have of arthritis is little old ladies," he said. "I found it was hard for people to understand the challenges of RA. I could have trouble holding chalk one day but be out cycling the next."

Twohig persevered with his love for sport. His own persistence - he took up competitive cycling after his diagnosis - and new treatments, have restored him to an active life.

"Drugs managed the pain," he recalls, "but the episodes were getting more severe."

Twohig was fortunate to be prescribed an alternative to these drugs, a new class of treatments called bio-

logics. His rheumatologist put him on HUMIRA, the first fully human monoclonal antibody, which is similar to antibodies found in the human body. It is able to bind to and block a specific protein that plays a central role in the inflammation associated with RA.

Twohig has been on HUMIRA for three years. He has not had an RA episode since.

The new regimen has allowed him to pursue his passion of cycling. In September 2005, he cycled over 1,000 km of the Tour de France route through Spain's Pyrenees Mountains, including 20 kilometres of vertical climb.

"It feels really good to be able to do that," he says. "I have always lived an active life and I can't imagine not being able to continue."

In 2007, he plans to ride the Dolomite route of the Giro d'Italia.

- News Canada

**Avoid the dangers of backdrafting in your home**

(NC) Combustion appliances, like wood-burning and natural gas fireplaces, natural gas or oil furnaces, or natural gas water heaters need a source of air to operate safely and efficiently.

Backdrafting occurs when there is insufficient air for the combustion process. When properly adjusted and vented, the combustion of natural gas produces carbon dioxide and water vapour, the very same things that we exhale. However, if there is insufficient air for combustion appliances, or if a chimney or vent is blocked, then these combustion products are drawn back into the house and produce carbon monoxide. Carbon monoxide is an odourless, colourless, tasteless gas which is very toxic.

Some of the precautions you can take to prevent this hazard include:

- Never tamper with fuel burning equipment, vents or flues.
- Never insulate or try to seal up a draft hood, wind cap, or exhaust vent on any natural gas appliance.
- It is absolutely essential, for your safety, that panels and grills on the furnace are kept in place and that the fan compartment door is closed when the furnace is operating.
- If you have a natural gas water heater, make sure that combustion air openings at the bottom of the tank and the opening below the draft diverter (on top of the tank at the flue duct) remain unblocked. Do not store anything on top your natural gas water heater.
- For all fuel-burning equipment, make sure that vent hoods and pipes are securely in place and that external vents and chimneys are not blocked by insulation, leaves or birds' nests.

To prevent backdrafting in your home consult with a Heating, Ventilation and Air Conditioning (HVAC) contractor on an annual basis to inspect your combustion

appliances including furnaces, water heaters and fireplaces. Consider selecting contractors who are members of the Heating, Refrigeration and Air Conditioning Contractors of Canada (HRAC) which requires its members to carry

relevant trade, fuel safety and municipal licenses. More information on where to find a qualified contractor in your area is available online at [www.hracc.ca](http://www.hracc.ca) or call toll-free at 1-877-411-HRAC (4722).

- News Canada

**living past 100**

**Veggies: best defense against cancer**

Mother Nature provides us with the simple answers to disease. One of the simple answers is vegetables. These "simple" foods are highly complex, and it has been only in recent years scientists have been able to unlock the deep secrets of the health benefits of vegetables. Vegetables can protect us from bacterial infections and viral infections.

The most powerful cancer fighters are vegetables containing the yellow or orange substance called carotenoid. All bright red, orange, yellow and dark leafy green vegetables contain carotenoids. Filling up on carrots, red peppers, sweet potatoes, spinach, broccoli and tomatoes will help your body fight cancer, as well as other diseases, such as macular degeneration and prostate problems. CAUTION: Do not assume vitamin supplements can replace carotenoids. These MUST come from eating the vegetables.

Carotenoids do not stop at fighting off cancer, but are great for keeping away heart attacks. If you have high cholesterol, eating plenty of carotenoid vegetables will reduce your likelihood of heart attack by 60 percent!

Garlic is a vegetable that could be classified as a medicine. It helps reduce cholesterol, blood pressure, and is believed to fight cancer. In addition, it lowers the risk of blood clots. Modest amounts of garlic in your food daily will help prevent many disorders, and three fresh cloves daily will lower cholesterol up to 20 percent.

Some vegetables contain flavonoids, plant substances known to prevent heart disease. Onions, apples and red grapes (including red wine and grape juice) help prevent heart disease.

All yellow, orange and red fruits can help prevent disease.

Hot peppers, such as cayenne, will reduce arthritis pain. Green tea is an anti-oxidant more powerful than Vitamin C.

The best way to prevent cancer and other diseases is to eat a wide variety of vegetables and fruits every day. The typical stir-fry using very little oil is a good way, but a salad made with extra virgin olive oil is even better. Drinking vegetable or fruit juice instead of soft drinks is better for your health.

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Water seeping through the bank at the end of the wooden bridge on Bridge Street makes an unusual ice sculpture this time of year. Photo: Brenda Engel. \*

## Community to community partnership flourishes

The Town of Princeton, Area 'H' of the Regional District Okanagan Similkameen and the Upper Similkameen Indian Band continue to make considerable progress with several initiatives under a renewed Memorandum of Understanding (MOU).

These initiatives will foster sustainable economic development and continue to protect the Upper Similkameen Indian Band's cultural history and improve relationships with local governments.

Since renewing their commitment to the MOU, the three partners have been diligently working on a Partnership Statement of Intent that will see the proponents form a community forest corporation known as the Vermilion Forks Forest Corporation. Equal partners in the corporation, the group has made an initial application to the Ministry of Forests for a Community Forest License that will be situated in the western portion of the Similkameen River watershed, between Manning Park and Hedley and within the Cascades Forest District.

Under the Partnership Statement of Intent, the partnership will increase local involvement in the management of the Princeton area forestlands that will assist in maintaining or enhancing the economic diversity and quality of life for residents, as well as ensuring that other natural resource uses and values are maintained in perpetuity.

Key objectives of the Vermilion Forks Forest Corporation include:

1. To operate the Community Forest area in a manner which achieves a reasonable and consistent profit from forestry operations.
2. To provide employment opportunities for all parties' constituents.
3. To ensure that residents of the area are directly involved in setting priorities for forestry management and expenditure of net profits generated from forestry operations.

4. To ensure a sustained harvest level throughout the licence area and to potentially increase the annual allowable cut over time, through innovative forest practices.

5. To provide for the highest return and best use of forestlands resources, using sound, environmentally responsible management practices.

6. To enhance and promote the educational and research value of the forest resource.

7. To maintain a long-range view for deriving benefits and managing the resource.

8. To ensure that the management of

the forest resource does not compromise the ability of other resource users to maintain or increase their use and benefit from the forested land base.

9. To develop and maintain a working partnership model other local government and aboriginal government organizations may emulate.

The next step in the application process is an invitation by the Ministry of Forests to pursue the feasibility of the application. The partnership is confident that the provincial government will see the benefits of granting the Vermilion Forks Forest Corporation a license for this area.

- submitted

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## Princeton Posse Player Profile

PRESENTED BY:  
SIMILKAMEEN NEWS LEADER



**#7 - Eric Galbraith**

Forward - Shoots Right - 6' 2" - 185 lbs.  
Hometown: Quesnel, BC



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Sharon Paterson, right, takes her place for installation by Zone Commander Chris Yarburgh. The Royal Canadian Legion, Branch 56 Princeton, Installation Night was last Friday. Photo: Dawn Johnson.

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## Princeton Court News

EXCLUSIVE TO THE NEWS LEADER

News Leader Court Reporter Dawn Johnson

### Judge acquits Langley driver

Peter J. Harrison, a resident of Langley, stood trial in Provincial Court in Princeton on a charge of dangerous driving. The charge arose as a result of a complaint to RCMP by a motorist watching Harrison's Nissan Pathfinder on Highway 3 on July 29, 2004.

Robert Gettings said he had observed the Nissan "weaving" across the lane, and became convinced the driver was drunk. He felt Harrison was driving too fast and cutting corners too fine. He followed Harrison from Manning Park to near Princeton, where Gettings forced the Nissan to pull over. Gettings said Harrison looked drunk. They exchanged a few words, then Harrison went back

into his vehicle and drove away. Gettings asked his girlfriend to call 911 and report the Nissan.

Another couple, travelling in front of Gettings, testified that he had frightened the passenger by passing on the right hand lane just before the highway merged from four lanes to two.

Harrison testified that he was not drunk, and had not been drinking. When police stopped him a little west of Princeton, they never asked him to take a breath test.

Judge G. Sinclair said the charge of dangerous driving should be based on "a marked departure from normal driving". Judge Sinclair commented that Harrison's driving was "not the greatest driving" but

there was enough reasonable doubt to find Harrison not guilty of dangerous driving.

### Driver falls off wagon

In Provincial Court in Princeton on January 11, Andre A. Kiraly pled guilty to charges of driving with over .08 alcohol in his blood. He was apprehended on October 27, 2006, when a police officer saw Kiraly pull out of a service station and enter the highway at an excessive speed.

When stopped by police, Kiraly showed signs of impairment. Breathalyzer tests gave readings of

.27 and .25, more than three times the legal limit.

Kiraly admitted he has an alcohol problem, but had been sober for many years. He had been working far from his home in the Kootenays and fell off the wagon without his support system.

Judge G. Sinclair ordered the 42 year old man to pay a \$800 fine and prohibited him from driving for one year.

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**Ray Poole**

**MORE COURT NEWS - PAGE 10**





A face off near the announcers booth during last Wednesday night's Posse/Sting game. \*



Players watch officials try to separate two players fighting in front of the Summerland net. \*



Princeton's Dan Hillman (#18) takes a shot in the boards during Wednesday's game against Summerland. \*

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**Princeton Posse  
Player Profile**

PRESENTED BY:  
**SIMILKAMEEN NEWS LEADER**



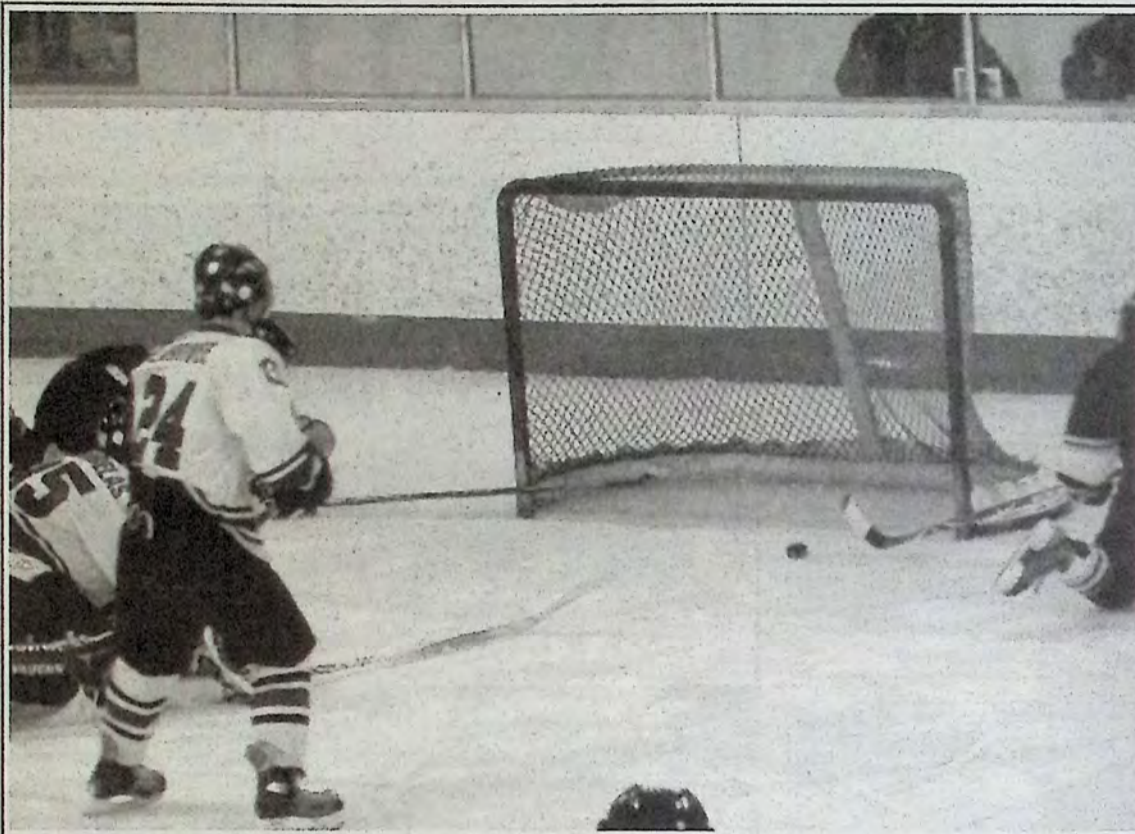
**#2 - Mike Salter 'C'**

Defense - Shoots Right - 5' 10" - 160 lbs.  
Hometown: Chase, BC



# weekly entertainment guide

TUESDAY, JANUARY 16, 2007 THROUGH MONDAY, JANUARY 22, 2007



Princeton goalie Evan Karambelas (#35) was out of position and out of his net when Summerland scored this goal at 9:45 in the second period of Wednesday night's game at Princeton Arena. \*

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## Posse loses to division rivals

Strong, powerful and amazing are all words that describe the Valley First Princeton Posse in their last few games.

Coming off an overloaded schedule that put four games in five days the first week of this month - where the Posse took six of a possible eight points - a tired and worn out team would have been expected.

Instead, Princeton fans were treated to a solid team when they played host to division rivals Summerland Sting on January 10th.

The first ten minutes of play saw a fast and focused Posse make some solid plays.

Action on the ice continued to be intense to the point where tempers flared and a few elbows and fists were used to establish territory by

players on both teams.

Summerland scored first at 14:07 on the power play. The period ended with Summerland leading 1 to 0.

In the second period Princeton was not as solid as in the first, but the intensity level was up a notch with players making hard hits and firing rockets on goal.

Summerland scored their second goal at 9:45 when Princeton's goalie Evan Karambelas was drawn out of his crease and couldn't get back in position to stop a shot off the rebound.

Play continued to be high spirited with fists used more than once after a whistle to make a point or to generally say hello to a player not seen for a while.

There's no doubt a lot of rivalry

between these teams and it showed in the stands as well with the fans.

The third period saw Summerland score again at 2:45 and near the end of the period Princeton Coach Dale 'Duner' Hladun pulled Karambelas for an extra attacker.

Princeton's six man combination kept the puck in Summerland territory for what seemed to be hours until a Summerland player managed to get some wood on the puck to clear it away from the Sting goal.

The puck went off the boards and into the empty Posse net.

Although Princeton hammered Summerland 34 shots to 20, the Sting goalie, Carson Loveday, stood his ground and earned a shut out.

Final score: Summerland 4, Princeton 0.



Princeton's Sean Carr (#19) clears the puck during Wednesday's game against Summerland. \*

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## Princeton Posse Player Profile

PRESENTED BY:  
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**#1 - Tanner Sheridan**

Goalie - Shoots Left - 6' 2" - 175 lbs.  
Hometown: Lillooet, BC



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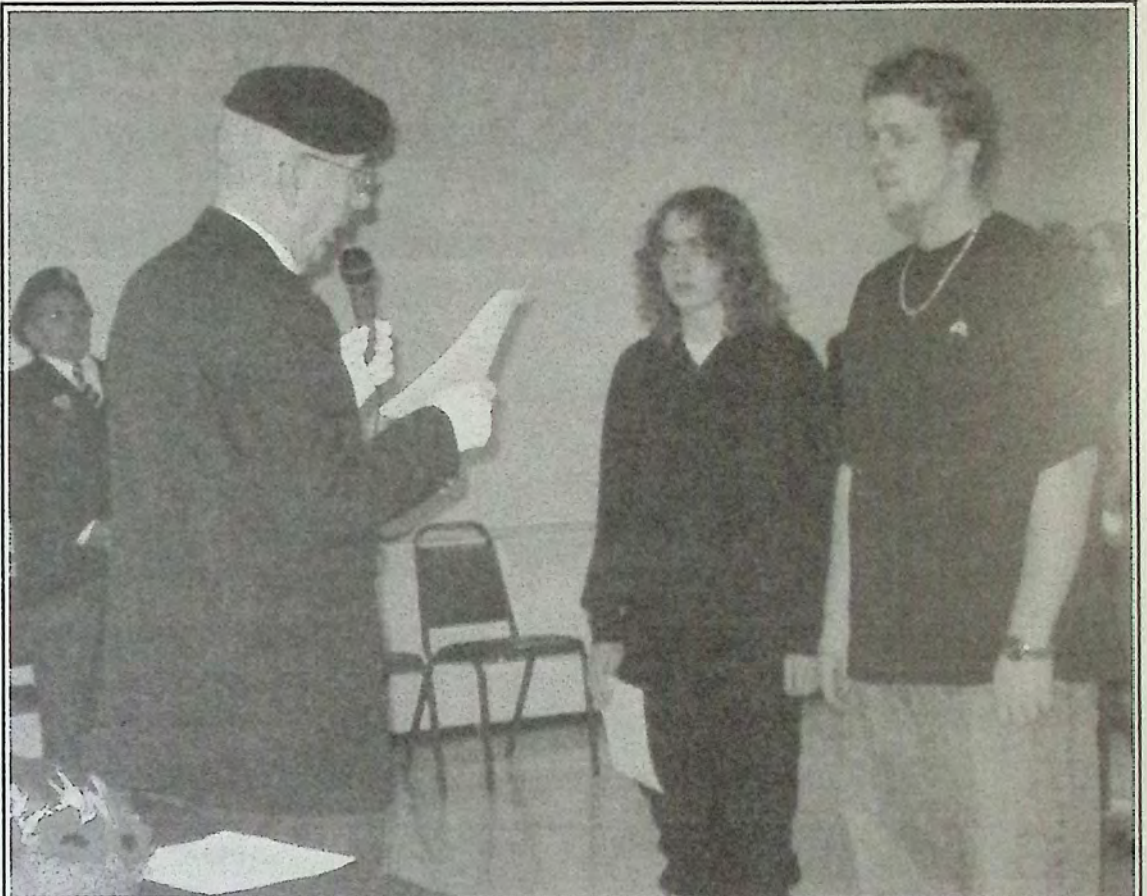
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Princeton Branch 56 Royal Canadian Legion Youth Auxiliary President Michael Date (right) is presented by Sgt. at Arms Cody MacDonald (center) for installation by Zone Commander Chris Yarburgh during Installation Night last Friday. Photo: Dawn Johnson.

## Judge orders probation

On January 11, in Provincial Court in Princeton, Rebecca Jean Williams entered a guilty plea to a charge of theft under \$5,000 and uttering threats.

The incidents leading to the

charges began on September 6, 2006, when Williams went to the home of Dave McMow. He let her in and then went out to do errands while she stayed in his house and had a sleep. When he returned, he

found some of his possessions were missing. He went to the local pawn shop and located his belongings. He learned that Williams had pawned them. He reclaimed them for \$25, and reported her to police.

On September 27, McMow complained to police that during an argument with Williams on September 20, she threatened to kill him and advised him not to "take it lightly".

Williams admitted to a problem with alcohol, and has now joined AA.

Judge G. Sinclair ordered Williams to serve a nine month probation during which she is to take any counselling recommended by her probation officer. She is prohibited from owning firearms or explosives for three years.

## Judge suspends sentence

On November 26, 2006, Mike Allison came home at 2:00 AM and found the door to his home had been kicked in.

A family dispute was in progress between his son Jay and Jay's wife.

Jay had kicked in the door when his wife fled to the senior Allison's residence.

Jay Edward Allison appeared in Provincial Court in Princeton on January 11 to plead guilty to assault.

He had no prior convictions. Judge G. Sinclair ordered the 22 year old Hedley resident to serve a one year suspended sentence with a number of conditions including no alcohol consumption, counselling, and providing a DNA sample.

A number of convictions of crimes involving interpersonal violence now require providing a DNA sample as part of the sentencing.

## Domestic dispute ends in court

A disagreement between a husband and wife on October 20, 2006, brought Kenneth R. Romaneski to Provincial Court in Princeton on January 11.

Romaneski pled guilty to a charge of assaulting his former common-

law wife during an argument at their home in Hedley. Both had been consuming alcohol, and when police arrived at the scene, Romaneski was very intoxicated. His former wife had wounds on her face. She told police he had hit and kicked her.

Judge G. Sinclair suspended sentence, ordering the 56 year old man

to serve a one year probation during which he must take any counselling ordered by his probation officer.

His contact with his former wife can occur only with her consent. He is prohibited from owning firearms or explosives for five years and must give RCMP a DNA sample.

## Keremeos home becomes a jail

Shane Baranec, of Keremeos, will serve a four month jail sentence in his own home. Baranec appeared in Provincial Court in Princeton on January 11 for sentencing. He had entered a guilty plea to charges of using a stolen credit card and breach of probation.

Judge G. Sinclair ordered four months at home with a curfew and no alcohol or illicit drugs, although

Baranec will be allowed to go to his job and to medical appointments. He will serve 30 days concurrently for his breach of probation.

Following confinement at home, Baranec will serve an additional four months probation. He was ordered to make restitution to Heather Pearson in the amount of \$312.

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6 AM	Dawson's Creek (E)	News (E) Room	(Off Air)	Body Elec. Caillou (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (E)	Beasts Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	(6:05) King Spider-Man	News Calvin, Miller	Rachael Ray (E)	Matlock "The Nurse"
7 AM	Movie: "The Cable Guy" (1995) Jim Carrey. (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Linda Fairstein; Phil Lempert. (E)	The Early Show (E)	American Justice	Good Morning America (E)			Being Ian Beasts	SportsCentre (E)		Super Ships Paid Prog.	The Littles Paid Prog.	K. Possible (7:24)	KTLA Morning Show Amezcu, Pereira. (E)	CityLine (E)	Magnum, P.I. (E)
8 AM		Antique	Berenstain	Clifford			Cold Case Files (E)		100 Huntley Street (E)	World Vision (E)	LazyTown Winx Club	SportsCentre (E)		Dirty Jobs Coal mining. Just Shoot	Paid Prog.	Weekend Lilo Stitch		Deep Space 9	Homicide: Life
9 AM	NewsRadio Drew	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	CSI: Miami (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Monster Mona	Off-Record PBA	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Pooh Bear		News (E) City	Da Vinci's Inquest (E)
10 AM	Cosby Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami (E)	The View (N) (E)	World Vision (E)	Design House	Adrenalini Jane	Bowling: Earl Anthony	The View (N) (E)	Blueprint for Disaster	The Tyra Banks Show	JoJo Benj Bear	Greg Behrendt	Movie: "Lost & Found" (1999) David Spade (E)	WGN News at Noon
11 AM	Harvey Harvey	Thane Seinfeld	Math Shop Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E) Paid Prog.	Paid Prog.	Judge J. House	News (E)	Pippi LazyTown	Billiards	eTalk (E) MTV e2	Extreme Engineering	Montel Williams (E)	(10:57) (11:25) King	Lopez		Greg Behrendt
12 PM	Home Imp. Home Imp.	News (E)	Sustain Hockey	Charlie Rose (E)	Paid Prog. Paid Prog.	News Bold & B.	City Confidential (E)	All My Children (N) (E)	News (Live) (E)	Days of our Lives (N)	Being Ian Beasts	Tennis: Australian Open --	Degrassi Bold & B.	Seven Wonders Of...	Perry Mason (E)	(11:49) Weekend		CityLine (E)	Funniest Home Videos
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	Macphee Quilting	Watercolor America	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)	Inspector Stickin	Early Round -- Day 2.	Sue Thomas: F.B.Eye	Superweapons	Matlock (E)	Lloyd Whiskers	Jerry Springer (N) (E)	Making It Star! Daily	Moesha Cosby
2 PM	King King	Guiding Light (N) (E)	Gaslight Animals	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	Jacob Flamingo	Interruption	General Hospital (N)	How-Made How-Made	Love Lucy Love Lucy	Lilo Stitch Proud		Ellen DeGeneres Show	Even Lizzie
3 PM	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) Postcards	Judge Judge	Dr. Phil (E)	CSI: Miami (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Mystery Idaten	Off-Record Sports	Dr. Phil (E)	Machines Machines	Maury (E)	Weekend Lloyd	What I Like	News (E)	Home Imp. Home Imp.
4 PM	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Phantom Viva Pinata	Hockey Strongest	The Tyra Banks Show	Daily Planet (N) (E)	Little House	Barbarian Proud	Reba (E) Reba (E)	Friends Hollywood	Funniest Home Videos
5 PM	Raymond Raymond	News (E)	George S. (5:32) Business	BBC World News	News News	News News	CSI: Miami "Wannabe"	News (E) ABC News	News (E) Global	News (E)	OddParent SpongeBob	Legends Cup Poker (Taped)	News (E)	How-Made How-Made	Jim King of Hill	K. Possible Suite Life	My Wife Jim	America's Funniest Home Videos (N)	Funniest Home Videos
6 PM	Sex & City Sex & City	Body Caitlin	CG Kids Heads Up	News-Lehrer Raymond	News (E) Raymond	News Hollywood	Dog Dog	News (E) News (E)	News (Live) (E)	ET Canada Entertain	Being Ian Prank Ptrl		News (E)	American Chopper (E)	'70s Show '70s Show	So Little Darcy	Jim Friends	Videos (N)	Funniest Home Videos
7 PM	My Boys Friends	Vanity Jeopardy!	Working Eden	Nova (E) (DVS)	Jeopardy! Fortune	Friends Scrubs	Dog The Insider	Entertain ET Canada	Entertain ET Canada	Gilmore Girls (E)	Sabrina Malcolm	SportsCentre (Live) (E)	eTalk (E) Hollywood	Biker Build-Off (E)	Simpsons Frasier	So Raven Smart Guy	Raymond Raymond	Entourage Girls	WGN News at Nine
8 PM	Friends Movie: "Big Bully" (1996) (PA) Rick Moranis. (E)	NCIS "Suspicion" (N)	The Real Jane Austen	Wild Things (E)	Dateline NBC (N) (E)	NCIS "Suspicion" (N)	Dog Dog	America's Funniest Home Videos (N) (E)	House (E)	Risk Takers House (E)	Fresh Pr. Monster	Tennis: Australian Open -- Early Round -- Day 3. From Melbourne, Australia. (Live)	American Idol "Week 1A: Auditions" (N) (E)	Daily Planet (E)	American Idol "Week 1A: Auditions" (N) (E)	8 Rules Life Derek	Gilmore Girls (E)	News (E) (8:35) Star!	Sex & City Scrubs
9 PM	Movie: "Caddyshack" (1980)	The Unit (N) (E)	Angela Gheorghiu	Frontline "Hand of God" (N)	Law Order: CI	The Unit (N) (E)	CSI: Miami "Wannabe"	Videos (N) (E)	House (E)	News (E)	15/Love Weird	Frank Ptrl Bob	Law & Order: SVU	Biker Build-Off (E)	News Geraldo	Popular (E)	KTLA Prime News (E)	(10:06) Movie: "Separate Vacations" (1986) Premiere.	Funniest Home Videos Play2Win (E)
10 PM	Movie: "Caddyshack" (1980)	Boston Legal "Nuts"	Scattering Landscape	Independen t Lens	Law & Order: SVU	48 Hours Mystery (E)	Dog Dog	Boston Legal "Nuts"	Risk Takers Dare.	News (E)	Frank Ptrl Bob	Melbourne, Australia. (Live)	Law & Order: SVU	Biker Build-Off (E)	News Geraldo	Popular (E)	KTLA Prime News (E)	(10:06) Movie: "Separate Vacations" (1986) Premiere.	Funniest Home Videos Play2Win (E)
11 PM	Room	News (E)	Reach-Top	C. Rose	News (E)	News	Dog	News (E)	News (Live) (E)	ET Canada	Madison Hollywood	Sports	News (E)	How-Made Will-Grace	Sex & City Life Derek	8 Rules Friends	Sex & City Friends		

WEDNESDAY, JANUARY 17, 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	Dawson's Creek (E)	News (E) Room	(Off Air)	Body Elec. Caillou (E)	News (E)	News	CSI: Miami "Pro Per"	(5:00) News (E)	News (Live) (E)	(5:00) News (E)	Beasts Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	(6:06) King Spider-Man	News Calvin, Miller	Rachael Ray (E)	Matlock "The Convict"
7 AM	Movie: "The Net" (1995) (PA) Sandra Bullock.	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur	Today Comfort foods; Paul Stoltz and Erik Weihenmayer. (E)	The Early Show (E)	CSI: Miami (E)	Good Morning America (E)			Being Ian Adrenalini	SportsCentre (E)		Untamed North America	The Littles Paid Prog.	K. Possible (7:24)	KTLA Morning Show Amezcu, Pereira. (E)	CityLine (E)	Magnum, P.I. (E)
8 AM		Homes	Berenstain	Clifford			CSI: Miami (E)		100 Huntley Street (E)	World Vision (E)	LazyTown Winx Club	SportsCentre (E)		American Chopper (E)	Paid Prog.	Weekend Lilo Stitch		Deep Space 9	Homicide: Life
9 AM	NewsRadio Drew	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	CSI: Miami "Hell Night"	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Monster Mona	Off-Record Timeless	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Pooh Bear		News (E) City	Da Vinci's Inquest (E)
10 AM	Cosby Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami (E)	The View (N) (E)	World Vision (E)	Design House	Adrenalini Jane	Motoring Lumberjks	The View (N) (E)	Sphinx (N)	The Tyra Banks Show	JoJo Higglytown	Greg Behrendt	Movie: "Dance With Me" (1998) Vanessa L. Williams. (E)	WGN News at Noon
11 AM	Harvey Harvey	Seinfeld Thane	Mathematics Sit-Be Fit	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	CSI: Miami (E)	Paid Prog. Paid Prog.	Judge J. House	News (E)	Pippi LazyTown	Billiards	eTalk (E) MTV e2	Go Warrior Go Warrior	Montel Williams (E)	(10:57) (11:25) King	Lopez		Greg Behrendt
12 PM	Home Imp. Home Imp.	News (E)	Reach-Top Edge	Charlie Rose (E)	Paid Prog. Paid Prog.	News Bold & B.	CSI: Miami "Pirated"	All My Children (N) (E)	News (Live) (E)	Days of our Lives (N)	Being Ian Adrenalini	Tennis: Australian Open --	Degrassi Bold & B.	Go Warrior Go Warrior	Perry Mason (E)	(11:49) Weekend		CityLine (E)	Funniest Home Videos
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	Journal Thimbles	One Stroke Sewing	Days of our Lives (N)	As the World Turns (N)	CSI: Miami (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Gadget Stickin	Early Round -- Day 3.	Sue Thomas: F.B.Eye	MythBusters (E)	Matlock (E)	Lloyd Whiskers	Jerry Springer (N) (E)	Star! Daily	Cosby
2 PM	King King	Guiding Light (N) (E)	Gaslight Moving On	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	CSI: Miami "Addiction"	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	Jacob Flamingo	Interruption	General Hospital (N)	Dirty Jobs Coal mining.	Love Lucy Love Lucy	Lilo Stitch Proud		Ellen DeGeneres Show	Even Lizzie
3 PM	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) Postcards	Judge Judge	Dr. Phil (E)	CSI: Miami "Shootout"	Rachael Ray (E)	Young and the Restless	Young and the Restless	Mystery Pokemon	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Maury (E)	Weekend Lloyd	What I Like	News (E)	Home Imp. Home Imp.
4 PM	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami "Cop Killer"	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Phantom Avatar	Hockey In Corner	The Tyra Banks Show	Daily Planet (N) (E)	Little House	Barbarian Proud	Reba (E) Reba (E)	Friends Hollywood	Funniest Home Videos
5 PM	Raymond Raymond	News (E)	George S. (5:32) Business	BBC World News	News News	News News	CSI: Miami "Legal" (E)	News (E) ABC News	News (E) Global	News (E)	OddParent SpongeBob	NHL Pre NHL Hockey: Calgary Flames at Dallas Stars. (Live) (E)	News (E)	MythBusters (N) (E)	Jim King-Hill	K. Possible Suite Life	My Wife Jim	Beauty and the Geek	Home Imp. Home Imp.
6 PM	Raymond Raymond	Body Caitlin	Mechanics Creatures	News-Lehrer Raymond	News (E) Raymond	News Hollywood	The Sopranos (E)	News (E)	News (Live) (E)	ET Canada Entertain	Being Ian Adrenalini		News (E)	MythBusters (E)	'70s Show '70s Show	So Little Darcy	Jim Friends	Movie: "The Mask of Zorro" (1998) Antonio Banderas. (E)	Becker Becker
7 PM	Sex & City Sex & City	Vanity Jeopardy!	Bears	22nd Century (N) (E)	Jeopardy! Fortune	Friends Scrubs	The Sopranos "Meadowlands" (E) Dog	Entertain The Insider	Entertain ET Canada	Global Currents (E)	Sabrina Malcolm		eTalk (E) Hollywood	MythBusters (E)	Simpsons Frasier	So Raven Smart Guy	Raymond Raymond	WGN News at Nine	Sex & City
8 PM	My Boys Movie: "Turbulence" (1997) (PA) Ray Liotta. (E)	King In Case	Arctic Mission: Voyage	China From the Inside	Friday Night Lights (N)	Armed & Famous (N)	CSI: Miami "Legal" (E)	Knights In Case	Deal or No Deal (N)	Deal or No Deal (N)	15/Love My Family	Tennis: Australian Open -- Early Round -- Day 4.	American Idol Singers continue to audition. (N)	Daily Planet (E)	American Idol Singers continue to audition. (N)	8 Rules Life Derek	Beauty and the Geek	News (E)	Scrubs
9 PM	Movie: "The Net" (1995) (PA) Liotta. (E)	"Anacondas: The Hunt for the Blood Orchid"	Global Dimming	China From the Inside	Deal or No Deal (N)	Criminal Minds (N) (E)	CSI: Miami "Legal" (E)	In Case	Deal or No Deal (N)	Deal or No Deal (N)	15/Love My Family	Triathlon: Ironman	CSI: NY "Obsession"	MythBusters (E)	Sinbad Life-Bonnie	One Tree Hill (N) (E)	Jimmy Kimmel	(9:06) Jimmy Kimmel	Scrubs Becker
10 PM	Movie: "The Net" (1995) (PA) Liotta. (E)	News (E)	We Built This City	The Eagle	Medium (N) (E)	CSI: NY "Obsession"	The Sopranos (E)	Primetime (N) (E)	To Be Announced	News (E)	Frank Ptrl Bob		CSI: NY "Obsession"	MythBusters (E)	News Geraldo	Popular (E)	KTLA Prime News (E)	(10:06) Movie: "Dance With Me" (1998).	Funniest Home Videos Play2Win (E)
11 PM	Room	News (E)	Scattering	Charlie Rose (N) (E)	News (E)	News	The Sopranos (E)	News (E)	News (Live) (E)	ET Canada	Madison Hollywood	SportsCentre (Live) (E)	News (E)	MythBusters (E)	Sex & City Will-Grace	8 Rules Life Derek	Sex & City Friends		



# Horoscopes

January 16 - 23, 2007

**Aries** - You want to discuss plans for the future, but everything about home and career seem to be a challenge. Friends will support you. **Travel is not favoured: may be dangerous.**

**Taurus** - Travel now is a pain. You could find spiritual matters upsetting. Talk with parents or career counselling could prove beneficial. Move into a new phase: focus on career, family.

**Gemini** - Face it: you want a lot of romance but you need to learn more about sharing. Right now, you want to hoard your resources, and the idea of sharing angers you. **Think!**

**Cancer** - Your partner or spouse may have his/her own ego-based agenda. Talk about matters of mutual responsibility without pointing out his/her lack of cooperation: firm diplomacy.

**Leo** - You could have trouble with boss, co-workers and/or health. Heed advice of partner now, but double check advice against facts. **Keep a low profile on the job. Focus on health.**

**Virgo** - Young people may cause problems now, and a lover may be too egotistical. You need to pay attention to improving health, and focusing on your job. Ignore fuss of others: it's ego.

**Libra** - Trouble at home, difficulties with family or property, may mar the coming month. Children and young people give good advice. **Sibling may surprise you with good news.**

**Scorpio** - Problems with vehicle, travel and siblings could make life upsetting. Be careful to speak facts, not pride in being right. Home and family are a pleasure. You can gain from games.

**Sagittarius** - Pay close attention to finances for the coming six weeks. **Be extremely conservative with money, budget carefully. Good results come from innovative change.**

**Capricorn** - Cool it now! You can be too filled with ego. Having pride in what you do is good, but don't let pride run your life. Discuss money, insurance, debts. Check facts.

**Aquarius** - Do not let wild fears and worries affect your health, as is very possible now. Too much is going on in the back of your mind. **Do something creative to relax.**

**Pisces** - Use determination to make plans for the future. This is an ideal time to make long-range plans. Career may seem hectic but you can benefit bigtime by adapting to change.

## 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 "Demolition Man" (1993, Science Fiction) (PA) Sylvester Stallone. The police defrost an imprisoned ex-officer to catch an escaped convict in 2032 San Angeles. (DVS)
- 10:00 am CITY (29) ★★½ "The Mask of Zorro" (1998, Adventure) Antonio Banderas. The fabled avenger trains an uncouth protege to drive a Spanish tyrant out of California once and for all. (DVS)

### AFTERNOON

- 5:00 pm WGN (38) ★★½ "Zero Effect" (1998, Comedy-Drama) Bill Pullman. An eccentric private detective and his emissary investigate the

blackmailing of an Oregon businessman. (In Stereo) (DVS)

### EVENING

- 7:00 pm WTBS (3) ★★½ "Lara Croft Tomb Raider: The Cradle of Life" (2003, Adventure) (PA) Angelina Jolie. A globe-trotter must find Pandora's box before a maniacal scientist can harness its power for world domination. (DVS)
- 9:40 pm WTBS (3) ★★½ "Underworld" (2003, Horror) (PA) Kate Beckinsale. A female vampire tries to protect a medical student from werewolves intent on creating a hybrid species. (DVS)

## friday movies

### MORNING

- 7:00 am WTBS (3) ★★½ "Angel Eyes" (2001, Drama) (PA) Jennifer Lopez. A Chicago policewoman with memories of child abuse meets a man who saw his family die in a car accident. (DVS)
- 10:00 am CITY (29) ★★½ "Chuck Berry Hall! Hall! Rock 'n' Roll" (1987, Documentary) Chuck Berry, Eric Clapton, Bruce Springsteen, Little Richard, Roy Orbison and Linda Ronstadt appear in a 60th-anniversary salute to Chuck Berry. (DVS)

### AFTERNOON

- 5:00 pm WGN (38) ★★½ "To Live and Die in L.A." (1985, Crime Drama) William L. Petersen. A Secret Service agent bends and breaks the law to nab an artist/counterfeiter in Los Angeles. (In Stereo) (DVS)

### EVENING

- 6:00 pm WTBS (3) ★★½ "The Mexican" (2001, Comedy-Drama) (PA) Brad Pitt. Premiere. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. (DVS)
- 7:30 pm FAM (26) ★★½ "Breaking Free" (1995, Drama) Jeremy London. Premiere. A troubled teen saves a starving stallion and helps an athlete find her competitive spirit at a training

- camp for the blind.
- 8:00 pm WTBS (3) ★★½ "The Mexican" (2001, Comedy-Drama) (PA) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. (DVS)
- KNOW (5) "Under the Greenwood Tree" (2005, Romance) Keeley Hawes. A wealthy man, a penniless musician and a cleric vie for the affections of a beautiful school-teacher.
- 9:04 pm FAM (26) ★★½ "Double Teamed" (2002, Drama) Annie McElwain. Twin sisters Heather and Heidi Burge develop a budding rivalry in high school and make it to the WNBA.
- 10:00 pm WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity. (DVS)
- 10:06 pm CITY (29) "The Sex Spa" (2003, Adult) Chloe. A detective and her partner find passion and murder at a health resort.
- 10:37 pm FAM (26) ★ "RocketMan" (1997, Comedy) Harland Williams. A clumsy, impulsive scientist is chosen to go aboard NASA's first manned flight to Mars.

## Similkameen News Leader Community Calendar

### JANUARY

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 #150)

Brought To You By: Providence Funeral Homes & Crematorium

### 5-Minute Tuna Chili For 2

Preparation Time: 5 minutes. Microwave Time: 4 minutes.

- 2 cans (85 g each) Clover Leaf Garlic and Hot Pepper Flaked Light Tuna
- 1 cup (250 mL) canned diced tomatoes, with juices
- 1/2 cup (125 mL) canned mixed beans, drained and rinsed
- 1/4 cup (50 mL) corn kernels
- 1 tsp (5 mL) chili powder
- 1/4 tsp (1 mL) ground cumin
- sour cream (optional)
- sliced green onion (optional)
- whole wheat toast, buns, or dinner rolls (optional)

Stir the tuna with the tomatoes, beans, corn, chili powder and cumin in a microwave safe bowl until well combined. Heat in the microwave on High, stirring twice, for 4 minutes or until hot and bubbly. Top with a dollop of sour cream and sliced green onion; serve with bun (if using). Makes 2 servings.

#### Tips:

- For a milder, kid-friendly chili, substitute Clover Leaf Tomato and Onion Light Flaked Tuna for the Garlic and Hot Pepper flavour.
- Combine more tuna and the beans leftover from the can with your favourite salad ingredients to make a hearty lunch or supper for the next day. Look for more recipe ideas online at [www.cloverleaf.ca](http://www.cloverleaf.ca).
- News Canada

## Providence Funeral Homes & Crematorium



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

[ads@thenewsleader.ca](mailto:ads@thenewsleader.ca)

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

226A Bridge Street, Princeton



THURSDAY, JANUARY 18, 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 (E)	News (E) Room	(Off Air)	Body Elec. Caillou (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (E)	Beasts Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E) Paid Prog.	Believers Spider-Man	(6:06) King Miller.	News Calvin, Miller.	Rachael Ray (E)	Matlock (E)
7 AM :30	Movie: "Demolition Man" (1993) (PA) (DVS)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Peter O'Toole; Raquel Welch; depression; chicken pot pie. (E)	The Early Show (E)	American Justice Cold Case Files (E)	Good Morning America (E)			Being Ian Jane	SportsCentre (E)		Blue Realm Manta rays. Paid Prog.	Libertys (7:24)	K. Possible	KTLA Morning Show	CityLine (E)	Magnum, P.I. (E)
8 AM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Monster Mona	Off-Record Timeless	Regis and Kelly	Daily Planet (E) Fam. Feud	Fam. Feud Bear	Pooh		News (E) City	Da Vinci's Inquest (E)
9 AM :30	Cosby Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami (E)	The View (N) (E)	World Vision (E)	Design House	Adrenalini Jane	Hot Dog	The View (N) (E)	To Extinction	The Tyra Banks Show	JoJo Mermaid	Greg Behrendt	Movie: "The Mask of Zorro" (1998)	WGN News at Noon
10 AM :30	Harvey Harvey	Seinfeld Seinfeld	Haida Art Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E) Paid Prog.	Paid Prog. Paid Prog.	Judge J. House	News (E)	Pippi LazyTown	Billiards: Semi.	eTalk (E) MTV e2	Canadian Geographic	Montel Williams (E)	(10:57) (11:25) King	Lopez Lopez	Antonio Banderas.	Greg Behrendt
11 AM :30	Home Imp. Home Imp.	News (E)	Animals-Front	Charlie Rose (E)	Paid Prog. Paid Prog.	News Bold & B.	City Confidential (E)	All My Children (N) (E)	News (Live) (E)	Days of our Lives (N)	Being Ian Jane	Tennis: Australian Open --	Degrassi Bold & B.	Super Ships Mason (E)	Perry Weekend	(11:49)	Maury (E)		Funnest Home Videos CityLine (E)
12 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Is It a Boy or a Girl?	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	Early Round -- Day 4.	Sue Thomas: F.B.Eye General Hospital (N)	MythBusters (E)	Matlock (E)	Lloyd Whiskers	Jerry Springer (N) (E)	In Fashion	Moesha
1 PM :30	King King	Guiding Light (N) (E)	Gaslight Dotto Tech	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	Jacob Flamingo	Interruptio	General Hospital (N)	MythBusters (E)	Love Lucy Love Lucy	Lilo Stitch Proud	Maury (E)	Ellen DeGeneres Show	Even Lizzie
2 PM :30	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) Postcards	Judge Judge	Dr. Phil (E)	Crossing Jordan (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Mystery Yu Gi Oh	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Maury (E)	Weekend Lloyd	What I Like What I Like	News (E)	Home Imp. Home Imp.
3 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyber Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Phantom The X's	Hockey Figure Skating: Canadian Championships	The Tyra Banks Show News (E)	Daily Planet (N) (E)	Little House Jim	Barbarian Proud	Reba (E) Reba (E)	Friends Hollywood	Funnest Home Videos
4 PM :30	Friends Friends	News (E)	George S. (5:32)	BBC World Business	News (E) News	News News	CSI: Miami "The Score"	News (E) ABC News	News (E) Global	News (E)	OddParent SpongeBob	Tennis: Melbourne, Australia. (Live)	News (E)	Biker Build-Off (N)	Jim King of Hill	K. Possible Suite Life	My Wife Jim	Ugly Betty "In or Out"	Movie: "Zero Effect" (1998) Bill Pullman. (E)
5 PM :30	Friends Friends	Body Caitlin	Spellz (N) Reach-Top	News-Lehrer Raymond	News (E) Hollywood	News Hollywood	The First 48 (N) (E)	News (E)	News (Live) (E)	ET Canada Entertain	Being Ian Erky Perky		News (E)	Dirty Jobs Coal mining.	'70s Show '70s Show	So Little Darcy	Jim Friends	Supernatural (N) (E)	Scrubs
6 PM :30	Movie: "Lara Croft Tomb Raider: The Cradle of Life" (2003)	Vanity Jeopardy!	Profiles of Nature	Health Matters	Jeopardy! Fortune	Friends Scrubs	Dallas SWAT (E)	Entertain The Insider	Entertain ET Canada	Shark "Wayne's World"	Sabrina Malcolm	Tennis: Australian Open --	The O.C. (N) (E)	Mayday (E)	Simpsons Frasier	So Raven Smart Guy	Raymond Raymond	Men in Trees (N) (E)	WGN News at Nine
7 PM :30	Raider: The Cradle of Life" (2003)	"Til Death "Til Death	With Glowing Hearts	Rosemary and Thyme	Name Earl The Office	CSI: Crime Scn	Dallas SWAT (E)	Ugly Betty "In or Out"	Name Earl The Office	Name Earl The Office	Fresh Pr. Monster	Early Round -- Day 5. From	Grey's Anatomy (N)	Daily Planet (E)	"Til Death War	8 Rules Life Derek	Smallville "Justice" (N)	News (E)	Sex & City
8 PM :30	Movie: "Underworld" (2003) (PA) Kate Beckinsale. (E)	10 Items Extras (E)	Himalaya-Palin	Globe-Trekker	Scrubs (N) (9:31) 30	CSI: Crime Scn	CSI: Miami "The Score"	Grey's Anatomy (N)	Brothers & Sisters (E)	Brothers & Sisters (N)	15/Love Oracle	Melbourne, Australia. (Live)	CSI: Crime Scn	Dirty Jobs Coal mining.	The O.C. (N) (E)	Sinbad Life-Bonnie	Supernatural (N) (E)	(9:06) Jimmy Kimmel	Scrubs Becker
9 PM :30	Movie: "The Mexican" (2001) Brad Pitt. (E)	Zoe Busiek: Wild Card Chronicles (E)	BC Chronicles (E)	Soundstage (N) (E)	(10:01) ER "Graduation Day"	Shark "Wayne's World"	The First 48 (E)	(10:01) Men in Trees (N) (E)	Shark "Wayne's World"	News (E)	Prank Ptr Bob	Motoring	CSI: Crime Scn	Mayday (E)	News Geraldo	Popular (E)	KTLA Prime News (E)	(10:06) Play2Win (E)	Funnest Home Videos Play2Win (E)
10 PM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Monster Mona	Off-Record In Corner	Regis and Kelly	Daily Planet (E) Fam. Feud	Fam. Feud Bear	Pooh		News (E) City	Da Vinci's Inquest (E)
11 PM :30	Cosby Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami (E)	The View (N) (E)	World Vision (Live) (E)	Design House	Adrenalini Jane	Hamburger	The View (N) (E)	Biker Build-Off (E)	The Tyra Banks Show	JoJo Mickey	Greg Behrendt	Movie: "Chuck Berry Hail!" (1987) (E)	WGN News at Noon

FRIDAY, JANUARY 19, 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 (E)	News (E) Room	(Off Air)	Body Elec. Caillou (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (E)	Beasts Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E) Paid Prog.	Believers Spider-Man	(6:06) King Miller.	News Calvin, Miller.	Rachael Ray (E)	Matlock (E)
7 AM :30	Movie: "Angel Eyes" (2001) (PA) Jennifer Lopez.	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Ali Larter; Susan Westmoreland. (E)	The Early Show (E)	American Justice Cold Case Files (E)	Good Morning America (E)			Being Ian Mischief	SportsCentre (E)		Canadian Geographic Biker Build-Off (E)	Libertys Paid Prog.	K. Possible (7:24)	KTLA Morning Show	CityLine (E)	Magnum, P.I. (E)
8 AM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Monster Mona	Off-Record In Corner	Regis and Kelly	Daily Planet (E) Fam. Feud	Fam. Feud Bear	Pooh		News (E) City	Da Vinci's Inquest (E)
9 AM :30	Cosby Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami (E)	The View (N) (E)	World Vision (Live) (E)	Design House	Adrenalini Jane	Hamburger	The View (N) (E)	Biker Build-Off (E)	The Tyra Banks Show	JoJo Mickey	Greg Behrendt	Movie: "Chuck Berry Hail!" (1987) (E)	WGN News at Noon
10 AM :30	Harvey Harvey	Seinfeld Seinfeld	War Scattering	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E) Paid Prog.	Paid Prog. Paid Prog.	Judge J. House	News (Live) (E)	Pippi LazyTown	Billiards: 9-Ball Finals	eTalk (E) Screen	Monster House (E)	Montel Williams (E)	(10:57) (11:25) King	Lopez Lopez	Hail! Rock 'n' Roll" (1987) (E)	Greg Behrendt
11 AM :30	Home Imp. Home Imp.	News (E)	Canada-History	Charlie Rose (E)	Paid Prog. Paid Prog.	News Bold & B.	City Confidential (E)	All My Children (N) (E)	News (Live) (E)	Days of our Lives (N)	Before Mischief	Tennis: Australian Open --	Degrassi Bold & B.	Biker Build-Off (E)	Perry Mason (E)	(11:49) Weekend	Maury (E)		Funnest Home Videos CityLine (E)
12 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	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	Early Round -- Day 5.	Sue Thomas: F.B.Eye General Hospital (N)	MythBusters (E)	Matlock (E)	Lloyd Whiskers	Jerry Springer (N) (E)	At Movies	Moesha
1 PM :30	King King	Guiding Light (N) (E)	Gaslight Gardens	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	Jacob Flamingo	Interruptio	General Hospital (N)	Mayday (E)	Love Lucy Love Lucy	Lilo Stitch Proud	Maury (E)	Ellen DeGeneres Show	Even Lizzie
2 PM :30	Seinfeld Seinfeld	Room Design	Hi-5 "Senses: Seeing"	Arthur (E) Fetch! With Judge	Judge Judge	Dr. Phil (E)	Crossing Jordan (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Mystery Pokémon	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Maury (E)	Weekend Lloyd	What I Like What I Like	News (E)	Home Imp. Home Imp.
3 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Phantom Drake	Hockey Figure Skating: Canadian Championships	The Tyra Banks Show News (E)	Daily Planet (N) (E)	Little House Greatst Myst.	Barbarian Proud	Reba (E) Reba (E)	Friends Hollywood	Funnest Home Videos
4 PM :30	King King	News (E)	George S. (5:32)	BBC World Business	News (E) News	News News	CSI: Miami "Rap Sheet"	News (E) ABC News	News (E) Global	News (E)	OddParent SpongeBob	Tennis: Melbourne, Australia. (Live)	News (E)	I Shouldn't Be Alive (N)	'70s Show '70s Show	Zoey 101 Life Derek	Jim Friends	Stargate Atlantis	
5 PM :30	Movie: "The Mexican" (2001) Brad Pitt. (E)	Vanity Jeopardy!	Time Gardens	Wash Wk McLaughlin	Jeopardy! Fortune	Friends Scrubs	CSI: Miami "Rampage"	Entertain The Insider	Entertain ET Canada	Falcon Beach (E)	Team Fantastic 4	Tennis: Australian Open --	eTalk (E) Hollywood	A Haunting (N) (E)	Simpsons Frasier	School Movie: "Breaking Free" (1995)	Raymond Raymond	Godiva's (E) DVS)	WGN News at Nine
6 PM :30	Movie: "The Mexican" (2001) (PA) Brad Pitt. (E)	Next Great Chef (E)	Movie: "Under the Greenwood Tree" (2005)	NOW (N) Europe	1 vs. 100 (TV) (N) (E)	Ghost Whisperer (E)	CSI: Miami (E)	Grey's Anatomy (E)	Falcon Beach (N) (E)	NUMB3RS "Spree" (E)	Naruto Zatch Bell	Early Round -- Day 6. From	Ghost Whisperer (E)	Daily Planet (E)	Nanny 911 (N) (E)	WWE Friday Night	WWE Night Party	News (E) Night Party	Sex & City
7 PM :30	Brad Pitt. (E)	Trading Spouses	Tree" (2005)	Concert	Las Vegas (N) (E)	Close to Home (E)	CSI: Miami "Rap Sheet"	(9:01) Brothers & Sisters (E)	Las Vegas (N) (E)	Las Vegas (N) (E)	Inuyasha Eureka 7	Melbourne, Australia. (Live)	Close to Home (E)	I Shouldn't Be Alive	Trading Spouses	(9:04) Movie: "Double Teamed"	SmackDown! (N) (E)	Jimmy Kimmel	Scrubs Becker
8 PM :30	Movie: "Something to Talk About" (1995) (E)	20/20 (E)	Sher. Holmes	Icons "Eiffel Tower"	Law & Order (E)	NUMB3RS "Spree" (E)	CSI: Miami "Shock"	20/20 (E)	NUMB3RS "Spree" (E)	News (E)	Alchemist Bleach	In Corner	Law & Order (E)	Biker Build-Off (E)	News Geraldo	News Gerald	KTLA Prime News (E)	Movie: "The Sex Spa" (2003, Adult) Chloë.	Funnest Home Videos Da Vinci's Inquest (E)
9 PM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Monster Mona	Off-Record In Corner	Regis and Kelly	Daily Planet (E) Fam. Feud	Fam. Feud Bear	Pooh		News (E) City	Da Vinci's Inquest (E)



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**#4 - Anthony Leardo 'A'**  
 Defense - Shoots Right - 6' 1" - 170 lbs.  
 Hometown: Summerland, BC

**saturday movies**

**MORNING**  
 7:00 am WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity. (E)  
 9:15 am WTBS (3) ★½ "Vegas Vacation" (1997, Comedy) Chevy Chase. Clark and Ellen Griswold's disastrous family outing includes a visit with boorish Cousin Eddie. (E)  
 11:20 am WTBS (3) ★★½ "Kingpin" (1996, Comedy) Woody Harrelson. A one-handed salesman, an Amish farm boy and a pretty con artist pull bowling scams to get to a \$1 million tournament in Reno. (E)

**AFTERNOON**  
 12:00 pm FAM (26) "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach. (E)  
 CITY (29) ★½ "Godzilla" (1998, Science Fiction) Matthew Broderick. Nuclear testing in the South Pacific produces a giant mutated lizard that wreaks havoc upon New York City. (E)  
 WGN (38) ★★ "Youngblood" (1986, Drama) Rob Lowe. An aspiring hockey star leaves the family farm for a minor-league Canadian team. (In Stereo) (E)  
 1:15 pm WTBS (3) ★½ "A Night at the Roxbury" (1998, Comedy) Will Ferrell. Desperate to meet women and open their own dance club, brainless brothers Steve and Doug Butabi cruise Beverly Hills. (E)  
 1:30 pm FAM (26) ★★ "Kazaam" (1996, Fantasy) Shaquille O'Neal. Freed from imprisonment in a portable stereo, an outside, rapping genie grants a harassed urban youth three wishes. (E)  
 3:00 pm WTBS (3) ★½ "The Whole Ten Yards" (2004, Comedy) Bruce Willis. A retired hit man, his wife and a dentist face the wrath of a mobster just released from prison. (E)

**EVENING**  
 4:00 pm YTV (18) ★★½ "Jimmy Neutron: Boy Genius" (2001, Comedy) Voices of Megan Cavanagh. Animated. A smart child and his mechanical dog blast into outer space after aliens kidnap adults from his hometown. (E)  
 KTLA (27) ★★½ "Beloved" (1998, Historical Drama) Oprah Winfrey. Horrible secrets and supernatural forces come to light in the home of a former slave, her daughter and a companion. (E)  
 5:00 pm WTBS (3) ★★½ "Bandits" (2001, Comedy) Bruce Willis. Two bank robbers fall for a bored housewife who helps them commit heists across the country. (E)

**EVENING**  
 6:00 pm CITY (29) "Truth" (2006) Stephanie Zimbalist. Premiere. After their mentor is killed while investigating crooked land deals, two reporters set out to solve her murder. (E) (DVS)  
 7:00 pm KXLY (10) ★★ "Seabiscuit" (2003, Drama) Tobey Maguire. A jockey, an automobile magnate and a trainer lead a racehorse to glory during the Great Depression. (In Stereo) (E)  
 7:30 pm WTBS (3) ★★ "Gone in Sixty Seconds" (2000, Action) (PA) Nicolas Cage. A former thief must agree to steal 50 cars in one night to save his brother from being killed by a vehicle smuggler. (E)  
 8:00 pm CHBC (4) ★★ "Seabiscuit" (2003, Drama) Tobey Maguire. A jockey, an automobile magnate and a trainer lead a racehorse to glory during the Great Depression. (In Stereo) (E)  
 KSPS (6) ★★ "A Star Is Born" (1954, Musical) Judy Garland. A Hollywood star drinks away his career, as his singer wife becomes famous. (E)  
 YTV (18) ★½ "Beverly Hills Ninja" (1997, Comedy) Chris Farley. A ninja watches out for his portly adopted brother, hired to track a mystery woman's beau in Southern California. (E)

9:00 pm KNOW (5) "Fat Chance" (1991, Mystery) John Thaw. Inspector Morse becomes attracted to a deaconess as he investigates the suspicious death of her colleague. (E)  
 FAM (26) ★½ "Krippendorf's Tribe" (1998, Comedy) Richard Dreyfuss. Premiere. After spending grant money on his children, a widowed anthropologist creates an imaginary New Guinea tribe. (E)  
 10:00 pm WTBS (3) ★½ "A Night at the Roxbury" (1998, Comedy) Will Ferrell. Desperate to meet women and open their own dance club, brainless brothers Steve and Doug Butabi cruise Beverly Hills. (E)  
 10:30 pm WGN (38) ★★½ "Army of Darkness" (1992, Fantasy) Bruce Campbell. A time-warped supermarket worker fights in medieval England with a chainsaw and a '73 Oldsmobile. (In Stereo) (E)  
 10:47 pm FAM (26) ★★ "Prefontaine" (1997, Biography) Jared Leto. Olympic defeat matures a selfish distance runner into a sports activist before his 1975 death in a car crash. (E)  
 11:45 pm WTBS (3) ★★½ "Kingpin" (1996, Comedy) Woody Harrelson. A one-handed salesman, an Amish farm boy and a pretty con artist pull bowling scams to get to a \$1 million tournament in Reno. (E)

**sunday movies**

**MORNING**  
 6:00 am WTBS (3) ★½ "Vegas Vacation" (1997, Comedy) Chevy Chase. Clark and Ellen Griswold's disastrous family outing includes a visit with boorish Cousin Eddie. (E)  
 8:00 am WTBS (3) ★½ "The Whole Ten Yards" (2004, Comedy) Bruce Willis. A retired hit man, his wife and a dentist face the wrath of a mobster just released from prison. (E)  
 10:00 am WTBS (3) ★★½ "Bandits" (2001, Comedy) Bruce Willis. Two bank robbers fall for a bored housewife who helps them commit heists across the country. (E)  
 WGN (38) ★★ "Simon Birch" (1998, Comedy-Drama) Ian Michael Smith. An undersized New Hampshire boy helps a friend learn his father's identity. (In Stereo) (E)

**AFTERNOON**  
 12:00 pm FAM (26) ★★½ "Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. A 14-year-old baseball prodigy tries to juggle the playoffs and a cooking contest in the same day. (E)  
 WGN (38) ★★ "Big Girls Don't Cry...They Get Even" (1992, Comedy-Drama) Hillary Wolf. Their mixed-up family follows when an unhappy teen and her stepbrother flee into the woods. (In Stereo) (E)  
 12:30 pm WTBS (3) ★★ "Gone in Sixty Seconds" (2000, Action) (PA) Nicolas Cage. A former thief must agree to steal 50 cars in one night to save his brother from being killed by a vehicle smuggler. (E)  
 1:00 pm KTLA (27) ★★½ "Zero Effect" (1998, Comedy-Drama) Bill Pullman. An eccentric private detective and his emissary investigate the blackmailing of an Oregon businessman. (E)  
 1:34 pm FAM (26) ★★ "Mr. Magoo" (1997, Comedy) Leslie Nielsen. Government agents and a beautiful thief pursue a myopic millionaire who unknowingly possesses a valuable gem. (E)  
 2:00 pm VTV (22) "Murder Most Likely" (1999, Drama) Paul Gross. Former undercover drug agent Patrick Kelly is charged with the murder of his wife. (In Stereo) (E)

**EVENING**  
 3:00 pm WTBS (3) ★★ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a gulleless heiress. (E)  
 KTLA (27) ★★ "Mimic" (1997, Horror) Mira Sorvino. Married scientists battle killer cockroaches with the ability to assume human form. (E)  
 4:00 pm YTV (18) ★★ "Charlotte's Web" (1973, Musical) Voices of Debbie Reynolds. Animated. A literate spider and a rat save a pig from slaughter in an animated adaptation of E.B. White's classic. (E)  
 5:00 pm WTBS (3) ★★½ "The Mexican" (2001, Comedy-Drama) (PA) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. (E)

**EVENING**  
 6:00 pm YTV (18) ★★½ "Fly Away Home" (1996, Drama) Jeff Daniels. A Canadian sculptor builds an ultralight plane so his teen daughter can lead geese south. (E)  
 CITY (29) ★★½ "Once Upon a Time in Mexico" (2003, Action) Antonio Banderas. Premiere. A corrupt CIA agent recruits a tormented gunman to stop conspirators from assassinating the president of Mexico. (E)  
 7:00 pm WTBS (3) ★★½ "The Mexican" (2001, Comedy-Drama) (PA) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. (E)  
 9:00 pm WTBS (3) ★★ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a gulleless heiress. (E)  
 FAM (26) ★★ "Pixel Perfect" (2004, Comedy) Ricky Ullman. A technical wizard creates a hologram that becomes a singer for his friend's struggling band. (E)  
 10:46 pm FAM (26) ★★½ "Kundun" (1997, Drama) Tenzin Thuthob Tsarong. From childhood until his exile as an adult, Tibet's 14th lama deals with upheavals and Chinese oppression. (E)  
 11:00 pm WTBS (3) ★★½ "Turner & Hooch" (1989, Comedy-Drama) Tom Hanks. A drooling dog helps a tidy detective link California beach-town foul play to a drug-money laundry. (E)

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SATURDAY, JANUARY 20, 2007

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

SUNDAY, JANUARY 21, 2007

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



MONDAY, JANUARY 22, 2007

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

monday movies

MORNING

7:00 am WTBS (3) ★★"Captain Ron" (1992, Comedy) Kurt Russell. A salty rogue signs on to steer the yacht of a Chicago businessman and his family in the Caribbean. (E)

EVENING

6:00 pm CITY (29) ★★"Runaway Bride" (1999, Romance-Comedy) Julia Roberts. A New York reporter travels to Maryland to profile a woman who left three bridegrooms at the altar. (E)

family in the Caribbean. (E)

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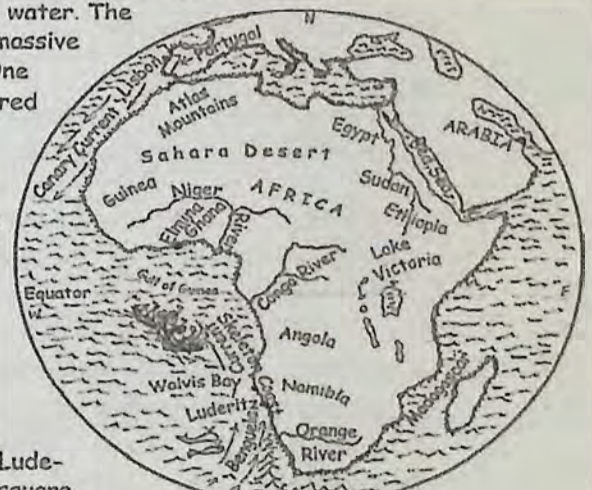
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news leader puzzle page puzzle maps of exploration

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



It was a hot summer day in August 1487. Our three ships left Lisbon, Portugal "38.44°N/9.08°W" in search of a way to Cathay by ship, perhaps through the great land barrier of Africa. In addition, our King wished us to find and make friendly contact with the rumored great Christian King of the Ethiopians, Prester John. Picking up a brisk southerly wind we caught the Canary current and were soon rounding the bulge of West Africa. Turning east we landed and re-provisioned at Elmina. Refreshed, we turned south east for the (movie king-o) River and crossing the equator we followed the coast south for many weeks putting into river estuaries whenever possible for food and fresh water. The shore line had become dominated by massive sand dunes along the (bones) Coast. One morning as the early morning fog cleared we thought we were surrounded by ships approaching us from every direction but soon discovered, from the sight of spouting water fountains that we were sailing among dozens of whales feeding. We reached (vertical barrier- visit-no it) Bay by early December and anchored in a good harbor for a few days before continuing down this sand covered inhospitable coast. Soon the ocean started to get rough so we put into (Lude-crackers) Bay and left our top heavy square rigged stores ship with a guardian crew. Continuing south past the (citrus fruit) River we needed all hands to keep the persistent great rolling waves and winds from driving us to ship wreck on shore. (part 1 of 2)



SOLUTION: You have just followed a portrayal of the first part of a voyage of exploration by Portuguese navigator explorer Bartholomew Diaz in search of a way by ship to Cathay, perhaps around the undiscovered South Africa. CLUES: (movie king-o) = Congo, (bones) = Skeleton, (vertical barrier- visit-no it) = Walvis, (Lude-crackers) = Luderitz, (citrus fruit) = Orange.

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### obituary

### obituary

### for rent

#### William (Bill) L. Shopshire

We are sad to announce the passing of William (Bill) L. Shopshire on January 6, 2007 at the age of 90. He is survived by his wife, Esther, son Alan (Connie), grandsons, Billy (Talia) and Tim, great granddaughters, Brittany and Kilee. He will be sadly missed by everyone who knew him. Service to be announced at a later date.

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Jan 16-30

### notices

Princeton Ground Search and Rescue Society Annual General Meeting. 7:00 PM. Tuesday, January 23 at the SAR Hall 296 Rocklin Avenue. For more information call (250) 295-6759 or 295-3868. Jan 16-23

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This month Similkameen News Leader salutes Princeton Posse...  
Look for Player Profiles throughout this issue!



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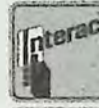
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## found

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 "Blakeburn - B. C.'s Forgotten Ghost Town"

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## NOTICE

Princeton Arts Council Meeting has been changed to 7:00 PM January 24th at Riverside Centre.

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# editor@thenewsleader.ca

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## my turn

### Where are you on game nights?

We've discovered Princeton's best kept secret is not the year round recreation and clean air.

No sirree! Princeton's best kept secret is the Princeton Posse. That's right, we're talking about the KIJHL Junior B Hockey Club that is well into their fifth (and so far, best) season at Princeton Arena.

Sure, the first couple of years were rough.

The boys were certainly performing on ice in those days, and occasionally a hockey game would break out. But that's all in the past.

The 2006/07 Princeton Posse is an amazing machine with many parts and when all parts are finely tuned, there's no telling what will happen.

For example, this year's schedule has been - in a word - crappy. There have been far too many one game weekends and far too many weekends on the road with long breaks between home games. It's not the teams fault, but the schedule hasn't helped fill seats at Princeton Arena.

Those who do show up (the numbers are increasing) are witnessing some mighty fine hockey.

The first week in January featured a grueling four games in five days. Even the biggest Posse fans shook their heads in wonder how much this would beat up the boys who were struggling at the time to hold on to last place in their division.

The Posse sailed through the week pulling six points out of three wins. They narrowly missed an overtime tie/loss/win point by seconds in the remaining game. The team seemed to get stronger with each game.

Maybe that's what the Posse needed. A tight week of games to test their stamina. There's no doubt it worked.

All they have to do now is sell the product to fans. We're talking fans who used to go and either gave up on the team or got tied of the fights.

The Posse contains a great bunch of guys, and since the Hockey Club isn't telling you this, we will: the players who attend PSS are Honour Roll students. Some of the players have part-time jobs in town. A few attend church.

The one thing they all have in common is they really like Princeton and are proud to represent the community in a Posse jersey.

The least we can do is show up for a few games to show our appreciation.

#### EDITORIAL GUIDE

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

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

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

## Similkameen News Leader

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## TIS TOONS



## your turn

### PGH receives praise from UGN

To The Editor;

The following article was recently published in the Interior Health Newsletter. As it pertains to the Princeton Hospital, I felt it should be shared with the whole community.

The program that this student participated in is vital to all remote/rural hospitals. The Undergraduate Nurse Program should be advertised at UBC Okanagan when the students are seeking summer employment.

In order to utilize the program, it needs to be promoted and advertised to draw graduate nurses in the future to remote/rural hospitals such as ours.

This community desperately needs family supportive jobs in order to sustain the level of service we now have at our hospital. I trust town council is working diligently to promote our Industrial Park and bring jobs and investment back to this community.

Sincerely,

Kathy Clement, Princeton  
Rural Nursing - You Get To Do It All!

My name is Zach Brown and this September (2006) I will begin my

third year of nursing at the University of British Columbia Okanagan.

This past summer I worked as an undergraduate nurse (UGN) in my hometown of Princeton, at Princeton General Hospital (PGH). Working as an UGN in a small, rural hospital was phenomenal as I had countless opportunities to practice skills that I had learnt in school, as well as refine my skills of assessment and organization.

I was blessed with very patient Lab and X-Ray Technologists that were always willing to offer a learning opportunity or two and I had wonderful nurses that mentored, supported and challenged me on a daily basis!

Princeton General serves the 2,500 Princetonites as well as a surrounding area consisting of three smaller communities, Tulameen, Coalmont and Eastgate.

Princeton is located in the southwestern Okanagan between Hope and Penticton. Princeton General is a small, six-bed hospital. We have a three bed Emergency Room/Ambulatory Care and one Palliative Care bed. We have the use of diagnostic imaging (X-Ray) as well as a lab and that's all folks!

The job description of a nurse at PGH entails a little more than another nurse working in a bigger hospital. Nurses at PGH sometimes get to be porters and unit clerks. If your patient needs an ECG, cast removal, IV or codes, you take care of it!

Equipment used in minor proce-

dures gets cleansed and autoclaved by nurses and nurses even assemble suture trays. Nurses even get to order and stock all the equipment and medications that are needed.

In the ER/Ambulatory Care, we treat a wide variety of patients. We see fractured limbs, burns, lacerations, cardiac patients and even the odd motor vehicle accident. We do minor procedures for out patients such as biopsies, IV antibiotic treatments, blood transfusions and phlebotomies.

It is not uncommon for a nurse to escort an emergency patient to Penticton Regional Hospital or Kelowna General Hospital by way of ambulance. On the ward we treat medical and surgical patients and provide care and support to palliative patients and families.

Working as a UGN at Princeton General has been an excellent opportunity to consolidate nursing skills, learn the true definition of teamwork and, most importantly, gain experience. As I am entering my third year of nursing, I feel more confident in my skills and abilities and I am very excited to start a new school year!

In closing, I wish to thank the staff and nurses of PGH for their eagerness to teach, their patience, and, most importantly, their wonderful and unique personalities.

I will forever hold a special place in my heart for Princeton General Hospital and the wonderful nurses that keep it going.

- Zach Brown  
(Editor's Note: Brown is Clement's grandson).

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Current Comment:

# Look at history's lies



Dawn Johnson  
editor@thenewsleader.ca

The older I get, the more I realize how many lies have been perpetuated about North America's pre-history.

I remember being taught (and memorizing) that Columbus discovered America in 1492, and was supposedly the first European to do so.

Later, I learned about the Vikings discovering Newfoundland, Greenland and New Brunswick. Much later in life, I learned that these Vikings went as far as Lake Michigan, and sailed up the Mississippi, long before Columbus ever set sail for the Caribbean.

Along the road of life, I learned of a discovery in an ancient Cherokee burial ground in which human remains were being moved to make way for a highway. In that burial ground, human remains were found to have bracelets made of copper. These bracelets bore a strange inscription.

The Smithsonian Institute found these bracelets bore Hebrew writing, and dated back to 400 A.D. These boys beat both the Vikings and Columbus to the discovery of North America.

The more we dig up about North America, the more apparent it becomes that a lot of truth has been concealed from popular knowledge, and I wonder why.

When Capt. Fremont travelled the southwest to find a suitable rail route to California, his daily log reported meeting tribal people who had never before seen white men, yet among them were light-skinned blue-eyed people born of the tribe.

Where did they come from, and why did no anthropologists show any curiosity about this? Was this information deliberately concealed?

The Hopi are Keepers of History for all native American tribes, and their oral history tells of being rescued from a great flood by a "god". Among them were light-skinned people.

The "god" took the light-skinned people to another land while the Hopi made their way, century after century, from the

south tip of South America. The old gods of the Hopi travelled in flying machines shaped like a turtle shell.

Our continent's history deserves greater exposure of truth, rather than the cover-up through ignoring parts of history. We are left with evidence that people sailed from the Mediterranean to North America and stayed until they died.

We know the Vikings explored a lot more of North America than just Newfoundland and New Brunswick. Did many of them stay?

When I was in school, we were instructed at length about the ancient Egyptians and their pyramids, but how many of today's children learn about the pyramids of Mexico?

Do they spend time studying Mayan culture? Do they learn

that when Cortez arrived, Mexico City had the biggest standing army in the world?

Do they learn that the Anasazi had apartment complexes bigger than any in Europe? Do they learn that the Mayans had books written on paper, and that the Catholic priests burned all these books?

I praise the archaeologists and television networks who have the courage to create documentaries to tell us so much that we did not learn in school.

During my youth, I was inundated with information about the great civilization of Europe, but the great civilizations of the Americas were ignored. What I did learn was that "civilized" people came to a land filled with "primitive" people, and that was a really big lie. We North Americans deserve better.

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Marketplace Ministry  
by Jim Caruso

## We can't do it alone.

Have you ever noticed the benefit of having someone help you to do things? Someone to help you lift something, or talk about something, or share the cost of something, or just be there so you are not nearly as afraid as you would be doing it alone. That's why God created families and friends. It is also the reason we develop a society, which is a social environment in which we share each others loads.

Sometimes we would rather just do things on our own, struggle through and not be bothered with having someone else involved. This, although might be much easier, it is not necessarily the best way to do things as I will share in this story about a man who decided to, Do it alone. The story is supposed to be an actual claim insurance and some have linked it to the Province of Alberta, I'm not sure who should get the credit for it, but I am sure that you will in a humorous way, get the message.

I am writing in response to your request concerning Block 1 on the insurance form which asked for the cause of injuries, wherein I put Trying to do the job alone. You said you needed more information, so I trust the following will be sufficient.

I am a bricklayer by trade, and on the day of injuries, I was working alone, laying brick around the top of a four story building, when I realized that I had about five hundred pounds of brick left over. Rather than carry the bricks down by hand, I decided to put them in a barrel, and lower them down by pulley, which was fastened to the top of the building. I secured the end of the rope at ground level and went up to the top of the building and loaded the bricks into the barrel and flung the barrel out with the bricks in it. Then I went down and untied the rope, holding securely to insure the slow descent of the barrel.

As you will note on Block No. 6 of the insurance form, I weigh 150 pounds. Due to the shock of being jerked off the ground so swiftly, I lost my presence of mind and forgot to let go of the rope. Between the second and third floors, I met the barrel coming down. This accounts for the bruises and lacerations on my upper body. Regaining my presence of mind, again I held tightly to the rope and proceeded rapidly up the side of the building, not stopping until my right hand was jammed in the pulley. This accounts for my broken thumb.

Despite the pain, I retained my presence of mind and held tightly to the rope. At approximately the same time however, the barrel of bricks hit the ground, and the bottom fell out of the barrel. Devoid of the weight of the bricks, the barrel now weighed about fifty pounds, I refer again to Block No. 6 and my weight.

As you would guess, I began a rapid descent. In the vicinity of the second floor, I met the barrel coming up. This explains the injuries to my legs and lower body. Slowed only slightly, I continued my descent, landing on the pile of bricks. Fortunately, my back was only sprained and the internal injuries were minimal. I'm sorry to report, however, that at this point I again lost my presence of mind and let go of the rope. As you can imagine, the empty barrel crashed down on me. I trust this answers your concern. Please know that I am finished with trying to do the job alone.

I can sympathize with the bricklayer, not that I have experienced all the tragedy in the story, but life many times is full of situations that do not work in our favour. I realized some 25 years ago that I could not live this life alone, even though I was married and had children by this time. I needed Someone to be there. Through times of grief, hard times, impossible times, lonely times and the good times. That Someone is Jesus Christ and my accepting His love and forgiveness put me in a place where I was never alone again. That opportunity is open to everyone and my prayer is that you, like me, are finished trying to live this life alone, and will accept Him into your life for all eternity.

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

# Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!



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brenda@thenewsleader.ca

George Elliott  
OWNER / PUBLISHER  
george@thenewsleader.ca

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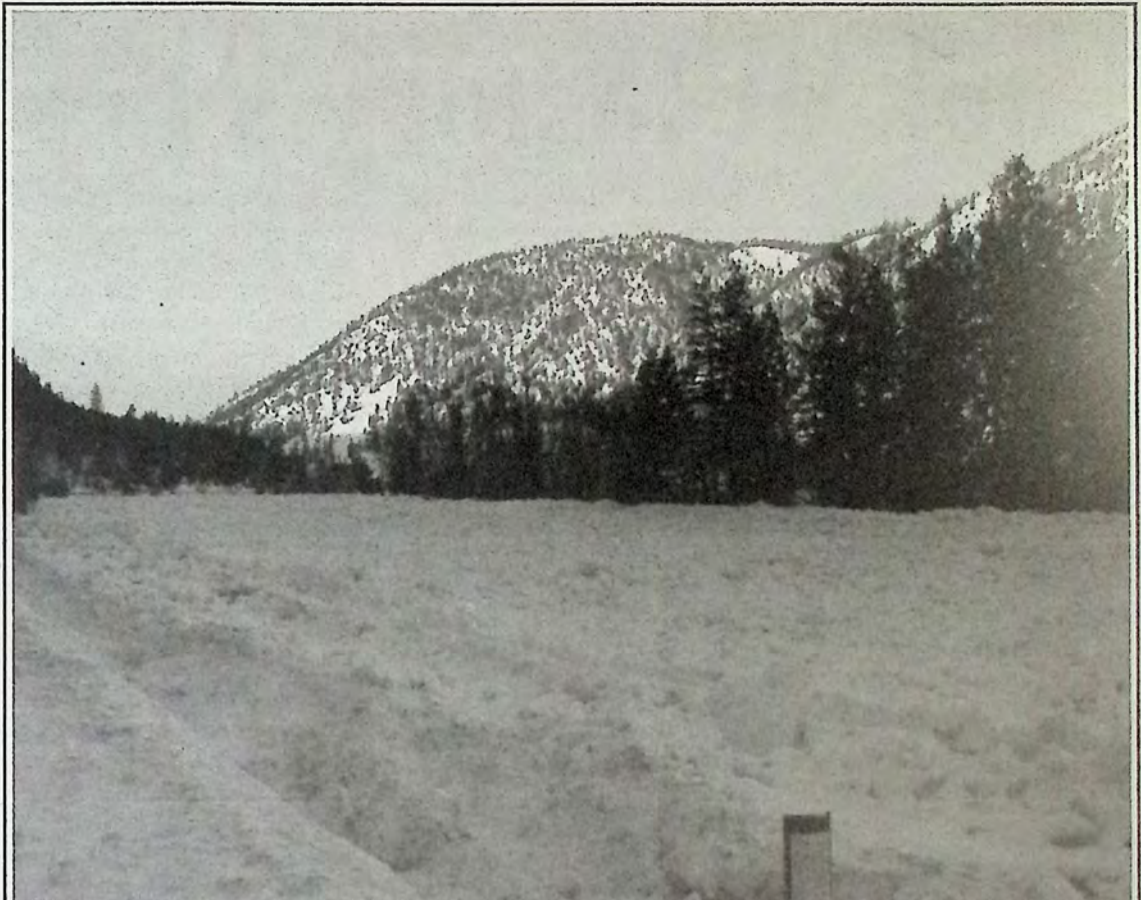
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**Princeton Posse  
Player Profile**

PRESENTED BY:  
**SIMILKAMEEN NEWS LEADER**



**#5 - Spencer Brooks**  
Defense - Shoots Right - 6' 4" - 180 lbs.  
Hometown: Smithers, BC



Ice build up on the Similkameen River has become a spectator sport for many. This photo, taken early last week along Highway 3 near Bromley Rock Provincial Park, shows a slow moving, ice choked river with chunks higher than the level of the highway. Photo: Brenda Engel. \*

**Letter To The Editor**

**Merritt man examines democracy**

To The Editor;

The fact is that 'democracy' in Iraq, as with 'democracy' in Afghanistan, is a fraud. The good people of North America might not know it, but the good people of Iraq and Afghanistan certainly do.

Does it seem reasonable that the Iraqi 'Constitution' created by and on behalf of Iraqi's, would give American and British oil companies unfettered perpetual control over virtually all aspects of the extraction of Iraq's oil? Of course not, yet that appears to be the case.

In a country where an overwhelming majority supports the killing of Americans as an incentive to get them to leave, Condoleezza Rice expects us to believe that a majority of those very same Iraqi's have willingly given control of the nation's wealth to ExxonMobil and Chevron.

The Iraqi Constitution is rife with legislation drafted by

American Corporations, on behalf of American corporations. The same is true with respect to legislation governing Afghan oil and gas development. Canadian tanks are now killing legitimate Afghans who are resisting an illegitimate 'democratization process' that has absolutely nothing to do with democracy.

The Russian assault against Afghanistan was almost certainly over oil and gas. The Russians realized that the Americans would do whatever they could to get as much of the Caspian Basin bonanza as possible.

The key for the Americans was to secure an extraction route. Iran was not likely to be in the mood to help therefore Afghanistan was the logical candidate. It was in keeping with this scenario that the CIA expended great effort in organizing and assisting a force capable of repelling the soviets, ultimately enabling American control of Afghanistan and subsequent access to the Caspian.

In as much as there are persistent problems with the Pakistani government being unable to secure its border with Afghanistan, the death of the Turkmen dictator has thrown yet another wrench into the works. The Americans need access through Turkmenistan during the initial portion of the extraction route. They will probably be compelled to interfere in the process of choosing a successor to their dead puppet. The Russians, for their part, profit considerably from Turkmenistan's natural gas and will probably have ideas of their own.

Iraq and Afghanistan are all about oil, the Iraqi's know it, the Afghans know it, and no phony fraud of a Constitution or illegitimate American imposed legislation is going to change their minds. If we Canadians had balls half the size of the Iraqi's, Afghans, or Scandinavians, we would probably be able to construct a resource extraction and governance regime that would reject these crimes of globalization and allow us to sustain a progressive social system within a truly advanced and prosperous democracy.

When the Prime Minister tries to elicit negative shame based support by refusing to cut and run, be reminded of his glaring dishonesty in claiming to be protecting ours or anybody else's freedom or democracy in the first place.

Canada's troops have a legitimate mission in protecting Canada's Arctic. If Stephen Harper really wants to help, he can get serious about that.  
- Robert MacKay, Merritt

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Ladies Auxiliary, left to right, standing: President Charlene Longdo, Vice-President Elizabeth Kightley. Seated: Past President Eleanor Sinclair, Executive Marion Marsel and Norma Kraefor. Photo: Dawn Johnson.

## PeeWees win Lumby tournament

On January 6th and 7th the PeeWee Flyers proved that they still had the golden touch even after a Christmas vacation of no practice. The team traveled to Lumby for a tournament that put them face to face with some pretty fierce competition.

Bright and early at 6:45 AM Saturday morning, the team stepped on the ice to take on Kelowna. Princeton started the scoring with a mere 30-seconds into the first period setting the pace for the rest of the game.

Kelowna came back to tie the score 1-1 only to have Princeton retaliate with another goal before the time clock indicated the end of the first period. Going into the second period, Princeton was determined to win and with teamwork and determination they ended the second period with a score of 4-1.

There was no stopping them from there and Princeton went on to

demonstrate that they knew the game of hockey with a final score of 8-2.

Mid-day saw the Flyers take on the home team, the Lumby Stars. With six goals scored for Princeton in the first period, the Flyers were well on their way to victory. Lumby came back with some serious defense in the second period and held Princeton to one goal with Lumby taking one for themselves.

The third period proved that Lumby was not going to back down but it wasn't enough to hold back the Flyers. The final score being 9-3, the kids walked away with another win and an appetite for more.

The final game for the day put Princeton up against the Penticton Chili Peppers. With the support of his team behind him, Jessie Murray proved he was the man of the game. With a shut-out, Jessie

had the respect of all who watched the game.

The score ending in 9-0 the kids were going into the finals with the First Place trophy well within their reach.

Sunday morning the Flyers stepped on the ice ready for their competition. Westside was the team to beat to ensure their victory and there was no holding Princeton back. Helping Jessie Murray on defense was Jordan Palumbo, Austin Thibert, Rhett Ortwein, Joshua Coyne and Nathan Garton. And with goals against at a mere 2 points, these defenders proved that they would not be beat.

Emily Allison, Franco Pontaletta and Zack Thompson demonstrated determination against the toughest competitors. Justin Gill, Eric Hardin and Devon White showed their speed could beat even the fastest contender.

Brady Johnson, Clayton O'Bea and Bradley Palumbo confirmed that every team has a workhorse. Our PeeWees happen to have three. Colby Williams, Drayden Larsen and Kraig Leochko shone on the ice with their precise passing and accurate goal scoring to make this weekend a victory our Flyers won't soon forget.

9-2 was the final score for the Princeton Flyers ending their weekend with the bragging rights of having an undefeated team. Not only did they receive the trophy for First Place team but they made their coaches, Jim Coyne and Dave Palumbo, proud with the trophy for Most Sportsmanlike Team.

An accomplishment that proves that not only are they hockey players but a disciplined team any coach would be proud to train. - submitted

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### Letter To The Editor

## Man talks science

To The Editor;

In the January 2, 2007 letters to the editor, Karin Green writes, "I simply do not believe...that the prophecies of global warming doom are based on trust-worthy scientific research and knowledge."

Global warming events such as rate of melting of polar ice caps and ice-shelves are unprecedented in human history.

I would like to recommend the following books as references -

authored by folks with degrees in science rather than in the arts: 'The Weather Makers' - Tim Flannery and 'Heat' - George Mombiot.

The Suzuki Foundation and Sierra Club Legal Defense Fund assert that if the coal-fired generators in Princeton, and Tumbler Ridge become reality, CO2 emissions in British Columbia will double.

Dr. David Suzuki has a PhD in Science rather than arts.

- G. M. Allison, Princeton

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**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 17<sup>th</sup> 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.



Ladies Auxiliary President Charlene Longdo takes her seat at the head table after being installed by Zone Commander Chris Yarburgh, left, last Friday night. Photo: Dawn Johnson.

**Letter To The Editor**

**Green corrects Pippin's homework**

The Editor:

Re: Dan Pippin, week of January 8th, 2007

Dan, I love your dream of turning Princeton into the Silicon Valley of alternative energy, but, we both know that's not going to happen. Why on earth would it? Our area is not deemed suitable for wind or solar power. We are not subject to a steady prevailing wind, we do not have sufficient, reliable hours of sunshine, and frankly if anyone tried to spoil my wonderful Tulameen River with a Run of the River project for the measly amount of power they produce I would be out there with my picket sign in a flash! The Similkameen Mine site is what it is. I don't see how it can be harmed much further.

You, like the SOS Committee, attack the integrity of Compliance Energy because they had the audacity to publish and circulate information that attempts to address the expressed concerns of local people. You state in your letter, "What you (Compliance) don't 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." That seems to be an honest statement on your part and the only part of your letter that really matters. The rest, one way or another has all been said before.

Clearly, for you, nothing I or Compliance Energy, or even an Environmental Assessment can say will make any difference. However, please refrain from using the royal 'We.' I can speak for myself!

Thanks to your letter though, I finally understand what all these references to waste coal have been about. You just decided to call Bituminous coal waste coal. The words waste coal do not appear in the Northern Miner article you

quote. The Basin Mine coal is Bituminous coal.

Because Bituminous coal is no longer used to heat homes it is not as desirable as Anthracite but it is not waste coal. Waste coal is coal that includes too much rocky material to burn effectively. The Princeton area has been coal country for decades and is surrounded by mounds and mounds of waste coal but we are not yet so resource poor that we have to burn it.

You seem to take offence at the idea that Compliance Coal is willing to take \$200 Million gamble in an effort to use a resource it owns to good effect. Why? The risk is theirs, not yours! Is that not what private enterprise is all about?

How is this different from the new pub proposed for the former Napa building? An owner has a property and location suitable for a new drinking establishment, now a vacant niche in downtown Princeton. He sees an opportunity and wants to make best use of his asset. I personally would prefer to see the building put to better use. I rarely drink and consider alcohol abuse the greatest social problem of our community and society at large. Should I therefore force my bias on the community by rallying like-minded teetotalers and printing endless diatribes on the dangerous fallout of alcohol consumption?

- Karin Green, Princeton

**How to spend our \$\$\$**

.....continued from Front Page

The Committee recommends capital grants for new affordable housing and co-op housing, rehabilitation of abandoned and substandard buildings, support services for those in need and assistance for community-based housing providers.

Affordable, accessible and quality child care options, eliminating waitlists for assessment of special needs children and youth, improving income assistance recipients to access education opportunities, and making post-secondary tuitions competitive with other provinces are among the Committee's recommendations.

**Further recommendations:**

- improving access to log markets for logs from private lands
- increasing funding for ambulance service in the Interior
- fund a comprehensive mental health and addictions plan
- conduct a cost-benefit analysis

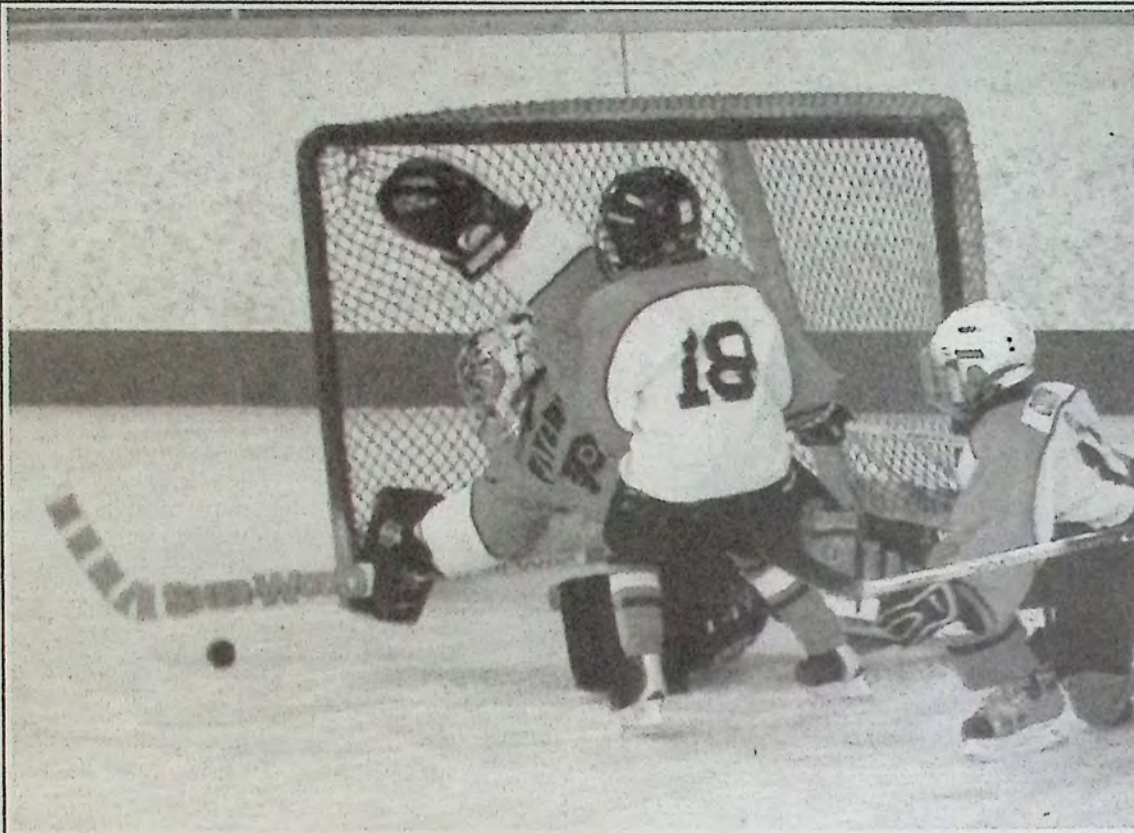
on vaccinations for cervical cancer

- improve home services for seniors
- provide more hospice funding
- increase funding to BC Arts Council
- ensure sufficient staffing and resources for the ongoing monitoring and enforcement of environmental regulations
- improve roads and highways in rural B.C.
- proceed with infrastructure projects related to the Gateway Program
- provide a full range of services for women through and integrated service delivery model.

All of these are recommendations only, and will be considered by the Minister of Finance in the preparation of the provincial budget.

At the same time, the recommendations show clearly what the public considers important.





More hockey action from the Princeton Flyers PeeWee Tournament at Princeton Arena. \*



Players try to clear the puck away from the Flyers' net during Friday night's game against Penticton. \*



Princeton Flyers score a goal on Penticton during Friday night's game at Princeton Arena. \*

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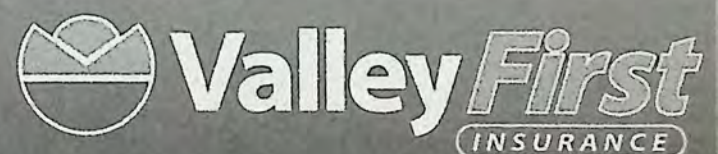


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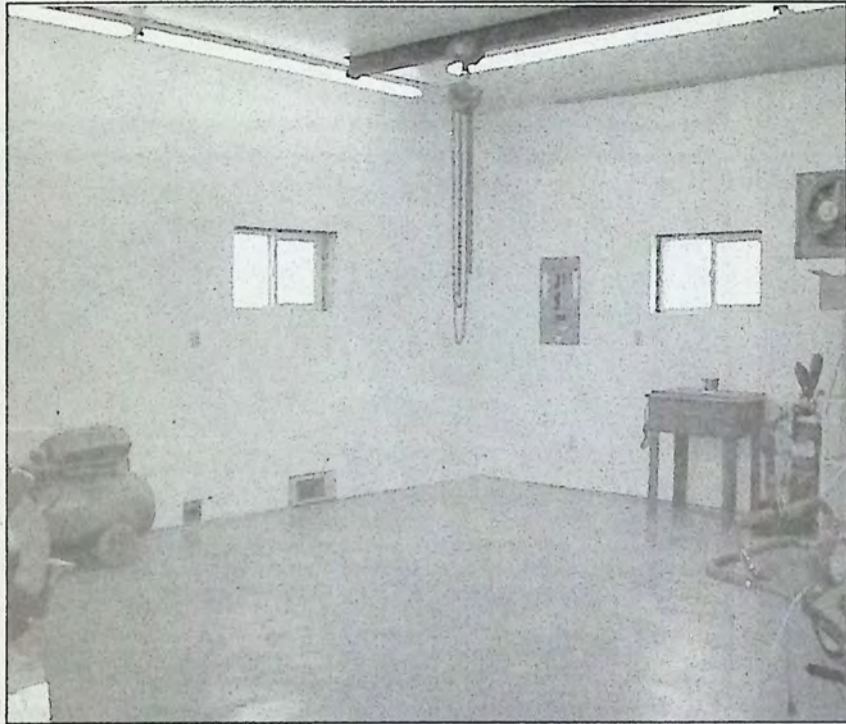
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**181 Missezula Lk**  
 MLS#37597 \$395,900  
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**1659 Summers Cr**  
 MLS#36748 \$250,000  
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**259 Missezula Lk**  
 MLS#36324 \$329,000  
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