

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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Minor hockey feels the spirit



Spirit of 2010 Novice Hockey Tournament included a special puck drop last Saturday afternoon. *

McLean and Logan drop ceremonial puck

More than 136 youngsters between the ages of 7 and 8 took part in the Princeton Novice Spirit of 2010 Hockey Tournament over the weekend.

Every player received a Spirit of 2010 hockey puck and a commemorative certificate. The tournament also received a Spirit of 2010 trophy, arena banner and a limited edition Spirit of 2010 jersey.

Saturday afternoon, following a game hosted by Princeton Flyers, Princeton Mayor Randy McLean

and Area H Director Gerri Logan, who also sits on the Princeton Spirit of BC Community Committee, stepped onto the ice at Princeton Arena to drop the puck in a short ceremony to officially launch the Spirit of 2010 Tournament.

Across the province more than 42,000 young athletes will take part in 200 Spirit of 2010 Hockey Tournaments. It is the largest tournament of its kind in Canada and celebrates physical activity, amateur sports and community spirit.

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Coal plant generates more discussion

Mayor Randy McLean probably said it best in his opening remarks at the public forum last Saturday night concerning the coal-fired generation plant when he observed, "This is wonderful. This is a room full of people concerned about their community."

McLean went on to compliment guest speaker Opposition Leader Carole James.

"In my mind," he started, "The definition of a leader is someone who recognizes a wrong and tries to make it right."

Yale-Lillooet MLA Harry Lali echoed McLean's comments on the attendance, which saw over 200 people packed into the gym at Riverside Centre.

"It just shows the kind of commitment this community and valley has towards the environment and what it means to them."

Lali added more praise with, "Meetings such as this are a testament to the spirit of the people who live in the Similkameen."

The MLA went on to emphasize the importance he and his fellow MLA's have placed on fighting the Gordon Campbell government on the decision to move forward with coal-fired power generation in the province.

Lali said he wanted the Opposition Leader to come to Princeton and hear concerns from Similkameen Valley residents first-hand.

"Little by little we are destroying our planet."

In her opening remarks, James thanks the SOS (Save Our Similkameen) and Friends of the Similkameen groups for all their "incredible hard work" and Lali for his focus on the issue saying, "He certainly has stood strong for your community."

James talked about the future of Princeton, the Similkameen Valley and British Columbia and kept it short with the reminder "we are going to work together to defeat Gordon Campbell's plan to build a coal-fired plant here in Princeton."

James went on to state that in a recent survey 74% of British Columbians said 'no' to coal-fired plants. She talked about harmful chemicals that would be "pumped

into your air and water. Your community will be subjected to mercury poisoning."

She pointed out that the Princeton and Tumbler Ridge coal-fired plants would produce the same amount of pollution annually as 300,000 cars.

"A coal-fired plant is wrong for Princeton. It's wrong for the Similkameen Valley. It's wrong for the whole of British Columbia. Today we are fighting something that shouldn't even be on the table."

Dr. John Bosomworth spoke on health concerns related to a coal-fired power plant. He started by outlining a small snapshot on small communities stating they tend to have specific health and population characteristics.

He then went on to review air pollution problems, which included particulates (small particles that enter the lungs through the air), ground level ozone ("the stuff down here irritates our lungs"), and sulfur dioxides (which create acid rain).

Bosomworth addressed a second concern, which he referred to as global problems which included temperature-related illnesses, extreme weather events, problems with infectious diseases and food and water borne disease development.

Concerns from the Lower Similkameen Valley revolved around organic farming. Public perception from outside the valley is viewed as having a strong impact on the sales of produce grown in the

valley and the effects of emission accumulation in soil and water would likely have an effect on the production of the produce.

Lali then opened the floor for comments from others.

Citizens express social concerns

People who attended the Literacy Now meeting on February 1 may have been expecting more information about reading and writing, but organizers made it clear that "literacy" means more than reading and writing skills. Literacy is about being able to function competently in our information society.

Solana Allison and Shea Evans shared some statistics with the meeting that indicated Princeton area ranks very low in some areas, specifically the number of students who do not write, or fail, their provincial exams. Princeton is fourth worst for economic hardship, seventh worst for cannabis use, and

fifth worst for health problems. All of these have a bearing on how well our young people will function in our society.

Christa Thompson explained the process to be used to apply for a government grant to develop a Literacy Plan for the community. Leah Ward added that the government wants BC to be the most literate province by 2010.

Teacher Kathy Froese has been active in working toward programs for pre-schoolers. She believes in early intervention to prepare children to learn. She described book boxes, pre-school support and pre-school literacy programs available

now, but her big dream is to create a Family Centre where parents of pre-schoolers can go to share ideas and techniques to help youngsters prepare for a life of learning.

Nadine McEwen organized groups to address social issues. Concern was expressed regarding alcohol and drug abuse, the need for more skilled people contributing to our community, the influence of poverty and low self-esteem, and the need for transportation to expand opportunities for lifelong learning. All of the information was recorded and will be used as part of the application for development of a plan to address the issues.

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INVESTMENT INSIGHTS

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

1:1

Have You Made This Year's RRSP Contribution Yet?

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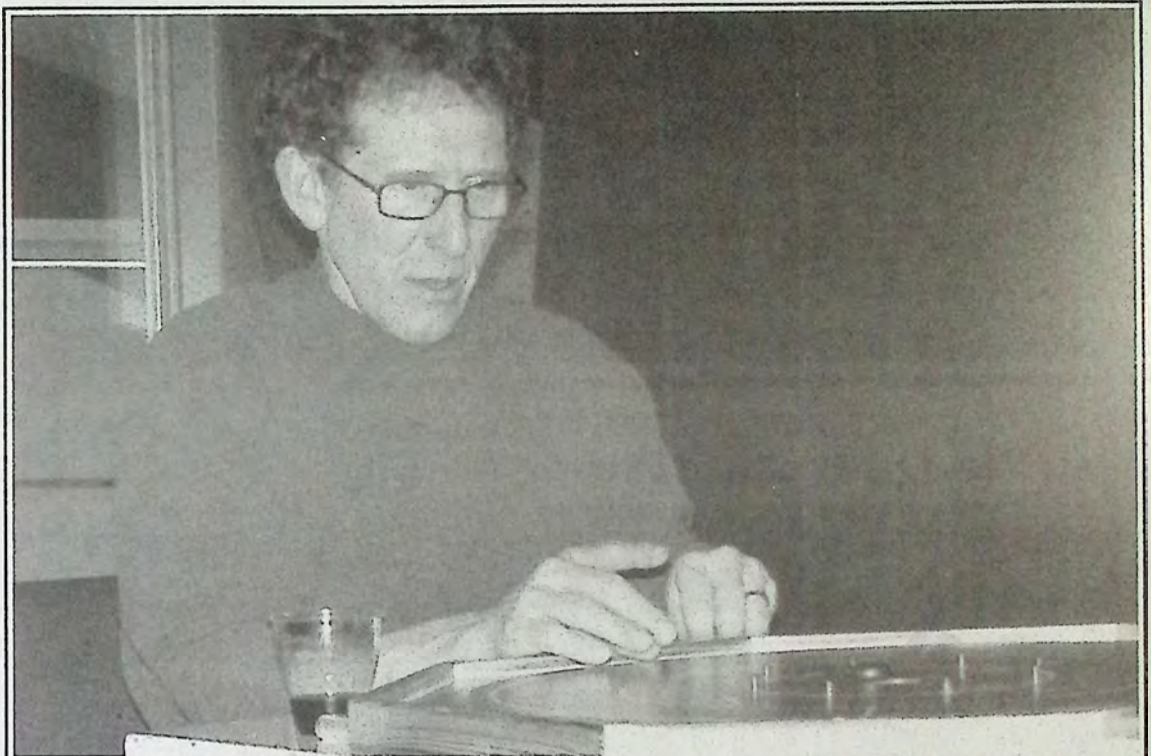
While most people have a variety of sources from which they expect to draw retirement income, few indicate their RRSPs as the main source of their retirement income. Consider what sources of income you expect in retirement. Your RRSP should truly be the cornerstone of your retirement plan. By taking control of your retirement investments, you take control of your future.

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



Bob Wicks scores a bulls eye on the Crokinole board during the Rotary Club Social/Fun Night last Thursday at Princeton Curling Club. The group curled, played games and enjoyed a potluck supper. *

Museum plans 2007 history show

Princeton's museum will open on Easter Saturday with new displays. Each year, some displays are retired and others take their place. This year, the front entry will display photos of people and places which are unidentified. The public will be asked to identify any of the people or places in the photos.

The Copper Mountain and Dave

Overwaitea helps foundation

Our local Overwaitea Foods employees recently donated \$4,115.98 to the Princeton General Hospital Ridgewood Lodge Foundation for the purchase of a Lympha Press. The money was raised through employee fundraisers and the Show and Shine held last summer.

When Overwaitea employees first approached the foundation they indicated they had raised about \$3,600.00 and would like to use it to purchase an item for the Hospital. Unfortunately when the Foundation received the final pricing it was more than what the initial money they raised would cover.

The foundation contacted Debbie Hearty, the Overwaitea employee coordinating the donation, to indicate that the Foundation would cover the remaining balance and order the unit. Debbie asked that we give her a few days, and she would

Taylor displays will be completed and remain for the year. There is a possibility of a special forestry history display, but arrangements have to be made for that display.

Members of the Museum Society met on February 1 and approved the 2007 budget. The budget anticipates a year much like last year. Members are hopeful of receiving

see about raising the rest. True to her word within a few days the Overwaitea employees generously raised the remaining funds.

The Lympha Press is used both in the Hospital and in the community through the Health Unit and Community Nursing, for patients suffering after effects of cancer treatments. The lymphatic system is responsible for filtering nearly 90% of the water found in our blood. When it fails excess fluids build up and produces swelling in the limbs, this condition is called lymphedema.

The Lympha Press is a device to reduce the swelling and allow people to get around without being confined to a bed. For more information on lymphedema check out the website www.lymphapress.com.

For more information on the Foundation visit our website www.pghrlf.com. - submitted

student employment grants this year. These grants provide student assistance for showing tourists the displays, and to assist the operations manager in dealing with archives inquiries.

An archives inquiry arrived from Wales asking about a Welsh coal miner who worked in Princeton. Other inquiries come from far and wide all year. Everyone who is not a member of the Museum Society must pay a fee for the archives service. Local people have the advantage of being able to purchase a Museum Society membership when the museum is open, or by contacting Nick Mills at 295-7588. Membership dues are tax deductible. The next meeting of the Museum Society will take place on Tuesday, March 13 at 2:30 PM at the Chamber of Commerce meeting room. Memberships may be purchased at that time.

More photos and information on Blakeburn were sent by a former Blakeburn resident. Contributions to the archives continue to arrive on a steady basis. The Blakeburn photos were very good, accompanied by information explaining the subject of the photos. Anyone considering donating old family photos should provide the archivist with information describing the content of the photos, if possible.

Wood Smoke is Air Pollution

Today's science, tells us that chimney smoke is a sign of inefficient wood burning, causing air pollution and affecting health.

Wood smoke contains the fire hazard creosote and particulate matter small enough to settle in the deepest part of the lungs. Smoke seeps into your neighbour's ventilation system and in around doors and windows. Wood smoke contains 100 known toxins.

GOOD NEWS - wood smoke pollution can be minimized by updating burning practices. This year the **BURN IT SMART** Workshop will focus on the skills for efficient burning at this year's CHBA Home Show.

Each workshop covers: ~ planning an effective wood heat system ~ purchasing and preparing wood ~ proper moisture content ~ cutting ~ splitting ~ storing ~ loading a firebox ~ burn techniques ~ chimney pointers ~ wood heat options ~ maintenance and certification. "There is nothing dry about this workshop except the wood."

On display outside see the display of working stoves; one efficient and one inefficient.

Door Prize

Reid Harvey will answer your questions.

Door Prize

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News Leader owner/publisher George Elliott prepares to throw another heavy rock during last Thursday's Rotary Club Social/Fun Night at Princeton Curling Club. Photo: Brenda Engel. *

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Our goal is sustainable forests

SPECIAL TO THE NEWS LEADER
BY DAWN JOHNSON

Local people decide how our forests should be managed.

These people belong to the Merritt Sustainable Forest Management (SFM) Advisory Group. They adhere to the regulations of the BC Forest Practices Code and the Canadian standards for certification of forest products.

There are 14 forest licencees in the Merritt Timber Supply Area (TSA). Weyerhaeuser, Tolko and Princeton Community Forest Corporation are licencees operating in the Princeton area.

The SFM Advisory Group is comprised of representatives from the licencees as well as people interested in wildlife, rangeland, water sources and recreation. First Nations are represented both for their participation in forest harvesting and for their interest in sustaining the cultural values of the forest. They have issued a Management Plan for 2007.

The newest edition of the SFM Plan does not differ greatly from last year's plan, but there are some key issues expressed, notably climate change and the Mountain Pine Beetle.

Growing Threat to Forests

Beetle populations have been growing steadily since 1994, with huge increases since 2004. The reason is the availability of mature lodgepole pines. When a lodgepole is more than 80 years old, its ability to reject the beetle is severely reduced.

Climate change has made the beetle invasion worse in recent years. Temperatures need to drop to -30C in early fall or late spring to kill the beetle.

Without this condition, beetle populations will stop only when they have run out of old trees. In our area, 68 percent of the forest is made up of lodgepole pine.

Techniques for reducing the spread of beetles include harvesting infected trees and pheromone bait and hold.

Where harvest is not viable or spread is low risk, dead stands are just abandoned.

Spruce beetle invasions increased last year, nearly doubling the infested area of 2005.

Forests and greenhouse effect

Sustaining the forest's role in cleaning the air is a major challenge to management. A forest is a "carbon sink", that is, a place where carbon dioxide is drawn from the air. Growing trees absorb carbon dioxide and turn carbon into cellulose while returning oxygen to the atmosphere.

Our Interior forests do not live for hundreds of years, and therefore the forest must constantly be renewed.

This "crop rotation" makes our Interior forests extremely important for clearing carbon dioxide from the air. To maintain the cycle, forest managers must eliminate forest fires. Studies have determined that the total ecosystem carbon storage increases as the age of the forest increases toward maturity.

The bigger the growing tree, the more carbon dioxide it absorbs.

Although there has been an ongoing view that a forest fire is a natural part of the forest ecosystem, the need to reduce greenhouse gases and control climate change is a major factor in managing forests these days.

Ecosystem needs protection

Forest management calls for more than looking after trees. Rangeland for cattle and wildlife, protection of streams and lakes, protection of diverse plant species and protection of habitat for birds, rodents and amphibians are part of forest management.

Our area has a number of scarce or rare species that must be protected. Water quality must be maintained and due to climate change with subsequent increase in water temperature, shade for streams is increasingly important.

Every effort is made to protect the forest ecosystem while harvesting timber, but it is reforestation and prevention of soil erosion which keeps the forest healthy. Forest management includes responsibility for eradication of noxious weeds and planting grass seed approved for the area.

Forest licencees are responsible for maintaining forest health.

The performance in Merritt TSA has been good during the past decade.

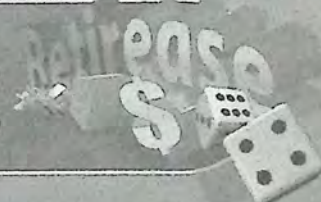


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keremeos and area news



How organized are Friends of the Similkameen? Signs like these are popping up all over the Keremeos/Cawston area. These signs are at the Ashnola Road turnoff on Highway 3. *

RDOS looks to change permit fees

The Regional District Okanagan Similkameen is considering changes to its Building Bylaw for permit fees.

At the RDOS Board meeting held on Thursday, January 18th,

Building Amendment Bylaw No. 2333.04 was read a first and second time.

The objective of the proposed bylaw amendment is to increase building permit fees in order to

eliminate the use of deferred permit revenues while maintaining current service levels.

The proposal to combine an increase to the value of construction and building permit fees over two years reflects current building values and meets the average building permit fees charged by other jurisdictions.

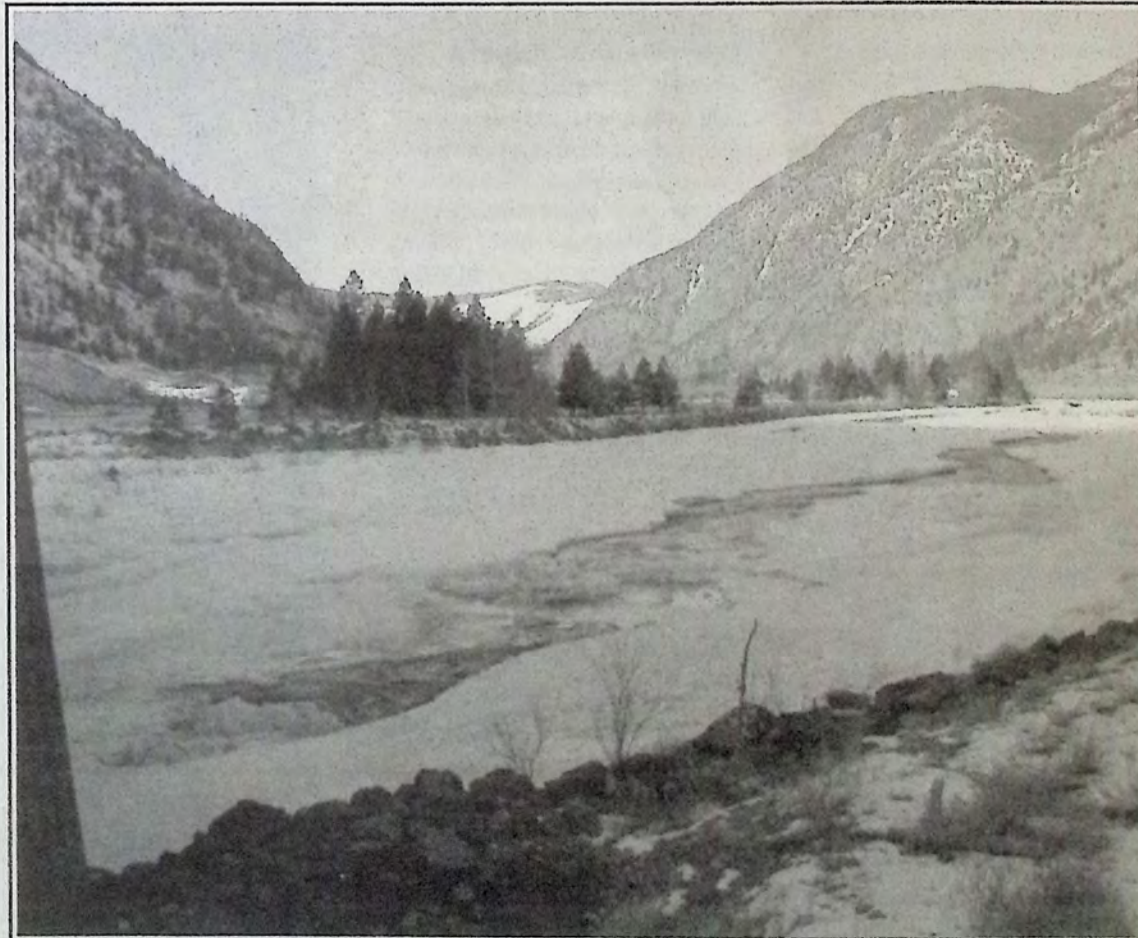
Value of construction is proposed to increase by 15% and the building permit fee is to increase from \$8.00 to \$9.00 per \$1,000.00 in value of work effective March 1, 2007, and to \$10.00 per \$1,000.00 effective January 1, 2008.

Group looks for stories

The Similkameen Family Literacy Group invites you to share your family stories. If you have a story of 500 words or less that you wish to share contact Barb Stewart at (250) 499-7714 or submit your story via e-mail at bstewart@nethop.net.

If you have an interesting story,

but need assistance writing it, volunteer tutor assistance is available to help you put the finishing touches on your story. Contact Barb at the number noted above for further information. Stories collected will be shared at a story telling circle at the Keremeos Family Centre later this month.



A sunny valley view taken from the approach to the Keremeos red bridge. *



Did you know Dennis Walker of the Giant-FM News Crew started his career at age 14 volunteering for a local cable station in his hometown of Creston? We didn't either. Walker switched to Radio after high school graduation working in Creston, Osoyoos, Vernon, Kelowna and is in his 16th year at Giant-FM in Penticton. He was selected Penticton's 'Man of the Year' in 2003 and was recently presented an award at the BC Fruit Growers Association convention for his "years of professional reporting of the tree fruit industry." Walker enjoys being in Penticton and working for the independently-owned Giant-FM. Walker and News Leader owner/publisher George Elliott have known each other for years and continue to work together swapping news tips and stories. "Dennis has a keen ear for a news item others may miss," Elliott says. "He has a knack for turning something that may be considered a soft news item into an interesting feature. It's reminded me that you don't always have to concentrate on the big, loud headline stories." *



Princeton Posse split two home games over the weekend. Details on Page 11 and 12. *

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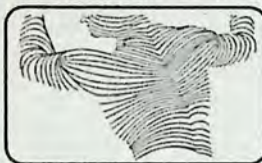
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Explore The History Of Mining - Gold, Copper and Coal

news leader health page**Make 2007 the best for you and your child**

by Dan Albas

Here we are at the beginning of a whole new year. Will this next year be a year of growth and learning for you and your child? Or will we simply let it come and go, and not move towards our true potential? The way that children learn best is by example. If you choose to make 2007 a banner year, you will demonstrate to your children how they can do the same. In this article, we will examine the first step to making the most out of your year: healthy lifestyle!

Start today

Start the year off right by taking the proverbial bull by the horns and begin exercising regularly! Exercise is the so-called 'magic pill' that allows us to live longer, stronger and better prepared to face life's challenges. There are many options that are available to us year-round. It really doesn't matter what you choose to do whether it be walking, hiking, biking or swimming. It just has to be consistent.

I used to believe that people should always try to find a form of exercise that they love and enjoy. My theory was that if you loved doing it - you would do more of it. You would then start to receive the benefits of that activity. I changed my mind when I met a very physically active lady in her mid-50s. She seemed very successful in maintaining a healthy lifestyle. So I asked what the key to her success was. She said "Dan, I don't like exercising one bit. In fact, when I have done a hard day at work, I just want to go home, not to the gym. But I do it - because I know there are two pains in life. One is the pain of discipline, of forcing myself to go workout when I don't want to. The other is the pain of regret, for not doing what I know is good for me. I may not like exercise, but I do love the benefits of it."

Water

In addition to exercise, another key towards healthy lifestyle is hydra-

tion. Most of us are dehydrated on a continual basis. It is important that your body gets the right amount of water every day. It has been proven that when we are dehydrated, we do not think as clearly or sharply, and are much more prone to stress. Some studies have shown that dehydration has an adverse affect on learning. I know firsthand parents who advocate having their child bring a water bottle to school so that they can stay hydrated throughout their teacher's lesson.

How much water should you drink? It depends on your age, size, metabolism, how much exercise and how intense the activity is. From the reading that I have done, and average adult needs between 8 and 10 glasses of water a day, if they exercise on a regular basis. For more information or for a more specific amount please consult with your doctor.

Stop doing one thing, start doing another.

All of us have habits. Some habits are better for our health than others. I can give a very recent and personal example. Before making any New Year's resolutions, I use the month of December as a 'practice month' to try out the resolutions I may make in the New Year. Last year, I started to attend a lot of meetings and functions through different organizations I volunteer with. In almost every meeting, they served coffee. Because of this abundant supply, I got into the habit of drinking a lot of coffee. Not just a little, a lot of coffee. So one day in December, I just gave it up. It was

difficult, as I had headaches for weeks. People kept asking me how come I looked so tired. It was hard to sometimes think clearly but I managed through it. I'm using this as an example, not to impress you, but to impress upon you the importance of making small changes -- to stop doing one thing and start doing another. By not drinking coffee, I started to drink more water. By drinking more water, I felt better and more alive. By feeling better and more alive, I desired to exercise more. Because I exercised more, I ended up with more energy at the end of the day and spent more time playing with my kids. That makes me feel really good. It was simply stopping one thing and starting another. If I can do it, you can do it. Find one thing you want to stop and would like to start and begin today.

Modern science has demonstrated in study after study, that as little as 20 minutes per day of light to moderate exercise will help prevent a myriad of potential health problems later in life. It also keeps your metabolism high, and allows you to do what ever you do to the best of your ability. It allows you to play with your kids after a hard day of work, instead of plopping yourself down on the couch and telling the kids that you need a break. All it takes is some regular exercise, staying properly hydrated, and making small changes that will motivate you to continue. If you can take control of your health, you will have the strength and vitality to fuel your efforts in 2007. So don't delay, start today!

living past 100**Switch grains for good health**

The recent focus on whole grains has led many people to opt for whole wheat bread. This is not a bad thing unless you are one of the increasing number of people who have a low tolerance for wheat. There are other grains, and they are good for you.

Barley is a great grain, especially if you want to lose weight. Barley will help you lose weight! Barley contains a good dose of fibre, and good levels of protein.

Barley can be used as a substitute for rice in pilafs or salads, and it is great in soups (especially chicken soup). It can be used in place of rice as a side dish. Try combining cooked and chilled barley with mushrooms garlic, onions, thyme, oil and vinegar to make a great salad dish to serve with cold meat.

Buckwheat is another grain worth trying. It is sold roasted, and cooked like oatmeal. Ground into flour, it makes delicious pancakes. Buckwheat is great for diabetics, as it increases glucose tolerance and reduces blood cholesterol.

Corn is a grain but we tend to think of it as a vegetable. Corn is made into flakes, meal, flour and cornstarch. Corn is gluten-free and corn flour can be a substitute for wheat flour in many recipes (but add an egg to make it stick together).

Kernel corn, eaten as a vegetable, is a whole grain. Some people have a low tolerance for corn in this form, but it is good for cleaning out the bowels.

Rice is another gluten-free grain, but brown rice should be your choice. There is very little nutrition in white rice. Rice can be made into flour and you can buy rice noodles and rice cereal.

Try these other grains. Each contributes a new flavour to meals. If you have high cholesterol, the alternative grains have been proven to help reduce blood cholesterol.

PS Capsule Comments

by your Pharmasave Pharmacist Wen Wong



Chickenpox, a highly infectious disease common in children, is caused by the varicella zoster virus. After infection, this virus lies dormant in the nervous system to re-emerge as shingles in 20% of adults over the age of 60. There is a vaccine to prevent chickenpox in children. We can tell you all about it.

If you do your regular exercising in the morning, be sure you have a small snack one hour before. It should contain some carbohydrate, some protein and a small amount of fat. Eating like this will help you maintain your blood sugar and energy levels while you exercise.

February is Heart and Stroke Month. It's a good time to remind everyone that the first three letters of the word **STROKE** can be helpful in identifying a person who is actually having one. "S" is for asking the person to Smile. "T" is checking to see if they can Talk or speak in a simple sentence. "R" is to see if the person can Raise both arms. If there is trouble with any one of these, get help immediately.

If you have trouble swallowing tablet and capsule medications, try tilting your head *forward* when swallowing the medication. Throwing the head backwards can stretch the esophagus making it harder to swallow.

Our job as your pharmacist is to ensure you take the right medication at the right time and in the right dose. We hope to see you in our pharmacy soon.

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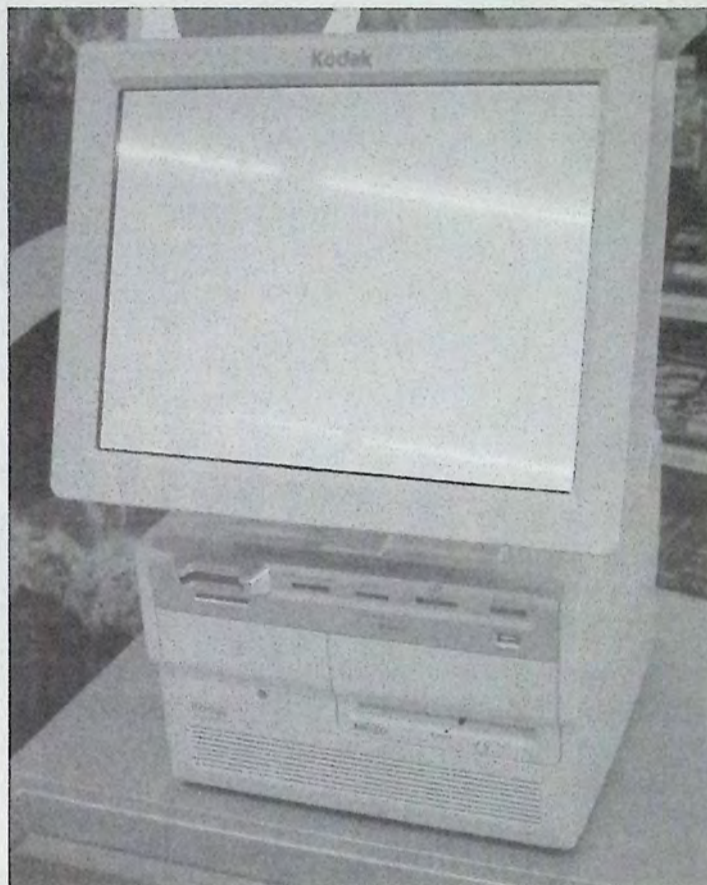
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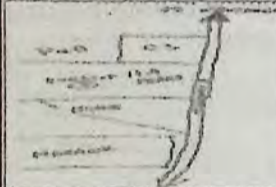








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HOW TO FIND THE PERFECT HOME!

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

 <p>2692 Highway 5A \$858,300</p>	<p>Borgeson Lake Lot Area (acres): 176.95 MLS# 38062</p> <p>The jewel in the crown. Gorgeous lakefront property situated on Borgeson Lake along Highway 5A. This 176 acre parcel has stunning views of the lake and valley. Approx. 2/3 not in ALR so may be subdivision potential.</p>	 <p>468 Tulameen River \$1,138,300</p>	<p>Tulameen Total Sq Ft: 1,063 MLS# 37874</p> <p>Fantastic acreage in Tulameen. Consists of approx. 7 acres of riverfront, lower 12 acre bench with cabin and 60 acres of beautiful, treed view acres. Possible subdivision potential. This is a great investment holding property or develop now!</p>	 <p>297 Lachine Avenue \$159,000</p>	<p>Princeton Total Sq Ft: 985 MLS# 37939</p> <p>This cozy 3-bedroom home is perfect for the first time buyer or couples looking for a quiet place to enjoy life. Tenant occupied, 24-hour notice required. Spacious master bedroom and lovely country style eat-in kitchen. Loads of exterior sheds.</p>
 <p>Highway 3 West \$313,800</p>	<p>Princeton Lot Area (acres): 11.90 MLS# 38067</p> <p>Location, location. Very private 11+ acres in town and bordering Highway 3. Gorgeous building sites, well treed, two benches, one is approx. 2 acres and the other 6 acres. Possible subdivision potential. Top benches and residential below. Super potential!</p>	 <p>522 Taylor \$289,900</p>	<p>Princeton Total Sq Ft: 1,152 MLS# 37850</p> <p>Stunning riverfront. Fully irrigated, greenhouse, lovely landscaping, shop plus large double carport. Home is immaculate with vinyl windows, ceramic tile, fabulous kitchen island, laminate, central air and so much more!</p>	 <p>170 Dollie Street \$123,800</p>	<p>Princeton Total Sq Ft: 2,304 MLS# 37880</p> <p>Bring your family! Large home on a big, bright lot located in a quiet area of town. Large rec room in the basement for the kids. Woodstove included for low cost heating. Great sun-deck for entertaining family and friends. Hurry before it's sold.</p>
 <p>13-406 Brandmayr \$85,900</p>	<p>Princeton Total Sq Ft: 1,184 MLS# 37929</p> <p>Beautifully refurbished mobile home in quiet park on fenced lot and a half. Lots of storage. Includes two fireplaces, well-constructed addition, new appliances and new furniture. Must see to believe.</p>	 <p>2729 Highway 3 \$538,800</p>	<p>Princeton Total Sq Ft: 1,796 MLS# 38065</p> <p>First class home on 65 acres that fronts Highway 3 27-kilometres East of town. Almost 1-mile of highway frontage. 1,400 sq ft main c/w full basement and enclosed double garage. Heating costs are low with almost new wood stove. Great Second Bench with view!</p>	 <p>287 Lawless Creek \$493,800</p>	<p>Tulameen Total Sq Ft: 1,254 MLS# 37854</p> <p>Remember the Great Escape? This is it! Log home that comes with 5.38 acres, large decks, barn, corrals, fencing, 1,254 sq ft double wide, great views and also a family and friends bar. This rare find is located in Tulameen, the Whistler of the Interior.</p>
 <p>295 Lachine Avenue \$49,000</p>	<p>Princeton Lot Area (acres): 0.08 MLS# 37940</p> <p>Central location with easy walk to all amenities. Not many building lots left in Princeton. This is a quiet area of town, in the Allison Flats neighbourhood. Partially fenced lot, with alley and road access.</p>	 <p>435 Billiter Avenue \$215,000</p>	<p>Princeton Total Sq Ft: 2,200 MLS# 38060</p> <p>Wonderful family home is very well maintained and perfectly located next to park on Third Bench. Roof is 6 years old, laminate floor in kitchen, new front room window plus awnings and paint inside and out. Double attached garage. Plus workshop and garden.</p>	 <p>123 Agur Road \$138,300</p>	<p>Princeton Lot Area (acres): 1.31 MLS# 38229</p> <p>Want to be outdoors? Just over 1-acre, close to Osprey and Link Lakes. Year round recreation here, ski-dooing, fishing, hiking or just to get away. This parcel also includes an approx. 400 sq ft summer cabin. Make the great escape!</p>

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The group calling itself SOS (Save Our Similkameen) received a huge shot in the arm last week in the form of a cheque worth \$2,500.00 from the Civil Employees Council of Unions. CECU Vice President Bob Coyne, second from left, presents the cheque to Brad Hope. The pair are joined by SOS members Ernie Lawrence and Mary Masiel. The CECU is the group that bargains for civic employees in the Okanagan and Similkameen Valleys and contains 1,000 members. Coyne says the group voted unanimously to support SOS with the contribution. *

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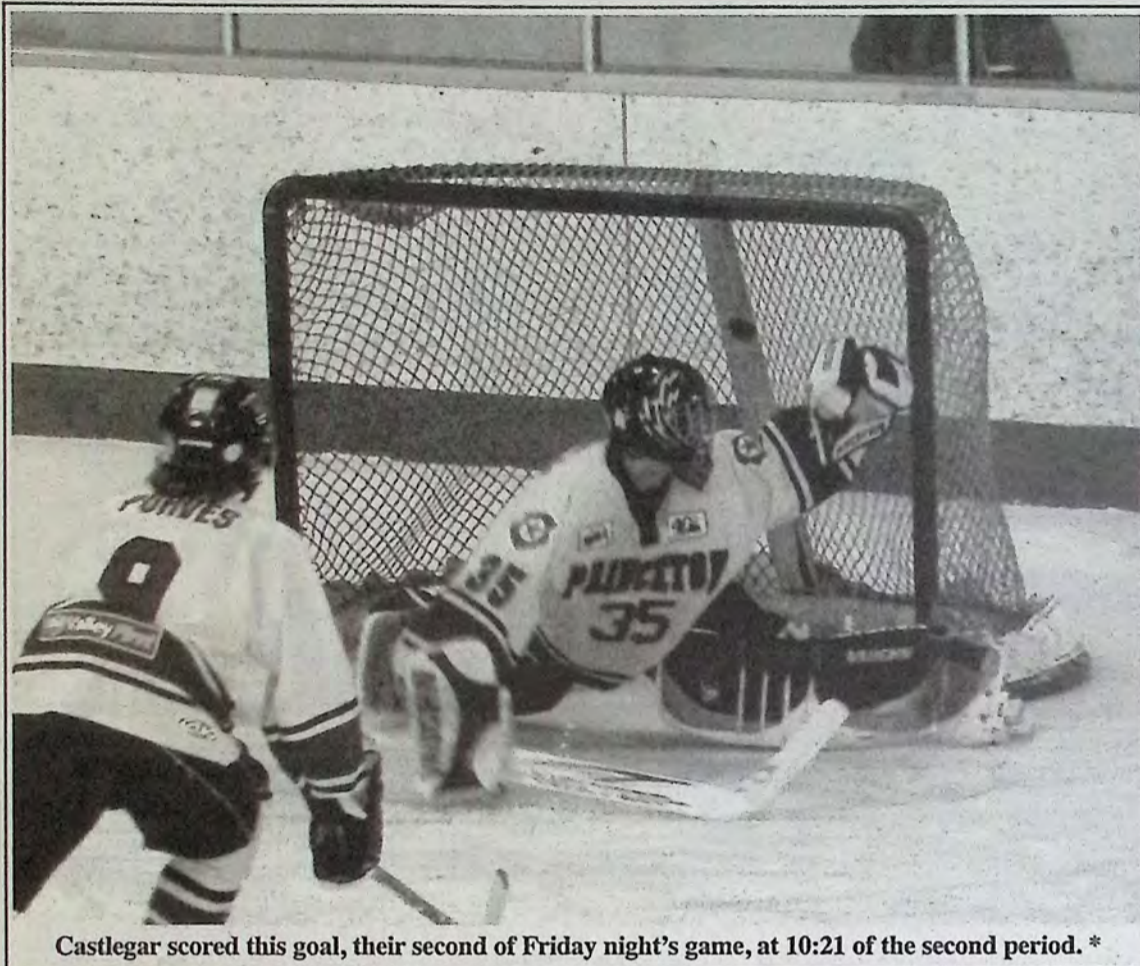
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weekly entertainment guide

TUESDAY, FEBRUARY 6, 2007 THROUGH MONDAY, FEBRUARY 12, 2007



Castlegar scored this goal, their second of Friday night's game, at 10:21 of the second period. *

Shorter Posse bench tries hard

Stories continue to circulate regarding what really happened in Spokane on January 27th between the Braves and Princeton Posse. What is known for sure is that with 2-seconds left in the game a bench-clearing brawl took place and Princeton players were hit heavily with penalties.

A total of seven players were assessed time in the box including: Mike Salter (10-minutes for Game Ejection and 5-minutes for Fighting), Jeremy Wagner (10-minutes for Game Ejection and 5-minutes for Fighting), Peter Purves (10-minutes for Game Ejection and 5-minutes for Fighting), Michael Bunting (10-minutes for Gross Misconduct and 4-minutes for Leaving the Bench), Matt Arnold (10-minutes for Game Ejection and 5-minutes for Fighting), Dan Hillman (5-minutes for Fighting, 2-minutes for Game Ejection and 2-minutes for Unsportsmanlike Conduct) and Jordan Lane (10-minutes for Game Ejection and 5-minutes for Fighting). Unfortunately, the officials got some of the players numbers mixed up and the stat sheet is incorrect.

The good news was, according to the Posse, the boys won the brawl. The bad news was that the following home game, the February 2nd match against Castlegar Rebels, would see a much shorter Posse bench.

The actual seven players who were involved in the fracas (Mike Salter, Anthony Leardo, Spencer Brooks, Brett Van Riper, Eric Galbraith, Michael Bunting and

Jordan Lane) and Coach Dale 'Duner' Hladun would not be in the game.

The team brought former Summerland Sting Coach and Penticton Veas Scout James Morgan in to fill Hladun's seat and added 'AP' Chris Johnson to the line up.

The game had all the makings of a great game, and the first period zipped by with no scoring, few penalties but lots of action on both ends. Princeton's goaltender, Evan Karambelas, was spectacular in goal stopping an amazing array of flying pucks coming from everywhere except the stands.

Castlegar started to dominate in the second period and scored two fast goals at 6:01 and 10:21. By this time the Posse was wearing a little thin. They kept up with their oppo-

nents, but were not able to score despite a number of attempts.

The third period saw a tired Posse continue to try to keep up with the Rebels and once Castlegar added their third goal at 2:42 it looked like the Posse were done until Matt Arnold popped one in at 8:49 (assisted by Kyle L'Arrivee).

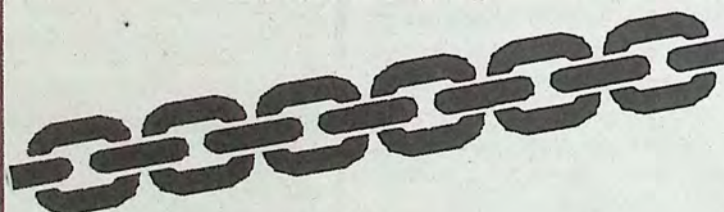
That put some life into the home team and they battled for most of the remainder of the game but just couldn't get a better handle on their opponents. Frustration took over and the Posse suffered with multiple penalties.

Castlegar scored once more at 9:16 and although Princeton tried hard to regain control, they couldn't.

Shots on goal: Castlegar 22, Princeton 15. Final score: Castlegar 4, Princeton 1.

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If we have forgotten anyone, please accept our apologies and know that we couldn't have done it without you!!!

THANK YOU!!!



Princeton's Matt Arnold (#12) sets himself up for the rebound during last Saturday night's game. *



Eric Galbraith (#7) celebrates goal scored by Jordan Lane in the second period of last Saturday night's Posse game against Grand Forks. It was the Posse's first goal of the game. *

Stronger Posse beats Border Bruins

What a difference when most of your team is back on the ice following game suspensions! Princeton Posse welcomed five players back to their line up for last Saturday night's (February 3rd) game against Grand Forks.

The team was still without Michael Bunting (still serving a suspension), Spencer Brooks (nursing an injury) and Coach Dale 'Duner' Hladun and played an awesome game.

The boys pressured Grand Forks throughout the game and never let up. Posse goalie Tanner Sheridan was nothing short of incredible between the pipes catching pucks on the glove side with lightning fast reflexes.

The first period flew by and ended

with the teams still locked in a scoreless tie.

Princeton broke the tie 3:13 into the second frame when Jordan Lane scored a goal off a pass from Alex Young. Eric Galbraith also received an assist on the play.

Grand Forks replied 8-seconds later to tie the game up once again.

Princeton took advantage of their domination of the game and added their second goal at 4:58. Jeremy Wagner got the score with help from Kyle L'Arrivee.

In the third period it was all Princeton. The team was fired up and on a mission. Liam Darragh added Princeton's third goal on the power play at 3:45. Assists went to Anthony Leardo and Alex Young.

Darragh then added a short-hand-

ed goal at 8:25 with assistance from Alex Young.

By this time Princeton owned the game and not only displayed great play making ability, but had vastly improved their penalty killing skills.

The scoring ended at 15:17 when Princeton's Anthony Leardo added one more power play goal. Assists went to Jeremy Wagner and Riley Ferster.

The Posse domination of the game also showed up on the stat sheet with Princeton firing a total of 30 shots on goal to 14 from Grand Forks.

Final score: Princeton 5, Grand Forks 1. There is no doubt the Posse is back and gunning for the final playoff spot in the Okanagan Shuswap Division.

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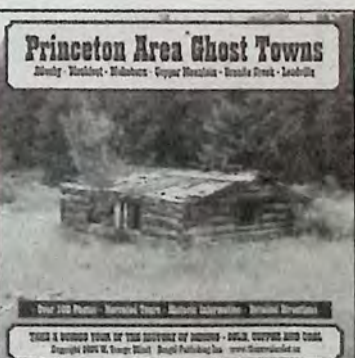
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6 AM :30	Dawson's Creek (E)	News (E) Room	(Off Air)	Body Elec. Caillon (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (E)	(5:00) News (Live) (E)	CBC News: Morning Jacob	Beasts Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man	Rachael Ray (N) (E)	The A-Team	Counterstrike (E)
7 AM :30	Movie: "Blue Streak" (1999)	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today Randy Jackson; Alex Rodriguez; food safety. (E)	The Early Show (E)	American Justice Cold Case Files (E)	Good Morning America (E)			Arthur (E) Lunar Jim	Being Ian Beasts	SportsCentre (E)		Tsunami: Wave	K. Possible (7:24)	CityLine (E)	V.I.P. "True Val Story"	Night Heat (E)
8 AM :30	Martin Lawrence.	Antique	Hi-5 Berenstain	Curious Clifford					100 Huntley Street (N)	Curious Dragon	LazyTown Winx Club	SportsCentre (E)		Dirty Jobs	Weekend Lilo Stitch	Deep Space 9	V.I.P. (E)	Due South (E)	
9 AM :30	NewsRadio Drew	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (N)	World Vision	Poko Save-Ums!	Monster Mona	Off-Record SnowTrax	Regis and Kelly	Daily Planet (E)	Pooch Bear	News (E) City	The A-Team	FANatical Inside Box
10 AM :30	Cosby Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "Prey" (E)	The View (N) (E)	World Vision	Design House	Zoboo Doodlebop	Adrenalini Jane	PBA Bowling: Sun City	The View (N) (E)	Blueprint for Disaster	JoJo Benj Bear	Movie: "Grey Owl" (1999)	Disorderly Con.	Ellen (E) Grace
11 AM :30	Harvey Harvey	Thane Seinfeld	Math Shop Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (Live) (E)	The Gill Deacon Show	Pippi LazyTown	Classic (E) Beach Soccer	eTalk (E) MTV e2	Superweapons	Higglytown (11:25) King	Drama Pierce Brosnan. (E)	Deep Space 9 Fraser	The Nanny
12 PM :30	Home Imp. Home Imp.	News (E)	Sustain Undersea	Charlie Rose (E)	Paid Prog.	News	City Confidential (E)	All My Children (N) (E)	News (E)	Days of our Lives (N)	CBC News: Today (E)	Being Ian Beasts	Beach Soccer	Degrassi	Seven Wonders Of... Weekend	(11:49)	CityLine (E)	Star Trek: Next Gener. Seinfeld	
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Maephee 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)	Living Dinner	Gadget Stickin	X Games	Sue Thomas: F.B. Eye	Futureweapons (E) Emperor	Dragon	Making It	Star Trek: Next Gener. Fraser	Mad Abt.
2 PM :30	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)	The Gill Deacon Show	Jacob Flamingo	Strongest Interruption	General Hospital (N)	How-Made How-Made	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
3 PM :30	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) Postcards	Judge Judge	Dr. Phil (E)	Crossing Jordan (E)	Rachael Ray (N) (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Idaten	Off-Record Sports	Dr. Phil (E)	The Blasters (E) Lloyd	Weekend	News (E)	Star Trek: Voyager (E)	Due South (E)
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami "Prey" (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Frasier Mercer	Phantom Viva Pinata	Hockey Interruption	The Tyra Banks Show	Daily Planet (E) Proud	Barbarian Hollywood	Friends Hollywood	CSI: Crime Scn	FANatical Inside Box
5 PM :30	Raymond Raymond	News (E)	George S. (5:32)	BBC World Business	News (E) NBC News	News	CSI: Miami (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Simpsons Arrested	OddParent SpongeBob	Legends Cup Poker (Taped)	News (E)	How-Made How-Made	K. Possible Suite Life	Funniest Home Videos	CSI: Crime Scn Seinfeld	Seinfeld
6 PM :30	Sex & City Sex & City	Body Caitlin	CG Kids Heads Up	News- Lehrer	News (E) Raymond	News	Dog Dog	News (E) News (E)	News (E)	ET Canada Entertain	CBC News Canada	Being Ian Prank Ptrl		News (E)	American Chopper (N)	So Little Darcy	Entourage Girls	CSI: Crime Scn	Married... Married...
7 PM :30	Friends Friends	Vanity Jeopardy!	Animals Eden	Nova "Forgotten Genius" (N)	Jeopardy! Fortune	Friends Scrubs	Dog The Insider	Entertain ET Canada	Entertain ET Canada	Gilmore Girls (N) (E)	Coronatn Antiques	Sabrina Malcolm	SportsCentre (Live) (E)	eTalk (E) Hollywood	Biker Build-Off (E) Smart Guy	So Raven	Stargate SG-1	CSI: Crime Scn	Fraser Grace
8 PM :30	Sex & City Sex & City	NCIS "Blowback" (N)	The Romantics Religion.	(E) (DVS)	Dateline NBC (N) (E)	NCIS "Blowback" (N)	King Cars King Cars	Funniest Home Videos Primetime (N) (E)	Gilmore Girls (N) (E)	Risk Takers (N) (E)	Mercer 22 Minutes	Fresh Pr. Monster	In Corner	American Idol (N) (E)	Daily Planet (N) (E) Life Derek	Suite Life News (E)	(9:06) Star! (8:35) Star!	CSI: NY "Stuck on You"	ET Canada FANatical
9 PM :30	Movie: "Road Trip" (2000)	The Unit (N) (E)	Goodall's Great Dates	Sisters-Selma	Law Order: CI	The Unit (N) (E)	CSI: Miami (E)	House (N) (PA) (E)	House (N) (PA) (E)	Just for Laughs	15/Love Weird	Boxing: Jorge Arce vs. Julio Ler.	Criminal Minds (N) (E)	American Chopper (E) Sinbad	8 Rules (10:06) Jimmy Kimmel	CSI: Crime Scn Seinfeld			
10 PM :30	Seann William Grant	Boston Legal (N) (E)	Scattering Landscape	Independent Lens (N) (E) (DVS)	Law & Order: SVU	The Unit (N) (E)	Dog Dog	Boston Legal (N) (E)	Risk Takers (E)	News (Live) (E)	National Bob	Prank Ptrl	Law & Order: SVU	Biker Build-Off (E)	Popular (E)	Movie: "Jawbreaker" (1999) Rose McGowan.	Star Trek: Voyager (E)	Married... Married... The Nanny	
11 PM :30	Movie: "Air America"	News (E) Room	Reach-Top Moving On	C. Rose	Tonight	Late Show	Dog	News (E) (11:35)	News (E)	Entertain ET Canada	The Hour (E)	Madison Hollywood	SportsCentre (Live) (E)	News (E)	How-Made How-Made	8 Rules Life Derek	CSI: NY "Stuck on You"	Ellen (E)	

WEDNESDAY, FEBRUARY 7, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	Dawson's Creek (E)	News (E) Room	(Off Air)	Body Elec. Caillon (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (E)	(5:00) News (Live) (E)	CBC News: Morning Jacob	Beasts Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man	Rachael Ray (N) (E)	The A-Team	Counterstrike (E)
7 AM :30	Movie: "Road Trip" (2000)	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today (N) (E)	The Early Show (E)	American Justice Cold Case Files (E)	Good Morning America (E)			George S. Lunar Jim	Being Ian Adrenalini	SportsCentre (E)		Untamed North America American Chopper (E)	K. Possible (7:24)	CityLine (E)	V.I.P. "Valley Wonka"	Night Heat "Innocents"
8 AM :30	Seann William Scott.	Homes	Hi-5 Berenstain	Curious Clifford					100 Huntley Street (N)	Curious Pinky	LazyTown Winx Club	SportsCentre (E)		Weekend Lilo Stitch	Deep Space 9	V.I.P. (E)	Due South "The Edge"		
9 AM :30	NewsRadio Drew	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (N)	World Vision	Poko Save-Ums!	Monster Mona	Off-Record Timeless	Regis and Kelly	Daily Planet (E)	Pooch Bear	News (E) City	Most Amazing Videos	That News Inside Box
10 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 Miley Cyrus	World Vision	Design House	Zoboo Doodlebop	Adrenalini Dragon	Bowling	The View Miley Cyrus	Shipwrecked	JoJo Handy	Movie: "Roustabout" (1964)	Disorderly Con.	Ellen (E) Grace
11 AM :30	Harvey Harvey	Seinfeld Thane	Mathematics Scattering	Bob Build Sit-Be Fit	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (Live) (E)	The Gill Deacon Show	Pippi LazyTown	Billiards Beach Soccer	eTalk (E) MTV e2	Queen Mary 2: Birth of a Legend (E)	Higglytown (11:25) King	Elvis Presley. (E)	Deep Space 9 Fraser	The Nanny
12 PM :30	Home Imp. Home Imp.	News (E)	Reach-Top Edge	Charlie Rose (E)	Paid Prog.	News	City Confidential (E)	All My Children (N) (E)	News (E)	Days of our Lives (N)	CBC News: Today (E)	Being Ian Adrenalini	Beach Soccer	Degrassi	Bold & B.	Weekend	CityLine (E)	Star Trek: Next Gener. Seinfeld	
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Journal Thimbles	One Stroke Sewing	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)	Living Dinner	Gadget Stickin	Ali Rap	Sue Thomas: F.B. Eye	MythBusters (E) Emperor	Dragon	Speakers Star! Daily	Star Trek: Next Gener. Fraser	Mad Abt.
2 PM :30	King King	Guiding Light (N) (E)	Gaslight Moving On	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Jacob Flamingo	Interruption	General Hospital (N)	Dirty Jobs Proud	Lilo Stitch	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
3 PM :30	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) Postcards	Judge Judge	Dr. Phil (E)	Crossing Jordan (E)	Rachael Ray (N) (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Pokemon	Off-Record Sports	Dr. Phil (E)	They do It? They do It? Lloyd	Weekend	News (E)	Star Trek: Voyager (E)	Due South "The Edge"
4 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	Frasier Just-Gags	Phantom Avatar	NHL Hockey: Ottawa Sabres. (Live) (E)	The Tyra Banks Show	Daily Planet (E) Proud	Barbarian Hollywood	Friends Hollywood	CSI: Crime Scn	That News Inside Box
5 PM :30	Raymond Raymond	News (E)	George S. (5:32)	BBC World Business	News (E) NBC News	News	CSI: Miami (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Simpsons Arrested	OddParent SpongeBob	Senators at Buffalo Sabres. (Live) (E)	News (E)	Stonehenge: The Ultimate Experience (E)	K. Possible Suite Life Darcy	Beauty and the Geek	CSI: Crime Scn Seinfeld	Seinfeld
6 PM :30	Raymond Raymond	Body Caitlin	Mechanics Creatures	News- Lehrer	News (E) Raymond	News	The Sopranos "Boca"	News (E) News (E)	News (E)	ET Canada Entertain	CBC News Canada	Being Ian Adrenalini	Hockey	News (E)	Experience	So Little Darcy	Movie: "Romeo Must Die" (2000) Action Jet Li, Aaliyah.	UFC's Ultimate Fight Night	Married... Married... Fraser Grace
7 PM :30	King King	Vanity Jeopardy!	Wolves of Labrador (N)	Ballroom Chall	Jeopardy! Fortune	Friends Scrubs	The Sopranos "A Hit Is a Hit" (E) Dog	Entertain The Insider	Entertain ET Canada	Jane Show Dangerous	Coronatn Marketple	Sabrina Malcolm	SportsCentre (Live) (E)	Lost (N) (E) "Not in Portland"	MythBusters (E)	So Raven Smart Guy	News (E)	Pros vs. Joes	ET Canada That News
8 PM :30	Movie: "Boat Trip" (2003) Cuba Gooding Jr.	King In Case	Arcic Mission: Inuit	The Supreme Court (N)	Friday Night Lights (N)	Armed & Famous (N)	Hit" (E)	Lopez Knights	Bones (N) (PA) (E)	Bones (N) (PA) (E)	Mosque Comedy	Fresh Pr. Weird	Off-Record	Lost "Not in Portland"	Daily Planet (N) (E)	Suite Life Life Derek	News (E)	Pros vs. Joes	ET Canada That News
9 PM :30	Movie: "Ocean's Twelve" (2004)	Movie: "Ocean's Twelve" (2004)	Industrial Rev	The Supreme Court (N)	Deal or No Deal (N)	Criminal Minds (N) (E)	CSI: Miami (E)	Lost (N) (E)	Deal or No Deal (N)	Deal or No Deal (N)	fifth estate	15/Love My Family	Snooker: 2006 World Trickshots.	American Idol (N) (E)	MythBusters (E) Sinbad	8 Rules	(9:06) Jimmy Kimmel	CSI: Crime Scn Seinfeld	Seinfeld
10 PM :30	Movie: "Mickey Blue Eyes" (1999) Hugh Grant.	George Clooney. (E)	Nowhere, Fast (E)	David Attenborough	Medium (N) (E)	CSI: NY (N) (E)	The Sopranos "Boca"	Lost "Not in Portland"	Jane Show Dangerous	News (Live) (E)	National	Prank Ptrl Bob	CSI: NY (N) (E)	Stonehenge: The Ultimate Experience (E)	Popular (E)	Movie: "Hammers Over the Anvil" (1993) (E)	Star Trek: Voyager (E)	Married... Married... The Nanny	
11 PM :30		News (E)	Dotto Tech	Charlie Rose (N) (E)	News (E) Tonight	News	The Sopranos (E)	News (E)	News (E)	Entertain ET Canada	The Hour (E)	(11:05) Hollywood	SportsCentre (Live) (E)	News (E)	8 Rules Life Derek		Pros vs. Joes	Ellen (E)	

Horoscopes

February 7 - 14, 2007

Aries - Career is challenging, and your mind is active in a positive way. You may experience headaches this week, due to keeping thoughts silent. Sore feet mean time for rest.

Taurus - You really need to do something! Grasp a project and put real effort into it! You will derive pleasure from plans and activity. Be romantic on Valentine's Day. Love is in the air.

Gemini - This will be your year to learn the real meaning of sharing. Actively plan how to arrange mutual resources to the benefit of both you and your partner. Career is smooth.

Cancer - Romance can come your way now as a lusty affair, but it may not last. Focus attention on financial planning for security. Stick to your principles or face longterm disappointment.

Leo - Tension arises between your need for security and affection and your need to look after your health. Do not keep concerns buried or you will feel worse. Discuss feelings.

Virgo - Love is in the air and your partner may suddenly express it, but don't expect immediate commitment. Romance may turn into secure relationship in next few months. Patience!

Libra - Plans, good health, and family are affected this week by a pleasant combination of events. Your health is good, and you want to improve your home. Write out firm plans.

Scorpio - Finances improve this week. News from youngsters needs time to consider. Action centers around siblings, neighbours. Check vehicle - you may need repairs. Drive safely.

Sagittarius - Matters of home and family may be the source of inspiration this week as well as renewed commitment. Go out on Valentine's Day and renew relationship. Enjoy!

Capricorn - Your energy level climbs and you want more action. Don't overdo, but do keep busy. Be cautious of what you say - you might have to eat those words next month. Caution!

Aquarius - You have some worries concerning coney and health, and these bring tension to relationships. This week may bring a needed dose of reality. Keep feet on ground.

Pisces - You promote good plans meant to resolve difficulties, but you feel disappointment. Turn attention to your health. If you feel tired, or too old, you need more fun in your life.

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 GSAR Hall, Rocklin Avenue.
- 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.
- 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 "Mickey Blue Eyes" (1999, Romance-Comedy) (PA) Hugh Grant. After his girlfriend accidentally kills a mafioso's son, a man helps her mobster father try to pin the blame on a rival crime family. [E]
- 10:00 am CITY (29) ★★½ "Iceman" (1984, Drama) Timothy Hutton. An anthropologist protects a confused Neanderthal man thawed back to life. [E]

EVENING

- 7:00 pm WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity. [E]

- 9:10 pm WTBS (3) ★★½ "Good Will Hunting" (1997, Drama) Matt Damon. A therapist, a mathematician and working-class roughs vie for the soul of a janitor with a genius IQ. [E]
- 10:06 pm CITY (29) ★★ "The Wood" (1999, Drama) Omar Epps. Young men, one of whom is about to be married, reminisce about their childhood during the 1980s in Inglewood, Calif. [E]
- 11:00 pm SPIKE (44) ★★½ "Eddie Murphy Raw" (1987, Comedy) Eddie Murphy. Premiere. The comedian does a Bill Cosby impression and discusses life, women and sex in a stand-up show in New York. (In Stereo)

friday movies

MORNING

- 7:00 am WTBS (3) ★★½ "Good Will Hunting" (1997, Drama) Matt Damon. A therapist, a mathematician and working-class roughs vie for the soul of a janitor with a genius IQ. [E]
- 10:00 am CITY (29) ★★½ "The Deep End of the Ocean" (1999, Drama) Michelle Pfeiffer. Parents lose their 3-year-old in Chicago and are miraculously reunited with him nine years later. [E]

AFTERNOON

- 5:00 pm WTBS (3) ★★ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress. [E]

EVENING

- 7:10 pm WTBS (3) ★★½ "Jerry Maguire" (1996, Romance-Comedy) Tom Cruise. A Los Angeles sports agent finds love with a pretty accountant after an attack of conscience costs him his job and fiancée. [E]
- 7:30 pm FAM (26) ★★ "Max Keeble's Big Move" (2001, Comedy) Alex D. Linz. When his parents announce they are moving, a schoolboy decides to take revenge against his tormentors.
- 8:00 pm KNOW (5) "The Fifteen

- Streets" (1991, Drama) Owen Teale. Bigotry and class divisions factor in the turn-of-the-century romance between a laborer and a shipbuilder's daughter. [E]
- 9:00 pm FAM (26) ★★ "Going to the Mat" (2004, Drama) Andrew Lawrence. A blind teenager becomes a high-school wrestler after his family moves from New York to the Midwest. [E]
- 10:06 pm CITY (29) "Secrets of Seduction" (2000, Adult) Emily Peta. The inventor of a virtual sex program must rescue a woman who has become trapped in the erotic cyberspace.
- 10:15 pm WTBS (3) ★★½ "The Net" (1995, Suspense) (PA) Sandra Bullock. Software allowing Internet access to classified government files makes a computer nerd the target of a British hacker's criminal organization. [E]
- 10:32 pm FAM (26) ★★ "What About Bob?" (1991, Comedy) Bill Murray. A patient follows a pop psychiatrist on his vacation and annoys him while charming his family. [E]
- 11:00 pm SPIKE (44) ★★ "Double Impact" (1991, Action) Jean-Claude Van Damme. Good and evil twins are reunited in Hong Kong as heirs to a fortune, experts in martial arts. (In Stereo)
- 11:55 pm CITY (29) "Naked Passions" (2002, Adult) Monique Alexander. A beautiful editor finds wild stories.

Similkameen News Leader Community Calendar

FEBRUARY

- 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

APRIL

- 6 - Good Friday
- 9 - Easter Monday

MAY

- 13 - Mother's Day
- 21 - Victoria Day

JUNE

- 17 - Father's Day

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

Similkameen News Leader

Recipe Corner (Recipe #153)

Brought To You By: Providence Funeral Homes & Crematorium

Chicken Burritos

(NC)—These easy-to-make burritos are great for lunch (packed in a thermal bag) or dinner. For more delicious recipes, visit www.robinhood.ca.

- 8 cooked chicken breast cutlets
- 8 small (6"/15cm)
- 8 tortilla wraps
- 1 1/2 cups prepared salsa, 375mL divided
- 1/4 cup fresh cilantro, 50mL finely chopped
- 1 tbsp jalapeno peppers, 15mL finely chopped
- 1 cup shredded cheddar 250mL cheese
- sour cream, optional

1. Preheat oven to 400°F (200°C). Grease an 8" (20 cm) square baking pan. 2. Slice chicken cutlets into strips. In medium sized bowl, combine chicken strips with 1 cup (250mL) salsa, cilantro and jalapeno peppers. Place 2 - 3 heaping tablespoons of filling in centre of each tortilla. Roll up. Place seam side down in prepared baking pan. Cover with remaining 1/2 cup (125mL) salsa, and cheese. 3. Bake in preheated oven for 8 - 10 minutes or until burritos are warm and cheese is melted. Serve with sour cream.

Prep Time: 40 minutes Baking Time: 10 minutes Makes: 4 Servings

- News Canada

Providence Funeral Homes & Crematorium



Ron Crooker

- Honouring all Memorial Societies and pre-arranged funeral agreements
- Family owned and operated

1-877-493-4422

Parkview Funeral Home, 1258 Main Street, Penticton



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

226A Bridge Street, Princeton

THURSDAY, FEBRUARY 8, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
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 (E)	(5:00) News (Live) (E)	CBC News: Morning (E)	Beasts Jacob (E)	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man (E)	Rachael Ray (N) (E)	The A-Team	Counterstrike (E)
7 AM :30	Movie: "Mickey Blue Eyes" (1999) Hugh Gmnt.	Life Today 100 Huntley Street (N)	BluesClues Dora Hi-5 Curious	Barney Arthur (E)	Today (E)	The Early Show (E)	Amer. Justice Cold Case Files (E)	Good Morning America (E)			Arthur (E) Lunar Jim (E)	Being Ian Jane (E)	SportsCentre (E)		Canadian Geographic (E)	K. Possible (7:24) (E)	CityLine (E)	V.I.P. (E)	Night Heat (E)
8 AM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover Crossing Jordan (E)	Regis and Kelly (E)	100 Huntley Street (N)	World Vision	Poko Save-Ums! (E)	Monster Mona (E)	Off-Record Shark Tourn. (E)		Daily Planet (E)	Pooh Bear (E)	News (E) City	Most Amazing Videos	What Inside Box (E)
9 AM :30	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	Design House	Zoboo Doodlebop (E)	Adrenalini Jane (E)	Golf: Long Drive Champ. (E)		The View (N) (E)	Beastly Countdown Sprites (E)	JoJo Movie: "Ice Man" (1984) (E)	Disorderly Con. (E)	Ellen (E) Grace
10 AM :30	Harvey	Scinfeld	Haida Art Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (N) (E)	Young and the Restless (E)	24 (E) Paid Prog. (E)	Paid Prog. (E)	Judge J. House	News (Live) (E)	The Gill Deacon Show (E)	Pippi LazyTown (E)	Boxing: Friday Night Fights (E)		eTalk (E) MTV e2 (E)	Killer Squid Higglytown (11:25) King (E)	Timothy Hutton (E)	Deep Space 9 (E)	The Nanny (E) Frasier
11 AM :30	Home Imp. Home Imp.	News (E)	Walk on the Wild Side	Charlie Rose (E)	Paid Prog. (E)	News Bold & B. (E)	City Confidential (E)	All My Children (N) (E)	News (E)	Days of our Lives (N) (E)	CBC News: Today (E)	Being Ian Jane (E)	Boxing: Friday Night Fights (E)		Degrassi Bold & B. (E)	Tsunami: Wave (E)	(11:49) CityLine (E)	Star Trek: Next Gener. (E)	Seinfeld (E)
12 PM :30	Yes, Dear	Diva Dime Homes	Living With Depression	Painting Needle Art	Days of our Lives (N) (E)	As the World Turns (N) (E)	Amer. Justice (E)	One Life to Live (N) (E)	As the World Turns (N) (E)	As the World Turns (N) (E)	Living What's- Sticlin (E)	Gadget Sticlin (E)			Sue Thomas: F.B. Eye (E)	Stonchenge: The Ultimate (E)	Dragon Emperor (E)	In Fashion Star! Daily (E)	Star Trek: Next Gener. (E) Frasier
1 PM :30	King	Guiding Light (N) (E)	Gaslight Dotto Tech (E)	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show (E)	Jacob Flamingo (E)	In Corner Interruptio (E)		General Hospital (N) (E)	Experience Proud (E)	Lilo Stitch Ellen DeGeneres Show (E)	Star Trek: Voyager (E)	Beverly Hills, 90210 (E)
2 PM :30	Seinfeld	Room	Jack's Big Music Show	Arthur (E) Postcards	Judge Dr. Phil (E)	Young and the Restless (E)	Crossing Jordan (E)	Rachael Ray (N) (E)	Young and the Restless (E)	Young and the Restless (E)	Food Miracles (E)	Mystery Yu Gi Oh (E)	Off-Record Sports (E)		Dr. Phil (E)	How-Made Lloyd (E)	Weekend News (E)	Star Trek: Voyager (E)	Due South (E)
3 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire (E)	Oprah Winfrey (E)	News (E) Global	Frasier 22 Minutes (E)	Phantom The X's (E)	Hockey In Corner (E)		The Tyra Banks Show (N) (E)	Daily Planet (N) (E)	Barbarian Proud (E)	Friends Hollywood (E)	CSI: Crime Scn (E) What Inside Box (E)
4 PM :30	Friends	News (E)	George S. (5:32) Business	BBC World NBC News	News (E) NBC News	News	CSI: NY (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Simpsons Arrested (E)	OddParent SpongeBob (E)	Legends Cup Poker (Taped) (E)		News (E)	Biker Build-Off (N) (E)	K. Possible Suite Life (E)	Ugly Betty (N) (E)	CSI: Crime Scn (E) Seinfeld (E)
5 PM :30	Friends	Body	Spellz (E) Reach-Top	News-Lehrer	News (E) Raymond	News (E) Hollywood	The First 48 (E)	News (E)	News (E)	ET Canada	CBC News Canada (E)	Being Ian Erky Perky (E)			News (E)	Dirty Jobs Darcy (E)	So Little Supernatural (N) (E)	TNA IMPACT! (N) (E)	Married... Married... (E)
6 PM :30	Movie: "Something to Talk About" (1995) (E)	Vanity Jeopardy!	Profiles of Nature (E) With Glowing Hearts	Educating Spokane	Jeopardy! Fortune	Friends Scrubs	Miami Manhunt (E)	Entertain The Insider (E)	Entertain ET Canada	Survivor: Fiji (N) (E)	Coronatn Fashion (E)	Sabrina Malcolm (E)	SportsCentre (Live) (E)		The O.C. (N) (E)	Mayday (E) So Raven Smart Guy (E)	Men in Trees (N) (E)	Pros vs. Joes (N) (E)	Frasier (E) Grace
7 PM :30	Trading Spouses	Sahara-Palin	Globe Trekker	Scrubs (N) (9:31) 30	CSI: Crime Scn	CSI: NY (E)	Grey's Anatomy (N) (E)	Deal-No Deal	Shark "Starlet Fever" (E)	Shark "Starlet Fever" (E)	Opening Night (N) (E)	15/Love Oracle (E)	Golf: People vs. The Pros. From (E)		CSI: Crime Scn	Dirty Jobs Sinbad (E)	8 Rules (9:08) Jimmy Kimmel (E)	UFC Sports	Seinfeld (E)
8 PM :30	Hunting" (1997) Matt Damon. (E)	Zoe Busiek: Wild Card	BC Chronicles (E)	Soundstage (N) (E)	(10:01) ER "Dying Is Easy" (N) (E)	Shark "Starlet Fever" (E)	The First 48 (E)	(10:01) Men in Trees (N) (E)	(10:01) Shark "Starlet Fever" (E)	News (Live) (E)	National	Prank Ptr Bob (E)	Pinehurst, N.C. (E)		(10:01) ER "Dying Is Easy" (N) (E)	Mayday (E) Popular (E)	(10:06) Movie: "The Wood" (1999) Omar Epps. (E)	MXC "Eddie Murphy Raw" (E)	Married... Married... (E)
9 PM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover Crossing Jordan (E)	Regis and Kelly (E)	100 Huntley Street (N)	World Vision	Poko Save-Ums! (E)	Monster Mona (E)	Off-Record Shark Tourn. (E)		Daily Planet (E)	Pooh Bear (E)	News (E) City	Most Amazing Videos	What Inside Box (E)
10 PM :30	Movie: "My Best Friend's Wedding" (1997) (E)	Body Caitlin	Arctic Skooled!	News-Lehrer Raymond	News (E) Raymond	News (E) Hollywood	CSI: Miami "Shattered" (E)	News (E)	News (E)	ET Canada	CBC News Canada (E)	OddParent (6:20) Robot (E)	Interruptio		News (E)	I Shouldn't Be Alive (N) Life Derek (E)	Zoey 101 Battlestar Galactica (E)	CSI: Crime Scn (E)	Married... Married... (E)
11 PM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover Crossing Jordan (E)	Regis and Kelly (E)	100 Huntley Street (N)	World Vision	Poko Save-Ums! (E)	Monster Mona (E)	Off-Record Shark Tourn. (E)		Daily Planet (E)	Pooh Bear (E)	News (E) City	Most Amazing Videos	What Inside Box (E)


FRIDAY, FEBRUARY 9, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
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 (E)	(5:00) News (Live) (E)	CBC News: Morning (E)	Beasts Jacob (E)	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man (E)	Rachael Ray (N) (E)	The A-Team	Counterstrike (E)	
7 AM :30	Movie: "Good Will Hunting" (1997) Matt Damon. (E)	Life Today 100 Huntley Street (N)	BluesClues Dora Hi-5 Curious	Barney Arthur (E)	Today (E)	The Early Show (E)	American Justice Cold Case Files (E)	Good Morning America (E)			George S. Lunar Jim (E)	Being Ian Mischief (E)	SportsCentre (E)		Canadian Geographic (E)	K. Possible (7:24) (E)	CityLine (E)	V.I.P. (E)	Night Heat "The Hero" (E)	
8 AM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover Crossing Jordan (E)	Regis and Kelly (E)	100 Huntley Street (N)	World Vision	Poko Save-Ums! (E)	Monster Mona (E)	Off-Record Shark Tourn. (E)		Daily Planet (E)	Pooh Bear (E)	News (E) City	Most Amazing Videos	Big Screen Inside Box (E)	
9 AM :30	Drew	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "Nailed" (E)	The View (N) (E)	World Vision	Design House	Zoboo Doodlebop (E)	Adrenalini Jane (E)	Moon, Flutie, Garcia (E)		The View (N) (E)	Biker Build-Off (E)	JoJo Mickey (E)	Movie: "The Deep End of the Ocean" (1999) (E)	Disorderly Con. (E)	Ellen (E) Grace
10 AM :30	Harvey	Scinfeld	War Scattering	Bob Build Sit-Be Fit	Dr. Keith Ablow (N) (E)	Young and the Restless (E)	24 (E) Paid Prog. (E)	Paid Prog. (E)	Judge J. House	News (Live) (E)	The Gill Deacon Show (E)	Pippi LazyTown (E)	Horse Show (E)		eTalk (E) Screen (E)	Monster House (E)	Higglytown (11:25) King (E)	Deep Space 9 (E)	The Nanny (E) Frasier	
11 AM :30	Home Imp. Home Imp.	News (E)	Canada-History	Charlie Rose (E)	Paid Prog. (E)	News Bold & B. (E)	City Confidential (E)	All My Children (N) (E)	News (E)	Days of our Lives (N) (E)	CBC News: Today (E)	Before Mischief (E)			Degrassi Bold & B. (E)	Biker Build-Off (E)	(11:49) CityLine (E)	Star Trek: Next Gener. (E)	Seinfeld (E)	
12 PM :30	Yes, Dear	Diva Dime Homes	Router SportFish	Scheewe Scrapbook	Days of our Lives (N) (E)	As the World Turns (N) (E)	American Justice (E)	One Life to Live (N) (E)	As the World Turns (N) (E)	As the World Turns (N) (E)	Living Dinner (E)	Gadget Sticlin (E)	Ali's Dozen (E)		Sue Thomas: F.B. Eye (E)	Dirty Jobs Emperor (E)	Dragon Star! Daily (E)	At Movies Star! Daily (E)	Star Trek: Next Gener. (E) Frasier	
1 PM :30	King	Guiding Light (N) (E)	Gaslight Gardens	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show (E)	Jacob Flamingo (E)	Interruptio (E)		General Hospital (N) (E)	Mayday (E) Proud (E)	Lilo Stitch Ellen DeGeneres Show (E)	Star Trek: Voyager (E)	Beverly Hills, 90210 (E)	
2 PM :30	Seinfeld	Room	Hi-5 Arthur (E) Fetch! With Judge	Arthur (E) Judge	Dr. Phil (E)	Young and the Restless (E)	Crossing Jordan (E)	Rachael Ray (N) (E)	Young and the Restless (E)	Young and the Restless (E)	Food Miracles (E)	Mystery Pokémon (E)	Off-Record Sports (E)		Dr. Phil (E)	How-Made Lloyd (E)	Weekend News (E)	Star Trek: Voyager (E)	Due South "Starman" (E)	
3 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami "Nailed" (E)	Millionaire (E)	Oprah Winfrey (E)	News (E) Global	Frasier Air Farce (E)	Phantom Drake (E)	NBA Basketball: Lakers at Toronto Raptors. (E)		The Tyra Banks Show (N) (E)	Daily Planet (N) (E)	Barbarian Proud (E)	Friends Hollywood (E)	CSI: Crime Scn (E) Big Screen Inside Box (E)	
4 PM :30	Movie: "My Best Friend's Wedding" (1997) (E)	Body Caitlin	Arctic Skooled!	News-Lehrer Raymond	News (E) Raymond	News (E) Hollywood	CSI: Miami "Shattered" (E)	News (E)	News (E)	ET Canada	CBC News Canada (E)	OddParent (6:20) Robot (E)	Interruptio		News (E)	I Shouldn't Be Alive (N) Life Derek (E)	Zoey 101 Battlestar Galactica (E)	CSI: Crime Scn (E)	Married... Married... (E)	
5 PM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover Crossing Jordan (E)	Regis and Kelly (E)	100 Huntley Street (N)	World Vision	Poko Save-Ums! (E)	Monster Mona (E)	Off-Record Shark Tourn. (E)		Daily Planet (E)	Pooh Bear (E)	News (E) City	Most Amazing Videos	What Inside Box (E)	
6 PM :30	Movie: "Jerry Maguire" (1996) Tom Cruise, Cuba Gooding Jr. (E)	Next Great Chef (E)	Movie: "The Fifteen Streets" (1991) Owen Teale. (E)	NOW (N) Europe (E)	1 vs. 100 (iTV) (N) (E)	Ghost Whisperer (N) (E)	CSI: Miami "The Score" (E)	Grey's Anatomy (N) (E)	Falcon Beach (E)	NUMB3RS (N) (E)	Air Farce Mercer (E)	(8:05) Zatch (E)	Off-Record		Ghost Whisperer (N) (E)	Daily Planet (E)	"Max Keeble's Big Move" (E)	News (E) Night Party (E)	Disorderly Con. (E) Big Screen (E)	
7 PM :30	Trading Spouses	Sahara-Palin	Globe Trekker	Scrubs (N) (9:31) 30	CSI: Crime Scn	CSI: NY (E)	Grey's Anatomy (N) (E)	Deal-No Deal	Shark "Starlet Fever" (E)	Shark "Starlet Fever" (E)	Opening Night (N) (E)	15/Love Oracle (E)	Golf: People vs. The Pros. From (E)		CSI: Crime Scn	Dirty Jobs Sinbad (E)	8 Rules (9:08) Jimmy Kimmel (E)	UFC Sports	Seinfeld (E)	
8 PM :30	Hunting" (1997) Matt Damon. (E)	Zoe Busiek: Wild Card	BC Chronicles (E)	Soundstage (N) (E)	(10:01) ER "Dying Is Easy" (N) (E)	Shark "Starlet Fever" (E)	The First 48 (E)	(10:01) Men in Trees (N) (E)	(10:01) Shark "Starlet Fever" (E)	News (Live) (E)	National	Prank Ptr Bob (E)	Pinehurst, N.C. (E)		(10:01) ER "Dying Is Easy" (N) (E)	Mayday (E) Popular (E)	(10:06) Movie: "The Wood" (1999) Omar Epps. (E)	MXC "Eddie Murphy Raw" (E)	Married... Married... (E)	
9 PM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover Crossing Jordan (E)	Regis and Kelly (E)	100 Huntley Street (N)	World Vision	Poko Save-Ums! (E)	Monster Mona (E)	Off-Record Shark Tourn. (E)		Daily Planet (E)	Pooh Bear (E)	News (E) City	Most Amazing Videos	What Inside Box (E)	
10 PM :30	Movie: "The Net" (1995) (PA) Sandra Bullock. (E)	20/20 (E)	Sher. Holmes	Patrizio: The New Voice	Law & Order "Church" (E)	NUMB3RS (N) (E)	CSI: Miami "Shattered" (E)	20/20 (E)	NUMB3RS (N) (E)	News (E)	National	Alchemist Bleach (E)	Paintball (E)		Law & Order "Church" (E)	Biker Build-Off (E)	(10:32) Movie: "Secrets of Seduction" (2000) Emily Pet. (E)	Game UFC	Married... Married... (E)	
11 PM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover Crossing Jordan (E)	Regis and Kelly (E)	100 Huntley Street (N)	World Vision	Poko Save-Ums! (E)	Monster Mona (E)	Off-Record Shark Tourn. (E)		Daily Planet (E)	Pooh Bear (E)	News (E) City	Most Amazing Videos	What Inside Box (E)	

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saturday movies

MORNING

- 6:00 am SPIKE (4) ★★ ★ "The Legend" (1993, Action) Jet Li. A woman defends the family honor after her son deliberately loses a fight with his beloved's mother. (In Stereo)
- 7:00 am WTBS (3) ★★ ★ "The Pelican Brief" (1993, Suspense) (PA) Julia Roberts. A Washington reporter helps an on-the-run law student who knows too much about a government cover-up.
- 9:35 am WTBS (3) ★★ ★ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress. (E)
- 10:00 am A&E (9) ★★ ★ "A Few Good Men" (1992, Drama) Tom Cruise. Navy lawyers defend two Marines accused of killing a private at the naval station at Guantanamo Bay, Cuba. (E)
- 11:50 am WTBS (3) ★★ ★ "Jerry Maguire" (1996, Romance-Comedy) Tom Cruise. A Los Angeles sports agent finds love with a pretty accountant after an attack of conscience costs him his job and fiancée. (E)

AFTERNOON

- 12:00 pm FAM (26) "The Proud Family" (2005, Fantasy) Voices of Kyla Pratt. Animated. A mad scientist unleashes evil clones of a family to find their secret formula. (E)
- 1:00 pm SPIKE (4) ★★ ★ "Crocodile Dundee II" (1988, Comedy) Paul Hogan. Colombian drug dealers pursue the outback herman and his Manhattan girlfriend in Australia. (In Stereo)
- 1:31 pm FAM (26) "MXP: Most Xtreme Primate" (2003, Comedy) Devin Drewitz. Two brothers must rescue a snowboarding chimp from kidnappers and return him to his rightful owner. (E)
- 3:00 pm WTBS (3) ★★ ★ "Men In Black" (1997, Comedy) (PA) Tommy

- Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. (E)
- 4:00 pm YTV (18) ★★ ★ "Rugrats in Paris: The Movie" (2000, Adventure) Voices of E.G. Daily. Animated. When Stu Pickles must travel to Paris to work on a new amusement park, the gang accompanies him. (In Stereo) (E)
- 5:00 pm WTBS (3) ★★ ★ "Men In Black II" (2002, Comedy) (PA) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (E)

EVENING

- 6:00 pm CITY (29) "Johnny Tootall" (2005, Drama) Adam Beach. An American Indian activist and his brother go head-to-head when violence puts them on opposite sides of the law. (E) (DVS)
- 6:45 pm WTBS (3) ★★ ★ "Blue Streak" (1999, Comedy) (PA) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot. (E) (DVS)
- 8:00 pm KSPS (6) ★★ ★ "Cocoon" (1985, Fantasy) Don Ameche. Ron Howard's Oscar-winning tale about Florida retirees who find the fountain of youth in a pool filled with alien pods.
- 8:45 pm WTBS (3) ★★ ★ "Swordfish" (2001, Suspense) (PA) John Travolta. A spy working for the CIA forces a computer hacker, who was recently released from prison, to help steal unused government funds. (E)
- 9:00 pm CHBC (4) "The Secrets of an Undercover Wife" (2007, Suspense) A newlywed searches for answers after the arrest of her husband for murder and embezzlement. (E)
- KNOW (5) "Promised Land" (1993, Mystery) John Thaw. Inspector Morse and Sgt. Lewis travel to Australia to find a man who testified

- against a gang of armed robbers. (N) (E)
- KXLY (10) ★★ ★ "Legally Blonde 2: Red, White & Blonde" (2003, Comedy) Reese Witherspoon. Fired from her firm, a young Boston lawyer heads to Washington, D.C., to fight for animal rights. (In Stereo) (E)
- YTV (18) ★★ ★ "Love Don't Cost a Thing" (2003, Romance-Comedy) Nick Cannon. To improve his reputation, an unpopular teenager hires a cheerleader to pose as his girlfriend. (In Stereo) (E)
- FAM (26) "Class President" (2002, Comedy) Sam Poppen. Premiere. A shifty campaign manager helps a 10-year-old boy run for class president against a girl.
- CITY (29) ★★ ★ "Man on the Moon" (1999, Biography) Jim Carrey. Premiere. Comic Andy Kaufman uses an unusual performance style, becomes "intergender wrestling champion" and acts on "Taxi." (E)
- 10:45 pm WTBS (3) ★★ ★ "Lethal Weapon 2" (1989, Action) (PA) Mel Gibson. An accountant leads a wild detective and his cautious partner to a South African diplomat running drugs. (E)
- 10:46 pm FAM (26) ★★ ★ "Frozen Impact" (2003, Suspense) Ted McGinley. While his son waits for a liver transplant, a man races against time to retrieve the organ from a plane crash. (E)
- 11:30 pm CITY (29) ★★ ★ "Ride With the Devil" (1999, Historical Drama) Skeet Ulrich. In the midst of the Civil War, a young fighter begins a romance with a recently married, recently widowed pregnant woman. (E)

sunday movies

MORNING

- 6:00 am WTBS (3) ★★ ★ "Paycheck" (2003, Science Fiction) (PA) Ben Affleck. After learning his memory has been erased, a technical wizard goes on the run to piece together clues from his past. (E)
- 7:00 am A&E (9) ★★ ★ "A Few Good Men" (1992, Drama) Tom Cruise. Navy lawyers defend two Marines accused of killing a private at the naval station at Guantanamo Bay, Cuba. (E)
- 8:30 am WTBS (3) ★★ ★ "The Peacemaker" (1997, Action) (PA) George Clooney. A scientist and an Army Special Forces colonel travel the globe in pursuit of stolen nuclear weapons. (E) (DVS)
- 10:00 am A&E (9) ★★ ★ "The Firm" (1993, Drama) Tom Cruise. A law-school grad uncovers a sinister secret about the Tennessee firm that made him an offer he couldn't refuse. (E)
- 11:00 am WTBS (3) ★★ ★ "Swordfish" (2001, Suspense) (PA) John Travolta. A spy working for the CIA forces a computer hacker, who was recently released from prison, to help steal unused government funds. (E)
- CITY (29) ★★ ★ "Here on Earth" (2000, Drama) Chris Klein. Two teens, sentenced to rebuild a restaurant they accidentally destroyed, vie for the affections of the owner's daughter. (E)

AFTERNOON

- 12:00 pm FAM (26) ★★ ★ "The Big Green" (1995, Comedy) Steve Guttenberg. A love-struck Texas lawyer helps a new British school-teacher transform her cynical students into a soccer team. (E)
- 1:00 pm WTBS (3) ★★ ★ "Blue Streak" (1999, Comedy) (PA) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot. (E) (DVS)
- 1:39 pm FAM (26) ★★ ★ "One Small Hero" (1999, Adventure) Nathan Kiley. A diminutive but determined boy secretly follows along after failing to qualify for a wilderness camping trip. (E)
- 2:00 pm SPIKE (4) ★★ ★ "Sniper 3" (2004, Action) Tom Berenger. Hired to kill a suspected terrorist, a sniper learns his target is an old friend. (In Stereo)

- 3:00 pm WTBS (3) ★★ ★ "Men in Black" (1997, Comedy) (PA) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. (E)
- VTV (22) ★★ ★ "Bedazzled" (2000, Comedy) Brendan Fraser. In an attempt to woo the woman of his dreams, a man sells his soul to the devil for seven wishes. (In Stereo) (E)
- 4:00 pm YTV (18) ★★ ★ "New York Minute" (2004, Comedy) Ashley Olsen. An uptight teenager and her laid-back twin spend a wild day on the streets of Manhattan. (In Stereo) (E)
- SPIKE (4) ★★ ★ "Sniper 2" (2002, Suspense) Tom Berenger. A former Marine and a Marine on death row work together to assassinate an Eastern European rogue general.
- 5:00 pm WTBS (3) ★★ ★ "Ocean's Eleven" (2001, Comedy-Drama) George Clooney. A parolee organizes a gang to steal \$150 million from three Las Vegas casinos in a single heist. (E)
- CBC (13) ★★ ★ "Holes" (2003, Adventure) Sigourney Weaver. A boy and his friends question the motives of a woman at a detention camp who forces them to dig holes. (E)
- CITY (29) ★★ ★ "Runaway Jury" (2003, Suspense) John Cusack. Premiere. A juror, a lawyer and a mysterious woman stand in the way of a man trying to manipulate an explosive trial. (E)

EVENING

- 6:00 pm YTV (18) ★★ ★ "The Princess Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince. (In Stereo) (E)
- SPIKE (4) ★★ ★ "Sniper" (1993, Action) Tom Berenger. Premiere. A lone Marine sharpshooter goes on a Panama mission with a Washington bureaucrat accustomed to paper targets.
- 7:30 pm WTBS (3) ★★ ★ "Ocean's Eleven" (2001, Comedy-Drama) George Clooney. A parolee organizes a gang to steal \$150 million from three Las Vegas casinos in a single heist. (E)
- 8:00 pm CBC (13) "Sleeping Murder" (2005, Mystery) Geraldine McEwan. Miss Marple helps a woman who

- believes she witnessed a murder. (E)
- 9:00 pm FAM (26) ★★ ★ "Honey, We Shrunk Ourselves" (1997, Fantasy) Rick Moranis. An inventor learns important truths about his teenagers when he and other family members shrink to less than one inch.
- 10:00 pm WTBS (3) ★★ ★ "The Peacemaker" (1997, Action) (PA) George Clooney. A scientist and an Army Special Forces colonel travel the globe in pursuit of stolen nuclear weapons. (E) (DVS)
- 10:46 pm FAM (26) ★★ ★ "Tru Confessions" (2002, Drama) Clara Bryant. A teenager gets closer to her developmentally disabled twin while producing a documentary about him. (E)

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MONDAY, FEBRUARY 12, 2007

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of program listings.

monday movies

MORNING

7:00 am WTBS (3) ***"Space Cowboys" (2000, Adventure) Clint Eastwood. Four aging astronauts who never made it into space agree to go up and repair a 1950s satellite. (E)
10:00 am CITY (29) **"Here on Earth" (2000, Drama) Chris Klein. Two teens, sentenced to rebuild a restaurant they accidentally destroyed, vie for the affections of the owner's daughter. (E)

EVENING

6:00 pm CITY (29) *1/2"Resident Evil" (2002, Horror) Milla Jovovich. Commandos infiltrate a research facility after a deadly virus turns the entire staff into ravenous zombies. (E)
9:00 pm WTBS (3) *"What's the Worst That Could Happen?" (2001, Comedy) Martin Lawrence. When a professional thief robs a beachfront mansion, he catches the owner in a compromising situation. (E)

10:06 pm CITY (29) *1/2"Gloria" (1999, Drama) Sharon Stone. Premiere. Murderous mobsters chase a former gun moll and the orphan in her care in this remake of the 1980 John Cassavetes film. (E)
11:00 pm WTBS (3) ***"Spy Hard" (1996, Comedy) (PA) Leslie Nielsen. A bumbling secret agent and his lovely partner try to foil a madman's world-takeover scheme. (E)

news leader puzzle page puzzle maps of exploration

Puzzle page featuring a map of Africa and the Atlantic Ocean, a puzzle grid, and a story about a shipwrecked explorer. Includes a small illustration of a ship and a puzzle grid with clues.

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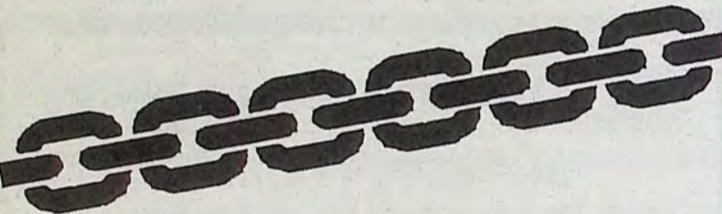
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WAREHOUSEMAN'S LIEN ACT

Attention: David Costa
Box 1334
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The contents of Unit #11 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Four Hundred and Seventy One Dollars and Ninty-six Cents (\$471.96). If you have not paid this outstanding account by February 19th, 2007 the contents will be sold by auction on Saturday, February 24th, 2007 to cover storage costs.

Attention: Nathan McKeller
Box 778
Princeton, BC
V0X 1W0

The contents of Unit #17 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Five Hundred and Eight Dollars and Seventy-five Cents (\$508.75). If you have not paid this outstanding account by February 19th, 2007 the contents will be sold by auction on Saturday, February 24th, 2007 to cover storage costs.

Attention: Theresa Henderson
Box
Princeton, BC
V0X 1W0

The contents of Unit #138 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Three Hundred and Forty-five Dollars and Sixteen Cents (\$345.16). If you have not paid this outstanding account by February 19th, 2007 the contents will be sold by auction on Saturday, February 24th, 2007 to cover storage costs.

Attention: Dave DeRoche
Box 2263
Princeton, BC
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The contents of Unit #65 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Three Hundred and Forty-three Dollars and Eighty Cents (\$343.80). If you have not paid this outstanding account by February 19th, 2007 the contents will be sold by auction on Saturday, February 24th, 2007 to cover storage costs.

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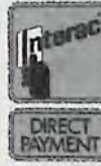
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my turn

We wonder what could have been

The recent demise of the BEA (Princeton Area Business Enhancement Association) saddened us as we always saw the group being far more than it ever became.

The current momentum built by the group calling itself SOS (Save Our Similkameen) is filling a role we always thought the BEA should have.

Let us explain: The BEA, in our view, should have morphed into a Princeton business-owner/operator driven lobby group tackling a variety of issues of concern to area businesses and the future of those businesses.

Examples that come to mind include being actively involved in the Town Square Project; lobbying Town Council on bylaw issues and enforcement; launching an opposition stance to things - such as a coal-fired power generation plant - that may or may not affect the business community.

Instead, the BEA never seemed to get beyond the misinformed perception of being a Chamber of Commerce wannabe - regardless of how much they claimed they weren't.

We thought the BEA would represent business interests without fear of stepping on political toes or getting lost in hidden agendas.

We are saddened by the passing of the BEA as there was so much potential, but it's membership likely didn't see it as clearly.

Yes, the BEA should have been what SOS is today.

We see SOS morphing into a long-term lobby group representing not only business, but residents as well.

That is why we are so grateful to see a group like this take hold of the community and fight for our community.

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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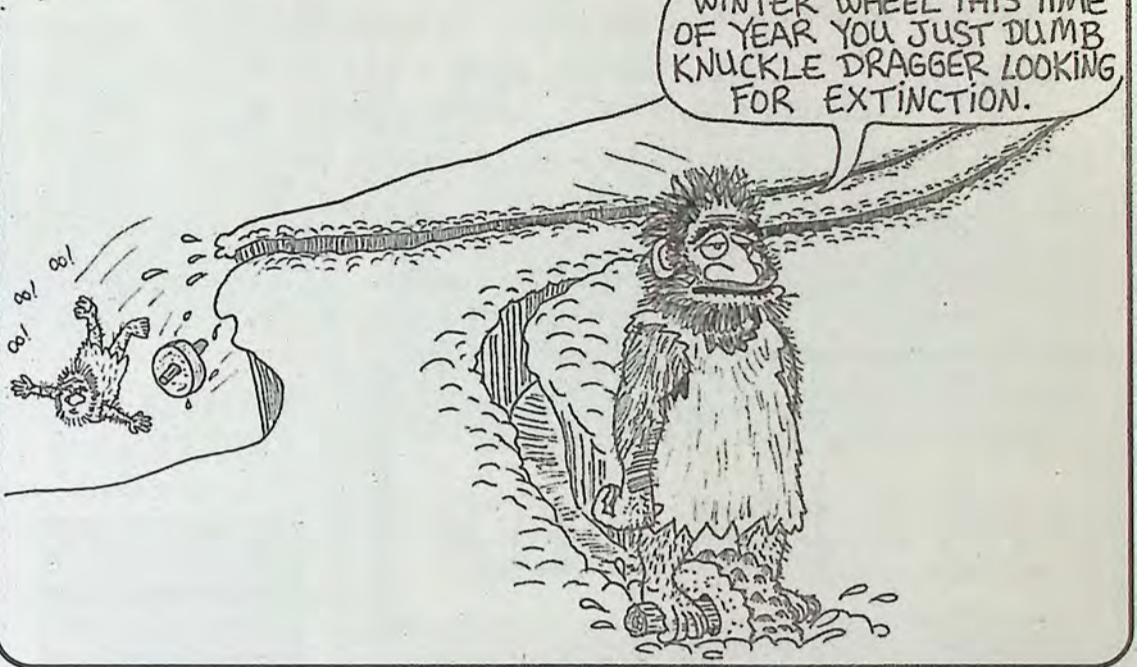
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your turn

Keremeos man writes Harper, Baird

Prime Minister Stephen Harper
John Baird, Minister of the Environment

Mr. Minister, congratulations on your recent appointment.

Mr. Harper, I recently received a flyer in the mail from the Conservative Party/Government stating that the environment was now your number one concern and that changes were coming. Great!!

Over the last few days there have been several announcements from you on the subject of green and renewable resources. Great!!

There is a situation here in B.C. that flies in the face of all of your announcements and good intentions. It also flies in the face of all reason and common sense. While in some respects it is a provincial matter, it is clear that it requires some leadership from the federal level. It is a matter that should not require any federal funding; only some commitment and determination.

The Provincial Government in their wisdom has asked for proposals from the private sector for the generation of additional electric power. One of the methods included in the discussions is the burning of fossil fuels, specifically coal and wood products. The location cited in the resulting proposal from Compliance Energy Corporation is an outdated mine in the Princeton B.C. area. There has been a significant negative response from all of the local governments and residents because the topography of the area will funnel exhaust fumes from the plant down into the Similkameen Valley

and will destroy the air quality in several communities. It will also cross the international border into Washington State. Satellite photographs of the smoke plume from a forest fire last summer proved this beyond any doubt or argument.

A multitude of letters and presentations to the B.C. Government has fallen on deaf ears. A curtain of silence seems to be pulled around the matter in the hopes that we will get tired and stop complaining. None of the parties to whom we have sent letters has even had the courtesy of acknowledging receipt of the letters, let alone responding to them in an appropriate manner. It almost appears that it is a "done deal" with the local residents being forced to endure a very poor air quality with no say in the matter. (a copy of my letter to the Premier and environment minister is attached for your information.)

We have received nothing but "smoke and mirrors" from Compliance Energy in the form of condescending ads taken out in the local papers saying that we don't understand their processes, but offering no hard facts to explain what they are intending, only vague references and dubious promises.

They have stated that they will remove 85% of the mercury from the exhaust gasses. I know of no one who would willingly drink a glass of water knowing that 85% of the sewage had been removed. Why on earth should we be forced to breathe their exhaust effluent with only 85% of the poisonous gasses removed?

It would seem to me that this is an ideal opportunity for you to demonstrate your commitment to the environment and to show Canada's intention to do its part to reduce, and hopefully reverse the damage we have all been causing over the years. Your participation and your opposition to this ridiculous and outdated idea will cost you nothing, and will help save a lot of people from a very unpleasant future if the plant goes ahead.

I urge you in the strongest possible terms to intercede in this matter and to bring whatever influences you can to bear on the Provincial Government to reject this application. It is bordering on insanity that anyone would contemplate burning coal given the current state of the planet on which we all depend for survival. It will most definitely condemn the residents of the communities downstream of the plant to suffering very poor air quality and increased health problems, and will only worsen the already poor international reputation that Canada has in the effort to reduce greenhouse gas emissions. Sincerely,

Duncan J. McCulloch, Keremeos Cc:

Gordon Campbell, Premier
Barry Penner, Minister of Environment
Rick Neufeld, Minister of Energy and Mines
Regional District, Okanagan Similkameen
Village of Keremeos
Town of Princeton
CBC
John Tapics, Compliance Coal
Friends of the Similkameen

Current Comment:

Experts change ideas about farming



Dawn Johnson
editor@thenewsleader.ca

The problem with expert advice on any business is that the expert could be wrong. When it comes to the business of farming, I have had the suspicion that the experts were wrong, but when I expressed this opinion to knowledgeable farmers, I was seen as out-of-date. Recently, I read an article which told me one expert feels he gave farmers the wrong advice 25 years ago.

The expert, John Ikerd, is the former head of the Department of Extension Agricultural Economics at the University of Georgia, USA. Speaking to Ontario farmers, he admitted the advice he gave back in the 1980's was wrong. He advised family farmers to manage their businesses for the economic bottom line and not to let family matters interfere with farm business. He firmly believed that competitive markets were the best way to meet the needs of both consumers and producers. The economic recession of the 1980's, and subsequent bankruptcy of thousands of family farms, changed his ideas.

Farmers at that time faced declining markets, big debts, high interest rates, increasing costs of production, and dying commodity prices. I'll take a moment to explain "commodity prices". Most consumers are unaware that big wholesalers bid on agricultural products, but that is what happens. Whether it is eggs, pork bellies, orange juice, wheat, or cabbages, it is auctioned to the highest bidder. In the 1980's, bids dropped to below production costs.

The business of farming is as risky as any resource industry. The farmer gambles in April that he can bring in a profitable crop in September. The costs of production include fuel and repairs for farm equipment, the cost of seed and fertilizer, and maybe the cost of hired labour and pesticides. The farmer gambles that there will be enough rain and enough sunshine and no frost or floods and no grasshopper or other insect invasion. The farmer gambles that there will be no hail and no fungus. Most years, his gamble pays off. Then he gambles that somebody will buy the crops at a price that will pay off the cost of production, and gambles that the bank will give him enough time to pay the loan he took out to cover

the cost of production.

In the 1980's, the gamble did not pay. Farmers lost. So did consumers. The first thing a nation must do to be successful is feed its citizens. Every farm lost was evidence the nation could not sustain its food supply.

Ikerd says he, and other agribusiness "experts" saw the farm as a factory. He says we must now see the farm as a "living system" to make it sustainable. He warns that we have less than 50 years to turn it around.

Translation: the family farm, the way it was run many years ago, was sustainable as a system of living. He advocates sweeping changes of government policy to ensure family farms are sustainable.

Why should the average person care?

You should care because your government makes policy about how farms should be run, and you should

know where your government gives subsidies and how much is allocated to family farms.

Ikerd questions the policy of subsidizing large industrial production style of agricultural business. He wants public support only to sustainable farmers and mutually beneficial trade arrangements that do not disrupt social or environmental stewardship. He wants consumers to be educated as to the need for local food, and he wants a commitment to sustaining the land and natural environment.

Yes!

I grew up on what is known as a "mixed" farm. We had chickens, hogs, cows and horses (the horses worked), as well as hay, wheat, and garden crops (I know what it is to weed five acres of potatoes). We had apple trees, strawberries and raspberries. The livestock provided the fer-

tilizers, the milk from the cows fed the chickens and hogs, and the land fed them and us. On our farm, we had areas of bush land, in which there dwelled birds, reptiles, rodents, and occasionally, larger wildlife. While we did have to make war on rodents, and sometimes had to kill a marauder, these incidents were few and far between. We did not spend a lot on the cost of production, and we did not have just one "cash" crop. As long as we had markets, we did well. Our produce was, by and large, organic. We produced good, clean food at low prices.

The sustainability of our farm was destroyed by failure of our local market. Large wholesalers moved into our market and signed deals with local grocers to deal exclusively with the wholesaler. Then the wholesaler came to us and offered to buy all of our produce, but at prices below the cost of production. Government policy, which had been so committed to increasing food production during the war years, suddenly was not so interested in keeping farmers on the land. The economy was booming, why worry about family farms?

Government policy regarding agriculture determines, to a large extent, who succeeds and who fails. Running a farm like a factory means

depleting the land for the sake of profit. It means cutting down the woodlot or wild bush to gain a little more land for that cash crop. It means forgoing sustainability for profit. It means the government will reward some with financial backing through the banks, and let others go bankrupt.

Today, I will buy as much as possible from local producers, because I firmly believe in the importance of the sustainable farm, and because I know that the farm produce in our valley is produced without a whole lot of chemical or genetic interference. We need to encourage our local family farms by buying their produce. In many ways, we are their support system, and they are often the people most concerned with a sustainable environment. The farm environment must be sustainable in order to keep production going at a reasonable cost. This means giving back to the land as much as we take from it. It means having farmers who care about the land from one generation to the next, if possible. An American environmentalist, Robert Lee, stated very plainly in his book about sustainability, that the people who have always lived on the land, generation after generation, are the best people at ensuring sustainability.

Marketplace Ministry

by Jim Caruso

Part 2: The Holiday From Hell

I still remember the look on the mechanics face as we left his garage on our holiday. As he clutched our check for a thousand dollars for pre-holiday repairs, I could see that he knew was secure, he knew that as long as we lived on the island and owned the K-car, his family would eat, and eat well. My wife heard the sound first, kind of a high pitched squeal mixed with the sound of a cat's tail being run over by a paving crew. We were heading down the freeway about 100 km per hour when she asked, What's that noise Jim. I said, If I was still driving ambulance I would say it was the siren, the words were not even cold in the air when the engine seized up and the car lunged and jumped making steering seem like a rodeo event. I pulled to the side of the road, lifted the hood and tried to drive ahead. The engine gave one last lurch and then sat silent as water and steam poured out creating a roadside attraction second only to Old Faithful in Yellowstone National Park. We had already traveled about three hours on our holiday which was to take us to wedding in Saskatchewan from Vancouver Island. Now stuck on the side of the road with three kids, a wife and a dog, the real adventure was about to begin. I hitch hiked to the small town of Hope and called a tow truck, lucky for us it was the long weekend and all the tow trucks were busy and all the garages closed. I finally secured a tow truck and before you know it they were six of us in the cab of the tow truck, heading on down the highway with our K-car in tow, our dog sitting behind the steering wheel, probably wondering why we had let him finally sit in the front of the car. There is always good news and bad news in stories like this. The good news is not as wordy as the bad. We arrived at the tow truck garage. The good news is that they were open on the long weekend; the bad news is that the transmission was shot. The good news was that my father-in-law knew a company in Penticton that could repair it for a mere \$800.00. The bad news was that it had to be shipped there; about 150 miles east and then it would take at least a week to fix it. Good news we could get a ride to my mom's the next day and so all we had to do was camp over night down river from the garage where our car now was a resident. The good news is that we were able to get a ride to the camp site in the now familiar tow truck, now numbering six humans and one dog in the small tow truck cab. We arrived at the campsite, it was dark and the owner said we could camp there for \$20.00 a night. So we went to the designated site, threw on the ditch lights and started unloading the truck cab, it looked like a city bus was unloading at a stop. The owner of the campground appeared immediately and said in a very slurred voice, (I think the raisins in his breakfast cereal might have fermented during the day and he was unaware of his impairment.) I never said an army could camp here for 20 bucks, that will be 25 dollars, but you can have all the firewood you want. This was great except there was a camp fire ban on in the entire province at the time. The bad news was that we didn't have a flashlight or any tools to drive the tent pegs in for the tents. We set the tents up in the dark and the shock cords that held up my wife and my tent broke and so we had to secure it to the picnic table with some rocks we found. Our kids tent, we found out the next morning, was situated on some former campers tent pegs and made their sleep a bit uncomfortable to say the least. My mom arrived and her car was a station wagon one size smaller than our K-car. We left that morning and six of us and our dog and all our camping gear was secure in her little car. We didn't need air bags as we and the surrounding camping gear became our own airbags. The car seemed to have less power with this new load on it than it did when my mom was traveling alone. I pulled out to pass a loaded wood chip truck and watched him pull away from us going uphill in the slow vehicle lane. We arrived in Princeton and quickly transferred all our equipment and living beings both human and non-human into my father-in-laws jeep. This is a spin off from the Second World War quarter-ton jeep, about half the size of my mom's small size station wagon. So it was off to Penticton we went. We set up camp at Skaha Lake and the next day I visited the transmission repair shop. Behold there lay my transmission and the comforting voice of the mechanic said that it would be ready the next day. The next day is where the bad news came. They had received the outer shell of the transmission, but the courier company had lost all the gears and parts that they needed to repair. The good news is that they promised they would do their best to locate the parts. The bad news was that they couldn't fix the transmission until they did. It was time to rethink our plans. We stayed for a couple of days in Penticton and aside from a thousand young men walking by our campsite things seemed quite quiet. Our campsite was located on the route to the bathroom, but I soon realized that it wasn't a medical epidemic of weak bladder that had hit the young men in the campsite, but my 15 year old daughter and her friend. They were enjoying the attention and I was experiencing a great amount of fatherly anxiety. Later that afternoon, after the pie truck had come and gone, I felt that we should maybe take a couple of days and go into the United States. So we headed off to Washington and spent the next few days traveling to Linden Washington and then back to Hope where the K-car was now fixed and ready to go. Everyday we plan and prepare for what we think should happen and of course these plans are always in our best interests, but God has a plan to help us mature, thus maturity comes through challenges and tests. The Apostle James writes this: Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way. James 1:2-4. I was far from being out of the K-car adventure. Stay tuned for Part III.

Jim Caruso, Pastor
Oceanside Community Church, Parksville, BC
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FINANCIAL FOCUS

Tips For Making The Most Of Your RRSP

Time is running out to make your Registered Retirement Savings Plan (RRSP) contribution for the 2006 tax year. If you haven't contributed yet, move into high gear. And just as important, plan now for your 2007 contribution.

Why is your RRSP so important? Because it's the best way to save for retirement, and the best tax advantage available to most Canadians. Investments are sheltered from income tax for as long as they remain in the plan and your annual contribution generates a deduction that reduces income tax.

Here's what you need to know to make the most of your RRSP:

THE DEADLINE - You have until March 1, 2007 to make a contribution for the 2006 tax year. For 2007, you can make your contribution at any time during the calendar year or until the deadline of February 29, 2008.

CONTRIBUTION LIMITS: For the 2006 tax year you're allowed to contribute \$18,000 or 18% of the earned income reported on your 2005 tax return (whichever is less). For 2007 the maximum rises to \$19,000 or 18% of earned income. For 2008 the RRSP limit will be \$20,000 and will increase in subsequent years. If you belong to an employer pension plan, your contribution room will be reduced by what is known as the pension adjustment.

UNUSED CONTRIBUTION ROOM: You can make up for missed contributions in past years. You'll find your unused contribution room on the Notice of Assessment you receive each year from the Canada Revenue Agency after filing your income tax return.

HOW LONG YOU CAN CONTRIBUTE: You can contribute to an RRSP until the end of the year in which you turn 69. You must close your RRSP and transfer the assets into a Registered Retirement Income Fund (RRIF) or purchase an annuity (or a combination of the two) by the end of that year. You could also take the proceeds in cash, but this is the least appealing option because you would be taxed on the entire amount.

FOREIGN INVESTMENTS: There are no longer restrictions on the level of eligible foreign investments you can have in an RRSP. Although the former 30% foreign content restriction has been eliminated, Canadian investments should remain your primary focus. Foreign investments should represent 30% to 45% of most investors' portfolios.

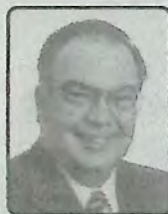
It's a good idea to contribute as much as possible to your retirement plan every year. One of the best ways to make a contribution is to use 'idle' cash sitting in bank accounts or other low-interest investments. It will have greater investment potential inside the RRSP, where it will grow tax-deferred.

If you don't have money on hand, consider an RRSP loan. With interest rates still at historically low levels, the cost will be minimal if you pay off the loan within a year. Use the tax refund generated by your RRSP contribution to pay down the loan.

You can also make an "in-kind" contribution. This allows you to transfer eligible assets you already own to an RRSP. But be aware that transferring assets may trigger taxable capital gains outside your retirement plan.

The best way to ensure you make your full contribution is to put money into your plan throughout the year. You can do that with a pre-authorized contribution plan (PAC), which automatically transfers money from a bank account to an RRSP at regular intervals - for example, weekly, biweekly, monthly or quarterly. Not only will you ease RRSP deadline pressures, your money will go to work earlier. That can mean more wealth by the time you retire.

FINANCIAL FOCUS is a presentation of:



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Letter To The Editor

Support from Tumbler Ridge

Dear Editor,

First, I would like to thank you for your paper which has promoted an excellent debate regarding coal fired power generation in your area. I have been following it with interest. You and your residents have truly been involved in the democratic process and that has reinvigorated me to continue to try to make a difference in Tumbler

Letter To The Editor

Pippin shares more

To The Editor;

Karin Green says she is not concerned about Global Climate Change. I find this a strange comment coming from someone who values the natural world enough to object to a small pipe in a local stream or river. In B.C., we are already seeing the effects of Global Climate Change with wetter, milder winters and drier summers. According to scientists, intense storms like the one that heavily damaged Stanley Park are just the beginning of wild weather to come.

In the Similkameen and Okanagan valleys we have seen Mountain Pine Beetle infestations, destructive wildland fires and low river levels. Karin, you have repeatedly claimed that the 20 to 30 jobs promised by Compliance will lift Princeton out of what you see as an impoverished state. Think of the local people who are currently working in the forest industry. These jobs are threatened by the effects of climate change as well as acid rain caused by the coal plant you have so earnestly promoted. If coal is so great, why is Appalachia one of the poorest areas in the U.S.?

I can only conclude that your lack of concern is related to lack of knowledge on the subject. You stated in one of your letters that you had not seen Al Gore's film. If I made a copy of The Inconvenient Truth available to you, would you watch it? I would be most interested in your comments after viewing the film with an open mind. I would hope that you would come to the high school on February 26 to hear Dr. David Suzuki talk about the subject. Coal releases much more CO2 per megawatt produced than any other type of electrical generation facility. Coal is the worst choice for meeting B.C.'s energy needs.

Ridge. Another inspiration has been your Mayor, Randy McLean, whom I would like to thank. He has encouraged me with excellent advice and moral support.

Princeton and Tumbler Ridge are the two BC communities that have been granted this coal fired energy opportunity. The proposed plant near Tumbler Ridge is three and a half times the size of the Princeton

plant.

Metallurgical coal built Tumbler Ridge and now, it is helping to rebuild it. It is crucial for residents to understand the difference between metallurgical coal projects, and thermal coal. It has to be acknowledged that at present there is no realistic alternative to metallurgical coal in the production of steel, which is a very recyclable substance. By contrast, there are many alternatives to thermal coal, and safer ways to use thermal coal than the options currently proposed.

Debate, since the announcement of the proposed plant, has been virtually nil; however, I feel this is changing. At a meeting in Dawson Creek and again in Tumbler Ridge those present were unanimous in calling for a public hearing into the project.

Our Liberal MLA Blair Lekstrom was on CBC Radio and said, My hope is one of two things will happen; we're going to use the best available technology in the world if we're going to utilize coal or we're not going to utilize coal. One of those two options seems to jump out at me.

The two proposed plants are not the best technology in the world. I am still not convinced of the need, but if we proceed and if we settle for anything less, then we are not providing for the next generations. I have found the proponents to be very good corporate citizens but they do not set the benchmarks. They are following the rules set by the government, but are these rules realistic?

This thinking is akin to placing a 100km/hr speed limit in school zones. Drivers could not be blamed for accidents, for what they would be doing would be deathly legal.

If we fail to hold the government accountable for what could be a disastrous outcome, then all the silence we've heard will come back to haunt our children.

I encourage Princeton to continue the discussion. If you would like to lend support in this direction, then I may be contacted through this paper.

- Larry White, Councillor District of Tumbler Ridge
Note: These are my opinions and do not necessarily reflect those of my fellow councillors.

Solar power is not commercially viable yet! That is why I suggested that it would take financial incentives from government to make it feasible in the short term. To give you an example, the City of Ashland, Oregon offers a 30% rebate on the cost of residential solar installations. The State of Oregon pays another 20% of the cost.

There is a 3,000 Megawatt wind power project proposed for Banks Island on the North Coast. This will produce 50 times the power of the proposed Compliance plant. As for the concern over bird kills, it has been found in the UK that larger turbines have reduced the bird kill rate to one per turbine per year. Compare that to all the birds killed by cars traveling on Highway 3.

The effect of this plant on property values is by nature speculative. I based my comments on the fact that many of my customers that have purchased property in Princeton have respiratory problems. They have moved from the Lower Mainland to get away from pollution. Randy McLean has stated that the coal plant would make it harder to attract business to Princeton.

As far as the Environmental Assessment process is concerned, it's a joke. Randy McLean wrote an excellent letter about it. In August of last year John Tapics said that there would be no harmful environmental effects caused by emissions from the plant. How could he know the conclusion before the study had even began? He is paying the people who are doing the study. He who pays the piper calls the tune. Karin, you are a self-proclaimed skeptic. Do you really think the Environmental Assessment will be unbiased?

- Dan Pippin, Princeton

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Mayor Randy McLean lines up a shot during the Rotary Club Social last Thursday at Princeton Curling Club. The facility also hosted the Men's Bonspiel over the weekend. Photo: Brenda Engel. *

MP Alex Atamanenko

BC Southern Interior monthly report

Turning Their Backs On Child Care

Over the last few weeks I met with several local child care providers and heard from several parents and advocates that child care in British Columbia is in trouble. Due to a lack of federal and provincial leadership, some child care operators across British Columbia are being forced to close their doors or raise their fees. As a result, parents across BC are getting squeezed and their children are losing early learning and child care opportunities. As well, the current labour market in BC, which is crying out for workers, will see more skilled and employable parents staying at home.

On Friday, January 5, 2007, an announcement was made by Linda Reid, Minister of State for Child Care, that funding for Child Care Resource and Referral (CCRR) programs in B.C. will be reduced as of April 1, 2007, to "pre-Early Learning and Child Care Agreement" levels. This is a direct contradiction to a program expansion and upgrade funding announced by the Provincial government just last year!

The history of the CCRRs dates back to the 1970s. Now 36 years later, there are 40 CCRR programs, 5 Regional programs, and 5 satellite programs, as well as 2 provincial programs. This is a total of 52 programs serving the families and care providers throughout the province. The current 14 million dollar budget will be reduced by 36.56% as of April 1, 2007. With this reduced budget CCRRs will operate with minimal services and many will be forced to close. By October 1, 2007 all 52 CCRR programs will be eliminated.

During the last fiscal year, Federal Early Learning and Child Care dollars were used to renovate the CCRRs. This was all to fulfill the

ministry-directed mandate, to create store-front, accessible services to the public, to be in essence the "government's feet on the ground." Now, with the paint not even dry, the ministry will be using an 87 million dollar surplus (Federal Early Learning Child Care dollars) to buy out leases, provide severance packages and essentially close the programs. As of April 1, 2007, the provincial government has chosen to direct any provincial child care dollars to other programs (subsidy and supported child care) and is not expecting to receive or to advocate for further funding for child care related programs from the federal government.

Practically, what this means is that CCRR centres in Nelson, Trail, Grand Forks, Penticton and other communities will no longer provide outreach programs, support and monitoring for child care operations, nor resources, toys, workshops, training for child care workers and support for those parents who apply for subsidized programs. (The cost of shutting down all the centres is more than enough to keep them running for at least another year!) For licensed care givers in isolated communities such as Kaslo, the sole link to support services available to them will be cut.

Further cuts to child care will make it even more difficult to attract students to the Early Childhood Education (ECE) program at Selkirk, Okanagan and other colleges and universities in B.C. This is at a time when Child Care providers are already having difficulties finding trained, qualified early learning and child care workers. As a result of all this, the quality of child care in our province will suffer.

BC's Minister Reid finger points

to the federal government's axing of the federal transfer payments for child care as of April 1st, but a recent study done by the Early Learning Partnership at UBC, showed that Provincial contributions to Child Care funding have actually decreased by \$50 million since 2001. That said, there is no question that the federal Conservative government has failed to implement its promise of a realistic plan for the \$250 million it said it would target to create child care spaces starting in April 2007.

Canadians have asked for a serious investment in early learning and child care and the NDP have responded, first pressuring Paul Martin's Liberal minority government to create the Early Learning and Child Care Agreement - after ten years of broken promises under Prime Minister Chretien. Then, when Stephen Harper's Conservatives axed this program in favour of the woefully inadequate Universal Child Care Benefit of \$100 per month per child, NDP MP Denise Savoie (Victoria) introduced the Early Learning and Child Care Act. It plans to ensure reliable multi-year funding for quality, affordable, accessible child care. We have worked hard to get it to the third and final reading set for the Parliamentary Session this Spring, and will continue to fight for its passage.

This, however, is not enough. I strongly urge you and others to write letters to our respective ministers. We must ensure that multi-year funding is available so that parents of today and tomorrow have reliable, quality child care for their children.

Working families in British Columbia deserve no less.

For more information visit www.cccabc.bc.ca.

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They may only be 7 or 8 years old, but the Novice players who participated in the Spirit of 2010 Tournament last weekend played the game of hockey with a lot of heart. *

Letter To The Editor

Hardy questions town square plan

To The Editor;
 Does the town council have a secret agenda with the Cenotaph Park project?

I was shocked at the last Town Square meeting held at the Skills Centre in November 2006 when Mayor Randy McLean spoke. He looked over in the direction of Bud and Maria Sadegar and me and said, "Don't shoot now, - but I was wondering if it would be a good idea to construct a special monument for the Indians who served during the war." It fell like a dead balloon with no one commenting.

I was stunned by such a suggestion because everyone born in Canada is a Canadian.

We all earned the same medals to wear. For those who lost their lives they have been honoured with their names inscribed on the Cenotaph. Those whose actions in the line of duty deserved special recognition were honoured accordingly. So I question the need to have a special monument for Indians in the new 'Town Square.'

Are their names already inscribed on the Cenotaph?

I was shocked again when reading the Mayor's statement in the newspaper article about the historic agreement signed between the local governments and the Upper Similkameen First Nations people. He is quoted as saying, "We will be able to work together as well as respect the history of those who came before us."

There is so much deceit and lies about the Indians being Countries, had migrated through Europe and Russia where they trekked across

the Bering Strait to the North American Continent. Others were exiled from England, put on scows and shipped to the Hudson's Bay and Labrador areas because they were a savage people who took up too much prison space.

The Haida Indians state their ancestors came from the Polynesian Islands.

It was the United Nations, the shadow government for the One World Government that in 1982 declared the Indian - Aboriginal - Tribal - Indigenous people in each country would be recognized as 'First Nations.'

That was designed to coincide with the One World 'Earth Charter' which recognizes their religious worship of Mother Earth, the Sun, Moon and Stars (not Father God). The Bible reproves those who worship the creature rather than the Creator.

The Mayor stated further that he acknowledged the aboriginal people have taken better care of the land over 5,000 years then white people have over three or four hundred years.

To make a reckless statement like that in the twenty-first century is an insult to the pioneers who have built this country.

My maternal Welsh ancestor was conscripted into the French Army and was shipped over to establish 'New France' on the East Coast in 1572.

He was taken prisoner by the Indians but while other French Soldiers were scalped and disposed of the Chief's daughter begged for the life of this young

man to 'cure him' and have him in their tribe to replace her brother who was killed by the French Army.

After three years John Richards managed to escape. After running for six weeks he took refuge in a Dutch Village.

He later moved on to settle in a British Colony where he married and raised a family. Other ancestors came here in 1620 on the famous Mayflower ship.

I am proud to be a descendant of the pioneer families who have sacrificed and slaved to develop this country for all of the Canadian Citizens to enjoy.

My Paternal Grandparents came from Ireland so I am Irish by descent. From the beginning of time every person takes their race from the bloodline of their Father. Strangely, it appears today that the Status Indians in Canada claim their heritage from their Mother or Grandmother even though they have a white father.

When my ancestors came to North America it was a wilderness but the historical facts prove that it was the civilized, educated Early European and British Settlers and their descendants who transformed this country into being the 'best place in the world to live,' according to the United Nations.

It would behoove everyone to recognize that "the earth is the Lord's and the fullness thereof, and we are to take dominion over all that God created from Sea to Sea to shining Sea."

- Kay Hardy, Princeton



Kyle L'Arrivee, right, waits for the puck to drop during Princeton's game against Castlegar Rebels last Friday night in Princeton Arena. The Posse lost the game 4 to 1. *



Princeton's Garrett Pfeifer (#15) tries to make something out of a rebound. *



Action in front of the Posse goal from Friday night's game against Castlegar. *

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LET'S TALK!

AT YOUR SERVICE!

Should I borrow to make my RRSP Contribution?
Interest on money borrowed to make your RRSP contribution is not deductible for tax purposes. Therefore, whenever possible, you should use cash to make your RRSP contribution and borrow to make other investments where the interest paid will be deductible.

In some cases, however, it can make sense to borrow to contribute to your RRSP. Remember that the income earned on an RRSP investment accumulates on a tax deferred basis.

If you can pay off your loan quickly, particularly if you are getting a tax refund, the non-deductible interest expense can be minimized.

For example, let's assume that you want to make a \$10,000 RRSP contribution for 2006 by the deadline of March 1, 2007. Assuming a top marginal rate of 45% and that you will be otherwise receiving a refund, this will generate a tax refund of about \$4,500 for you. If you borrow the \$10,000 to make the contribution, you will be able to pay back 45% of the loan as soon as you get your refund.

THESE TIPS AND INFORMATION ARE INTENDED TO HIGHLIGHT GENERAL TAX RULES AND PLANS AND SHOULD NOT BE USED AS A SUBSTITUTE FOR APPROPRIATE PROFESSIONAL ADVICE RELATED TO YOUR SPECIFIC CIRCUMSTANCES.

Accountant & Business Advisor

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