

Princeton Curling Club hosted the annual Men's Bonspiel over the weekend. \*

## Racing returns June 29th

"There will be racing in Princeton on June 29th," says Racing Days President John Bey. Post time is set for 3:00 PM.

A recent Racing Days Association meeting saw discussions related to purse money and the cost of operating the photo finish, insurance costs, the starting gate and track maintenance.

"Princeton Racing Days is working very hard to address these problems," Bey says.

Accomplishments to date include the new chain link fencing around the outside perimeter of the race track, an in-house phone system and upgrades to the sound system are near completion.

"I just got back from the Interior Horse Racing Association meeting in Kamloops and they will be rac-

ing in Kamloops six days, Vernon will have three days and there will be one day of racing in Princeton."

Bey says all tracks in the interior circuit are facing the same problems although they vary a little related to population.

"But since 2005, Princeton has had the best race meet with more horses, a bigger handle and I believe more fun."

Sponsorship letters have been sent to previous sponsors as well as some prospective new sponsors.

"I hope that the sponsorship fund will do well as that is what keeps Princeton Racing Days going financially and all the rest is up to the volunteers."

Bey says he appreciates help from local volunteers along with support from Vancouver.

# Fair Board prepares for new year

Plans for the 2008 Fall Fair were discussed January 28 as the Fair Board and members met at Town Hall.

President Linda Allison asked if everyone agreed with the theme of this year's fair being a celebration of the 150th anniversary of the founding of British Columbia. Everyone agreed. There was discussion of applying for a provincial government grant and members are thinking of a project that would meet the guidelines of the grant opportunity.

John Bey, President of Princeton Exhibition Association, urged members to make the application as soon as possible.

Councillor Jim Manion, who is Town Council's representative on the Fair Board, presented a proposal for a mobile stage to be used by the community. He asked whether the Fall Fair members would be interested in the 20 X 24 foot trailer stage.

Members were interested, as a proper stage is needed at the fairgrounds. Councillor Manion said he had talked with Chamber of Commerce President Keith Olsen, who agreed to call a meeting of community groups interested in having a mobile stage available for community use. Fair members said they would support the proposal and attend the meeting.

Lawnmower races had been popular at the 2007 fair. The entertainment committee will contact the group who came to Princeton to see if they will come again. Councillor Manion said he hopes to see some Princeton men and women come forward to challenge the out of town racers.

John Bey reported on work done at the fairgrounds, and outlined work

to be done this spring.

President Allison is reviewing the evaluation report from BC Fairs to identify areas of the fair that need improvement. These issues will be brought to future meetings.

Copies of a revised constitution will be distributed at the February 27 meeting to be held at Town Hall.

Lyn Melnechenko agreed to be

Head Convenor this year. A wide variety of convenor opportunities exist at the fair, and President Allison reviewed the divisions and confirmed who would be convening these divisions. There appears to be no problem in finding volunteers for most of the committees, but convenors are still needed for the concession, refreshment area, and the gate.

## Mayor McLean issues statement

I feel a need to comment on the situation surrounding the ensuing doctor shortage Princeton is about to encounter.

There seems to be a tendency in our community to enlarge our perceived problems whenever we are in moments of crisis. Make no mistake, our community is facing a period which may require a temporary adjustment to our medical system we have enjoyed in the past.

This crisis has been created by the announcement of the intention of no less than five doctors intending to leave. To me this has nothing to do with our worth as a community or anything else, what small town

our size in Canada could withstand the departure of five doctors in less than six months?

As we look around for someone to blame no one seems to see beyond our scope, is it Interior Health, or Town Council, or the Provincial Government who have caused our doctors to leave? Perhaps when we look a little deeper we find out that we have had doctors come and go before but never so many all at once.

And perhaps we are all a little to blame, certainly our council has never put a lot of effort into the retention of doctors, there did not seem to be a need, but I can assure

you that will change forever. We love to blame Interior Health, after all they closed our operating room, we seem to forget that they had nothing to do with the doctors exodus yet they have been stepping up to the plate in a big way to solve our problem, they have been funding locums to assist with the workload, paying for advertising which comes out in medical journals across the country and abroad, sponsoring paramedic training in order to upgrade our ambulance service, and having three or four staff in Penticton and Kelowna devoting almost all of their time to solving our problem.

They are, as we speak, converting hospital space into doctors offices in order to make practice in Princeton as lucrative as possible. If I was to put emphasis on any of the accused it would be on the provincial government, I believe that rural doctors remuneration has got to be revisited, young medical graduates are coming out of eight years training with a couple hundred thousand in student loans and wanting to buy a house and start a family, they have a financial need to fulfill and the province is the body responsible for their pay.

In a small town you do not have ..... continued on Page 26

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



**TY FRENCH HEATING**  
HEAT PUMPS & AIR CONDITIONING

SPECIALIZING IN:  
**NEW HOME INSTALLATIONS**  
heating - air conditioning - fireplaces - gas fitting

WOOD - NATURAL GAS - ELECTRIC - PROPANE

**(250) 295-8341**  
FULLY LICENCED - INSURED - BONDED



## WOOD PELLET SALES

You may now pick up your pellets at our  
NEW location in East Princeton

**331 Old Hedley Road**  
(Formerly the Lind Trucking Building)

**WE ALSO DELIVER**  
(CALL AHEAD AS WE ARE NOT ALWAYS ON SITE)

THANK YOU!

Princeton Rentals (250) 295-6545  
OR (250) 295-7170 - TOLL FREE 1-800-253-0233

## Princeton Area Ghost Towns - The DVD



**\$19.99**  
INCLUDES GST

Available at:  
**Similkameen  
News Leader**  
[www.thenewsleader.ca](http://www.thenewsleader.ca)

Explore The History Of Mining - Gold, Copper and Coal



This little guy was born last week and signals the start of calving season in the Similkameen. \*

# Ranching Ain't Easy

## Sometimes Your Brain Freezes

by Lyn Melnechenko

It was the end of the year and my friends asked if I could tend their stock while they took 4 days off to visit relatives. It was 20 below and they had a couple of early calves due soon. I needed to go up the mountain to get instructions on where the feed was and how they wanted them fed. It was a clear day so I decided to ride the old mare instead of driving.

I pulled on my wool long johns under my jeans, two pairs of wool socks, a wool shirt and then topped the whole ensemble with my stovepipe chaps, my down vest and down jacket. There! That should be warm enough! A little confining to move in but warm just the same.

I put two wool pads under my saddle and was about to tighten the cinch when I realized that I'd had the saddle on the larger mare last and the cinch was too big. I removed the cinch, grabbed a smaller one and tied it on the off side of the horse, went around the near side and was just about to pull the latigo tight when the phone rang. I figured I'd better get it in case it was important.

A rather pleasant French Canadian voice told me that I could win a deluxe trip to Florida just by answering a few questions about what I thought about financial institutions. I kept my real opinions to myself and politely told him that I didn't use banks because I liked to bury my money out back of the outhouse. Then I hung up and went back out to my horse.

I grabbed the bridle from the peg in the tack shed and was about to put the bit in the old mare's mouth when she swung her head and smacked me up-side the head with her jaw. This mare has always been difficult to bridle, so I gritted my teeth and tried again.

Her teeth were firmly clamped shut. I thought maybe she had a tooth problem and so I reached in the side of her mouth and grabbed her tongue firmly in my left hand. I checked all her teeth and found no problem but now my wool mitten was rather damp. I grabbed the bit by the steel shank with my left hand and pried her mouth open, inserted the bit and pulled the headstall over her ears. There, that's done! Then I went to let go of the bit and discovered that my damp mitten was firmly frozen to the steel shank. I tried to pull it off but it was really stuck. These mittens had been knitted by my great aunt in England and I wasn't about to tear this one apart to get it off there so I slid my hand out of it. I could ride with my hand in my pocket.

As tough as this mare was to bridle she was a dream to mount. She just planted all fours and let you climb

on. It was a good thing too, because I had so many layers of clothes on I could hardly move. I grabbed a chunk of mane with my left hand to save any stress on her back and hauled my ass into the saddle. Boy, my ear was still stinging from the crack in the head and I had a pounding headache. I rubbed my sore ear on the inside of my collar to warm it and take some of the sting out.

It was about a forty-five minute ride and as I was going down the hill, through the creek and up the other side it felt like my saddle was loose. I figured the combination of having two pads under my saddle and me wearing several layers of clothing was just giving that impression and leaving me slightly unbalanced. That, and the ringing in my ear and the stinging cold on it.

I finally got to the top of the mountain and my friend opened the gate for me. I kicked my right boot clear of the stirrup and was about to dismount when the whole saddle slid off to the side and left me sitting on my ass in the ice with my left foot still in the stirrup. I scrambled to get up and noticed as I did that the cinch wasn't even buckled. I must have forgotten to do it up when I was distracted by the phone.

As I shoved the saddle back up into place and did it up, my friend watched.

"You been in the Hooch again?" He asked as he puffed on his home-rolled.

"No! You know I don't drink," I grumbled back. "You get a wee bit tipsy once in ten years and your friends never let you forget it!"

"I just wondered why you had one earring missing, there's blood dried all over your neck and collar, your cinch wasn't done up at all, and you have a mitten frozen to your horse's bit?"

I looked him square in the eye and said, "Sometimes you just have a bad day!"

(Lyn has released a collection of her poems and drawings in "Cowgirl's Cuss Too!" Contact her at [lyn@nethop.net](mailto:lyn@nethop.net) to purchase your copy.) copyright 2008 Lyn Melnechenko

**SD**

FIFTY-EIGHT  
Nicola-Similkameen

## FOUNDATION SKILLS ASSESSMENT (FSAs) INFORMATION FOR PARENTS IN SCHOOL DISTRICT #58 (Nicola-Similkameen)

In accordance with Ministry of Education requirements, School District No. 58 (Nicola-Similkameen) will once again be administering the Foundation Skills Assessment tests (FSAs) and would like to provide parents with the following information:

### KEY FACTS:

- FSAs are assessments of reading comprehension, writing, and numeracy. FSAs are administered to all BC students in grades 4 and 7, were developed by BC teachers, and link directly to the BC curriculum.
- The assessments provide a snapshot on how well BC students are doing in these important subject areas. When results are compared over several years, trends may emerge that indicate how well the district and the school is doing in improving student achievement.
- FSA results are not used as marks for individual students but are one piece of information that can be used to plan for improving student outcomes.

### CHANGES TO FSA:

- The FSAs this year will be administered in February rather than May.
- The earlier date is to provide parents and teachers with more time to use the results to help students prior to the end of the school year.
- Parents will be receiving marked written responses along with individual student results.

### FSAs ARE NOT OPTIONAL:

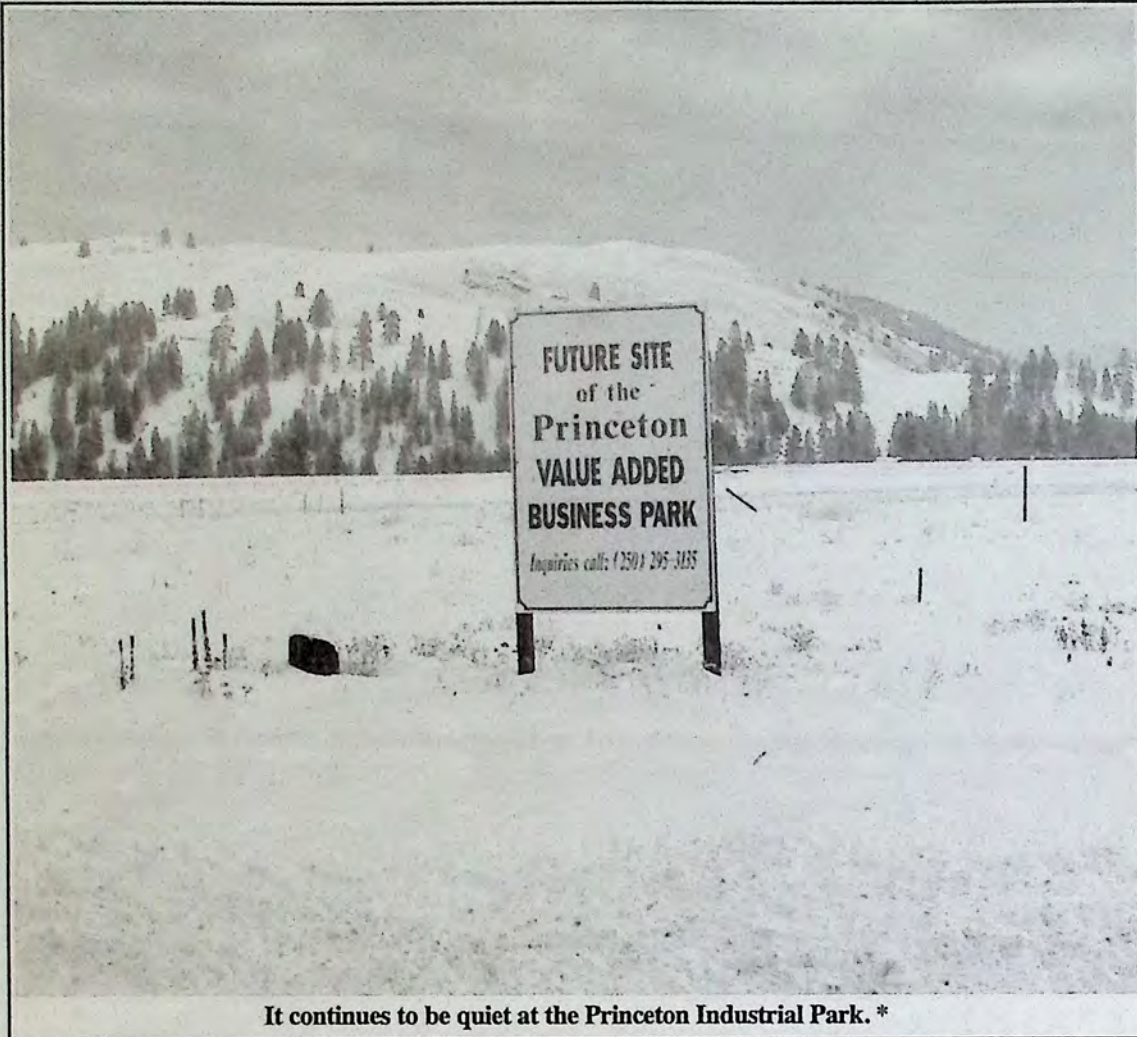
- The Ministry of Education has made it clear to all Boards and Superintendents that writing FSA tests is mandatory for all grades 4 and 7 students, with very limited exceptions.
- Only students with exceptional needs and ESL students who have not developed their basic English skills may be exempted from all or part of the FSAs.
- Boards and teachers may not opt out of administering the tests.

### RANKINGS AND QUESTIONS:

- FSA results should not be used to rank schools as they were not intended for that purpose.
- Parents having questions about the FSAs should contact their local principal or the Superintendent of Schools.

**School District #58 (Nicola-Similkameen)**  
P. O. Box 4100, 1550 Chapman Street  
Merritt, BC V1K 1B8  
Fax: (250) 378-6263





It continues to be quiet at the Princeton Industrial Park. \*

## Mayors likes boundary change

Mayor Randy McLean reported on January 21 that he and Mayor Walter Despot of Keremeos attended the Electoral Boundaries Commission hearing held in the

Okanagan. Mayor McLean said he and Mayor Despot expressed a preference for being part of a South Okanagan and Similkameen Valley constituency as these areas have

common interests and common organizations such as Similkameen Valley Planning Society and Regional District of Okanagan Similkameen.

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

A 25 word Classified Ad in the News Leader.  
Call (250) 295-4149 for details!

**Build A Business Risk Free!  
Get The Details Now:**

[www.bengelonlinebusiness.com](http://www.bengelonlinebusiness.com)

**Build A Business Risk Free!  
Get The Details Now:**

### Just The Fax, Ma'am!

**Cover2Cover Bookkeeping  
& Office Services**



**226A Bridge Street  
Princeton**

**(250) 295-4149**

PROVIDING RESUMÉ, WORD PROCESSING,  
FAX, SCANNING AND COPYING SERVICES



### Play the Retirease Board Game Online!

It's back! Roll the dice again this year with Valley First's online life simulation board game. Play every day from January 29 - February 21. The more you play the better your chances of winning!

Log-on to [www.valleyfirst.com](http://www.valleyfirst.com) to play!



Belong. Be Valued.

 **Valley First**



**Keremeos.net**

(Keremeos on the web)

Web page design • POP3 e-mail accounts  
 Desktop publishing • Computer repair and servicing  
 Computer tutoring • CD creation  
 Custom graphic artwork and logos • photographic services

Bryan (250) 499-5143 webmaster@Keremeos.net

**FAX SERVICE**  
SENDING OR RECEIVING

AVAILABLE AT:

**Similkameen  
 News Leader**  
 226A Bridge Street

Phone: (250) 295-4149  
 Fax: (250) 295-4103

Here's My Card!  
 Advertise Your Business Here For As Little As...

**\$10.00 PER WEEK**

Call Us For Details!  
 Similkameen News Leader (250) 295-4149

**Princeton Posse 2006/07 - The DVD**

Princeton Posse 2006/07 - The DVD

**\$19.99**  
INCLUDES GST

Available at:  
**Similkameen  
 News Leader**  
 www.thenewsleader.ca

Over 400 Photos - Player Profiles - News Stories

**Just The Fax, Ma'am!****Cover2Cover Bookkeeping  
 & Office Services**

226A Bridge Street  
 Princeton

(250) 295-4149

PROVIDING RESUMÉ, WORD PROCESSING,  
 FAX, SCANNING AND COPYING SERVICES

**keremeos and area news**

Not too long ago this was the view along just about any stretch of Highway 3 near Keremeos and Highway 3A near Olalla. Where have all the bighorn sheep gone?

**Course program benefits Keremeos**

New funding provided to BC Health Authorities by the BC Health Education Foundation (BCHEF) has created Residential Care Attendant / Home Support Worker Certification training opportunities for area residents in Keremeos and Osoyoos.

The new training spaces are available at temporary Sprott-Shaw Community College satellite campuses in both Keremeos and Osoyoos, with application for admission open to anyone interested in beginning a career in health care.

"The demand for RCA/HSs is high now and we expect it to continue to increase," said Interior

Health Recruiter Michele White "Our facilities have faced staffing challenges in the past when we've had to recruit care aides from outside the area, so we're very excited about the opportunity to employ RCA/HS graduates from within our own communities."

Interior Health, Baltic Properties and Sprott-Shaw Community College collaborated to create the 29 training seats required for two RCA/HS programs, while the BCHEF will provide supplementary funding.

The BCHEF funding isn't the only initiative aimed at supporting RCA/HS training in the province. BC Student Aid has recently

announced a new student loan reduction program to encourage enrolment in RCA/HS programs.

The BC Student Loan program will automatically apply up to \$2,500 toward the repayment of a BC student loan taken to complete RCA/HS certification.

The RCA/HS programs will run from February to June 2008, at two satellite campuses and will be available to students at a reduced tuition. Completion of the program is expected to coincide with the new bed openings at the new facilities of Orchard Haven in Keremeos and Mariposa Gardens in Osoyoos.

Dianne Girard, Director at Sprott-Shaw, expects many graduates to find jobs waiting for them. "We're hoping that the near certainty of getting a job will attract applications from a variety of people - but especially from mature students who may not have considered training in the past because of financial worries or family obligations that prevented them from traveling to programs offered elsewhere," Girard said.

Anyone interested in applying for the program or attending information / career planning sessions can call Tracy at the admissions office of Sprott-Shaw's Penticton Campus at (250) 770-2277. -submitted

**Princeton Area Ghost Towns - The DVD****\$19.99**  
INCLUDES GST

Available at:  
**Similkameen  
 News Leader**  
 www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

SAVE MONEY WHEN YOU SHOP...

**www.bengelonlinestore.com**

E-BAY, AMAZON.COM + MORE!





Skip Tip Anderson, right, signals teammates at the other end of the sheet on where the next rock should go. He is being watched by opponent John Tanaka. The pair had teams entered in the Men's Bonsel held February 2nd and 3rd at Princeton Curling Club. \*

## Hedley museum welcomes Katimavik

The Hedley Heritage Museum Society received a much needed shot in the arm with two new volunteers from Katimavik. The two youth are members of a larger group which is living in a shared house in Keremeos. Hedley has been granted two young volunteers: Laurence from Granby in Quebec, and Taylor from a municipality near Nanaimo on Vancouver Island. Both Laurence and Taylor are interested in travel and learning more about the cultures of Canada's various communities.

The two volunteers are working on part of a project to update and renew the museum. One of the first steps in their work is an evaluation which includes photographing and recording information on all of the

Hedley Heritage Museum's current collections, outbuildings, and exhibitions. All of their findings and observations will be stored in a report which will help to show the work which has been done for the past twenty years by many community members. If you are a Hedley Heritage Museum Society member, please consider dropping by and introducing yourself to these dynamic young people. Since they will only be in the area until March 2008, they would like to meet as many of you as possible.

If you are a responsible driver who makes regular trips to Keremeos, please consider signing up to help pick up or deliver Laurence and Taylor to the Museum. Their work day at the museum is from 10:00 AM to 4:00

PM; therefore their pick-up time in Keremeos is 9:30 AM, and drop off time at their house is 4:30 PM. Please call Angelique at (604) 215-9545 or the Hedley Museum at (250) 292-8787 if you are interested in signing up as a driver. There is some simple paperwork necessary before transporting the youth is allowed.

- submitted

## Dorothy sends Court update

Well it's the end of January and so far we've had quite a decent winter. The days are longer and we look forward to spring.

We at the Court have been busy and entertained by Aida and Beth. One game we played was deciphering mixed spelled Scottish words and then finding the meaning in English.

We had some John Allison school children visit us with board games. Several tables were put to use with three or four children and one or two of us at each table. We played with these enthusiastic young people and enjoyed their time spent with us.

Today the Movers and Shakers came and sang to us, and we tried to sing with them. The tunes and words are well known to our age

group and bring back many wonderful memories. Not only were the songs familiar to us but so were the participants. Thanks gang! Do come again!

We also look forward to the John Allison School children coming again in February.

Another game played revealed how poor our sense of smell is. A number of bags - numbered - were passed around and we had to say what we thought the powdered spice was. Ho, dear! How many guesses were wrong!

Our dining area is now decorated in motifs and articles reflecting the Chinese New Year. There is always something to keep us interested. Many thanks mainly to Aida and her helper.

- submitted by D. Stenvold

## Advance Public Notice Load Restrictions

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

### Okanagan-Shuswap

(Chase/Vernon/Salmon Arm/Malakwa/Vernon/  
Cherryville/Kelowna/Penticton/Osoyoos/Princeton)

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

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

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

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

Your cooperation in adhering to the above regulations is appreciated.

Dated at Kelowna, BC this 21st day of January 2008.

Murray Tekano  
District Manager, Transportation

For more information about load restrictions,  
visit the ministry's web site at  
<http://www.Drivebc.com>



Princeton Rotary Club Proudly Presents:



## Midwinter Wine Fest 2008



Saturday, February 23<sup>rd</sup>  
7:00 - 10:00 PM - Princeton Legion

- \* Wine tasting from the Okanagan-Similkameen Wine Country
- \* International Hors D'oeuvres
- \* SILENT AUCTION and RAFFLE

Tickets:  
\$30.<sup>00</sup> per Person

TICKETS AVAILABLE AT:  
Stevens & Stevens Notary Public,  
Princeton Chiropractic

AND FROM LOCAL ROTARIANS

Enjoy Wines from:  
Tin Horn Creek, Hester Creek,  
Gehring Brothers, Wild Goose  
+ MORE TO COME!





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

A 25 word Classified Ad in the News Leader.  
Call (250) 295-4149 for details!

### Build A Business Risk Free! Get The Details Now:

[www.bengelonlinebusiness.com](http://www.bengelonlinebusiness.com)

### Build A Business Risk Free! Get The Details Now:

## Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



**\$19.99**  
INCLUDES GST

Available at:  
**Similkameen  
News Leader**  
[www.thenewsleader.ca](http://www.thenewsleader.ca)

Over 400 Photos - Player Profiles - News Stories



### DEVELOPMENT OF A PEST MANAGEMENT PLAN

Pest Management Plan Number:  
**RDOS-MOS-PMP-2008/2013**

**Applicant:** Regional District of the Okanagan-Similkameen (RDOS). 101 Martin Street, Penticton, BC V2A 5J9. Tel: (250) 490-4135 Fax: (250) 492-0063 Attention: Pat Hickerson

**Application Method:** Larval Control: backpack blower, helicopter, and hand application.

**Pesticides:** The active ingredients and trade names of the pesticides proposed for use under this plan include: *Bacillus thuringiensis israelensis* (Vectobac 200G, Vectobac 1200L, Aquabac 200G, Aquabac XT, Aquabac II XT, Teknar G, Teknar HP-D); *Bacillus sphaericus* (VectoLex WSP, VectoLex CG and VectoLex WDG); and methoprene (Altosid XR Briquets and Altosid Pellets).

**Location:** Within the boundaries of the Regional District of the Okanagan-Similkameen including the municipalities of Penticton, Oliver, Osoyoos, Summerland and Princeton, and Electoral Areas A, B, C, D, F, G and H. Treatments will be conducted on public, private and crown lands within the above listed municipalities and Electoral Areas.

The selection of insecticides has been chosen to target mosquito populations in the most environmentally responsible manner.

The proposed duration of the PMP is from April 7th, 2008 to April 7th, 2013.

A draft copy of the PMP and maps of the proposed treatment areas may be examined in detail at the address listed above. The draft PMP can also be viewed on the RDOS website at [www.RDOS.bc.ca](http://www.RDOS.bc.ca)

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

A public open house will be held at the Regional District office (address above) on February 28th, 12 noon to 7:00 PM.

## news leader health and lifestyle page

### Valentine's Day: 12 ways to feel like a lover again

(NC)—You look after your family, you work, you take care of the in-laws, you're a volunteer—and every now and then you look around and wonder where your old, sexy self went. Homebasics.ca shares 12 ways to feel like a lover again.

1. *Enjoy an evening of purely adult pleasures:* pour wine into crystal glasses instead of diluting apple juice into sippy cups; light scented candles around a bubble bath, stowing the rubber duckies out of sight; wear your skimpiest nightwear to bed instead of your baggiest t-shirt.
2. *Buy your man a sexy white T and boxers and steal an admiring peek when he thinks you're not looking.*
3. *Put your honey in charge of organizing a date night* — including calling the baby sitter, making dinner reservations, and preparing

dinner for the kids ahead of time — giving you some much-needed down time beforehand.

4. *Deposit the kids with a relative and go for a stroll along the beach or in the park together.* No phones, no kids, no distractions — just fresh air and a chance to focus on each other for an hour.

5. *Do something simple* that you used to enjoy together pre-kids. Sit in a café reading the paper. Go out for brunch. Visit a market. Window shop. Check out an art gallery.

6. *If your kids are school age, play hooky and sneak home early* for some afternoon delight. Even better: Play Mr. and Mrs. Smith and check into a hotel, where you can escape the household reminders of your endless 'to do' list for a night of gourmet sex.

7. *Focus on you.* Can you steal away for a spa day? How about a facial? A 10-minute shiatsu? Any situation where someone else takes care of you for a change is a good

investment in sexy.

8. *Spend an evening out with the girls.* Enjoy the experience of having someone else cook dinner, compare notes on family life, or go dancing — the break will do you good.

9. *Reclaim your sexy brain.* Rekindle your interests in non-domestic, non-work topics by taking a course or joining a discussion group.

10. *Flirt shamelessly.* With anyone. It will all bounce back as positive love vibes.

11. *Love your curves.* If you're mourning your younger, leaner body, a trip to an art gallery will remind you that curvaceous women are beautiful and sexy.

12. *Start an email or IM exchange* with your partner, even if you're both at home. Flirt, make each other laugh, slip in some witty innuendo, it's sexier in print. And there's no telling where your email flirtation will end up. — News Canada

GO, POSSE, GO!



GO, POSSE, GO!

### Cover2Cover Bookkeeping & Office Services

Fax Services  
Scanning  
Word Processing  
Resumes - Letters

(250) 295-4149  
226A Bridge Street

### Visit Us Online At:

[www.thenewsleader.ca](http://www.thenewsleader.ca)

Local News  
Local Sports  
Court News  
Letters To Editor  
Calendar of Events  
Classifieds  
Weather  
Road Reports

Updated  
Weekly!

## living past 100

### Sweet but dangerous

One of the most used sweeteners in commercial food production is corn syrup, and it is being blamed for the alarming increase in obesity in North Americans. Corn syrup may be the reason people eat too much and never feel full.

One out of every three Americans is obese, and one out of every six American children is obese. In Canada, one out of every four adults is obese (no figures for children).

Corn has been a North American staple for a long time, despite what has been done to genetically modify the plant. Corn will adapt to almost any climate, so it can be grown just about anywhere. It is cheap to grow and cheap to buy. Corn is used for livestock feed, gasoline additive, and countless other uses in addition to human food.

There is nothing wrong with eating corn on the cob or popcorn, or creamed corn. The big problem with corn comes from high-fructose corn syrup. Fructose from corn has a peculiar effect on the human body: when you consume food containing this syrup, your natural mechanism no longer works to tell you when you've eaten enough. You can pig out and still not feel full.

If you want to avoid consuming this sneaky weight builder, you must avoid the following products: soft drinks, fruit drinks, salad dressing, candies, dry breakfast cereals, ketchup, whiskey, beer, frozen and canned fruits (not all, read the labels), commercially produced jams and jellies, hot chocolate mixes, mixes for baked goods, some luncheon meats and ham, and ice cream.

In short, if you make the juice or baked goods yourself and keep the corn syrup out of it, it is probably a lot better for you.

Everybody likes something sweet but corn syrup is not the way to go, just because it will not tell you when you have had enough. Even cane sugar will not turn off your body's "I'm full" mechanism.

Staying healthy and living a long healthy life means avoiding becoming obese. Obesity is a proven factor in adult onset diabetes, heart problems and cancer.

You may have to change your lifestyle a lot if you habitually buy soft drinks and commercially produced fruit juices. If you make cakes and cookies from mixes you may have to buy a recipe book. If your family loves those dry cereals you don't have to cook, then you may have to switch. The key is to read the label. Look for the word "fructose" or corn syrup as an ingredient. This will be the biggest switch for a lot of people as many of us do not read the labels on products we buy at our supermarket.

Supermarkets stock what they believe consumers want. If people stop buying a product, then the supermarket will stop bringing it to the shelves. There are lots of good healthy products in every supermarket. Reading labels is the key, and maybe doing a little more baking at home and making your own products. You can easily make your own fresh fruit juice with a home juicer, and it will be better for you. You can put cinnamon and raisins in your morning porridge and everybody will like it.





# CENTURY 21 Princeton Realty

224 Bridge Street, Princeton  
Phone: (250) 295-6977 - Fax: (250) 295-3411

[www.princetonbc.com](http://www.princetonbc.com)

## RESIDENTIAL/COMMERCIAL PROPERTIES FOR SALE



**297 Lachine Avenue**  
3bedroom home close to downtown. MLS 42670  
**\$179,900**



**207 Angela Avenue**  
House on 2 duplex zoned lots. MLS 42667  
**\$179,900**



**2207 Princeton-Summerland**  
Privacy and miles of creekfront. MLS 41144  
**\$649,000**



**286 Panorama Crescent**  
4-bedroom home. MLS 41332  
**\$269,900**



**145 Thistle Drive**  
Year round rec near Manning Park. MLS 41643  
**\$329,000**



**285 Bridge Street**  
Business located in high traffic area. MLS 43213  
**\$219,900**



**538 Taylor Way**  
1/2 acre riverfront, San Ang Estates. MLS 42959  
**\$319,000**



**475 Similkameen Avenue**  
3bedroom home, needs TLC. MLS 42478  
**\$99,900**



**1260 Highway 3**  
2,500 feet of riverfront! MLS 43251  
**\$1,450,000**



**281 Panorama Crescent**  
3bedroom rancher in quiet area. MLS 42844  
**\$299,900**



**51-406 Brandlmyr Gate**  
Well maintained mobile +. MLS 42040  
**\$34,500**



**439 Similkameen Avenue**  
3-bedroom immaculate rancher. MLS 36919  
**\$215,000**



**211 Allison Avenue**  
Renovated home in great location. MLS 42914  
**\$214,900**



**459 Huey Road**  
Older mobile after transformation. MLS 42479  
**\$58,000**



**4176 Princeton-Summerland**  
Privacy place lakeview cabin. MLS 42737  
**\$323,800**

## LAND ONLY

- |   |           |                  |
|---|-----------|------------------|
| <b>301 Coalmont Road</b> , Great buy, highway frontage!                     | MLS 38500 | <b>\$123,800</b> |
| <b>Fenchurch Avenue</b> , Don't overlook the potential in this lot.         | MLS 42913 | <b>\$129,500</b> |
| <b>189 Angela Avenue</b> , Contingent, 2 separate titled duplex zoned lots. | MLS 42666 | <b>\$129,900</b> |
| <b>199 Angela Avenue</b> , Contingent, stone's throw from the river!        | MLS 42668 | <b>\$149,900</b> |
| <b>308 Highway 3 E</b> , 3.23 acres with highway exposure.                  | MLS 41845 | <b>\$149,900</b> |
| <b>Lot 3 Highway 3</b> , Contingent. 2.71 acres on highway.                 | MLS 42537 | <b>\$179,900</b> |
| <b>Lot 1 Summers Creek Road</b> , 20 acres with mountain view.              | MLS 41540 | <b>\$195,000</b> |
| <b>Coalmont Road</b> , 10 acres of panoramic views.                         | MLS 42604 | <b>\$230,000</b> |
| <b>Lot B Coalmont Road</b> , 4.25 acres, a perfect spot for a hobby farm.   | MLS 40077 | <b>\$230,300</b> |
| <b>Lot 2 Summers Creek Road</b> , 20 acres with fishing nearby.             | MLS 41541 | <b>\$235,000</b> |
| <b>Lot 19 Lockie Subdivision</b> , 1/2 acre of level creekfront.            | MLS 43315 | <b>\$239,900</b> |
| <b>Lot A Coalmont Road</b> , Superior acreage near Princeton.               | MLS 40078 | <b>\$245,300</b> |
| <b>Lot 1 Coalmont Road</b> , Contingent, lakeview single acre in Tulameen.  | MLS 42990 | <b>\$249,900</b> |
| <b>Lot 5 28 km Summers Creek Road</b> , Mountain view, private setting.     | MLS 41544 | <b>\$279,000</b> |
| <b>Lot 3 28 km Summers Creek Road</b> , 20-minutes from Missezula Lake!     | MLS 43383 | <b>\$279,000</b> |
| <b>Lot A Lawless Creek</b> , Minutes from Otter Lake.                       | MLS 41429 | <b>\$339,900</b> |
| <b>Lot 6 28 km Summers Creek Road</b> , Large lot near Missezula Lake.      | MLS 41545 | <b>\$349,000</b> |
| <b>Coalmont Road</b> , 8.60 acres waiting for your dream home.              | MLS 40081 | <b>\$438,300</b> |

|                                    |                                |                               |                                 |                               |                                   |                              |
|------------------------------------|--------------------------------|-------------------------------|---------------------------------|-------------------------------|-----------------------------------|------------------------------|
| <b>Heather Johnson</b><br>295-8591 | <b>Doug Haayer</b><br>295-1585 | <b>Dan Pippin</b><br>295-6977 | <b>Dean Stinson</b><br>295-8537 | <b>Marty Gray</b><br>295-5044 | <b>Carol Bertrand</b><br>295-5341 | <b>Lee Mowry</b><br>295-1990 |
|------------------------------------|--------------------------------|-------------------------------|---------------------------------|-------------------------------|-----------------------------------|------------------------------|



www.thenewsleader.ca



## FAX SERVICE

SENDING OR RECEIVING

AVAILABLE AT:

**Similkameen  
News Leader**  
226A Bridge Street

Phone: (250) 295-4149  
Fax: (250) 295-4103

## Susan C. Collins BSW

Licensed Sales Representative

Bus: 250.295.3222

Res: 250.292.8430

Cell: 250.295.5359

Fax: 250.295.6781

susan\_collins@nethop.net

www.princetonbcproperties.com



**RE/MAX** RE/MAX Country, Realtor<sup>®</sup>  
240 Bridge Street, Princeton, BC V0X 1W0  
Independently Owned and Operated



**AT YOUR SERVICE!**

**Accountant &  
Business Advisor**

**RANDY CLARK**

PO Box 1105, Princeton, BC V0X 1W0  
Phone: (250) 295-2129 Fax: (866) 902-8674  
e-mail: Randy.Clark@telus.net

**LET'S TALK!**

**AT YOUR SERVICE!**

### Corporate Survival:

Be ready to chart a new course when industry winds blow - Part 1

When your industry is changing, it's important to read the signals clearly. Anita McGahan, a professor at Rotman School of Business, says you have to determine whether your core activities or core assets are threatened — or both. Core activities are those actions that have historically generated profits for the industry, such as owning dealerships in the auto industry, which is less significant in an Internet era, while core assets are the resources, knowledge, and brand capital that have made the organization unique, like blockbuster drugs in the pharmaceutical industry. That leads to four trajectories of change, she notes in Rotman Management:

#### Radical Change

Your core activities and core assets are both threatened with obsolescence. This is similar to the concept of disruptive change outlined by Harvard's Clayton Christensen in his writings. The industry — travel agents face it now — is entirely transformed, but it takes decades to play out so you can adapt if you recognize the situation early. You probably want an incremental approach to change, testing new ideas but keeping existing operations while still profitable.

#### Intermediating Change

Core activities are threatened while core assets retain their strength. Sotheby's, for example, remains top notch at assessing works of art but because of technology eBay can challenge on the matchmaking side of the business. This is the toughest of the four change trajectories to handle because you must simultaneously preserve your valuable assets while restructuring key relationships — indeed, you must first recognize your traditional relationships have become fragile, even if they seem solid.

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

**Accountant & Business Advisor**

**RANDY CLARK**

PO Box 1105, Princeton, BC V0X 1W0  
Phone: (250) 295-2129 Fax: (866) 902-8674  
e-mail: Randy.Clark@telus.net

## Palmers Pond



Photo: Kelley Cook

**BC 150 YEARS**  
The Best Place on Earth

## Treasures of the Tulameen

PAST AND PRESENT

by Kelley Cook

In June 2005 the responsibility for managing recreation sites and trails was transferred from the Ministry of Forests and Range (MFR) to the Ministry of Tourism, Sport & the Arts (MOTSA) as part of a government initiative to integrate the various tourism and recreation programs in British Columbia.

Since its inception as a new ministry, MOTSA has initiated many programs linking tourism and recreation. One of these projects is happening in the Princeton area. It is called "Treasures of the Tulameen, Past & Present." The project highlights nine treasures in the Tulameen River valley; they include three British Columbia Recreation Camp Sites, two water falls, two historic trails and two sections of heritage trails.

This exciting project has resulted in the location and opening of many of the historical trails. These trails were the main overland commerce routes connecting the interior of our province with the coast. Sections of these trails have been user maintained over the past by local people and by the many dedicated volunteers of the Back Country Horsemen of BC.

Recent extensive clearing and snag falling by contractors employed by MOTSA have once again made these trails safe and passable.

There have been upgrades to the three existing recreation sites at Vuich Creek, Sutter Creek and Jacobson Lake to accommodate increased camping activities. Jacobson Lake has increased parking facilities for trail users.

Both the trails to Tulameen and Vuich Falls have been cleared and wooden signs erected at the trail-heads along the Tulameen River Forest Service Road.

Over twenty five kilometers of the original Hudson Bay Company Heritage Trail has been re-opened.

This trail was used from 1846-1860 as the main fur trading route that at times had two hundred pack horses heading east out of Hope. This section of trail includes two of the main camps of the fir brigades, Camp #3, Horseguard Meadow and Camp #4, Lodestone Lake are accessed along the Hudson Bay Company Trail heading east from Jacobson Lake. The west section of the trail climbs along the bank of Podunk Creek to Conglomerate Flats at the base of Mount Davis. It then passes by the pristine Palmers Pond, considered the greatest of the Tulameen treasures. Beyond the

pond it reaches its highest point on the Cascade Divide at 1,850 meters above sea level. On a clear day the view is so vast from this location that one can view Golden Ears in the Coastal Mountains over 100 kilometers to the west. This is a prime location to attest to the purity of British Columbia's finest air. Mount Tulameen towers to the north, Mount Davis to the south.

The Grants Pond Trail forks off of the Hudson Bay Company Trail at Conglomerate Flats and heads south two kilometers where it reaches a shallow lake at the base of a steep scree slope.

## Tulameen Falls



Photo: Kelley Cook



## Mount Tulameen



Photo: Kelley Cook

This is said to be the original hunting grounds of the legendary native hunter "Blackeyes".

He was the "Headman" of the most northern tribe of the Similkameen. It was Blackeyes and his son-in-law who lead the brigades to this valley which was much easier than their original route through Paradise Valley.

The Rice Trail heads south from Jacobson Lake and ends at the Cascades District Boundary and is two kilometers in length. Danny Rice has many memories of taking pack horses full of supplies with his father and uncle over this trail to stake mineral claims. It was originally constructed in the early 1900's as a prospector and trap line trail that continued south down Prospectors Creek and into the Sowaqua Valley.

There is only a short section of the original Vuich Trail remaining. It follows along the west side of Jacobson Lake until it intersects with the Hudson Bay Company Trail. This was once the pack horse trail that followed Vuich Creek up

from Treasure Mountain. The old wagon road went as far as Treasure Mountain where the wagons were left and only pack horses continued up the valley. Presently, the main logging road follows closely the path of the original route to Jacobson Lake.

The main staging area for the network of historical trails is at Jacobson Lake Recreation Site where there is an information kiosk that will be completed by July 2008. The Regional District of the Similkameen (RDOS) has partnered in this project and will sponsor the completion of the kiosk. This will include the historical write ups, photographs and a detailed map of all the trails. There will be promotional brochures describing the treasures along with a map of the area trails. There are no motorized vehicles permitted on these trails due to their important historical values.

This project will increase the recreational use of this area by both locals and visitors. The history of the area will be appreciated by

young and old.

The historical significance of these trails will be celebrated in 2008 in conjunction with British Columbia's 150th Birthday Party. Riders from the Back Country Horsemen of BC will be retracing the fur brigade route from Fort Langley to Jacobson Lake to commemorate our Province's birthday and join in the celebrations.

The Princeton and District BC150 Committee will be announcing the date for the official opening of "Treasures of the Tulameen, Past & Present" in conjunction with its month long celebrations planned for the summer of 2008.



**HONDA**  
**Power**  
**Equipment**



**Mac's Auto Parts Ltd.**  
193 Vermillion Avenue, Princeton  
Phone: (250) 295-6944 Fax: (250) 295-7344  
**HOURS OF OPERATION:**  
7:00AM - 5:30PM MONDAY - FRIDAY  
8:00AM - 5:00PM SATURDAY

LAWN MOWERS  
WATER PUMPS  
TILLERS - GENERATORS  
SNOWBLOWERS

*PARTNERS  
in GRIME*

**Partners in Grime**  
by Neil Anderson

Available at  
Princeton Pharmasave  
and  
Backroads Bike Shop

## Princeton Posse 2006/07 - The DVD

ALSO AVAILABLE AT THE  
ARENA CONCESSION STAND  
AT EVERY POSSE HOME GAME

Ask Sue For  
Your Copy At The  
Next Game!

## VERMILLION FORKS

**Automotive Service**

Dave & Lynda Gould  
256 Old Copper Mountain Road



OPEN  
8:00 AM - 5:00 PM  
Monday-Saturday

**Winterize!**

- Oil Change
- Cooling System Flush
- Tire Rotation

\$99.00 includes parts  
(up to 6 litres of new coolant)

SOME RESTRICTIONS APPLY

**Winter Tires**



Dave and Lynda invite you to 'come check us out!'

**Princeton (250) 295-6808**

GIFT CERTIFICATES AVAILABLE!

[www.thenewsleader.ca](http://www.thenewsleader.ca)

### Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



**\$19.99**  
INCLUDES GST

Available at:  
**Similkameen  
News Leader**

[www.thenewsleader.ca](http://www.thenewsleader.ca)

Over 400 Photos - Player Profiles - News Stories



## Team follows awards night with victory

A half dozen Valley First Princeton Posse players took home all the hardware following the annual Awards Night February 2nd.

Brett Van Riper was presented with Most Valuable Player and Fan Favorite honours, Brad Goss received Rookie of the Year and Top Offensive Player awards with Jeremy Wagner collecting Hardest Worker and Unsung Hero awards.

Andrew Walsh received Top Defensive Player with Dan Hillman being named Most Sportsmanlike and Brenden Stephan took the Most Improved Player award.

The following afternoon, February 3rd, Princeton played host to Golden Rockets for a rare afternoon contest.

The first period was a fast, hard-

hitting, physical 20-minute and Princeton's Dan Hillman opened the scoring at 7:28 with a missile one-timed from inside the blue line. Jeremy Wagner and Wade Masch received assists on the power play goal. Wagner's assist earning him the honour of top Posse career points earner.

Golden tied the game at 11:47 but Princeton replied at 12:55 when Dylan Becker took a pass from Wade Masch from deep in Posse territory and sailed along the boards in front of the team benches and flicked the puck into the net in what seemed one continuous fluid motion. Riley Ferster also received an assist on the short-handed goal.

The second period was all Princeton, scoring four unanswered

goals throughout the period. They scored at 4:24 (Dan Hillman from Wade Masch and Jeremy Wagner on the power play), again at 7:12 (Randall Groot from Logan Johnston), once more at 9:34 (Brooks Christensen from Spencer Brooks) and with 4:07 left in the period (Tyler Martin from Logan Johnston and Brenden Stephen) to widen their lead to 6 to 1.

The third period saw a beaten Rockets team attempt to beat up the Posse by systematically picking off player after player in fights that only pushed the scoring higher.

Princeton scored goal #7 at 7:02 when Wade Masch popped in a backhander in front of the goal off a pass from Jeremy Wagner.

The Posse's eighth goal was a piece of art when Jeremy Wagner, on obviously one of his best games ever in a Posse jersey, took a pass from Brett Van Riper near the blue line, stick-handled all the way in and popped the puck high and into the net. Randall Groot was also given an assist on the play.

After another series of scraps, the referee wisely warned both benches to stop fighting or pay with suspensions. His warning was at 10:01 and the game settled down a notch.

The Rockets tried hard to control the play, but Princeton was all over them and scored goal #9 at 15:32 on the power play (Spencer Brooks from Josh Prather).

By this time the Rockets were done. Shots on goal: Princeton 35, Golden 23. Final score: Princeton 9, Golden 1.

former Posse player David Wyman for most career points as a Posse player with 80.

The third period was all Summerland. The Sting scored five goals throughout the period. Princeton managed one more of their own at 14:18 when Brooks Christensen scored off a pass from David Smith and Brett Van Riper but the power play goal came too late in the game.

The Posse never gave up playing as if it was still early in the game, but they just couldn't regain control.

Shots on goal: Princeton 37, Summerland 20. Final score: Summerland 7, Princeton 3.

## Posse falls to Summerland

The Valley First Princeton Posse hosted only their second home game of the New Year January 30th against Summerland Sting.

The Sting opened the scoring early at 2:57 of the first period with a power play goal.

It took the Posse until 3:38 of the second period to tie the game. David Smith scored the goal with assists going to Cody Sutherland and Brooks Christensen.

Summerland took the lead again at 7:10 but Princeton rallied back to tie the game at two when Jeremy Wagner fired a rocket into the Summerland goal at 13:42. The goal, assisted by Wade Masch and Brett Van Riper, tied Wagner with



HomeLife Vermillion Forks Realty  
#4-195 Bridge Street, Princeton

"The Real"



**John Henry**

SALES REPRESENTATIVE

**(250) 295-7427**

Fax: (250) 295-7417

Cell: (250) 295-5588

e-mail: therealjohnhenry@telus.net  
www.homelifeprinceton.com



**FAX SERVICE**  
SENDING OR RECEIVING

AVAILABLE AT:

**Similkameen  
News Leader**  
226A Bridge Street

Phone: (250) 295-4149

Fax: (250) 295-4103

**Just The Fax, Ma'am!**

**Cover2Cover Bookkeeping  
& Office Services**



226A Bridge Street  
Princeton

**(250) 295-4149**

PROVIDING RESUMÉ, WORD PROCESSING,  
FAX, SCANNING AND COPYING SERVICES

**www.bengelonlinestore.com**

**They Laughed At The Idea,  
Now They Love To Shop And Save  
Money Through My Web Store!**

**Get the Details Now:**

**www.bengelonlinestore.com**



# weekly entertainment guide

TUESDAY, FEBRUARY 5, 2008 THROUGH MONDAY, FEBRUARY 11, 2008



Valley First Princeton Posse lost to Summerland Sting January 30th at Princeton Arena. \*

## Bantams win tournament

The Princeton Overwaitea Bantam Flyers had an extremely successful weekend on January 18-20, placing first in their tournament.

Friday night action saw Princeton taking on Merritt City Furniture, coming away with a solid victory. Saturday morning the Flyers skated to an overwhelming win against Kamloops.

The second game of the day for the team earned Drayden Larsen a shutout against the Ridge Meadows Hitmen.

Sunday morning's game was the strongest competition Princeton met, against the Kelowna Black Ice. After a tough battle and some of the strongest defensive play of the year by Ian McKenzie, Jordan Palumbo, Justin Gill and Josh Coyne the team suffered one of their few losses all year.

Keaton Ashley was the single scorer for Princeton, with the Black Ice netting three. Still leading in the round robin play, Princeton went on to play Vernon Panthers in the finals for first and second.

Capitalizing on great passing, assists and goals Jonas Montgomery, Justin Milligan, Kraig Leochko, Cody Wharton, Kiel Liberatore, and Brandt Fenrick brought the team a sound 9-1 victory.

For the 5 games Princeton played, only a total of 6 goals were scored against them. This is quite an accomplishment considering the team has no regular goalie. The three young men, Keaton Ashley, Drayden Larsen and Kraig Leochko, who stepped up to play

goal show great team support. The team played defensively all weekend and it showed on the scoreboard.

A special thank you must go out to our coaches Gerad Norman and Logan McKenzie, refs, parents and our loyal Princeton fans who filled up the stands. Thanks to Mike Leiding for giving himself

## Posse supports home team

Princeton's Novice hockey team traveled to Castlegar January 26th to participate in a 24-team tournament. While there, the Valley First Princeton Posse were scheduled for a game against Castlegar Rebels.

It became a weekend that is still being talked about in both communities.

Posse players Taylor Stuart and Cody Sutherland volunteered to referee during the Minor Hockey Tournament. The Novice players returned the favour by joining the Posse in their dressing room before the Castlegar game and participated in the pre-game talk.

Between periods Princeton's Novice players cheered on the

totally to the game.

We would also like to thank our sponsor Overwaitea Foods for their continued support, Billy's Restaurant, Subway, Princeton Pizza Party, A & W, and Santo's. A huge thank you goes out to Weyerhaeuser for keeping us out of the dark and for the loan of their parts and electrician. -submitted

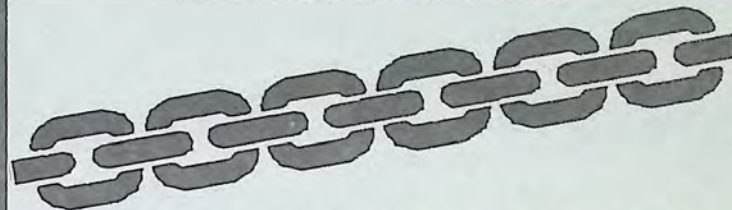
Posse by joining the players on their bench just as the Posse had done when the Novice team played.

Posse Coach Dale 'Duner' Hladun admitted that some of the activities were premeditated but said the Posse supported the Novice players for a very simple, but important reason.

"They're part of our town, we had to show support of our town because the town supports us."

Although the Posse lost to Castlegar 4-2, Hladun says spending time with the Novice players and being a part of their game in an out-of-town tournament, "was the highlight of the weekend for the team."

Similkameen News Leader  
AN INDEPENDENT NEWSPAPER



There Are No Chains On Us!  
100% LOCALLY OWNED & OPERATED

226A Bridge Street, P. O. Box 956, Princeton, B. C., V0X 1W0  
Phone: (250) 295-4149 • Fax: (250) 295-4103  
www.thenewsleader.ca

Just The Fax, Ma'am!

Cover2Cover Bookkeeping  
& Office Services



226A Bridge Street  
Princeton

(250) 295-4149

"Buy Canadian...Shop Local."

PROVIDING RESUMÉ, WORD PROCESSING,  
FAX, SCANNING AND COPYING SERVICES

Princeton Posse 2006/07 - The DVD



\$19.99  
INCLUDES GST

Available at:  
Similkameen  
News Leader  
www.thenewsleader.ca

Over 400 Photos - Player Profiles - News Stories

Princeton Posse  
2006/07 - The DVD

ALSO AVAILABLE AT THE  
ARENA CONCESSION STAND  
AT EVERY POSSE HOME GAME

Ask Sue For  
Your Copy At The  
Next Game!

Here's My Card!  
Advertise Your Business Here For As Little As...

\$10.00 PER WEEK

Call Us For Details!  
Similkameen News Leader (250) 295-4149





Princeton Bantams Assistant Captain Justin Milligan scores against Kamloops in a recent tournament held at Princeton Arena. Photo: Crystal Larsen



Another Princeton goal! This shot shows the aftermath of a shot by Princeton Bantams Captain Jonas Montgomery (not pictured). Photo: Crystal Larsen



Princeton Bantam Flyers celebrate their home tournament victory with a group shot. Photo: Crystal Larsen

[www.thenewsleader.ca](http://www.thenewsleader.ca)



**Partners in Grime**  
by Neil Anderson

Available at  
Princeton Pharmasave  
and  
Backroads Bike Shop

**Build A Business Risk Free!  
Get The Details Now:**

[www.bengelonlinebusiness.com](http://www.bengelonlinebusiness.com)

**Build A Business Risk Free!  
Get The Details Now:**

**Princeton Area Ghost Towns - The DVD**



**\$19.99**  
INCLUDES GST

Available at:  
**Similkameen News Leader**  
[www.thenewsleader.ca](http://www.thenewsleader.ca)

Explore The History Of Mining - Gold, Copper and Coal

**Just The Fax, Ma'am!**

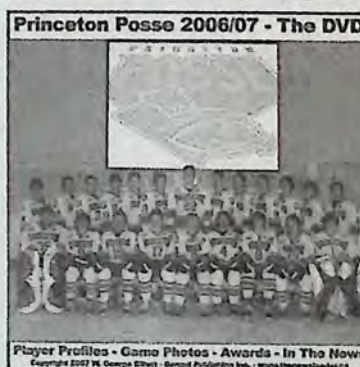
**Cover2Cover Bookkeeping & Office Services**



226A Bridge Street  
Princeton  
**(250) 295-4149**

PROVIDING RESUMÉ, WORD PROCESSING,  
FAX, SCANNING AND COPYING SERVICES

**Princeton Posse 2006/07 - The DVD**



**\$19.99**  
INCLUDES GST

Available at:  
**Similkameen News Leader**  
[www.thenewsleader.ca](http://www.thenewsleader.ca)

Over 400 Photos - Player Profiles - News Stories



TUESDAY, FEBRUARY 5, 2008

Table of TV listings for Tuesday, February 5, 2008. Columns include channel numbers (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and program titles with times.

WEDNESDAY, FEBRUARY 6, 2008

Table of TV listings for Wednesday, February 6, 2008. Columns include channel numbers (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and program titles with times.



# Horoscopes

February 6 - 13, 2008

**Aries** - If you feel like you have your career, household matters and life in general under control, you are right. If you don't, this is your best time to do it. Keep busy, drive safely.

**Taurus** - Career is still your focus, but you would like to travel. Don't drop career in favour of travel. If you must travel, do so on weekends. Bills are coming in, and you have to pay.

**Gemini** - Your focus is on details related to education or spiritual matters. Investments, debts and mortgages need review: don't be optimistic. Home, family may be burden.

**Cancer** - Really, must you worry? Pay attention to what you say, you can put your foot in your mouth without effort. Friends, partner, are kind, generous. Watch out for vehicle problems.

**Leo** - You may feel you're marking time and going nowhere in a relationship. The other person seems iffy. Wait a week. Job and health run smoothly, but money is tight. Conserve.

**Virgo** - Focus on job and health. You are probably in the mood to have a lot of fun, or be very creative. You can, as long as you stay within budget. Stop taking yourself so seriously. Relax.

**Libra** - Home is where you can really relax this week, but try not to veg out. This is a good time to clean house, organize home life, make home more attractive. Enjoy family.

**Scorpio** - You are going to be busy in a pleasant way, and your sense of humour is going to make you a welcome guest. Home life is busy and distracting. Get organized! Set goals for family.

**Sagittarius** - You feel optimistic about what you own, and want to own more. You can be very creative about making money. Be active in your environment. Talk to everybody.

**Capricorn** - You are feeling romantic and lazy. Pay attention to financial matters, taxes, mortgage, debts, investments. Devote energy to health, job. Improve personal image. What about diet?

**Aquarius** - You may feel you are at a standstill and want a lot more action in your life. Review where you've been and where you want to be. Set goals now, take action next week.

**Pisces** - Plans you made in regard to home and family can go into motion now. Your mind is very busy, but much more positive. Write down the ideas you get now, review them later.

## Regular Meetings

- Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- Similkameen Christian Riders meet at Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up
- Princeton Writers Group meets every second and fourth Thursday 7pm at Riverside Wellness Centre
- Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
- PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
- Hedley Library open 2-7pm Thursdays
- Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- Legion Branch 56 meets 3rd Sunday of month 1:00 p.m. Legion Hall
- Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in GSAR Hall, Rocklin Avenue.
- Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- U'th Group 7 PM, 1st and 3rd Tuesdays, Living Water Church.
- U'th Social Night 7 PM, 2nd and 4th Fridays, Living Water Church
- Princeton Badminton Club welcomes new members. Mondays 7:30 - 9:30 PM PSS Gym
- Little Folks Nursery School Parent/Board Meetings, 3rd Wednesday of each month, 7:00 PM at the school.
- Legion Ladies Aux., second Tuesday each month, 7:00 PM, Legion.

## thursday movies

### MORNING

10:00 am CITY 29 ★★ "Here on Earth" (2000, Drama) Chris Klein. Two teens, sentenced to rebuild a restaurant they accidentally destroyed, vie for the affections of the owner's daughter. [E]

### EVENING

6:00 pm WTBS 3 ★★½ "Blade II" (2002, Horror) Wesley Snipes. Blade forms an alliance with a band of hardened enemies in order to battle powerful vampires. [E]  
 9:00 pm WTBS 3 ★★½ "Blade II" (2002, Horror) Wesley Snipes. Blade forms an alliance with a band of hardened enemies in order to battle powerful vampires. [E]  
 CHBC 4 "Lost Behind Bars" (2006, Suspense) Paget Brewster.

While researching her latest book, an author learns a death-row inmate is innocent. [E]  
 10:06 pm CITY 29 ★★ "Here on Earth" (2000, Drama) Chris Klein. Two teens, sentenced to rebuild a restaurant they accidentally destroyed, vie for the affections of the owner's daughter. [E]

## Princeton Area Ghost Towns - The DVD



**\$19.99**  
INCLUDES GST

Available at:  
**Similkameen News Leader**  
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

## friday movies

### MORNING

10:00 am CITY 29 ★★ "Nine Months" (1995, Comedy) Hugh Grant. His girlfriend's pregnancy sends a San Francisco child psychologist into panic. [E]

### AFTERNOON

5:00 pm WTBS 3 ★★½ "Underworld" (2003, Horror) Kate Beckinsale. A female vampire tries to protect a medical student from werewolves intent on creating a hybrid species. [E]

### EVENING

6:00 pm CITY 29 ★★ "National Security" (2003, Comedy) Martin Lawrence. Two Los Angeles security guards try to stop a criminal mastermind and his gang of robbers. [E]  
 7:30 pm FAM 26 ★★ "Free Willy" (1993, Drama) Jason James Richter. Premiere. An abandoned boy with a chip on his shoulder befriends an ill-fated killer whale at a water park.  
 8:00 pm KNOW 5

★ ★½ "Longitude" (2000, Drama) (Part 2 of 2) Michael Gambon. Scientist John Harrison faces many obstacles in his quest to invent an accurate method to calculate longitude. [E]  
 9:00 pm WTBS 3 ★★½ "Underworld" (2003, Horror) Kate Beckinsale. A female vampire tries to protect a medical student from werewolves intent on creating a hybrid species. [E]  
 9:07 pm FAM 26 "Get a Clue" (2002, Comedy) Lindsay Lohan. A 13-year-old student enlists the aid of her friends in order to rescue her English teacher. [E]  
 10:06 pm CITY 29 "Erotic Desires" (2004, Adult) A woman gets kinky tips from her sex-obsessed friends. [E]  
 10:30 pm FAM 26 ★★ "Stepmom" (1998, Drama) Julia Roberts. A New York fashion photographer contends with her boyfriend's children and ex-wife.  
 11:00 pm SPIKE 44 ★★½ "The Naked Gun 2 1/2: The Smell of Fear" (1991, Comedy) Leslie Nielsen. Frank and Ed of "Police Squad" blunder through another case, an energy-related plot in Washington, D.C. (In Stereo)

## Similkameen News Leader

Recipe Corner (Recipe #204)

Brought To You By: Similkameen News Leader

# Grill Tilapia Fillet and Pear Salad

Preparation time: 15 minutes / Total time: 20 minutes / Servings: 2

### Ingredients:

- 1 Package BlueWater Grill Tilapia Fillets
- 1/2 pound maple smoked bacon
- 1 pear - cored and sliced
- 1 tsp lemon juice
- 2 tbsp salad oil\*\*
- 2 tsp apple cider vinegar
- 1/4 tsp allspice
- salt and pepper to taste
- 1 bag prepared lettuce
- 1/2 cup red onion - sliced
- 1/4 cup dried sweetened cranberries
- 2 ounces crumbled goat cheese

### Directions:

Bake grill fillets according to the packaging. Cook bacon according to packaging. After slicing the pear, drizzle the slices with the lemon juice to prevent browning. In a small bowl, whisk together apple cider vinegar, salad oil, allspice and salt and pepper and set aside. In a large salad bowl toss the prepared lettuce and sliced red onion. Lay pear slices over lettuce mixture. Once fillets are fully cooked cut them into bites size pieces and lay on top of the pear slices. Sprinkle dried cranberries over the fish and drizzle the salad with the apple cider vinaigrette. Crumble the cooked bacon and goat cheese over the salad and serve immediately.

Notes: \*\*Try peanut or walnut oil for a richer flavour

- News Canada

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

226A Bridge Street, Princeton

Similkameen

# News Leader

Locally Owned - Locally Operated

## Princeton Posse 2006/07 - The DVD



**\$19.99**  
INCLUDES GST

Available at:  
**Similkameen News Leader**  
www.thenewsleader.ca

Over 400 Photos - Player Profiles - News Stories



THURSDAY, FEBRUARY 7, 2008

TV schedule grid for Thursday, February 7, 2008. Columns include channel numbers (3-45) and program titles. Rows represent time slots from 6 AM to 11:30 PM.

FRIDAY, FEBRUARY 8, 2008

TV schedule grid for Friday, February 8, 2008. Columns include channel numbers (3-45) and program titles. Rows represent time slots from 6 AM to 11:30 PM.



# 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 #61 - Rated Easy

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

### CHALLENGE #62 - Rated Hard

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

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

## Princeton Posse 2006/07 - The DVD



**\$19.99**  
INCLUDES GST

Available at:  
**Similkameen News Leader**  
www.thenewsleader.ca

Over 400 Photos - Player Profiles - News Stories

## saturday movies

### MORNING

- 6:00 am SPIKE (4) ★★½ "Wayne's World" (1992, Comedy) Mike Myers. Metal-head friends Wayne and Garth sell their basement cable-access TV show to a city slicker. (In Stereo)
- 9:00 am WTBS (3) ★½ "Two If by Sea" (1996, Romance-Comedy) Denis Leary. After stealing a priceless painting, a man promises his long-time girlfriend it will be his last heist. (E)
- 11:00 am WTBS (3) ★★½ "She's So Lovely" (1997, Drama) Sean Penn. Institutionalized for an accidental shooting, a man returns 10 years later to find his wife remarried with children.

### AFTERNOON

- 12:00 pm FAM (2) ★★ "Going to the Mat" (2004, Drama) Andrew Lawrence. A blind teenager becomes a high-school wrestler after his family moves from New York to the Midwest.
- 1:00 pm WTBS (3) ★★½ "It Could Happen to You" (1994, Romance-Comedy) Nicolas Cage. A New York policeman keeps his promise to split a \$4 million lottery prize with a waitress, but his wife objects. (E)
- 1:32 pm FAM (2) ★★ "Smart House" (1999, Comedy) Jessica Steen. A boy tries to stop his father from dating by programming their

computerized house to be a surrogate mother.

- 2:30 pm A&E (9) ★★½ "Patriot Games" (1992, Suspense) Harrison Ford. An IRA terrorist vows revenge against the ex-CIA agent who killed his brother and thwarted their attack on royalty. (E)
- 4:00 pm YTV (18) ★★½ "All Dogs Go to Heaven" (1989, Fantasy) Voices of Dom DeLuise. Animated. A junkyard dog returns to life and his dachshund buddy in 1939 New Orleans.
- 5:00 pm WTBS (3) ★★½ "Kate & Leopold" (2001, Romance-Comedy) Meg Ryan. A Manhattan woman falls in love with the 19th-century Duke of Albany who has stepped through a time portal. (E)
- A&E (9) ★★½ "True Lies" (1994, Action) Arnold Schwarzenegger. A Washington wife discovers her computer-salesman husband is a spy out to stop nuclear terrorists. (E)

### EVENING

- 6:00 pm CITY (29) ★★½ "Love, Sex & Eating the Bones" (2003, Romance-Comedy) Hill Harper. Premiere. A security guard's obsession with pornography affects his sexual performance with a young woman. (E) (DVS)
- 7:30 pm WTBS (3) ★★½ "About Schmidt" (2002, Comedy-Drama) Jack Nicholson. A 66-year-old retires, deals with his wife's sudden

death and tries to stop his daughter from marrying a salesman. (E)

- 8:00 pm CHBC (4) "How I Married My High School Crush" (2007, Romance) Katee Sackhoff. A teen's wish magically transports her and the hunk she loves to their wedding day 17 years later. (E)
- KSPS (6) ★★½ "Rebel Without a Cause" (1955, Drama) James Dean. Tragedy follows when a new-to-town, troublemaking teen meets other anguished children of feckless parents.
- 8:30 pm KXLY (10) ★★½ "Charlie and the Chocolate Factory" (2005, Fantasy) Johnny Depp. Premiere. A poor boy and four spoiled children win a tour through the incredible factory of an odd candy-maker. (In Stereo)
- 9:00 pm A&E (9) ★★½ "True Lies" (1994, Action) Arnold Schwarzenegger. A Washington wife discovers her computer-salesman husband is a spy out to stop nuclear terrorists. (E)
- FAM (2) ★★½ "Address Unknown" (1997, Mystery) Kyle Howard. A boy suspects his father's death was no accident after receiving a letter from him dated 10 years ago. (E)
- CITY (29) ★★½ "Fast Times at Ridgemont High" (1982, Comedy-Drama) Sean Penn. The teen scene includes a party-animal surfer, a pregnant girl and a fast-food worker. (E)
- 10:46 pm FAM (2) ★★½ "Ghostbusters" (1984, Comedy) Bill Murray. Parapsychologists with nuclear guns go into business ridding New York of poltergeists. (E)
- 11:00 pm CITY (29) ★ "Private School" (1983, Comedy) Phoebe Cates. Two girls at a fancy academy compete for intimacy with the same boy.
- SPIKE (4) ★★ "Naked Gun 33 1/3: The Final Insult" (1994, Comedy) Leslie Nielsen. Ed coaxes his "Police Squad" pal Frank out of retirement to thwart a terrorist bombing. (In Stereo)

## Make \$2,000 per week!

The 'lazy' way to riches working from home!

Visit this website:

[www.bengelonlinebusiness.com](http://www.bengelonlinebusiness.com)

## sunday movies

### MORNING

- 8:00 am WTBS (3) ★★½ "She's So Lovely" (1997, Drama) Sean Penn. Institutionalized for an accidental shooting, a man returns 10 years later to find his wife remarried with children.
- 9:00 am A&E (9) ★★½ "Patriot Games" (1992, Suspense) Harrison Ford. An IRA terrorist vows revenge against the ex-CIA agent who killed his brother and thwarted their attack on royalty. (E)
- 10:00 am WTBS (3) ★★½ "It Could Happen to You" (1994, Romance-Comedy) Nicolas Cage. A New York policeman keeps his promise to split a \$4 million lottery prize with a waitress, but his wife objects. (E)

### AFTERNOON

- 12:00 pm WTBS (3) ★★½ "Kate & Leopold" (2001, Romance-Comedy) Meg Ryan. A Manhattan woman falls in love with the 19th-century Duke of Albany who has stepped through a time portal. (E)
- FAM (2) ★★ "Bob the Butler" (2005, Comedy) Tom Green. A novice manservant takes a job with a neurotic single mother and her mischievous children. (E)
- 1:31 pm FAM (2) "Minutemen" (2008, Comedy) Jason Dolly. Three high-school outcasts face unexpected problems when they use a time machine to change the past.
- 2:30 pm WTBS (3) ★★½ "About Schmidt" (2002, Comedy-Drama) Jack Nicholson. A 66-year-old retires, deals with his wife's sudden death and tries to stop his daughter

from marrying a salesman. (E)

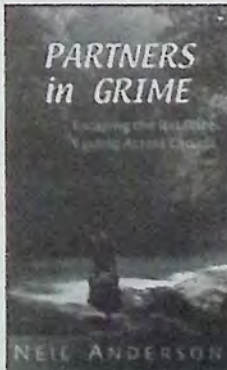
- 3:00 pm VTV (22) "Black Widower" (2006, Suspense) Kelly McGillis. Authorities become suspicious about a man whose wives have died under mysterious circumstances. (In Stereo) (E) (DVS)
- 4:00 pm YTV (18) ★★ "New York Minute" (2004, Comedy) Ashley Olsen. An uptight teenager and her laid-back twin spend a wild day on the streets of Manhattan. (In Stereo) (E)
- CITY (29) ★★ "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely woman falls for an engaged pediatrician while coordinating his ceremony and wedding reception. (E)
- 5:00 pm WTBS (3) ★★½ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress. (E)
- CBC (13) ★★ "Ice Princess" (2005, Comedy-Drama) Joan Cusack. A teen risks disappointing her mother by forgoing college plans to become a champion figure skater. (E)

### EVENING

- 6:00 pm YTV (18) ★★ "The Perfect Man" (2005, Romance-Comedy) Hilary Duff. Premiere. A crafty teen invents a secret admirer to prevent her mother from having another bad relationship. (In Stereo) (E)
- CITY (29) ★★½ "Two for the Money" (2005, Drama) Al Pacino. A former college athlete joins forces with a sports consultant to handicap

football games for high-rolling gamblers.

- 7:00 pm WTBS (3) ★★½ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress. (E)
- 9:00 pm VTV (22) "Mayerthorpe" (2008, Docudrama) Henry Czerny. Premiere. Heavily armed, habitual criminal James Roszko shoots and kills four members of the Royal Canadian Mounted Police. (In Stereo) (E)
- FAM (2) "The Metro Chase" (2003, Adventure) Lindsay Felton. A girl and her friends must find her brother, who is lost in Paris and has witnessed a crime. (E)
- SPIKE (4) ★★½ "Wayne's World" (1992, Comedy) Mike Myers. Metal-head friends Wayne and Garth sell their basement cable-access TV show to a city slicker. (In Stereo)
- 10:46 pm FAM (2) "Adventures of the Cactus Kid" (2000, Adventure) Thomas Curtis. A boy fantasizes about robbing a bank in the style of his comic-book hero. (E)
- 11:00 pm SPIKE (4) ★★½ "Beverly Hills Cop II" (1987, Comedy) Eddie Murphy. A clever detective from Detroit shows Los Angeles how to stop a hit woman's so-called Alphabet Crimes. (In Stereo)



## Partners in Grime by Neil Anderson

Available at  
Princeton Pharmasave  
and  
Backroads Bike Shop

## Princeton Area Ghost Towns The DVD

Only \$19.99  
See Us For Details!



SATURDAY, FEBRUARY 9, 2008

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

SUNDAY, FEBRUARY 10, 2008

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



MONDAY, FEBRUARY 11, 2008

|       | 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)              | Bali (E)           | Caillou (E)               | News (N)                     | News (N)               | Crossing Jordan (E)   | (5:00) News (E)                 | (5:30) News (N) (E)    | (4:30) News (N) (E)    | CBC News: Morning (N) | Gadget Viva Pinata     | SportsCentr e (E)   | Canada AM (N) (E)        | Daily Planet (E)     | Henry's King (E)       | Rachael Ray (E)             | Sports                 | F/X: The Series (E)                                    |
| 7 AM  | All-Family              | 2nd Chnce             | George S.          | Bob Build                 | Today (N) (E)                | The Early Show (N) (E) | American Justice      | Good Morning America (N) (E)    |                        |                        | Animalia              | Grossology             | SportsCentr e (E)   |                          | Daily Planet (N) (E) | K. Possible (7-24)     | CityLine (E)                | MXC                    | Due South "Pilot" (E)                                  |
| 8 AM  | Jeffersons              | Room                  | (7-54) Hi-5        | Curious                   |                              |                        | American Justice      |                                 |                        | 100 Huntley Street (E) | Bo On Go              | Pokemon                | SportsCentr e (E)   | How-Made                 | Weekend              | The Tyra Banks Show    | Disorderly Con.             | North of 60 (E)        |  |
| 9 AM  | Sanford                 | Inside Box            | Berenstain         | Super Why!                |                              | The 700 Club (E)       | Cold Case Files (E)   | Regis and Kelly                 | 100 Huntley Street (E) | Fighting for Canada    | Super Why!            | Dewitt                 | Off-Record  | Regis and Kelly          | Daily Planet (E)     | Feet                   | News (N)                    | Disorderly Con.        | Tube Tales   |
| 10 AM | Harvey                  | PoPQ (E)              | Franklin (E)       | Sesame Street (E)         |                              | The Price Is Right (N) | CSI: Miami (E)        | The View Hot topics. (N)        | World Vision           | Room House             | Wilbur (E)            | Erky Perky             | PBA Bowling: Bayer Classic. (E)                           | The View Hot topics. (N) | Cut Corners          | Mickey Handy           | Movie: "Bubble Boy" (2001)  | Most Amazing Videos    | Videos   |
| 11 AM | Cosby                   | Gamer                 | Rolie Polie        | Big World                 | Ellen DeGeneres Show         | Young and the Restless | Crossing Jordan (E)   | Paid Prog.                      | Past Lives             | (10:59) News (N) (E)   | Martha Stewart        | Care Bears             | Classic. (E)  | eTalk (E)                | The Snow Eater (E)   | Benj Bear (11:25) King | Jake Gyllenhaal.            | Disorderly Con.        | The Nanny  |
| 12 PM | Still Std               | News (N)              | History            | Charlie Rose (E)          | Paid Prog.                   | News (N)               | Crossing Jordan (E)   | All My Children (N) (E)         | News (N) (E)           | Days of our Lives (N)  | News (E)              | Being Ian              | Friday Night Fights. (E)                                  | Degrassi                 | Out Cold             | (11:49)                | CityLine (E)                | Disorderly Con.        | Seinfeld   |
| 1 PM  | Fresh Pr.               | Design                | Children First     | Fine Art                  | Days of our Lives (N)        | As the World Turns (N) | American Justice      | One Life to Live (N)            | As the World Turns (N) | As the World Turns (N) | What's-               | Viva Pinata            | Mixed Martial Arts (E)                                    | Sue Thomas: F.B. Eye     | Extreme Engineering  | Dragon Emperor         | Ellen DeGeneres Show        | Star Trek: Voyager (E) | Beverly Hills, 90210                                   |
| 2 PM  | King                    | The Steve Wilkos Show | Macphee            | Word                      | Millionaire                  | Guiding Light (N) (E)  | American Justice      | General Hospital (N) (E)        | Guiding Light (N) (E)  | Guiding Light (N) (E)  | Steven and Chris (E)  | Ruby                   | Flamingo  | General Hospital (N)     | How-Made             | (1:48)                 | News (E)                    | Star Trek: Voyager (E) | Fresh Pr. Family Guy                                   |
| 3 PM  | Friends                 | Clean House (E)       | Blue's Clues (E)   | Maya                      | Judge                        | Dr. Phil (E)           | Cold Case Files (E)   | Rachael Ray (E)                 | Young and the Restless | Young and the Restless | Food                  | Being Ian              | Off-Record  | Dr. Phil (E)             | Worst Handyman       | K. Possible Replace    | News (N) (E)                | CSI: Crime Scn         | Inside Box   |
| 4 PM  | Family Guy              | True Hollywood Story  | Dora               | Cyberchas                 | Judge J.                     | Oprah Winfrey (E)      | CSI: Miami (E)        | Inside Cops (E)                 | Oprah Winfrey (E)      | (3:59) News Global     | Frasier               | SpongeBob              | NBA Basketball: San Antonio Spurs at Toronto Raptors. (E) | Friends                  | Daily Planet (N) (E) | Emperor Proud          | Friends                     | CSI: Crime Scn         | Tube Tales   |
| 5 PM  | Friends                 | News (N)              | News (N)           | BBC World                 | News (N)                     | News (N)               | Intervention "Leslie" | News (N)                        | News (N)               | (4:59) News (N) (E)    | Simpsons              | Naked                  | Arrested  | News (N) (E)             | MythBusters (N) (E)  | Phineas Montana        | American Gladiators (N) (E) | CSI: Crime Scn         | ET Canada  |
| 6 PM  | Movie: "Trapped" (2002) | Ad Pers               | Saddle             | News-Lehrer               | News (N)                     | News (N)               | Intervention (E)      | News (N)                        | News (N)               | ET Canada              | News (N)              | Jordan                 | Hockey  | News (N) (E)             | Guinea Pig Mean      | Zoey 101               | Naturally                   | Girls                  | Movie: "The Hunt for Red October" (1990) Sean Connery. |
| 7 PM  | Charlize Theron. (E)    | E! News               | Edge               | Served                    | Jeopardy!                    | Friends                | Paranormal            | Entertain                       | Entertain              | The Unit (N) (E)       | Coronatn Count        | Malcolm Prank Ptrl     | SportsCentr e (Live) (E)                                  | eTalk (E)                | Dirty Jobs (N)       | So Raven Smart Guy     | Friends                     | Friends                | Seinfeld   |
| 8 PM  | Seinfeld                | How I Met             | The Choir (E)      | Antiques Roadshow (N)     | American Gladiators (N) (E)  | How I Met              | Paranormal            | Dance War: Bruno vs. Carrie Ann | Prison Break (N) (E)   | Prison Break (N) (E)   | Week Women            | Fries That? Adrenaline | Off-Record  | Corner Gas               | Daily Planet (E)     | Suite Life Life Derek  | News (N) (8:35) News        | CSI: Crime Scn         | Married...   |
| 9 PM  | Movie: "Trapped" (2002) | Deal or No Deal (E)   | China Blue (N) (E) | The Mormons               | Deal or No Deal (TV) (N) (E) | Christine              | Intervention "Leslie" | Underbelly                      | The Unit (E)           | News Hour Final (N)    | National              | Falcon Beach (E)       | Paul Williams. (E)  | CS: Miami "Inside Out"   | Dirty Jobs           | School Cory            | Movie: "Crossroads" (2002)  | Blade: The Series (E)  | Fresh Pr.  |
| 10 PM | Charlize Theron. (E)    | Paradise Hotel (E)    | Gregg              | past, science, doctrines. | News (N)                     | News (N)               | Paranormal            | News (N)                        | News (N)               | Entertain              | (11:05) The Hour (E)  | Mystery                | SportsCentr e (Live) (E)                                  | News (N)                 | MythBusters (E)      | Suite Life Life Derek  | Britney Spears. (E)         | Blade                  | The Nanny  |
| 11 PM | Frasier                 | News (N)              | Profile of Nature  | Charlie Rose (N) (E)      | News (N)                     | News (N)               | Paranormal            | News (N)                        | News (N)               | ET Canada              |                       |                        |   |                          |                      |                        |                             |                        |  |

monday movies

MORNING

10:00 am CITY (29) ★½ "Bubble Boy" (2001, Comedy) Jake Gyllenhaal. A teen in a special suit embarks on a cross-country trip to stop the girl he loves from getting married. (E)

(2002, Crime Drama) Charlize Theron. A young anesthesiologist and his wife try to turn the tables on three kidnapers who have their 6-year-old daughter. (E)

10:06 pm CITY (29) ★½ "Crossroads" (2002, Comedy-Drama) Britney Spears. Three childhood friends rediscover their relationship as they take a cross-country trip with a musician. (E)

EVENING

6:00 pm WTBS (3) ★★½ "Trapped" (2002, Crime Drama) Charlize Theron. A young anesthesiologist and his wife try to turn the tables on three kidnapers who have their 6-year-old daughter. (E)

SPIKE (44) ★★½ "The Hunt for Red October" (1990, Suspense) Sean Connery. Moscow, Washington and a CIA analyst track a renegade Soviet captain and his new submarine. (In Stereo)

9:00 pm WTBS (3) ★★½ "Trapped"

VISIT US ONLINE AT:  
[www.thenewsleader.ca](http://www.thenewsleader.ca)  
 LOCAL NEWS/SPORTS - LETTERS TO THE EDITOR - EDITORIALS  
 COURT NEWS - CLASSIFIEDS - WEATHER - ROADS

Similkameen Souvenirs

TAKE HOME A UNIQUE SOUVENIR FROM YOUR VISIT!

Bryan Smith's "Similkameen" DVD

\$15.00

Featuring 200 Photos of the Similkameen Valley



George Elliott's "Princetown Posse" DVD

\$19.99

Featuring 400+ photos from the 2006/07 season!



George Elliott's "Ghost Towns" DVD

\$19.99

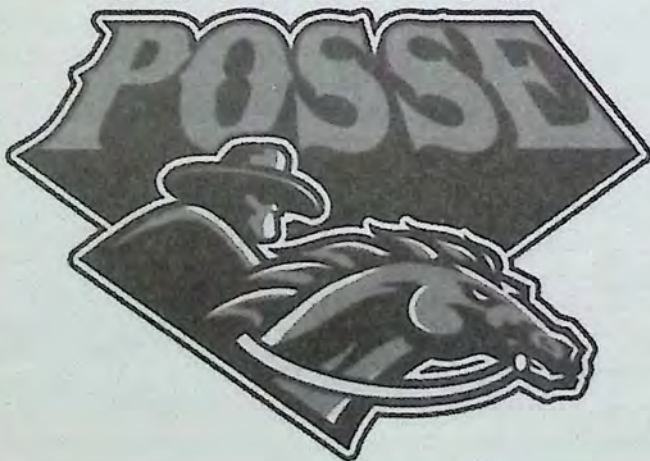
Take a guided tour of the history of mining!



AVAILABLE AT:  
 Similkameen News Leader  
 226A Bridge Street, Princeton  
 (250) 295-4149 1-888-350-9969

There's A Different Posse In Town

PRINCETOWN





# ads@thenewsleader.ca

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

## Classified Advertising Rates



**25 words \$5.00 + GST**  
Pay for 2 weeks and get the third week FREE!  
(.5¢ for each additional word)



All Classified Ads **must** be paid in advance!

Payment methods accepted:

Cash, Cheque, Debit Card,  
MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS



obituary

obituary

for sale

### Providence Funeral Homes & Crematorium



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

**1-877-493-4422**

Ron Crooker

Parkview Funeral Home, 1258 Main Street, Penticton



### WOOD PELLET SALES & DELIVERY

Call  
Princeton Rentals  
(250) 295-6545

### NEED A PICK-UP?

Ideal for going fishing, hunting, to the dump, gathering firewood or a second farm vehicle. 1990 Ford Ranger, in good running condition. lined box. \$1,900. (250) 295-6063 evenings.

2007 Toyota Yaris. 6,000KM, 3-door, manual, blue, a/c, AM/FM/CD, 4 winter tires included. Asking \$14,500 OBO.

1999 Kawasaki Nomad 1500CC. Maroon/red, 50,000KM, hard bags, Mustang seats, luggage rack, back rest, good tires. Asking \$7,500.00 FIRM.

Call (250) 295-7580 or 293-1044.

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

services

### TIN MAN

METAL ROOFING  
Sales • Installations

**295-3743**  
**1-888-647-3377**

Jul 06-tfn

services

### BRYCO PLUMBING

INSTALLATION  
SERVICE - REPAIR  
New Construction & Renovations  
Residential & Commercial  
**(250) 438-0033**  
Princeton - (Local Call)

for rent

Small house for rent for one quiet person, outside of Princeton. \$500/month including utilities. Wood heat. Available now. Need excellent references, no pets, non-smoking. Damage deposit required. Phone (604) 484-2783 and leave your name and phone number.

Newly renovated 3-bedroom, 2-bath home, 6 appliances, HE furnace, rec room with gas fireplace, no pets, non-smoking. References required. \$875.00/month + utilities. Call Christine (250) 295-7217 or Marie (250) 493-6522.

CREEKSIDE cabin-like 2-bedroom mobile home on treed acreage, now available. Storage shed, woodshed for heat (you supply), definitely non-smoking, references, working or retired couple preferred. Yard care required. Tools supplied. Old Hedley Road. \$600/month includes electricity. Call Bob or Karen (604) 874-9347.

card of thanks

A great big THANK YOU goes out to the Irvy Building Supply crew; George for needing that sandpaper; the Ambulance Attendants who just wouldn't give up on me; our wonderful nurses who saw to me right away; Doctors Maritz, Reid, and Bosomworth who thought I was more important than that meeting; Dr. Whittle and nurse Dorothy for keeping me company on my trip to Kelowna.

THANK YOU ALL FOR MY LIFE!  
Bill Whiting

[www.bengelonlinestore.com](http://www.bengelonlinestore.com)

notices

### Chuchwayha Bingo Every Sunday in Hedley

Bonanza #'s called at 11:00 AM  
1st Speed Bingo Game - 11:50 AM  
Specials and Progressive Jackpot  
Phone (250) 292-8574

notices

### WANTED TO BUY

PRE-OWNED RIFLES  
FOR MORE  
INFORMATION CALL  
RON AT  
PRINCETON  
OUTDOOR SUPPLY  
295-0450 OR 295-0319

notices

Annual General Meeting of the electors of the Similkameen Improvement District will be held Thursday, February 7, 2008 at 7:00 PM at the residence of the Manager, Pat Quaedvlieg, 3057 River Road, Keremeos.

coming events

### WINTER POTTERY CLASSES Riverside Centre

Adult  
Handbuilding and Intro to the Potter's Wheel, \$75.00 + \$15.00 material, firing fee. 6 sessions, Tuesday 6:00 - 9:00 PM.

NOTICE:  
Dates changed to February 12-March 18.

Kids  
Clay For Kids - Dates and times in Princeton Recreation Brochure or contact Sue at (250) 295-0527 or Nadine (250) 295-6067 to register now!

birthday

birthday

birthday

birthday

### HAPPY 16<sup>th</sup> BIRTHDAY



### MARIAH!

Try not to dye your hair  
too much this year!

Love  
"Your annoying, always gets  
on your nerves, sister"  
Megan

### SWEET SIXTEEN



### February 5<sup>th</sup>

Happy Birthday,  
Mariah

Love  
Mom, Dad,  
Grandpa and Megan

Save \$\$\$ When You Shop!  
Get the Details Now:  
[www.bengelonlinestore.com](http://www.bengelonlinestore.com)

Princeton Area  
Ghost Towns  
The DVD

Only \$19.99  
See Us For Details!



# Classified Advertising Rates



**25 words \$5.00 + GST**  
 Pay for 2 weeks and get the third week FREE!  
 (.5¢ for each additional word)



**All Classified Ads must be paid in advance!**

**Payment methods accepted:**

Cash, Cheque, Debit Card,  
 MasterCard, Visa or American Express.



**WEEKLY DEADLINE IS 12 NOON FRIDAYS**



**notices**

**MONDAY NIGHT BINGO  
 IN PRINCETON  
 SENIOR CITIZENS BR. #30**

162 Angela Avenue  
 4:30 PM Sales Start  
 5:30 PM 1st 47 Bonanza #'s  
 SPECIALS, REGULAR GAMES, ODD &  
 EVEN, PROGRESSIVE SNOWBALL &  
 LOONIE POT, "LUCKY 7" WON EVERY  
 MONDAY (MIN. \$50.00 GUARANTEED)  
 BC Gaming License #875433  
 "PLAY SMART GAMBLE RESPONSIBLY"

**help wanted**

## DAIRY QUEEN NOW HIRING!

Wage: \$10.00 per hour for those who qualify. Bonuses annually for those who qualify. Front End Staff, Back House Staff and Management.  
 Apply in person at Dairy Queen.

**services**

### Cover2Cover Bookkeeping & Office Services

Fax Services  
 Scanning  
 Word Processing  
 Resumes - Letters

**(250) 295-4149**  
 226A Bridge Street

**notices**

**notices**

**notices**

## LIMITED PRINT BLAKEBURN MAP

**"DELUXE EDITION"**

is now available at Princeton Pharmasave and Chamber of Commerce  
 From the Author of: "Blakeburn - B. C.'s Forgotten Ghost Town"

### Drinking a problem?

Alcoholics Anonymous

Meets 7:30 PM Thursdays  
 At The Anchorage,  
 136 Vermilion Ave.

Fred 295-7272/Marena 295-7663

**Explode Your Income!  
 Earn thousands every month.**

Visit this website:  
[www.bengelonlinebusiness.com](http://www.bengelonlinebusiness.com)

Or Call this number:  
**1-480-355-5612 ext. 14181**

### NEED A PICK-UP?

Ideal for going fishing, hunting, to the dump, gathering firewood or a second farm vehicle. 1990 Ford Ranger, in good running condition. lined box. \$1,900. (250) 295-6063 evenings.

**for rent**

**for rent**

## Princeton Castle Resort

**(250) 295-7988**

- Luxury lakefront 4/5 bedroom house, 2 bath, 1 1/2 acre. Available 1/1/08 **\$1,800.00/mo** EXCLUSIVE
- Lakefront 4 bedroom, 2 bath house. Available Immediately. **\$1,500.00/mo** EXCLUSIVE
- 2 bedroom apartment. Available 1/1/08 **\$ 800.00/mo** INCLUSIVE
- 1 to 3 bedroom chalet. **\$1,500.00 - \$2,000.00/mo** INCLUSIVE

## INDIVIDUALLY PREPARED HOROSCOPE

Natural character chart - \$25.  
 Basic chart plus predictive - \$50.  
 Phone 295-6063  
 Completely confidential

**notices**

### Narcotics Anonymous

**OPEN MEETINGS**  
 Thursdays 7:30 PM

160 OLD HEPLY ROAD  
 Baptist Church Basement  
 (USE BACK DOOR)

Info: (250) 295-7919

**Explode Your Income!  
 Earn thousands every month.**

Visit this website:  
[www.bengelonlinebusiness.com](http://www.bengelonlinebusiness.com)

Or Call this number:  
**1-480-355-5612 ext. 14181**

A musical memory gift for that special someone. This unique gift is just \$20.00 plus postage. Contact youwinagain9@yahoo.ca for details. Jul 25 07

**real estate**

**real estate**



**HEINZ EBENAU**  
 MANAGING BROKER  
 2004/05/06/07 Individual Residential Sales Leader

Princeton Office  
 195 Bridge Street  
 Phone: (250) 295-7427  
 1-866-562-8855  
 Fax: (250) 295-7417  
 e-mail: heinz@persona.ca  
[www.homelifeprincedon.com](http://www.homelifeprincedon.com)  
 Remember: Heinz Sells!

Looking for 2-3 bedroom rentals for qualified tenants. Call RE/MAX country at (250) 295-3222. Feb 13 08

## CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

### CHALLENGE #61 - Easy

245 617 839  
 379 548 612  
 816 239 754  
 451 892 367  
 632 475 981  
 987 163 245  
 523 781 496  
 794 356 128  
 168 924 573

### CHALLENGE #62 - Hard

391 258 674  
 827 364 915  
 564 971 832  
 482 193 567  
 175 426 398  
 936 587 241  
 213 645 789  
 749 832 156  
 658 719 423

# Princeton Posse

## 2006/07 - The DVD



Posse Player Kyle L'Arrivee's parents Don and Charlene have copies!

George Elliott's  
 "Princeton Posse" DVD  
**\$19.99**  
 Featuring 400+ photos  
 from the 2006/07 season!

**AVAILABLE AT:**  
 Similkameen News Leader  
 226A Bridge Street, Princeton  
 (250) 295-4149 1-888-350-9969  
[george@thenewsleader.ca](mailto:george@thenewsleader.ca)



# Classified Advertising Rates



**25 words \$5.00 + GST**  
Pay for 2 weeks and get the third week FREE!  
(.5¢ for each additional word)



All Classified Ads **must** be paid in advance!

Payment methods accepted:

Cash, Cheque, Debit Card,  
MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS



services

services

## FREE AND CONFIDENTIAL COUNSELLING SERVICE

Available to any woman who has experienced physical, sexual or emotional abuse in their past or present life.

Funded by the Ministry of Community Services,  
Stopping the Violence Branch

OFFICE HOURS 8:30 AM - 4:30 PM

KEREMEOS: Tuesdays ONLY call (250) 499-3018  
PRINCETON: Tuesdays ONLY call (250) 295-4453

notices

notices

notices

### Build A Business Risk Free! Get The Details Now:

[www.bengelonlinebusiness.com](http://www.bengelonlinebusiness.com)

### Build A Business Risk Free! Get The Details Now:

### Town of Princeton

#### NOTICE

For impounded pets, or to adopt pets please see the Community Bulletin Board at the corner of Bridge Street and Kenley Avenue.

### Save \$\$\$ When You Shop! Get The Details Now:

[www.bengelonlinestore.com](http://www.bengelonlinestore.com)

### Save \$\$\$ When You Shop! Get The Details Now:

notices

notices

notices



### FAX SERVICE SENDING OR RECEIVING

AVAILABLE AT:  
**Similkameen News Leader**  
226A Bridge Street

Phone: (250) 295-4149  
Fax: (250) 295-4103

### WAREHOUSEMAN'S LIEN ACT

Attention: Karen Richardson  
Suite 421 790 Springland Drive  
Ottawa, Ontario  
K1V 6L7

The contents of Unit #134 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Seven Hundred and Fifty-five Dollars and Twenty-two Cents (\$755.22). If you have not paid this outstanding account by Thursday, February 14th, 2008, the contents will be sold by auction on Saturday, February 16th, 2008 to cover storage costs.

Attention: Grace McCumber  
Box 698  
Princeton, BC  
VOX 1W0

The contents of Unit #118 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Seven Hundred and Ten Dollars and Thirty-nine Cents (\$710.39). If you have not paid this outstanding account by Thursday, February 14th, 2008 the contents will be sold by auction on Saturday, February 16th, 2008 to cover storage costs.

Attention: Karen Haynes  
Box 2412  
Princeton, BC  
VOX 1W0

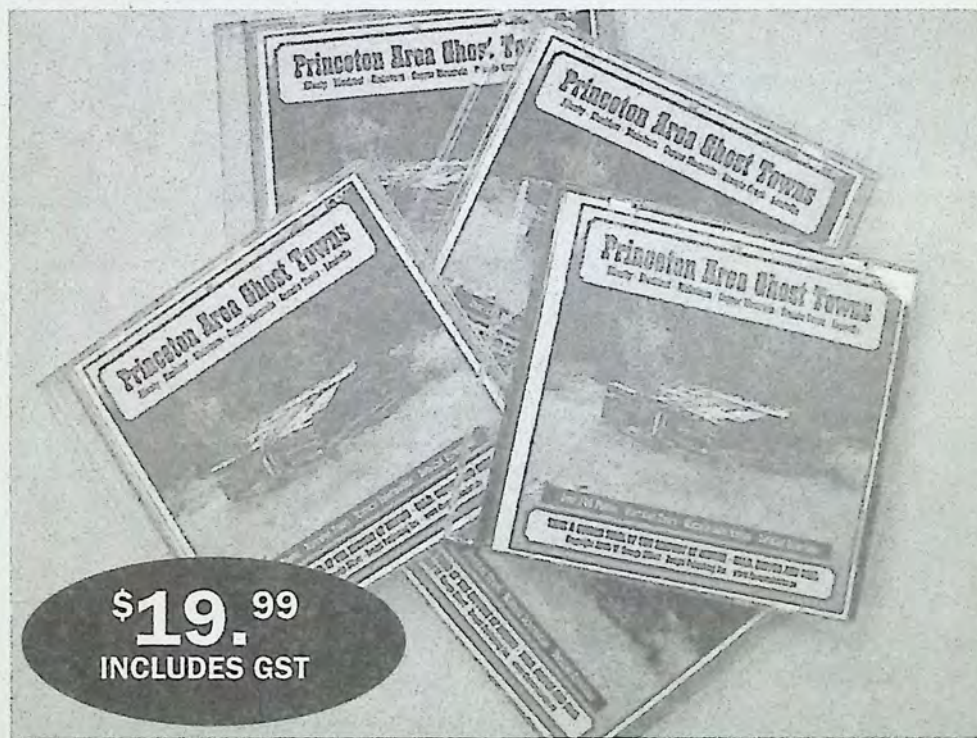
The contents of Unit #55 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Seven Hundred and Ninety-six Dollars and Forty Cents (\$796.40). If you have not paid this outstanding account by Thursday, February 14th, 2008 the contents will be sold by auction on Saturday, February 16th, 2008 to cover storage costs.

Attention: Tina Shuman  
Box 2197  
Princeton, BC  
VOX 1W0

The contents of Unit #14 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to One Thousand Two Hundred and Forty-eight Dollars and Sixty-three Cents (1,248.63). If you have not paid this outstanding account by Thursday, February 14th, 2008 the contents will be sold by auction on Saturday, February 16th, 2008 to cover storage costs.

# Need A Gift Idea?

PRINCETON AREA GHOST TOWNS - THE DVD  
Makes A Gift For All Occasions



**\$19.99**  
INCLUDES GST

Available Exclusively At:  
**Similkameen News Leader**  
226A Bridge Street



# editor@thenewsleader.ca

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

## my turn

### Stranger in my office

The other day I had an unexpected guest in my office. He's a long-time resident who was very upset about the housing and doctor situation in Princeton.

We discussed ways we thought could fix the problem but never really found that one little gem that could save everything. That's sort of how brainstorming works - and for some reason, my office attracts a lot of people wanting to either vent or pick my brain for ideas.

It's okay, I don't mind as I'm not so sure how much help I can offer in most cases but with this stranger in my office I asked a question I never thought I'd ask anyone.

"Do you feel as if Princeton has failed you?"

His response was a yes.

It was a turning point for me, right then and there.

With talk about a possible mine project, new development downtown, strata proposals and the still wacky real estate market it makes me wonder what is everyone going to do here once they get here and find few doctors, a scaled-down hospital and no recreation centre, movie theatre, limited 'fine dining' experiences and whatever else newcomers would expect.

Sure, we pointed fingers in our conversation blaming everyone we could think of but the bottom line is still the bottom line.

Princeton has not kept up.

It's as if we are in a time warp and as a result live in a constant state of denial.

Dr. Adams wrote about a looming doctor shortage ten years ago. The real estate market started to climb no less than five years ago. Those should have been signals.

Why are we so blind to the signals?

I mentioned to the stranger in my office that I feel the next Town Council and School Board will need to be able to read all the signals as I'm convinced the two years leading up to the 2010 Olympics is our only chance as a community to put our best foot forward and grab on to the wheels of change and growth as they whistle right by us on Highway 3.

In order to embrace change we need to change along with it, instead of waiting for it to happen all around us then deciding maybe we'll do a little of this and a little of that so we don't change too much.

We also have to get past the fact that we use buzzwords like 'depressed area' and 'isolated region' to reach out for help.

It's time Princeton picked itself up, dusted itself off and went after what's rightfully ours and quit taking no for an answer or the bullies will continue to push us around as they know they can get away with it.

It's time the Princeton we fell in love with took back what we've lost at our hospital and used that incentive to attract new doctors. It's time Princeton stood up and developed a low-cost housing development to look after it's own.

It's time we said no to the hand outs and did it on our own and quit giving people reasons to give up or before long we'll just end up another ghost town on the side of the road.

#### EDITORIAL GUIDE

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

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

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

## Similkameen News Leader

ISSN 1712-090X

An Independent Newspaper - There Are No Chains On Us!

Published weekly by Bengel Publishing Inc.

226A Bridge Street, P.O. Box 956,

Princeton, B.C., V0X 1W0

Phone (250) 295-4149 • Fax (250) 295-4103

www.thenewsleader.ca

MEMBER OF THE FOLLOWING GROUPS:

Princeton Rotary Club  
Similkameen Country, Keremeos  
Canadian Association of Journalists

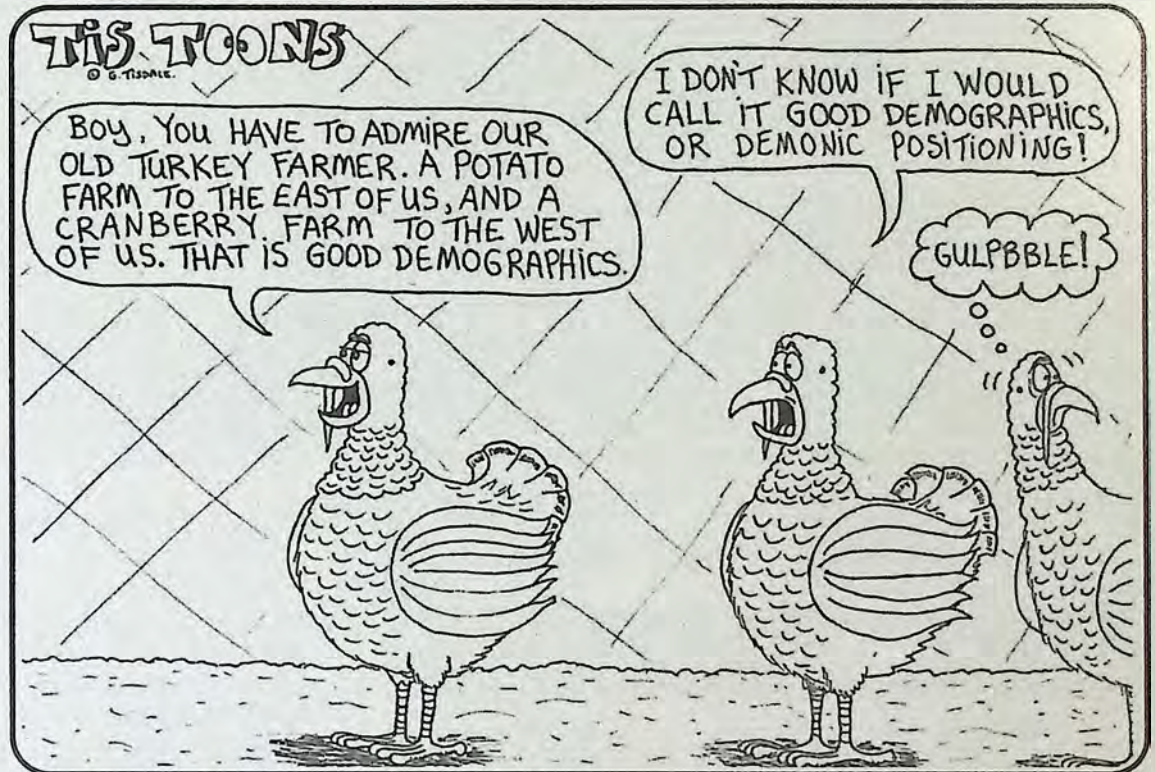
PAP Registration No. 11034

Canada

We acknowledge the financial support of the Government of Canada through the Publications Assistance Program towards our mailing costs.

Publisher:  
Office Administrator:  
Reporter:

George Elliott  
Brenda Engel  
Dawn Johnson



## your turn

# ER = Emergency, Randy!

Dear Sir:

Re: "ER will close if no doctors come," January 29, 2008 issue of the Similkameen News Leader.

I take great issue with Randy McLean's statement at the January 21, 2008 council meeting. For a mayor, who has as of this year been mayor 6 of the last 9 years,

#### Letter To The Editor

## Stefan shares thoughts

To The Editor;

Do we really have a Strata Problem?

I have to admit the second I heard "Strata" in a small town like Princeton without enough rentals already - I was totally against it! BUT after letting all the info sink in for a few days from the meeting two weeks ago I think 'if we wheel and deal it right' it could be a start to a nicer and better Princeton than we ever had!

The key to this is to have the town build NICE and affordable houses, rentals immediately in a designated area close to downtown ...like the old Argo building site the town apparently recently bought.

People can walk from there to downtown - no big deal - and at the same time we get the old and mostly run down looking apartment buildings and now the 'Riverside' bought and developed by people with money who will upgrade the look of all these buildings to accommodate the needs of town and new purchasers.

It can be ALL GOOD! - IF the town gets on their heels and builds

with a 3 year break, when Keith Olsen was Mayor.

Randy McLean has admitted on CHBC News, that he dropped the ball when it came to the community's health care crisis. When Interior Health was systematically gutting our hospital and downsizing beds, staff, I.C.U. beds, and

operating rooms etc., Randy McLean and council of the day were noticeably absent by their silence. With the one exception of Kathy Clement, who tried to get answers from the Interior Health bureaucrats. There was it seemed absolutely no interest of council to pursue what, and why our hospital was being gutted and try and stop it.

Mayor and council instead of ignoring what Paul Adams suggested about bringing Interior Health to Princeton, to explain to us, the people of Princeton, who pay the taxes, the people who will ultimately pay the price one way or the other, what is going to happen to our hospital.

You dropped the ball once Randy, don't bury it this time. Council might be swayed by the Interior Health's smoke and mirrors News Letter, but the people of Princeton aren't.

Invite Interior Health to Princeton to answer good hard questions from the people. Interior Health caused the problem, let them fix it.

We prefer to listen to our doctors and nurses and hospital staff and their sound advice. To anyone reading this letter, do yourself and your family a favour and e-mail or phone Mayor McLean or any of the Councilors at Town Hall. Let them know that you would like Interior Health in Princeton at a public forum. It is your tax dollar.

Town Hall's phone number is: 295-3135. The e-mail address is: prince@nethop.net.

Yours truly,  
Don Fleming, Princeton

This is not 1908 - it's 2008! But if someone buys it up and upgrades the area like the new townhouses on the other side of the main street this will be beneficial for this town no doubt! We can use the old log homes at the fairgrounds for vendors etc...and even better for selling tickets for racing days that we get the spook house back up and running for good!?

John might like that idea. This guy put so much work into the spook house for years and everyone could feel it in 2007 that we had only half or less the fun without his work during Halloween!! (and the help of all other firefighters who helped!)

- Stefan Dietz, Princeton



Current Comment:

# We no longer call the hospital tune



**Dawn Johnson**  
editor@thenewsleader.ca

When I was in my teens, the health care system in B.C. was undergoing a major change. We were going to have hospitals funded by the provincial government and we were going to have medical insurance through the government. I was a member of a public speaking club at school. I remember we debated the new system. The opposition based its argument on "he who pays the piper calls the tune". They argued the new system would exercise control over our Hospital Board, and we would lose our local input into hospital services. This debate raged across the B.C. at all levels. The provincial government assured everyone that Hospital Boards would continue to function and local people would never lose their voice in local hospital services. It was not long ago that our provincial government wiped out hospital boards. Princeton residents objected, but we were told the provincial government was paying the shot and our hospital was not run efficiently. "Efficiently" meant our hospital was running at a deficit. So was every other hospital in the province. Victoria took control of all of them. We were left with a Community Health Council. Then, after a couple of years, the provincial government wiped out health councils with another piece of arbitrary legislation. Our doctors warned us repeatedly of what was going to happen to our hospital, and their words did not fall on deaf ears. When the number of beds was reduced, we yelled about it, accusing the new "health authority" of trying to kill off our hospital. We were assured this would not happen. It happened. We were left with surgeons who were not allowed to do surgery, and an obstetrician who was not allowed to deliver babies (although roadside deliveries by amateurs was considered a risk worth taking!).

It is nearly 100 years since the people of Princeton built the first Princeton General Hospital. My grandparents helped build it. Many local residents can say that. I and my sisters were born in that hospital, as were so many local residents. Two of my grandchildren were born in the newer hospital. I look at Princeton General Hospital and I think, "Look what the government has taken away from us!"

When my granddaughter was born here, she was born in a state of the art delivery room with a great delivery bed. That room was paid for by the Hospital Auxiliary with donations from many individuals and organizations. Where is the equipment now?

At the hospital, there is a donor wall full of brass plaques. Each plaque represents a donation of a minimum of \$5,000. This wall shows only a fraction of the total donations given by local residents to our hospital. When the provincial government could not come up with equipment needed, the community bought what was required. A lot of it was taken away. Due to the provincial government adopting this new "Closer to Home" system of health care delivery, our hospital has been gutted of facilities doctors and nurses expect to find in a hospital, and we are forced to travel to Penticton or Kelowna for almost every kind of test and all surgeries.

Let me give you a comparison of then and now. My husband needed hernia surgery and had it done in our hospital before the big change. A couple of years later, he needed a bit of surgery and it had to be done in Penticton. We had to take a motel for the night before surgery, in order to get him to the hospital early in the morning. When he was to be taken home, I had to drive to Penticton once more to pick him up. One of the instructions for his care was "the patient is not to be in a sitting position for more than one hour at a time". If I stay within the speed limit, it takes more than an hour to drive from Penticton. This is the "Closer to Home" system for Princeton residents: drive to Penticton! I am sure the new system does great things for Penticton's economy with all of the motel rooms, meals, gas tank fills and whatever, but it is not doing us any good at all.

If a patient is too ill to go by private vehicle, the ambulance service takes over. The number of ambu-

lance trips to Penticton and Kelowna have multiplied tremendously. I have no idea what the cost must be in a year, but I bet it would pay the salaries of a couple of doctors. Guess who pays for these ambulance trips? That is on top of our taxes.

Even if a patient goes by ambulance, the cost to the family may escalate as the family will go and may have to take a motel to stay close. I know about that, too. My husband was critically ill two years ago. He was not expected to live. He was sent to Penticton for treatment as his condition was so serious. After scans and other procedures, the specialist said my husband would not survive and sent him back to Princeton to die. My husband is still alive, thanks to the excellent care he received in our hospital. In the meantime, family members spent money to be near him in his 'dying' days in Penticton.

We are now in a health care ultimate crisis. In some respects, the whole thing is completely stupid and even laughable. The latest wrinkle in the saga is to turn Public Health rooms into doctors' offices for locums who will man the ER. Public Health, which was moved from downtown to the hospital, will now be moved into the basement, close to the kitchen, laundry and mortuary facilities. (And what will this move cost?)

Dr. Adams tells me that locum doctors on government salary, rather than in private practice, will not be allowed to talk to the press. That's a nice twist, isn't it? Shut them up, make them all shut up. Don't let anybody say the emperor has no clothes!

This column is all very personal. The health of myself and my family is personal, as I am sure it must be for anyone. It is my personal opinion that doctors do not want to come here because we no longer have a hospital where they can do what they were trained to do. I look at their situation and compare it to how I would feel if I were an editor who was not allowed to write an editorial. Why stay at that job?

Everything the government assured us would not happen to our hospital has happened. What can we do? Right now, all I can think of is to look very carefully at who we elect next time to run our health care system, or we can privatize our hospital and charge a non-resident highway toll as a hospital tax to pay our costs.

**Similkameen News Leader**  
AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

**Brenda Engel**  
OFFICE ADMINISTRATOR  
brenda@thenewsleader.ca

**George Elliott**  
OWNER / PUBLISHER  
george@thenewsleader.ca

**226A Bridge Street**  
P. O. Box 956, Princeton, B. C., V0X 1W0  
Phone: (250) 295-4149 • Fax (250) 295-4103

**INVITATION TO WORSHIP**

**LIVING WATER**  
FOURSQUARE CHURCH  
38 Kenley Avenue  
Join Us for a time of Contemporary Worship Sundays at 10:30 AM (FOLLOWED BY COFFEE)  
PASTOR BOB STEWART  
www.livingwater4sqchurch.com

**SIMILKAMEEN CHRISTIAN FELLOWSHIP**  
WORSHIP SERVICE 11:00AM  
Everyone Welcome  
DON BODDEN - PASTOR  
499-2511

**BAPTIST CHURCH OF PRINCETON**  
Family Worship 10:00 AM  
Praise & Prayer - 7:00 PM  
Wednesdays  
COME AND JOIN US!  
Pastor Dan Brama  
295-7752

**St. Paul's United Church**  
Office Hours  
Tue / Thu 9:30AM - 12 NOON  
WORSHIP SERVICE 10:30 AM  
190-1st Street (BEHIND COURT HOUSE)  
Phone: 295-7714  
Diane Robinson, Minister  
Also serving the Anglican Community

**Princeton Pentecostal Church**  
(The Pentecostal Assemblies of Canada)  
PAOC APDC  
165 Vermillion Avenue (BESIDE THE LIBRARY)  
invites you to join us in  
SUNDAY WORSHIP  
10:30 AM - Morning Worship  
7:00 PM - Evening Worship  
Pastor Tony Essex 295-7951

**Post Your Church Information Here!**  
Call 295-4149 For Details.

SAVE MONEY WHEN YOU SHOP...

**www.bengelonlinestore.com**

E-BAY, AMAZON.COM + MORE!



www.thenewsleader.ca

SINCE 1973

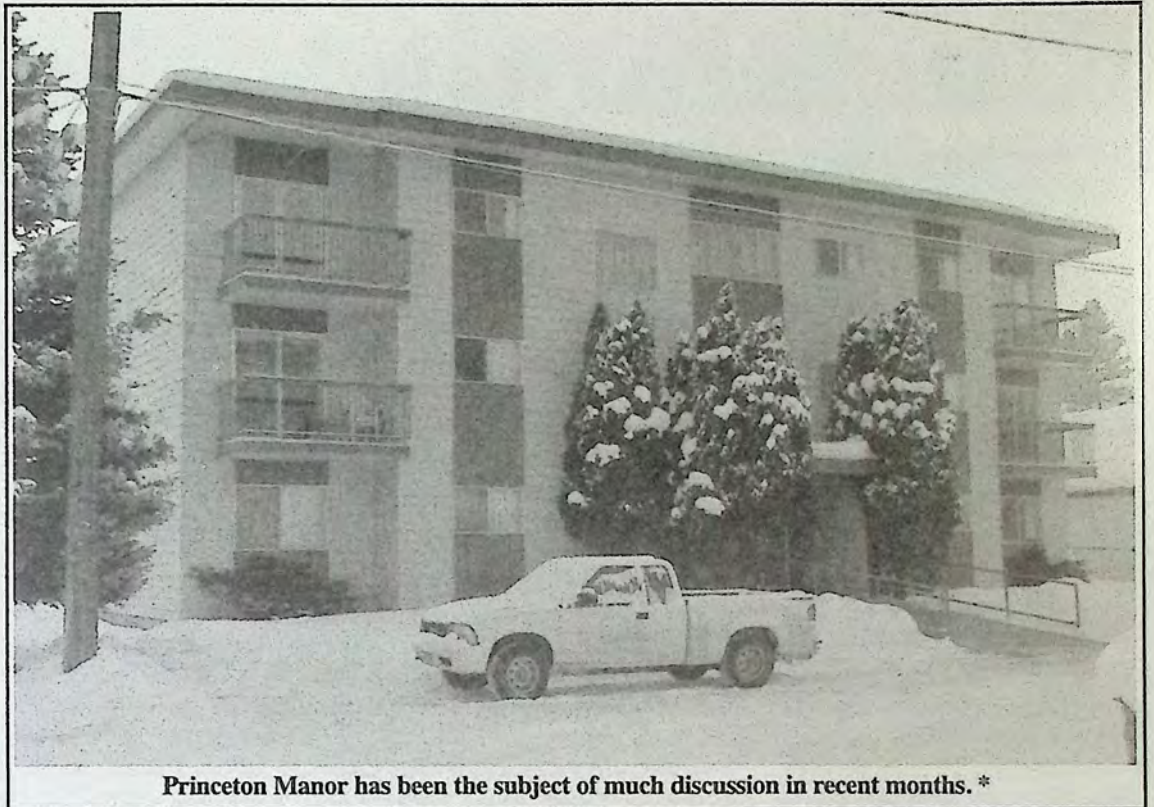
**ROBERT R. WICKS**  
**BARRISTER & SOLICITOR**  
 213 Vermilion Avenue, P.O. Box 760  
 Princeton, B.C., V0X 1W0  
 Fax: 295-7000 Phone: 295-3123

M. MARTINS

Contracting

**Bobcat/Mini Excavator Services**  
**Draintile & Underground Services**

Res. (250) 295-0758 Mario Martins  
 Cell: (250) 293-6994 Reasonable Rates



Princeton Manor has been the subject of much discussion in recent months. \*

Princeton Area Ghost Towns - The DVD

**Princeton Area Ghost Towns**  
Alamy - Alford - Alton - Copper Mountain - Grassy Creek - Lethbridge

\$19.99

INCLUDES GST

Available at:  
**Similkameen News Leader**  
[www.thenewsleader.ca](http://www.thenewsleader.ca)

Explore The History Of Mining - Gold, Copper and Coal

“PROTECT WHAT YOUR FAMILY VALUES MOST. YOU.”

You likely have enough insurance to replace your home or car in case of fire or accident, but have you insured your most valuable asset? It's your ability to earn an income. If you are an income earner for your family, I can help you determine if you have the right combination of life, disability, and critical illness insurance to protect your loved ones from debt and preserve their standard of living should you be unable to provide for them.

**Al Anderson, BBA, CFP, TEP**  
 Financial Consultant

Phone: 295-3555  
 Email: alan.anderson@investorsgroup.com

**INVESTORS GROUP**

SOLUTIONS BUILT AROUND YOU™  
 I.G. Insurance Services Inc.

www.investorsgroup.com

▶ INVESTMENT PLANNING ▶ RETIREMENT PLANNING ▶ TAX PLANNING ▶ MORTGAGES  
 ▶ INSURANCE\* ▶ CASH MANAGEMENT ▶ ESTATE PLANNING ▶ BROKERAGE SERVICES\*\*

\* Trademarks owned by Investors Group Inc. and licensed to its affiliated corporations.  
 \*\* Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Great-West Life Assurance Company. \*\* Brokerage services offered through Investors Group Securities Inc.

**Letter To The Editor**

# Readers request consideration

Randy McLean & Town Council;  
 I am writing with great concerns regarding the senior citizens of the Princeton Manor apartment building.

I understand that the Town Council and yourself have approved the strata for this building, my question to you and the council is, how long of a process was this to come to such a serious decision without first and foremost taking into consideration what this would do to the seniors that currently occupy a rental unit in that building?

**What did the Town gain by doing this?**

A few more tax dollars a year, is this really worth it? You gave the strata to opportunity to prepare their presentation and show you the benefits this would have for the Town of Princeton, but was any consideration given to the seniors who will be without homes this summer?

Did you bother to ask them their feelings regarding this? Was a Town Meeting called so the residents of Princeton could have some input into this proposal?

Did you do your homework and check to see what would be available for those seniors to rent when the time comes?

**What is the benefit to these seniors?**

**A 25-year mortgage (no benefit). Strata fees? (no benefit). Higher payments? (Again, no benefit). Legal fees? (no benefit).**

**Homeless at 70+? (no benefit).**

Now take into consideration the majority of those people have owned homes in the past and moved to this location for just that reason...location, location, location!

They can freely walk to wherever they want to within the town limits. Close to shopping and pharmacies and doctors. Now that is a whole new story...but first things, first.

What is there for our seniors to rent that is maintenance free? Which again, is why they chose this building within town limits.

These are the people who have paid taxes for many years in this town, these are the people who have voted you and your council in time and time again, so now is the time for you to step up to the plate and help them out in their time of need.

What will the Town Council do to help them? Are you going to turn your back on these people? Or is it too late? I hope not...

Remember that we all are the next 'Senior Citizens of Princeton' - how would it feel to be thrown out of a building you have called home for many years?

Yes, they have the option to buy. But how many financial institutions are willing or able to give a senior a mortgage, and take note that most mortgages hold a 25-year amortization. Where is the logic in that?

"They are seniors" this is when age does matter, lots of older peo-

ple are living from cheque to cheque and do not have a down payment let alone make a mortgage payment which likely will be higher than the rent they pay now.

For example: The payment for a \$110,000.00 mortgage is approximately \$716.00 per month, which is about \$200.00 above what they are paying right now for a 2-bedroom unit (this is over 25 years, based on a 5-year fixed rate). Then include a monthly strata fee of \$105.00+ and then add on the heat/taxes and all the other utilities, all on a pensioners income.

Yes, I know that the town has senior facilities, but have you checked those out lately? They are either full or bachelor suites, which barely hold a single bed and a TV.

As far as the other apartment buildings in town *there is a waiting list*, so who knows if there will be any available units when the time comes for them to move.

You are taking away "their way of life and their home" by allowing this to happen.

**All they want is the freedom to come and go without worries in a safe and secure location.**

They have earned this right, they paid their dues. Is this too much to ask?

Time is running out for these people, and these tenants are becoming very stressed over this whole issue.

Now what do we do to help them? Any suggestions Council, Randy? - Edna & Ken Blomme, Princeton

SAVE MONEY WHEN YOU SHOP...

# www.bengelonlinestore.com

E-BAY, AMAZON.COM + MORE!



# Princeton Area Ghost Towns

Allenby - Blackfoot - Blakeburn - Copper Mountain - Granite Creek - Leadville

**OVER 285 COPIES SOLD!**  
COPIES SELLING WEEKLY

- Over 100 Photos - Narrated Tours - Historic Information - Detailed Directions

**TAKE A GUIDED TOUR OF THE HISTORY OF MINING - GOLD, COPPER AND COAL**

Copyright 2006 W. George Elliott - Bengel Publishing Inc. - [www.thenewsleader.ca](http://www.thenewsleader.ca)

## Princeton Area Ghost Towns - The DVD

WRITTEN & PRODUCED BY:

News Leader Owner/Publisher George Elliott

**\$19.<sup>99</sup>**

INCLUDES GST

AVAILABLE IN THE PRINCETON AREA AT:

**Similkameen News Leader**

226A Bridge Street

**(250) 295-4149**



# What's Five Bucks Get You These Days?

A 25 word Classified Ad in the News Leader.  
Call (250) 295-4149 for details!

**PARTNERS  
in GRIME**

## Partners in Grime by Neil Anderson

Available at  
Princeton Pharmasave  
and  
Backroads Bike Shop

NEIL ANDERSON

Here's My Card!  
Advertise Your Business Here For As Little As...

# \$10.00 PER WEEK

Call Us For Details!  
Similkameen News Leader (250) 295-4149

**Save \$\$\$ When You Shop!  
Get The Details Now:**

[www.bengelonlinestore.com](http://www.bengelonlinestore.com)

**Save \$\$\$ When You Shop!  
Get The Details Now:**

## Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



**\$19.99**  
INCLUDES GST

Available at:  
**Similkameen  
News Leader**  
[www.thenewsleader.ca](http://www.thenewsleader.ca)

Over 400 Photos - Player Profiles - News Stories

## Just The Fax, Ma'am!

### Cover2Cover Bookkeeping & Office Services



226A Bridge Street  
Princeton  
(250) 295-4149

PROVIDING RESUMÉ, WORD PROCESSING,  
FAX, SCANNING AND COPYING SERVICES



Princeton Rotary Club will host their 5th annual Winefest February 23rd. \*

# Rotary Club hosts 5<sup>th</sup> Winefest

Princeton Rotary Club will host their fifth annual Mid-Winter Wine Fest on Saturday, February 23rd from 7:00 to 10:00 PM in the Legion Hall.

The event will include wine tasting from a number of wineries from the Okanagan-Similkameen

Wine Country, international snack foods and numerous items for bidding in a silent auction as well as raffles.

This has turned into such a popular event Tin Horn Creek Vineyards, Hester Creek Estate Winery, Gehringer Brothers Estate

Winery and Wild Goose Vineyards are all looking forward to returning this year.

In addition to these fine vintages the Rotary Club is in contact with some of the smaller wineries in the Cawston area and expect a positive response from them as well.

Tickets are \$30.00 per person, which includes a souvenir wine glass, wine tasting, snacks and a chance at door prizes.

Tickets are available at Stevens & Stevens Notary Public office on Bridge Street, Princeton Chiropractic Centre on Vermilion Avenue and from any Rotary Club member.

All proceeds collected from the event help the Princeton Rotary Club support many local and international projects. - submitted

## Mayor issues statement

..... continued from Front Page the backup of 20 or 30 doctors when you are unable to fulfill your patients needs and I believe that creates the stress that needs to be rewarded.

We are without a doubt in an unfortunate situation, yet we will persevere, we will find a solution and we will find the doctors we need, this is no time for pointing

fingers or firing off accusations, we need to work together in order to arrive at a speedy and effective solution.

You have people who represent you who realize the seriousness of the situation and are doing everything they can and to me that should be appreciated.

- Mayor Randy McLean, Town of Princeton

### Letter To The Editor

## Joe looks at local doctor shortage

Dear Editor,  
The Princeton doctor shortage highlights again the complex ques-

tion of comprehensive health care in a rural community like Princeton. Doctors, nurses, thera-

pists, Lab, X-ray technicians, office staff, housekeeping people mostly have partners.

Partners need employment. Employment requires industry and businesses.

We've never met a male doctor's wife that is a bimbo. They often have professions in their own right and want to exercise it. If there is no employment available a \$50,000 yearly subsidy may be necessary for the partner.

Incentives may be necessary to attract Princeton graduate students to the health care profession.

Our wide open Canadian immigration policy is overwhelming our system, stressing out our services and infrastructure.

It's like building a house for 4 people and 40 move in. It's a disaster for those waiting in line, cross-legged that have to go potty in the one and only bathroom.

Regards,  
- Joe Schwarz, Princeton

### Letter To The Editor

## Resident says 'thanks'

Dear Editor: Please print this in the News Leader:

To the person or persons who has/have been clearing the snow from the Coalmont Postal Boxes:

Thank you so very much, not only I, but I'm sure the rest of Coalmont really appreciates your kind gesture.

- M. Broad, Coalmont

VISIT US ONLINE:

[www.thenewsleader.ca](http://www.thenewsleader.ca)

NEWS - SPORTS - COURT NEWS  
ARCHIVES - CLASSIFIEDS  
ONLINE SHOPPING  
WEATHER - ROAD REPORTS

[www.thenewsleader.ca](http://www.thenewsleader.ca)





Dorothy Westfall is joined by Brenda Kirkland to celebrate Westfall's retirement last week at PGH. The celebration included PGH staff, Ambulance attendants, Health Unit and Ridgewood Lodge staff. Westfall retired after nursing since 1971. She attended St. Paul's Hospital nursing school, along with Brenda. Westfall later went to UVic to complete her degree and that's where she met her future husband, Walter. They moved to Princeton and Dorothy started working on August 22, 1989. The Westfall's have a full schedule of travel plans ahead of them starting with a trip to Hawaii and then on to Disneyland. Her co-workers wish her the best and say she will be greatly missed! - submitted

## Council proclaims Heart Month

Town Council has proclaimed February as Heart Month. Mayor Randy McLean signed the proclamation at the January 21 Council meeting.

Councillor Maria Sadegur urged everyone to attend the Heart Fund dinner on February 28. She has once again organized the event, and the President of the BC-Yukon Heart and Stroke Foundation will be speaking.

Mayor McLean commended Councillor Sadegur for her many years of service to the Heart Fund.

Councillor Sadegur thanked the people of Princeton for their support, saying Princeton area has the highest per capita donation of any town.

In connection with Heart Month, several local men are growing beards for money. They are collecting pledges for growing beards to be shaved off on February 16.

There is one man who plans to have his head and beard shaved.

All of the funds raised by this hairy project will go to the Heart and Stroke Foundation.

## VFFN plans AGM

Vermilion Forks Field Naturalists will hold their Annual General Meeting Tuesday, February 12 beginning at 7:00 PM.

Election of Officers will be on the agenda and the group invites anyone interested in becoming more involved in the activities of VFFN to put their names forward.

Contact Joan Kelly at (250) 295-7743 for more information.

The evening program will feature speaker Tanya Luszcz. Luszcz is a biologist working with Canada Wildlife, Partners In Flight (BC/Yukon).

She has been instrumental in coordinating information on bird species in Area H and will speak on bats, a special interest of hers.

An outdoor field trip will follow in May.

## Teenaged author visits Princeton

Kyra Wittkopf was a 13-year old Summerland student when a

school journaling assignment became a passion for words and

catapulted this young teenager into a career in writing and public speaking.

Kyra has now written four books, provides keynotes all over North America and is coming to Princeton to spend an enthusiastic three hours with teens and pre-teens sharing her knowledge of journaling and her journey as a young entrepreneur.

Join Kyra at the Princeton Skills Centre, Friday, February 22nd (a Pro-D Day) for a morning workshop from 9:00 AM to 12 Noon.

"Journaling For Teens" will be informative and inspirational for your teen or pre-teen.

To register, call the Princeton Skills Centre at (250) 295-4051. There is a fee of \$50.00 + GST and registration deadline has been set for Friday, February 8th.

To find out more about this enterprising and creative young lady, visit [www.onewordwisdom.com](http://www.onewordwisdom.com).



Summerland student Kyra Wittkopf hosts a workshop for teens February 22nd at Princeton Skills Centre.

[www.thenewsleader.ca](http://www.thenewsleader.ca)

### C.J.M. Plumbing

COMPETITIVE SALES AND SERVICE

New Fixtures Supplied and Installed  
Drain and Sewer Cleaning - Service Repair  
Hot Water Tanks - Hot Water Heating

Emergency Service  
Fully Licensed

295-7085  
Dave Mack

Here's My Card!  
Advertise Your Business Here For As Little As...

**\$ 10.00 PER WEEK**

Call Us For Details!  
Similkameen News Leader (250) 295-4149

### A&M DRYWALL

COMPLETE DRYWALL SERVICE

FREE ESTIMATES

**(250) 295-4386**

### Just The Fax, Ma'am!

Cover2Cover Bookkeeping  
& Office Services



226A Bridge Street  
Princeton

**(250) 295-4149**

PROVIDING RESUMÉ, WORD PROCESSING,  
FAX, SCANNING AND COPYING SERVICES

### Upcoming Programs At The Skills Centre

#### Intermediate Conversational Spanish

Increased practice and complexity in putting together sentences and conversations.  
February 26 - March 13 (Tuesdays/Thursdays)  
\$80.00 + GST

#### Occupational First Aid - Level 1

Covers basic first aid with rescuer CPR. Successful participants will receive WCB Occupational First Aid Level 1 Certification.  
3 date choices! February 22, April 1 or May 31  
\$125.00 + GST

#### Youth Journaling Workshop

Inspirational and motivational workshop for students 10+!  
Features 13-year old published author Kyra Wittkopf from Summerland.  
February 22 - PRO D DAY  
\$50.00 + GST

Complete Calendar of Courses NOW AVAILABLE!



Princeton & District Community Skills Centre  
206 Vermilion Avenue, PO Box 69  
Princeton, BC, V0X 1W0  
Phone: (250) 295-4051 - Fax: (250) 295-4052  
[www.princetoncsc.com](http://www.princetoncsc.com)



# YES WE CAN PROGRAM

In our changing society, it is more important now than ever to lend a helping hand to those in need. With Christmas behind us, the need for food hampers tends to get forgotten.



Our **YES WE CAN PROGRAM** is designed to refresh your memories for those who require the assistance of the Crisis Centre.

Please join us in putting a smile on their faces, clothing on their backs and food on their tables by bringing your donations of non-perishable foods and men's and children's clothing to:



## RE/MAX country 240 Bridge Street



By giving just a small part of ourselves,  
we are touching many hearts!



Thank you for caring!




**JANICE BARCLAY**  
295-3222  
janicebarclay@princetonbcproperties.com



**BRENDA CRAWFORD**  
295-3222  
brenda@princetonbcproperties.com



**JIM JUNKIN**  
295-3222  
jimjunkin@princetonbcproperties.com



**SUSAN COLLINS**  
295-5359  
susan\_collins@nethop.net



**STEVE WHITE**  
295-8525  
stevewhite@princetonbcproperties.com

THE VOICE OF REAL ESTATE  
**RE/MAX country**

[www.PrincetonBCProperties.com](http://www.PrincetonBCProperties.com)  
EACH OFFICE INDEPENDENTLY OWNED AND OPERATED