



Edith Currie was the Honourary Parade Marshall for the December 1st Christmas Light-Up Parade. *

Princeton lights up!

Although numbers were down across the board, Princeton area residents took advantage of incredible deals and supported local business in a big way last weekend.

November 30th and December 1st saw the annual Christmas Light-Up weekend which included the Passport to Savings program.

"We stamped 103 Passports this year, down from 192 last year but downtown looked fairly busy," says News Leader Owner/Publisher George Elliott.

"Not many came into our office without a bag of something that had been purchased moments before from a downtown business."

There were 24 Passport Sponsors and although the program often

resembled a scavenger hunt, it did create a lot of activity downtown.

The winner of the huge Gift Basket of items collected from area businesses was Mary Sol of Princeton. She won prizes valued at \$1,000 - also down from last year's \$3,000 prize.

The annual Christmas Light-Up Parade on December 1st saw fewer entries - 18 compared to 26 last year, but the event was enjoyed by many.

First Place went to China Ridge X-Country Ski Club with Second Place going to Similkameen Valley Riders ATV Club.

Regardless of the drop in numbers from last year, many businesses consider the event a huge success.

Awareness committee holds first meeting

The expanded Princeton Accessibility Awareness Committee held its first meeting on November 20th. This committee has designated representatives from several groups including business, seniors, youth, and the Town of Princeton, as well as several independent members.

Our committee has received a Measuring Up and Inclusion grant

from the 2010 Legacies Now Fund. Our objective is to use this grant to improve accessibility in Princeton.

Using the report from our Accessibility Awareness Day, we identified several accessibility priorities.

Our priorities for improving accessibility to businesses are based on the premise that to use the services of a business, one must be able to

get to the door of the business, through the door, and be able to access the products once inside the store. For seniors, the less able, and people with disabilities, this is sometimes difficult.

One way to help us reach our objective is to provide financial subsidies to fund projects that enable businesses to improve their accessibility. Projects the commit-

tee has discussed as priorities include zero threshold/level entries, door widening, automatic door openers, and washroom modifications. We are open to other project suggestions.

Our needs are many and our grant is not large, so to get the best value for our funds, we do not anticipate fully funding any projects but will provide funding on a cost sharing

basis.

We hope that by working together we may be able to realize some cost savings. For example, if several businesses want to install automatic doors, bulk purchase and installation package pricing may be available. We view this as a win-win situation...a business would realize a capital improvement to their location at a reduced cost, the business would increase their potential customer base, and our constituents would have more shopping options.

We are inviting project proposals from all businesses. We ask that project proposals, including an estimated cost, be submitted as soon as possible.

The deadline for proposals is Friday, December 21st, 2007.

Proposals can be sent to: Accessibility Awareness Committee, c/o Box 1960, Princeton, BC, V0X 1W0.

For further information, contact Ken Carlson at (250) 295-7582 or Laurie Quick at 295-1550. - submitted

Agricultural Fall Fair looks ahead

Fall Fair members will take a break until January 29, 2008, following the election of a new Board of Directors. The annual general meeting for 2007 was held at Town Hall on November 27, with Councillor Jim Manion conducting the election.

Linda Allison returned as President, with Lyn Melnechenko as Vice-President, Ruby Bey as Treasurer and J.D. Howell as

Secretary. Dan Kastor and Glow Lemon continue as Directors, serving the second year of their terms. New Directors are Terry Inglis, Rose Flegel and Dawne Graves. They will serve two years.

President Allison thanked everyone for all the work they had done during the year, and particularly for having put on such a good fair.

The financial statements were reviewed. The overall income and expenses for the fair showed a very small profit, but the actual fair showed a really big increase in attendance.

Councillor Jim Manion praised the Fair Board for having done so well

in 2007.

There was a good turnout to the meeting with 19 present. Talk turned rapidly to next year's fair and what entertainment might be pursued.

Lawn mower racing was at the top of the list. Manion suggested issuing a challenge to local men to get out there and race.

Grant opportunities were suggested. The Fair Board would love to build a good stage for entertainers. April Earle said she would like to look after children's entertainment again.

An entertainment committee was formed comprised of April Earle,

Lyn Melnechenko, Dawne Graves and Patty Harrower.

Ruby Bey and Dawn Johnson will take care of publicity and advertising. April Earle and Dawne Graves will form a committee to produce the next Fall Fair prize list booklet. Making sure kids know they can enter their art, crafts, baking and produce into the Junior Fair was discussed.

Schools will be approached to see whether there could be some way of putting the information in the schools before school closes for the summer.

The meeting ended with wishes all round for a happy holiday season.

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Challenge
PAGE 16 - IN YOUR TV GUIDE SECTION

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Make Your RRSP Work Harder

To get the most of your retirement savings, it's important to take full advantage of your RRSP.

Yet it's all too common for people to put their RRSP money into guaranteed investment certificates (GICs), which can generate returns as low as only two or three per cent per year. In 2002, for example, you may recall that GIC rates were particularly low.

Nonetheless, by choosing GICs, you might believe that you have a risk-free investment because within limits, GICs offer protection of principal.

The problem is that if your return fails to keep up with inflation, there will be significant "purchasing power risk." In other words, the principal amount will buy less in the future than it does today. In addition, there's also reinvestment risk. That's the risk that proceeds received in the future will have to be reinvested at a lower potential interest rate.

In short, owning only GICs is not an investment strategy. It may help protect your principal, but it doesn't give you the growth over time you need to maintain your quality of life.

A better approach for your RRSP is to have a diversified portfolio of stocks, bonds and mutual funds. By owning multiple classes of investments in a diverse portfolio, you avoid the common pitfall of "putting all your eggs in one basket." That's a major problem with owning just GICs, where your financial future will be determined by only one parameter - interest rates.

At the same time, annual returns for diverse, properly constructed portfolios tend to average out at about seven or eight per cent. As a result, if you take a long-term perspective, you will see that selecting a balanced portfolio over one focused solely on GICs can have a significant, positive impact on your long-term savings, thanks to the power of compounding.

To appreciate the difference, consider an annual RRSP contribution of \$5,000 over a 30-year period. With a five per cent return per year from strictly GICs, your total after three decades would be just over \$330,000. But at seven per cent with a diverse portfolio, you would have accumulated more than \$470,000 in that same amount of time, a difference of more than \$140,000.

A balanced portfolio should include all the major asset classes - including dividend-paying stocks and investment-grade bonds - so you can take advantage of current and future investment conditions.

You should also make sure you have global investments in your retirement plan. Canada represents only a portion of world financial markets, so it's important to seize on investment potential outside the country. Your long-term investment goals and risk tolerance will guide you in determining how much to invest in foreign securities.

Most important of all, ensure you get professional assistance in creating the kind of portfolio that will maximize your returns while reducing your risk. Work with a financial advisor who understands your unique needs and knows how to help you create a personalized strategy.

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This was the view of Bridge Street downtown following the first measurable snowfall of the season November 27th. A total of 10-centimetres (4 inches) fell in the downtown area the night before while higher elevations received slightly more of the white stuff. *

Women continue supporting program

The Cindy Parolin Safe Homes Program of Princeton and District has been serving women and their children in violent and abusive relationships since 1995. We provide 24-hour crisis intervention, safe shelter up to 5 nights, referrals, emotional support, transportation, and accompaniment, educational and legal resources.

A women's Stopping the Violence Counsellor and Children Who Witness Abuse Counsellor supports us. The Women's 24-hour crisis line is 295-8211.

Starting in 1986 the Princeton Business and Professional Women's Club (BPW) identified the need for crisis services that would address violence against women in this area. It was a long road securing a government grant and setting up support societies such as the Princeton Women's Needs Steering Committee that would be instrumental in launching the program. Cindy Parolin was hired in 1995 as the coordinator.

Cindy was the driving force behind the success of the program, and after her death in August 1996; the program was named after her with the support of her husband and children who understood the passion and dedication with which Cindy worked.

Even though the Princeton Chapter of the BPW disbanded a few years ago, the membership

continues to meet annually at Christmas time where they donate money to the program to be used directly on women's needs. The funds have been used for electronic devices that enhance safety as well as for purchasing clothing, baby diapers, food and other items as needed. This year we met again and a sizeable donation was again made. I want to thank all the women who attended and made such a generous donation.

Thank you for being supportive, for being there for women and children in this community and extend-

ed area. Thank you for keeping the problem of violence against women front and center, which allows the issues to be addressed and overcome. Thank you for all you have done and continue to do, especially the support, understanding and friendship you have provided to me in my capacity as coordinator since 1997.

Merry Christmas Brenda, Evelyn, Karen, Lee, Joy, Freda, Marion, Colleen and Dawn. You have made this year and next year a better time for many women.

- submitted by Rosemary Doughty, Coordinator

RDOS and SOSCP form partnership

The Regional District announced last week that they have signed on as a formal partner to the South Okanagan Similkameen Conservation Program (SOSCP).

Various groups concerned with the special environment and habitat of the South Okanagan-Similkameen area founded the SOSCP in 2000. The SOSCP is a partnership of non-governmental, government and First Nations organizations working together to conserve biodiversity.

SOSCP is a coordinator and facilitator of the partners to help improve the effectiveness of their conservation efforts.

The SOSCP vision is to maintain "a healthy environment that sustains the diversity of indigenous

plants and animals while enriching peoples lives."

The six broad strategic objectives that guide SOSCP activities are: Stewardship, Outreach, Ecologically Sustainable Land Use, Traditional Ecological Knowledge, Science and Habitat Securement.

As a partner, the RDOS will be working together with SOSCP to achieve their conservation goals.

"We're more than pleased to be part of this instrumental organization," says RDOS Chair Dan Ashton.

"Partnering with SOSCP is a very effective and positive way to help conserve the unique biodiversity of the Okanagan Similkameen."

- submitted

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2008 Princeton & District Agricultural Fall Fair Executive. Standing, from left, Dawn Graves, Glow Lemon, April Earle, Dan Kastor, Terry Inglis and Secretary J. D. Howell. Seated, from left, Vice President Lyn Melnechenko, President Linda Allison and Treasurer Ruby Bey. See Front Page story for details from the Fall Fair Annual General Meeting. Photo: Dawn Johnson

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Rotary elects new executive for 2008

Princeton Rotary Club held their annual general meeting during their November 27th luncheon meeting.

The 2008 executive includes President Patrick Robins, President Elect (2009) Randy Clark, Past President Lawrence Stoochnoff,

Treasurer Judy Short, Secretary George Elliott, Sgt.-At-Arms Mike Talarico and Directors Karen Manion, Penny Paterson and Stan Hiebert.

The new executive officially take office in July 2008.

In other Rotary Club news, the

group will not host a Christmas Party this year and will instead have a special luncheon with members and spouses instead.

The Club meets every Tuesday at 12 Noon in the upstairs meeting room of Copper Mountain Bar & Grill.

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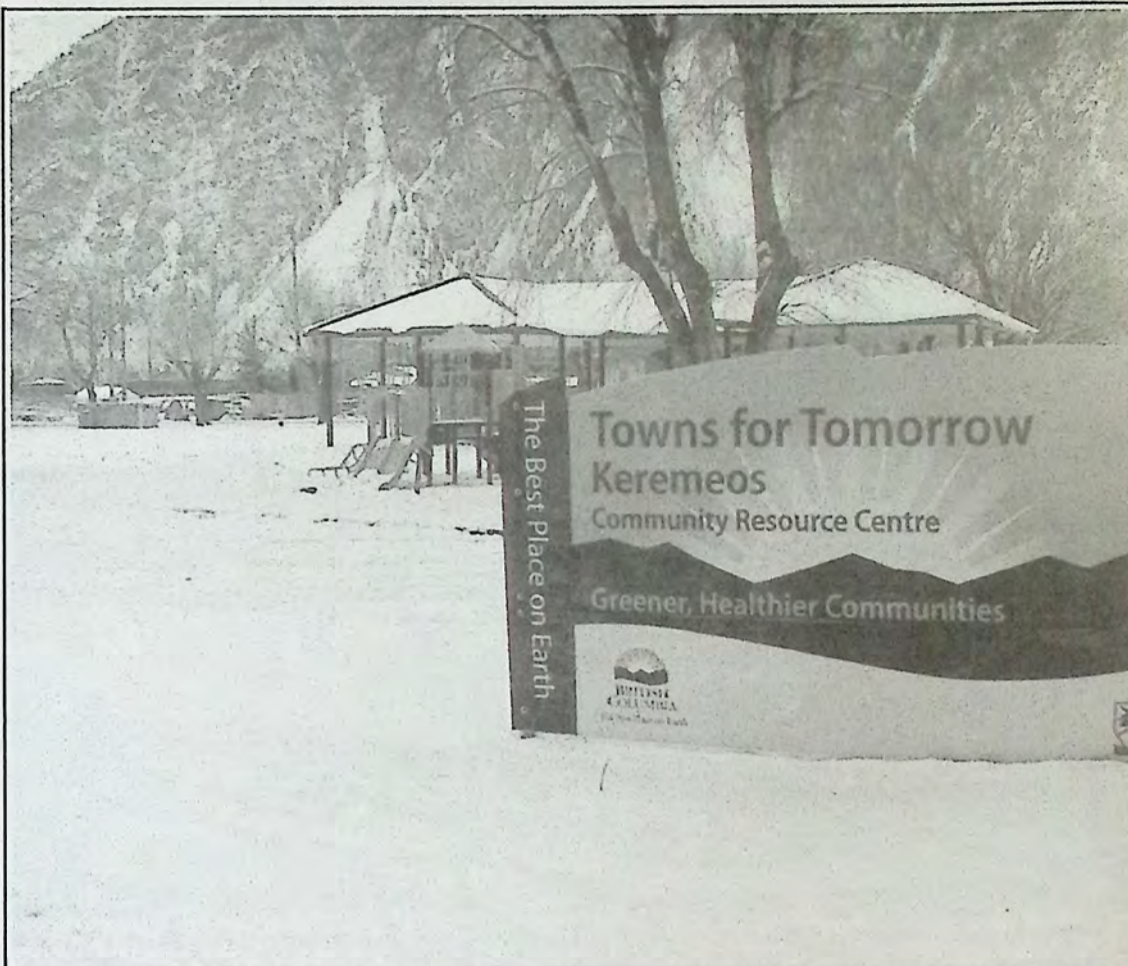


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keremeos and area news



What's wrong with this photo? The Similkameen Country Tourist InfoCentre is missing. It used to sit in a location that would have occupied the left side of this photo. As the sign indicates, it will be replaced by a Community Resource Centre. *

Council plans vision exercise

Keremeos Village Council will be hosting a one-day community vision exercise on Saturday, December 8th from 9:30 AM to 3:00 PM.

The purpose of the session is to seek input from various sectors of the community about where

Keremeos should be in the next five to ten years and what priorities should be in place.

Organizers are hoping for a group between 24 and 30 people who represent different sectors of the community including seniors, youth, business people, service clubs, First

Nations and members of the community at large. Participation will be considered on a first come, first serve basis.

For information on how you can participate in this and future planning sessions, contact Keremeos Village Office at 499-2711.

Keremeos lights up December 8th

Similkameen Country will celebrate the season with their annual Christmas Light-Up this weekend.

The theme for the weekend is 'Christmas in the Valley' and this year residents will have a chance

to vote on Best Float and People's Choice in the Christmas Parade.

"We are asking that all the floats after the parade be parked in front of the Village Office on 4th Street and down Veteran's Drive to the end of Memorial Park so that they can be enjoyed and voted on by the public," says Similkameen Country Manager Colleen Christiansen.

"This will replace the Best Float Category which has been judged in previous years by the parade judges. Similkameen Country will be giving a prize of \$100 for the People's Choice Award. The usual prizes for Best Comedy, Best Commercial Entry, Best

Antique Car, Best Youth First, Second, and Third Prizes and the Best Overall will also be awarded at Victory Hall."

Similkameen Country says they are hoping to see entries in the Parade from all groups, organizations and businesses from the Valley come together December 7th in downtown Keremeos.

"Applications forms for an entry in the parade can be picked up at Similkameen Agencies. You can also go to our web site similkameencountry.org and download an application form. All entries should be faxed to Marie Marven at (250) 499-2414 or dropped off at Similkameen Agencies."

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The view of Bromley Rock and a partially frozen over Similkameen River following last week's snowfall. *

grey matters

MONTY RAINE - SENIOR CITIZENS BRANCH 30

Over seventy members attended the Seniors Branch 30 Annual General Meeting held on November 12th.

The new executive starting in 2008 will be: President Ray Jarvis, Vice President Barb MacDonald, 2nd Vice President Evelyn Cook, Treasurer Lynn McKay, Secretary Isabella Johnson, Directors Nita Huff, Keith Parsons, Vi Jenner and Dorothy Monkman.

The greatest challenge (as always it seems) for the new executive will be the retention of the present number of volunteers and hopefully the addition of many more. Volunteerism is the lifeblood of our organization.

On Thursday evening of November 22nd a dinner was held for fifty-eight Branch 30 volunteers including a few guests. Everyone enjoyed a scrumptious roast beef meal and many prizes were given out by President Anita Drees.

Sixteen players composing eight teams took part in the monthly pool tournament on Tuesday, November 27th. Flossy Parsons and Ron Manweiler outshone the field by winning all seven of their games, but closely behind with only one loss was the pair of Ken Bradshaw and Pat Parsons.

The next day two hundred and fifty candy bags were filled for the Chamber of Commerce and were distributed at the Legion Hall by Santa himself after the Saturday, December 1st Parade.

Also, a Bake-Book and White Elephant sale was held on Thursday, November 29th. Madame Yvonne was in attendance

for teacup readings.

I assume that anyone wanting tea without the reading was given a tea bag. You know, no news is good news.

The annual Christmas Dinner on Sunday, December 16th will begin

at 5:30 PM. Tickets are six dollars for members and twelve dollars for guests.

Members only tickets are sold until December 2nd and the deadline for the remainder will be December 9th.

Lali blasts Premier

Speaking on the Electoral Boundaries' Bill in Parliament last week Yale-Lillooet NDP MLA Harry Lali blasted Premier Gordon Campbell's interference in the work of the Independent Electoral Boundaries Commission (EBC) which was assigned to redistribute the electoral map of British Columbia.

"Liberal Premier Gordon Campbell must stop interfering in the independent process of the Boundaries Commission," warned Lali.

"The Premier must stop his gerrymandering and let the Commission finish its work without interference."

Lali said: "No one in British Columbia wants to add eight more MLAs as the Premier is ordering the Commission to do in his typical dictatorial fashion. At all the public hearings there was not a single person who asked the Commission to add more politicians that will cost taxpayers another \$4 million per year. With that kind of money the Premier could have taken care of all the ambulance and paramedic needs of every community in Yale-Lillooet," argued Lali.

"Even better, the Premier could

have provided enough booster seats for Liberal MLAs to give away to 100,000 needy families in British Columbia. When the public hearings on electoral boundaries redistribution took place last year B.C. Liberal MLAs boycotted the proceedings," said Lali.

"Liberals were nowhere to be seen. Meanwhile, all NDP MLAs took the time to present their views and the views of their constituents at these public hearings."

Lali appeared at three hearings in Vancouver, Williams Lake, and Merritt, plus he sent an electronic submission in the summer of this year.

"At each of these hearings my New Democrat colleagues and I told the EBC in no uncertain terms that rural representation in British Columbia must not be eroded," declared Lali.

Lali added, "It was only for reasons of self-interest after their own seats were proposed for elimination by the Commission's Preliminary Report that the Liberal MLAs cried foul and followed the lead of the NDP, who had been fighting for the retention of rural representation for almost a year. Where were the crocodile tears continued on Page 10

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Climate Change Moves To The Boardroom - Part 2

Calculate your ratio of profits to total emissions in your value chain

This simple ratio can be a very telling indicator of potential climate impact, as it measures your overall corporate footprint, including suppliers. If new regulations put a tax of \$10 per ton of emissions, how would that affect your firm? Again look for advantages: Forestry companies may find it as valuable to plant trees and remove carbon dioxide from the air as it is to cut trees down and produce paper or plywood.

Rethink your web of suppliers and how you get products to customers

"For example, modern supply chains, with their transportation-intensive, just-in-time inventory management systems, may no longer be optimal in a world with more costly emissions. Similarly, e-commerce, with its proliferation of small shipments, may face real limits," they stress.

Relentlessly seem strategic advantage

Remember as you address climate change to keep strategic advantage in mind. Emission-intensive activities that add little value to your operations and customers are candidates for elimination, and those that are important to value may become strategic if you can reduce your exposure relative to competitors and find a way to maintain that difference. Wal-Mart, they note, seems to be making a strategic bet that it can reduce its carbon emissions more than competitors and keep it lower.

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news leader health and lifestyle page

Funny bone exercise trumps stress

(NC)—As part of a diagnostic session, naturopathic doctor Eric Marsden sometimes asks his patients to list the five most important things in their life, and then list the five things they spend most time doing. Too often, the two lists don't match up.

Far too often, people focus all their attention on the things they believe they need to get done rather than the things they would rather do and in the end they feel pulled in all directions. The stress that develops is damaging to their health.

According to Marsden, stressful situations trigger strong responses in our bodies...the fight or flight response is one. In the past, it was essential to our survival, but in the modern world, stress produces a hormonal reaction that is, in most situations, unnecessary — sweating, racing heart, increased oxygen consumption, irritability, increased blood pressure and poor concentration. In addition, prolonged periods of stress can cause adrenal fatigue.

The adrenal gland is responsible for the production of a large number of hormones, including adrenaline and cortisol, the hormones behind the fight

or flight response, and chronic stress response. When we are initially stressed, our body releases adrenaline, but if we are never afforded the opportunity to relax or if we are constantly exposed to stressful situations, then our body begins to release increasing amounts of cortisol. Ultimately, this can lead to a decrease in energy, increased fat storage and overall hormonal imbalance, among other side effects.

The remedy? Marsden's first prescription is laughter. He tells his patients to add some joy and laughter and happiness to their week. They should make a point of laughing with family, watching a funny movie, or catching a comedy act. Find out what makes them laugh, he advises, and use it regularly to exercise their funny bones.

"Set aside time to laugh and heal and de-stress," he says, "and you'll be amazed at how quickly your mood seems to elevate."

Marsden also suggests patients can lighten their mood and relieve stress by breathing...proper, deep, diaphragm breathing.

Diaphragm breathing is from the belly, not the chest. If practical, find a relaxing

and quiet location. Clear your mind and inhale for four seconds, using the air to expand your abdomen, relax and then exhale for six seconds while contracting your abdomen...releasing stress along with your breath. Focus on nothing but the sensation of breathing. You will be surprised by how relaxed you will feel simply by taking five minutes every day to breathe.

In addition to laughing and breathing, botanical remedies can help relieve stress and improve mood. Valerian root, Passion Flower and St. John's Wort have all proven to elevate mood and decrease cortisol and subsequently stress.

Valerian root helps relax the nervous system, which relieves stress and aids sleep. Passion Flower is filled with flavonoids which regulate the nervous system, thereby lowering both anxiety levels and blood pressure at the same time. St. John's Wort has been used for centuries to improve mental conditions and today is commonly used to ease anxiety and depression. This herb, however, has been known to interact with other medications, so speak with your health care provider before starting to take it.

While these botanicals work separately to help relieve stress and improve mood, for optimal effect, use them in combination. Ask your healthcare provider or your health store for a commercial formulation that combines all three.

There are huge differences between anxiety and stress and between depression and sadness. Anxiety and depression often require medical intervention. Understand the differences to ensure you are receiving the most appropriate treatment.

Eric Marsden, BSc, ND, is a Naturopathic Doctor practicing in Richmond Hill, Ontario, and Medical Director for Pascoe Canada.

He can be reached at thedoc@pascoecanada.com. - News Canada

Cancer drug availability depends on where you live

By Dr. Kong Khoo

(NC)—In the recent Report Card on Cancer, provinces were compared for how well they provide cancer drugs to their citizens. BC ranks best in the country, the other western provinces and Quebec are not far behind. Three of the Atlantic Provinces offer their citizens more of the top 24 new cancer drugs than Ontario, when combining the totals of fully-paid drugs and limited access drugs.

The Cancer Advocacy Coalition of Canada also found that Ontario makes it harder than any other province for patients to receive fully funded cancer drugs. Ontario has a total of 31 limits and restrictions on patient access to the 24 drugs, compared to BC (10), Alberta (8), Saskatchewan (8), Manitoba (6). PEI had only four such restrictions, although it has approved fewer of the drugs and the comparison is less valid in that case.

The Report Card found the 'private pay' option for hospital-based cancer drugs has spread from only one province in 2005 (Alberta) to six in 2006 (SK, ON, NB, NS, and BC). The cost of the drugs in most cases would be prohibitive; making the choice possible only if the patient has good private insurance or substantial financial resources. In Saskatchewan, when patients are given the choice to pay for one of the newer cancer drugs, only ten per cent of them decide to pay.

Responding to the new developments in private pay for cancer treatments, private infusion clinics have sprung up, with 20 such clinics now open, or soon to open, in six provinces. These private clinics offer cancer drugs that would normally be administered in a hospital setting, but are not paid for by

the provincial government.

None of the 24 drugs studied for the Report Card are experimental, they are all widely used around the world and are approved in Canada except for thalidomide (and oxaliplatin was only approved in June 2007), nonetheless commonly used here for many years in cancer treatment. Variation in patient access to the drugs is because the payment decisions are made independently by each province. Where you live makes a profound difference in the cancer treatment offered.

Dr. Khoo is a medical oncologist in Kelowna, BC and vice-chair of the Cancer Advocacy Coalition of Canada.

- News Canada

living past 100

Plan a healthier Christmas dinner

Now is the time to start thinking about Christmas food. Most Canadian families look forward to a lot of "extras" around Christmas time. Most of those extra foods are sweets which are not healthy.

Traditionally, Christmas Eve dinner and Christmas dinner were designed to be feasts. The people who cooked these feasts were feeding people who had to fend off cold while they did a lot of physical work. This is not the case today, so we have to do things a little differently.

There is nothing wrong with a turkey dinner. Turkey is healthy food. Try to keep the fat away from the gravy, and make sure there are plenty of vegetables to go with the meat. Cranberry sauce is good for you.

The problem comes with desserts and snacking. Try to ensure that the snacks are in the form of fruit or nuts. Keep a bowl of apples handy, and little dishes filled with nuts and raisins.

If you are planning to have an alcoholic beverage, try to keep it to red wine, which is healthy. Good beer, such as old style beer aged without chemicals, is a good choice. Look for beer that says "aged naturally". The most important part of a healthy Christmas is exercise. Keep people moving, either with indoor games or with outdoor activities. Sitting around drinking and eating is definitely not the healthy way to spend Christmas. For mothers and fathers who may feel a lot of tension due to all the excitement, a nice cup of chamomile tea will help settle the nerves and encourage a sound sleep.

When you celebrate this Christmas, celebrate good health.



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6 Lynnwood MHP, 2-bedroom mobile with addition.	MLS 42082	\$32,900
51-406 Brandlmayr, Very well maintained mobile with addition.	MLS 42040	\$34,500
475 Similkameen Avenue, 3-bedroom home...requires some TLC!	MLS 42478	\$99,900
168-2nd Avenue, Cute 2-bedroom home on corner lot.	MLS 40653	\$159,900
297 Lachine Avenue, 3-bedroom home, great area with a short walk to downtown.	MLS 42670	\$159,900
207 Angela Avenue, Investor alert, house on 2 duplex zoned lots.	MLS 42667	\$169,900
584 Auburn Crescent, 5 bedrooms at an affordable price.	MLS 41767	\$194,900
256 Fenchurch Avenue, Remodeled home in family neighbourhood.	MLS 41582	\$259,900
545 Taylor Way, Quiet rural setting situated near the river.	MLS 40715	\$279,000
428 Highway 3, Over 2 acres of Similkameen River riverfront.	MLS 40431	\$339,000
2774 Princeton-Summerland Road, 5 acres backing Crown and KVR Trail.	MLS 40430	\$339,900
315 Panorama Crescent, Beautiful 3-bedroom home in quiet cul-de-sac	MLS 41949	\$349,900
573 San Ang Way, Immaculate Rancher located on Similkameen River.	MLS 42005	\$397,000
1110 Highway 5A, Rare offering. 4-bedroom home on an just over an acre.	MLS 42094	\$425,000
106 Deerview Crescent, Executive rancher in Deerview Estates.	MLS 42103	\$449,000
468 Tulameen River Road, Great investment holding property.	MLS 37874	\$988,300
615 Cedar Creek Road, Secluded country estate - away from the world.	MLS 39774	\$1,388,300
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

Lot 36 Auburn Crescent, Contingent. Large lot with single car garage.	MLS 41766	\$49,900
189 Angela Avenue, Contingent. .18 acres, 2 separate titled duplex zoned lots.	MLS 42667	\$129,900
199 Angela Avenue, Contingent. .15 acres, stones throw from the river.	MLS 42668	\$149,900
88 Fenchurch Avenue, .11 acre, excellent investment property.	MLS 40079	\$158,300
Coalmont Road, 9.58 acres of panoramic views.	MLS 42604	\$230,000
Lot A Coalmont Road, 4.30 acres, superior acreage close to Princeton.	MLS 40078	\$245,300
Lot 4 28 KM Summers Creek Road, Fishing and ATVing at your doorstep.	MLS 41542	\$285,000
Lot 6 28 KM Summers Creek Road, Large Missezula Lake area lot.	MLS 41545	\$395,000

COMMERCIAL PROPERTIES FOR SALE

117 Bridge Street, Investor alert! Great commercial building on highway corner.	MLS 42276	\$353,800
375 Rainbow Lake Road, Contingent. Once in a lifetime opportunity. Resort.	MLS 42673	\$7,700,000



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Princeton Lions Club

GREY CUP WINNERS 2007

The Lions Club thanks you for your support!
WINNERS

- 1st Quarter Score Winner: Joe Beausoleil - \$150.00
Reverse: Craig Naylor - \$50.00
- 2nd Quarter Score Winner: Betty Peterson - \$150.00
Reverse: Denis LaComte - \$50.00
- 3rd Quarter Score Winner: Gloria Ashley - \$150.00
Reverse: Ron Graff - \$50.00
- 4th Quarter Score Winner: Frank Marion - \$1,000.00
Reverse: Tim Webber - \$200.00
- 0-0 Ron Graff - \$25.00 / 29-29 Sharon Paterson - \$25.00
- Other \$25.00 Winners:
Tony Cherry, Peter Rytkonen, Dan Kastor,
Jim Jensen, Richard White, Stormy Gerun, Glenn Ihlen



Thirty-seven years ago the Princeton Chapter of Lions International was formed. The Club celebrated last week with their Charter Night. 2008 President Penny Lott, centre, is pictured with two founding members of the Princeton Club, George Judd and John Sandness. Photo: Anne Passey

Fundraiser shines bright

Princeton General Hospital & Ridgewood Lodge's 2nd Annual Lighting our Healthcare, Christmas Tree Light-up Campaign is being launched the first week of December and will focus on raising \$48,000 for medical equipment.

The Princeton General Hospital & Ridgewood Lodge in partnership with the South Okanagan Similkameen Medical Foundation is asking the public to make a donation for the purchase of much needed medical equipment.

The Princeton General Hospital has 6 acute care beds and is a primary care facility along with the adjoining Ridgewood Lodge, a

multi-level 37-bed residential care facility.

The Ambulatory Care department, which is open 24 hours a day, does several types of minor surgical procedures. Diagnostics include Sigmoidoscopy, Holter Monitoring, X-Ray, Fluoroscopy and Laboratory services.

Clinics include home IV Therapy, Mental Health Counseling, Nutritional Counseling, and Diabetic Education. Along with a Physiotherapy, Home Nursing and Social Work department; the Princeton General Hospital is a busy centre.

Staff has identified some new pieces of equipment for the Ambulatory Care department that are needed to provide patients with the best available medical care.

- 2 Transport Vital-Signs Monitors at \$10,000 each.

• equipment to monitor patients' vital signs while in the emergency room or ambulance.

- Rapid Infuser (blood or IV fluid) Triple Pump at \$9,500.

• equipment to allow the rapid flow of fluids for trauma victims or emergency patients who are bleeding profusely.

- Single Rapid Infusion Pump at \$4,500.

• equipment allows fluid to be injected in constant controlled manner that is accurate for the patient's health care condition.

- Standing Ceiling Lifts at \$7,000 (for Ridgewood Lodge)

• equipment to safely assist in moving frail, elderly patients.

The Christmas Tree Light-up that is set up in the garden area of the hospital has thousands of LCD lights just waiting to be lit from every donation of \$25.00 or a donation of \$500.00 for a complete strand of lights. With every donation raised more strands of lights will be lit on a weekly basis.

Hopefully by Christmas day the entire tree will have every bulb glowing meaning the goal has been reached.

If anyone would like to make a donation, they may drop their donation off at the Princeton General Hospital, Valley First Credit Union, call (250) 492-9027 or toll free to 1-866-771-0994 or mail their gift to South Okanagan Similkameen Medical Foundation, 550 Carmi Avenue, Penticton, BC V2A 3G6.

- submitted

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Princeton Lions Club celebrated 37 years of service to the community on November 24th. Taking in the celebration are, from left, Lions International District Governor Brian Chadsley, Guest Speaker Past District Governor Walter Murphy, Princeton Lions Club President Penny Lott, Founding Member John Sandness and Founding Member George Judd. Photo: Anne Passey

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Princeton Museum Consultant Angelique Wood sorts through files taken from the Museum Archive Room. The space once used by The Bridge at the Skills Centre will be open to the public wishing to access the archives. The Museum Archive Room was recently abandoned until renovations to the Museum/Library building are complete. *

Lali blasts Premier Campbell

..... continued from Page 5
 from the Liberals prior to the Preliminary Report when NDP MLAs were standing up for Rural British Columbia?" asked Lali.
 "The Premier could not get the results he wanted in the Preliminary Report, so he decided to interfere and use the sledgehammer of legislation in the effort

to force the Commission to create 8 more urban seats in the Lower Mainland in Liberal-dominated areas," said Lali. "This will dilute rural representation even further. Premier Campbell makes Gracie's

Finger look like child's play," charged Lali.
 "The Premier is giving British Columbians not just a finger, but a whole arm and a clenched fist attached to it."
 - submitted

SPAGHETTI DINNER & AUCTION
 TO RAISE FUNDS FOR DIANE SMITH



6:00 PM - Friday, December 14th
Princeton Legion Hall
Tickets - \$20.00

CALL TREVOR & LINDA THOMPSON 295-4152
 OR HEATHER HERRICK 295-7609 FOR TICKETS

Diane Smith is receiving treatment for a brain tumour. Her friends, and family, are hosting this event with all monies collected to go towards medical expenses.
 SPONSORED IN PART BY SIMILKAMEEN NEWS LEADER



Princeton Community Band filled the News Leader office with music (and bodies!) while making the rounds during Light-Up Weekend. *

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weekly entertainment guide

TUESDAY, DECEMBER 5, 2007 THROUGH MONDAY, DECEMBER 11, 2007



Dairy Queen's 'Angels Anonymous' program started last week. The tree (hidden in photo) has tags on it and if you'd like to purchase a gift for a needy child, pick up a tag from the tree and return it with your gift. Dairy Queen also co-sponsors the annual Teddy Bear Game (December 19th) where teddy bears collected through the Princeton Posse game that night will go to the annual Princeton Crisis Assistance Society Christmas Hamper Drive. The Teddy Bear Game is co-sponsored by the News Leader. *

Best Western Midgets lose first game

November 24th saw Princeton going up against Penticton at home. This was not going to be a good game for the Princeton team. The special teams struggled to get things going 0 for 3 on the power play.

Princeton opened the scoring with the only goal in the first. Penticton answered with a goal of their own but Princeton took a one goal lead into the third.

This is when Penticton woke up, and we fell asleep. Taking too

many penalties Princeton found themselves down 5 to 3.

With 3 minutes left Princeton pulled to within one goal. But once again penalties would be the downfall and we lost 5 to 4.

On Sunday Princeton traveled to Penticton to play a different team. This game was not as hard and the players had come to play.

The team led 5 to 2 after two periods but found themselves playing a lot of the third period short one and two players.

Yet they still managed to hold Penticton off and win the game 6 to 2.

On December 7th to 9th Best Western Midget Flyers will be hosting their home tournament come out and cheer them on as they play their first game Friday at 6:00 PM.

This should be very exciting and fun filled for it is Princeton's first time playing contact. See you all there.

- submitted by Team Coach Kevin Williams



The archive room in Princeton Museum was emptied last week as work continues on the basement repairs and building renovations. *

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ANNUAL TEDDY BEAR GAME



Bring a wrapped Teddy Bear to the December 19th Princeton Posse game against Summerland. When Princeton scores their first goal, toss your Teddy Bear on the ice. All bears will be collected and donated to the Christmas Hamper Fund.

The Teddy Bear Game is sponsored by:
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AT EVERY POSSE HOME GAME

Ask Sue For
Your Copy At The
Next Game!



Princeton's Kellin Brown (#9) battles for the puck in a game against Chase Chiefs on November 24th. *



Princeton's Wade Masch (#14) takes the face off during the November 24th game against Chase. *

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There's A Different Posse In Town!

2007/08 Valley First Princeton Posse Home Schedule

- December 15 - 7:00 PM - Kamloops
- December 19 - 7:00 PM - Summerland
- December 22 - 7:00 PM - Chase
- January 5 - 7:00 PM - Revelstoke
- January 15 - 7:00 PM - Chase
- January 30 - 7:00 PM - Summerland
- February 3 - 2:00 PM - Golden
- February 8 - 7:00 PM - Kimberley
- February 15 - 7:00 PM - Golden
- February 16 - 7:00 PM - Castlegar

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Horoscopes

December 5 - 12, 2007

Aries - Life at home is still hectic, and you may be feeling tired or unwell. Take time to consider your resources, your debts and hidden assets. Talk about feelings. Gift may come.

Taurus - Others share resources with you now. Partner is good to you. Talk about mutual investments, debts, share resources. Children seem distant, pets may have problems.

Gemini - Job runs smoothly, health improves. Home life may seem boring - give it a lift. Talk with partner clears air cheerfully. Worries subside, but problems are not resolved.

Cancer - This is the start of a fun time for you lasting right up to New Year's Eve. You really need to communicate. Sibling may be angry. Talk. Discussions about work, health, pay off.

Leo - Home life runs smoothly and you find lots to enjoy about life now. Money situation is still tight - avoid urge to overspend. Talk to younger folk about finances. Conserve.

Virgo - Talking to family members, siblings, is a good activity. Home life is happy. Plans may have to change but do not let go of firm plans for future. Weekend date is flash in the pan. Wait.

Libra - You are busy with errands, talking to people. Job prospects or career pose problems. Money situation improves. Career worries cannot be solved til May. Hang in.

Scorpio - Now is the time to improve your appearance. See self as others see you. Continue with plans for future. Concerns about travel continue to May. Finances change this week.

Sagittarius - Subtle change takes place in your character. You now take career more seriously. Resources shared with partner may be at root of a problem. You need to talk.

Capricorn - Change takes place in how you think and much of what has been hidden from others you will now say out loud. Surprise message starts the week. Plans run smoothly. Relax.

Aquarius - People seem less willing to share with you. You need to plan finances on your own. Health problems subside until March. Career matters run smoothly. Change attitude.

Pisces - Surprises come to you through career activity. Partner seems distant but is likely preoccupied. Look for changes next week. Spiritual matters and/or travel bring pleasure. Be calm.

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 Tuesdays 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 SPIKE (44) ★★ ★ "Fist of Fury" (1972, Adventure) Bruce Lee. In turn-of-the-century China, a martial-arts student declares war against the rival fighters who murdered his mentor. (In Stereo) [E]
- 10:00 am CITY (29) ★ "The Adventures of Pluto Nash" (2002, Comedy) Eddie Murphy. In the future, the owner of a nightclub on the moon refuses to sell his business to a mobster. [E]

EVENING

- 6:00 pm WTBS (3) ★ "Exit Wounds" (2001, Action) Steven Seagal. A tough Detroit policeman lands in a new precinct and discovers a rogue group of cops who run a drug ring. [E]
- 9:00 pm WTBS (3) ★ "Exit Wounds" (2001, Action) Steven

Seagal. A tough Detroit policeman lands in a new precinct and discovers a rogue group of cops who run a drug ring. [E]
 CHBC (4) "Time and Again" (2007, Drama) Brooke Burns. Premiere. An old music box allows a woman to travel back in time and change tragic events. [E]
 SPIKE (44) "Afro Samurai" (2007, Action) Samuel L. Jackson. Animated. A black samurai seeks revenge for the death of his father in feudal Japan. (In Stereo) [E]
 10:06 pm CITY (29) ★ "Private School" (1983, Comedy) Phoebe Cates. Two girls at a fancy academy compete for intimacy with the same boy.
 11:30 pm WTBS (3) ★★ "Cube 2: Hypercube" (2002, Science Fiction) Geraint Wyn Davies. Eight strangers struggle to survive after becoming trapped in a fourth-dimensional cube loaded with deadly traps.

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friday movies

MORNING

- 10:00 am CITY (29) ★★ ★ "I Wanna Hold Your Hand" (1978, Comedy) Nancy Allen. Teens go to New York for the Beatles' 1964 "Ed Sullivan Show" debut. [E]
- 11:00 am SPIKE (44) ★★ ★ "GoodFellas" (1990, Crime Drama) Robert De Niro. In the 1950s an Irish-Italian hoodlum joins the New York Mafia, but his mob career is not what he expected. (In Stereo)

AFTERNOON

- 5:00 pm WTBS (3) ★★ ★ "The Devil's Advocate" (1997, Suspense) Keanu Reeves. After moving to New York, a lawyer and his wife gradually learn his new employer's true identity. YTV (18) ★★ "Call Me Claus" (2001, Comedy) Whoopi Goldberg. Facing mandatory retirement after 200 years, Santa Claus asks a television producer to replace him. (In Stereo) [E]

EVENING

- 6:00 pm CITY (29) ★★ ★ "Adam Sandler's Eight Crazy Nights" (2002, Comedy) Voices of Adam Sandler. Animated. During Hanukkah, a temperamental lout drinks, gets in trouble with the law and performs community service. [E]
- SPIKE (44) ★★ ★ "Die Hard With a Vengeance" (1995, Action) Bruce

Wills. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber. (In Stereo)
 7:30 pm FAM (26) ★★ ★ "Ebbie" (1995, Fantasy) Susan Lucci. The ghosts of Christmases past, present and future visit a heartless CEO in a version of Dickens' "A Christmas Carol."
 8:00 pm KNOW (5) "Goodnight Mister Tom" (1998, Drama) John Thaw. During World War II, an aging recluse's stony heart is softened by his friendship with a young evacuee from London.
 9:00 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.
 9:30 pm WTBS (3) ★★ ★ "The Devil's Advocate" (1997, Suspense) Keanu Reeves. After moving to New York, a lawyer and his wife gradually learn his new employer's true identity.
 10:06 pm CITY (29) "Private Sex Club" (2003, Adult) Devon. A detective's murder investigation leads him to an erotic playground for the rich and famous.
 10:45 pm FAM (26) ★★ ★ "Snow Dogs" (2002, Comedy) Cuba Gooding Jr. A Miami dentist travels to Alaska to claim his inheritance, a mischievous team of sled dogs.

Similkameen News Leader

Recipe Corner (Recipe #196)

Brought To You By: Similkameen News Leader

Roast Turkey

(with Cranberry Orange Glaze)

(NC)—Maple syrup, cranberry juice and orange marmalade combine for a glaze that could become your family favourite.

Prep Time: 25 minutes Total Time: 4 hours (approximately)

- 3/4 cup (188 mL) orange marmalade
- 3/4 cup (188 mL) frozen cranberry juice concentrate, thawed
- 3 tbsp (45 mL) maple syrup
- 1 1/2 tbsp (23 mL) balsamic vinegar
- 1/2 tsp (3 mL) salt
- 1 Butterball Turkey 15 lb / 7 kg

Directions:

1. Prepare turkey as per package directions.
2. Combine marmalade, cranberry juice, maple syrup, vinegar and salt in small heavy saucepan. Bring to boil over medium heat, stirring frequently. Reduce heat to low. Cook uncovered, stirring frequently for 12-15 minutes, or until glaze is reduced to about one cup.
3. About 45 minutes before the turkey is done brush generously with glaze. Place foil loosely over turkey and cook until meat thermometer reaches 180°F in the deepest part of the thigh.
4. Brush with remaining glaze. Let turkey stand 15 minutes before carving.

Recipe from the Butterball Kitchen

- News Canada

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

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THURSDAY, DECEMBER 6, 2007

Grid showing TV schedules for Thursday, December 6, 2007. Columns include station call letters (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and program titles such as 'All-Family News', 'Body Elec.', 'American Justice', 'The View', etc.

FRIDAY, DECEMBER 7, 2007

Grid showing TV schedules for Friday, December 7, 2007. Columns include station call letters and program titles such as 'All-Family News', 'Body Elec.', 'American Justice', 'The View', etc.

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 #45 - Rated Easy

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

CHALLENGE #46 - Rated Hard

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

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

9:00 am WTBS (3) ★★★"Free Willy" (1993, Drama) Jason James Richter. An abandoned boy with a chip on his shoulder befriends an ill-fated killer whale at a water park. (E)
11:00 am WTBS (3) ★½"Lost & Found" (1999, Romance-Comedy) David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring. (E)

AFTERNOON

12:00 pm FAM (26) ★★★"Ernest Saves Christmas" (1988, Comedy) Jim Varney. Nitwit Ernest bails out Santa Claus who is in Florida on a deadline to recruit a new Santa.
1:00 pm WTBS (3) ★★"Jungle 2 Jungle" (1997, Comedy) Tim Allen. A tribal boy leaves the Venezuelan jungle for the first time to visit his father in New York City.
CITY (29) ★★"Adam Sandler's Eight Crazy Nights" (2002, Comedy) Voices of Adam Sandler. Animated. During Hanukkah, a temperamental lout drinks, gets in trouble with the law and performs community service. (E)
1:31 pm FAM (26) "The Ultimate Christmas Present" (2000, Comedy) Hallee Hirsh. Two girls plan to close school by making it snow in Los Angeles jeopardizes

Christmas.

2:00 pm A&E (9) ★★½"Forrest Gump" (1994, Drama) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (E)
5:00 pm WTBS (3) ★★"Ace Ventura: When Nature Calls" (1995, Comedy) Jim Carrey. A sacred white bat's disappearance begets bloodshed between African tribes and puts the goofy pet sleuth on the case. (E)
A&E (9) ★★½"The Matrix" (1999, Science Fiction) Keanu Reeves. Premiere. A computer hacker joins forces with rebel warriors to battle a malevolent cyberintelligence. (E)

EVENING

6:00 pm CITY (29) "Deck the Halls" (2005, Comedy-Drama) Gabrielle Carteris. A boy tries to set up his mother with a man he believes is Santa Claus. (E) (DVS)
7:00 pm WTBS (3) ★★"Arachnophobia" (1990, Suspense) Jeff Daniels. A doctor and his wife buy a California farm with termites and a killer spider from Venezuela. (E)
8:00 pm CHBC (4) "Absolution" (2006, Drama) Samantha Mathis. Premiere. A New York journalist returns to her small hometown to

investigate claims of a comatose man who can miraculously heal people. (E)

KXLY (10) BCTV (11) CITY (12) ★★"Dr. Seuss' How the Grinch Stole Christmas" (2000, Fantasy) Jim Carrey. A curmudgeon living atop Mount Crumpit sets out to quash the yuletide preparations of the Christmas-loving Whos of Whoville. Anthony Hopkins narrates. (In Stereo) (E)
YTV (18) ★★"Scrooged" (1988, Comedy) Bill Murray. Premiere. A ruthless TV-network chief meets the ghosts of Christmases past, present and yet to come.
9:00 pm A&E (9) ★★½"The Matrix" (1999, Science Fiction) Keanu Reeves. A computer hacker joins forces with rebel warriors to battle a malevolent cyberintelligence. (E)
FAM (26) ★★"Angus" (1995, Drama) Charlie Talbert. An overweight freshman who pines for a pretty cheerleader is the target of a high-school quarterback's cruel prank.
CITY (29) ★★½"A Hard Day's Night" (1964, Musical Comedy) The Beatles. John, Paul, George and Ringo spend 36 wild hours in London, besieged by exuberant fans. (E)
10:46 pm FAM (26) "Class President" (2002, Comedy) Sam Poppen. A shifty campaign manager helps a 10-year-old boy run for class president against a girl.
11:00 pm CITY (29) ★★½"Dune" (1984, Science Fiction) Kyle MacLachlan. Paul Atreides leads the fight for vital spice on a desert planet in the year 10191. (E)

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sunday movies

MORNING

9:00 am WTBS (3) ★½"Lost & Found" (1999, Romance-Comedy) David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring. (E)
10:30 am SPIKE (4) ★★"Predator 2" (1990, Science Fiction) Danny Glover. Local and federal police hunt a sneaky alien creature, now skinning drug dealers in 1997 Los Angeles. (In Stereo)
11:00 am WTBS (3) ★★"Jungle 2 Jungle" (1997, Comedy) Tim Allen. A tribal boy leaves the Venezuelan jungle for the first time to visit his father in New York City.
CITY (29) ★★½"A Hard Day's Night" (1964, Musical Comedy) The Beatles. John, Paul, George and Ringo spend 36 wild hours in London, besieged by exuberant fans. (E)

AFTERNOON

12:00 pm A&E (9) ★★½"The Matrix" (1999, Science Fiction) Keanu Reeves. A computer hacker joins forces with rebel warriors to battle a malevolent cyberintelligence. (E)
1:00 pm WTBS (3) ★★"Ace Ventura: When Nature Calls" (1995, Comedy) Jim Carrey. A sacred white bat's disappearance begets bloodshed between African tribes and puts the goofy pet sleuth on the case. (E)
SPIKE (4) ★★½"Predator" (1987, Science Fiction) Arnold Schwarzenegger. A sneaky alien monster attacks commandos on a jungle mission in South America. (In Stereo)
1:34 pm FAM (26) ★★"Twas the Night" (2001, Comedy) Bryan Cranston. A 14-year-old boy and his uncle jeopardize Christmas when they take Santa's sleigh for a joy ride. (E)
3:00 pm WTBS (3) ★★"Arachnophobia" (1990, Suspense) Jeff Daniels. A doctor and his wife buy a California farm with termites and a killer spider from Venezuela. (E)
5:00 pm WTBS (3) ★★"Desperado" (1995, Action) Antonio Banderas. A guitar-playing stranger shoots up a Mexican cantina while seeking the drug dealer who killed his girlfriend. (E)
CBC (13) ★½"I'll Be Home for Christmas" (1998, Comedy) Jonathan Taylor Thomas. Absurd obstacles hinder a California college student's quest to get home by Christmas Eve to claim a Porsche and see his girlfriend. (E)

EVENING

6:00 pm YTV (18) ★★"Christmas With the Kranks" (2004, Comedy) Tim Allen. Premiere. A Chicago couple scramble to put together a holiday celebration after their daughter decides to come home for Christmas. (In Stereo) (E)
CITY (29) ★★½"X2: X-Men United" (2003, Fantasy) Patrick Stewart. Wolverine, Storm and the other mutants must fend for themselves after a right-wing militarist invades their school. (E)
7:00 pm WTBS (3) ★★"Desperado" (1995, Action) Antonio Banderas. A guitar-playing stranger shoots up a Mexican cantina while seeking the drug dealer who killed his girlfriend. (E)
8:00 pm CBC (13) ★★"Elf" (2003, Comedy) Will Ferrell. Adopted as a baby by one of Santa's elves, a man leaves the workshop to search for his family in New York. (E)
9:00 pm WTBS (3) ★★"The Bishop's Wife" (1947, Fantasy) Cary Grant. A suave angel saves a woman and her Episcopal husband from spiritual doubt and marital woe.
CHBC (4) ★★"The Dukes of Hazzard" (2005, Comedy) Johnny Knoxville. Premiere. Bo, Luke and Daisy Duke try to thwart a scheme by Boss Hogg involving a high-profile auto race. (E)
KXLY (10) "Mitch Albom's For One More Day" (2007, Drama) Michael Imperioli. Premiere. Planning to kill himself, a former ballplayer has a life-altering encounter with his late mother. (In Stereo) (E)
FAM (26) ★★"The Muppets Take Manhattan" (1984, Comedy) James Coco. Kermit and company try to take their variety show to Broadway, while Miss Piggy grows jealous of a friendly waitress.
10:50 pm FAM (26) ★★"Rudy" (1993, Drama) Sean Astin. With heart and determination an Illinois youth tackles shortcomings to play Notre Dame football. (E)

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SATURDAY, DECEMBER 8, 2007

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of program listings for Saturday, December 8, 2007.

SUNDAY, DECEMBER 9, 2007

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of program listings for Sunday, December 9, 2007.

MONDAY, DECEMBER 10, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	All-Family	News (N)		Body Elec.	News (N)	News (N)	CSI: Miami	(5:00) News	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget	SportsCentre	News (N)	Daily Planet (N)	Henry's	Rachael Ray	Movie: "Iron Eagle" (1986) Louis Gossett Jr., Jason Gedrick.	F/X: The Series
:30	All-Family	2nd Chnce	George S.	Bob Build								Viva Pinata		Canada AM (N)		King			
7 AM	Temptation	Body	Clifford	Barney	Today (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Animalia	Grossology	SportsCentre		Japan's Ghost Fleet	K. Possible (7-24)	CityLine	Gossett Jr., Jason Gedrick.	Traders
:30	Temptation	Past Lives	Dora	Arthur (EI)							Curious	Team							
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			CSI: Miami "Dispo Day"		100 Huntley Street	Bo On Go	Pokémon	SportsCentre		How-Made	Weekend	Star Trek: Voyager			Due South (DVS)
:30	Jeffersons	Vanity	Magic Bus	Clifford						Busytown	Flamingo			How-Made	Lloyd				
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Lunar Jim (DVS)	Adrenalini	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Disorderly Con.	Tube Tales
:30	Sanford	Antique	(9:33) Dragon									Viva Pinata	Fishing		Tigger				What
10 AM	Harvey	PoPQ	(9:57) Pancakes	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Invasion"	The View (N)	World Vision	Room House	Wilbur	Jane	PBA Bowling	The View (N)	Mayday	Mickey Handy	Movie: "The Dish" (2000) Sam Neill.	V.I.P.	Videos
:30	Harvey										Doodlebob	Erky Perky	Baltimore.						Videos
11 AM	Cosby	Playing	Rolie Polie Olie	Big World Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	CSI: Miami	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Jacob	Series of Poker	eTalk	Sideshow Stars	Benj Bear (11:25) King		Oblivious	The Nanny
:30	Cosby	Homes						Paid Prog.	House			George S.	Series of Poker	Diary				Sports	Frasier
12 PM	Still Stnd	News (N)	History	Charlie Rose	Paid Prog.	News (N)	CSI: Miami	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	SpongeBob	Series of Poker	Degrassi	Love to Hate	(11:49) Weekend	CityLine	Star Trek: Voyager	Seinfeld
:30	Still Stnd		Reach-Top			Bold & B.					CBC News	Grossology							Seinfeld
1 PM	Fresh Pr.	Design	Never Give Up	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living	LazyTown	NFL	Sue Thomas: F.B. Eye	Deep Sea Detectives	Dragon Emperor	NewMusic Cover	Star Trek: Voyager	Beverly Hills, 90210
:30	Fresh Pr.	Vanity									Dinner	Winx Club	Primetime (N) Interruptio						
2 PM	King	The Steve Wilkos Show	Macphee	Word Moving On	Millionaire	Guiding Light (N)	CSI: Miami "Dispo Day"	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Wind at My Back	Ruby	Flamingo	General Hospital (N)	How-Made	(1:48) Weekend	Ellen DeGeneres Show	Star Trek: Voyager	Fresh Pr.
:30	King																		Family Guy
3 PM	Friends	Big Screen	BluesClues	Maya	Judge	Dr. Phil	CSI: Miami	Rachael Ray	Young and the Restless	Young and the Restless	Food	Team	Off-Record	Dr. Phil	Frontiers of	K. Possible	News (N)	CSI: Crime Scn	Inside Box
:30	Seinfeld	Daily 10	Pets	Arthur (EI)	Judge						Miracles	Neutron	Sports		Replace				Vanity
4 PM	Family Guy	Cybill	Dora	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Invasion"	Videos	Oprah Winfrey	(3:59) News	Frasier	SpongeBob	Hockey	Friends	Daily Planet (N)	Emperor	Friends	CSI: Crime Scn	Tube Tales
:30	Family Guy	Shepherd: THS	(4:35) Little	Fetch! With Judge J.				Inside		Global	Red Green	El Tigre	Countdown	Frasier		Proud	Hollywood		House
5 PM	Friends	News (N)	Timothy	BBC World	News (N)	News (N)	Intervention "Dillon"	News (N)	News (N)	(4:59) News (N)	Simpsons	Naked	NFL	News (N)	MythBusters	Suite Life	Movie: "Moulin Rouge" (2001, Musical) Nicole	CSI: Crime Scn	ET Canada
:30	Friends		(5:35) Business	NBC News	CBS News			ABC News	Global		Arrested	Drake			Montana				What
6 PM	Movie: "High School	Ad Pers	Saddle	News-Lehrer	News (N)	News (N)	Intervention (N)	News (N)	News (N)	ET Canada	News (N)	C. Brown	Football: New Orleans Saints at Atlanta Falcons.	News (N)	Dirty Jobs (N)	Zoey 101	(2001, Musical) Nicole	CSI: Crime Scn	Family Guy
:30	Movie: "High School	News	renegade		Raymond	Hollywood		News (N)		Entertain		Grown Up			Sadie				Seinfeld
7 PM	High" (1996) Jon Lovitz.	E! News	Edge	Served	Jeopardy!	Friends	Paranormal	Entertain	Entertain	Journeyma n	Coronatn	Malcolm	(Live)	eTalk	Canada's Worst Driver	So Raven	Kidman.	CSI: Crime Scn	Seinfeld
:30	High" (1996) Jon Lovitz.	Jeopardy!	History	Wait God	Fortune	Scrubs	Paranormal	The Insider	ET Canada		Fashion	Fresh Pr.		Hollywood	Smart Guy		Speakers		Frasier
8 PM	Seinfeld	Deal or No Deal (N)	Child of Our Time (N)	Live From Lincoln Center (N)	Deal or No Deal (N)	How I Met	Angel	Charlie Brown	House "Role Model"	House "Role Model"	Intelligence (Season Finale) (N)	Prank Ptrl		Rita	Daily Planet	Suite Life	News (N)	CSI: Crime Scn	Family Guy
:30	Frasier					Big Bang	Angel				Adrenaline	SportsCentre (Live)		MacNeil		Life Derek	(8:35) News		Married...
9 PM	Movie: "High School		From Russia, For Love			Two Men	Intervention "Dillon"	Samantha Underbelly	Kitchen Nightmares	Kitchen Nightmares	Futurama	Pinky	Motoring	To Be Announced	Dirty Jobs	Montana	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
:30	Movie: "High School					Rules										Phil			Seinfeld
10 PM	High" (1996) Jon Lovitz.	To Be Announced	Super Kids	L.A. Holiday	Journeyma n	CSI: Miami (N)	Intervention (N)	October Road (N)	Journeyma n	News Hour Final (N)	National	Naruto	The Contender	CSI: Miami (N)	Canada's Worst Driver	School	(10:06) Sam Neill.	Star Trek: Voyager	Married...
:30	High" (1996) Jon Lovitz.											Shadow			Cory				Fresh Pr.
11 PM	Frasier	News (N)	Profiles of Nature	Charlie Rose (N)	News (N)	News (N)	Paranormal	News (N)	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	MythBusters	Suite Life	Life Derek	Deep Space 9	Frasier
:30	"Belly"	Guy Stuff			Tonight	Late Show	Paranormal	(11:35)		ET Canada		Prank Ptrl		News (N)					The Nanny

monday movies

MORNING

6:00 am SPIKE (44) ★★"Iron Eagle" (1986, Action) Louis Gossett Jr. A retired fighter pilot helps an Air Force brat free his father with two borrowed F-16s. (In Stereo)

10:00 am CITY (29) ★★"The Dish" (2000, Comedy) Sam Neill. A sheep-farming town in New South Wales gets media attention when NASA needs to use its large radio telescope for Apollo 11. (E)

AFTERNOON

5:00 pm CITY (29) ★★"Moulin Rouge" (2001, Musical) Nicole Kidman. In 1890s France a courtesan falls in love with a young writer but strings along a duke who can finance improvements to the night spot. (E)

EVENING

6:00 pm WTBS (3) ★★"High School High" (1996, Comedy) Jon Lovitz. A perky administrator helps a naive inner-city teacher when a gang steals his class's college-entrance exams. (E)

9:00 pm WTBS (3) ★★"High School High" (1996, Comedy) Jon Lovitz. A perky administrator helps a naive inner-city teacher when a gang steals his class's college-entrance exams. (E)

10:06 pm CITY (29) ★★"The Dish" (2000, Comedy) Sam Neill. A sheep-farming town in New South Wales gets media attention when NASA needs to use its large radio telescope for Apollo 11. (E)

11:30 pm WTBS (3) ★★"Belly" (1998, Crime Drama) Nas. Two young friends involved in organized crime and drug dealing find that their priorities differ. (E)

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in memoriam

in memoriam

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Love Jean, children & grandchildren

gotcha!

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1990 Ford Ranger in good running condition. Lined box, 270,000 km. \$2,000.00. Call (250) 295-6063 for appointment to view. Nov 13-Dec

2002 Honda Accord SE Coupe. 102,000 miles (imported from States). No rust, very clean, great shape. \$13,000 OBO. (250) 438-0033 (local call in Princeton). Nov 13-Dec 04

Set of 4 snow tires. 95-60 R14, as new. \$300.00. Call (250) 295-7828 Nov 20-Dec 04

1993 Mazda MPV Van. Excellent body, has all-wheel drive. Needs engine work. \$700.00. Call (250) 295-7828. Nov 20-Dec 04

21" colour TV, nice cabinet. \$10.00...8' x 12' linoleum, light background, \$5.00. Phone (250) 295-4142. Nov 20-Dec 04

Four guns: 270 Browning semi-automatic (\$1,000), 3.03 British 10-shot Sportster (\$175), 12-Gauge Remington (\$475), 22 Ruger semi-automatic (\$200). All for \$1,500 FIRM. Call (250) 293-1841. Dec 04-18

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for rent

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3-bedroom home downtown, garage, beautiful yard. References required. \$800/month. Call Ellen at (250) 295-7669 or Dean at (250) 295-6977 to view. Nov 06-tfn

Private, small house for rent with a small pasture for that special person with one horse only. Outside of Princeton. \$450/month + utilities + feed. Available around December 1st. Call (604) 484-2783 and leave a message. Nov 06-tfn

Bright 1-bedroom apartment on 3rd floor. Fridge/Stove, laundry in building. References required, no pets. Call Sharon at (250) 295-1845 Nov 27-Dec 11

Newly renovated 3-bedroom, 2-bath home, 6 appliances, no pets, non-smoking. References required. \$875.00/month + utilities. Call Marie (250) 493-6522. Dec 04-Jun 01

3-bedroom home, Ridgewood area. No pets, non-smoking. \$600/month + utilities. Call Heather at Century 21 (250) 295-8591. Dec 04-tfn

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1995 Jeep Cherokee 4x4 - make me an offer! Call (250) 295-7580 for more information. Nov 20-Dec 04

Priced to sell - Kabota Tractor. 4WD, 22 HP, 60" front hydraulic bucket, rear PTO, 3-point hitch. \$6,500.00 (negotiable). Call (250) 292-8728 to view. Nov 20-Dec 04

Heavy duty industrial wood lathe. 5' bed, 10" depth, 48" and 24" tool rest, 1/2 HP motor. All for \$195.00 OBO. Call (250) 295-0028. Nov 20-Dec 04

COLLECTORS: 1977 Ford F250, 83,000 original miles, long box, cab in good condition, box has some rust, runs great, new tires. \$2,900.00 OBO. Call (250) 295-7861. Nov 27-Dec 11

8' Okanagan camper, older model, fridge, stove. \$1,000.00 OBO. Call (250) 295-7861. Nov 27-Dec 11

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to give away

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CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

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 658 724 139
 983 172 645
 142 956 387
 567 438 912
 794 863 251
 826 517 493
 315 249 876

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help wanted



Community Literacy Now Facilitator Job Posting

The Princeton Leaders for Literacy Now Task Group and School District No. 58 are working together to promote literacy through awareness and advocacy, and to initiate and support learning opportunities to increase the literacy levels of children, youth and adults within the community of Princeton.

Under the leadership of the Princeton Literacy Now Task Group with support from School District No. 58, the Community Literacy Now Facilitator will work to develop a Community/District Literacy Plan.

Roles & Responsibilities

The facilitator will be responsible for building positive relationships with community groups, local government, educational institutions, businesses and other non-profit groups. Organizing and hosting round table discussions with a variety of focus groups and service providers will be required to facilitate both the development of a community plan 'vision statement' and to identify and evaluate the current literacy assets and needs in the community. The information acquired will then be used to prepare and submit the Community/District Literacy Plan.

Skills & Qualifications

The individual we are looking for will have the following skills and qualifications:

- Strong time-management, project management and priority-setting skills
- Exceptional communication and outreach skills
- Excellent group facilitation skills
- Be self-motivated, take initiative and work independently

The successful applicant must:

- Have their own transportation as travel will be required, provide his/her own computer, telephone, fax, etc. as required; and, pass a criminal check.

This is a flexible, contract position (January to May 2008). The contract is negotiable, commensurate with qualifications and experience.

Interested candidates are invited to pick up a detailed job description at the Princeton WorkZone Office and submit a cover letter with detailed resume no later than December 7, 2007 to:

WorkZone, #3-136 Tipton Avenue (PO Box 1930), Princeton, BC V0X 1W0

Questions can be directed to: Nadine McEwen at (250) 295-6067

We wish to thank all applicants, however, only those candidates selected for an interview will be contacted.

editor@thenewsleader.ca

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

my turn

This is a hoax

Have you heard this one?

The newly formed Princeton District Low Income Housing Authority has projected there will only be a total of 15 rental units (houses, trailers or apartments) in the area by June 2010.

The group uses a monthly rent, not including utilities, of \$625.00 per month as their benchmark.

We never thought we'd see the day when \$625.00 per month would be considered a cheap rent in Princeton – but that day is coming.

They also speculate there will be approximately 259 residents who would qualify for those 15 units if the current trend continues in the local market.

By 'trend' they probably mean new construction and/or renovations of existing dwellings into non-low income rental units.

They may also mean a slow but steady increase in current monthly rental rates based on such things as the real estate market, new construction, developmental costs, the ramp up to the Olympics and the price of gasoline – which, by the way, the Princeton District Low Income Housing Authority also projects will cost \$1.56.9 per litre by June 2010.

We sure hope our projection of hovercraft fueled by a product developed in the Similkameen and made out of a combination of grain, cow manure and magic beans takes flight, but we're not holding our breath on that one.

So what does all this mean?

We blame it on those pesky little amenity migrants sneaking into the valley from other parts of the province. You know the type, they live in the big city, sell their condo for \$675,000 and buy up part of downtown Princeton for \$150,000 and flip it six months later for twice that.

Before you know it, the real estate market goes wacky, the Canadian dollar tops \$1.10 in US Funds and the tiny little house next door that sat empty for most of the new millennium because it had a bad smell and no insulation sold last week for \$205,000 and you wonder why the town never ordered it flattened by the owner as it was a safety hazard.

Next thing you know the new owner slaps some vinyl siding on it and rents it out the following day for \$725.00 a month to a family of six glad to get away from Kelowna who can't believe deer actually walk the neighbour at night instead of, well, you fill in the blanks.

It doesn't make sense and we wonder when it'll all come to an end.

But one thing is for sure; there will be some serious growth in our area in the next couple of years.

Hopefully we all recognize the warning signs and have the ability to control that growth before it has a chance to control us, which takes us back to the Princeton District Low Income Housing Authority.

Think the time is right for such a group to be formed?

EDITORIAL GUIDE

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

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

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

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George Elliott
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Dawn Johnson

TIS TOONS



your turn

Santa sends reminder

My Dear Little Friends:

I love getting letters from all you wonderful children and this is to remind you that it is time for you to sit down and write a letter to me (Santa Claus) and I will send you a letter back.

You can send your letter to the following address: Santa Claus, North Pole, HOH OHO. Please remember to put a stamp on your letter and also to include your full name and address (box number) so that I will know who

is sending me the letter.

So get busy writing, because the faster you send your letter to me, the faster I can send one back to you. Even though this is a very busy time of year for me, I still have time to read all your letters and answer them, too!

The elves are very busy making toys, games, clothes and all the things that you children wish for at Christmas and Mrs. Claus is busy in the kitchen making all sorts of goodies for the elves and me. Rudolph and

the rest of the reindeer are out in the corrals exercising, eating and, of course, resting lots. They always get so excited around this time of year as they know that the big night will be here soon.

We have lots of snow up here at the North Pole, which makes everyone think of Christmas. So be good and listen to your Dad and Mom and I will be looking for your letter in my mailbox.

- Your friend, Santa Claus

Merritt man blasts Stephen Harper

To The Editor;

There is no doubt Stephen Harper has an agenda. His problem is, in order to get the elected majority necessary to implement that agenda, he has to keep it hidden.

The Senate is particularly problematic for the Harper regime because of its primary function as a mitigating agent designed to restrain extreme government. Consider a leader that gets elected on a moderate platform and then decides to use his majority to disassemble democracy from the top down. And history has many examples of this deconstructive process.

The Senate acts as a calming agent, delaying destructive legislation until such time as the population can regain their footing, generate a consensus of rejection, and remove the threatening government's mandate.

Converting the Senate to an elected body would render it susceptible to the same media-driven whims of the day that allowed Hitler, Mussolini, and a gang of other dic-

tators to get that first grip on power. Canadians are simply not safe without the valuable capacity for sober second thought that the Senate, in its current form, provides.

There are two recent books which every Canadian should read, *The End of America* by Naomi Wolf, and *The Shock Doctrine* by Naomi Klein.

These books go a long way toward explaining the Harper Agenda and the mechanisms which allow laissez-faire economics theory to combine neo-liberalism and neo-conservatism, creating an aberrant ideology existing specifically to sabotage democracy on a scale that threatens civilization itself. Wolf and Klein provide graphic examples of societies that have already been gutted and terrorized by adherents of exactly the same doctrine to which Harper subscribes and is determined to impose on Canada.

Perhaps the most moving aspect of these books is that they describe Stephen Harper's agenda without

ever naming him. The reason, of course, is that Harper has simply adopted a proven looter's strategy that has been effected many times before, and invariably causes needless suffering and death amongst the victim society while, as a matter of perverse ideological necessity, plunging it into chaos and poverty.

Watch for an increase in the number of arbitrary executions conducted, by the RCMP, under the watchful and approving eye of Stockwell Day. Also, expect the privatization of security and military services in keeping with the necessity to implement the agenda of domestic terror so clearly defined in the many examples provided in these works.

Once Harper gets a majority, and is rid of the Senate, he will utilize emergency legislation to override current barriers protecting the Constitution.

After that comes a "privatized police state."

Get my drift?
- Robert MacKay, Merritt

Current Comment:

My family fights the soy bug



Dawn Johnson
editor@thenewsleader.ca

If you are a diabetic, you know how it feels to look at all those tasty things to eat in the supermarket, and have to turn away from them. Most good grocery stores have a section for diabetics. I wish grocery stores and food manufacturers were as considerate of the many people in our family who read food labels in all kinds of products.

Our first bugbear was MSG. Many of us cannot tolerate MSG, and there are thousands like us. We have to avoid it. MSG makes some of us retain water and get headaches from high blood pressure. We're just fine if we stay away from the substance. I am quite grateful when I see labels saying "No MSG". Bless those manufacturers.

Our worst bugbear at the grocery stores these days is the addition of soy products to foods. We began to notice it very strongly when my daughter brought home some pesto. She loves pesto on crackers. Everybody knows pesto is made with herbs in olive oil. It is great stuff.

This pesto made my daughters and me feel queasy. The daughter who loves pesto was wracked with stomach cramps for hours. We never attributed our queasy gut problems to the pesto until I read the label. This pesto was made with soybean oil! No wonder we did not feel well. Like 40 percent of North Americans, we do not handle soy products well.

"Mom, they're putting soy into everything these days. I should have read the label." This is the daughter whose reaction to soy is becoming increasingly violent. She was given one of those "milkshakes" with soy added for extra calcium. She vomited 15 minutes later. Imagine how that looks to people ordering milkshakes, when a customer dashes to the washroom and comes out looking dreadful and demanding to know what they put in the milkshake.

We have been fairly successful in avoiding soy most of the time. Salad dressings are made at home with simple ingredients, and there is one brand of mayonnaise (Hellman's) who stick to olive oil.

Bless their hearts.

Still, the soy problem is becoming more serious. I was fortunate in finding one brand of chip dip with no soy. I use butter so I don't waste time reading margarine labels. I did make the mistake one day of picking up some fruit juice and brought it home only to discover they had added soy for "extra" calcium.

The worst of the problem is that I am finding soy where one would least expect it. I now have to read the labels on packages of wieners, and I don't buy hot dogs at hot dog sales because who knows whether they have used wieners with soy in them?

A few weeks ago, I reached for a package of beef sausages. I read the label, and there it was: soybean oil had been added! Why!? What's wrong with good old-fashioned plain beef sausages? Why add this

bean oil to it?

Maybe I can find a sausage source somewhere which avoids adding soy products.

I hear people talking about the chemicals added to our food, and I hear people complaining about all the sugar and salt, but I hardly ever hear of people complaining about soy added to so many things. Sometimes I wonder if people who have low tolerance for soy just wonder where that indigestion came from, and blame it on a "bug". At the rate food manufacturers are adding soy to everything, that "bug" is going to be a pretty frequent visitor to a lot of homes.

I would like to know how many people have the soy "bug".

Well, I can't buy the salad dressings, sausages, wieners, most chip dips, and the pesto, but as long as I keep reading labels, I'm sure I can avoid the soy "bug".

Marketplace Ministry

by Jim Caruso

Tending The Earth

I love flowers and beautiful gardens. I have toured Butchart Gardens in Victoria and Minter Gardens just outside of Hope and I am always in awe at how they can create such a wonderful array of flowers together and keep them alive. Some people have the gift of the green thumb, I sweat DDT. I have lived in communities where I enjoyed just walking around and looking at my neighbours gardens, for example in Grand Forks, BC, the gardens and the lawns are immaculate, especially those of the Russians who live there. For a long time, I thought every Russian child was born with the keys to a ride-on lawn mower. They all seemed to have manicured green velvet carpets in front of their homes, accented with the most beautiful flowers and ornamental trees complementing the homes they lived in. Then I would go home to our yard, best described as a cross between the Gobi desert and mobile home park after a hurricane ripped through it. As you might have guessed already, I have some difficulty keeping flowers and shrubs healthy enough to see their first birthday.

When Elaine and I walk into a plant nursery, you can hear the plants' anxiety level rise. If you were able to interpret plant language, (some people say you should talk to your plants, others suggest playing classical music in your garden and your plants will grow bigger and healthier) and I must admit, I do talk with plants right after I plant them, my words are, it is up to you to live, I bought you, planted you and watered you, live if you want. Back to the nursery, if you could interpret the plant language when Elaine and I walk into a nursery, the high pitched voices would be saying, Oh, No! Its the Carusos; please don't let them take us. I think there is an underground internet to get the message out to vulnerable plants that reside in nurseries within a certain radius of our home address. We have decided now that when we do go to the nursery to buy any plants that we will just kill them there and then go home. Why spent the time transporting, preparing the soil and planting them, it is only prolonging the agony.

I must admit I have discovered something that will cut the time spent looking after your yard. A couple of weeks ago, I had five yards of bark mulch delivered to my home. They dumped it in the driveway, I spread it around the flower beds and on the side hill and around the different trees in our yard. It looked great. The mulch left some residue on my concrete driveway and so I borrowed a pressure washer. As I washed the driveway off, I realized that it was also my day to water, (anyone guess where this is going?) so I stood in the middle of the yard and watered all my plants, trees and shrubs adjusting the pressure, but not having to move from where I stood. Now I must admit I had to adjust the pressure depending on the flora and fauna that was being watered, but in the morning they were all perky and shiny and happy, happy maybe because I am only able to water every second day.

God has much more expertise and compassion on us, than I do with my plants. The writer of the 23 Psalm says of God that He meets all your needs, presents a place to lie down in green pastures, beside still waters, (not pressure washers) and that he protects you, walks with you, feeds you and anoints your head with oil, and offers you eternal life in His new garden of Eden; Heaven. Plants may not trust me, but you CAN trust God.

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

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The Similkameen Valley Rider ATV Club won Second Place in the Light-Up Parade December 1st. *

Local church welcomes Double Portion

Canada's Double Portion from North Battleford, Saskatchewan will be ministering in song in Princeton on Tuesday, December 11th.

They will appear at the Pentecostal Church, located next to the Museum/Library building on Vermilion Avenue.

The concert is set to begin at 7:00 PM and admission is free but a free-will offering will be received and presented to the group.

Copies of their CDs and tapes will

also be available for purchase.

Double Portion is an eleven member Gospel band comprised of Duncan and Debbie Hemmerling, their eight children and fiddle player, pianist and vocalist Amy Olsen.

Double Portion has become one of the busiest Canadian Gospel groups since its formation in 1982. They've crisscrossed the country from Newfoundland to British Columbia, and into the US from Nashville to Alaska performing to thousands of people.

The appearance in Princeton is not their first as they have visited here a number of times before. They have always been well-received in Princeton, and that's why they're keen to return.

Double Portion has appeared at

the Grand Ole Opry, and were guest artists of the legendary Johnny Cash. They have performed numerous times at the National Quartet Convention in Louisville, Kentucky and at the Canadian Gospel Music Showcase and Convention.

They have appeared on many local, national and international television specials.

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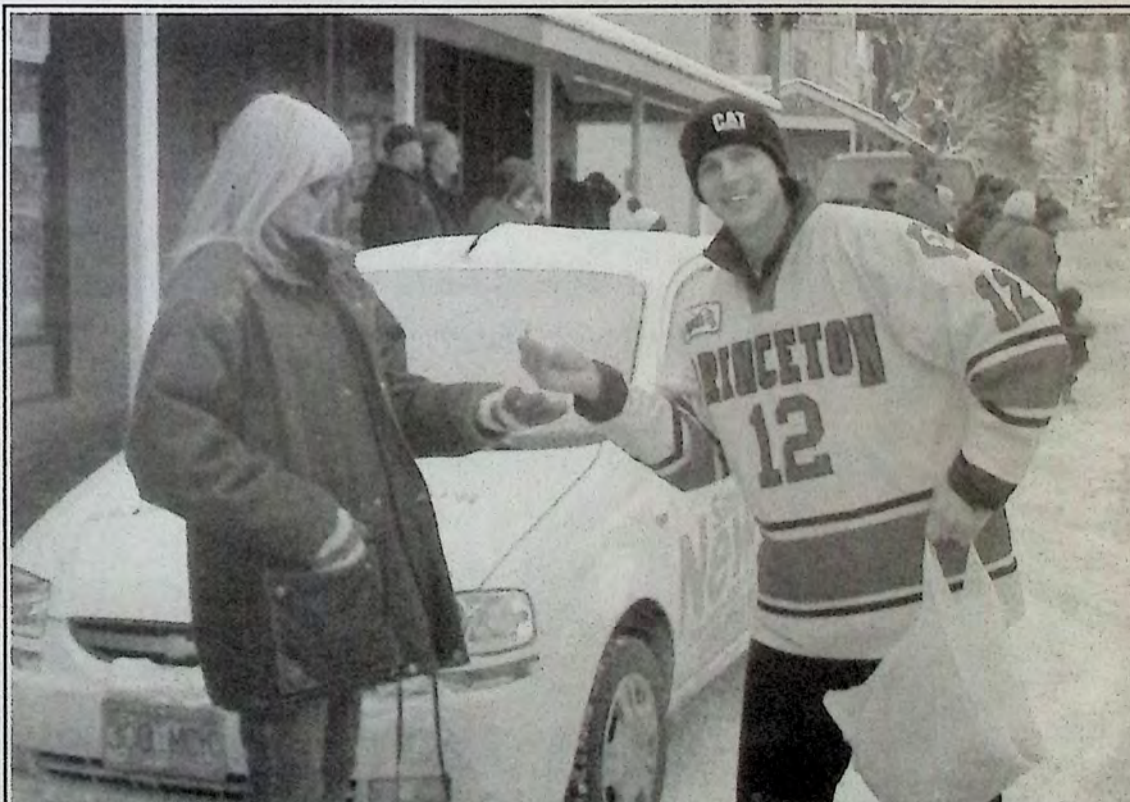
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Valley First Princeton Posse player Jeremy Wagner, right, gives the News Leader's Brenda Engel a Christmas treat during the Light-Up Parade on December 1st. *



Princeton Crisis Assistance Society President Earl Driver, seated, receives special treatment and two cheques at the Century 21 Princeton Realty/Westland Insurance office November 30th. The cheques totalled \$800.00 and will go towards the annual Christmas Hamper Fund. *

NDP says rural BC abandoned by Liberals

Yale-Lillooet NDP MLA Harry Lali slammed the Campbell Liberals for their continued abandonment of Rural British Columbia in the wake of their bungling of the electoral boundaries file.

"The New Democrats consistently put out solutions to protect rural representation, even before the Electoral Boundaries Commission (EBC) released its Preliminary Report this summer," said Lali.

"However, the Campbell Liberals voted today to drop their controversial legislation altogether. Not only that, Liberal House Leader Mike de Jong threatened to not accept any final report from the independent Commission if the B.C. Liberals do not like the final boundaries."

Lali adds, "The Campbell Liberals have mismanaged this issue from the outset and have made a mockery of the independence of the Boundaries Commission. And, unfortunately, it will be the people of Rural B.C. who will pay the price with the elimination of three seats in the

Interior and the North."

Lali said: "First the B.C. Liberals botched the job of appointing commissioners. Secondly, the B.C. Liberals boycotted the Commission's preliminary hearings by keeping silent. Thirdly, when he didn't like the Preliminary Report, Premier Gordon Campbell interfered in the independence of the EBC by ordering them to go back to the drawing board after 18 months' work and an expenditure of three million tax dollars. Finally, the B.C. Liberals voted to kill their own ineptly written legislation, by withdrawing the Bill."

The Liberal move to drop the proposed legislation means the Commission will return to its original mandate of adding between zero and 6 six new seats to the Legislature.

"It's a real shame the Liberals didn't listen to our solutions, which would have protected rural representation without compromising the independence of the process or forced taxpayers to pay for eight more MLAs," complained Lali.

"However, the NDP will continue

to speak out strongly for the protection of rural representation when the Commission holds its next round of hearings, just as we did prior to the EBC writing its preliminary report," declared Lali.

"This time I hope the Campbell Liberals will join us and have the guts to speak to the Commission before the Report comes down instead of remaining absolutely silent."

- submitted

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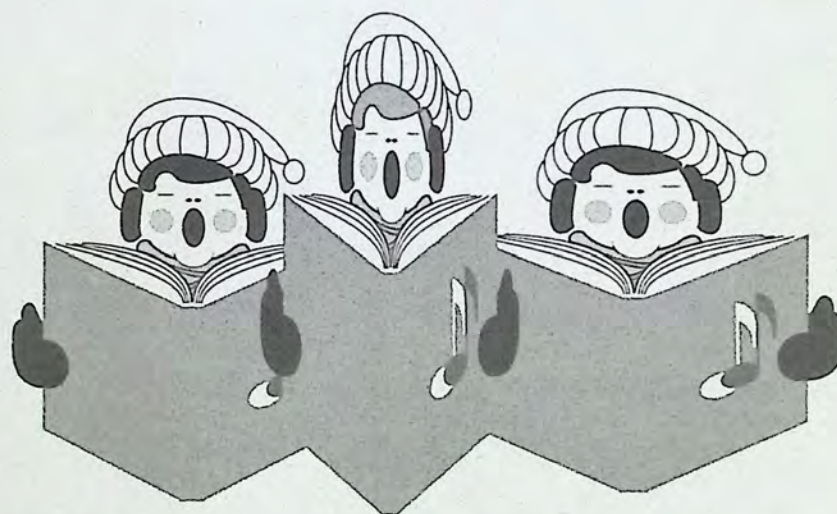
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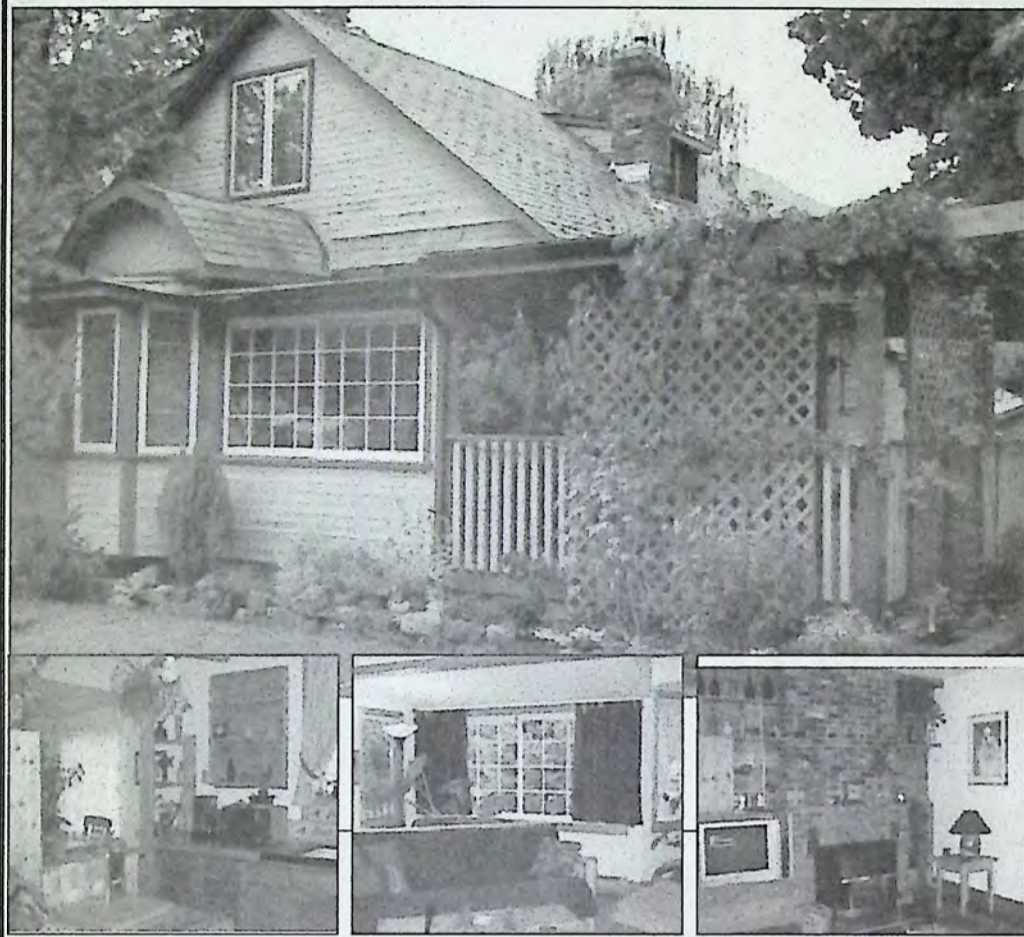


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