

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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Riverside receives \$170,000



Area H Director Gerri Logan, left, accepts \$170,000 cheque from Small Business and Revenue Minister Rick Thorpe and Regional Hospital Board Chair Walter Despot in a ceremony last Friday at Riverside Family Wellness Centre. They are joined by Recreation Director Lyle Thomas, right. *

Gymnasium conversion tops construction list

The Regional District of Okanagan-Similkameen (RDOS) received \$170,000 from the B.C. government's Olympic/Paralympic Live Sites program to convert the Riverside Middle School gymnasium into a state-of-the-art multimedia theatre, announced Small Business and Revenue Minister Rick Thorpe last week. "This Live Sites award supports the vision and the goal of creating a first-class community facility for which all Princeton and area resi-

dents can be proud," said Thorpe. "Working in partnership, the Province and regional district will help create the capacity to take this community facility to a level that will provide great opportunities and experiences for our youth, seniors and community organizations." "A strong and vibrant community is built on the well-being of its residents, and the embracing of arts and cultural activities plays a significant role in the health of a community." continued on Page 5

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First Nations voice coal plant concerns

Similkameen Valley First Nations sent a strong message back to Victoria with Opposition Leader Carole James following her stop in Princeton February 3rd.

James was in town to meet with area residents concerned about a proposed coal-fired power generation project near Princeton.

Here is the letter listing concerns from the Okanagan First Nations perspective:

Dear Hon. Carol James, Leader of the Opposition;

RE: Okanagan First Nations concerns over coal-fired power generation.

We are submitting a formal letter requesting the following concerns be addressed in Provincial Legislature. We the undersigned:

- are opposed to the proposed

coal-fired power plant in our home, the Similkameen Valley, BC and in Tumbler Ridge, BC.

- are concerned about the impacts and effects that a fluidized coal bed burner will have on our existing industries and local economies, which are primarily based in Agriculture and Tourism.

- request a moratorium on both projects until an independent review can be completed. We request that the companies hired to complete these reviews be hired and monitored by the local First Nations community.

- do not agree with the revised Bill 38, which gives companies the control to run their own environmental review. We believe that any results of a review under these circumstances will be biased and

inaccurate. The Act eliminates existing guarantees of participation by communities, First Nations, local governments, or the public.

- believe the role of First Nations in the EA process is completely marginalized; whereas the old Act involved Aboriginal governments at the project committee level, thus reflecting a commitment to a meaningful role for Aboriginal governments. Similarly, the old act guaranteed that community interests would be represented through the project committee, as local government representatives were participants in the EA.

- are confused by the governing bodies of Canada, who at a Federal level seem to be promoting green initiatives for power and energy,

while the Provincial government is dismantling environmental protective legislation and promoting a power source (coal) that is currently being phased out by the Province of Ontario.

- believe that the proposed introduction of the coal fired industry is a false economy in light of the health costs attributed to this industry.

- we are concerned about our children's health.

- are confused by Barry Penner's actions to allow this power plant when 70 times more nitrogen oxide, 260 times more sulphur dioxide, as well as 7 times more particulate matter than Sumas II, which he helped defeat in his own riding.

We request that in specific these points be addressed to Minister of Environment Barry Penner, Minister of Health George Abbott, Minister of Aboriginal Relations and Reconciliation Mike De Jong, Minister of Agriculture and Lands Pat Bell, Minister of Energy, Mines and Petroleum Resources Richard Neufeld.

We would welcome further discourse and encourage any of the above Ministers to contact us directly for immediate discussions on these very important issues.

The letter is dated February 3rd, 2007 in Princeton, BC and contains the signatures of Lower Similkameen Indian Band Chief Joe Dennis, Nan Allison

(Similkameen), Richard C. Terbasket (Similkameen), Carrie Allison (Similkameen Elder), Gloria Bent (Similkameen Elder) and Maggie Kruger (Hedley Elder).

Council puts grants to budget

Groups requesting grants from Town Council will have to wait until the Town budget has been set before they know whether they will receive any money.

Vermilion Trails Society asked for \$6,000 to maintain the local portion of the Trans Canada Trail. Communities for Kids Preschool Support Program asked for \$3,000 to continue the program. Princeton Exhibition Association (PXA) requested \$25,000 to operate the grounds in 2007.

PXA President John Bey was pre-

sent at the February 5 meeting and was invited to speak to Council regarding the grant request.

He gave Council an estimate of the amount of money spent in the Town as a result of activities taking place at the PXA grounds, and a description of the need for repairs and maintenance of the grounds and buildings. Between Regional District and Town grants, the PXA receives less than \$5,000 a year to cover the cost of operation. Stall rentals and user fees cover the cost of electricity and a few small

repairs, but there is no money extra. The PXA has a total of 13 different projects that need funding, for a total cost of \$450,223.

Mayor Randy McLean told Bey his estimate of value to local businesses was probably too low.

He asked whether Regional District had been asked for a grant. Bey told Mayor McLean that Regional District had been asked for the same amount, which would make a total of \$50,000 if the grants were made.

Council referred all grant requests to the budget process.

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LET'S TALK!

AT YOUR SERVICE!

Can I contribute to my spouse's RRSP?

If you have available RRSP contribution room, you can make a contribution to your RRSP or to an RRSP for your spouse (often referred to as a spousal RRSP). A contribution to a spousal RRSP will qualify as a tax deduction for you as long as your total contributions to your plan and a spousal plan do not exceed your contribution limit for the year.

Is it better to contribute to my spouse's RRSP?

The main benefit of a spousal RRSP is that it will allow income splitting in the future, at retirement, since withdrawals will usually be taxable in the hands of your spouse.

When deciding whether to contribute to either your RRSP or to a spousal RRSP, you should attempt to estimate both your and your spouse's income from all sources in retirement. Your goal should be to equalize these incomes at that time - by doing so you will achieve income splitting which will minimize your taxes in your retirement years.

What happens if my spouse makes an RRSP withdrawal?

If you have made a contribution to your spouse's plan in the current year or in either of the two preceding years, a withdrawal by your spouse from a spousal RRSP is taxable to you to the extent of the contributions made during the three-year period.

Note that this rule does not apply to all RRSPs held by your spouse. The attribution of RRSP withdrawals to you will not apply if your spouse contributes to a spousal plan and your spouse withdraws funds from an RRSP that he or she contributed to (i.e. not a spousal RRSP). For this reason, it is usually a good idea to set up a new plan for spousal contributions.

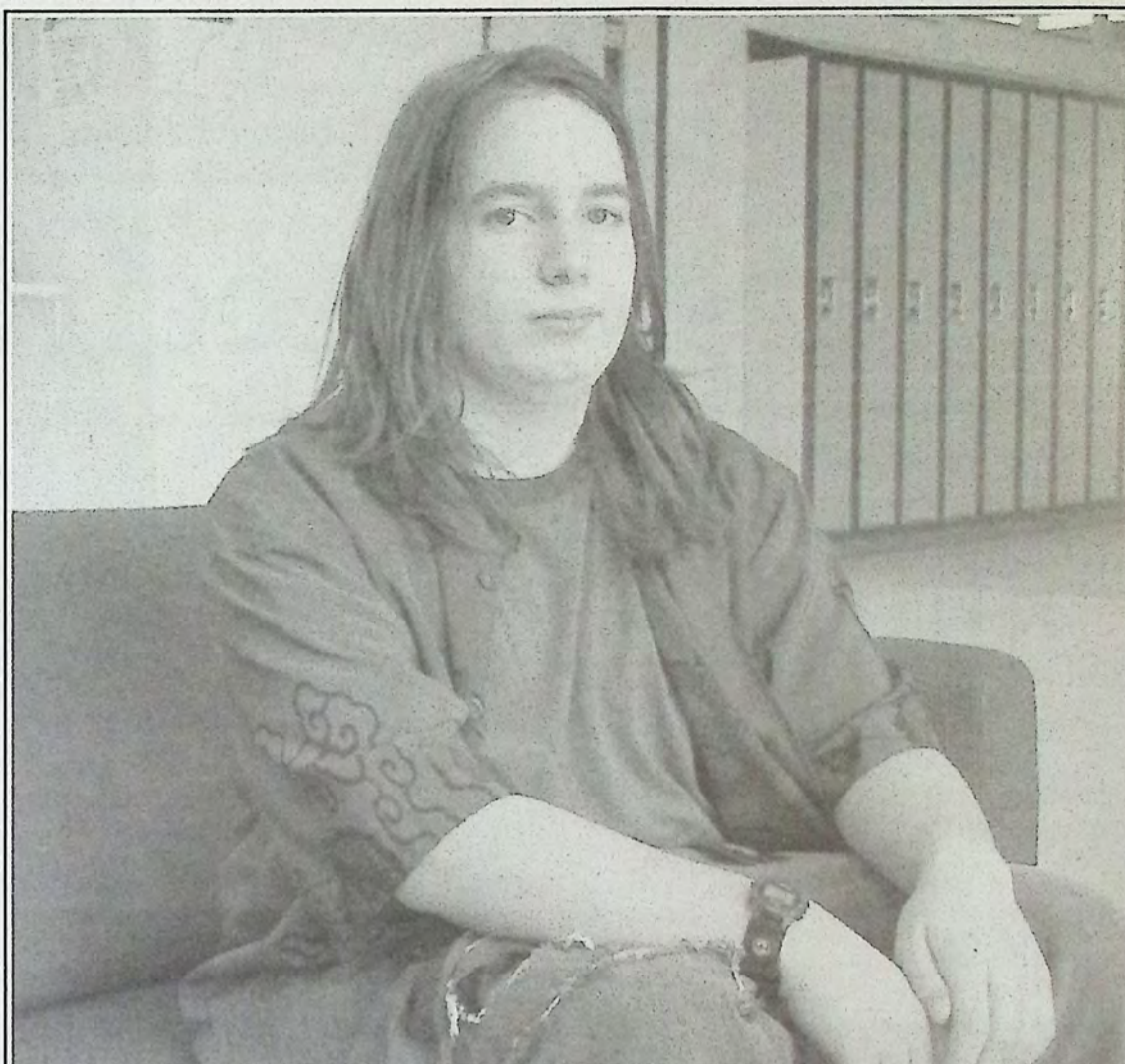
This attribution rule also does not apply if, at the time of withdrawal, and as a result of the breakdown of your marriage, you and your spouse are living separate and apart pursuant to a court order or written separation agreement. In addition, the rules do not apply where your spouse receives funds from the RRSP in the form of a regular annuity which cannot be commuted.

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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Levi Dube has been chosen the Student of the Month for January at Princeton Secondary School. The Grade 9 student was nominated for his "countless hours of work dedicated towards the Foods Program" as well as for assisting with Grade 7's and catering contracts. Dube was also identified as a "major positive force in class" for "always willing to help out in times of need." The Student of the Month Program is sponsored by PSS PAC. *

Arena project is still in works

Arena Manager Lyle Thomas reported to Town Council on February 5 that the arena expansion will continue this spring. He explained that the critical injuries of one contractor last year caused delays in building. Two months lapsed before a replacement contractor was able to complete the work.

The work completed, except for siding, is the new Junior B dressing room, female dressing room, referees room and a new garage for the ice resurfer (zamboni).

Thomas assured Council that costs were on target and there is approximately \$160,000 remaining to complete the expansion plan. This spring, work will begin on an addition to the penalty box side of the arena to create better access, add new penalty boxes, a time box, upper level viewing and a press box. The existing reflective ceiling is not properly sealed and traps warm air above it, causing ice back-up and subsequent leaks. The ceiling will be extended to all walls and sealed to prevent further leakage. The roof

needed only minor repairs and is in good shape.

Weyerhaeuser gave the arena an \$80,000 grant, which is over and above the expansion budget. This money will be used to renovate the lobby and washrooms, the change rooms and change room washrooms and some renovations to the mezzanine.

Thomas said when the renovations are complete, the arena will have had a \$602,000 facelift, with \$432,000 of the cost covered by grants.

CYC requests support from Town

Nadine McEwen, Asset Development Coordinator, gave a year-end report to Council on February 5 outlining the activities and budget of Princeton Child and Youth Committee. She reviewed the past year's \$49,000 budget, of which \$36,000 was made up of grants from the Town of Princeton, Regional District and anti-drug money.

Education against drug and alcohol consumption is an ongoing program. Paul Huycke, a drug and alcohol counsellor, takes the message into local schools and helps with the DARE program.

2006 was the third year of the community recreation program. Last year, 250 youngsters were involved in recreational activities. McEwen showed Town Council a recreation brochure for all programs, as well as a pamphlet outlining activities at Riverside Wellness Centre.

Asset Development is ongoing at Princeton Secondary, with a number of activities aimed at increasing a positive spirit among students. McEwen told Council there is always a small cluster of students who do not participate in these activities, but 90 percent of stu-

dents are involved in positive activities.

The Child and Youth Committee will continue the healthy snack program at John Allison Elementary School, and has begun work on a Literacy Now initiative. The CYC works with a community kitchen group and a group encouraging the development of a family centre.

Council did not promise any funding at this point, but Mayor Randy McLean thanked McEwen and the CYC for "looking after the younger portion of our community."

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Similkameen Valley residents will recognize her name from her work on Giant-FM. Andrea Macpherson says she loves working for the locally-owned and operated Penticton radio station. This Cloverdale girl is a graduate of the Journalism/Radio program at BCIT and has worked in Vancouver and Quesnel. She has been in the Giant-FM newsroom for just over 9-months and News Leader Owner/Publisher George Elliott has turned to her for help with a couple of projects. "She's cooperative, competent and professional. A pleasure to work with and she has a sense of humour that cracks me up. There's a lot more going on there than meets the eye. And she loves her work."*

NDP MP calls for passport fairness

Alex Atamanenko, MP BC Southern Interior said last week in Ottawa, "Ordinary Canadians, especially those in rural areas, are being hurt by the huge delays at Passport Canada. The NDP is calling on the government to shorten wait times for rural Canadians, who are worst hit by the backlog, by opening passport offices in rural areas."

"Once again it is rural Canadians who are getting squeezed by the Conservative government," stated Atamanenko.

"Due to slow processing times, my constituents are being forced to pay hotel and travel costs while losing days of pay in order to travel to a regional passport office in either Vancouver or Calgary. This cost must be incurred just to re-apply for next day service. Why can't we have regional offices in Kelowna and Nelson?" Questioned the BC

MP. "Passport Canada promised it would be ready for the new regulations requiring passports for Canadians traveling by air to the United States, but it has failed to provide service within its guaranteed 20 day turn around period."

"The government knew the deadline was looming and did nothing to prepare for the big rush for passports. It made promises of timelines that it cannot keep and ordinary citizens, who are following the rules, are paying the price," added Atamanenko.

"With the new passport regulations set to affect land border crossings in January, 2008, citizens of BC Southern Interior will face increasingly long delays. Unless swift action is taken these delays will be devastating for who reside in the interior of BC and for border communities," concluded Atamanenko.

Town extends garbage contract

Town Council has agreed to extend the contract to J-R Contracting and Recycling Ltd. and 582138 BC Ltd. to the end of 2007. The contract had expired. In the meantime, Council will pay an additional monthly rate to each company to cover inflation and contract extensions.

The Town will use the added year to review the operation and the garbage pick-up schedules, and will ask Regional District for assistance in preparing a solid waste strategy. It is possible that the review and strategy may result in user pay as an alternative to taxation for the service.

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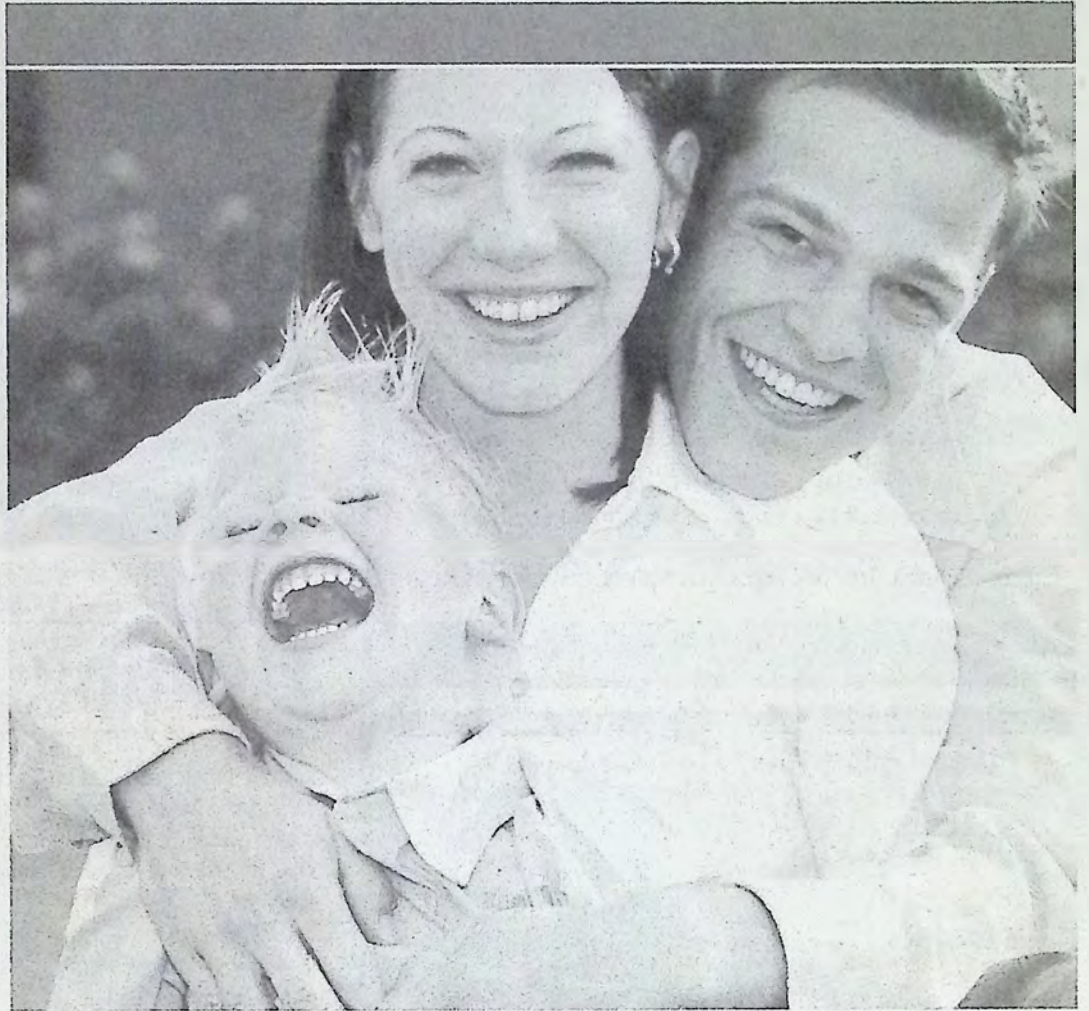


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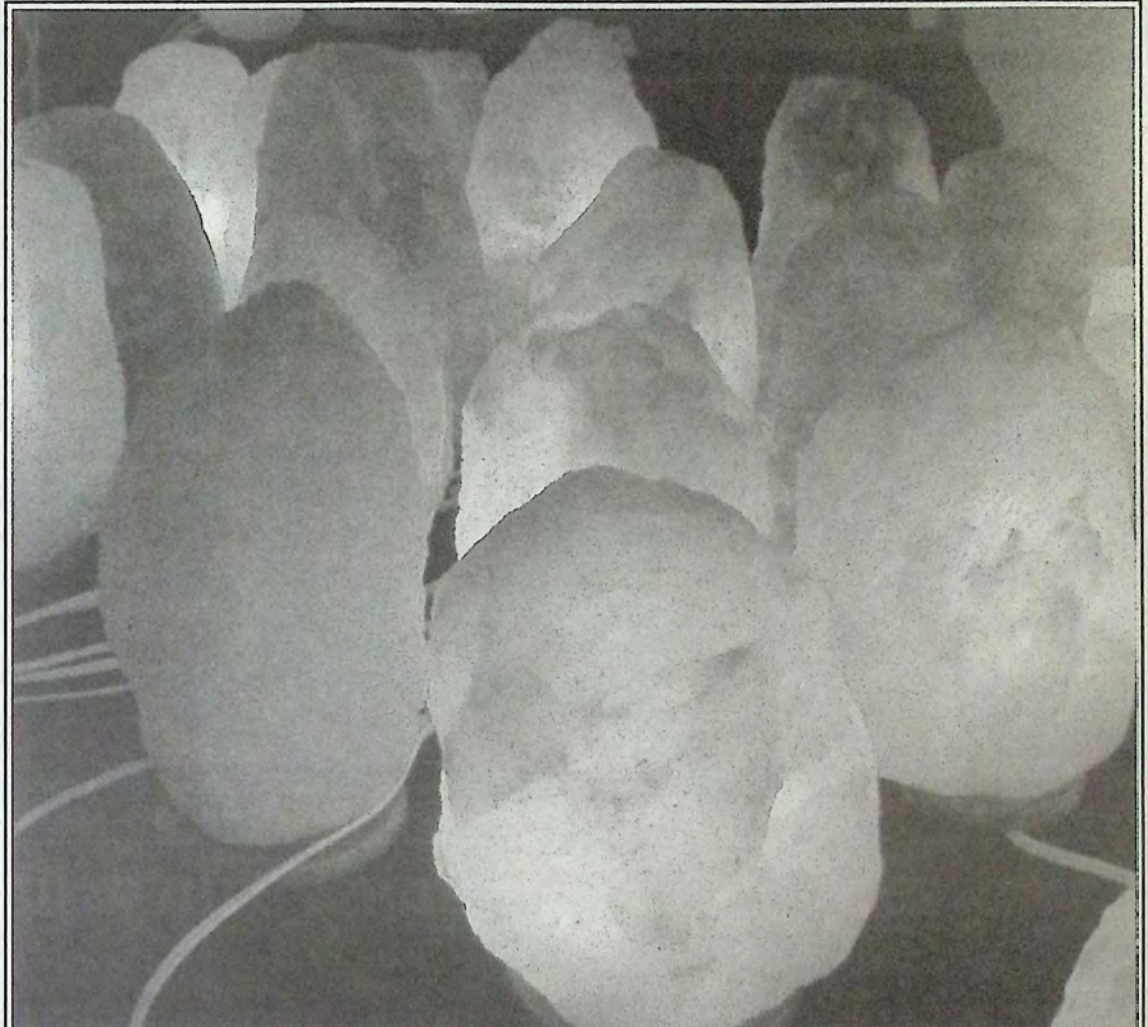


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keremeos and area news



They may look eerie, but they are actually crystal lamps and apparently possess qualities you'll have to learn more about at the second annual Healing Arts Fair on February 17th.

Healing Arts work with energy

Our bodies have an operating system which functions on electrical energy. Modern medicine uses sophisticated machines to measure the flow of current through the body.

Fluctuations or abnormalities in the energy field are used for diagnostic information. The more traditional healing methods are also able to use the information in the energy field to achieve their purposes.

Practitioners of the healing arts see the being as composed of four elements - physical, emotional, mental and spiritual.

Three of the elements are intangible and we communicate with them through the physical. However it is the interplay of all the energies that create the whole being, it is imbalances within and among them that we experience as ill health or pain.

So when a reiki practitioner, for example, puts their hands on a clients body there is an interplay of the energies of the two bodies. The practitioner is channeling a positive energy flow into the clients being to help that person deal with imbalances present in their body.

A hands on body worker addresses the physical body directly, moving and lengthening the tissue to help the body regain balance. In so doing pain associated with the imbalance can be relieved. A herbalist can communicate directly with the body by reflex muscle testing to find out which herbal remedy and how much of it will address a clients problem. In all cases the treatment will focus on the root cause of the problem. Alleviation of symptoms is just one consequence of the treatment, not its object.

At the Keremeos Healing Arts Fair on Saturday February 17th you will be able to consult with practitioners from several different modalities. A reflexologist will work on your feet, perhaps to help you with a digestive problem.

Maybe you just want a relaxing massage - no problem.

About fifty percent of the population uses some form of alternative health care. If you are not among this group, but are curious, come find out why the healing arts have a loyal following. Or maybe you just want to be energized with an organic food lunch and watch the belly dancers.

All this and much more at Victory Hall on Main Street Keremeos from 11:00 AM to 3:30 PM. Only costs a toonie to get in, a whole family gets in for five bucks. See you at the fair!

- submitted

First Nations sends congratulations

The Town of Princeton, Regional District and Upper Similkameen Indian Band have received congratulations from the BC Assembly of First Nations.

The letter reads, "Congratulations on your historic signing of the Memorandum of Understanding which forges a cooperative working relationship

between local governments and First Nations."

The letter is signed by Shawn A-in-chut Atleo, BC Regional Chief. Upper Similkameen Indian Band has applied to the Union of BC Municipalities for funding for two more community to community forums to advance the initiatives outlined in the Memorandum of Understanding.

Town Council has given support to the funding request. The meetings are tentatively scheduled for February 8 and mid-March, 2007.

What's Five Bucks Get You These Days?

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Teacher Robert Tarswell adds finishing touches to ice castles built by John Allison Elementary School students last Friday. Some of the structures were very elaborate containing drawbridges and moats. *

Riverside receives \$170,000

.....continued from Front Page said Gerri Logan, Princeton Rural Area H RDOS Director.

"This Live Sites award will enable us to continue to promote wellness and to celebrate with our province the true spirit of 2010."

The conversion of the 3,300-square-foot gymnasium into a 250-seat multi-media theatre will feature the construction of 24' by 48' stage, the installation of a video projector, satellite dish, 12' by 10' motorized screen and DVD/VHS players.

The goal of Live Sites funding is to help British Columbians unleash

the true spirit of B.C. in 2010 by supporting projects that will help build a lasting legacy of opportunity, achievement and celebration in communities all across the province.

Including the Riverside project, the B.C. government has now invested more than \$17.5 million in 109 Live Sites projects provincewide.

"The Live Sites awards are all about promoting a lasting legacy and bringing people from all over B.C together to share in the Olympic and Paralympic experience," said Economic

Development Minister Colin Hansen.

"Providing the funds to convert the gymnasium to a multi-media theatre will allow people in the community to watch the Games together in a first class venue."

Announced in November 2004, the \$20-million Olympic/Paralympic Live Sites program provides up to \$330,000 in funding for projects with budgets under \$1 million, in communities outside of Greater Vancouver and the Whistler-Squamish corridor.

More details on the program are available through the Ministry of Economic Development website, at www.gov.bc.ca/ecdev.

New fees set for development

The paperwork, leg work, public notices and public hearings for rezoning and development permits cost the Town. On February 5, Town Council voted on a new fee structure for these matters.

An amendment to the official community plan will cost \$450, and an amendment to a zoning bylaw will

cost \$450. The fee for either a development permit or a development variance permit will cost \$250. Applications for these changes or permits must be accompanied by the required fee.

To properly file an application, go to Town Hall and ask for the information required for the application.

Town looks at new housing area

Princeton may see a new residential area developed this year. Mayor Randy McLean announced that the Town will advertise for expressions of interest by companies interested in purchasing and developing the former highway maintenance yard located above

The Hut. The property consists of seven acres and is zoned for residential development from single family to multi-family dwellings. Submission deadline is March 19. Town Council will keep the public informed during the process.

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DEVELOPMENT OF A PEST MANAGEMENT PLAN AMENDMENT

Ministry of Forests and Range
Pest Management Plan (PMP) No. 402-0649-05/10

The Ministry of Forests and Range has applied to the Ministry of Environment to amend the above plan to include the ground application of aminopyralid (commercial formulation Milestone) and dicamba (commercial formulation Banvel II) to spot-treat invasive plants in the Southern Interior Forest Region, as identified in the above pest management plan. Keremeos and Princeton are within the plan's boundaries. Plan No. 402-0649-05/10 is in effect until May 9, 2010.

PMP holders:

Attn: P. Folkard, Invasive Plant Agrologist
Ministry of Forests and Range
Range Branch
515 Columbia St.
Kamloops, B.C., V2C 2T7
Tel: 250 828-4558

The pest management plan and map can be viewed at: www.for.gov.bc.ca/hfp/invasive

A person wishing to contribute information about a proposed treatment site, relevant to the development of the amended pest management plan, may send copies of the information to the applicant at the address above within 30 days of the publication of this notice.



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news leader health page

Cracking the myths about eggs

by Margaret Hedley, MSc, RD (NC) Today, 13 per cent of Canadians are 65 years of age and older. Diet is important at every age, but there are specific issues that seniors should consider. Today's seniors lead active lives and need the right nutrients to fuel their activities, but there is a lot of confusion about which foods are fine and which should be avoided.

As a registered dietitian with more than three decades of experience, I've been asked many questions about eggs over the years. The humble egg may very well be nature's original functional food - here are a few misconceptions and the facts you should know.

Myth: Eggs are high in fat.

Fact: Eggs do contain fat, but the amount is small, only 5 grams - about the same as a small pat of butter. One large Grade A egg has only 70 calories, 1.5 grams of saturated fat, and no trans fats.

Myth: Egg whites are the best source of protein in the egg.

Fact: The egg white only has about

half of the egg's protein and half of the riboflavin in an egg. The yolk holds most of the vitamins and nutrients and the rest of the protein. Eggs are considered to have complete protein which means they contain all nine essential amino acids. They also have 14 essential nutrients including Vitamin A, B12, riboflavin, Vitamin D, Vitamin E, folate and iron. Also important for seniors: eggs are a good source of choline, linked with preserving memory, as well as lutein and zeaxanthin, which may help protect against age-related macular degeneration, the leading cause of blindness.

Myth: Eating eggs will increase the risk of heart disease.

Fact: A recent study by the Harvard School of Public Health found no link between eating eggs and developing cardiovascular disease in healthy individuals. In fact, limiting dietary cholesterol could lead to an imbalanced intake of nutrients, which increases the risk for other health problems. If you're con-

cerned about cholesterol, your focus shouldn't be a few individual foods, but the amount and types of fats you're consuming. In the "big picture" this will have a greater impact on your blood cholesterol levels.

Myth: Seniors should decrease consumption of eggs as they age.

Fact: Eggs can be a very important food for aging Canadians. Protein is critical for maintaining muscle mass in later years to offset the risk of falls and fractures - and the associated expensive treatments and hospital care. Between the ages of 60 and 80, seniors can lose up to 40 per cent of their total lean muscle mass. Eggs can play an important role in offsetting this, because animal-based protein, like the protein in eggs, is better used by the body than vegetable-based protein. Eggs also require little effort to prepare and are easy to chew.

Myth: Eggs take too long to cook.

Fact: Recent research indicates it takes the average Canadian approximately 5 minutes to cook eggs, though you can cook an egg in the microwave in less than one minute. Microwave egg cookers are available at www.eggs.ca, or you can simply crack the egg in a microwavable bowl, pierce the yolk and white several times, cover the dish with a microwave-safe plastic-wrap and cook on high for 45 seconds. Let stand for 30 seconds and enjoy with a slice of whole grain toast and a glass of orange juice.

Year-round struggles with food and weight

(NC) You may think that diet and weight-loss resolutions are seasonal, coming and going with the new year and swim-suit seasons. However, research shows that close to 400,000 Canadian girls between the ages of 12 and 18 years are commonly engaged in dangerous dieting and weight-loss strategies.

Many will go on to develop an eating disorder, now the third most common chronic illness in adolescent girls.

"You don't have to be skeletal, or obese, to have a serious food and weight problem," says Merryl Bear, director of the National Eating Disorder Information Centre (NEDIC).

"Many of the most ordinary looking girls and boys struggle with food and weight preoccupation. We need to be alert to how they feel about themselves, and how emotional concerns are displaced onto their bodies in the form of dieting or excessive exercise, both of which can lead to deadly eating disorders."

When loved or respected individuals in their lives express concern for their overall well being, not just their body size, individuals often begin to acknowledge their problems and look for help.

NEDIC provides confidential information and referrals to individ-

uals with any food and weight pre-occupation, their family members and friends. NEDIC encourages and helps individuals to make informed choices based on accurate information.

More information is available from the National Eating Disorder Information Centre at 1-866-633-4220 or online at www.nedic.ca.

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Fetal Alcohol Spectrum Disorder (FASD) is a range of birth defects and developmental disorders that are preventable by abstaining from alcohol during pregnancy. Nine out of 1,000 babies born in Canada are born with FASD.

The hottest subject in the world of pharmacy and medicine right now and in the near future is pharmacogenomics or more commonly known as personalized medicine. It uses information about a person's unique genetic makeup to design methods to diagnose and treat disease. This tailor-made approach will result in more efficient drug treatment with greatly reduced adverse drug reactions.

It's good to be aware of the symptoms of cataracts. If you are noticing blurred vision, glare and colours that are not as bright as they should be, you should have your eyes examined.

In this day and age of generic drugs, there could be a change of brand in certain of your medications. Often the new brand will look very similar to the old brand but sometimes it's quite different. We will tell you when there is a change. If you notice any difference in your refilled medication, talk to your pharmacist right away.

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living past 100

Why change the food rules?

Everybody in North America has grown up with the Food Rules. These rules call for this much grain, this much meat, dairy, fruit and vegetables. Now, a group of nutritionists in the United States want to change the food rules.

The reasoning behind the call for changes is based on a new concept of what people should be eating according to our DNA.

Several years ago, a medical researcher began to question why we eat what we eat. He saw the growing problems of heart disease, cancer and obesity as indications that we do not eat right for the type of creature we are.

The questions led other researchers to take a hard look at the real truth of what a human being is in the physical sense. This research is ongoing, but it is changing people's minds about what we ought to be eating.

Researchers now look at humans from the standpoint of an ancient creature whose original foods are not reflected well in our modern diet. All humans, up to 15,000 years ago, hunted for meat, fished, and gathered fruit, vegetables, seeds and nuts. For more than a million years, this is what we ate. Sugars, fats and starches were in short supply, and grain, such as it was, was ground between stones and used sparingly. This was the diet on which humans survived and were strong enough to survive most things.

Now, we are creatures full of ailments. We live longer, due to medical science, but we do not live as healthy as we could.

In another area of research, scientists are looking at our DNA to discover how foods trigger responses at the cellular level. For example, when a human eats a fish, what does the DNA do? What does the DNA do differently if we eat a piece of cake?

The DNA research will take a long time, but those who want the food rules changed are not willing to wait for the results of research. They are convinced that the closer our daily diet resembles that of ancient people's, the healthier we will be. They advocate eating little grain products, little fat, sugar and dairy, and lots of meat, fruit, nuts, seeds and vegetables. Maybe they are right.

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John Allison Elementary School students admire their work after classes built ice castles in the school field last Friday. Students applied what they had learned about castles and working together to create the structures. *

Princeton Court News

EXCLUSIVE TO THE NEWS LEADER

News Leader Court Reporter Dawn Johnson

Coalmont dispute ends in Court

Two men who started as friends ended as adversaries in a court case heard in Princeton on February 8. William Radyk, a Chilliwack resident formerly of Coalmont, accused Warren Spence, a current Coalmont resident, of uttering threats.

In July 2005, Radyk offered Spence a dirt bike to use to go back and forth to a gold claim where Spence worked. Radyk did not own the bike, but had been left with it by friends from Hope. Radyk said he had told Spence the bike was to be stored in Coalmont. He said he had learned Spence was keeping the bike at the claim. Radyk said he went to the claim and loaded the bike into a pick-up and took it to his house.

Radyk told the court that, after he had removed the bike, Spence came after him, threatened him, and subsequently threatened him on further occasions.

Spence denied the allegations, saying he had put \$550 in parts and repairs to the bike, and had kept it at the claim believing he had a right to do so. He wanted to talk to the owners, and although Radyk had told him the owners would be in Coalmont on a certain date, they never showed. He told Radyk he was going to check the serial number on the bike to see if it was stolen. Radyk removed the bike shortly after this. Spence

asked Radyk why he could come up with no witnesses who heard the alleged threats although Radyk said the threats were made in public places.

Judge G. Sinclair heard all of the

Judge says she's 'too old'

Lila G. Smyth, a middle-aged woman from the Lower Mainland area, appeared in Provincial Court in Princeton on February 8. She was charged with two counts of possession of a controlled substance.

She had been driving on Old Hedley Road last year when an RCMP officer noted erratic driving. He stopped her vehicle and when he asked for her driver's license and registration, he smelled a strong odour of marijuana. A sub-

Assault brings probation

In Provincial Court in Princeton on February 8, Anthony Aiken, of Princeton, pled guilty to assault of his sister. The 19 year old man had, during five months in 2006, hit his sister. On one occasion, she had gone to the hospital with bruised ribs.

Information presented to the court indicated Aiken had a psychologi-

cal disorder which caused sudden outbursts. He is being treated for the disorder and is receiving counselling.

Aiken was sentenced to serve one year on probation with conditions he is to continue his counselling, take his medications, and leave the Aiken home when requested to do so.

testimony and decided the matter could be settled in a simple way. He asked Spence if he would agree to have no personal contact with Radyk, and Spence agreed readily. The judge issued a peace bond.

Judge G. Sinclair sentenced her to serve one year on probation, do 20 hours of community service work, abide by a curfew, and to have no drugs or weapons in her possession.

As she left the courtroom, Judge Sinclair advised her she was "too old for this nonsense."

MORE COURT NEWS ON PAGE 8

Susan Collins has NOT moved!

We inadvertently placed an old Ad of hers in last week's News Leader. Sorry for any confusion our error may have caused!

Susan C. Collins

Licensed Representative

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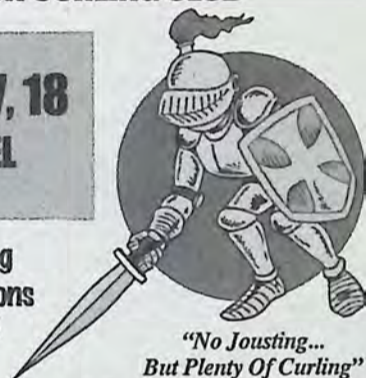
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Here's another huge ice castle constructed last Friday by John Allison Elementary School students. *

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News Leader Court Reporter Dawn Johnson

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COMPLIANCE ENERGY ISSUES CLARIFICATION

Compliance Energy recently sent the *Princeton Power Report* to Similkameen Valley residents. The mailing made use of a photo obtained from the Princeton Chamber of Commerce.

Compliance Energy wishes to make clear that Gerni Logan's name appears only to acknowledge the use of a photo taken by her. The statement that appears above her name was not made by her and should not be attributed to her. Ms. Logan was not involved with the production or content of the newsletter, and the mailing should not be inferred to be reflective of her opinion of the project.

Police bring local man to Court

Wayne Movick was brought to court in Princeton on February 9. He had been arrested by Princeton RCMP on a charge arising in Burns Lake.

The 20 year old man pled guilty to driving while prohibited on July

17, 2006. He explained that his wife had been driving when she began to suffer abdominal pain. As she was pregnant, he took over driving her to the hospital. He was stopped on the way. Police called an ambulance for his wife, but

charged him.

Judge G. Sinclair sympathized with Movick but said there was nothing the judge could do. Movick was sentenced to pay a fine of \$500 and is prohibited from driving for one year.

Argument leads to broken glass

Deborah Gauvin and Roland Meier appeared in Provincial Court in Princeton on February 8 to stand trial on a charge of causing a disturbance.

Witnesses testified that Gauvin and Meier had been arguing on January 5, 2006, on Bridge Street in Princeton. Meier had been walking backward in front of Gauvin and

she was kicking at him and trying to strike him. Both were arguing loudly.

Meier grabbed Gauvin by the shoulders and the two were engaged in tugging back and forth. They lost their balance and Gauvin, with Meier still holding her shoulders, fell into the window of a local business, breaking the

glass.

The central issue of the case was which of the two should have to pay the \$695.45 cost of replacing the glass.

Judge G. Sinclair ruled that each of them should have to pay half the cost. Both were sentenced to one day in jail for causing a disturbance.

MORE COURT NEWS ON PAGE 10

Bug kill may mean business

Mayor Randy McLean and Town Administrator Patrick Robins will attend the Council of Forest Industries annual convention in Prince George in April.

Mayor McLean said he feels it is important to hear, first hand, what is in store for the forest industry in BC in consideration of what the future may hold.

"We're looking at changes in the future," he said.

He added, "Princeton is safe for the foreseeable future, but I believe the changes will impact us."

He went on to explain that the abundance of bug killed timber may be an opportunity for businesses such as the pellet plant,

Council wants sidewalks clear

An amendment to the Town bylaw regarding traffic and parking calls for removal of rubbish from sidewalks as well as snow and ice.

The amendment specifies "it shall be the duty of the owner or occupier of any real property to remove

which can sell its products worldwide and can utilize bug killed timber even when it cannot be used for any other purpose.













all such snow, ice and rubbish from the sidewalk before the hour of 11:00 AM each day unless requested to do so sooner by the Town."

There is a \$100 fine for non-compliance.

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HOW TO FIND THE PERFECT HOME!

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

 <p>152 Tulameen Trail \$268,300</p>	<p>Princeton Total Sq Ft: 1,852 MLS# 37682</p> <p>A lot of living to do and lots of room for it. 4-bedroom family home, private area, near hospital and school. Landscaped, fenced yard, carport + 36' x 26' double garage and workshop, large 24' x 18' deck and hot tub. Master suite not yet finished.</p>	 <p>3568 Princeton-Summerland \$169,900</p>	<p>Chain Lake Lot Area (acres): 1.88 MLS# 37198</p> <p>Nearly 2-acres with private Chain Lake access, backing the Trans Canada Trail. Cabin, power, phone, water and only 3 hours from the Lower Mainland.</p>	 <p>Lot B Coalmont Road \$165,000</p>	<p>Princeton Lot Area (acres): 10.62 MLS# 37191</p> <p>Over 10-acres. View lot, southern exposure, power and phone at lot line, 20+ gallon well.</p>
 <p>2321 Old Hedley Rd \$558,300</p>	<p>Princeton Total Sq Ft: 1,782 MLS# 37321</p> <p>One floor full of gracious living! Great 3-bedroom home located 20-minutes east of town in a quiet rural area. Property has great privacy and river frontage on the Similkameen. Almost new home needs nothing, ready to move into. Come see now!</p>	 <p>Lot 2 Highway 3W \$1,138,000</p>	<p>Princeton Total Sq Ft: 1,152 MLS# 37850</p> <p>By appointment only through Listing Agent. 72 seats inside, 35 patio and 56 seating for conference upstairs. Great highway exposure, pub sits overlooking the Similkameen River. Two patios, cherry wood bar. It is the only pub/bar in town.</p>	 <p>1285 Highway 3 \$349,000</p>	<p>Princeton Total Sq Ft: 1,650 MLS# 37171</p> <p>Immaculate 4-bedroom home, very spacious, high quality wood stove, kitchen with pantry and skylight, laminate flooring, all appliances, fenced and cross-fenced. Year round creek, 16' x 20' insulated, wired and heated guest cabin. Easy to show.</p>
 <p>15-453 Taylor Mill \$42,000</p>	<p>Princeton Total Sq Ft: 1,136 MLS# 37350</p> <p>Great country setting for this 12' x 68' with 10' x 32' addition. Many updates include roof 2002, laminate floor, ceramic tile, gyproc walls, new paint, kitchen and master. Fantastic bath has double head stand up shower and is handicap accessible. Will trade.</p>	 <p>278 Tulameen River \$488,300</p>	<p>Tulameen Total Sq Ft: 1,400 MLS# 37386</p> <p>Extremely private acreage in Tulameen. 5.76 acres, stunning 3-bedroom log home, double garage, park-like setting. Imagine sitting on the big porch overlooking the river with a glass of wine and watching the seasons change. Very, very private.</p>	 <p>2439 Princeton-Summerland \$359,900</p>	<p>Princeton Total Sq Ft: 3,342 MLS# 37072</p> <p>Wonderful privacy features 550 feet of Hayes creekfront, 40' x 60' quonset shop has concrete and 220. Sunken livingroom, new laminate and ceramic tile on main. Double sinks, garden tub plus sauna, wonderful country kitchen and so much more.</p>
 <p>211 Penryn Avenue \$197,000</p>	<p>Princeton Total Sq Ft: 2,796 MLS# 37200</p> <p>Spacious rooms throughout this renovated, well-maintained home. Painted inside and out in 2005, new lino and laminate floors in kitchen and livingroom. Full basement, large family room. Yard is landscaped and fenced. RM3 zoning - duplex.</p>	 <p>456 Corina Avenue \$210,000</p>	<p>Princeton Total Sq Ft: 1,220 MLS# 37349</p> <p>Fantastic setting on the Tulameen River enjoys lovely mountain views. 72 feet of frontage and great privacy. Many updates include windows, paint and flooring. This module is set on full concrete basement. Awesome workshop + many possibilities.</p>	 <p>Lot 5 Tulameen Townsite \$164,900</p>	<p>Tulameen Lot Area (acres): 0.55 MLS# 38313</p> <p>.55 acre lot in Tulameen. Central location, close to 4-season recreation, swimming, water skiing, snowmobiling, dirt bike, quad. Come and get it!</p>

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Hired Equipment Registration

Okanagan Shuswap District, Okanagan Area

The Ministry of Transportation, Okanagan Shuswap District Office, Okanagan Area, is updating its lists of registered Equipment for Hire for the fiscal year 2007/2008.

The Okanagan Shuswap District Office, Okanagan Area, geographically covers the area from the US Border and Osoyoos area in the South, East to Big White Road on Highway 33 and Craigellachie on Highway 1, North to Sicamous, Salmon Arm, Falkland, and West to Princeton (Sunday Summit) on Highway 3.

All individuals or companies who WERE registered this past year through the District Office in Kelowna will be receiving invitations to re-register their equipment for the coming fiscal year by mail by the end of February.

Any individuals or companies who were NOT registered in 2006, but who wish to have their equipment listed, are hereby invited to contact the District Office either in person or by phone to obtain the appropriate registration forms.

You may also re-register your equipment, or register new equipment, electronically at www.bcbid.gov.bc.ca.

Note that while you do not need to have Commercial (Comprehensive) General Liability insurance, or up-to-date WCB coverage to register, you will have to meet these requirements prior to working on any ministry projects.

Only owned or lease-to-own equipment is eligible for registration. Equipment can only be registered in one area in any given year. Seniority is not transferable from area to area.

The deadline for new registrations for fiscal year 2007/2008 is 4:30 p.m. on Monday, March 19, 2007.

Late registrations will be accepted, but may appear at the bottom of the open list. Note that there is no charge for registering new equipment, or for changing or deleting equipment already listed.

To register or for more information, please contact the District Office at:

1358 St. Paul Street, Suite 300
Kelowna BC V1Y 2E1
Phone: 250 712-3660



Mayor Randy McLean signs a proclamation naming February as Heart Month for Councillor Maria Sadegur. The proclamation was signed at the February 5th Council meeting. Photo: Dawn Johnson.

MORE COURT NEWS

Hedley man accepts peace bond

James Beaulieu was to have stood trial in Provincial Court in Princeton in March, but on February 8, he told Judge G. Sinclair he had information proving he was not guilty of uttering threats.

Crown Counsel reviewed the information and Beaulieu was asked if he would agree to a peace bond. He was happy to agree to having no contact with Carmen LaVictoire and Linda Albright for one year.

Man chooses guilty plea

Jordan Parker, a Lower Mainland resident, was to stand trial in Provincial Court in Princeton on February 9. Instead, he chose to plead guilty to a charge of possession of a controlled substance. Parker will have his charges waived to Vancouver where he will be sentenced this week.

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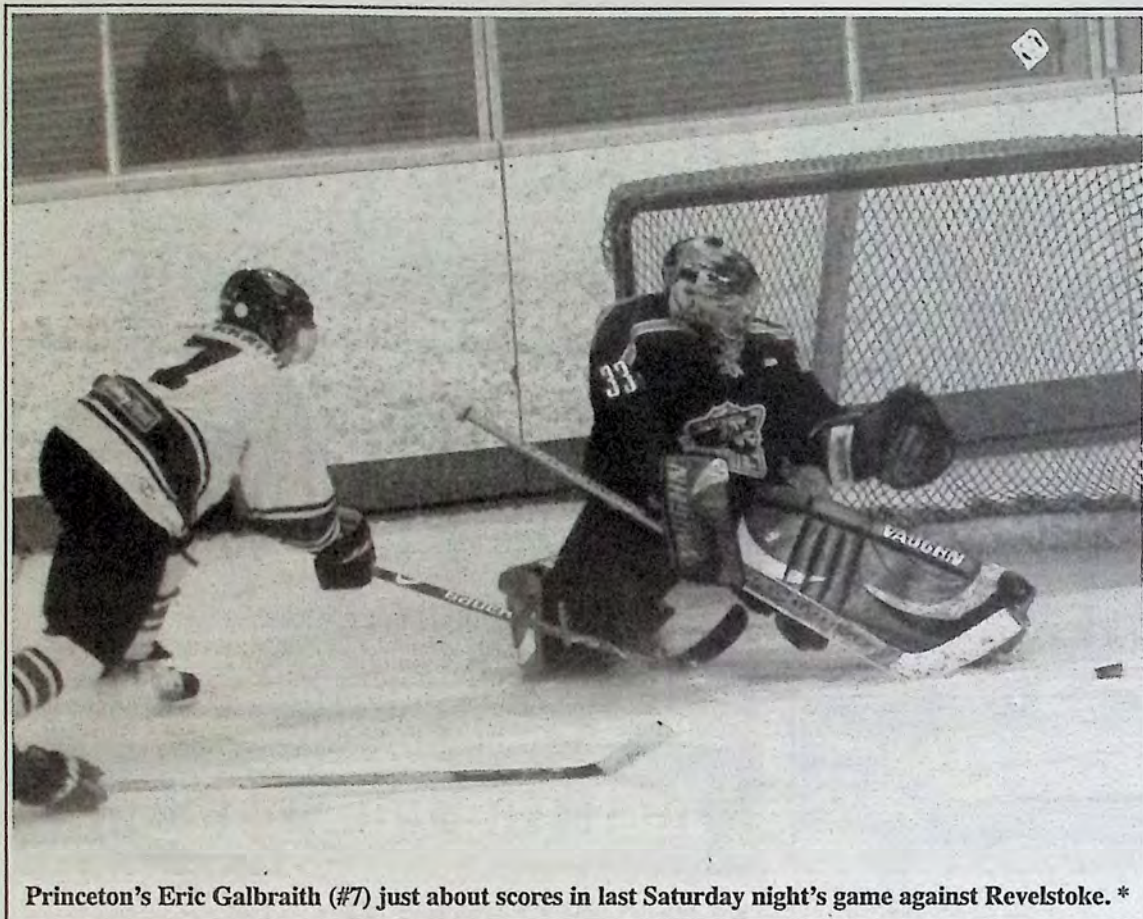
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weekly entertainment guide

TUESDAY, FEBRUARY 13, 2007 THROUGH MONDAY, FEBRUARY 19, 2007



Princeton's Eric Galbraith (#7) just about scores in last Saturday night's game against Revelstoke. *

Storm blows over Princeton

What is wrong with the Princeton Posse? The fifth year the franchise has been in the Similkameen Valley has seen the team produce it's best record and Coach Dale 'Duner' Hladun has put together an amazing collection of young men.

The players have a good reputation off the ice as being shining examples of what the KJHL promotes itself as "Working together to promote hockey excellence, education and life skills."

So why is it Princeton can't win some of the big divisional games? We're not sure, as anyone who has attended more than just a handful of games at Princeton Arena will tell you, the team is gelling. Their power play has improved, as has their penalty killing. Both goalies play outstanding and by all indications, most of the team will likely not return for Posse Season 6.0 – not because they can't play, but because they'll be moving on to Junior A teams elsewhere.

With all the good things happening to the Princeton Posse, why can't they score? The mid-week game on Wednesday, February 7th may offer some answers.

Princeton played a strong, physical game from the first face off. They pressured the Storm goal every chance they had but couldn't get the little frozen piece of rubber in the thing with netting around it.

Kamloops opened the scoring at 16:51 of the first period and continued to score into the second period at 13:43, 9:43 and 2:49.

A few times the officials seemed a little dazed and confused about who should serve penalties called until Princeton's Jordan Lane got into a

scrap that clearly involved jersey #22 – in case the ref missed it.

The third period opened with Kamloops leading 4 to zip. Princeton kept pushing the Storm around and batting pucks at their goal until Eric Galbraith managed to slap one in off the rebound at 16:47. Assists went to Alex Young

Posse beats Grizzlies

Just when you think the Valley First Princeton Posse is done for the season, they pull off a big win on the road in Sicamous and beat Revelstoke at home.

The Saturday night (February 10th) match against the Grizzlies saw the return of Posse Coach Dale 'Duner' Hladun to the bench and the boys did not disappoint their Coach.

What appeared to be a pretty evenly matched game from the opening face off turned slightly when Revelstoke scored first at 9:29. By mid-period Princeton had a two-man advantage and could not produce. It didn't really matter as the team played a great game although they looked tired at times.

The officials deserve credit for calling a wide-open game letting each team show some aggression without penalties. In fact, there were only five penalties called against the Posse and eight called against the Grizzlies in the entire game.

The second period saw a lot more action from both teams with fast moves and plays moving back and forth like a tennis match.

and Brett Van Riper.

It was all they were going to get for their efforts.

Although the shots on goal show Kamloops had 29 to Princeton's 26, the Posse needs a sniper. Other than that, the team is solid.

Final score: Kamloops 4, Princeton 1.

Princeton tied the game at 7:21 with a goal from Jeremy Wagner. Assists went to Dan Hillman and Kyle L'Arrivee.

Princeton added a go ahead goal at 13:44 with Riley Ferster getting the credit. Jeremy Wagner and Eric Galbraith assisted him.

When the final frame started, it was apparent both teams were on a mission. Revelstoke tried hard to tie the game and Princeton tried just as hard to add an insurance goal.

It wasn't until 12:52 when Revelstoke managed to take away Princeton's one goal lead.

Then only 6-seconds later, before the arena announcer had time to announce the Revelstoke goal, Kyle L'Arrivee won the face off at centre ice and Dan Hillman picked up the puck and raced it into Revelstoke territory. Hillman bulldozed his way to the goal and fired the puck into the back of the goal to put Princeton back on top.

There was no further scoring, although both teams continued to battle to the final buzzer.

Final score: Princeton 3, Revelstoke 2. Shots on goal: Revelstoke 39, Princeton 29.

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HAPPY VALENTINE'S DAY TO MY 'KIDS'
George & Brenda AND Bruce & Wendi FROM Audrey



Kamloops Storm beat Princeton Posse 4-1 in a mid-week game last Wednesday night. Here's one Posse attempt that did not score during the second period of that game. *



Kamloops scored their second goal last Wednesday beating Posse goalie Tanner Sheridan, above. *



The Posse put plenty of pressure on the Kamloops goal last Wednesday night, but could not beat the Storm. Here's a shot of Princeton's Dan Hillman (#18) reaching for a rebound. *

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TUESDAY, FEBRUARY 13, 2007

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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 Jacob	Brady's 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: "Spy Hard" (1996) (PA) Leslie Nielsen.	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today (E)	The Early Show (E)	American Justice Cold Case Files (E)	Good Morning America (E)			Arthur (E) Lunar Jim	Being Ian Beasts	SportsCentre (E)		The Big Uneasy	K. Possible (7:24)	CityLine (E)	V.I.P. (E)	Night Heat "Neighbors"
8 AM :30		2nd Chance	Hi-5 Berenstain	Curious Clifford					100 Huntley Street (N)	Curious Dragon	LazyTown Winx Club	SportsCentre (E)		Dirty Jobs Penguins.	Weekend Lilo Stitch	Deep Space 9	V.I.P. "Quick and Dead"	Due South (E) (DVS)	
9 AM :30	NewsRadio Drew	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Crossing Jordan "Pilot"	Regis and Kelly	100 Huntley Street (N)	World Vision (E)	Poko Save-Ums!	Monster Mona	Off-Record SnowTrax	Regis and Kelly	Daily Planet (E)	Pool Bear	News (E) City	Most Amazing Videos	FANatical Inside the
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 "Skeletons"	The View (N) (E)	World Vision	Design House	Zoboo Doodlehop	Adrenalini Jane	Lumberjks Strongest	The View (N) (E)	Blueprint for Disaster	JoJo Benj Bear	Movie: "The Seven Percent Solution" (1976) (E)	Disorderly Con.	Ellen (E) Grace
11 AM :30	Harvey Harvey	Thane Seinfeld	Math Shop Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E) CSI: Miami "Skeletons"	Paid Prog. Paid Prog.	Judge J. House	News (Live) (E)	The Gill Deacon Show	Pippi LazyTown	Billiards: Challenge	eTalk (E) MTV e2	Superweapons	Higglytown (11:25) King	Deep Space 9	The Nanny Frasier	
12 PM :30	Home Imp. Home Imp.	News (E) Undersea	Sustain Charlie Rose (E)	Paid Prog. Bold & B.	News City Confidential (E)	News All My Children (N) (E)			News (E)	Days of our Lives (N)	CBC News: Today (E)	Being Ian Beasts	Beach Soccer	Bold & B. Bold & B.	Seven Wonders Of... Weekend	(11:49) CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld	
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Macphee Quilting	Watercolor America	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living What's- Stickin	Gadget Soccer	Beach Soccer	Sue Thomas: F.B.Eye	Futureweapons (E) Emperor	(1:15) Star! Daily	Star Trek: Next Gener.	Mad Abt. Frasier	
2 PM :30	King King	Guiding Light (N) (E)	Gaslight Animals	Reading Lions	Passions (N) (E) Guiding Light (N) (E)	Passions (N) (E)	Cold Case Files (E)	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Jacob Flamingo	NASCAR Now (Live)	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 Dr. Phil (E)	Dr. Phil (E)	Crossing Jordan "Pilot"	Rachael Ray (N) (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	World Record Breakers	Weekend Lloyd	News (E)	Star Trek: Voyager (E)	Due South (E)
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchase Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami "Skeletons"	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Frasier Mercer	Phantom Neutron	Hockey NHL on the Fly (Live) (E)	The Tyra Banks Show	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	FANatical Inside the
5 PM :30	Raymond Raymond	News (E)	George S. (5:32) Business	BBC World NBC News	News (E) NBC News	News (E)	CSI: Miami "Deviant"	News (E) ABC News	News (E) Global	News (Live) (E)	Simpsons Arrested	OddParent SpongeBob		News (E)	How-Made How-Made	K. Possible Suite Life	Funnest Home Videos	CSI: Crime Scn	Seinfeld Seinfeld
6 PM :30	Sex & City Sex & City	Body Caitlin	CG Kids Heads Up	News-Lehrer Raymond	News (E) Raymond	News (E) Hollywood	Dog the Bounty Hunter	News (E)	News (E)	ET Canada	CBC News Canada	Rugrats Grown Up		News (E)	American Chopper (E)	So Little Darcy	Live! at the Genes (E)	CSI: Crime Scn	Married... Married...
7 PM :30	Friends Friends	Vanity Jeopardy!	Working Eden	Nova (N) (E) (DVS)	Jeopardy! Fortune	Friends Scrubs	Dog the Bounty Hunter	Entertain The Insider	Entertain ET Canada	Gilmore Girls (N) (E)	Coronatn Antiques	Sabrina Malcolm	SportsCentre (Live) (E)	eTalk (E) Hollywood	Biker Build-Off (E)	So Raven Smart Guy	Entourage Girls	CSI: Crime Scn	Frasier Grace
8 PM :30	Sex & City Sex & City	NCIS "Burn Out" (N)	Beethoven "The Rebel"	Gorillas: Trail	Dateline NBC (N) (E)	NCIS "Burn Out" (N)	King Cars King Cars	Funnest Home Videos	Gilmore Girls (N) (E)	Risk Takers (E) (DVS)	Mercer 22 Minutes	Fresh Pr. Monster	In Corner	American Idol (N) (E)	Daily Planet (E)	Suite Life Life Derek	News (E) (8:35) Star!	CSI: NY "Rain" (E)	ET Canada FANatical
9 PM :30	Movie: "I Am Sam" (2001) Sean Penn, Michelle Pfeiffer. (E)	The Unit (N) (E)	Goodall's Great Dates (DVS)	Frontline (N) (E) (DVS)	Law Order: CI	The Unit (N) (E)	CSI: Miami "Deviant"	Primetime (N) (E)	House "Insensitive" (N)	House "Insensitive" (N)	Hustle (N) (E)	15/Love Weird	Motoring 2007	Criminal Minds (N) (E)	American Chopper (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld
10 PM :30	Movie: "A Thin Line Between Love and Hate"	Movie: "Anything Else" (2003)	Save the World	Andre Rieu: Live In Tuscany (E)	Deal or No Deal (N) (E)	Criminal Minds (N) (E)	CSI: Miami (E)	Jim In Case	Deal or No Deal (N) (E)	Deal or No Deal (N) (E)	fifth estate	15/Love My Family	Bush	American Idol (N) (E)	MythBusters (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld
11 PM :30	Movie: "Devil in a Blue Dress" (1995) (PA) (E)	Woody Allen. (E)	Sustain Future	Medium (N) (E)	News (E) Tonight	News (E) Late Show	The Sopranos (E)	Lost (N) (E)	Jane Show Dangerous	News (Live) (E)	National	Frank Ptrl Bob	NASCAR NFL Films	CSI: NY (N) (E)	Egypt's Tomb	Popular (E)	(10:06) "Knock Off" (1998), Rob Schneider	Star Trek: Voyager (E)	Married... Married... The Nanny

WEDNESDAY, FEBRUARY 14, 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 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: "I Am Sam" (2001) Sean Penn, Michelle Pfeiffer. (E)	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today Heart disease; making a bed sexy; easy meals; flowers. (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	K. Possible (7:24)	CityLine (E)	V.I.P. "Valley's Secret"	Night Heat "Payday"
8 AM :30		Homes	Berenstain	Curious Clifford					100 Huntley Street (N)	Curious Pinky	LazyTown Winx Club	SportsCentre (E)		American Chopper (E)	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 (E)	Poko Save-Ums!	Monster Mona	Off-Record Motorcycle	Regis and Kelly	Daily Planet (E)	Pool Bear	News (E) City	Most Amazing Videos	That News Inside the
10 AM :30	Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "Collision"	The View (N) (E)	World Vision	Design House	Zoboo Doodlehop	Adrenalini Jane	Bowling	The View (N) (E)	Deep Inside the Titanic	JoJo Handy	Movie: "Message in a Bottle" (1999) Kevin Costner. (E)	Disorderly Con.	Ellen (E) Grace
11 AM :30	Harvey Harvey	Seinfeld Thane	Mathematics Scattering	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E) CSI: Miami "Collision"	Paid Prog. Paid Prog.	Judge J. House	News (Live) (E)	The Gill Deacon Show	Pippi LazyTown	Billiards: Challenge	eTalk (E) MTV e2	Myst. Titanic	Higglytown (11:25) King	Deep Space 9	The Nanny Frasier	
12 PM :30	Home Imp. Home Imp.	News (E) Edge	Reach-Top Charlie Rose (E)	Paid Prog. Bold & B.	News City Confidential (E)	News All My Children (N) (E)			News (E)	Days of our Lives (N)	CBC News: Today (E)	Being Ian Adrenalini	Beach Soccer	Degrassi Bold & B.	Titanic-Birth	(11:49) CityLine (E)	Star Trek: Next Gener.	Seinfeld 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 What's- Stickin	Gadget Soccer	Beach Soccer	Sue Thomas: F.B.Eye	MythBusters (E) Emperor	Dragon Speakers	Star Trek: Next Gener.	Mad Abt. Frasier	
2 PM :30	King King	Guiding Light (N) (E)	Gaslight Moving On	Reading Lions	Passions (N) (E) Guiding Light (N) (E)	Passions (N) (E)	Cold Case Files (E)	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Jacob Flamingo	NASCAR	General Hospital (N)	Dirty Jobs Penguins.	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 Dr. Phil (E)	Dr. Phil (E)	Crossing Jordan (E)	Rachael Ray (N) (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Weekend Lloyd	News (E)	Star Trek: Voyager (E)	Due South (E)
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchase Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami "Collision"	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Frasier Just-Gags	Phantom Edgar & El	Hockey Off-Record	The Tyra Banks Show	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	That News Inside the
5 PM :30	Raymond Raymond	News (E)	George S. (5:32) Business	BBC World NBC News	News (E) NBC News	News (E)	CSI: Miami (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Simpsons Arrested	OddParent SpongeBob	In Corner NHL Pre	News (E)	Egypt's Tomb	K. Possible Suite Life	Beauty and the Geek	CSI: Crime Scn	Seinfeld Seinfeld
6 PM :30	Raymond Raymond	Body Caitlin	Mechanics Creatures	News-Lehrer Raymond	News (E) Raymond	News (E) Hollywood	The Sopranos (E)	News (E)	News (E)	ET Canada	CBC News Canada	Charlie B. Valentine	NHL Hockey: Vancouver Canucks at Minnesota Wild. (E)	News (E)	King Tut's Mystery	So Little Darcy	Movie: "Sweet Home Alabama" (2002) (E)	UFC's Ultimate Fight Night 2	Married... Married...
7 PM :30	King King	Vanity Jeopardy!	Land of the Ice Bear	Andre Rieu: The Homecoming (E)	Jeopardy! Fortune	Friends Scrubs	The Sopranos "Isabella" (E)	Entertain The Insider	Entertain ET Canada	Jane Show Dangerous	Coronatn Malcolm	Sabrina Malcolm	Canucks at Minnesota Wild. (E)	eTalk (E) Hollywood	MythBusters (E)	So Raven Smart Guy	Alabama (2002) (E)	Frasier Grace	
8 PM :30	Movie: "A Thin Line Between Love and Hate"	King In Case	Arctic Mission	Andre Rieu: Live In Tuscany (E)	Friday Night Lights (N) (E)	Jericho (N) (E)	Dog Knights	Bones (N) (PA) (E)	Bones (N) (PA) (E)	Mosque Comedy	Fatherhood	Fresh Pr. SportsCentre (Live) (E)	15/Love My Family	American Idol (N) (E)	Daily Planet (E)	Suite Life Life Derek	News (E) (8:35) Star!	Pros vs. Joes	ET Canada That News
9 PM :30	Movie: "A Thin Line Between Love and Hate"	Movie: "Anything Else" (2003)	Save the World	Andre Rieu: Live In Tuscany (E)	Deal or No Deal (N) (E)	Criminal Minds (N) (E)	CSI: Miami (E)	Jim In Case	Deal or No Deal (N) (E)	Deal or No Deal (N) (E)	fifth estate	15/Love My Family	Bush	American Idol (N) (E)	MythBusters (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld
10 PM :30	Movie: "Devil in a Blue Dress" (1995) (PA) (E)	Woody Allen. (E)	Sustain Future	Medium (N) (E)	News (E) Tonight	News (E) Late Show	The Sopranos (E)	Lost (N) (E)	Jane Show Dangerous	News (Live) (E)	National	Frank Ptrl Bob	NASCAR NFL Films	CSI: NY (N) (E)	Egypt's Tomb	Popular (E)	(10:06) "Knock Off" (1998), Rob Schneider	Star Trek: Voyager (E)	Married... Married... The Nanny
11 PM :30		News (E) Dotto Tech	Charlie Rose (N) (E)	News (E) Tonight	News (E) Late Show	News (E) Late Show	The Sopranos (E)	News (E) (11:35)	News (E) (11:35)	News (E) (11:35)	Entertain ET Canada	The Hour (11:05) Hollywood	SportsCentre (Live) (E)	News (E)	King Tut's Mystery	8 Rules Life Derek	(1999) Joes	Pros vs. Joes	Ellen (E) The Nanny

Horoscopes

February 14 - 21, 2007

Aries - Plans you made last week may have to be revised or put on hold until late March. You may feel disappointed but look forward to positive change next week. Hold steady.

Taurus - If you feel tired at the beginning of the week, it is probably the need to take action. You are inclined to be bored, and may have to postpone plans. Change is on the way soon.

Gemini - Your focus shifts to career and home and family. You may have to shift gears and set career plans aside for a couple of months. Change begins this weekend. Patience!

Cancer - Watch your money where partnership deals are concerned. You are not in a position to make big leaps of faith re money. Work and health bring biggest benefits this weekend.

Leo - Your sense of security may be seriously challenged this week by health matters and/or persons involved with you financially. Revisit your plans and stand pat for a month.

Virgo - Lover may be lusty but there is doubt in the back of your mind. Don't make any plans for awhile. Benefits come from home and family. Learn from subtle weekend changes.

Libra - Your life is expressed in matters of health, plans, family and job this week. Take some time to review job plans. Don't expect real change for a month. Work hard.

Scorpio - Career may be disappointing this week, but love is in the air. You may resent demands made by career when your mind is on romance. Watch out for overspending on frippery.

Sagittarius - Plans for home and/or family may have to be put on hold due to finances or lack of time. Be cautious this weekend. Things you thought solved last month come back.

Capricorn - If you feel tired this week it may be due to your concerns about money, taxes or other investments. You are due for a big change of mind about money and siblings. Be silent.

Aquarius - Money and partners are your big concerns. You may experience some disappointment. Be patient, things change for the better next week. You undergo change.

Pisces - Employment may be a challenge, or a burden, this week. Health matters may be a concern, too. Trust that it will be cleared up. You have a change of heart this weekend. Enjoy!

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) ***"Message In a Bottle" (1999, Romance) Kevin Costner. A woman learns that the author of a romantic note that washed ashore is a shipbuilder whose wife died young and tragically. (R)
- 10:00 am CITY (29) ***"Sweet Home Alabama" (2002, Romance-Comedy) Reese Witherspoon. Separated from her Southern husband, an engaged New York fashion designer confronts him about a divorce. (R)

EVENING

- 7:00 pm WTBS (3) ***"Pay It Forward" (2000, Drama) Kevin Spacey. In response to a challenge by his teacher, an 11-year-old proposes an idea for individual deeds to change the world. (R)

- 9:40 pm WTBS (3) ***"Message In a Bottle" (1999, Romance) Kevin Costner. A woman learns that the author of a romantic note that washed ashore is a shipbuilder whose wife died young and tragically. (R)
- 11:00 pm SPIKE (24) ***"American Ninja 4: The Annihilation" (1991, Adventure) Michael Dudikoff. An ex-ninja must save commandos and the world from a mad sheik and his ninja army. (In Stereo)

friday movies

MORNING

- 7:00 am WTBS (3) ***"Pay It Forward" (2000, Drama) Kevin Spacey. In response to a challenge by his teacher, an 11-year-old proposes an idea for individual deeds to change the world. (R)
- 10:00 am CITY (29) ***"Madeline" (1998, Comedy-Drama) Frances McDormand. A fearless French orphan involves her schoolmates and headmistress in a series of misadventures. (R)

AFTERNOON

- 5:00 pm WTBS (3) ***"Miss Congeniality" (2000, Comedy) (PA) Sandra Bullock. An image consultant transforms a tomboyish FBI agent into a beauty queen so she can work undercover. (R) (DVS)

EVENING

- 6:00 pm SPIKE (24) ***"Crocodile Dundee II" (1988, Comedy) Paul Hogan. Colombian drug dealers pursue the outback he-man and his Manhattan girlfriend in Australia.
- 7:05 pm WTBS (3) ***"Down to Earth" (2001, Comedy) Chris Rock. Accidentally sent to Heaven, a comic returns to Earth in the body of a Manhattan mogul whose family is plotting to kill him.
- 7:30 pm FAM (28) "Jump In!" (2007, Drama) Corbin Bleu. Premiere. A promising young boxer joins an all-girl team to compete in double Dutch jump-ropes. (R)
- 8:00 pm KNOW (5) "The Moving Finger"

- (2006, Mystery) Geraldine McEwan. Miss Marple investigates when a writer sends a series of poison-pen letters to residents of a sleepy village. (R)
- 8:55 pm WTBS (3) ***"House Party" (1990, Musical Comedy) Kid 'N Play. Two teenage rappers try to throw a party despite a trio of rap bullies and the police. (R)
- 9:00 pm FAM (28) ***"The Big Green" (1995, Comedy) Steve Guttenberg. A love-struck Texas lawman helps a new British schoolteacher transform her cynical students into a soccer team.
- 10:06 pm CITY (29) "Desire and Deception" (2001, Adult) Kelli McCarty. A novelist's steamy affair comes to an abrupt end after his mistress is found dead and he becomes the main suspect.
- 10:39 pm FAM (28) ***"Man of the House" (1995, Comedy) Chevy Chase. A district attorney tries to win over the bratty son of his future wife.
- 10:55 pm WTBS (3) ***"Double Team" (1997, Adventure) (PA) Jean-Claude Van Damme. An international spy teams with a flamboyant weapons dealer to escape from a penal colony and save his family. (R)
- 11:00 pm SPIKE (24) ***"The Defender" (1994, Action) Jet Li. A woman who witnessed a gangland murder falls for the bodyguard hired to protect her. (In Stereo)

Similkameen News Leader Community Calendar

FEBRUARY

- 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 #154)

Brought To You By: Providence Funeral Homes & Crematorium

Ginger Lime Dressing

For all your dressing needs - Ginger Lime Dressing

(NC) Try this versatile dressing on salads, veggies or noodles, or as a marinade for meat. It can be stored up to five days in the refrigerator. Look for more dressings and marinades made with Crisco Canola Oil at www.crisco.ca.

- 2 tsp minced fresh ginger 10 mL
- 1 tsp finely grated lime zest 5 mL
- 1/4 cup fresh lime juice 50 mL
- 2 tsp honey 10 mL
- 1 clove garlic, minced 1
- 1/4 tsp each salt and pepper 1 mL each
- 1/2 cup Crisco Canola Oil 125 mL

Whisk together first 6 ingredients. Gradually add oil, whisking until well mixed. Prep Time: 5 minutes, Yield: 3/4 cup, Freezing: Not recommended

- 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 15, 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. Caillou (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (E)	(5:00) News (Live) (E)	CBC News: Morning	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: "Message in a Bottle" (1999)	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today (E)	The Early Show (E)	Amer. Justice	Good Morning America (E)			Arthur (E) Lunar Jim	Being Ian Jane	SportsCentre (E)		Canadian Geographic	K. Possible (7:24)	CityLine (E)	V.I.P. "Val Point Break"	Night Heat "Moonlight"
8 AM :30	Kevin Costner (E)	Taste	Berenstain Clifford	Dragon			Cold Case Files (E)			100 Huntley Street (N)	Curious Clifford	LazyTown Winx Club	SportsCentre (E)		MythBusters (E)	Weekend Lilo Stitch	Deep Space 9	V.I.P. (E)	Due South (E) (DVS)
9 AM :30	NewsRadio	Judge	Rolie Polie	Big World			Discover	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (N)	Poko	Monster	Off-Record	Regis and Kelly	Daily Planet (E)	Pooch	News (E)	Most Amazing Videos	What Inside the
10 AM :30	Drew Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "Driven"	The View (N) (E)	World Vision	Design House	Zoboo	Adrenalini	Busch	The View (N) (E)	Beastly Countdown	JoJo Sprites	Movie: "Sweet Home Alabama" (2002) (E)	Disorderly Con.	Ellen (E) Grace
11 AM :30	Harvey	Seinfeld	Haida Art	Thomas	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (Live) (E)	The Gill Deacon Show	Pippi	NASCAR Racing: Nextel Cup - Gatorade Duels at Daytona.	eTalk (E) MTV e2	Fear at First Bite (E)	Higglytown (11:25) King	CityLine (E)	Star Trek: Next Gener.	The Nanny Frasier
12 PM :30	Home Imp.	News (E)	Walk on the Wild Side	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 Jane		Degrassi Bold & B.	The Big Uneasy (E)	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld
1 PM :30	Yes, Dear	Diva Dime	Depression: Fighting	Painting Needle Art	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living What's- Stuckin	Gadget		Sue Thomas: F.B.Eye	Egypt's Tomb	Dragon Emperor	In Fashion Star! Daily	Star Trek: Next Gener.	Mad Abt. Frasier
2 PM :30	King	Guiding Light (N) (E)	Gaslight	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	Jacob Flamingo	NASCAR Now (Live)	General Hospital (N)	King Tut's Mystery	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
3 PM :30	Seinfeld	Room	Jack's Big Music Show	Arthur (E)	Judge	Dr. Phil (E)	Crossing Jordan (E)	Rachael Ray (N) (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record	Dr. Phil (E)	How-Made	Weekend Lloyd	News (E)	Star Trek: Voyager (E)	Due South (E)
4 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyber Zoboo	Judge J.	Oprah Winfrey (E)	CSI: Miami "Driven"	Millionaire	Oprah Winfrey (E)	News (E) Global	Frasier	Phantom The X's	NASCAR Racing: Nextel Cup - Gatorade Duels at Daytona.	The Tyra Banks Show	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	This Is TNA	What Inside the
5 PM :30	Friends	News (E)	George S. (5:32)	BBC World Business	News (E) NBC News	News	CSI: Miami "Free Fall"	News (E) ABC News	News (E) Global	News (Live) (E)	Simpsons Arrested	OddParent SpongeBob		News (E)	Dirty Jobs "Jobs That Bite"	K. Possible Suite Life	Ugly Betty "Snow Job"		Seinfeld
6 PM :30	Friends	Body	Spellz (E) Reach-Top	News-Lehrer	News (E) Raymond	News	The First 48 (E)	News (E)	News (E)	ET Canada	CBC News Canada	Being Ian Erky Perky		News (E)	Working with sharks.	So Little Darcy	Supernatural (N) (E)	TNA IMPACT! (N) (E)	Married... Married...
7 PM :30	Movie: "Pay It Forward" (2000)	Vanity	Profiles-Nature	Health Matters	Jeopardy! Fortune	Friends Scrubs	Back in the Hood	Entertain The Insider	Entertain ET Canada	Shark (N) (E)	Coronatn Fashion	Sabrina Malcolm	SportsCentre (Live) (E)	The O.C. (N) (E)	Mayday (E)	So Raven Smart Guy	(7:01) Men in Trees (E)	Pros vs. Joes (N)	Frasier Grace
8 PM :30	Kevin Spacey (E)	"Til Death	With Glowing Hearts	Rosemary and Thyme	Name Earl The Office	Survivor: Fiji (N) (E)	Kansas City SWAT (E)	Ugly Betty "Snow Job"	Survivor: Fiji (N) (E)	Survivor: Fiji (N) (E)	The Brit Awards 2007 Hosted by Russell Brand.	Fresh Pr. Monster	Off-Record	Grey's Anatomy (N)	Daily Planet (E)	Suite Life Life Derek	News (E) (8:35) Star!	UFC Wild World	ET Canada
9 PM :30	Movie: "Message in a Bottle" (1999)	10 Items	Sahara-Palin	Globe Trekker (E)	Scrubs (N) (9:31) 30	CSI: Crime Sen	CSI: Miami "Free Fall"	Grey's Anatomy (N)	Deal-No Deal	Deal-No Deal	National	Prank Ptrl Bob	Dawson	CSI: Crime Sen	Dirty Jobs "Jobs That Bite"	8 Rules Sinbad	(9:06) Jimmy Kimmel	UFC Sports	Seinfeld
10 PM :30	Kevin Costner (E)	News (E) Room	Perspectives (E)	Charlie Rose (N) (E)	News (E) Tonight	News	Back in the Hood	News (E) (11:35)	News (E)	News (E) ET Canada	The Hour (E)	Madison Best	SportsCentre (Live) (E)	News (E)	Mayday (E)	8 Rules Life Derek	"American Ninja 4"	Ellen (E)	The Nanny

FRIDAY, FEBRUARY 16, 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. Caillou (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (E)	(5:00) News (Live) (E)	CBC News: Morning	Beasts Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man	Rachael Ray (N) (E)	V.I.P. (E)	Counterstrike (E)
7 AM :30	Movie: "Pay It Forward" (2000)	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today Keith Urban; spring style; Kylie Kwong. (E)	The Early Show (E)	American Justice	Good Morning America (E)			George S. Lunar Jim	Being Ian Mischief	SportsCentre (E)		Canadian Geographic	K. Possible (7:24)	CityLine (E)	Disorderly Con.	Night Heat (E)
8 AM :30	Kevin Spacey (E)	Catering	Berenstain Clifford	Dragon			Cold Case Files (E)			100 Huntley Street (N)	Curious Pinky	LazyTown Winx Club	SportsCentre (E)		Biker Build-Off (E)	Weekend Lilo Stitch	Deep Space 9	Disorderly Con.	Due South "The Duel"
9 AM :30	NewsRadio	Judge	Rolie Polie	Big World			Discover	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (N)	Poko	Monster	Off-Record	Regis and Kelly	Daily Planet (E)	Pooch	News (E)	Elimination	Big Screen
10 AM :30	Drew Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "Dead Air"	The View Hugh Grant.	World Vision	Design House	Zoboo	Adrenalini	Busch	The View Hugh Grant.	Biker Build-Off (E)	JoJo Mickey	Movie: "Madeline" (1998)	Elimination	Grace
11 AM :30	Harvey	Seinfeld	War	Bob Build	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (Live) (E)	The Gill Deacon Show	Pippi	NASCAR Racing: Auto Parts Winterationals.	eTalk (E) Screen	Monster House (E)	Higglytown (11:25) King	McDormand	Elimination	Frasier
12 PM :30	Home Imp.	News (E)	Canada-History	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)	Before Mischief	NASCAR Racing: Busch Series -- Orbitz 300 Qualifying. (Live) (E)	Degrassi Bold & B.	Dirty Jobs "Jobs That Bite"	(11:49) Weekend	CityLine (E)	Elimination	Seinfeld
1 PM :30	Yes, Dear	Diva Dime	Ronter SportFish	Scheewe Scrapbook	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	Gadget Stuckin		Sue Thomas: F.B.Eye	Working with sharks.	Dragon Emperor	At Movies Star! Daily	Elimination	Mad Abt. Frasier
2 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	Jacob Flamingo		General Hospital (N)	Mayday (E)	Lilo Stitch Proud	Ellen DeGeneres Show	Elimination	Beverly Hills, 90210
3 PM :30	Seinfeld	Room	Hi-5 "Games: Fantasy"	Arthur (E) Fetch! With	Judge	Dr. Phil (E)	Crossing Jordan (E)	Rachael Ray (N) (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record	Dr. Phil (E)	How-Made	Weekend Lloyd	News (E)	Star Trek: Voyager (E)	Due South "The Duel"
4 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J.	Oprah Winfrey (E)	CSI: Miami "Dead Air"	Millionaire	Oprah Winfrey (E)	News (E) Global	Frasier	Danny Drake	Hockey: Pittsburgh Penguins at New Jersey Devils. (E)	The Tyra Banks Show	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Big Screen
5 PM :30	Movie: "Miss Congeniality" (2000)	News (E) Body	George S. (5:32)	BBC World Business	News (E) NBC News	News	CSI: Miami "Shock"	News (E) ABC News	News (E) Global	News (Live) (E)	Simpsons Arrested	OddParent SpongeBob		News (E)	Conspiracy Files (E)	K. Possible Montana	American's Funniest Home Videos (E)	CSI: Crime Scn	Seinfeld
6 PM :30	Kevin Costner (E)	Body	Arctic Skooled!	News-Lehrer	News (E) Raymond	News	CSI: Miami "Rampage"	News (E)	News (E)	ET Canada	CBC News Canada	Being Ian (6:20) Robot		News (E)	I Shouldn't Be Alive (N)	Zoey 101 Life Derek	Videos (E)	Movie: "Crocodile Dundee II" (1988, Comedy)	Married... Married...
7 PM :30	Movie: "Down to Earth" (2001) Chris Rock.	Vanity	BC	Wash Wk	Jeopardy! Fortune	Friends Scrubs	CSI: Miami "Rampage"	Entertain The Insider	Entertain ET Canada	Falcon Beach "Lost"	Coronatn 22 Minutes	Team Fantaste 4	SportsCentre (Live) (E)	eTalk (E) Hollywood	A Haunting (E)	School	Godiva's (E) (DVS)	(1988, Comedy) Paul Hogan.	Frasier Grace
8 PM :30	Movie: "House Party" (1990) Kid "N Play. (E)	Next Great Chef (E)	Movie: "The Moving Finger" (2006, Mystery) (E)	NOW (N) Europe	1 vs. 100 (iTV) (N) (E)	Ghost Whisperer (N) (E)	CSI: Miami "Shock"	America's Funniest Home Videos (E)	Falcon Beach "Lost"	Las Vegas (N) (E)	NUMB3RS (N) (E)	Air Farce Mercer	Off-Record	Ghost Whisperer (N)	Daily Planet (E)	"Jump In!" (2007) Premierc.	News (E)	Night Party	Sports Big Screen
9 PM :30	Movie: "House Party" (1990) Kid "N Play. (E)	Trading Spouses	Sher. Holmes	Tim Janis: Beautiful	Law & Order (N) (E)	NUMB3RS (N) (E)	CSI: Miami "Shock"	20/20 (E)	NUMB3RS (N) (E)	News (E)	National	Alchemist Bleach	Boxing: Friday Night Fights. (Taped) (E)	Law & Order (N) (E)	I Shouldn't Be Alive	Movie: "The Big Green" (1995)	(9:06) Jimmy Kimmel	MXC	Seinfeld
10 PM :30	Movie: "Double	News (E) Room	With Glowing Hearts	Austin City Limits (E)	News (E) Tonight	News	CSI: Miami "Rampage"	News (E) (11:35)	News (E)	(11:03) ECW (E)	The Hour (E)	Monster Oracle	SportsCentre (Live) (E)	News (E)	Conspiracy Files (E)	Movie: "Man of the House" (2001, Adult)	Movie: "The Defender"	Ellen (E)	The Nanny

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saturday movies

MORNING

6:00 am SPIKE (4) ★½ "The Order" (2003, Suspense) Heath Ledger. A priest meets an immortal who can offer absolution to confessors by swallowing their sins.

7:00 am WTBS (3) ★★ "Richie Rich" (1994, Comedy) (PA) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive.

9:00 am A&E (9) ★★ "Bugsy" (1991, Biography) Warren Beatty. New York gangster Bugsy Siegel goes Hollywood with a tan, a mistress and a mad vision of Las Vegas.

9:15 am WTBS (3) ★½ "Down to Earth" (2001, Comedy) Chris Rock. Accidentally sent to Heaven, a comic returns to Earth in the body of a Manhattan mogul whose family is plotting to kill him.

10:50 am WTBS (3) ★★ "A Walk to Remember" (2002, Romance) (PA) Shane West. Forced to tutor students at a school, a young delinquent falls for a minister's daughter.

AFTERNOON

12:00 pm FAM (26) "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment.

CITY (29) ★½ "Down to You" (2000, Romance-Comedy) Freddie Prinze Jr. Two collegians fall in love but have a bumpy affair due to mischievous roommates and the temptation to stray.

1:00 pm WTBS (3) ★★ "Save the Last Dance" (2001, Romance) Julia Stiles. A white teenager moves to Chicago after her mother's death and falls for a black student who shares her love of dance.

1:30 pm FAM (26) "Life Is Ruff" (2005, Comedy) Kyle Massey. A teenage slacker adopts a stray as

part of a plan to win a large cash prize at an upcoming dog show.

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

4:00 pm YTV (18) ★½ "Yu-Gi-Oh!" (2004, Fantasy) Voices of Dan Green. Animated. Young Yugi must use his game skills to defeat his bitter rival and an Egyptian mummy.

5:00 pm WTBS (3) ★★ "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children.

EVENING

6:00 pm CITY (29) ★½ "Wishmaster: The Prophecy Fulfilled" (2002, Horror) John Novak. Premiere. The evil Djinn masquerades as a crusading attorney after an unsuspecting woman frees him from his prison.

7:00 pm WTBS (3) ★★ "Richie Rich" (1994, Comedy) (PA) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive.

8:00 pm KSPS (6) ★★ "Elmer Gantry" (1960, Drama) Burt Lancaster. An Oscar-winning adaptation of the Sinclair Lewis novel about religious fervor in small-town America.

KXLY (10) ★★ "Cast Away" (2000, Drama) Tom Hanks. After a plane crash at sea, a Federal Express engineer survives on a remote island for four years in complete isolation. (In Stereo)

YTV (18) ★★ "Junior" (1994, Comedy) Arnold Schwarzenegger. One doctor talks another into field-testing their new wonder drug, as the first pregnant man. (In Stereo)

9:00 pm WTBS (3) ★★ "Beethoven" (1992, Comedy) Charles Grodin. Children talk their father into letting them keep a St.

Bernard puppy, which grows to be a problem.

CHBC (4) "A Daughter's Conviction" (2006, Mystery) Brooke Nevin. The only person who believes a woman is innocent of murder is the daughter, and she turns amateur sleuth to clear her mother's name.

KNOW (5) "Dead on Time" (1992, Mystery) John Thaw. Inspector Morse investigates the mysterious death of his former lover's husband.

FAM (26) "LII' Treasure Hunters" (2004, Adventure) Molly Hall. Premiere. A girl leads her friends down her beloved river in search of a legendary treasure that could save her family's home.

CITY (29) ★★ "Redemption" (2004, Biography) Jamie Foxx. Crips gang co-founder Stan "Tookie" Williams winds up on death row but subsequently becomes a nominee for the Nobel Peace Prize.

10:00 pm SPIKE (4) ★★ "Eddie Murphy Raw" (1987, Comedy) Eddie Murphy. The comedian does a Bill Cosby impression and discusses life, women and sex in a stand-up show in New York. (In Stereo)

10:46 pm FAM (26) ★★ "Breaking Free" (1995, Drama) Jeremy London. A troubled teen saves a starving stallion and helps an athlete find her competitive spirit at a training camp for the blind.

11:00 pm WTBS (3) ★★ "Angels in the Outfield" (1994, Comedy) Danny Glover. The manager of the lowly California Angels puts his faith in a boy who can see an angel.

CITY (29) ★★ "Get Bruce!" (1999, Documentary) Bruce Vilanch. Whoopi Goldberg, Billy Crystal and others pay tribute to the man who has collaborated on some of their best material.

sunday movies

MORNING

7:00 am WTBS (3) ★★ "Now and Then" (1995, Comedy-Drama) Christina Ricci. A modern-day reunion frames this account of the friendship shared by four girls during the summer of 1970.

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

AFTERNOON

11:00 am WTBS (3) ★★ "Save the Last Dance" (2001, Romance) Julia Stiles. A white teenager moves to Chicago after her mother's death and falls for a black student who shares her love of dance.

CITY (29) ★½ "Wing Commander" (1999, Science Fiction) Freddie Prinze Jr. A rookie space pilot and his reckless friend help defend Earth against a race of malevolent aliens.

12:00 pm FAM (26) "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-roping.

1:00 pm WTBS (3) ★★ "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely woman falls for an engaged pediatrician while coordinating his ceremony and wedding reception.

1:30 pm FAM (26) "Now You See It..." (2005, Adventure) Alyson Michalka. While producing a reality TV show, a teenager meets a magician whose powers are real but put him in danger.

AFTERNOON

3:00 pm WTBS (3) ★★ "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children.

VTV (22) ★★ "Dr. Dolittle 2" (2001, Comedy) Eddie Murphy. To save an endangered species, a veterinarian who can talk to animals must reintroduce a performing bear to the wild. (In Stereo)

4:00 pm YTV (18) ★★ "Baby's Day Out" (1994, Comedy) Joe Mantegna. The active 9-month-old son of a rich Chicago couple crawls away from klutzy kidnapers. (In Stereo)

5:00 pm WTBS (3) ★★ "Mean Girls" (2004, Comedy) Lindsay Lohan. Attending high school for the first time, a teenager becomes friends with three popular but manipulative students.

CBC (13) ★★ "Bambi II" (2006, Drama) Voices of Patrick Stewart. Animated. After the death of his mother, a fawn develops a deeper bond with his noble father.

EVENING

6:00 pm YTV (18) ★★ "Thunderbirds" (2004, Science Fiction) Bill Paxton. An adventurer and his family battle a criminal mastermind after he attacks their base and plans to rob the world's largest banks.

CITY (29) ★★ "The Bourne Supremacy" (2004, Suspense) Matt Damon. A CIA chief sends a senior operative to take down Jason Bourne when it appears the rogue agent is behind the deaths of two people.

7:00 pm WTBS (3) ★★ "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely woman falls for an engaged pediatrician while coordinating his ceremony and wedding reception.

9:00 pm WTBS (3) ★★ "Mean Girls" (2004, Comedy) Lindsay Lohan. Attending high school for the first time, a teenager becomes friends with three popular but manipulative students.

FAM (26) ★★ "The Sixth Man" (1997, Comedy) Marlon Wayans. A college athlete returns from the dead to help his brother's basketball team win the NCAA title.

10:46 pm FAM (26) ★★ "Krippendorf's Tribe" (1998, Comedy) Richard Dreyfuss. After spending grant money on his children, a widowed anthropologist creates an imaginary New Guinea tribe.

11:00 pm WTBS (3) ★★ "Now and Then" (1995, Comedy-Drama) Christina Ricci. A modern-day reunion frames this account of the friendship shared by four girls during the summer of 1970.

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SATURDAY, FEBRUARY 17, 2007

Table with columns for station (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and rows for time slots from 6:00 AM to 11:30 PM, listing program titles and descriptions.

SUNDAY, FEBRUARY 18, 2007

Table with columns for station (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and rows for time slots from 6:00 AM to 11:30 PM, listing program titles and descriptions.

MONDAY, FEBRUARY 19, 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 (6 AM to 11:30 PM) listing TV programs and channels.

monday movies

MORNING

7:00 am WTBS (3) **Summer School (1987, Comedy) Mark Harmon. The vice principal makes a high-school gym teacher teach catch-up English to a group of misfits. (E)
10:00 am CITY (29) **Wing Commander (1999, Science Fiction) Freddie Prinze Jr. A rookie space pilot and his reckless friend help defend Earth against a race of malevolent aliens. (E)

EVENING

6:00 pm CITY (29) ***Antwone Fisher (2002, Drama) Derek Luke. A Navy psychiatrist inspires a temperamental sailor, abused by foster parents, to find his birth mother. (E)
SPIKE (44) **Windtalkers (2002, War) Nicolas Cage. In World War II, a Marine protects a Navajo recruit who transmits messages in his native tongue, confounding Japanese code-breakers. (In Stereo)
9:00 pm WTBS (3) **Scary Movie 2 (2001, Comedy) (PA) Shawn Wayans. Psychology students and their professor spend the weekend in a

haunted house in this sendup of horror films. (E)
10:06 pm CITY (29) **Beloved (1998, Historical Drama) Oprah Winfrey. Horrible secrets and supernatural forces come to light in the home of a former slave, her daughter and a companion. (E)
10:30 pm WTBS (3) **Scary Movie 3 (2003, Comedy) (PA) Anna Faris. An anchorwoman investigates rumors about UFOs and a videotape that leads to deaths. (E)

news leader puzzle page puzzle maps of exploration

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



Many months were spent preparing our boat to face the great seas. We reinforced it's ribs and triple stitched the stretched Oxle hides over the frame; it's sails were carefully sewn. With all our supplies on board we 18 venturers were ready. Prayers were said as we left Brandon Hill in the distance and hoisted the sail. We caught the current north along the west coast of Ireland and on to the (male- female wedding principals) Islands where we found food and water and made repairs. It was getting colder as we left the coast and headed north west to the (great distance + oe) Islands and were surprised to find many sheep grazing. West to Iceland, now freezing from the rain and sleet we made winter camp near a hot spring and watched a Volcano spew molten rock and shoot fire into the sky. The following spring we sailed further west onto Greenland, often surrounded by Whales swimming with us and playing with our vessel nudging it up out of the water from underneath. We saw many (floating water crystals) and were careful to keep clear using our paddles vigorously. Hungry and cold, at last we spotted the green coast of Newfoundland and found a safe harbor. After resting for several weeks we decided to follow the coast further south. Many nights we camped on land and we left a settlement party on shore at (board game - a mountain top) Bay. The weather became warmer and warmer unlike anything we had known before until we finally reached an abundant land lush with vegetation and strange animals of many kinds. Fruit grew on the trees and fish filled the rivers. We thought this must be an earthly paradise so started to build our home settlement in Florida. Time passed easily in this mild climate and abundance drove our desire to tell of our discovery; so leaving a group behind we ventured out into the ocean to find our way east and home. Our craft again repaired and reinforced with skins and wood bark similar to native canoes, handled better against the wind with the use of paddles to steer, however it was difficult to maintain a course. We luckily found Bermuda Island 32°N/64°W and took on more supplies. We then spent several months at sea eventually living solely on the fish we caught before making port on the (constructed - Iraq, no q) Islands. Refreshed we headed north for home only to be blown west to the Azores before finally turning north east for Ireland..... returning home seven years after departure.



SOLUTION: You have just followed a portion of the journey undertaken by Saint Brendan the Voyager in the 6th Century. Chesapeake (constructed Iraq - no q) = Madeira. (floating water crystals) = Icebergs. (board game - a mountain top) = Hebrides. (great distance + oe) = Feroe. (male- female wedding principals) = Hebrides. (constructed - Iraq, no q) = Hebrides. (great distance + oe) = Feroe. (floating water crystals) = Icebergs. (board game - a mountain top) = Hebrides. (great distance + oe) = Feroe. (male- female wedding principals) = Hebrides. (constructed - Iraq, no q) = Madeira.

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Attention: Nathan McKeller
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Attention: Theresa Henderson
Box
Princeton, BC
V0X 1W0

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Attention: Dave DeRoche
Box 2263
Princeton, BC
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my turn

There's too much tofu in our diet

There's a point in one's life when you stop and think it might be the food you eat that makes you do the things you do.

Following a public meeting earlier this month we determined that something in our diet caused us to hear one of the dumbest statements we've ever heard.

"Global warming is just a buzzword."

Believe us, we've heard some doozies! Everything from our favourite telemarketer line of "This will only take a moment of your time" to what used to be our number one favourite of "The plant we are proposing for the Similkameen is a wood waste and coal-fired power plant that will have no harmful effect – environmental effect – on the air, water or land in the surrounding area."

When you consider that somewhere in the neighbourhood of 2,000 scientists have recently come to a consensus that this global warming buzzword we've all used at least once during a rainstorm in December is a reality – and we humanoids are the cause of it – there's got to be something to this after all.

It's been clear to us for years that although Hallmark has Valentine's Day to thank for sales during a slow time of year, we somewhat doubt they are going to suddenly come up with a series of "Wish you were here to share global warming with us" cards.

What about these mighty scientists? Are they in cahoots with Hallmark? Think about it. What's the average scientist done for you aside from create drugs and make assorted discoveries that have led to those other soon-to-be buzzwords like flu vaccine and aspirin?

Sure, global warming is a buzzword and we're responsible.

Too bad the biggest contributors to the melting of the glaciers and 99% pure emissions are most likely non-believers.

And up until now we thought it was the tofu that was making us sick.

EDITORIAL GUIDE

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

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

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

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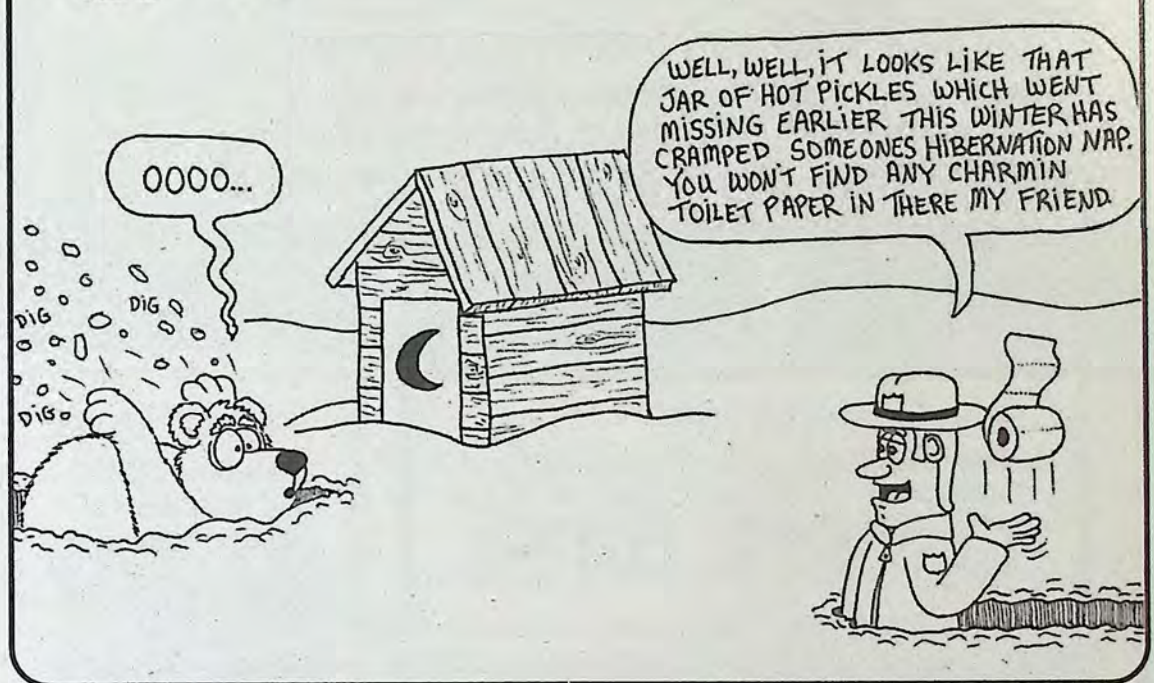
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TIS TOONS



your turn

It's an issue that won't go away

To The Editor;
Dear Sir:

These days it seems fashionable to declare war on anything you dislike. Thus we have the war on poverty, the war on drugs, the war on corruption, the war on terror and now the war on global warming.

In addition to this list of crusades, our Premier has declared a war on bark beetles with such vigour that some of the beetles appear to be moving to Alberta to avoid his wrath. Unfortunately, his campaign to set up coal-fired electric generators in the province threatens to undo any effects his ferocious assault on the beetles might be having.

Letter To The Editor

Hedley woman writes Penner, Campbell

Dear Barry Penner

As Minister of the Environment, I expect you to do something to protect ours. I realize that it is difficult to balance the demands of growth and industry with our natural resources, but the earth is not an unlimited bank account. We have been drawing on an environmental "line of credit" for too long, and climate change is the toll or interest we are finally having to face.

None of us can afford the costs! The earth is not playing the game of economics the same way we do, the planet needs tending or things will spiral far beyond our control. (Katrina, New Orleans, Stanley Park....)

Please consider opposing the proposed coal power plants proposed

The burning of coal produces more atmospheric pollutants than the burning of any other fossil fuel. The more CO2 these plants belch into the air, the more global warming results, and the better the bark beetles like it, since they are much better able to survive our warmer winters. Of course milder temperature is not the only contributing factor to the plague of beetles, but it is a major one, and burning coal strikes me as rather like pouring oil on a forest fire.

Good for the oil companies, bad for the forests. A coal fired generator is good for the coal companies, and the bark beetles, but bad for the forests and the people who live in our valley.

I suspect that Gordon Campbell cheerfully endorses the line taken by the corporations which sell fossil fuels, to the effect that: a) there is no such thing as global warming, and b) if there is, it has nothing to do with the activity of human beings, and c) if it has, it has nothing to do with the consumption of fossil fuels.

This is the propaganda of the Industry of Denial, and it is flourishing, although the recent United Nations Report on Global Warming has caused a temporary setback.

I suggest that, if wars are to be declared, we declare war on Gordon Campbell.

- Don Burbidge, Princeton

for Princeton and Tumbler Ridge. Do what you can to promote wind power, tide power, solar power, and run-of-river power projects.

Support the delicate ecosystems that are threatened in BC by industry and resource extraction. That's your job isn't it?
Regards,
Angelique Wood, Hedley

Dear Gordon Campbell

I moved to the Similkameen from the dirty downtown eastside of Vancouver in May 2006 BECAUSE of the burgeoning wine industry, organic farming and small agricultural businesses.

I want to participate in an economy which promotes more than a singular MONETARY bottom line. I want to contribute toward a

region and a government which emphasizes human health, health of the planet, and health of the plants and animals which nourish us.

I do not consider ANY form of coal combustion for energy to be viable with technology as it currently exists.

Greenhouse gases and mercury are not incidentals or "externalities" which we can avoid considering.

I ask you and your government to put a stop to the proposed power projects in Princeton and Tumbler Ridge NOW. This is a fragile ecosystem which we need to take care of before it can no longer take care of us.

Regards,
Angelique Wood, Hedley

Current Comment:

Politics needs Western men



Dawn Johnson
editor@thenewsleader.ca

We need more real westerners in politics.

I am a big fan of western novels, especially those of Louis Lamour. In the winter months, when my life slows down a bit, I enjoy reading these novels. This winter, part of my mind has been occupied with concerns about global warming and climate change. The final reports are in, and we are in big trouble.

I know none of you want to see colder winters, but that is a selfish thought and one you should re-think. We are healthier in colder winters.

Regardless of how we feel at the individual level, there is no question that we must do something about cutting down on greenhouse gas emissions. This is where we need westerners in Ottawa, real westerners, not the corporate puppets we have tended to elect.

Reading Louis Lamour novels may not inspire the average person, but I was raised by pioneering stock. I grew up among people who still held the westerners' sense of how to get things done. They did not rely on the government, the neighbours, or some expert from down the road to tell them what needed doing. They saw WHAT needed doing and the next question was HOW?

I'll give you an example from real life in Princeton way back when. An ice jam threatens to float a big bridge down the river. This could cause a lot of damage. Solution: burn the bridge, now. They did it.

Another example: a train derailed. Action: get the injured out and clean up the mess, now.

I hope you see my point. Things were done NOW. See the problem, fix it NOW. Take action.

These oldtimers would get together over a cup of coffee at 8:00 AM, decide the right action by 9:00 AM and take action by 10:00 AM. These days, we go through a whole lot of nonsense like steering committees followed by group formation and mission statements and formulating a plan of action and appointing action committees, all of

which may take 15 meetings if the group is in a real hurry. In the meantime, the problem is going from bad to worse and nothing has been done to solve it.

We may never have the right kind of people in Ottawa to solve the global warming problem, and we may have to do it ourselves. We may have to form companies to build wind farms on our hay fields, or form companies to mount solar collectors on every roof, and we may have to put our money where our mouths are, but we can take action.

I am surprised no power companies and fuel companies have invested in solar and wind, but I guess they are as bogged down in committees and inaction as the government. I look at a fuel company and all the money they have spent seeking methane (greenhouse gas) and know they could have built a wind farm with that money and be selling power to the grid right now. Conversely, they could have

gone into the solar power business and financed solar collectors on every local roof, then had homeowners pay for the power like we do to the power company.

These companies stick with their old way of doing things and fail to see opportunity knocking and a whole new industry growing out of it. Being of sound mind, if I had been on the board of directors of a diminishing resource like methane, I would not spend money looking for more methane. Let's face it: we can count on sunshine and wind for the next million years or more. Why invest in a diminishing resource when a renewable resource is shining on your rooftop or blowing across your back yard?

Yes, we need more of that western pioneering spirit in Ottawa and we need it in corporate board rooms, too. Maybe that FedEx ad is closer to the truth than we think!

Marketplace Ministry by Jim Caruso

The Holiday From Hell - Part 3

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.

I parked the jeep in Hope, left the keys for my father-in-law and we loaded up the car and headed to the ferry. We made it as far as Abbotsford, about 100 miles from home when the transmission seized up again. I called the mechanic in Hope and he just happened to have a tow truck in the area and so we were back in Hope, back in the jeep and heading back to Saltspring Island with the mechanics assurance that he would have it fixed and ready for us in a week. So it was back to Saltspring Island with the jeep.

A week later, the phone rang and it was our favorite mechanic in Hope, the K-car was fixed and ready to go. So off we went, across on the ferry, to Hope with the jeep. We parked the jeep and left the keys for the father-in-law and we loaded everyone into the newly fixed K-car. Off to Vancouver to the ferry terminal and we arrive right on time for the next sailing to Saltspring Island. In the parking lot, a familiar sound reaches my ears. It is the distinct sound of a transmission about to seize up and sure enough, the car lunges to a stop. Now I am trying to think happy thoughts, but all of them include long prison terms upon conviction. So I phone my mechanic in Hope. I don't even have to say who it is that is calling or why I am calling. I choose my words carefully, as not to expose my inner personality which has connections with the Mafia in Sicily. I slowly and calmly explain that the transmission is not working and that I was open to his input for suggestions on what to do. He said, if you can get it on the ferry and over to Saltspring Island, he would send me a new transmission and have someone there install it at no cost to me. My mind was thinking as we talked, thinking about getting on the ferry first, so that I could be at the front of the boat, just behind the little safety gate that goes across in front of the vehicles when the ferry is underway. I knew from previous experience that the crew went for coffee about half way into the trip and then I allowed the thought to enter my mind that I would remove the safety gate and push the K-car in to the depths of Active Pass and it would lay in a watery grave until the saltwater slowly consumed it. As I hung up the phone I could detect a smile in the reflection of the phone booth, it was the Sicilian and he was happy. The ferry started to load for the trip to Saltspring Island.

I have heard noises similar to the ones that the K-car was making when we stated up the ramp when I worked in the crusher unit at the local mine in my home town. I was smiling. I pressed harder on the gas pedal than was necessary hoping for an end to this nightmare. We got on the ferry and I was able to suppress the Sicilian and his underwater remedy. Unloading was easier I just coasted down the ramp in neutral and by some great miracle I was able to drive it to the garage and park it.

The good news is that a new transmission was sent and installed and we had no more transmission problems with the K-car. The bad news is that there are more parts to a K-car than one old transmission. As a pastor I am constantly reminded of the words in the Bible especially in these difficult situations. In Ephesians 4:32, the apostle Paul writes: Make a clean break with all cutting, backbiting, and profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you. That's easy to preach, but hard to live. I am getting better at it, the K-car has helped.

Jim Caruso, Pastor
Oceanside Community Church, Parksville, BC
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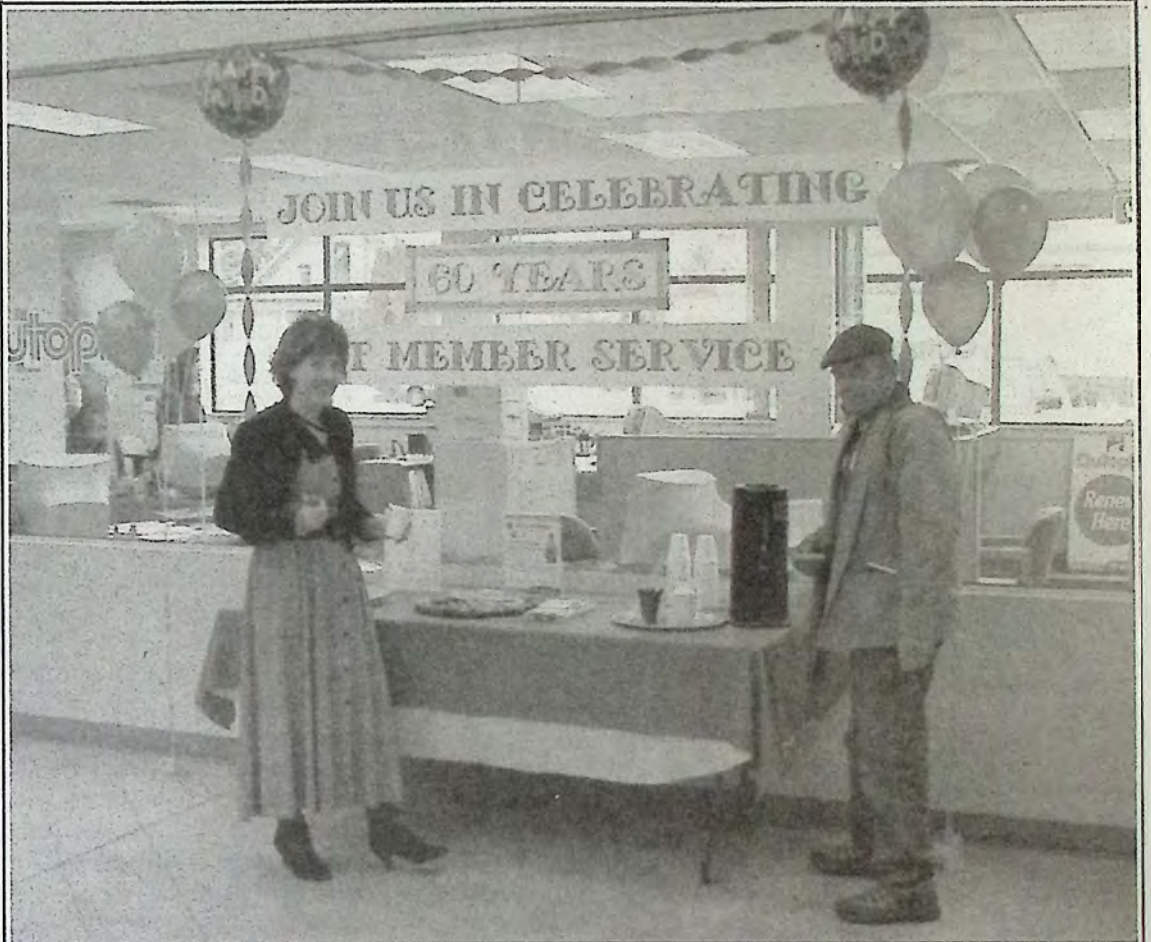
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Valley First Credit Union marked 60 years of member service last Wednesday. The Princeton Branch, which came into being in 1982 with the purchase of the local branch of the Yale District Credit Union, marked the anniversary with coffee and goodies for customers to enjoy. *

Letter To The Editor

Hardy examines the MOU

The Editor;
 The historic drum beating official agreement called a 'memorandum of understanding' signed by the three local forms of government, the Town of Princeton, the Regional District Area H and the Upper Similkameen Indian Band has more significance than most people realize.
 It ties right in to what is happening on a much larger scale, politically and economically but secretly since 2000.
 There has been numerous 'memorandums of understanding' agreements signed all over this Continent in relation to the North American Union for what is called the 'Harmonizing Policies of the three countries, Canada, the United

States and Mexico.'
 The 'Security and Prosperity Partnership of North America (SPP)' appears to be a framework for moving Regional Governments toward increased regulatory cooperation between the three Nations of our Continent.
 There is a ten lane highway being built with chain link fences on both sides, paralleling I-35 to unite the three Countries. There has been no Congressional or Parliamentary approval for this 'deep integration agenda' yet the agreements have been signed by President Bush, former Prime Minister Martin and President Fox in 2005.
 The SPP agreement which includes 'the security agenda' for the N.A.U. was finalized in March of 2006 with Prime Minister Harper joining the other two Leaders. The next meeting is planned for March 2007.

Advisory Council established by the three governments to inject 'creative energy' into their efforts related to the total integration of the three Countries of the N.A.U.
 This is merely a thumb nail sketch of what has taken place on the National level, being patterned after the secretive Bilderberg's Council of Western Political Leaders, Financiers, and Industrialists who engineered the integration of the European Countries to form the E.U.
 These non-elected participants claim to represent a 'new enlightened business class' formed for the purpose of transforming public policy by consolidating enough power to become a virtual parallel government with elected politicians as puppets.
 These bureaucrats violate the sovereignty of the individual countries with the help of all the regional groups who unknowingly sign these memorandums of understanding agreements thus falling prey to this One World Government scheme.
 I exhort the followers of Jesus Christ who supplies the pure creative energy to pray for the discernment we need so as to not be deceived by the evil doers of the Money Masters in these end days.
 - Kay Hardy, Princeton

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The Canada Action Party and other organizations that are investigating the SPP policies state that this is essentially derived from the Free Trade of the Americas Agreement (FTAA).
 It has been called a 'Bill of Rights for Corporations' who have been dubbed the Super-Citizens with the power and ambition to achieve total domination. They operate within the North American

Letter To The Editor

Motorist sends thanks

To The Editor;
 We would like to express our thanks to the most kind gentleman (we did not get his name) who helped us 'unstuck' our car on the

Old Hedley Road on Friday, January 26th. You Princeton people are really special!
 - Lou and Maureen Lechner, Langley



Jim English was presented with his 50 year Legion pin at the Princeton Branch of the Royal Canadian Legion Awards Night last Friday. See story on Page 27. Photo: Dawn Johnson.

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Council approves new travel rates

When Town Council members travel out of Princeton area on Council business, they are reimbursed for costs. A new "per diem" (daily) expense schedule was approved at the February 5 public meeting.

When travel requires more than 24 hours absence, Council mem-

bers will be paid \$70 per day.

If travel is less than 24 hours, they will be allowed \$15 for breakfast, \$20 for lunch and \$25 for dinner, for a daily maximum of \$60.

If a member of Council uses a private vehicle for travel, the Town will reimburse 48 cents per kilo-

metre.

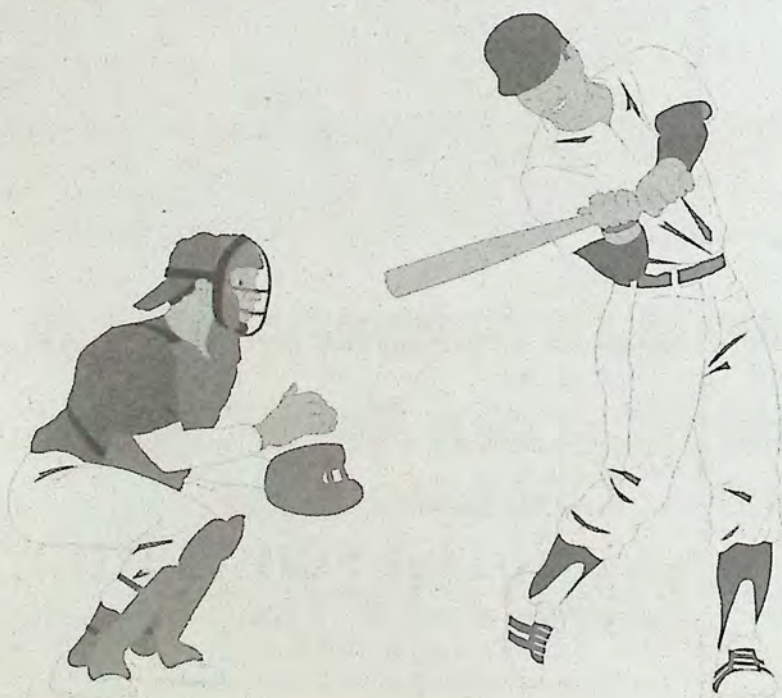
Accommodation will be paid at the lowest rate available at the time of booking, or \$35 if accommodation is at a private residence.

Long distance calls are limited to a daily maximum of 10 minutes while travelling, and car rental must be pre-approved.

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Princeton General Hospital Administrator Marilyn Harkness, centre, holds a cheque worth \$4,700.00 from Princeton's Royal Canadian Legion. The cheque was used to replace all the television sets used by patients at the facility. Harkness is joined by Bob Paterson, left, and Bud Sadegur. Photo: Dawn Johnson.

Princeton Legion honours members

Years of service and special recognition for recent service were honoured on February 9 at a potluck supper at the Legion Hall. Members and guests of the Royal Canadian Legion Branch #56 and the Ladies Auxiliary received service pins, bars and certificates of appreciation.

Service pins were awarded to the following Ladies Auxiliary members: Evelyn Cook (5 years), Joy Wallace, Betty Golovin and Gerri Blanchette (10 years), Norma Kraetor, Thelma Conrad (25 years) and Charlene Longdo (35 years). Nita Huff was awarded a 50 year pin.

Legion members received service pins as follows: Laura Haw, Herb Kolm, Wayne Longstaff and Tom Weller (15 years), Robert Clark, Jim Dixon, Al Dubuc, Kathy Froese, and J. Stolth (20 years), William Beattie, Janet Taylor, Bill Whiting and Donna Wilson (25 years), Tom Henderson, Stephen Quinn and J.C. McCallum (30 years), Bob Borud and Jim Nicholson (35 years), Del Cemulini, Bob Cormack, Bill Cromarty (45 years). Jim English and Walt Smart were awarded 50 year pins. One 55 year pin was awarded to R.B. Johnson.

A special presentation was made to

Rollo and Blanche Ceccon, a plaque for ongoing exceptional service to Princeton's Legion.

Numerous certificates of appreciation were presented, marking dedicated service to the Legion during the past year.

Zone Commander Chris Yarburgh brought the evening to a close with congratulations to members of the Legion and Ladies Auxiliary. He had been surprised with a certificate of appreciation for his willingness to travel to Princeton whenever invited.

He thanked the Legion and expressed his pleasure in coming to the Princeton branch.



Blanche and Rollo Ceccon were presented with a plaque in thanks of their many contributions to the Princeton Legion Branch. Bud Sadegur, centre, reads the plaque. Photo: Dawn Johnson.

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