



Princeton Paratransit System celebrated 25 years of service to area residents last week with a small ceremony and cake (designed by Jeanie Williams) September 18th in Town Hall. Details on Page 26. *

Council likes boundary changes

Electoral boundary changes proposed by the Electoral Boundaries Commission appeals to Princeton's Town Council.

The new electoral district would go from Eastgate to east of Grand Forks, about halfway between Grand Forks and Rossland.

There are two proposals for this district, one which would include Penticton, Summerland and Peachland, and another which would draw the northern boundary south of Penticton.

Mayor Randy McLean said he would like school districts and the forest district to flow the same direction along Highway 3, as the links between our area and the South Okanagan are stronger than the links with Merritt and Kamloops.

There is an electoral boundary hearing in Osoyoos on October 30. A member of Town Council will attend. No comment was made regarding the reduction in the number of rural MLAs.

Town hosts public OCP workshop

Over eighty Princeton area residents attended the public meeting and Official Community Plan (OCP) workshop hosted September 19th at the Skills Centre by the Town of Princeton.

"I've overwhelmed by the number of people who have taken the time to come out tonight," Mayor Randy McLean said.

"The OCP, in my mind, is a vehicle to give Council direction from the residents of the community."

The meeting consisted of a brief overview by Urban Systems on what an Official Community Plan is and does.

The meeting/workshop is the first step in what will become a ten to twelve month process, which will produce the OCP, a document that will contain the long range (ten to fifteen year) vision of the community. It will also contain the steps required to make the vision happen, including regulations and

bylaws to ensure the vision is possible.

The present OCP dates back to 1993 and changes in the community, such as demographics and economics, has rendered that document out of date with the current Princeton.

Town hears bad news regarding museum building

Princeton's museum and library building is in bad shape. Angelique Wood, hired by the Museum Society to facilitate a planned expansion, reported to Town Council on September 17 that expansion cannot take place until the building is repaired.

Wood was hired to devise a plan of action during renovations to the museum after the library moves to the former Goldion Restaurant building.

What she discovered about the building, owned by the Town of Princeton, will cost the Town a lot of money.

How much has not been determined, but the kind of repairs needed will not come cheap.

The most critical problem is lack

The OCP is also an approach to new development containing the most critical part of the plan - a land use planning tool. Infrastructure planning, such as where major roads will go, water mains and sewer mains, are also part of the document.

of proper water drainage away from the foundation. Recent leakage into the basement show clearly there are serious drainage problems.

Part of the problem comes from the elevation, which is higher at the back of the building than at the front, and drains a substantial area to the rear of the building. To add to the flow of water, roofs of buildings next to the museum building drain toward the museum.

The basement of the museum contains irreplaceable archives - photographs, newspapers and other documents - which can be ruined by excessive humidity. Wood recommended moving these immediately to the Skills Centre for proper storage.

Other types of policies normally included relate to environmental sensitive areas; hazardous areas; community revitalization; the form and character of commercial, industrial and residential development; temporary commercial and industrial uses; areas requiring spe-

cial development approval and heritage conservation areas.

The OCP may also contain information related to social needs and well being; maintenance and enhancement of farming; natural environment and ecosystems; a continued on Page 2

Another side to the project of renovating the museum arose when Wood found there are no building blueprints to show where electrical, plumbing and air conditioning and heating were installed. As the basement is finished, a number of walls and ceilings must be ripped out to discover what the blueprints would have shown.

The work to be undertaken means more than the archives must be moved. Tearing out walls cannot be done without moving the collection, which includes a huge amount of artifacts from period clothing to furniture to mineral samples to almost anything of historical interest.

Wood had asked for proposals from companies interested in doing

the foundation work, and will know by the end of this month how much the repairs will cost. A waterproof membrane could be installed.

Council was not pleased with the news, but was not surprised. Mayor Randy McLean stated the money will have to be spent to make the project successful. He said it is tempting to consider building a new museum in a heritage park.

Councillor Maria Sadegur said there are two choices: demolish the building and build a new one, or fix the problems.

In the meantime, the Museum Society plans to move the archives before humidity causes the formation of mildew and the archives are destroyed.

CARTER'S
Sudoku Challenge
PAGE 16 - IN YOUR TV GUIDE SECTION

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SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

BOARD MEETING DATES FOR 2007

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

- October 3, 2007 - Princeton
- October 24, 2007 - Merritt
- November 14, 2007 - Princeton
- December 3, 2007 - Merritt



Mayor Randy McLean, standing in the top centre of photo, addresses the crowd of local residents who filled the Skills Centre for a public meeting and workshop on the Official Community Plan. *

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..... continued from Front Page regional context statement and housing issues (affordable, rental and special needs).

The workshop part of the evening saw everyone in attendance participate in groups formed by the tables they sat at. Each table had a total of four questions to answer with all data collected at the end of the exercise for consideration in the development of the OCP.

The questions were: What are the things you like best about Princeton and what would you like to keep? What is special about Princeton? (Answers included: affordability; small business opportunities; friendly atmosphere; safe; outdoor recreation; natural setting; reasonable property values; moderate taxation). What are the things you do not like and want to see changed? (Answers: improved health care services; lack of residential homes; full recreation complex; single theme downtown; inconsistent bylaw enforcement; improved

parking; lack of youth opportunities).

Other questions were: What future trends will affect Princeton? What are some opportunities for the future? What may stand in the way of these opportunities?

If you have answers for any of these questions and would like to have your thoughts and suggestions considered as part of the OCP process, contact Town Hall for information on how your answers can be accepted.

Council ponders single business licence

Councillor Maria Sadegur attended a seminar on the proposed single business licence which would allow mobile businesses to avoid paying business licences in every municipality in which it does business.

She reported to Town Council on September 17, but after hearing her report, Council could not reach a decision as to whether to support the proposal.

The way the concept would work could mean that municipalities could lose money.

For example, if a trades person bought such a licence, the fee would go to the municipality in which the business was established as a taxpayer. The trades person would then be licenced to operate in any municipality in B.C. This would be an advantage to construction companies as well as self-employed trades people.

The other side of the issue is that people who establish a business in one location and pay taxes there could be in competition with people who have a single business licence but pay taxes to some other municipality.

Councillor Pam Jones said she

sees another possible example of small communities being "gobbled up" by larger communities.

The News Leader questioned the link to TILMA, an agreement between Alberta and B.C., which would mean an Alberta company could buy a single business licence and operate anywhere in B.C. Would this mean a municipality would have no control over what kinds of businesses operate in the community?

Councillor Sadegur replied that the businesses would still need Council's permission, and the minute the company established a location by renting, leasing or buying property, the mobile single business licence would no longer apply.

Ed Muckle was given permission to speak, and suggested the mobile licence might be a good thing for Princeton businesses who find it is often difficult to get trades people for projects.

The single business licence will be an issue discussed at this week's Union of B.C. Municipalities annual convention. Mayor Randy McLean and one councillor will attend.

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Go, Posse, Go!



Princeton Redi-Mix recently donated sand to John Allison Elementary School for use with new playground equipment being installed at the school. Photo submitted

Rotary tests your beer IQ

To quote Homer Simpson, "Mmmmm...beer."

The Rotary Taste of Ales is fast approaching. Get your tickets for Saturday's (September 29th) event from Stevens & Stevens Notary Public for an afternoon of beer, ales, ciders and food at the Princeton Castle Resort.

To prepare you for Saturday's festival, we've compiled some beer facts, some instructions on how to enjoy your beer and some useless trivia.

What are the basic ingredients of beer?

Malt - This is a grain that has been allowed to germinate, to make it soluble and yield fermented sugars (the source of alcohol), and then it is killed by drying over a heat source. The longer and hotter the drying, the darker the malt and the darker the beer. Most beers use barley malt, though wheat is also popular.

Water - Since this is what makes up most of the glassful, brewers keep a careful eye on the water they use - filtering, balancing the mineral content, etc. Different waters (i. e. hard versus soft) can change the character of beer.

Hops - These climbing plants have small green flowers, or 'cones' which yield oils, resins and acids that the brewer uses to give beer aroma, flavour and bitterness. Hops also act as a natural preservative for beer. 'Leaf hops' are whole hop cones (as opposed to palletized cones), and not the actual leaf of the hop plant.

Yeast - This is a single celled living creature which consumes sugar and gives off alcohol and carbon dioxide. Different strains of yeast give different characteristics to beers. Some work at the top of the brew (ale yeasts) and some at the bottom (lager yeasts). Of all beer ingredients, yeast is the most fickle

and gives the brewer the most pride (or the biggest headache).

The four steps to making a great beer drinking experience

Just like tasting wine, there are a few steps that one must go through to fully appreciate what one is consuming. There are many aspects to beer that makes it what it is - appearance, aroma, flavour and body - and a beer enthusiast should be able to identify many traits of a beer within these components.

The following four steps aren't that difficult to implement and can make your beer drinking experience a million times better, especially if you like to drink craft beers. On the contrary, these steps could quite possibly make you hate your favourite micro brewery's best offerings.

Observe - There are a few things to note when looking at a freshly poured beer. It is very important to pay attention to a beer's colour, clarity and head retention. Knowing these characteristics of a beer can give you a pretty good foreshadowing of what the beer will be like when you actually taste it.

Disturb - This is obviously the easiest step but nonetheless important. By gently swirling the beer you can disturb it just enough to allow its aromas to be amplified for a moment. Before swirling your beer make sure you have your nose ready to do some analyzing.

Inhale - Many people don't think of beer as aromatic (except once you've had a few too many and you begin sweating) but a beer's smell is actually pretty important. When inhaling pay attention to whether the beer's aroma is sweet, floral, spicy or otherwise - these aromas often hint at what types of malts, hops and yeasts were used and how it was brewed.

Taste - Obviously tasting the beer is

the most fun and first impressions usually mean a lot, so do your best to get the most out of this step. It is important to figure out what is flavouring your beer so take notice to whether the beer is sweet, bitter or balanced - do this by intentionally forcing the beer over your taste continued on Page 12

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keremeos and area news



Keremeos Volunteer Fire Department were quick to respond to this accident scene. Photo: Bryan Smith

Hedley senior dies in crash

A single vehicle accident at 1:30 PM on Saturday, September 15th shifted attention away from the annual Similkameen Sizzle Pepper Festival as emergency personnel zipped to the scene.

The 71-year old unidentified Hedley man was pronounced dead at the scene, approximately seven kilometres west of Keremeos on Highway 3.

Fire Chief Jordy Bosscha says the pickup truck was eastbound when it left the road and landed on

its roof about 60 metres down an embankment.

In addition to Ambulance, the Fire Department and the Coroner's Service, a police dog search team was also sent to the scene to check the surrounding area. The search revealed the man was the lone occupant of the truck at the time of the accident.

Witnesses say they saw the man's truck leave the road and "sail through the air" before landing beside the railway right-of-way

near the Similkameen River.

Bosscha says there were no skid marks where the vehicle left the road and witnesses told the News Leader the vehicle likely hit a tree stump or large rock causing it to flip over and land on its roof.

The accident continues to be under investigation along with an early morning house fire in downtown Keremeos which occurred at around 3:00 AM the same morning and caused serious damage to a home on Seventh Avenue.

Building project makes progress

Similkameen Country members received an encouraging message in their e-mail inboxes on

September 20th.

"The construction of our new InfoCentre is moving along fast

Group welcomes new members

New members are welcome to join The Cawston Players as they mount a Variety Show prior to the Christmas Holiday Season and a Musical for the Spring 2008.

Open Auditions for the Spring 2008 production of Bock and Harnicks The Apple Tree will be scheduled for late September and early October with public notices by circular, poster and newspaper notices.

The Cawston Players will be going over the musical score and settling a production schedule on Thursday evening September 27th at 7:00 PM at The Cawston Community Hall. Actors, singers and musicians are welcome to attend that meeting to get further information on the upcoming productions.

The Players are putting out a call for a keyboard artist to arrange to be available from mid-January to late March 2008.

The Cawston Players have hosted a variety of shows prior to Christmas in past years. There have been three spring plays including Humulus The Mute, The Death and The Life of Sneaky Fitch, Doctor in Spite of Himself and Cobbler, Stick to Thy Last.

This will be the Players first musical.

with the help of Dennis Smith working as our Project Manager," says Similkameen Country President Anna Bartlett.

"He has done an awesome job for us so far and will work with Wayne MacDonald to see we get our new Resource Centre built."

Work parties will be organized soon.

"After Thanksgiving weekend we will have to start and move everything out of the Information Centre and store it until the new one is complete next April."

Bartlett says if any member has a few hours to spare to give a hand when the move begins at 8:00 AM on October 11th it would be appreciated.

"We will have two hour work parties on the following dates (8:00 AM to 10:00 AM, October 11th, 12th and 13th) and if you able to help on any of these dates please contact Colleen at (250) 499-5225 or call her cell at 499-9257 or send her an e-mail at sim-info@nethop.net."

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Ed Goudreau and John Sandness of Princeton Lions Club thank Princeton area residents for donating old glasses and eyewear. The group collects over 300 pairs annually to be shipped off to third world countries. Collection boxes are located at all Princeton doctors' offices as well as both pharmacies. *

Exhibition association looks ahead

Plans for coming months took up most of the discussion at the September 18 meeting of Princeton Exhibition Association (PXA). This group manages the fairgrounds, including facilities used by Princeton Fire Department, Fall Fair, Racing Days and Rodeo Club, as well as facilities for horse owners and for 4-H. The facility is owned by the Town of Princeton but managed by PXA, a volunteer group.

Future plans include the upcoming Halloween bonfire and fireworks. Fire Chief Eric Gregson announced there will be no Spook House this year. He explained that setting it up takes up to five practice evenings, and cuts into training time. The Fire Department does not have enough volunteers to set up the Spook House this year.

There will still be a bonfire, fireworks and candy bags, as well as hot chocolate. Anyone wishing to help, or to donate to the kids' fun, should contact Eric Gregson.

Peter Ruoss reported nearly everything has been cleaned up and put away after the Fall Fair, but there are some pens that need to be put under cover. This will have to be done before winter.

Terry Inglis noted there is a lot of heavy material, such as picnic tables and pens, to move around the grounds. If a "retired" tent trailer could be located, he offered to modify it to be used to move these things.

John Bey said he is interested in buying a tractor for the grounds to do a lot of the work required. He has been donating use of his own tractor, but feels it is too much to expect on a regular basis.

An appreciation dinner for all user groups was proposed by President John Bey. He suggested each user group could help pay costs, and time would be allocated to each group to make presentations to volunteers and sponsors. A dinner with entertainment is planned for sometime in October. Details will

be announced at a later date.

The crew that has run the concession for this year's events will not be available next year.

This crew worked very hard and made money for each group putting on an event at the fairgrounds, and will be sorely missed as they did an excellent job.



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Town of Princeton

EMPLOYMENT OPPORTUNITY

The Town of Princeton is seeking to hire a full time Administrative Clerk. This position provides reception services, and coordinates and performs administrative, clerical and secretarial functions.

The ideal candidate would possess a College Business Office Training Certificate and three years experience in a secretarial administrative capacity. A detailed job description is currently under review.

Closing date for application is October 5, 2007.

Those that applied to the previous posting for the Casual Clerk position need not apply again; those applications will be considered for this posting. The Town of Princeton thanks all applicants for their interest; however, only those applicants under consideration will be contacted.

This position is within the jurisdiction of the Town of Princeton and CUPE Local 608 Collective Agreement.

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news leader health and lifestyle page

Road safety for kids!

by Jill Rhynard, BScN, MPH,
Coordinator of Health Promotion
Population Health, Interior
Health

As parents we want to ensure that our children get to and from school safely, but do you know enough about road safety to teach your kids?

True or False?

1. The sidewalk is the safest place for my child to cycle?

False - the sidewalk isn't usually the safest place as children have to ride around pedestrians and animals and motorists are generally not prepared for a cyclist to enter an intersection from a sidewalk.

2. You can wear your bike helmet for all sports that require a helmet.

False - A bike helmet is designed specifically for cycling. It is recommended that you wear a helmet appropriate for your activity.

3. Speaking with my child about traffic rules is only part of encouraging safe behaviours.

True - speaking with your child is

not enough. They require the opportunity to practice safe behaviours and they need to see adults around them model good practices.

Children walking, biking, or blading to school need to use their street smarts and wear the right safety gear to help them stay safe on the road.

Walking Safely

- Cross only at intersections and put your hand out to indicate to drivers that you wish to cross.

- Even when the signal tells you it is safe to walk, make sure the street is clear and all cars have stopped before crossing.

- Stop and look both ways.

- Before you step out in front of a stopped car, look the driver in the eye.

- Watch for cars coming out of driveways and alleys.

- If there is no sidewalk, walk facing the traffic.

- Never run out on the street.

- Wear bright clothing, especially at dusk, night, or in poor weather.

Cycling Safely

- Always wear an approved, properly fitting helmet.

- Know and obey the rules of the road.

- Children under ten should not be riding on the road.

- Accessorize your bike with reflectors and wear bright colours.

- Use correct hand signals.

- Ride in the same direction as traffic.

- Be aware of your surroundings - car doors opening, road conditions, pedestrians

Skating and Scooter Safely

- Wear appropriate protective gear.

- Enroll in some in-line skating lessons.

- Ride your scooters only on smooth surfaces, and not near traffic.

Skateboards are not recommended for use in or near traffic - take them to the local skate park instead. Be sure to always wear protective gear when skateboarding.

Help your kids stay in the injury-free zone!

Keeping your best four-legged friend healthy for a long happy life

(NC)—Canadians are dedicated pet lovers. In fact, eight in ten of pet owners surveyed consider their pet to be a family member. If your favourite feline or canine is more than just a pet, here are some simple strategies to help keep them happy and healthy for years to come.

Visit Your Vet

You go to the doctor regularly—and so should your pet. Be proactive in your pet's health—annual checkups give your veterinarian a chance to notice any developing illness and treat it accordingly. Also, preventative therapies recommended by your vet such as tick, flea and deworming medications help to avoid larger problems before they occur.

Exercise - Not Just for Humans

Like humans, exercise helps animals stay physically and mentally fit. Regular activity not only burns up calories, it also increases cardiovascular strength. This is an area especially overlooked with cats—engaging them in active indoor games is a great way to get them moving.

At-Home Health Checks

Frequent home checkups are a good way to find potential health problems. Check under your pet's fur for strange lumps or scabs and check their ears and eyes for any signs of redness or discharge. Also make note if there are any changes in their eating or drinking habits. If something doesn't seem right, make a visit to your vet.

Prevent Internal Parasites

Intestinal parasites can be a real problem in dogs and cats, and if left untreated, the risk grows to include pet owners and their families. Pets

can pick up parasites from eating parasite-infested bark, leaves, soil and animal droppings. It is important to always 'stoop and scoop' and deworm your pet on a regular veterinarian-recommended sched-

ule, with prevention medications such as those provided by Bayer Parasite Solutions. For more information on parasites and pet health visit, www.noworms.com.

- News Canada

living past 100

Meat is good for you!

Sometimes these days it seems there are forces trying to turn all of us into vegetarians. There is nothing wrong with being a vegetarian if you make all the right choices of high protein foods, but just abandoning meat is not the right thing to do.

Meat is a source of iron, and iron deficiency is rampant in North America. Iron deficiency is the number one cause of fatigue, especially among women. Iron is essential for carrying oxygen to your cells. When you are deficient in iron, your red blood cells shrink and your supply of oxygen is reduced, making you feel tired all the time.

Vegetables can contain iron, too, but it is harder for your body to absorb iron from vegetables. Meat will supply a lot of iron on a daily basis.

Meat is rich in zinc, a mineral essential to your immune system.

Meat is rich in Vitamin B12, and lack of this vitamin can bring on a serious disease called pernicious anemia, which can cause permanent damage, particularly in children.

Meat contains a number of other B vitamins essential to good health.

How much meat should you eat? There are all kinds of recommendations as to how much is enough, but the essential thing to remember is "don't eat too much". If you are a small person who has a desk job, three ounces is enough at one meal. This will not be enough for a big muscular man with a physically demanding job.

The key to eating meat is to eat a variety of lean meat and to cook it well. Most meats should be cooked with a little water added. If you like to grill or barbecue meat, make sure it is marinated, as this prevents a change in grilled meat that can produce amino acids blamed for some kinds of cancers. Marinating meat reduces these by 90 percent.

Game meat is healthier

If you can get it, wild game meat is the healthiest in terms of fat. Moose meat has the least fat, followed by elk, and then bison. You can purchase bison in most good meat departments, but you or a friend will have to hunt for moose or elk.

Among the livestock meats, lamb has the most fat, with pork and beef about the same. If you can buy meats from livestock allowed to roam, the fat content may be less. Free-range animals tend to be leaner and have few antibiotics and chemicals in their meat.



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488B Corina Avenue , Beautifully updated 4-bedroom half duplex.	MLS 40961	\$209,900
439 Similkameen Avenue , 3 bedroom immaculate rancher.	MLS 36919	\$215,000
121 Edgewood , Excellent family home on corner lot.	MLS 41948	\$229,900
70 Kenley Avenue , Investment Alert! Immaculate duplex.	MLS 41396	\$259,900
344 Fenchurch Avenue , Great remodeled home in quiet neighbourhood.	MLS 41699	\$268,300
256 Fenchurch Avenue , Remodeled home in family neighbourhood.	MLS 41582	\$269,900
545 Taylor Way , Quiet rural setting situated near the river.	MLS 40715	\$279,000
452 Corina Avenue , Beautiful 3-bedroom rancher on Tulameen River.	MLS 41325	\$289,900
357 Old Hedley Road , 4-bedroom home minutes from town.	MLS 40874	\$285,000
428 Highway 3 , Over 2 acres of Similkameen River riverfront.	MLS 40431	\$339,000
315 Panorama Crescent , Beautiful 3-bedroom home in quiet cul-de-sac.	MLS 41949	\$349,900
2774 Princeton-Summerland Road , 5 acres backing Crown and KVR Trail.	MLS 40430	\$359,900
119 Towers Road , 160 feet riverfront features chalet-style log cabin.	MLS 41830	\$364,500
573 San Ang Way , Immaculate Rancher located on Similkameen River.	MLS 42005	\$397,000
468 Tulameen River Road , Great investment holding property.	MLS 37874	\$988,300
750 Cedar Creek Road , 90 acres of world class views.	MLS 38926	\$1,800,000
4263 Princeton/Summerland Road , 55 acres with superior lake views.	MLS 40056	\$1,888,300
985 Highway 5A , Beautiful 308 acre ranch.	MLS 41399	\$1,950,000

PROPERTY FOR SALE

235 Penryn Avenue , .08 acres, central location.	MLS 36615	\$44,900
Lot 36 Auburn Crescent , Contingent. Large lot with single car garage.	MLS 41766	\$49,900
119 Halliford , Rare commercial lot just off Bridge Street.	MLS 41770	\$49,900
88 Fenchurch Avenue , .11 acre, excellent investment property.	MLS 40079	\$158,300
Coalmont Road , 9.58 acres of panoramic views.	MLS 39412	\$230,000
Lot B Coalmont Road , 4.25 acres, perfect spot for small hobby farm.	MLS 40077	\$230,300
Lot A Coalmont Road , 4.30 acres, superior acreage close to Princeton.	MLS 40078	\$245,300
Lot 5 28 KM Summers Creek Road , Mountain View, private setting.	MLS 41544	\$285,000
Lot 4 28 KM Summers Creek Road , Fishing and ATViing at your doorstep.	MLS 41542	\$285,000
Lot 6 28 KM Summers Creek Road , Large Missezula Lake area lot.	MLS 41545	\$495,000

COMMERCIAL PROPERTIES FOR SALE

265 Vermilion Avenue , Well established restaurant with highway exposure.	MLS 41469	\$458,300
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A recent aerial photo of Princeton's Weyerhaeuser facility. Photo: Denis Thibert



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AAC increases for five companies

The allowable annual cut increase for five companies with innovative forestry practices agreements in the Merritt timber supply area will be maintained at 830,700 cubic metres until Aug. 31, 2011, in part to address mountain pine beetle infestation and reduce potential losses in healthy timber stands.

The Southern Interior Forest Regional Manager determined that the cut increase awarded to the agreement holders of the Nicola-Similkameen Innovative Forestry Society in July 2005 be extended after reviewing the Society's application, timber supply and beetle infestation analysis, and considering public and First Nations input. The decision follows the extension of the innovative forestry practices agreements from March 25, 2008

to Aug. 31, 2011.

The society is composed of representatives of the licensees with innovative forestry practices agreements: Aspen Planers Ltd., Ardev Wood Products Ltd., Stuwix Resources Ltd., Tolko Industries Ltd., and Weyerhaeuser Canada Ltd., as well as BC Timber Sales, the Upper Nicola Indian Band and the Nicola Tribal Association. Stuwix Resources Ltd. is a First Nations-owned company managed by representatives of eight bands in the Merritt timber supply area. The agreement area comprises approximately 1.13 million hectares. Under these agreements, licensees conduct activities above their basic obligations of forest management with a view to improving timber productivity.

The current allowable annual cut increase was set in July 2005 as a

result of the Society's forest health strategy to reduce the loss of merchantable timber killed by the mountain pine beetle. Previously, the society had demonstrated greater productivity in the timber supply area through the collection of information on forest inventory, site productivity, and environmental issues.

Under the Forest Act, the regional manager can award an increase to the allowable annual cut of an innovative forestry practices agreement-holder. Licence holders must comply with conditions of the increase, the agreement, the Forest Act, the Forest and Range Practices Act and other relevant legislation.

Copies of the regional manager's rationale are available on the ministry's website at: www.for.gov.bc.ca/rsi/IFPA/IFPA.htm.

Why National Forest Week?

National Forest Week is a time to reflect on the important role that forests play in our daily lives and to celebrate Canadians' connection to the forest.

Plain and simple. Canada is a forested nation. Our forests are important to our environmental, social and economic well-being, and they have played a key role in determining where many of our communities were founded.

More than 300 communities across Canada depend on the forest for over half their local economy. Canada's forest industries and forest-dependent communities are facing many challenges, including new international competition and natural disturbances such as insect

infestation.

Since the forest industry probably employs more people in the Princeton area than any other industry and those dollars are mostly spent back into the local economy we have published a National Forest Week special for as long as this newspaper has been in business.

It's our way of recognizing the importance of the industry to our community and it's economy. In past years we've looked at the year in review in Merritt Forest District. We've even taken a long and hard look at the value-added businesses that benefited from the forests. Once we explored reforestation and continued on next page

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The forest is a giant garden where sections get planted each year. Weyerhaeuser has an extensive reforestation program in place to ensure product is produced for many years. Photo: Trena MacLeod

..... continued from Page 8
what the Mountain Pine beetle was doing to change the future of the

Beetle continues attack

The infestation of the Mountain Pine Beetle in British Columbia's forests continues to have an impact on timber supply.

The Ministry of Forests and Range regularly monitors and records the forest health conditions. Aerial surveys conducted by the ministry show about 9.2 million hectares in various stages of red-attack by the mountain pine beetle in 2006.

Pine beetle attack levels vary in different parts of the province due to geography, the proportion of other tree types in a given area and distance from the infestation's epicentres. Of the total area affected in 2006 by the mountain pine beetle:

- 1.3 million hectares showed trace amounts of red-attack (less than one per cent of the trees killed in the past year),
- 3.3 million hectares sustained light amounts of red-attack (one to 10 per cent of the trees killed in the past year),
- 3.0 million hectares sustained mod-

erate levels of red-attack (11 to 30 per cent of the trees killed in the past year),

- 1.1 million hectares experienced severe levels of red-attack (31 to 50 per cent of the trees killed in the past year), and

- 448,000 hectares saw very severe signs of infestation (more than 50 per cent of the trees killed in the past year).

In the Southern Interior Forest Region, about 5.1 million hectares of red-attack was surveyed with 195,176 hectares affected in the Cascades Forest District.

On the positive side, the beetle infestation has forced an increase in forest harvest levels. The allowable annual cut increase for five companies with innovative forestry practices agreements in the Merritt timber supply area will be maintained at 830,700 cubic metres until August 31, 2011, in part to address mountain pine beetle infestation and reduce potential losses in healthy timber stands.

more on the Pine beetle and also look at what to look for in identifying a wildlife tree when out cutting firewood in the forest.

Last week the news from Weyerhaeuser was about a restructuring plan in its operations in the Southern Interior.

It brought to rest many rumours and plenty of speculation related to the local mill.

Weyerhaeuser will be closing its Okanagan Falls mill on December 17th and be "modernizing its Princeton sawmill over the next two years."

The company says the move will aid in its efforts to "improve competitiveness of the region" and says investments at the Princeton sawmill are in addition to \$5.5-million that will be spent this year to modernize the facility.

There's no doubt this will impact the local forest industry and economy.

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Harry Lali, MLA, Yale-Lillooet

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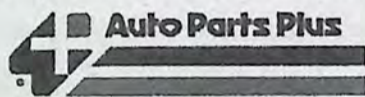
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Firewood or home for wildlife?

Evenings are getting cooler and the distant whine of chainsaws fill the air. Sure signs that firewood cutting season is upon us; a season that can be potentially very harmful to wildlife if the wood collection is indiscriminate and wildlife trees are harvested.

Typically a wildlife tree, or snag, is a larger, dead or partly dead tree often missing the top or most of its smaller branches. It may also have loose bark, heart rot and other decay. Given that firewood collectors are primarily targeting dead trees, the B.C. Ministry of Environment and Partners in Flight BC/Yukon are reminding them to use some discretion.

"Look for obvious signs of wildlife use," says Tanya Luszcz, Partners in Flight Program Coordinator with Canadian Wildlife Service. "Particularly, avoid larger dead trees with nest cavities, loose bark, dens, and sapwells."

It takes many decades, sometimes hundreds of years, for a tree to become a wildlife tree. Given that wildlife trees tend to be large, any tree over 40 centimetres (16 inches) in diameter is reserved from firewood cutting for wildlife protection.

"More than 90 species of wildlife in BC depend on wildlife trees," states Orville Dyer, senior wildlife biologist with the BC Ministry of Environment in Penticton. "Many of these wildlife tree users are species at risk like the Williamsons Sapsucker, Lewiss Woodpecker and Western Screech-Owl."

Cutting firewood on conservation properties is prohibited and the public are required to obtain a Free Use Permit (available from a Ministry of Forests and Range office, Front Counter BC, or online at <http://www.gov.bc.ca/for>) for personal firewood collection on Crown land. If you buy firewood, ensure that it is not from harvested wildlife trees. Ask the vendor where the wood came from. Old growth wood can be recognized by its dense growth rings and thick

bark.

Other information:

Cutting firewood on conservation properties is prohibited and the public are required to obtain a Free Use Permit (available from a Ministry of Forests and Range office or online at <http://www.gov.bc.ca/for/>) for personal firewood collection on Crown land;

- The duration that a standing snag remains in the forest depends on a number of factors: size of the stem, type of wood and local weather characteristics. Wetter conditions and smaller trunk size will lead to a more rapid decay. Some woods such as aspen or birch may break up in less than five years while harder woods can remain standing for more than a hundred years;

There are generally three types of wildlife that may use standing wildlife trees:

- Primary cavity excavators that excavate their own holes in trees including woodpeckers, nuthatches and sapsuckers;

- Secondary cavity users that cannot excavate their own cavities but rely on natural cavities or abandoned nest holes from primary cav-

ity excavators. These include owls, squirrels, salamanders and bats; and

- Open nesters such as Ospreys, and Great Blue Herons that use the top of the snags to nest in and perch on.

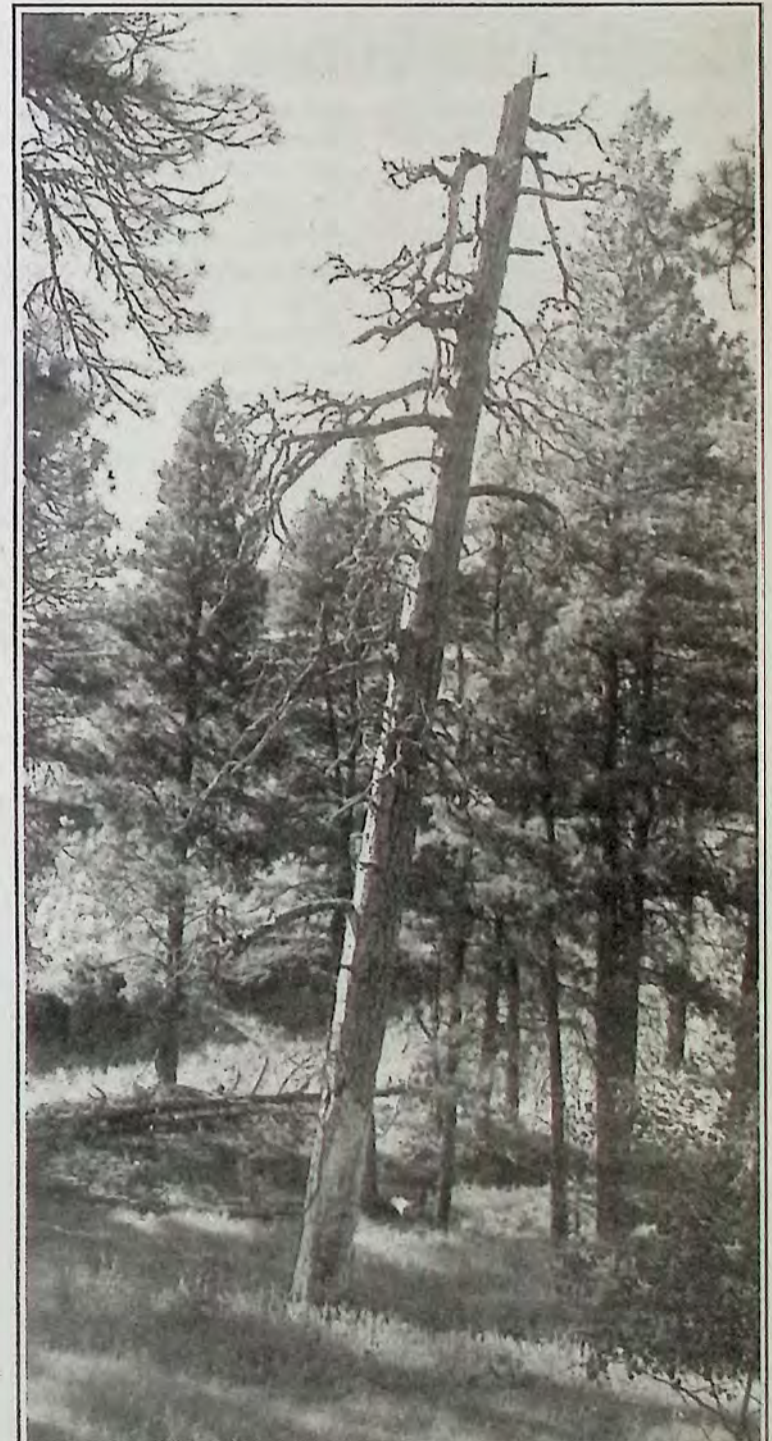
Some wildlife trees carry yellow diamond-shaped Wildlife Tree signs, but most do not;

- Wildlife trees can be any species but the most valuable for wildlife tend to be Ponderosa Pine, Western Larch, Trembling Aspen and Black Cottonwood;

- Once a wildlife tree does fall to the ground it continues to play a vital role in the ecosystem. Its decaying wood provides food and shelter for other wildlife such as insects, amphibians, reptiles, and plants, as well as returning valuable nutrients back into the soil;

- If you buy firewood ensure that it is not from harvested wildlife trees. Ask the vendor where the wood came from. Old growth wood can be recognized by its dense growth rings and thick bark;

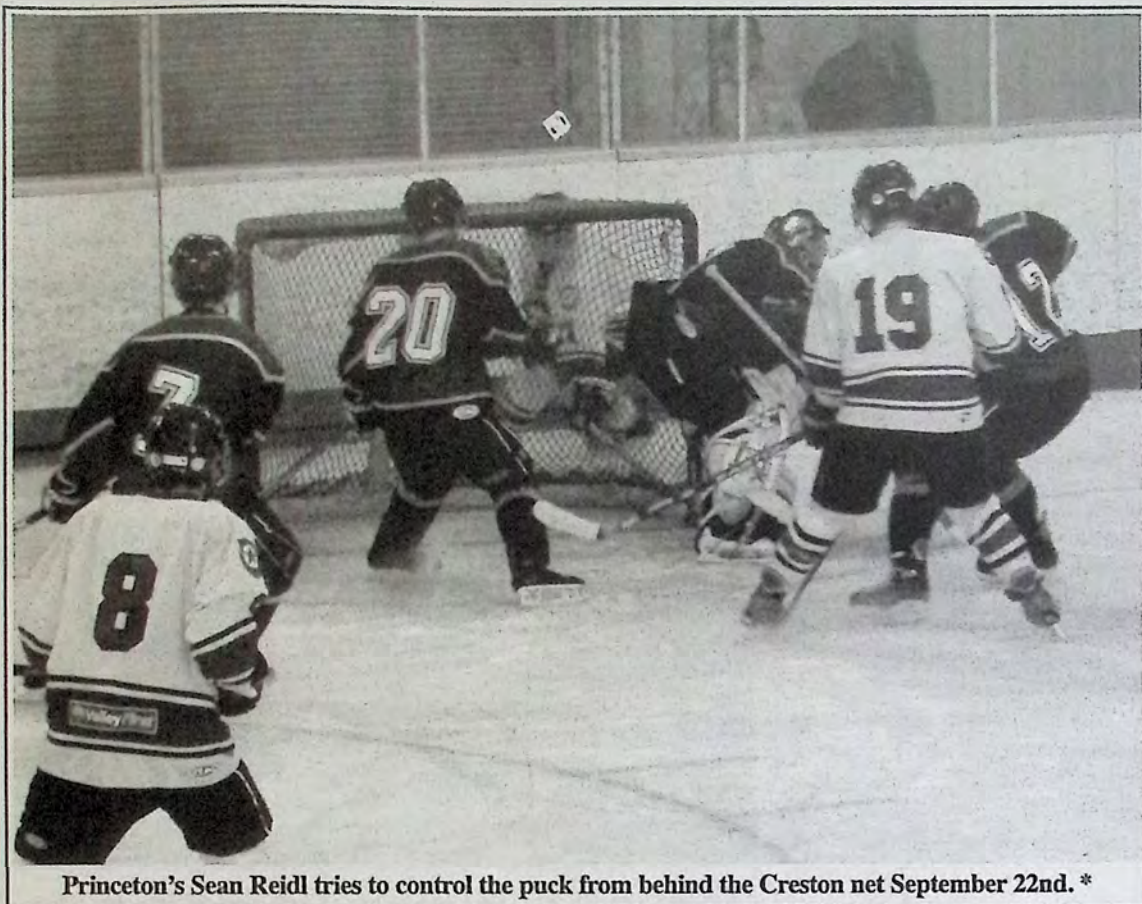
- For more information about wildlife trees visit the WITS (Wildlife Tree Stewardship Program) at www.wildlifetree.org.



This ponderosa pine wildlife tree is home to a nesting pair of Lewis Woodpeckers, a species at risk in BC. Photo by Kevin Fort, Canadian Wildlife Service.

weekly entertainment guide

TUESDAY, SEPTEMBER 25, 2007 THROUGH MONDAY, OCTOBER 1, 2007



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Posse loses first game of season

There's a lot of directions this story could have gone beginning with confusion by the Creston Thunder Cats as to the correct start time of the game, to the amazing game played by Creston goalie Wade Waters to an equally amazing come from behind three goal blitz by Princeton to tie the game in the third.

It was that sort of game on September 22nd when the Valley First Princeton Posse played host to Creston.

The visiting team appeared to believe the first face off was supposed to happen at 7:30 PM, rather than the earlier (to accommodate traveling teams) start of 7:00 PM. Once sorted out, both teams got down to action.

The first period sailed by with a fair share of exciting hockey at both ends of the rink.

It wasn't until 42-seconds into the second period that the scoreless tie was broken by Creston.

Princeton rallied back throughout the frame but could not manage to tie the game.

The third period saw a goalie change for Princeton with Andrew Walsh taking over for Tanner Sheridan and 51-seconds into the third period Creston added their second goal of the game.

Princeton continued to pelt Creston goalie Wade Waters with shot after shot but he kept stopping, blocking and catching whatever came his way. Waters has 'All-Star' written all over him!

Creston added a third goal at 10:36, which seemed to send the Posse into overdrive. It took them 54-minutes and 31-seconds of

solid hockey to finally wear down Creston's goalie when Spencer Brooks fired the puck into the net off a pass from Wade Masch at 14:31. Anthony Leardo was given an assist on the power play goal.

It was the start of an incredible come back when Princeton added a second goal only 14-seconds later when Wade Masch passed the puck to Loran Johnston who flipped it high off the backhand into the top stick side corner. Spencer Brooks received an assist on that power play goal.

Then 25-seconds later Princeton

Grizzlies beat Posse

The Valley First Princeton Posse and Revelstoke Grizzlies were an evenly matched game from start to finish on September 23rd.

The Grizzlies set the tone for the game with two goals in the first period at 7:10 and 11:58.

Princeton added a power play goal with 28.7-seconds left in the period when David Smith took a pass from Brett Van Riper and drilled it in from the stick side corner of the rink.

The second period saw what could have been Revelstoke's third goal waved off at 10:46. Apparently the puck was kicked into the net in the confusion that filled the Princeton goal crease at the time.

Princeton tied the game at 14:46 when Brad Goss poked in a rebound from a shot on goal made on the power play by Scott Ramsey.

Both teams battled to break the tie but the period ended deadlocked at two apiece.

Princeton tied the game at three-all when Brett Van Riper ripped one in from the blue line off a pass from Sean Reidl. It took only 39-seconds for Princeton to add three goals to tie the game.

The crowd was on fire, the Posse was on fire and then it went out when Creston scored their go ahead goal with 51.9-seconds left in the game.

Princeton pulled the goalie for a sixth man, but could not tie it up.

Shots on goal: Princeton 44, Creston 22. Final score: Creston 4, Princeton 3.

The third period saw Revelstoke take the lead at 4:23.

Princeton had many chances to tie the game again, but could not capitalize.

By mid-period, Princeton was at full strength with three Grizzlies in the penalty box and the home team started to shine.

Dan Hillman powered his way to the Revelstoke goal, took a shot and Wade Masch backhanded the rebound into the net at 11:10.

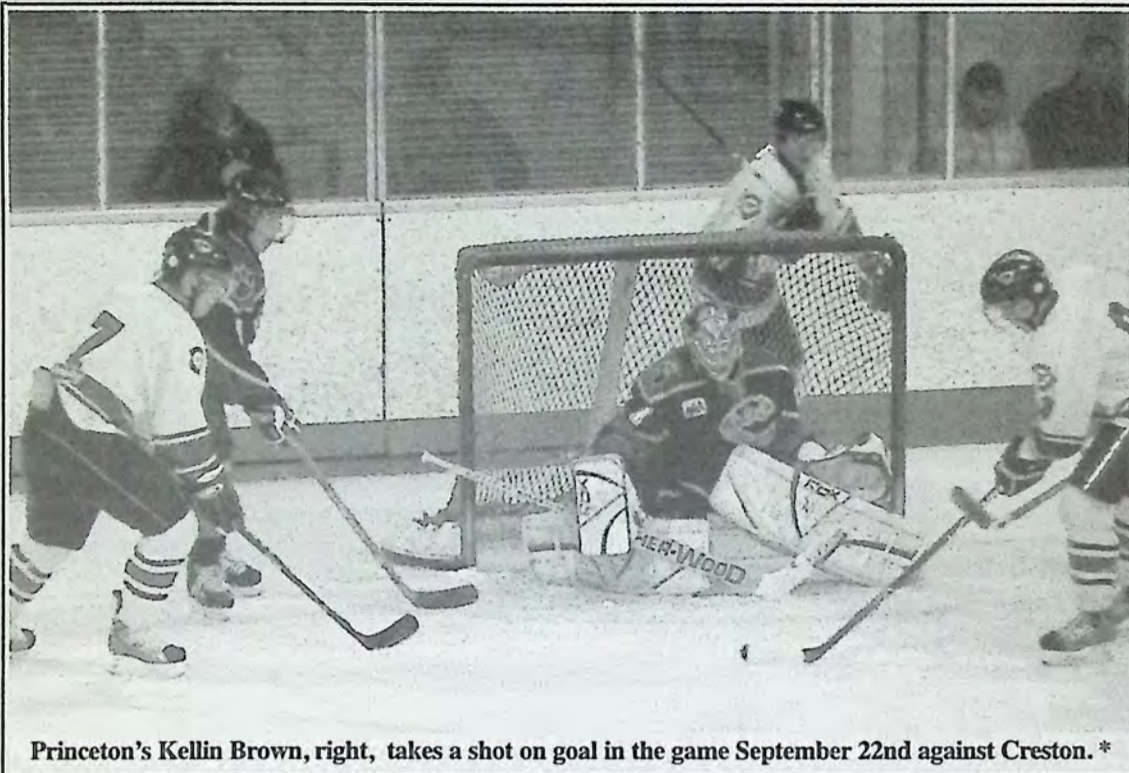
The tie lasted for minutes as Revelstoke came back at scored their fourth goal at 16:27.

The last three minutes of the game was as exciting as the rest of the game with some great play making by both, but the Posse could not tie the match to force overtime.

Shots on goal: Revelstoke 31, Princeton 31. Final score: Revelstoke 4, Princeton 3.

The Posse's next home game is September 28th against Columbia Valley.

Princeton's Sean Reidl tries to control the puck from behind the Creston net September 22nd. *



Princeton's Kellin Brown, right, takes a shot on goal in the game September 22nd against Creston. *

..... continued from Page 3
buds. Within a beer's balance one can typically identify many sub-characteristics. Don't forget to note what type of feel or texture the beer has. Along with a beer's overall taste, body is probably one of the only things most people seem to care about, for example: America's obsession with 'light' beers.

Much like a beer's aromatic characteristics, the different parts to a beer's taste can also tell you much about the beer's ingredients and how the beer was made.

Hopefully these beer-tasting methods will help the next time you drink a beer. I know that when I was first told about them around a year and a half ago I started noticing so much more about my favourite beers and especially beers I was trying for the first time. Once you have started using these four steps, you will eventually be able to break down each step even further, identifying more and more small details about the beer you are tasting.

Good luck on your next beer tast-

ing adventure - make sure you put your new knowledge to good use! Cheers!

The proceeds from this event...

Your attendance at the Rotary Taste of Ales provides you with a fun Saturday but your attendance also provides fun(ds) - the proceeds from your ticket purchase - for Princeton Rotary community projects.

See you at the Princeton Castle Resort this Saturday from 2:00 PM to 6:00 PM.

- submitted by Patrick Robins

Another Robinson goes on the trophy

Marlene Robinson was the overall champion in the Fall Fair Robinson/Merrall Horseshoe Tournament.

This puts another Robinson on the trophy.

In the Ladies Doubles, Marlene Robinson and Michelle Johnson placed first, with Judy Robinson and Norma Jean second.

In Ladies Singles, Marlene

Robinson won, with Judy Robinson second and Michelle Johnson third.

In Men's Singles, Cliff Robinson placed first, Dale Johnson second, and Bob Wicks third.

In Men's Doubles, Dan Kastor and Neil from N&L Automotive won, with Sean Kastor and Dale Johnson in second place, Fred Krenn and Michelle Johnson in

third, and David Badger and Judy Robinson in fourth place.

Mixed Doubles saw Marlene Robinson and Fred Krenn take the lead, with Dale Johnson and Dan Kastor second, and Cliff Robinson and Norma Jean third.

Event organizer Dan Kastor says thanks to sponsors J. S. Cook Contracting and Dennis Cook Holdings for their support this year.

Chronic disease management program starts soon

The University of Victoria is offering a Chronic Disease Self-Management Program starting October 2nd to run Mondays (except October 8th) from 6:00 - 8:30 PM in the Legion Hall until November 6th.

We need four more registrants to make a go of it!

If you have a chronic condition such as hypertension, arthritis, heart disease, diabetes, asthma, bronchitis, emphysema, fibromyalgia or others, you will benefit from this program given by two trained lay leaders.

Many of the leaders have chronic conditions themselves and have successfully adopted the techniques taught in the program.

Your spouse, family member or friend is encouraged to attend the program with you.

In the program you will learn how to manage your symptoms, how to get started with healthy eating and exercise, how to communicate effectively with your doctor and health care team, how to manage your fear, anger and frustration, how to make

daily tasks easier and how to get more out of life.

You will also learn new skills that will help you manage your condition and problem solve.

The symptom cycle: disease, tense muscles, stress, anxiety, anger/frustration/fear, depression and fatigue.

You receive a large companion book 'Living a Healthy Life with Chronic Conditions' and you must

register first by calling Terry Cayer, Coordinator, Chronic Disease Self-Management Program, UVic, Centre on Aging.

E-mail tcayer@dccnet.com or phone 1-866-902-3767 or (604) 940-3573. She needs to hear from you now if you are interested in participating in the program. Brochures are available at various locations around Princeton. - submitted by Linda Neumann

News from Vermilion Court

It's only a month until we have our Pre-Christmas Bazaar and the tempo is picking up. Many ideas are being brought forward so life becomes interesting. And yes, Bingo is still being played on Tuesday and Thursday a half hour exercise done while sitting is a must each day. It really does help to keep out joints moving.

The word game is usually played, or a variation of it. Today we were given a list of names of animals with letters scrambled. So 'lion' looked like 'niol' and cougar looked

like 'grouca.' Most of the 24 animal words were quite easy. Then we tried to make words from facetious and managed only 58. No n's or r's!

We really miss Ruth coming to play the organ while exercising and hope she'll be able to come again soon.

Hearing that snow is falling on the Coquihalla and higher areas makes us realize summer is over for this year. We're hoping for more sun before the cold and snow arrives here in Princeton!

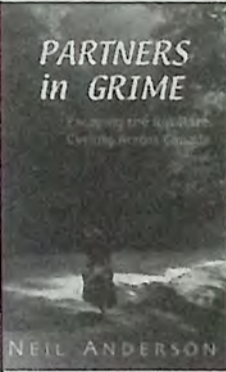
- submitted by D. Stenvold

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TUESDAY, SEPTEMBER 25, 2007

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11 PM) listing TV programs and channels.

WEDNESDAY, SEPTEMBER 26, 2007

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11 PM) listing TV programs and channels.

Horoscopes

September 26 - October 3, 2007

Aries - You may feel restless now, as if you need change of some kind. Do not take it out in your relationships. What you really need now is to look at how you affect others.

Taurus - Home life continues to run smoothly. Health improves, and your worries start to decrease, especially worries about money. Talk with and do things with spouse, partner.

Gemini - Your energy high, and your ego trips, begin to decline now, and if your ego/anger got out of control, you can smooth things over with kind words and deeds. Share!

Cancer - You need to talk to young people. You may have an urge to brighten up your home through creative efforts. Go for it. Your energy soars by end of week, so does your ego. Work!

Leo - Activity at home needs your input now. Talk about what needs doing, and take action. Worries may arise but you need to talk. Be cautious about putting foot in mouth.

Virgo - Your concerns focus on what you own and how much money you have. Take time to establish your values. This weekend, act on plans. You feel older, more burdened, responsible.

Libra - Plan to do something to improve your impact on others. Spruce up appearance, take time for self-talk. Bolster your health. Action centers around career. Give it energy!

Scorpio - Career continues to run smoothly. Your ability to communicate goes into high gear. You could be restless, and working hard on a project this weekend. Make firm plans.

Sagittarius - This could be your weekend to take a breather, but your mind will be on your career, and you have two ways to go: be depressed or write up a concise plan of action.

Capricorn - Now is a good time to plan your next moves. Partner may be demanding, or full of action. Travel does not go well now. Check vehicle for problems. You want more freedom.

Aquarius - You are still having fun with friends. Take some time to have a good health check-up. Watch out for problems this weekend with job, career, and household matters.

Pisces - This weekend could find you facing problems with need to travel with partner for business, when you would rather be doing something creative. This is temporary. Be patient.

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
- Little Folks Nursery School Parent/Board Meetings, 3rd Wednesday of each month, 7:00 PM at the school.

thursday movies

MORNING

- 6:00 am WTBS (3) ★★"I Spy" (2002, Comedy) (PA) Eddie Murphy. A special agent and a boxing champion travel to Budapest, Hungary, to locate an arms dealer and a stealth bomber. [E]
- SPIKE (4) ★★"Bill & Ted's Bogus Journey" (1991, Comedy) Keanu Reeves. The dopey dudes beat the Grim Reaper in a board-game contest, so he must help them stop their evil robot twins.
- 10:00 am CITY (29) ★"The Hot Chick" (2002, Comedy) Rob Schneider. An ancient curse causes a mean-spirited teenage girl and an incompetent male thief to switch bodies. [E]

EVENING

- 6:00 pm WTBS (3) ★★½"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. [E]
- 9:00 pm WTBS (3) ★★½"Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity. [E]
- CHBC (4) "Her Sister's Keeper" (2006, Suspense) Dahlia Salem. Premiere. A woman links missing drug money to the disappearance of her sister. [E]
- 10:06 pm CITY (29) ★★"Go" (1999, Comedy-Drama) Desmond Askew. A checkout girl covering for a co-worker faces danger from a drug dealer she double-crosses out of desperation. [E]
- 11:00 pm 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. [E]

Princeton Area Ghost Towns - The DVD



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Explore The History Of Mining - Gold, Copper and Coal

friday movies

MORNING

- 6:00 am WTBS (3) ★★½"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. [E]
- SPIKE (4) ★★½"The Siege" (1998, Action) Denzel Washington. An FBI agent, a Middle East specialist and a power-mad general try to thwart terrorists in New York.
- 10:00 am CITY (29) ★½"Mill Money" (1994, Comedy) Melanie Griffith. A suburban widower winds up with a kindhearted hooker in his home after his young son's excursion in the city. [E]

AFTERNOON

- 1:00 pm YTV (18) ★½"Charlotte's Web 2" (2003, Adventure) Voices of David Beron. Animated. Zuckerman's famous pig, Templeton the rat and Charlotte's three daughters try to save a lamb.
- 5:00 pm CITY (29) ★★½"A Knight's Tale" (2001, Adventure) Heath Ledger. An English commoner dons the armor of a dead jousting knight, with the help of friends, competes against nobles in 14th-century France. [E]

EVENING

- 6:00 pm WTBS (3) ★★½"Shrek"

- (2001, Comedy) (PA) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess. [E]
- 7:30 pm FAM (26) "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a country club.
- 8:00 pm KNOW (5) "Anna Karenina" (2000, Romance) (Part 1 of 2) Helen McCrory. A woman jeopardizes her social standing and her marriage to an older man when she begins an affair with a young count. [E]
- 8:55 pm WTBS (3) ★★"The Perfect Score" (2004, Comedy) Erika Christensen. High-school students conspire to steal the answers to their upcoming SATs. [E]
- 9:00 pm FAM (26) ★★"Air Bud Spikes Back" (2003, Adventure) Robert Tinkler. A dog that plays volleyball helps investigators solve a rash of mysterious crimes. [E]
- 10:06 pm CITY (29) "Voyeur: The Motion Picture" (2003, Adult) Jessica Drake. A young woman spies on unsuspecting lovers, including an ex-porn star, a collegian and a handyman.
- 10:27 pm FAM (26) "Lightning: Fire From the Sky" (2001, Action) John Schneider. A teenage weather whiz must find a way to save his town from a pair of devastating storms. [E]

Similkameen News Leader

Recipe Corner (Recipe #186)

Brought To You By: Similkameen News Leader

Celebrate healthy eating with

White Fish Provençal

- 1 1/2 lbs halibut fillets 700 g
- 1 tbsp olive oil 15 mL
- 1/2 cup onion finely 100 mL chopped
- 1 can diced tomatoes, drained
- 1/2 cup kalamata, green
- 100 mL or black olives, pitted and cut in half lengthwise
- 2 tbsp white wine 30 mL
- 1 tsp McCormick 5 mL Gourmet 100% Organic Basil Leaves
- 1/2 tsp McCormick 3 mL Gourmet 100% Organic Garlic Powder
- 1/4 tsp McCormick 1 mL Gourmet 100% Organic Thyme Leaves

Preheat oven to 375°F (190°C). Coat baking dish with no stick cooking spray. Place fish in single layer in baking dish. Bake 12 minutes. If fish is over 1-inch thick, increase cooking time to 15 minutes.

Meanwhile, heat oil in medium saucepan over medium heat. Add onion; cook and stir 5 minutes or until softened. Add tomatoes, olives, wine, basil, garlic and thyme. Simmer, uncovered, 3 minutes. Remove fish from oven. Spoon sauce over fish. Return to oven; bake 5 minutes or until fish flakes easily with a fork. Serve immediately.

Preparation Time: 10 minutes

Baking Time: 20 minutes

Nutrition per Serving

Calories 201 Protein 25 g - Total Fat 9 g - Cholesterol 37 mg - Carbohydrate 5 g - Sodium 477 mg

News Canada

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

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Princeton Posse 2006/07 - The DVD



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THURSDAY, SEPTEMBER 27, 2007

Table of TV schedule for Thursday, September 27, 2007. Columns include channel (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) and time slots (6 AM, 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2 PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM) with program titles and descriptions.

FRIDAY, SEPTEMBER 28, 2007

Table of TV schedule for Friday, September 28, 2007. Columns include channel (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) and time slots (6 AM, 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2 PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM) with program titles and descriptions.

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

CHALLENGE #25 - Rated Easy

	6			7	
2			7		4
	9	8	6		5
8		4	9		1
	1	9		4	2
		2	1	7	8
		9	8		1
9			5		8
5	4	1	6		9

CHALLENGE #26 - Rated Hard

	1	4	8	3		5		
		2	4				6	
7							3	4
			9		5		4	8
4				8				1
8	2		1		7			
1	9							5
5					1	4		
		6		5	8	1	7	

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2007 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

8:30 am WTBS (3) ★★½ "Ella Enchanted" (2004, Romance-Comedy) Anne Hathaway. A young woman embarks on a journey to break the curse of obedience placed upon her by a fairy godmother. (E)
10:45 am WTBS (3) ★★ "The Perfect Score" (2004, Comedy) Erika Christensen. High-school students conspire to steal the answers to their upcoming SATs. (E)

AFTERNOON

12:00 pm FAM (26) ★★½ "The Paper Brigade" (1996, Comedy) Robert Englund. A small-town bully interferes with a new boy's efforts to woo a schoolgirl. (E)
12:50 pm WTBS (3) ★★½ "The Mask" (1994, Comedy) (PA) Jim Carrey. An ancient mask transforms a drab bank clerk into a grinning Romeo with superhuman powers. (E)

1:00 pm CITY (29) ★★½ "Fletch" (1985, Comedy) Chevy Chase. An undercover Los Angeles reporter investigates a businessman who wants him to kill him. (E)
1:30 pm FAM (26) ★★ "Ernest Goes to Jail" (1990, Comedy) Jim Varney. A case of mistaken identity lands a bumbling bank janitor in the slammer and his criminal look-alike on the streets. (E)
4:00 pm YTV (18) ★★ "Dennis the Menace" (1993, Comedy) Walter Matthau. The comic-strip moppet plays pranks on Mr. Wilson, the crotchety fellow who lives next door. SPIKE (44) ★★½ "Next of Kin" (1989, Drama) Patrick Swayze. The murder of an Appalachian trucker sparks a battle between a vengeful hill clan and a Chicago crime family.
5:00 pm WTBS (3) ★★½ "Shrek" (2001, Comedy) (PA) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess. (E)

EVENING

6:00 pm A&E (9) ★★½ "Erin Brockovich" (2000, Drama) Julia Roberts. Premiere. A law clerk researching a client's health case stumbles on a cover-up of a contaminated water supply in a desert town. CITY (29) ★★ "Wilby Wonderful" (2004, Comedy-Drama) James Allodi. Premiere. A Nova Scotian with a secret makes various suicide attempts while his fellow islanders deal with issues of their own. (E) (DVS)
6:55 pm WTBS (3) ★★½ "101 Dalmatians" (1996, Adventure) Glenn Close. London fashion maven Cruella DeVil steals pups for her newest creation, a Dalmatian coat.
8:00 pm YTV (18) ★★½ "Wayne's World 2" (1993, Comedy) Mike Myers. The world's best roadie helps goofy Wayne and Garth organize a rock concert called Waynestock.
8:55 pm WTBS (3) ★★ "Richie Rich" (1994, Comedy) (PA) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. (E)
9:00 pm FAM (26) ★★ "Men in Black" (1997, Comedy) Tommy Lee Jones. Premiere. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. CITY (29) ★★½ "U-571" (2000, Suspense) Matthew McConaughey. American soldiers sneak aboard a disabled German sub to steal an encryption device they hope will help the Allies win the war. (E)
10:00 pm A&E (9) ★★ "Erin Brockovich" (2000, Drama) Julia Roberts. A law clerk researching a client's health case stumbles on a cover-up of a contaminated water supply in a desert town. CBC (13) ★★½ "The Royal Tenenbaums" (2001, Comedy-Drama) Gene Hackman. An errant father tries to reconcile with his eccentric and underachieving family in New York. (E)
10:54 pm FAM (26) ★★ "Buffalo Dreams" (2005, Drama) Reiley McClendon. A Navajo teen and a mountain-biker from Chicago must bridge a cultural gap to become friends and preserve tribal land.
10:55 pm WTBS (3) ★★½ "Scooby-Doo" (2002, Comedy) (PA) Freddie Prinze Jr. Fred, Daphne, Velma, Shaggy and Scooby investigate claims that a theme park is haunted. (E)
11:00 pm SPIKE (44) ★ "The True Game of Death" (1978, Action) Bruce Li. A fictionalized account of the circumstances surrounding the tragic death of martial-arts superstar Bruce Lee.
11:30 pm CITY (29) ★★½ "Deep Blue Sea" (1999, Science Fiction) Thomas Jane. A marine biologist and her staff become the prey of scientifically altered sharks that have a hunger for human flesh. (E)

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sunday movies

MORNING

7:00 am A&E (9) ★★ "Mannequin" (1987, Comedy) Andrew McCarthy. A Philadelphia window dresser woos a mannequin brought to life by the spirit of an ancient princess. (E)
7:15 am WTBS (3) ★★½ "The Mask" (1994, Comedy) (PA) Jim Carrey. An ancient mask transforms a drab bank clerk into a grinning Romeo with superhuman powers. (E)
9:15 am WTBS (3) ★★½ "Chicken Run" (2000, Comedy) Voices of Mel Gibson. Animated. A dashing rooster and the hen he loves lead an escape from a farm in 1950s England. (E)
10:00 am SPIKE (44) ★★½ "Top Gun" (1986, Adventure) Tom Cruise. A hot-shot Navy jet pilot tangles with MiGs and flirts with a civilian astrophysicist.
11:00 am CITY (29) ★★½ "Bubble Boy" (2001, Comedy) Jake Gyllenhaal. A teen in a special suit embarks on a cross-country trip to stop the girl he loves from getting married. (E)

AFTERNOON

12:00 pm FAM (26) "Junior Pilot" (2004, Adventure) Jordan Garrett. A boy obsessed with airplanes jumps into action when terrorists hijack his flight. (E)

12:30 pm SPIKE (44) ★★½ "The Siege" (1998, Action) Denzel Washington. An FBI agent, a Middle East specialist and a power-mad general try to thwart terrorists in New York.
1:32 pm FAM (26) ★★½ "Madeline" (1998, Comedy-Drama) Frances McDormand. A fearless French orphan involves her schoolmates and headmistress in a series of misadventures. (E)
3:00 pm WTBS (3) ★★½ "101 Dalmatians" (1996, Adventure) Glenn Close. London fashion maven Cruella DeVil steals pups for her newest creation, a Dalmatian coat.
4:00 pm YTV (18) ★★ "A Cinderella Story" (2004, Romance-Comedy) Hilary Duff. A teenager with a wicked stepmother develops an online relationship with a popular high-school quarterback.
5:00 pm WTBS (3) ★★½ "Shrek" (2001, Comedy) (PA) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess. (E)
CBC (13) ★★½ "Spirit Away" (2001, Fantasy) Voices of Daveigh Chase. Animated. Lost in a forest, a 10-year-old girl meets animals, ghosts and weird creatures. (E)

EVENING

6:00 pm YTV (18) ★★ "First Daughter" (2004, Romance-Comedy) Katie Holmes. Under close guard by the Secret Service, the president's daughter heads to college and finds romance with a fellow student. CITY (29) ★★ "In Good Company" (2004, Comedy-Drama) Dennis Quaid. Demoted from his corporate job, a man learns his new, younger replacement is also dating his daughter. (E)
6:55 pm WTBS (3) ★★½ "Shrek" (2001, Comedy) (PA) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess. (E)
8:00 pm CBC (13) ★★½ "Million Dollar Baby" (2004, Drama) (Part 1 of 2) Clint Eastwood. A deep bond develops between a cantankerous trainer and the female boxer he reluctantly takes under his wing. (E)
8:50 pm WTBS (3) ★★ "Chicken Run" (2000, Comedy) Voices of Mel Gibson. Animated. A dashing rooster and the hen he loves lead an escape from a farm in 1950s England. (E)
9:00 pm FAM (26) ★★ "Honey I Shrank the Kids" (1989, Comedy) Rick Moranis. An inventor's ray gun zaps his son, his daughter and a neighbor's boys down to pea-size in his jungle of a lawn. (E)
10:00 pm SPIKE (44) ★★½ "The Siege" (1998, Action) Denzel Washington. An FBI agent, a Middle East specialist and a power-mad general try to thwart terrorists in New York.
10:15 pm CBC (13) ★★½ "Million Dollar Baby" (2004, Drama) (Part 2 of 2) Clint Eastwood. A deep bond develops between a cantankerous trainer and the female boxer he reluctantly takes under his wing. (E)
10:35 pm WTBS (3) ★★ "Richie Rich" (1994, Comedy) (PA) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. (E)
10:49 pm FAM (26) ★★ "Pixel Perfect" (2004, Comedy) Ricky Ullman. A technical wizard creates a hologram that becomes a singer for his friend's struggling band.

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SATURDAY, SEPTEMBER 29, 2007

Table with 20 columns (channels: WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 20 rows (times: 6 AM, 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2 PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM). Each cell contains program titles and time slots.

SUNDAY, SEPTEMBER 30, 2007

Table with 20 columns (channels: WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 20 rows (times: 6 AM, 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2 PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM). Each cell contains program titles and time slots.

MONDAY, OCTOBER 1, 2007

Grid of TV schedules with columns for channel (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and time slots (AM, PM, :30) listing various programs like 'The Matrix Reloaded', 'CSI: Miami', 'The View', etc.

monday movies

MORNING 10:00 am CITY (29) ★★ "Bubble Boy" (2001, Comedy) Jake Gyllenhaal. A teen in a special suit embarks on a cross-country trip to stop the girl he loves from getting married. (R)
EVENING 6:00 pm WTBS (3) ★★ "The Matrix Reloaded" (2003, Science Fiction) Keanu Reeves. Freedom fighters use extraordinary skills and weaponry to revolt against machines.
SPIKE (44) ★★ "U.S. Marshals" (1998, Crime Drama) Tommy Lee Jones. A chief deputy and his team pursue an escaped fugitive accused of killing two government agents.
10:00 pm WTBS (3) ★★ "The Matrix Reloaded" (2003, Science Fiction) Keanu Reeves. Freedom fighters use extraordinary skills and weaponry to revolt against machines.
10:06 pm CITY (29) "Torn Apart" (2004, Suspense) Tia Carrere. A grieving father kidnaps the husband and child of a doctor who could not save his son. (R)



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for sale

WOOD PELLET SALES & DELIVERY

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Princeton Rentals
(250) 295-6545

Must sell. Recently acquired fully loaded heavy duty, well maintained, one owner 1996 GMC 1500 4X4, ext. cab, short box, gas Vortec 350 engine, 305 auto OD, headers, air shocks, mags, new brakes. \$7,500.00. Call (250) 295-0627. Sep 4-18

Hunter special. 1975 Ford Motorhome, 22-foot, dual wheels, had lots of work, boat rack. \$4,000.00 OBO for quick sale. Call (250) 295-0627. Sep 4-18

2 Queen size sofa beds, \$200.00 each OBO...1 regular chesterfield, \$200.00 OBO...1 gas lawn mower, \$50.00 OBO...1 gas BBQ, \$50.00 OBO. Call (250) 295-4145. Sep 11-25

garage sale

Saturday, September 29
9:00 AM - ??
RAIN OR SHINE
439 Auburn Crescent
(in carport)

Tools, shop items, household, etc.

moving sale

Saturday, September 29
9:00 AM - 3:00 PM
121 Edgewood Drive

2 stereo systems, 4 like-new 15" snow tires, small appliances, crystal, dishes, 3 antique chairs, Zenith console TV (free), and lots more goodies!

notices

Princeton Golf Club NOTICE

Annual General Meeting
October 28, 2007
1:00 PM
Princeton Curling Club

If you have any questions, please contact Wanda or Shirley at (250) 295-6130.

THANK YOU!

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for rent

1,600 sq ft 2-bedroom rental available October 1st. \$750/month with 1 year lease. References required. Located downtown. Has hardwood floors, garage, enclosed yard, washer/dryer, fridge/stove. Call Century 21 (250) 295-6977.. Aug 21-tfn

3-bedroom large house in downtown area. \$800/month. Contact RE/MAX country (250) 295-3222. Sep 11-tfn

3-bedroom in Tunnel area. Available October 15. \$650/month. No laundry facilities. Contact RE/MAX country (250) 295-3222. Sep 18-tfn

1-bedroom unfurnished bachelor suite, \$500.00/month. Available October 1st.

6-bedroom, 2-bath home in creekside setting. \$750.00/month.

Contact RE/MAX country at (250) 295-3222. Sep 11-tfn

2-bedroom, bath and a half, right downtown, newer building, balcony, fireplace, w/d, f/s, small cat okay, no outdoor maintenance, prefer non-smoker. Available immediately. \$650.00/month plus utilities. References required. (250) 770-1879. Sep 18-Oct 02

1,400 sq. ft., 3-bedroom, plus large office including w/d, f/s. \$750.00/month. Call (250) 295-6557. Sep 18-Oct 02

Room for rent in newly renovated 2-bedroom house, \$350.00 per month, 10-minutes walk from downtown, nice yard, by Tulameen River, wood burning stove, washer/dryer, n/s, no big dogs, pictures at www.princetonbc.org. Call (250) 295-7635. Sep 25-Oct 08

Newer 3,100 sq ft home on private 5 acres with small creek. Fenced for horses. 25-minutes from Princeton. Available immediately. Long term lease and references required. \$1,600/month. Call (250) 859-4944. Sep 25-Oct 08

1 bedroom apartment near town. No pets. References and security deposit required. Responsible adults only. \$450/month + utilities and more included. (250) 295-3691 or 295-7905. Sep 25-tfn

Bright 1 and 2-bedroom apartments on 3rd floor. Fridge/Stove, laundry in building. References required, no pets. Call Sharon at (250) 295-1845. Sep 25-Oct 08

GO, POSSE, GO!

notices

ChuChuWayHa Hall Hedley
Sunday Bingo

Doors Open 9:00 AM
Warm Ups 11:30 AM
Regular Session 12:30 PM

notices

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295-0450 OR 295-0319

Looking for 2-3 bedroom rentals for qualified tenants. Call RE/MAX country at (250) 295-3222. Feb 13-tfn

notices

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Princeton Highland Dancers

2007/08 Registration
Ages 3-7
Call Amy (250) 295-3606

All other ages
Call Clara (250) 295-3569.

Sep 18-Oct 02

Scouting is back in Princeton!

Start Date: September 27th
6:45 - 8:00 PM
Thursday Nights
in the Legion Hall

Come and Register!
Info: Call Michael Sanderson
(250) 295-3761
msanderson@nethop.net

The Youth Auxiliary of Princeton Legion is looking for new members. If you are, or know of some teens, between the ages of 13 and 18, who might be interested, please give the team leader, Janet Neil a call at (250) 295-3636. The group meets Tuesday nights at 7:30 at the Legion. Be a part of a new tradition that honours the old traditions, and has a lot of fun in the process.

announcements

announcements

George and Janie Holland of Princeton would like to announce the engagement of their daughter Tammy Lynn Holland to Jeffery Keddy, the son of Cathy Keddy and Eddie Pelton of Berwick, N. S. The Wedding is planned for the Summer of '08.

for sale

1984 Subaru station wagon, 5-speed, 2WD, rusty but runs well. 30 mpg. \$300.00. Call (250) 295-3776. Sep 25-Oct 08

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 Sudoku Challenge
 SOLUTIONS TO PUZZLES ON PAGE 16

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156	294	783
238	571	964
497	836	152
865	429	371
719	385	426
342	167	895
623	948	517
971	653	248
584	712	639

CHALLENGE #26 - Hard

914	836	527
352	479	816
768	512	934
631	925	748
475	683	291
829	147	653
197	264	385
583	791	462
246	358	179

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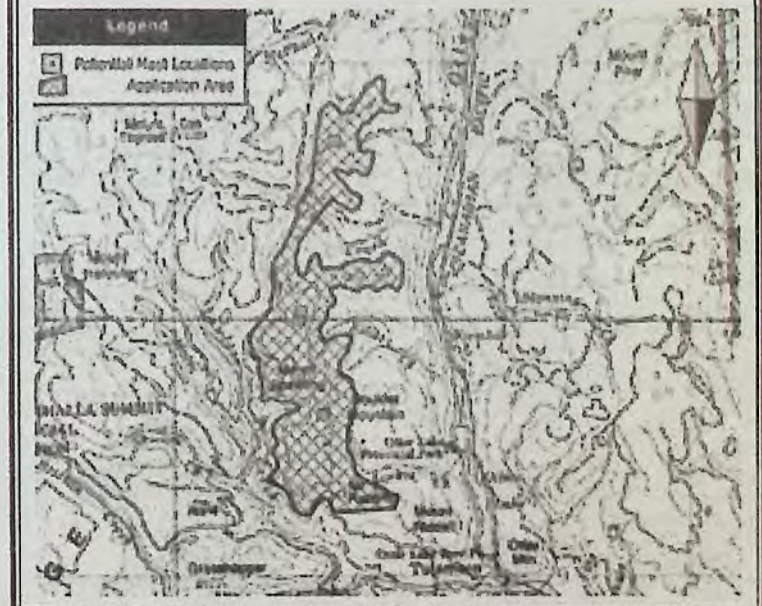
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Land Act: Notice of Intention to Apply for a Disposition of Crown Land

Take notice that Windlab Systems Pty Ltd. of Canberra, Australia, intends to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a Crown grant for a licence for wind monitoring towers for purposes covering all that unsurveyed Crown Land situated on Provincial Crown Land in the vicinity of Otter Lake.

The Lands File Number that has been established for this application is 3411645. Written comments concerning this application should be directed to Matthew Simons, Senior Natural Resource Officer, FrontCounter BC at 210-301 Victoria Street, Kamloops, BC V2C 2A3. Comments will be received by ILMB until October 25, 2007. ILMB may not be able to consider comments received after this date. Please visit our website at: <http://www2.lwbc.bc.ca/ApplicationPosting/index.jsp> --> Search --> Search by File Number: 3411645 for more information.

Be advised that any response to this advertisement will be provided to be public upon request.



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Town of Princeton

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Regional District Okanagan-Similkameen

Rural Land Use Bylaw Amendment Application
375 Rainbow Lake Road, Rural Princeton, Electoral Area 'H'
Lot A, Plan 28225, District Lots 932, 1525, 2137, KDYD

NOTICE OF PUBLIC HEARING:
Wednesday, October 3, 2007 - 6:30 PM
Princeton Town Hall - Council Chambers
169 Bridge Street, Princeton, BC

PURPOSE:

Proposal: amend the Rural Land Use Bylaw to permit a "Natural Health and Spa School," which is defined as "working spa, retreat and holiday destination, including the instruction of natural health courses and practical training for a variety of natural health and day spa professions. Use is limited to the months of September through April, and will be limited to 25 students per course at one time. Hours of operation are 8:30 AM - 4:00 PM, Monday through Friday."

Amendment Bylaw No. 1725.11, 2007: to amend the Rural Land Use Bylaw by changing the designation of the subject property from CR (Commercial Recreation) to CR Site Specific (Commercial Recreation - Site Specific).



VIEW COPIES OF THE DRAFT BYLAWS & SUPPORTING INFORMATION AT:
Regional District Okanagan-Similkameen
101 Martin Street, Penticton, BC
Monday - Friday 8:30 AM - 4:30 PM
Princeton Town Hall
169 Bridge Street, Princeton, BC
Monday - Friday 9:00 AM - 4:00 PM

Anyone who considers themselves affected by the proposed bylaw amendments can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing Bylaw No. 1725.11, c/o Regional District Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

FOR MORE INFORMATION PLEASE CONTACT PLANNING SERVICES:
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Take notice that Daniel & Catherine Drescher of Coldstream, BC, intend to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a Crown grant for purchase purposes covering Lot 22, Block 6, District Lot 1823, Similkameen Division Yale District, Plan 1302 situated on Provincial Crown land located in the vicinity of Princeton.

The Lands File Number that has been established for this application is 3405025. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 3rd Floor, 145-3rd Avenue, Kamloops, BC V2C 3M1. Comments will be received by ILMB until October 19, 2007. ILMB may not be able to consider comments received after this date. Please visit our website <http://www2.lwbc.bc.ca/ApplicationPosting/index.jsp> → Search by File Number: insert Lands File Number for more information.

Be advised that any response to this advertisement will be provided to be public upon request.



editor@thenewsleader.ca

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

my turn

Blurred vision is still vision

The Official Community Plan Workshop hosted last week by the Town of Princeton showed us something we knew all along but could not identify with words.

The community has always had a vision, only it wasn't very clear or it got sidetracked somewhere when a different driver got behind the wheel.

We're not sure who's idea it was to quit drawing the town water from upstream sources to downstream sources, nor why the downtown theme changed from Edwardian to Western to no identifiable theme nor can we tell you why parts of Princeton contain industrial land alongside residential and commercial land alongside residential.

We don't even want to try to speculate why the shorter than regulation pool is at one end of town, the curling rink is at another end of town and the arena is nowhere near either.

But the other side of the coin is at least we have these facilities – along with many others not mentioned here – that, regardless of where they are, all need some attention and regular usage.

Not that the OCP can fix any of that, but one thing is for sure, the old excuse of "Well, that's how it's done in Princeton" may actually become as outdated as the 1993 OCP document that is currently under review.

The old Princeton way of doing things was not so much to address the best place to put something as opposed to what was considered best for the community at the time.

And you really can't blame the planners and decision makers at the time for wanting what they thought was the right thing to do. They at least had sort of a plan.

The promise made by the shiny new, glow in the dark, answer all your questions about the future OCP is to put all future plans in a more concentrated and sensible format. It may not mean ten storey buildings lining Bridge Street, but it may mean a more consistent look to Bridge Street sometime in the future. It may not mean a four way stop at Bridge and Vermilion but it may make room for something special at that intersection.

And maybe that's all some of us want – a little consistency in our community.

What's the worst that could happen?

In fifteen years we all get together again to hash out plans for another OCP. There's no doubt it's a work in progress, but so is the growth of any community. The good thing about our situation is that things haven't gotten so far out of hand that we're playing catch up instead of making future plans to prevent having to do so.

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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TIP TOONS



your turn

MP explains prorogation

Dear Editor,

As a result of prorogation of Parliament, Parliament did not sit on September 17 as planned, and it will only reconvene on October 16. Some concern has been expressed by my constituents as to what this is all about.

Prorogation is a proclamation that officially ends a Session of Parliament, and can happen at any time. While the decision to prorogue is exclusively that of the Prime Minister's, it must receive official approval by the Governor General at which time a date for the Throne Speech is specified signalling the beginning of a new session. The last prorogation took place in 2003, and has been a common occurrence in most parliaments.

The main effect of prorogation is that all outstanding government legislation ceases to exist, and all committees are automatically dissolved. All Government Bills before both Houses die, including eight Bills currently before the Senate such as C-10 (Mandatory Minimum Sentencing), C-62 (Wage Earner Protection), and C-35 (reverse onus in bail hearings for firearms related offences). In addition, Bill C-30, the Clean Air and Climate Change Act, is also dead.

To me it seems that a lot of time and money has been wasted as a result of the Prime Minister's decision. For example, if we look at C-30, the special all party committee formed to work on this Bill spent countless hours discussing and amending this piece of legislation. This Bill could have been a shining example of how all parties were able to cooperate to

come up with some very significant progress on the environment.

The same is true for all of the other Government Bills, including those dealing with crime that have been discussed and reworked at the committee stage. Now, we have to start the whole process over again.

The obvious question is why the Prime Minister chose to prorogue Parliament when it appeared to be

Letter To The Editor

Joe adds perspective

To The Editor;

It goes without saying, Canadians always have supported their troops and have an immense pride in their military.

We've seen them as little people in the former Tulameen school from Coalmont and Tulameen and then as Princeton Senior Secondary Grads serve in the Iraq - Gulf, the Balkan and the present Afghan War. It is rightfully the veracity of the mission the troops are sent on that Canadians scrutinize.

The U.S.A.-led NATO force (of which Canada is a member) in Afghanistan was in response to Bin Laden's 9/11 attack and his location. The original mission.

President Bush very effectively played his '9/11 fear card' shifting the focus, resources and more importantly the mission from Afghanistan to his pre-emptive 'War for Oil' program in 'Operation Desert Sinkhole-Iraq' and it's subsequent colossal historical humanitarian disaster.

A desperate 'Surge' policy of increasing thousands of U.S. troops

working, Bills were being passed, and committees were producing some excellent results.

I suppose that time will tell, but from the perspective of a newly-elected MP, I find this to be very discouraging and a complete waste of time and energy. What do you think?

- Alex Atamanenko, MP
BC Southern Interior

in Iraq in an attempt to extricate themselves from Iraq is presently hotly debated.

It's evident the U.S. President Bush - General Petraeus for Iraq - Ambassador for Iraq Crocker - instigated 'Iraq Surge,' to save face and get out is modeled after those who have lost their savings in the desert in Las Vegas, gambling on the slot machines and in the last desperate attempt have sold the family farm to win the 'jackpot.'

This, now will be followed by another Bush pre-emptive war, this time with Iran, and engulfing the entire middle east combined with a likely upheaval in Pakistan, leaving Canadian troops in Afghanistan trapped in the middle (another WW2 Hong Kong?).

In the background ready to fill the vacuum an pick up the spoils are Russia and China - well armed and unbloodied. A great win for Bin Laden and the radicals? Is this the intended mission for Canadian (Princeton) 'Peace Keepers?'

Regards,
Joe Schwarz, Princeton

Current Comment:

Rural Medicine: Let's fight back!



Dawn Johnson
editor@thenewsleader.ca

All of us know there is a problem attracting doctors to little towns like Princeton. Doctors do not want to come here anymore.

There was a time when doctors liked to come to Princeton. I can recall a time when Hedley had a resident physician.

Of course, in those days, Princeton had a REAL hospital where the physicians did surgery, often very complex surgery. I know because I had surgery in Princeton General, and there are lots of local residents who can say the same thing.

What do we have now? We have a hospital that is really a holding tank for patients going to or coming back from some REAL hospital. Most physicians do not want to work in a holding tank environment. They want to use all their skills and keep up with new advances in treatment. You can't do that in a holding tank.

Lack of physicians is a problem in a town like ours where there are many elderly people with serious disabilities. Our physicians who came in here in the 1970's are retiring after a long haul of increasingly depressing health policies from Victoria, that turned our hospital into a holding tank.

Currently, I am without a personal physician. When my preferred physician retired, I was treated by a series of physicians who came here for a couple of years and left. I am on a waiting list at one physician's office, and another says he will take me when he can. This gives me the option of self-diagnosis and self-medication, which I don't mind, but I have a problem if I want a few tests done at the local lab, as they will not honour my personal requisitions. I feel this is unfair if I have to do my own doctoring.

You might laugh, but right now, we could all be facing my situation: self-diagnosis and self-medication. We might be like the third world countries where you buy your medications on the black market and hope you've got the right stuff to cure what you think ails you.

We Princetonites have arrived at this situation due to health care policies adopted in Victoria,

where there is no shortage of medical treatment options. Now they want to keep us rural folks quieter by taking away more of the rural MLAs and giving those seats in the Legislature to urban areas.

It is time, once more, to remind Victoria, and the people in charge of electoral boundaries, that the money paying the MLAs bills, and the health care bills, and the bills for highways, education and

whatever, comes from rural British Columbia. Rural BC produces the beef, lumber, fruit, vegetables, grain, coal, natural gas, oil, and metals that support our economy through our own consumption and through exports.

If we are the guys producing the products that pay the bills, I believe we deserve more representation in Victoria, not less, and we damned well deserve better rural facilities for health care.

Mayor wants more home care

A letter from MLA Charlie Wyse regarding Kamloops Ambulance Dispatch Centre sparked a strong comment from Mayor Randy McLean at the September 17 Town Council meeting.

He is angry at Interior Health for what he sees happening in home care.

Mayor McLean has insisted that if the provincial government is going to centralize hospitals, then services such as ambulances must be available to rural communities.

Then he added he is angry about

the cutbacks in home care.

"Do they want people to go to hospitals and cost \$600 a day when they could pay \$20 an hour and keep them at home?" he asked.

He reviewed prior excuses, such as lack of trained people and most recently, lack of enough clients, and refuted these excuses for cutbacks.

Council agreed to write a letter to Interior Health and the Minister of Health to express Council's point of view on home care.

Marketplace Ministry

by Jim Caruso

Humbled By A Hammer

There are many times in my short life where my pride has overcome my sense of reality. At my age I don't have access to all of my memories, as I stored many of them on eight track tapes and there just aren't as many eight track players around any more. But I do have some stories about pride that I can share, although today I really am not proud of any of them.

The first was welding and I was working out of Johnny Bey's old welding shop across from George Smythe's machine shop. I was working on a high boy trailer for someone and was straightening one of the cross members under the deck. School was in across the street and the kids were playing in the playground at recess. I had heated up the cross member with a torch and when it was just right took my handy short handled four pound sledge hammer and hit the bent cross member. The hammer bounced off the bent cross member and went straight back hitting another cross member and came back toward the back of my head with the velocity of an AK-47 bullet, the hammer was still attached to my hand and that is the last thing I remember before I went unconscious. I woke up with my face in a puddle of water and through this muddy lens on life, I saw little people looking through the fence at this man who from their view point had hit himself in the back of the head with a hammer. It is true; your pride can cause your head to swell.

Next up in the memory bank, is a job I did for the Matkovich brothers, Larry and Daryl. They were cutting posts for Princeton Wood Preservers in those days and needed some work done on a skidder. The base where the engine mounted was all cracked and need to be replaced. So I traveled up John's creek on a cold winters day and measured it up the skidder and came back and built a new engine mount in my shop. I had George Smythe do some machining for me on the project and when it was done, I must say, I was quite impressed. I called my wife down to the shop and said what do you think of this, she said it was nice. Nice! It was a work of art and I DID IT. The next day, it was a bright clear, sunny wintry day I drove up to John's creek and cut the old piece out of the skidder and welded the new piece in, the whole job lasted about 4 hours not including travel time. I was, well, I was proud. The next day Daryl or Larry called, I am not sure who it was, as I want to forget the voice that said, Jim, you did an awesome job on our skidder, except you welded it in backwards and we can't install the engine. I was hit in the head with my own hammer again, this time I was still conscious. I went back up John's creek the next day, another wintry day, somewhat different as it was snowing and blowing and besides getting stuck and having to winch my self out on the way in, I completed the repairs cutting out the new work of art and turning it around and welding it back into the skidder frame and all in the record time of 8 hours not including the travel time. Scripture says that, Pride goes before destruction, and a haughty spirit before stumbling. (Prov. 16:18) or as I have learned, pride goes just before one becomes unconscious.

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

THERE'S A DIFFERENT POSSE IN TOWN!



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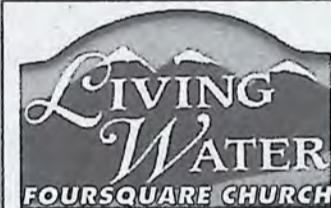
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Lenore Bond receives some moral support at the Paws For A Cause Walkathon. Photo submitted

Local pet lovers support event

September 9th turned out to be a beautiful day for the 'Paws For A Cause Walkathon.'

This year approximately 200 people came out to take part in this fundraising day. More than half of them participated in the 3-kilometre walk with their four-legged furry friends by their side.

There were water stations available along the walk for both two-legged and four-legged walkers. For those who went solo or walked 'In Memory' of their loved one, there

were eight B.C.S.P.C.A. canine residents (currently looking to be adopted into their forever homes), available and more than happy to team up with you for their walk.

This year's goal was to raise funds to continue to care for our animals, spaying and neutering, vaccines and vet care. Our financial goal was to improve on last year's total of \$10,500.00.

Local walker Lenore Bond spoke with Tracy Westmoreland (Penticton Shelter Manager) and they are happy to report that "we reached our goal and exceeded our expectations by raising over \$15,000.00. Community support at events like 'PAWS' enables us to continue to provide the best care possible for stray, abandoned, neglected and unfortunately abused animals and ultimately find them loving homes."

Sunday turned out to be a fun day for everyone.....with featured contests that included best dressed pet, best pet trick and pet look alike, just to name a few.

There was something for everyone, young and old alike. From draws that included hand painted dog buckets full of pet goodies to pet travel bags, not to forget the wine packages (for the adults).....most importantly; everyone was gathered together for this great and wonderful cause, To Help All Animals.

The B.C.S.P.C.A. not only advocates for cats and dogs but also rab-

bits, rodents, birds and large farm and exotic animals.

A total of \$2007.00 was raised from Princeton!

A very warm 'Thank You' to all those who donated and pledged me on my walk. Without you this wouldn't have been possible and to those who didn't, I'll see you next year....In addition; A great big hug goes out to my husband Greg, who shared in this special day with me for such an important and wonderful cause....ALL ANIMALS!

Congratulations go out to Laurene Koller of Tulameen, who was the top pledger in the child category. Laurene raised \$415.00 for the 'Cause' and was awarded a beautiful bike for her hard work and love of animals...Way to go!

P.S.: Please remember; Have your pet spayed or neutered! So that one day everyone will have a home where they can give love and be loved. Thank you.

PP.S.: The B.C.S.P.C.A. SOS next event 'Dog Days of Summer' is taking place on September 29th and is hosted by See Ya Later Ranch Winery in Okanagan Falls.

For information on events or how to become a volunteer or a foster parent, or to adopt an animal, please visit your shelter at 2200 Dartmouth Drive, from 12:00 Noon to 5:00 PM Monday to Saturday or visit the website at spca.bc.ca/penticton.

Thank You, all!
- submitted by Lenore Bond

PASSPORT CLINICS

HOSTED BY ALEX ATAMANENKO, MP

COME AND DROP OFF YOUR PASSPORT APPLICATION WITH PASSPORT CANADA OFFICIALS

PRINCETON - 9:00 AM - 6:00 PM Tuesday, October 9
Princeton Legion, 170 Bridge Street

OLIVER - 9:00 AM - 6:00 PM Wednesday, October 10
Oliver Legion, 36217-97th Street

GRAND FORKS - 9:00 AM - 6:00 PM Thursday, October 11
Senior's Centre (City Park), 565-71st Avenue

TRAIL - 9:00 AM - 6:00 PM Friday, October 12
Trail Labour Centre, 910 Portland Avenue

NELSON - 9:00 AM - 6:00 PM Saturday, October 13
Nelson United Church, 602 Silca

THE CLINIC WILL BE HELD ON A FIRST COME, FIRST SERVED BASIS TO A MAXIMUM OF 450 PEOPLE PER CLINIC. PLEASE COME EARLY AND BE PREPARED FOR A WAIT

Passport Canada officials will answer questions about the application process, review passport applications, and accept completed applications for processing.

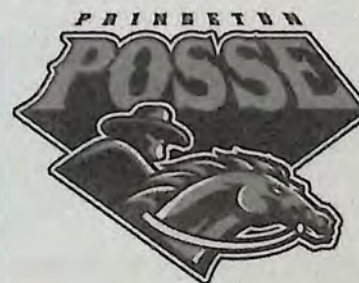
BENEFITS OF THE PASSPORT CLINIC:

- 20 working day processing time,
- You get to keep your ID after showing it to Passport Canada officials

PLEASE COME TO THE PASSPORT CLINIC WITH YOUR COMPLETED PASSPORT APPLICATION FORM. THESE FORMS ARE AVAILABLE ON PASSPORT CANADA'S WEBSITE OR AT ANY PARTICIPATING CANADA POST OUTLETS AND SERVICE CANADA CENTRES.

www.passportcanada.gc.ca

For more information on these clinics, please contact the office of Alex Atamanenko, MP at 1-800-667-2393



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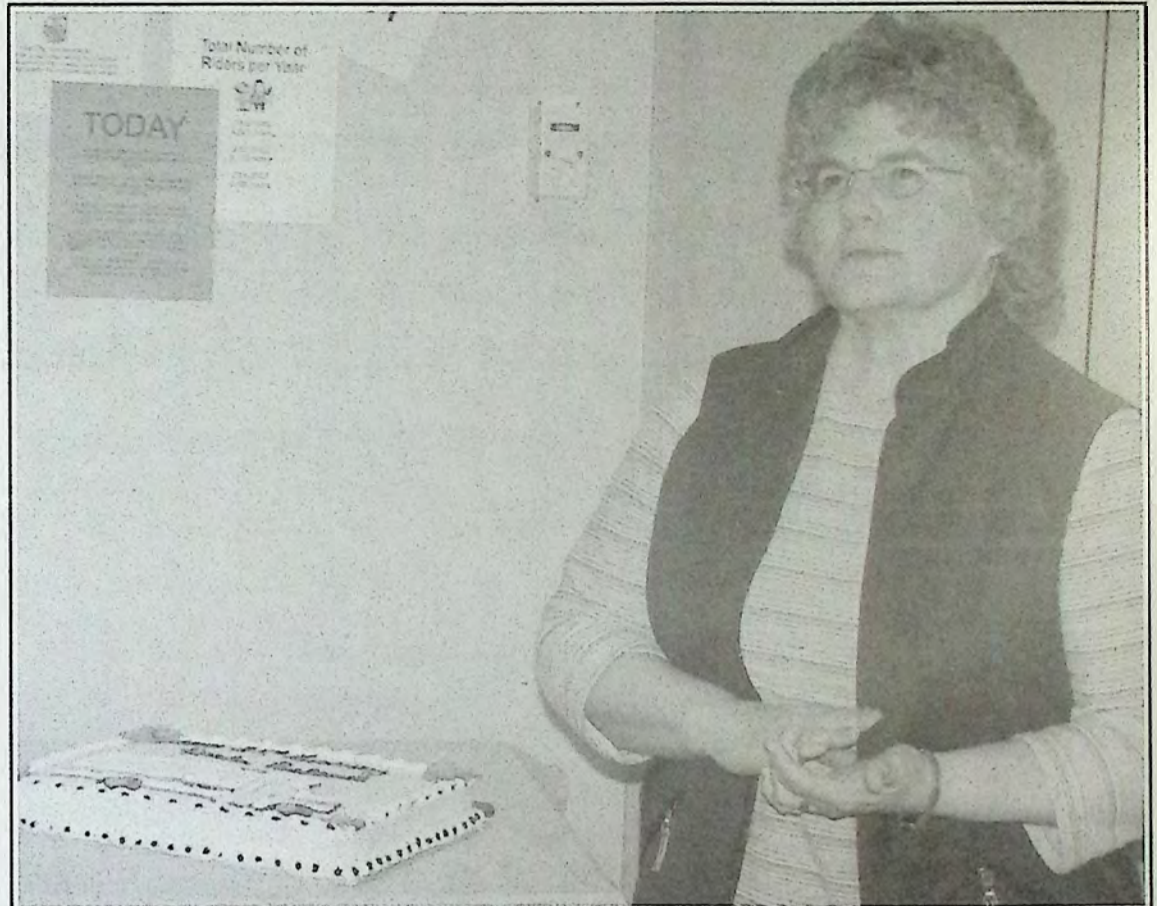
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Princeton Community Services Society President Lynn Pelly spoke at a small celebration September 18th at Town Hall which honoured the 25th anniversary of Princeton ParaTransit System. *

Princeton Transit celebrates 25th

The official beginning of Princeton's Transit System was on April 1st, 1982.

It was during that year that the Town of Princeton and BC Transit finalized an agreement to fund the operating costs for what would become known as Princeton ParaTransit System.

The partnership also included Regional District Areas G and H, as they contributed funding, and Princeton & District Community Services Society, which operated

the system.

In June 1983 a Walk-A-Thon raised \$17,000 for the purchase of a new van.

The 11-passenger, lift-equipped 1984 Ford Econoline Van was purchased and brought the paratransit system up to date.

In 1987 Princeton was chosen as having one of the most successful transit services in rural Canada.

A CBC TV crew from the "Best Years" program even filmed the Princeton system in action!

"Princeton, a very small mining town picked up the cudgel and filled a need for the elderly and handicapped," the CBC said.

"It's wonderful and it works!"

The total number of rides per year are impressive.

Records show 4,283 riders in 1982/83, up to 6,100 riders in 2001/02 with a peak of 8,396 riders in 2006/07 bringing the total number of riders from 1982 to 2007 to 133,051!

Other vehicles arrived over the years: a 1990 Ford Princeton Para Transit Service 10-passenger van in 1990 with accommodation for two wheelchairs; a 1996 Ford Polar Minibus arrived in 1996 with room for 20-passengers and four wheelchairs; a 1992 Ford Van, with room for 10-passengers, arrived in 2000 to be used as a spare vehicle and in 2001 BC Transit delivered a 2001 Ford Polar 20-passenger minibus.

In 2005 Interior Health Authority provided funding to cover an extra trip to Penticton on Fridays which greatly enhanced the already busy travel schedule.

Currently residents from Princeton and area use paratransit for a variety of reasons.

Around the community Transit picks people up for medical

appointments, grocery shopping and visiting.

Princeton paratransit also takes residents to and from Penticton and various stops between.

Transit Driver Debbie Thomas, who has been in the driver's seat for the past 19 years, takes residents on the road four days a week and says the people she services are so important to the success of the service.

"Everyone's so grateful to have the service. You get attached to some of the riders. They become very special."

On the provincial level, BC Transit's Municipal Systems Program transit systems carried a record 20.3 million riders in 2006/07, an increase of 5% over the previous year.

The municipal systems program includes 75 transit systems across British Columbia, outside Greater Vancouver and Victoria.

"BC Transit experienced strong growth in market demand, with ridership increasing at a rate of almost double the national average," said Kevin Mahoney, chair of BC Transit.

Conventional Transit:

The 24 conventional transit systems carried 18.9 million passengers; an increase of almost one million passengers (6%), compared to the prior year.

Among the 37 paratransit systems, Kimberley, Nakusp, Nelson and Area, and Princeton & Area experienced increases of more than 20% and Clearwater & Area, Creston Valley, Nelson - Slokan Valley, Powell River, Quesnel and Shuswap Regional, Smithers & District exceeded 10% growth.

In total, 11 paratransit system recorded double-digit ridership increases.

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Legion President Sharon Paterson (right) presents a 70th anniversary pin to Ladies Auxiliary President Charlene Longdo. Photo: Dawn Johnson

Legion honours auxiliary

The Ladies Auxiliary to Royal Canadian Legion Branch 56 were treated to dinner by the Branch on September 15 to honour them on the 70th anniversary of the Auxiliary.

It was not a big crowd, but the Auxiliary members enjoyed the roast beef dinner and strawberry

shortcake prepared by the Branch.

Legion President Sharon Paterson told Auxiliary members, "The Ladies Auxiliary has been the backbone of the Legion over the years. Thank you!"

Each Auxiliary member was presented with a beautiful pin to

commemorate the occasion. The pin is gold with '70' highlighted with rhinestones.

Nita Huff and Sheila Slowikowski received certificates of appreciation from Pacific Yukon Command in recognition of 50 years of service with the Ladies Auxiliary.



Nita Huff, left, receives a certificate of appreciation from Pacific Yukon Command for her 50 years of service in the Ladies Auxiliary. Legion President Sharon Paterson presents the certificate. Photo: Dawn Johnson

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HOUSEHOLD

Yard Waste Collection

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- OKANAGAN FALLS TO OLALLA, KEREMEOS, HEDLEY:
Oct 8-13, Nov 19-24

Set out by 7am Monday for collection during the week. Use clear bags and bundle prunings. Maximum weight 25kg per item. Bundles no more than 1 m long, tied with string or twine.



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LET'S TALK!

AT YOUR SERVICE!

Benefits Of Filing A Tax Return - Part 1

GET A REFUND - Often students will not owe any income tax on their earnings because of tax credits and deductions that are available to them. They may, in fact, be entitled to receive cash from the government. A number of credits are linked to income such as the GST and provincial tax credits. Certain provinces may give refundable tax credits for amounts paid in respect of rent. In addition, a student could easily be entitled to a refund of tax that was withheld by their employer on a summer job. However, they have to file a return to get their money back.

ESTABLISH RRSP CONTRIBUTION ROOM - Another very important reason to file is to establish RRSP contribution room. Employment income and business income are 'earned income' for RRSP purposes - 18% of this income can be contributed to an RRSP. However, the contribution does not have to be made now - any unused contribution room can be carried forward indefinitely. Therefore, income earned from casual employment as a student will generate the ability to make future RRSP contributions.

CLAIM TUITION AND EDUCATION TAX CREDIT - A tax credit of 15.25% (for 2006) of eligible tuition costs may be claimed, provided the total costs paid to each qualified educational institution for the year are over \$100. The student does not have to be in full-time attendance. The claim is made on a calendar year basis (i. e. if you paid the entire tuition amount for the period September 2006 to May 2007 in September, you could only claim 4/9ths of the fees in 2006; the balance must be claimed in 2007). Note that students under the age of 16 in vocational schools do not qualify. For students attending a foreign university, a university outside of Canada will qualify as long as the student is enrolled for at least 13 consecutive weeks in a course leading to a degree and is in full-time attendance.

The education tax credit is granted to students enrolled in post-secondary and certified vocational job-training courses that qualify for the tuition fee tax credit. For 2006, full-time students are entitled to a federal tax credit of 15.25% of \$400 per month for the period of study. Generally, part-time students (not less than 12 hours a month spent on courses in a program that lasts at least three consecutive weeks) are entitled to a federal tax credit of 15.25% of \$120 per month of study. Note that both credit amounts vary by province/territory.

If the student does not have sufficient income to utilize these non-refundable tax credits, the credits may be transferred, within certain limits, to a spouse, parent or grandparent, or the student may carry the credits forward to a year where they have sufficient income to utilize them.

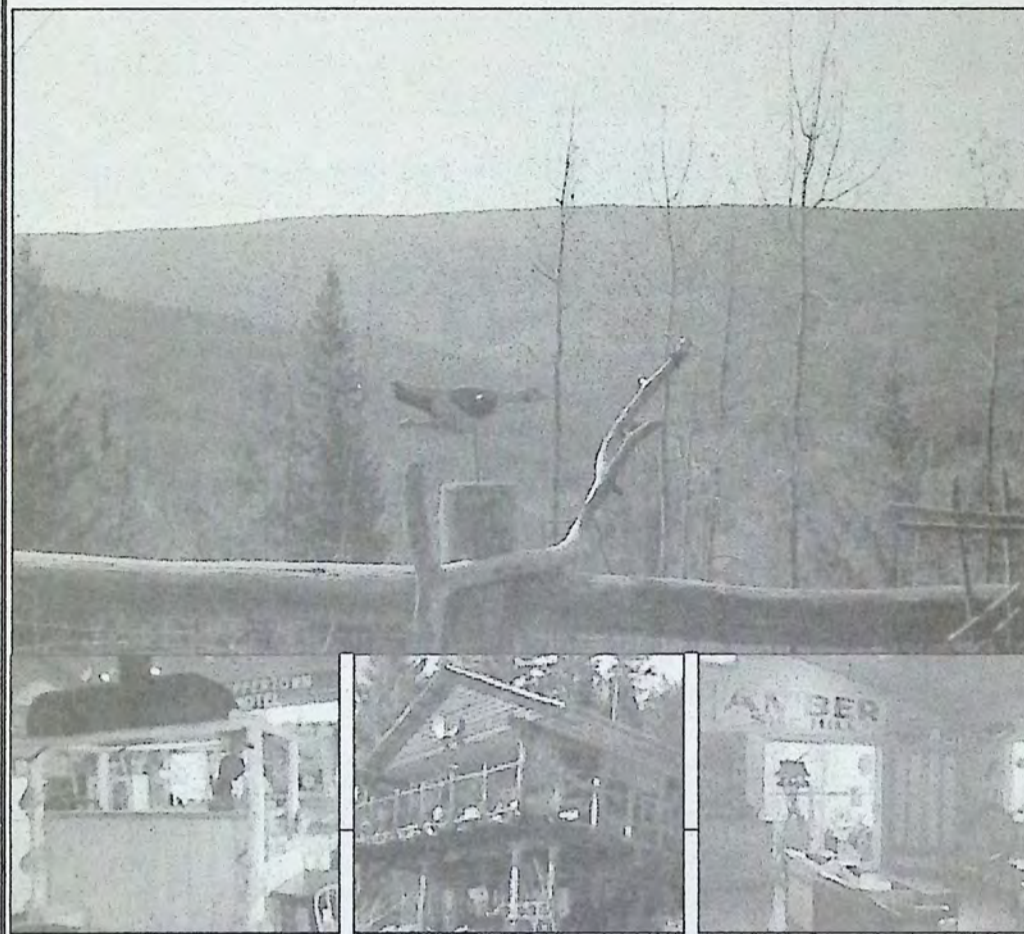
THESE TIPS AND INFORMATION ARE INTENDED TO HIGHLIGHT GENERAL TAX RULES AND PLANS AND SHOULD NOT BE USED AS A SUBSTITUTE FOR APPROPRIATE PROFESSIONAL ADVICE RELATED TO YOUR SPECIFIC CIRCUMSTANCES.

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