

Similkameen News Leader

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News Leader**
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EDO sits in hot seat

Michael McLaughlin, who is doing economic development work for Similkameen Valley Planning Society, reported to Council on February 21. He began by saying Princeton has opportunities but people need to work together.

Councillor Kathy Clement wanted to know what he has been doing for Princeton, saying she did not think he was giving as much to Princeton.

McLaughlin replied he had run into roadblocks in Princeton, and was able to make more progress in Keremeos, where he spends half his time.

Mayor Keith Olsen and Councillor Spencer Coyne backed up McLaughlin's statement that there had been roadblocks. Councillor Clement appeared unaware of these.

McLaughlin admitted he is not satisfied with the progress being made in Princeton. He said Council and the Chamber of Commerce must be willing to work with him if there is to be success. He told Council he must work closely with the business community and the Chamber of Commerce to help them define their roles, and to assist business.

McLaughlin said he would like to work with the business community to develop and market the trailhead, to take advantage of funding opportunities and develop a trailhead attraction. He suggested creating a tourism strategy. As for the pamphlet created for the Keremeos and Hedley areas, he noted such a promotional brochure could be created for Princeton, but first there has

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Kuhn challenges council



Keremeos Volunteer Fire Department put out a burning load of hay late Friday afternoon on Highway 3 near Standing Rock. The accident closed the highway for hours and killed the driver of the vehicle that hit the semi loaded with hay. Story on page 4. Photo: Bryan Smith, www.keremeos.net

*Mill manager
says
"Let's get
moving"*

Fred Kuhn, manager of Princeton's branch of Weyerhaeuser, appeared before Town Council on February 21 to criticize the lack of progress in Princeton. He pointed the finger directly at Council, saying he is disappointed.

He had received a glossy pamphlet for the Similkameen, and discovered Princeton was not in it. This inspired his visit to Council.

"People can't seem to work together to get things done in this town," Kuhn said.

Kuhn asked whether there is a long term plan for growth, as he sees other towns growing but not Princeton.

Mayor Keith Olsen admitted there is no long term plan.

"Are we moving ahead? Are we falling behind?" Kuhn asked Council.

Mayor Olsen responded by saying the town is not moving ahead, but is in the process of moving ahead. He explained the Similkameen Valley Planning Society hired Michael McLaughlin to work on an agenda set by the society to look for other opportunities for economic development.

As for the pamphlet on the Similkameen, Mayor Olsen said there was a problem "getting a buy-in locally". He said there is a pamphlet "in the works" for the Princeton area.

Mayor Olsen revealed there is an expert coming to work with Princeton people. He is Hugh Culver, and he has worked successfully with other communities. He will be in Princeton this week to negotiate a contract with Council.

Other members of Council were not so positive. Councillor Esselink thought industry was moving ahead slowly, but not tourism. Councillor Clement said "there is lots of room to grow". Councillor Jarvis said there are small businesses moving to Princeton, and the Chamber of Commerce reports a lot of interest in Princeton. Councillor Coyne said the town is not moving ahead, and there are roadblocks that need to be removed.

.....continued on Page 2

Arena project needs public support

Do you want to see an expansion of Princeton's Arena which will bring close to \$4-million dollars into the community annually?

This could become reality in a very short hurry.

An application to the Canada / British Columbia Infrastructure Program has already been submitted for an expansion to Princeton's multi-purpose arena.

The project, which would see local contractors getting most of the work, has a timeline for construction from April to September 2006.

The project costs total \$528,000 and would include a 109' x 24' steel addition erected at the North end of the existing building totalling \$233,000; a new roof worth \$150,000 and an 108' x 15' addition to the East wall to accommodate additional seating worth \$145,000.

The Infrastructure Program grant would cover 2/3 of the cost of the project (approx. \$350,000), an additional \$100,000 is currently in the Arena Operational Budget (in reserve) having been set aside over a number of years for roof repairs, and all that's needed for the expansion to take place is \$75,000.

Where will that come from?

There is a possible funding source already in place in Princeton.

The Community Forest Corporation has close to \$1-million dollars in their bank account. The mandate of the CFC is to put money into community recreation development.

What does the arena expansion mean to Princeton? Recreation Director Lyle Thomas says the project would become very valuable to Princeton.

"It's a two-fold project," Thomas says.

"First, it's important to our current users as we see them today and as economic generators in the future."

Thomas says the arena - in its current state - brings nearly \$700,000 of outside money into the community each ice season.

The figure comes from events such as tournaments bringing families to the region spending money on local accommodation, meals, fuel, etc.

"Second, I believe in making some renovations to our building we can increase our programs."

Thomas says extending the ice season to a year round schedule would allow for a Summer Hockey School program and the development of a training facility.

"The expansion would bring in about \$4-million of outside money annually."

It's all based on funding being available at the Federal/Provincial level, and Thomas is confident the project will be approved.

"We would become one of the larger economic generators in town."

The attraction of a top notch, quality ice facility would benefit the community in many ways.

"Recreation is one of the cards we can play in our economic hand."

A presentation on the complete project will be made at the March 7th Town Council meeting at 7:30 PM.

If you want to see Princeton start to grow, this could be one of the first steps.

If the Federal/Provincial funding grant is not approved, the project could possibly be funded entirely by the Community Forest Corporation.

The committee would have to view the arena expansion proposal to determine what benefits such and expansion would be for the community before releasing any of their available funds.

You can support the project by attending the March 7th meeting.

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Town of Princeton
PUBLIC NOTICE
 The Princeton & District Community Forest Corporation is looking for individuals to participate on a committee to advise the Directors on the following, but not limited to these items:
 - Identify community projects
 - Additional opportunities of wood use.
 The committee will consist of seven individuals.
 If you are interested, please submit your name and address to the following address by March 24, 2005:
 Princeton & District Community Forest Corporation
 PO Box 670
 169 Bridge Street, Princeton, BC, V0X 1W0



Princeton Legion Hall was filled to capacity Saturday night as Princeton's Rotary Club celebrated the 100th Anniversary of the formation of their club with a Wine Fest. The Legion was transformed into a bistro where everyone in attendance enjoyed wine tasting and sampled international foods. Above, silent auction items were examined closely and bids were made carefully throughout the evening.

Vermilion Forks reveals spirit

Staff and Student Council members of Vermilion Forks Elementary School attended the February 23 School Board meeting to tell what is going on at their school this year.

Student Lindsay Mervyn reported on school sports activities and displayed a first place trophy won by Vermilion Forks in a handball tournament in Merritt.

Danielle Hassell reviewed student club activities, such as drama.

Marlee Rice told trustees about the help and support students receive from teachers.

Alyssa Larson described what the Student Council does, and mentioned two fundraisers held to raise money for the tsunami relief fund.

Helen Bibby reviewed recent events and activities.

Following their reports, these students demonstrated the school's cheer.

Teachers had their turn at telling what is going on at Vermilion Forks. Sharleen Martini showed a variety of materials used by teachers to encourage children to read, and added that Alyssa Larson had applied for, and received, a \$500 grant to buy books. The Parent Advisory Council had helped fund more new books. Martini described reading programs in use at the school.

Principal Barry Clarke told the Board about developing school spirit and a code of conduct, as well

as recognizing good behaviour of students. Students pick a theme for each month, with "courtesy" as February's theme.

Georgina Tarswell put trustees and students together to teach trustees how students learn respect for each other and social responsibility. Trustees enjoyed the exercise which involved some memory work as well as expression of appreciation for other participants.

EDO taken to task

.....continued from Front Page to be a product to market. He would like to prepare a strategy to market the industrial park and work with the town administrator to pursue funding sources.

Speaking frankly to Council, McLaughlin said, "I don't think this program has been as effective as it could be."

Councillor Clement asked McLaughlin to list 10 projects for Princeton which he had completed. He did so, including 2010 and trails initiatives.

"It hasn't been easy in Princeton," McLaughlin said.

Mayor Olsen told Council McLaughlin had done a lot of good work for the Similkameen Valley Planning Society.

"I think he's done an amazing job," the mayor said.

Kuhn lights fire under Council

.....continued from Front Page Fred Kuhn described Princeton as having the finest recreational opportunities, a world class trail system, and "we don't market it". He pointed out there are 10 million people only 4.5 hours from Princeton and the recreation must be marketed.

Referring to his impression of people not working together, he said, "Get rid of the Chamber of Commerce if necessary, but get people together to do something. Princeton is viewed as not wanting to change, and not progressive."

He went on to mention the empty Riverside School which was

offered to the Town for a dollar a year, and which a local group wants to develop, and the efforts of Vermilion Trails Society to make progress.

"If you don't move ahead, you die," Kuhn said. "You guys need to drive it."

Mayor Olsen described previous efforts, and mentioned the town did not receive funding. Kuhn said his boss would call those "excuses".

"How do we get results?" Kuhn asked. "If we're not successful at getting funding, why not? It's time to do something. I worry about this town. It's time we got rolling."

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Bob Wicks, right, with assistance from Shelly Lozinski, work the crowd during a loonie auction at Saturday night's Rotary Wine Fest. Money raised during the evening will support Rotary projects.

School Board disappoints parents

Parents were visibly and vocally disappointed on February 23 when the Board of School Trustees turned down French Immersion for Princeton youngsters. French Immersion programs are not merely about students learning French, they are about students learning all subjects in French. This requires a separate stream of students, almost like having a separate school.

Discussion by trustees has been ongoing and it was clear they did not reach their decision lightly. Trustee Ken Heuser expressed his doubts about the sustainability of a program that would require laying off one teacher in order to hire another who could teach all subjects in French. He expressed concern about what would happen if the district attempted to continue French Immersion into secondary school, as it is difficult now, due to a shortage of students, to offer some courses required for university entrance.

Board Chair Gordon Comeau had concerns due to declining enrollment. Districts receive funding based on the number of students in the district, and this number is dropping steadily (30 percent in the past eight years).

Trustee Dina Slowikowski-Campbell had misgivings based on the sustainability of French Immersion. She asked if there were other ways of teaching French in elementary schools, and District Superintendent Robert Peacock

assured her there are.

These were the trustees representing Princeton, but two Merritt trustees expressed concern. Trustee Bert Wiley said he did not like the idea of laying off a teacher currently in the district in order to make room for French Immersion. Trustee Gordon Swann said he could not justify taking funding from the majority of students to pay for the wishes of a minority.

Superintendent Peacock said he had consulted other school districts and found Hazelton, which is comparable in population to Princeton, regrets their decision to have French Immersion. He quoted a Hazelton official as saying, "It's killing us."

Dr. Peacock said finding a qualified teacher would be a problem, and he would not settle for less than an excellent teacher.

There were many other points to consider, such as another reorganization following the recent changes in elementary schools in Princeton. However, it was clear the number of students (and consequent funding for the district) was the major concern. The other was sustainability: should the district spend a lot of money to launch the program, lay off a teacher, hire a different teacher, and then see the number of students in French Immersion dwindle in a couple of years?

During question period, parents levelled criticism at the trustees, saying there was no definitive

answer as to what constituted sustainability and no real look at public interest in French Immersion. Two parents asked what it would take to have the Board reconsider the decision, but this was not answered, as it was not open for discussion.

This may not be the end of the French Immersion proposal. The Board voted not to proceed at this time, and parents showed signs of an intention to pursue the matter.

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Similkameen News Leader

otherwise we'd just be news later.

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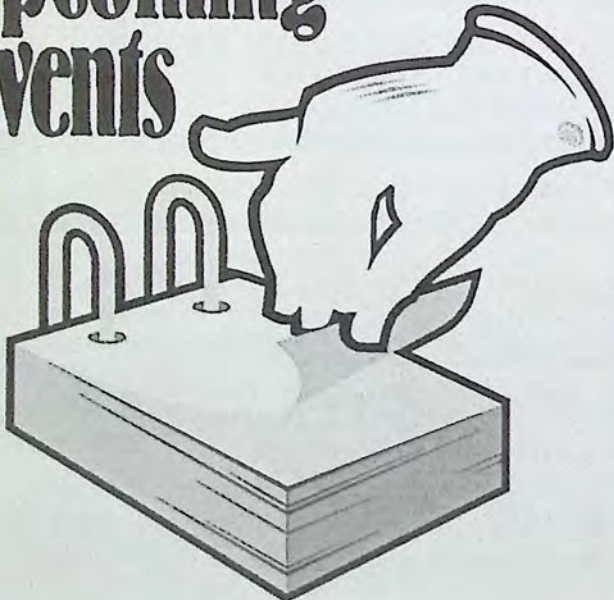
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keremeos and area news



Ice build up along the Similkameen River is still high in the Keremeos area. This photo, taken just West of Fas Gas, shows chunks of ice ten feet high sitting on the riverbank.

Cawston Players present comic farce

The Cawston Players Spring production is a comic farce by Moliere called A Doctor in Spite of Himself.

Bob MacAtamney is Sganarelle, a hapless woodcutter who is drawn into pretending to be a great physician through the trickery of his wife, Martine, played by Shai Snyder.

The patient in the case is Lucinde (Sarah Martin) who has been struck speechless by an unknown illness.

Her father, Geronte (Wilfrid Mennell) is desperate to have her cured and married off. But Lucinda has ideas of her own.

The lusty Sganarelle, now a fully gowned physician and Latin scholar, pursues the buxom wet-nurse, Jacqueline (Gabi Cursons), over the objections of her lout of a husband, Lucas (Peter Muir).

Lucas and Valare (Dan McKay) are two bumbling servants while Arla Owen and Tyne Driemel play a pair of peasants who purchase an unusual cure from Dr. Sganarelle.

There are rollicking chases and rough and tumble slapstick throughout as love triumphs when Leandre (Guy Sasseville) proves himself worthy of Lucindes hand.

Earthquake shakes valley

by John Webster, Giant-FM News

Around 7:30 PM Friday night residents of Penticton and area felt an earthquake with a magnitude of 1.7.

It was located 20-kilometres Southeast of the city. No reports of damage, and none would be expected for an earthquake of this size.

This has been the second earthquake in as many weeks. The first (1.9) was on February 14th.

The Cawston Players invite new members to assist with costumes, makeup, stage dressing, tickets and hospitality at the Front of House.

A Doctor In Spite of Himself will be presented at the Cawston

Community Hall March 18, 19 and 20. Evening performances are at 8 p.m. Sundays performance is a matinee at 2 p.m.

Tickets go on sale March 1st. Those interested can call 250-499-5417.

Council writes Greyhound

Acting on a rumour of a change in bus service to the Keremeos area, Village Council has fired a letter off to Greyhound's head office in Calgary.

The letter, dated February 22nd, is in reference to the service and schedule in Keremeos and requests some answers.

"Council has heard rumour that Greyhound intends to reduce or change the schedule for bus service to our community," the letter states.

"A change was made in March of 2003 and we are concerned that there may be a further reduction in service."

There are currently two busses travelling East from Keremeos and two travelling West, but not all of them follow a seven day a week schedule.

Concerns revolving around Greyhound service in Hedley produced a petition a number of weeks ago, which currently contains many signatures.

Spectacular accident claims one

Highway 3 was closed to all traffic for about eight hours last Friday night following an incredible accident near Keremeos.

Police say a car heading Eastbound coming out of the four-lane stretch in a two-lane section tried to pass another vehicle before the road narrowed.

The passing vehicle collided with oncoming traffic - a semi truck and trailer unit hauling large bales of hay.

The force of the impact caused

the semi to jack knife, blocking traffic. The load of hay caught fire and crews from Keremeos Volunteer Fire Department were dispatched to the scene.

The blaze was extinguished with foam and crews spent hours cleaning up the area before normal traffic flow resumed.

The driver of the car that collided with the semi was pronounced dead at the scene.

His identity has not been released.

Hourly Weather?
Daily Road Reports?
Weekly News?
Online Classifieds?

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Keremeos Citizens On Patrol conducted a Speed Watch survey last Thursday afternoon.

Borud earns top award at Legion Honours

Robert "Bob" Borud has worked hard for the Royal Canadian Legion for many years.

On February 25, Princeton's Branch #56 recognized his contribution with a Life Membership.

Approximately 60 members of Branch #56 and the Ladies Auxiliary attended the potluck dinner and presentations at the Legion Honours and Awards Night.

The Auxiliary awards were pre-

sented first. Sharon Beausoleil received her Past President pin, Barbara Ryan received her pin for Past Vice President, and Eleanor Sinclair received her Past Secretary pin.

Edith Carlson, Freida Schroeder, Marion Marsel, Myra Harker and Jean Salsbury were awarded 15 year pins.

Beryl Olson was awarded a 20 year pin.

Martha Clelland and Eleanor Sinclair received 25 year pins, and 35 year pins went to Blanche Christie.

Youth Auxiliary members Mike Dade, Kelsey Macdonald and Tara Plecas were introduced. Plecas presented certificates of appreciation to Legion "mentors" who have been there to help the Youth Auxiliary.

Princeton Women's Institute Update

The W. I. held their monthly meeting on February 21 at 11am in the Legion Hall. A bag lunch was brought by the members so we would have time to discuss business as well as set up for the later presentation at 1pm.

-discussion re: Fall Fair 2005 - maybe similar theme as last year's table, as it seemed to go over very well.

-Betty Pelly was elected delegate to go to the BC Women's Institute Conference being held in Penticton in May. She is also to have the voting rights for the Princeton W.I. and Mona Willis has the proxy vote.

-Pat Williams was nominated to take over the Sunshine Committee and newspaper write-ups from Dorothy Stenvold. A big thank you to Dorothy for the great job, while serving these committees.

The meeting was adjourned early to set up for the presentation for the Senior's, that the W.I. was sponsoring at 1pm. It was free of charge.

Lylla Lawson from Social Development of Canada, gave a presentation on Senior Benefits. These included Canada Pension Plan, Old Age Security Pension and Guaranteed Income Supplement.

Some of the benefits are not well known, and do not automatically come to you, even if you are eligible for them. They must be applied for. For more information you can call 1-800-277-9914

Ms. Lawson brought with her many brochures, pamphlets and print-outs. This material was discussed in detail and was available to anyone who wished to take it home.

There were many questions asked and readily answered by Ms. Lawson.

Refreshments were served half-way through the presentation - this break was enjoyed by all.

The presentation continued for another hour. All those in attendance felt the meeting was worthwhile and informative. They felt they understood more about the benefits they might be eligible for.

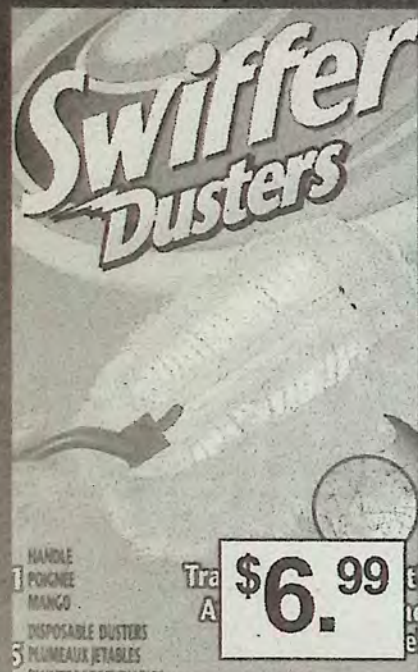
For those seniors that need help with their tax returns - call 1-800-959-8281

All extra materials were taken over to the Senior's Centre after the meeting was over, by a W.I. member.

Thank you again to Lylla Lawson for the excellent and informative presentation.

Submitted Pat Williams

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The previous article introduced the importance of the mineral calcium to the body. The role of calcium in human physiology is both critical and diverse. Calcium is directly involved in important functions such as blood coagulation, muscle contraction, nerve conduction, cellular metabolism and maintaining peak bone mass. Recent evidence suggests a role in certain chronic diseases such as high blood pressure and colorectal cancer, although this data is in its infancy. This article will further look at the role of calcium on maintaining bone mass and factors that reduce bone density.

Failure to maintain adequate bone density is called osteoporosis. Osteoporosis is a bone wasting condition resulting in a lower than normal bone density. Osteoporosis represents a huge burden to patients in the form of reduced quality of life and to the health care system in regards to direct and indirect costs.

Bone is a dynamic tissue which is constantly being remodeled, new tissue is deposited and older tissue is absorbed. Numerous factors can affect the balance between mineral deposition and absorption. Unfortunately, the role of calcium is yet to be completely established. Most likely is a complex interaction of dietary, lifestyle and hormonal factors which ultimately determine the rate of mineral loss and the incidence of osteoporosis. To this end, there are two primary issues:

1. Attainment of peak bone mass during developmental years.
2. Slowing the rate of bone mineral loss in adulthood.

The critical period for attaining peak bone mass is nine through twenty five, the developmental years. At this time, an increase in the hormones estrogen and testosterone stimulate bone mineralization and increase bone growth and density. Reaching peak bone mass during this time is critical because after the developmental period the body will slowly use these bone mineral reserves. If peak bone mass is not attained, there is a smaller mineral reserve for later in life. Essentially the skeleton is a mineral savings account from which you deposit minerals early in life and draw upon later in life. Factors such as ammenorhea, a nutrient deficient diet and lack of physical activity dramatically reduce a women's opportunity for attaining peak bone mass and hasten the onset of osteoporosis later in life. It is interesting to note that the social pressures at the developmental stage further reduce bone mineralization in women. This includes reduced participation of women in weight bearing sports and activities which is an important stimulant for bone mineralization. This is further compounded by self image issues which lead to behaviors resulting in poor nutri-

tion and eating disorders. Both factors have a negative effect on bone mineralization and attainment of peak bone mass and are indications of future bone health issues.

Many studies have shown that adequate calcium intake through life is an important factor to achieving and maintaining sufficient bone density. Calcium intake guidelines should be followed by everyone with diet and supplementation. These guidelines should be discussed with a health care provider.

An equally important issue, that is less often mentioned, is slowing calcium loss from the body. The loss of calcium from the body is the most variable component of maintaining calcium balance. Several dietary factors increase calcium loss from the body. These include a high dietary intake of sodium and animal protein and low vitamin D intake. Most minerals including calcium are renally conserved, that is reabsorbed in the kidneys. Sodium will compete with calcium for resorption in the kidneys. Therefore, high sodium levels will enhance calcium loss in urine. Similarly, sulfur containing amino acids in animal protein bind calcium resulting in a similar increase in calcium excretion from the body. In a society such as ours where sodium and animal protein consumption are very high, meeting recommended calcium intake while moderating the intake of these two nutrients will have profound effects on the occurrence of

osteoporosis.

Vitamin D is important to calcium balance. Vitamin D is responsible for both calcium absorption in the gastrointestinal tract and resorption in the kidneys. New guidelines recommend adequate vitamin D intake for all age groups. There are few foods sources with sufficient levels of vitamin D. The exception is green leafy vegetables and fortified products such as dairy and cereals. While vitamin D is synthesized in the skin with exposure to the sun, in the northern latitudes such as Europe and North American, this production is inadequate. Most people will require supplementation of vitamin D in addition to dietary sources. Guidelines for calcium and vitamin D should be discussed with your health care providers.

2000-2010 is the Decade of Bone and joint health. Endorsed by the United Nations, World Health Organization, the Vatican, 44 governments and over 750 organizations, the Bone and Joint Decade is a major global initiative to increase awareness, education, and promote research to combat musculoskeletal disorders such as osteoporosis. Please consider the following recommendations:

Follow Canada's food guide to health eating. Dietary intake should be the main sources of most vitamins and minerals.

- Get active and stay active!
Everyone needs to participate in

.....continued on Page 7

living past 100

If you're young, be afraid

Medical scientists say the young people of today may be able to live long past 100 years, perhaps to 150 years of age. If you are in your teens or twenties now, this could apply to you!

At the same time, you will have to be careful about how you live, especially in regard to who you choose to love.

In 1983, HIV infected people numbered in the thousands. Today, there are 30 million people in our world who are infected with HIV. This means roughly one out of every 20 people on our planet have a deadly, communicable disease. Although many infected people in the richer nations of the world have survived many years on anti-viral drugs, the majority of infected people in poor countries receive no treatment, and use no methods of prevention. It is spreading rapidly.

Why is it spreading in remote villages in Thailand or Central America? The source of infection can be traced to prostitution. In Africa, where prostitution is a way of life for a large number of women, HIV has spread to around one in 10. In South Africa, AIDS is the leading cause of death.

Among Canadians, those most likely to become infected are young people engaged in casual, unprotected sexual intercourse. Despite advanced medical treatment, these people will live a shorter, more painful, life than those who are not infected.

A further danger occurs in North America. A new strain of HIV has emerged, first in Canada, but now in the U.S.A. This strain of HIV appears to be linked to crystal meth users. This stronger HIV turns into full-blown AIDS in weeks! When AIDS has developed, death will soon follow.

In England, medical researchers determined many years ago that taking recreational drugs seemed to speed the advance of AIDS in people infected with HIV.

Young people often laugh at what they consider "puritanical" attitudes of older people, but in the case of HIV, staying away from casual sex and drugs is not puritanical, it is a survival technique. Be afraid of dying - you will have a better life.



Vermilion Forks Field Naturalists elected a new executive last Monday night. From left, newly elected President Don Burbidge and Secretary Joan Kelly thank retiring President Madelon Schouten for her many years of dedicated service to the group.

Ambulance stations to be staffed 24 hours a day

Ambulance stations in Princeton, Keremeos, Lillooet, Merritt and Hope will soon be staffed by paramedics 24-hours a day to improve local response times, Yale-Lillooet MLA Dave Chutter announced last Friday.

"In an emergency situation a fast response could mean the difference between life or death," said Chutter. "The province is investing \$3-million in a new paramedic deployment model to ensure communities across BC receive fast emergency responses."

Under the new model, paramedics on standby shifts are paid \$10 an hour while remaining in the ambulance station. When they respond to an ambulance call, their pay increases to the full standard hourly rate, which can range from \$20 to \$24.

Under the old model, paramedics in rural areas were paid \$2 per hour to carry pagers for on-call coverage while out in the community. Some urban communities had on-call coverage at night.

Conversion to the new model is taking place throughout the province between now and June 2005. It is expected to be complete in Hope and Merritt on March 1st, Keremeos April 1st and in Lillooet and Princeton on May 1st.

"Clearly paramedics can respond more quickly when they're already at the ambulance station," said local BCAS superintendent Les Fisher.

"This new model will expedite responses by eliminating the need for on-call paramedics to travel to the station before they go out on an ambulance call. In some instances this could improve response times by up to 10 minutes."

The new deployment model is part of a Memorandum of Agreement approved by the Ambulance Paramedics of BC in November 2004. The \$3-million is a budgeted expenditure.

Response times are affected by a number of factors, including the volume of calls received on any given day or night.

Drobot promotes calcium benefits

.....continued from Page 6 daily weight bearing activities to stimulate bone mineralization.
- Discuss with your health care provider the recommended intake for calcium and vitamin D. Enhance dietary sources and supplement as needed.

- Limit sodium rich foods and condiments.
- Limit protein intake to recommended levels using multiple sources such as beef, fish, chicken, legumes, dairy and soy products.
- Drink 8-10 glasses of water a day.

Prevention is the best medicine and ultimately we are all responsible for our own health. For further information, contact your health care provider or Dr Drobot for further information.
- Duane Drobot, MSc, DC

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Gouk critical of new Federal budget

Jim Gouk, MP for British Columbia Southern Interior says that there is nothing shocking in the first budget of the new minority Parliament. "It is not untypical of past Liberal budgets," said Gouk. "They have taken previously announced or already committed spending and tried to portray it as new spending."

"One of the areas I was most interested in was how much would end up being shifted into the Liberal non-accountable foundations," commented Gouk. "It now looks like first year funding for child care as well as a large portion of funding originally earmarked for Kyoto initiatives will disappear into those foundations."

"In the last federal election, the Liberals as well as the ill-informed NDP campaigned against many Conservative initiatives, claiming that our platform was fiscally irresponsible and would result in a deficit," continued Gouk. "Our platform was committing \$58 billion in new spending and tax reductions over five years. The Liberals are now committing \$76 billion in new spending and tax reductions over six years. The surplus that the Conservative Party campaigned on in the last election has now miraculously appeared in this budget," Gouk said. "Once again, the Liberals have been caught deceiving the public by deliberately underestimating the surplus and hiding behind false figures. Even the Liberals couldn't be so incompetent as to have believed those figures themselves."

"The Conservative Party will not look to defeating the government on this budget. It is hard to argue that there isn't any good in the budget when they have followed our lead in such areas as tax relief, defence and support for care-

givers," said Gouk. "Sadly, an opportunity to address such problems as the multi-billion dollar long gun registry, unaccountable foundations, and an ever-growing government bureaucracy that has increased by 77% since 1996/97

while reducing service to Canadians. In the coming weeks and months, we will work to force the minority government to improve in those areas that could have been much better addressed," Gouk concluded.

McEwen reports successful year

Nadine McEwen, Asset Development Coordinator, gave her year-end report to Town Council on February 21. Asset Development works with children, youth, parents, schools and police to create a positive environment for young people in the Princeton area. The Town of Princeton supports Asset Development with a \$15,000 grant and pays the \$2,300 liability insurance for programs under Asset Development. The grant for the coming year is under review by Council.

In addition to money from the Town, Asset Development received \$1,500 from Regional District Area H, \$400 from the Lions Club, \$12,000 from Federal Crime Prevention Community Mobilization Program, and \$1,340 from Youth Action Team fundraising.

This year, Asset Development is awaiting a reply to an application for \$20,000 from the Gaming

Commission.

McEwen presented an impressive list of groups with whom Asset Development is involved, beginning with the parent group, the Children and Youth Committee. It is part of Princeton Community for Kids, Recreation Commission, Infant Child Care Committee, Student Council, Parent Advisory Committees, Youth Action Team, and RCMP.

Asset Development promotes recreation programs, winter day camp, late night youth activities, encourage youth to volunteer for community events, coordinates the healthy snack program at John Allison School, and coordinates with national and provincial Asset Development groups.

Last year, Asset Development budgeted for revenue of \$38,387 and actually received \$43,828.

Expenses were well under budget. This year, the budget is for \$45,964, with expenses of \$32,467.

thoughts on education



EXCLUSIVE TO THE NEWS LEADER BY JINNY SIMS - BCTF PRESIDENT

"Our kids - not for sale" - Jinny Sims

A new survey on commercialism in Canadian schools produced by the B.C. Teachers' Federation in collaboration with the Canadian Teachers' Federation and the Canadian Centre for Policy Alternatives reveals a disturbing level of commercialism in B.C.'s public schools.

Almost two-thirds of B.C. high schools surveyed have ads in or on them, while an astounding 62% have an exclusive contract with Coke or Pepsi.

Almost half of the province's elementary schools surveyed participate in partnership programs with corporations that run the gamut from the local supermarket to international behemoths such as Wal-

Mart and McDonalds.

The survey, which also looked at user fees and fundraising, found that more than half of elementary schools and almost three-quarters of secondary schools surveyed are charging user fees for either supplies or programs.

Even more striking is the fact that more than two-thirds of the schools have to fundraise for library books while almost one-third are raising funds for academic programs.

School boards are not exempt from having to raise funds either. In fact, over half of school boards rely on selling services to raise money. This is particularly worrisome when school districts set up business companies in order to hide their commercial ventures behind a veil of secrecy.

Unfortunately, the provincial government's relentless march towards privatization has downloaded the responsibility for ensuring adequate education funding onto schools, parents, teachers, and school districts.

Public education does not belong in the commercial realm. As citizens we must ensure that our schools provide a sanctuary from the commercial bombardment already experienced by children on a daily basis.

Jinny Sims is President of the B.C. Teachers' Federation representing 42,000 public school teachers in B.C.

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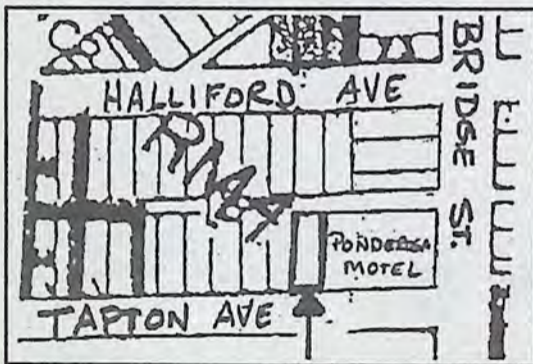


301 BRIDGE STREET, PRINCETON

Town of Princeton

NOTICE OF PUBLIC HEARING

Zoning Amendment Bylaw No. 759, 2005



SUBJECT PROPERTY

Proposed Bylaw No. 759, 2005

From Multi-Family Residential (RM4) To Central Business (C2)

Legal: Lot 41, Blk 18, Pl 55, DL 706, YDYD, Portion WLY 28 Ft, PID #012-757-187

Pursuant to the provisions of Section 890 of the Local Government Act, notice is hereby given, that a Public Hearing will be held in the Council Chambers of the Town Hall on Monday, March 7, 2005 at 7:00 PM, to consider amending the Town of Princeton Zoning Bylaw No. 646.

The proposed Amendment is as follows:

a) "That Lot 41, Block 18, Plan 55, District Lot 706, Yale Division of Yale Land District Portion WLY 28 FT, PID #012-757-187 be changed from Multi-Family Residential (RM4) to Central Business (C2)."

At the Hearing all persons who deem their interest in the proposed Bylaw, shall be given an opportunity to be heard on matters contained within the Bylaw. Council will accept submissions and discussions up to and including the Public Hearing. No submissions accepted after Public Hearing.

A copy of the subject Bylaw No. 759, 2005 is available for examination during normal business hours 8:30 AM to 4:30 PM, Monday to Friday inclusive in the Town Office, 169 Bridge Street, Princeton, BC.

Given under my hand this 7th day of February, 2005.

Cornie Froese, CAO
Town of Princeton

25 Words

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\$5.00 + GST per Week



Princeton Royal Canadian Legion Branch #56 Life Membership recipient John Borud and his wife Jean during Legion Honours night last Friday. Borud was recognized for his years of service.

Princeton CYC's movie night successful

Popcorn was flying at Princeton Secondary School Thursday, February 17th.

The Princeton CYC Asset Development Initiative hosted a

movie night at Princeton Secondary School last Thursday night to an appreciative crowd. 100 parents and children attended the Family movie and about 50 young

people attend the Teen movie.

UVS (Unlimited Video Staging) brought their mobile movie theatre system to Princeton to the delight of many movie goers. The Cinemascope screen and surround sound made for a evening of movie theatre enjoyment.

The Princeton CYC Asset Development Initiative is pleased to offer this opportunity to the community. Our next movie date is Friday, April 8 at PSS.

Call Nadine at 295-7222 with any movie suggestions. Advertising will be out in the schools and community over Spring Break.

Local teacher goes to Victoria

Diane Rodewoldt goes to Victoria this week to participate in the second annual B.C. Teachers' Institute on Parliamentary Democracy. Rodewoldt, who teaches Social Studies at Princeton Secondary, will attend four days of intensive professional development at the Parliament Buildings.

The Institute will include presenta-

tions from key officials in the Legislature as well as a formal award ceremony with the Lieutenant-Governor of B.C.

Victoria funds literacy

School District #58 has been awarded a \$51,351 one-time funding grant for Literacy Innovation. The funding will support a number of district reading and comprehension programs which are currently in progress.

District plans budget

The school district budget process is well underway. At the February 23 meeting, Secretary Treasurer Bruce Tisdale said the budget for the coming year should be ready by mid-March. He further stated he had asked schools not to request major capital improvements, as the Board has made a commitment to put a new roof on Princeton Secondary School in 2006 at an estimate cost of \$600,000. This school was constructed in 1981.

Deerview wants pressure

Two residents of the Deerview area have expressed concern to Council about the low water pressure in their area.

Council responded to those concerns at the February 21 meeting. The Town has applied for a \$600,000 infrastructure grant to upgrade the system in Deerview.

Who will seek re-election?

Following the February 21 Town Council meeting, each member of Council was asked if he or she would be a candidate in November 2005 civic election. Only Councillor Lorne Esselink replied, "Yes." Other members of Council remained undecided.

School District faces reviewers

Nine educators from outside School District #58 will arrive soon to evaluate school performance. They will be looking at 10 points of inquiry to determine whether schools are living up to expectations. These points of inquiry are set by the Ministry of Education.

District Superintendent Robert Peacock described the process to trustees at the February 23 meeting. He asked them to participate in a brief exercise in the evaluation process, and trustees played the role of a review team.

The review report will not be made public by the Board, as it is a Ministry of Education document. Only the Minister of Education may make the report public.

Laurie-Anne's Victorian Linen & Lace

MARCH SPECIAL

Book a linen party in March and receive 20% of your total party sales in free product. Also, if you have \$300.00 in sales you will receive 40% off the item of your choice.

Have your party at my house, you supply the goodies, I supply the rest. Check out the product at www.laurie-annes.com

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Rep for Laurie-Anne's Victorian Linen & Lace



Cornel Hanson - 101-7th Avenue, Keremeos - (250) 499-2068

THIRD ANNUAL Ladies Diamond Dinner

Saturday, April 2nd

Hosted by: Princeton Legion - Branch 56

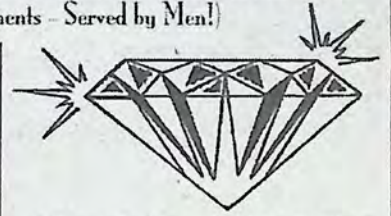
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ONLY 100 TICKETS TOTAL



295-6060 or 295-7776

Keep It In The Green Zone!

PLP's "Power-By-The-Hour" Contest teaches you how...

The Quiz - Week 5

Today's Date is Saturday, August 22, 2005 - the Time is 12:00 PM.
According to PLP's Time Of Use Schedule, would this be in a "RED ZONE" time period or would it be in the "GREEN ZONE"?

Winners!

13 Weekly Draws - to April 29th, 2005
\$25.00 Credit to the PLP Power Bill of your choice!
Monthly Draws
\$100.00 Credit to the PLP Power Bill of your choice!
Final Grand Prize Draw - May 6th, 2005
\$500.00 Credit to the PLP Power Bill of your choice!

The Gear

You will need a "Power-By-The-Hour" Resource Kit. They are available at both the Princeton Light & Power office and at the News Leader. You will require this kit to get the correct answers to the weekly questions.

The Loot Goes To

WEEK 4 \$25 WINNER: Dianne June
\$100 MONTHLY WINNER: Ken Lewison

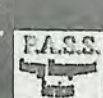
The Routine

1) Get Weekly Question from News Leader... 2) Determine Answer from Resource Kit... 3) Fill out Entry Form from PLP or News Leader... 4) Drop Off Entry at PLP or News Leader... 5) Win if Entry is Drawn... 6) Enter Weekly... 7) Have Fun!



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THANK YOU!

A HEARTFELT THANK YOU TO ALL THE BILLET FAMILIES!

The Princeton Posse Hockey Club sends a huge thank you to all the billet families who generously opened their homes to a player or players and made them a part of their families over the past season. Whether it was for the entire season or just for a few weeks, we would not be a team without YOU.

Lynda Neumann • Kevin & Colleen Kunderman •
Stan & Arlene Turner • Ron & Mariann Roche •
Keyin & Cathy Robillard • Brad & June Hope •
Barry & Marg Ovington • Herb & Lynda Hodgson •
Roy & Myra Harker • Bob & Sue Coyne •
Gup & Treena Douglas • Neil & Janice Guardiero •
Jeff & Shawndra Woodin • Don & Ruth Vermette •
Red & Carol Lawes • Heather Myers •
Don & Jane Johnson • Jim & Judy Smart

THANK YOU

The Princeton Posse Hockey Club would like to thank Santo's Steak & Pizza for all of their great support this season. The post-game parties were fantastic. Thanks to all the hard work, extra effort and reduced pricing on the catering of the awards banquet. You helped make it a very special evening for the players, families and fans. Thank you and we look forward to working with you again next season.



Princeton Royal Canadian Legion Branch #56 President John Haayer, left, presents 30 year pins to Graham Gould and Maria Sadegur. The presentation was made Friday at the Legion Honours Night.

World Day of Prayer - March 7th

Christians around the world will be focussing on the country of Poland during the annual World Day of Prayer service. Local residents are invited to join in this worldwide event by attending a service at 7:30 pm on March 7th at St. Paul's United Church.

This year's World Day of Prayer service, written by the women of Poland, reflects on the theme "Let Our Light Shine". The women of Poland greet all those participating in this service by saying, "Szczesc Boze" which means "May God Bless You!"

Poland, with a population of 83 million, tries to balance the influences of the West and the East. Since 1989, when Poland overthrew the communist regime and became a democracy, the country has been transformed from a centrally run to a free-market economy. Most economic advantages benefit the cities, while many people who live and work on small farms in rural areas remain poor. Women are especially affected by a high unemployment rate, and are increasingly at risk from traffickers.

Participants attending the World Day of Prayer will not only be learning more about this country and its unique culture and heritage, but will also be joining Christians in more than 170 countries around the world and 2,000 communities across Canada who will gather together to pray and take action in solidarity with the people of Poland.

The World Day of Prayer has its roots in an ecumenical day of prayer organized by women in Canada and the United States in 1920. This event became the international World Day of Prayer in 1922, and Christians around the world began celebrating this event on the first Friday of March.

In Canada, the World Day of Prayer is coordinated by the Women's Inter-Church Council of

Canada. In this community, the coordinating group has representation from the following churches: Catholic Church, St. Peter's, Living Water Foursquare Church and the Baptist Church of Princeton.

For more information on the services being held in this community, please contact:

Cathy Yingling 295-4802

To learn more about the Women's Inter-Church Council of Canada, please visit our website at www.wicc.org or contact us at the following address:

Women's Inter-Church Council of Canada, 47 Queen's Park Crescent East, Toronto, ON M5S 2C3
Tel: (416) 929-5184; Fax: (416) 929-4064; E-mail: wicc@wicc.org

Hospital Auxiliary news

February's meeting started with a guest speaker Rosemary Doughty from Victims Service. She works with the RCMP, the Cindy Parolin Foundation as well as safe homes for battered women. She gave us an insight on just how important these programs are. With having such a diverse job, volunteers are needed. We all felt just how important Rosemary is to Princeton and those she works with.

On a lighter note we will be having a bag sale on March 9, 10 and 11 for \$4.00 per bag at the Thrift Shop. Tickets are now on sale at the

Thrift Shop for our next raffle which will be drawn on May 11th/05. Good luck everyone.

Starting March 1st, the Thrift Shop will be open on Tuesday, Wednesday, Thursday and Friday.

We would like to thank Gladys Webster for the baby dress and shawl as well as Myrna Leard for the Quilt.

Stress is like an ice cream cone you just have to learn to lick it! Next meeting is March 7th, newcomers welcome.

- Submitted by Betty Gauvin

Letter To The Editor

Westerman apologizes

To The Editor;

My sincere apology to the members of COPS. The intent of my letter which I failed to clarify was that your group seems to be the only one's that are keeping the community of Princeton a safe place to live in.

Remember, keep your ethical standards beyond reproach. Do not allow yourselves be reduced to that akin of the SS.

Letter To The Editor

School Board criticized

No we won't take the risk. We heard it loud and clear from our school board on February 23rd. This school board does not support French Immersion in Princeton.

The most unfortunate thing in this

It is a shame that your mandate doesn't include Tulameen. Any time we have phoned in a complaint we have to put in the form of a threat to even get a phone call. Or we are called liars and trouble makers.

The closest thing we have seen that resembles a police car lately being so far back in the bush is what we see on television.

- A. Kent Westerman, Tulameen

whole process is that a school board that publicly claims to want parent involvement has alienated another group of interested parents.

Concerned, Sharon Anderson

weekly entertainment guide

TUESDAY, MARCH 1, 2005 THROUGH MONDAY, MARCH 7, 2005



Ladies Open Bonspiel "A" Event Winners- Jean Mearon Rink of Kamloops, Cristal Odenbach, Laurie Uppenhorn and Elaine Marrington.

Ladies Bonspiel fills curling rink

2005 "Klondike Day" Ladies Open Bonspiel

WINNERS:

- "A" Event
- Jean Mearon Rink of Kamloops
- Cristal Odenbach
- Laurie Uppenhorn
- Elaine Marrington

Runners Up

- Michelle Keller Rink of Pentiction
- 3rd, Cindy Grigg of Osoyoos
- 4th, Elaine Miller of Princeton

"B" Event

- Jackie Clement Rink of Summerland
- Marg Murray
- Aimee Willis
- Jess Fredlund

Runners Up

- Mary Gunn Rink of Princeton
- 3rd, Corrie Albright of Princeton
- 4th Rosemary Clarke of Princeton

"C" Event

- Linda Brussee Rink of Summerland
- Bev Skinner
- Ann MacLeod
- Cheryl Talbot

Runners Up

- Betty McRae of Princeton
- Linda Hodgson of Princeton
- Ev Estacaille of Princeton

WINNERS:

1st IN COSTUME TEAM PRIZE

- Sharon Beausoleil Rink
- 2nd Jean Mearon Rink

INDIVIDUAL COSTUME

- Madam Margie Johnson

A great time was had by all and a few teams did strike it rich up at Klondike Kate's Saloon. A thank you to all the Monday and Wednesday night ladies for all their help. A special thank you to all the sponsors and donators of the Bonspiel.

Submitted by :

Wanda Marshall and Sharon Beausoleil

Bonspiel Convenors



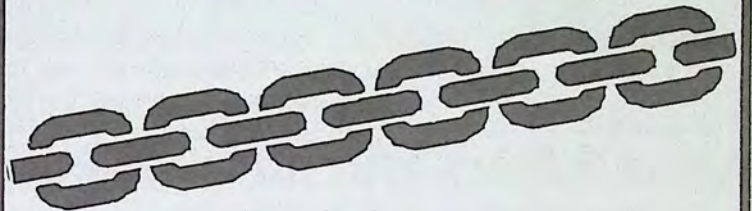
Ladies Bonspiel "A" Event Runners up - Michelle Keller Rink of Pentiction.

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PSS Class of 2005

Grads vs RCMP Hockey Game

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50/50

Admission by Donation

Fun for the Whole Family!



7:00 PM Saturday, March 5th
Princeton Arena

Princeton Figure Skating Club "Skater of the Week"



Ashla Barnes

9 Years Old - Group Skate

Skater of the Week is brought to you by Similkameen News Leader



"B" Event Winners of the Ladies Bonspiel. The Jackie Clement Rink of Summerland, which includes Marg Murray, Aimee Willis and Jess Fredlund.

Atom Flyers win another one

On Friday February 18 the Lynch Bus Line Atom Flyers played their second playoff game at home against South OK#1

Brandt Fenrick - 3 goals and 3 assists; Drayden Larsen - 2 goals and 1 assist; Nathan Garton - 1 goal; Kraig Leochko - 1 goal and 2 assist; Colby Williams - 1 assist; Jordan Palumbo - 1 assist
Final score 7-0

The team is continuing to play as a team with lots of passing and backchecking. The goalie duties have been shared equally by Jesse Murray and Ryan Hearty and they've been doing a great job all season. We have a bye for the last weekend of February so we'll travel to Merritt for an exhibition game and look forward to our next playoff game. - submitted

Vermilion Trails report

The monthly meeting of the Vermilion Trails Society was held on February 9th in the Chamber of Commerce meeting room.

On hand were 11 members and four guests. Subjects discussed were the upcoming "Princeton Challenge", our invitation to come and enjoy our recreational trail.

Next was the increasing problem of adequate insurance coverage for most facets of trail usage.

The "Trail Head" project was reported on.

Al Lay, Provincial Wildlife

Officer, spoke on the part the Conservation Officer could and would plan in making users aware of the wildlife that share the area.

Dawn Gardener, Princeton Ground Search & Rescue, informed the meeting of the function if the PGSAR and their part in the event of a mishap.

She also expressed their need for recruits.

Judy Short provided refreshments after the meeting adjourned. - Submitted

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Ladies Bonspiel "C" Event Winners: The Linda Brussee Rink of Summerland, which includes Bev Skinner, Ann MacLeod and Cheryl Talbot.

tuesday movies

MORNING

10:00 am CITY (29) ★★ "Jury Duty: The Comedy" (1990, Comedy) Lynn Redgrave. Reluctant jurors must decide the verdict in the nation's most sensationalized sex scandal of the decade.

11:00 am A&E (9) ★★ "Target for Rage" (1997, Drama) Rick Schroder. A heavily armed young man takes 80 students captive at a high school where a teacher once refused to pass him. (E)

AFTERNOON

4:30 pm WGN (38) ★★½ "Eraser" (1996, Adventure) Arnold Schwarzenegger. An agent for the Witness Protection Program unearths a mole in his own department while guarding a young woman. (In Stereo) (E)

EVENING

6:00 pm CITY (29) ★★½ "Murder by Numbers" (2002, Mystery) Sandra Bullock. Premiere. An intrepid detective trails two arrogant teenagers who believe that they have committed the perfect murder. (E)

7:10 pm WTBS (3) ★★ "Austin

Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. The "International Man of Mystery" and a comely American agent attempt to retrieve Austin's stolen mojo from Dr. Evil. (E) (DVS)

9:00 pm FAM (26) ★★½ "Spaceballs" (1987, Comedy) Mel Brooks. Spacefarers come to the rescue of a planet threatened by the evil Dark Helmet in Mel Brooks' spoof of sci-fi movies. (In Stereo) (E)

9:10 pm WTBS (3) ★★½ "Stripes" (1981, Comedy) Bill Murray. A perennial loser and his pal join the Army, creating an international incident by crossing the Czechoslovakian border. (E)

10:06 pm CITY (29) ★★½ "Murder by Numbers" (2002, Mystery) Sandra Bullock. An intrepid detective trails two arrogant teenagers who believe that they have committed the perfect murder. (E)

11:25 pm WTBS (3) ★★½ "Spaceballs" (1987, Comedy) Mel Brooks. Spacefarers come to the rescue of a planet threatened by the evil Dark Helmet in Mel Brooks' spoof of sci-fi movies. (E)

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wednesday movies

MORNING

10:00 am CITY (29) ★★ "Lies Before Kisses" (1991, Drama) Jaclyn Smith. A woman's idyllic marriage to a wealthy publisher is shattered when she learns that he was involved with a prostitute. (E)

11:30 am A&E (9) ★★ "Harrison's Flowers" (2000, Drama) Andie MacDowell. A photojournalist's wife embarks on a perilous mission to war-torn Yugoslavia after her husband is presumed dead. (E)

AFTERNOON

5:00 pm WGN (38) ★★ "Rocky III" (1982, Drama) Sylvester Stallone. Dethroned boxing champ Rocky Balboa joins forces with Apollo Creed in a herculean effort to regain his title. (In Stereo)

EVENING

8:10 pm WTBS (3) ★★ "Dave" (1993, Comedy) Kevin Kline. A look-alike changes political policies for the better when he impersonates the United States' ailing president. (E)

9:00 pm FAM (26) ★★ "Mr. Nanny"

(1993, Comedy) Terry "Hulk" Hogan. A former wrestler with an intense dislike of children becomes a bodyguard for a computer tycoon's precocious offspring. (In Stereo) (E)

10:06 pm CITY (29) ★★ "The Crow" (1994, Fantasy) Brandon Lee. A murdered rock star comes back from the dead to exact revenge on the men who attacked him and his future bride.

10:10 pm WTBS (3) ★½ "Lost & Found" (1999, Comedy) David Spade. The obnoxious co-owner of a failing restaurant tries to get close to a pretty neighbor by kidnapping her dog. (E)

Weather?
Updated Hourly...
Road Reports?
Updated Daily...
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OPEN 7:30 AM - 8:00 PM DAILY
Breakfast - Lunch - Dinner
CLOSED SUNDAY / MONDAY
Chinese Menu Saturdays 5-9 PM with Reservations
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Just West of Hedley on Highway 3

TUESDAY, MARCH 1, 2005

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 12 rows (6 AM to 11 PM) listing TV programs and channels.

WEDNESDAY, MARCH 2, 2005

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 12 rows (6 AM to 11 PM) listing TV programs and channels.

Regular Meetings

- * Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- * Similkameen Christian Riders meet at the A&W every Wednesday evening at 6 pm for a ride. To join, show up
- * Princeton Writers Group meets every second and fourth Thursday 7pm at Br 30 Sr Citizens Hall 162 Angela Avenue
- * 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 Thursday of month 7:30 p.m. Legion Hall
- * Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- * Living Water Church hosts Ladies Aerobics, Tuesdays/Thursdays, 6:00 - 7:00 PM. \$2 drop-in fee. POSTPONED 'TIL NEW YEAR
- * Living Water Church hosts "Country Gospel Hour" 7:00 PM the last Saturday of each month
- * 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.
- * Just For Me Ladies Group meets 1st Monday of the month, 7:00 PM Living Water Church.
- * Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in Hospital Board Room.
- * Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- * Princeton Toastmasters Club meets 2nd and 4th Tuesday of the month, 7:00 PM in the Seniors Drop-In Centre.

Similkameen News Leader Community Calendar

MARCH

4, 5, 6 - Mixed Open Bonspiel, Curling Club
 12 - Princeton Figure Skating Club Carnival, Arena
 17 - St. Patrick's Day
 21 - FIRST DAY OF SPRING!!!

APRIL

1 - April Fool's Day
 23 - Lions Club Flea Market & Auction, Arena

MAY

10 - Highland Dancers Tea Fundraiser
 13, 14, 15 - Let's Play Princeton Concert
 14, 15 - CPRA Rodeo, Princeton Fairgrounds
 21 - Young Life AGM, RockRidge Canyon
 22 - Keremeos Pow Wow, Ashnola Pow Wow Grounds
 22, 23, 24 - Meadowlark Festival

Check our 'Events Calendar' at www.thenewsleader.ca for more events and meetings in the Similkameen!

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

thursday movies

MORNING

10:00 am CITY 29 ★★ "The Duke" (1999, Comedy) John Neville. An avaricious nephew hatches a plot to discredit the character of his wealthy uncle's loyal dog. [DVS] (DVS)
 11:00 am A&E 9 ★★½ "The Last Best Sunday" (1999, Drama) Douglas Spain. A rebellious adolescent bonds with a fugitive Mexican classmate while her parents are away for the weekend. [D]

AFTERNOON

5:00 pm WGN 38 ★★ "Rocky IV" (1985, Drama) Sylvester Stallone. Heavyweight champion Rocky Balboa trains in Siberia for a match against the Soviet fighter who killed Apollo Creed. (In Stereo) [D]

EVENING

6:00 pm WTBS 3 ★★½ "Austin Powers: International Man of Mystery" (1997, Comedy) Mike Myers. A swinging spy from the '60s finds that all is not groovy when he is brought out of cryogenic freeze to nab an old foe. [D]

CITY 29 ★★ "The Secret Life of Algernon" (1997, Comedy) John Cullum. A mysterious professor arrives at the estate of an Egyptologist's eccentric descendant to search for hidden treasure. [D] (DVS)

8:10 pm WTBS 3 ★★ "In the Army Now" (1994, Comedy) Pauly Shore. A free-spirited slacker leads his group of misfit soldiers against Libyan troops when they wind up behind enemy lines. [D]

9:00 pm FAM 26 ★★ "National Lampoon's European Vacation" (1985, Comedy) Chevy Chase. After winning a European holiday on a TV game show, the Griswold clan goes on a chaotic tour of Old World capitals. [D]

10:06 pm CITY 29 ★★ "Mary Reilly" (1996, Horror) Julia Roberts. Dr. Jekyll's loyal housemaid is seduced by the dark charm of the doctor's evil alter ego. [D]

10:10 pm WTBS 3 ★★½ "The Jerk" (1979, Comedy) Steve Martin. The incredibly stupid white stepson of black sharecroppers makes a fortune with a bizarre invention. [D]

friday movies

MORNING

10:00 am CITY 29 ★★½ "Slam Dunk Ernest" (1995, Comedy) Jim Varney. An angel's magical sneakers transform maintenance worker Ernest P. Worrell into a basketball-playing phenomenon.

AFTERNOON

5:00 pm A&E 9 ★★ "Midnight Run" (1988, Comedy-Drama) Robert De Niro. A bounty hunter and his quarry, an accountant accused of embezzlement, try to stay one step ahead of the mob. [D]
 WGN 38 ★★½ "Rocky V" (1990, Drama) Sylvester Stallone. The former heavyweight champ puts his personal life on the ropes to train a promising young fighter. (In Stereo) [D]

EVENING

6:00 pm WTBS 3 ★★½ "Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Premiere. Dr. Evil and a new ally named Goldmember kidnap Austin's father and plot to take over the world.
 CITY 29 ★★½ "Reign of Fire" (2002, Fantasy) Christian Bale. Premiere. A ragtag band of humans hatch a plan to finally wipe out the fierce dragons that have decimated mankind for many years. [D]

7:30 pm FAM 26 ★★ "Pixel Perfect" (2004, Comedy) Ricky Ullman. A technical wizard creates a hologram that becomes a singer for his friend's struggling band. (In Stereo)

8:00 pm WTBS 3 ★★½ "Down to Earth" (2001, Comedy) Chris Rock. A black comic who met an untimely death is sent back to Earth and given the body of an older white tycoon. [D]

KNOW 5 "Madame Bovary" (Part 1 of 2)

9:00 pm A&E 9 ★★ "Midnight Run" (1988, Comedy-Drama) Robert De Niro. A bounty hunter and his quarry, an accountant accused of embezzlement, try to stay one step ahead of the mob. [D]
 FAM 26 ★★ "Only You" (1994, Comedy) Marisa Tomei. A fateful phone call sends a bride-to-be on a journey to Italy to find her destined true love. (In Stereo)

10:06 pm CITY 29 ★★ "Naked Lies" (1998, Suspense) Shannon Tweed. Premiere. A DEA agent sends his former lover to infiltrate and expose a merciless criminal's counterfeiting scheme.

10:48 pm FAM 26 ★★ "Fire in the Sky" (1993, Science Fiction) D.B. Sweeney. Based on the true story of an Arizona lumberjack who claimed to have been abducted by aliens. (In Stereo) [D]

Horoscopes March 1 - 9, 2005

Aries - By the end of this week, you are going to talk out loud about a lot of the things you've been thinking. Career and/or parents may be the source of anger. Cool it and watch your words. Speak softly.
Taurus - Now is a good time to plan your vacation, or make plans for any project. You will find you need to learn a little bit more, but you can make it work. Study the situation. Friends and social life are good.
Gemini - Career and parent matters smooth out now and you can talk about plans for the future. Doing your income taxes may be frustrating. Postpone doing return to the last week of this month.
Cancer - Get ready for more challenges. Information you receive this weekend or Monday will provide you with clues to what is going on in your career. Take nothing for granted. At home, do spring cleaning.
Leo - You need to be careful of your health for the next two weeks, and ask partner/spouse to get a check-up. If you do your income taxes now, you will feel much better and do it easily. Plan travel.
Virgo - Your partner, spouse, could give you a nice surprise this week, perhaps a gift or treat. He/she will be good to you for the next two weeks. Weekend should be a lot of fun. Children are trouble. Be firm.
Libra - Partner, spouse, is working up courage to tell you something this week. Expect an announcement on the weekend. Guard against catching cold next week by building resistance now. Care!
Scorpio - You could be lucky in love or lotto this weekend. If it is love, it could be at first sight. You continue to be busy at short trips, errands, contacting people. Siblings may be a nuisance. Children are mixed up.
Sagittarius - Peace returns to the home front this week, and things clear up on the weekend. Financial picture continues very active. Take stock of market position, commitments, taxes, investments.
Capricorn - You are really in the driver's seat this week, but be careful with money. You may think you have more than is really available. Weekend news about family is challenging. Sibling surprises you.
Aquarius - You could get good financial news this week, or somebody could give you a gift. You hear from a sibling on the weekend. Travel plans may be changed. Distance travel unlikely before June.
Pisces - You really want to have fun this weekend, but to do so, you are going to have to surprise everyone by making the arrangements yourself. Keep active with groups, and solidify plans for coming months.

Online Classified Ads:
www.thenewsleader.ca

Similkameen News Leader Recipe Corner (Recipe #53)

Chicken Nibbles
 (For Dogs, Cats or Ferrets)

- 1 cup shredded chicken breast
- 1/2 cup chicken broth
- 1 1/2 cup whole wheat flour
- 1 1/2 cup cornmeal
- 1 tbsp canola oil
- 1/2 cup water

Preheat oven to 350 degrees. Combine canola oil, broth and water. Combine flour and cornmeal in a separate bowl and mix. Then add chicken and mix, followed by the liquid ingredients and blend. Knead mixture to form ball and pat flat with your hands to a half centimetre thickness on a cookie sheet prepared with a non-stick spray. Then cut into small pieces in a grid shape with a knife (do not separate the pieces). Bake 20 - 30 minutes then shut off heat and let cool in oven. Once cooled break the pre-cut pieces apart to serve.

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If you have a favourite recipe you would like to share, contact us for details!
226A Bridge Street, Princeton

THURSDAY, MARCH 3, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	(5:00) "In the Army Now"	News Body	(Off Air)	Stretch Dragon	News (6)	News	"Last Best Sun."	(5:00) News (6)	News (6)	(5:00) News (Live) (6)	Monsters Hamtaro	SportsCentre (6)	News (6)	Daily Planet (6)	Paid Prog. Paid Prog.	Something Hoze	News (6)	Maury (6)	Hillbillies Hillbillies
7 AM	Dawson's Creek (6)	Life Today	BluesClues	Clifford	Today Bebe Neuwirth; Jennifer Lopez; Today's Kitchen.	The Early Show (6)	Murder, She Wrote (6)	Good Morning America (6)			Stickin Jacob	SportsCentre (6)		Untamed North America	Libertys Charles	Aladdin Kim	News (6)	CityLine (6)	Matlock "The Accident"
8 AM	Dawson's Creek (6)	100 Huntley Street (N) Poko (6)	Hi-5 (6)	Barney	Boohbah		Third Watch (6)		100 Huntley Street (N)	SpongeBob LazyTown	SportsCentre (6)		MythBusters (6)	Paid Prog. Paid Prog.	Lilo Stitch Mermaid		Close-Up Spin City	In the Heat of the Night	
9 AM	Cosby (6)	Save-Ums! Harvey	Little Bear	Sesame Street (EI)		Discover Discover	City Confidential (6)	Regis and Kelly	100 Huntley Street (N)	World Vision (6)	Mona Monster	Off-Record Golf	Regis and Kelly	Daily Planet (6)	Good Day Live (N) (6)	Pooh JoJo	Maury (6)	News (6) City	Magnum, P.I. (6)
10 AM	Cosby (6)	The Price Is Right (6)	Madeline Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right (6)	American Justice	The View Kirstie Alley.	World Vision (6)	Room MoneyWs	Rupert Monsters	2005 Winter X-Games From Aspen, Colo. (Taped)	The View Kirstie Alley.	Beyond Invention (6)	The Larry Elder Show	Higglytown Henrys	Jerry Springer (N) (6)	Movie: "The Duke" (1999, Comedy) John Neville.	News (6)
11 AM	Harvey Home Imp.	Judge J. Coronatn	Health	Yoga Sit-Be Fit	M*A*S*H	Young and the Restless	Movie: "The Last Best Sunday" (1999) (6)	News (6) Paid Prog.	The Insider MoneyWs	News (6) (Live) (6)	Hamtaro Fly Rhino		Balance Balance	Komodo-Dragon	Montel Williams (6)	King (N) Jason	Jerry Springer (6)	Rockford Files	
12 PM	Drew	News (6)	Reach Top Animals	Charlie Rose (6)	Shop Shop	News Bold & B.		All My Children (6)	News (6)	Days of our Lives (6)	Neutron Stickin	PGA Golf: Ford Championship at Doral - First	Daily Bold & B.	World of Mysteries (6)	Perry Mason	Hercules Goof Troop	Maury (6)	CityLine (6)	Magnum, P.I. (6)
1 PM	Yes, Dear	Days of our Lives (6)	Journal Planet	Painting Needle Art	Days of our Lives (6)	As the World Turns	Murder, She Wrote (6)	One Life to Live (6)	As the World Turns	As the World Turns	George S. Care Bears		Vicki G. Vicki G.	Unsolved History	Fam. Feud	Mermaid Aladdin	Jerry Springer (6)	Relic Hunter (6)	Funniest Home Videos
2 PM	Home Imp. Friends	Starting Over (N) (6)	Gaslight Health	Mr Rogers Dragon	Passions (6)	Guiding Light (6)	Third Watch (6)	General Hospital (6)	Passions (6)	Passions (6)	Mona Fly Rhino	Round. (Live)	General Hospital (6)	Unsolved History	Pat Croce Pat Croce	Dalmatian Mouse	Home Delivery	Ellen DeGeneres Show	Cosby Cosby
3 PM	Seinfeld	Emmerdale	Dora Peep	Postcards Arthur (EI)	Brown	Dr. Phil	City Confidential (6)	The Jane Pauley Show	Young and the Restless	Young and the Restless	Jacob Mischiefs	Off-Record Sports	Dr. Phil	Monster House (6)	Starting Over (N) (6)	Fillmore Weekend	MegaMan Mucha	News (Live) (6)	Home Imp. Will-Grace
4 PM	Raymond	Simpsons	George S.	Cyberchas	Judge J.	Oprah Winfrey (6)	American Justice	Millionaire	Oprah Winfrey (6)	News (6)	Neutron Tn-Titans	PBA Bowling	Frasier Friends	Daily Planet (6)	Little House	Recess Barbarian	Pokémon Yu-Gi-Oh!	Sex & City	Will-Grace
5 PM	Friends	News (6)	Babar (6)	BBC World Arthur	News (6)	News CBS News	Cold Case Files (6)	News (6)	News (6)	News (6)	Oddparent	European Poker Champion ship (N)	News (6)	Frontiers of	Malcolm King of Hill	Proud Lizzie	Sabrina Fresh Pr.	And Go! At Movies	Movie: "Rocky IV" (1985)
6 PM	"Austin Powers: International Man of Mystery"	Will-Grace 70s Show	Leading Journal	News-Lehrer	News (6)	News Hollywood		News (6)	News (6)	Train 48	SpongeBob Jacob		News (6)	Extreme Engineering	Simpsons 70s Show	So Raven Even	Raymond Will-Grace	Movie: "The Secret Life of Algonron" (1997)	WGN News at Nine
7 PM		Fortune Jeopardy!	The Beauty of the Sails	Sculpted by Floods	Jeopardy! Fortune	Seinfeld Friends	The First 48 (N) (6)	Entertain The Insider	Entertain Joey (6)	Will-Grace Joey (6)	Mystery Funpak	SportsCentre (Live) (6)	eTalk Daily Hollywood	Ghost Ship	Will-Grace 70s Show	Brotherly Radio Free	Friends Raymond	News (6)	Becker
8 PM	Movie: "In the Army Now" (1994)	Wickedly Perfect (N) (6)	The Corporation (6)	Miss Marple "Nemesiss"	Joey (6)	Survivor: Palau (N) (6)	Crossing Jordan (6)	Extreme Makeover (N) (6)	Survivor: Palau (N) (6)	Survivor: Palau (N) (6)	Dragon Inuyasha	Off-Record	CSI: Crime Scn	Daily Planet (6)	The O.C. "The L.A."	Boy World Radio Free	Summerland (6)	News (6)	Becker
9 PM	Pauly Shore.	24 (N) (PA) (6)	The Corporation (6)	George Jones	The Apprentice (N) (6)	CSI: Crime Scn	Cold Case Files (6)	Extreme Makeover (N) (6)	The Apprentice (N) (6)	The Apprentice (N) (6)	Mystery Academy	Boxing (6)	CSI: Crime Scn	Extreme Engineering	Point Pleasant "Pilot"	"National-European"	Summerland (6)	Jimmy Kimmel Live	Home Delivery
10 PM	Movie: "The Jerk" (1979)	The National (6)	The Corporation (6)	Soundstage	Trial by Jury	Without a Trace (6)	The First 48 (6)	PrimeTime Live (6)	Without a Trace (6)	News (6)	Gn. Jones		Trial by Jury	Ghost Ship	News Malcolm	Boy World	News (6)	Movie: "Mary Reilly" (1996) Julia Roberts.	Street
11 PM	Steve Martin.	News (6) Sportspage	Journey to Little Rock (6)	Charlie Rose (N) (6)	News (6)	News (6)	The First 48 (6)	News (6)	News (6)	(11:03) Fear Factor (6)	Ready-Not My Family	SportsCentre (Live) (6)	News (6)	Frontiers of	Becker Just Shoot	My So-Called Life	Friends Will-Grace	Elimidate	

FRIDAY, MARCH 4, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Movie: "The Jerk" (6)	News Body	(Off Air)	Body Elec. Dragon	News (6)	News	Sell House Sell House	(5:00) News (6)	News (6)	(5:00) News (Live) (6)	Monsters Hamtaro	SportsCentre (6)	News (6)	Daily Planet (6)	Wealth Paid Prog.	Something Hoze	News (6)	Maury (6)	Hillbillies Hillbillies
7 AM	Dawson's Creek (6)	Life Today	BluesClues	Clifford	Today "The Apprentice"; pop-corn. (6)	The Early Show (6)	Sell House Sell House	Good Morning America (6)			Stickin Jacob	SportsCentre (6)		Canadian Geographic	Libertys Paid Prog.	Aladdin Kim	News (6)	CityLine (6)	Matlock "The Celebrity"
8 AM	Dawson's Creek (6)	100 Huntley Street (N) Poko (6)	Hi-5 (6)	Barney Teletubbs			Third Watch "10-13"		100 Huntley Street (N)	SpongeBob LazyTown	SportsCentre (6)		American Hot Rod	Wealth Paid Prog.	Lilo Stitch Mermaid		At Movies Spin City	In the Heat of the Night	
9 AM	Cosby (6)	Save-Ums! Harvey	Little Bear	Sesame Street (EI)		Discover Discover	City Confidential (6)	Regis and Kelly	100 Huntley Street (N)	World Vision (6)	Mona Monster	Off-Record Lumberjks	Regis and Kelly	Daily Planet (6)	Good Day Live (N) (6)	Pooh JoJo	Maury (6)	News (6) City	Magnum, P.I. (6)
10 AM	Cosby (6)	The Price Is Right (6)	Zoboo Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right (6)	Amer. Justice	The View (N) (6)	World Vision (6)	Homes MoneyWs	Rupert Monsters	2005 Winter X-Games From Aspen, Colo. (Taped)	The View (N) (6)	What's That About? Canadian Geographic	The Larry Elder Show	Stanley King (6)	Jerry Springer (N) (6)	Movie: "Slam Dunk Ernest" (1995) Jim Varney.	News (6)
11 AM	Harvey Home Imp.	Judge J. Coronatn	English Dotto Tech	Yoga Sit-Be Fit	M*A*S*H	Young and the Restless	Sell House Sell House	News (6) Paid Prog.	The Insider MoneyWs	News (6) (Live) (6)	Hamtaro Fly Rhino		Balance Balance	Canadian Geographic	Montel Williams (6)	Jason Liars.	Jerry Springer (6)	Rockford Files	
12 PM	Drew	News (6)	Edge Westland	Charlie Rose (6)	Shop Shop	News Bold & B.	Sell House Sell House	All My Children (6)	News (6)	Days of our Lives (6)	Neutron Stickin	PGA Golf: Ford Championship at Doral - Second	Daily Bold & B.	Frontiers of	Perry Mason	Hercules Goof Troop	Maury (6)	CityLine (6)	Magnum, P.I. (6)
1 PM	Yes, Dear	Days of our Lives (6)	Home Planet	Painting Quilts	Days of our Lives (6)	As the World Turns	Sell House Sell House	One Life to Live (6)	As the World Turns	As the World Turns	George S. Care Bears		Vicki G. Vicki G.	Extreme Engineering	Fam. Feud	Mermaid Aladdin	Jerry Springer (6)	Relic Hunter (6)	Funniest Home Videos
2 PM	Home Imp. Friends	Starting Over (N) (6)	Gaslight Health	Mr Rogers Dragon	Passions (6)	Guiding Light (6)	Third Watch "10-13"	General Hospital (6)	Passions (6)	Passions (6)	Mona Fly Rhino	Round. (Live)	General Hospital (6)	Ghost Ship	Pat Croce Pat Croce	Dalmatian Mouse	Home Delivery	Ellen DeGeneres Show	Cosby Cosby
3 PM	Seinfeld	Diva Dime	Dora Peep	Postcards Arthur (EI)	Brown	Dr. Phil	City Confidential (6)	The Jane Pauley Show	Young and the Restless	Young and the Restless	Jacob Mystery	Off-Record Sports	Dr. Phil	What's That About?	Starting Over (N) (6)	Fillmore Weekend	Scooby Mucha	News (Live) (6)	Home Imp. Will-Grace
4 PM	Raymond	Simpsons	George S.	Cyberchas	Judge J.	Oprah Winfrey (6)	Amer. Justice	Millionaire	Oprah Winfrey (6)	News (6)	Neutron Tn-Titans	World Muscle Power I	Frasier Friends	Daily Planet (6)	Little House	Recess Barbarian	Pokémon Yu-Gi-Oh!	Sex & City	Will-Grace
5 PM	Friends	News (6)	Creatures Arthur	BBC World Business	News (6)	News CBS News	Movie: "Midnight Run" (1988)	News (6)	News (6)	News (6)	Oddparent	NBA Basketball: Toronto Raptors at Memphis Grizzlies. (Live)	News (6)	Forensic Factor (6)	Malcolm King of Hill	Proud Lizzie	Sabrina Fresh Pr.	Star Trek: Enterprise	Movie: "Rocky V" (1990)
6 PM	Movie: "Austin Powers in Goldmember" (2002)	Will-Grace 70s Show	Home Animals	News-Lehrer	News (6)	News Hollywood	Robert De Niro, Charles Grodin. (6)	News (6)	News (6)	Homes Entertain	Yu-Gi-Oh! Beyblade		News (6)	Unsolved History	Simpsons 70s Show	All That Phil	Raymond Will-Grace	Movie: "Reign of Fire" (2002)	Sylvester Stallone. (6)
7 PM		Fortune Jeopardy!	Life of Mammals	Wash Wk McLaughlin	Jeopardy! Fortune	Seinfeld Friends	The Insider Train 48	Entertain The Insider	Entertain Train 48	Makeover: Home	Transform	SportsCentre (Live) (6)	eTalk Daily Hollywood	Mayday II	Will-Grace 70s Show	Movie: "Pixel Perfect" (2004)	What I Like What I Like	Friends Raymond	WGN News at Nine
8 PM	Movie: "Down to Earth" (2001)	Air Farce 22 Minutes	Movie: "Madame Bovary"	NOW (N) Europe	Dateline NBC (6)	Joan of Arcadia (6)	American Justice	8 Rules 8 Rules	Romance Design	Gilmore Girls (N) (6)	Dragonball Dragon-Z		Joan of Arcadia (6)	Daily Planet (6)	Robots Bernie Mac	Movie: "Only You" (1994, Comedy) Marisa Tomei.	What I Like	News (6)	Becker
9 PM	Family Guy	Comedy Fest.	Country	Dean Martin	Law & Order: SVU	NUMB3RS "Pilot" (6)	Movie: "Midnight Run" (1988)	Hope Less Than	Jonny Zero (N) (6)	Jonny Zero (N) (6)	Justice Gundam	Formula One Racing	Law & Order: SVU	Sex Files Sex Files	Jonny Zero (N) (6)	Movie: "Only You" (1994, Comedy) Marisa Tomei.	Reba (6)	Jimmy Kimmel Live (N)	Home Delivery
10 PM	Futurama Oblongs	The National (6)	Sherlock Holmes	The Boss Vicar-Dbly	Trial by Jury	CSI: Crime Scn	Robert De Niro, Charles Grodin. (6)	20/20 (6)	20/20 (6)	News (6)	Inuyasha Hunter	World-Poker	Trial by Jury	MythBusters (6)	News Malcolm	Comedy	News (6)	Movie: "Naked Lies" (1998)	Justice Street
11 PM	Mr. Show Family Guy	News (6) Sportspage	Canada-History	Wall Journal	News (6)	News (6)	Charles Grodin. (6)	News (6)	News (6)	(11:03) Fear Factor (6)	ReBoot Beasties	SportsCentre (Live) (6)	News (6)	American Chopper	Becker Just Shoot	"Fire in the Sky" (1993)	Friends Will-Grace	Shannon Tweed.	Elimidate

saturday movies

MORNING

7:00 am WTBS (3) ★★½ "What About Bob?" (1991, Comedy) Bill Murray. A pompous psychiatrist's vacation is disrupted by the arrival of his new patient, a lovable but aggravating neurotic. (E)

9:00 am WTBS (3) ★★½ "Down to Earth" (2001, Comedy) Chris Rock. A black comic who met an untimely death is sent back to Earth and given the body of an older white tycoon. (E)

11:00 am WTBS (3) ★★½ "Major League" (1989, Comedy) Tom Berenger. A baseball team owner assembles a motley group of players hoping their poor performance will enable her to sell out. (E) (DVS) WGN (38) ★★½ "Vampire's Kiss" (1989, Horror) Nicolas Cage. An executive goes over the edge after a romantic encounter with a seductive vampire leaves him doubting his sanity.

AFTERNOON

12:00 pm FAM (26) ★★½ "The Cheetah Girls" (2003, Comedy-Drama) Raven. Four teens hold on to their dream of musical fame while navigating the twists and turns of their normal lives. (In Stereo)

12:30 pm CITY (29) ★★½ "For Richer or Poorer" (1997, Comedy) Tim Allen. Culture shock knocks two pampered Manhattanites for a loop when they pose as an Amish couple to evade the IRS.

1:00 pm WTBS (3) ★★½ "Major League II" (1994, Comedy) (PA) Charlie Sheen. The Cleveland Indians gear up for another chance at the pennant in this sequel to the 1989 hit. (E)

1:33 pm FAM (26) ★★½ "Double Teamed" (2002, Drama) Annie McElwain. Twin sisters Heather and Heidi Burge develop a budding rivalry in high school and make it to the WNBA. (In Stereo) (E)

3:00 pm WTBS (3) ★★½ "Zoolander" (2001, Comedy) Ben Stiller. A disgraced male model becomes the unwitting

fall guy in an evil designer's plot to assassinate a world leader. (E)

4:00 pm YTV (18) ★★½ "The Batman-Superman Movie" (1998, Adventure) Voices of Timothy Daly. Animated. The Caped Crusader and the Man of Steel join forces to bust up an alliance between the Joker and Lex Luthor.

KTLA (27) ★★½ "Playing God" (1997, Suspense) David Duchovny. A decertified doctor gets caught up in murder and mayhem when his surgical talents catch the eye of a crafty criminal.

5:00 pm WTBS (3) ★★½ "Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Dr. Evil and a new ally named Goldmember kidnap Austin's father and plot to take over the world.

EVENING

6:00 pm CITY (29) ★★½ "Cop Land" (1997, Drama) Sylvester Stallone. The hearing-impaired sheriff of a small New Jersey town takes on crooked New York police officers. (E)

7:00 pm WTBS (3) ★★½ "A Night at the Roxbury" (1998, Comedy) Will Ferrell. Two sorry siblings dance their way through the Los Angeles

club scene while trying to open up their own establishment. (E)

CHBC (4) ★★½ "Bug's Life" (1998, Fantasy) Voices of Dave Foley. Animated. A misfit ant goes on a dangerous search for an insect army to protect his colony from grasshopper terrorists. (E)

8:00 pm KXLY (10) ★★½ "Jerry Maguire" (1996, Comedy-Drama) Tom Cruise. An ousted sports agent attempts to rebuild his career with the help of a loyal accountant and an egotistical athlete. (In Stereo) (E) (DVS)

8:30 pm WGN (38) ★★½ "Rocky V" (1990, Drama) Sylvester Stallone. The former heavyweight champ puts his personal life on the ropes to train a promising young fighter. (In Stereo) (E)

8:45 pm WTBS (3) ★★½ "Mars Attacks!" (1996, Comedy) (PA) Jack Nicholson. Malevolent martians take delight in incinerating humans in director Tim Burton's sendup of 1950s sci-fi classics. (E)

9:00 pm CHBC (4) ★★½ "Braveheart" (1995, Drama) Mel Gibson. A personal tragedy spurs Scotland's William Wallace to rally his countrymen against the tyranny of King Edward I. (E)

YTV (18) ★★½ "Superman"

(1978, Fantasy) Christopher Reeve. Clark Kent uses his superhuman powers to thwart Lex Luthor's nefarious plot to destroy the West Coast.

FAM (26) ★★½ "Stand by Me" (1986, Comedy-Drama) Wil Wheaton. Four friends share what could be their last adventure together as they search for a missing boy's body. (In Stereo) (E)

CITY (29) ★★½ "Deconstructing Harry" (1997, Comedy) Woody Allen. An author with an infamous personal life comes under attack by his friends and former wives. (E)

10:30 pm FAM (26) ★★½ "The Man Without a Face" (1993, Drama) Mel Gibson. A disfigured recluse becomes the mentor of a boy aspiring to enter his late father's military academy. (In Stereo) (E)

11:00 pm WTBS (3) ★★½ "Major League" (1989, Comedy) Tom Berenger. A baseball team owner assembles a motley group of players hoping their poor performance will enable her to sell out. (E) (DVS)

CITY (29) ★★½ "The Basketball Diaries" (1995, Drama) Leonardo DiCaprio. Drugs destroy a high schooler's promising athletic career and lead him into a world of addiction and crime.

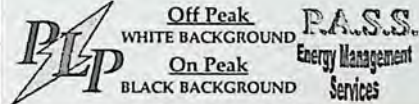
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIDNIGHT	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
1:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
2:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
3:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
4:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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6:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
7:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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11:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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9:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
10:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
11:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

sunday movies

MORNING

7:00 am WTBS (3) ★★½ "Mars Attacks!" (1996, Comedy) (PA) Jack Nicholson. Malevolent martians take delight in incinerating humans in director Tim Burton's sendup of 1950s sci-fi classics. (E)

9:15 am WTBS (3) ★★½ "Zoolander" (2001, Comedy) Ben Stiller. A disgraced male model becomes the unwitting fall guy in an evil designer's plot to assassinate a world leader. (E)

10:00 am FOX (25) ★★½ "Westworld" (1973, Science Fiction) Yul Brynner. A computer malfunction results in bloodshed when the robots at an adult fantasy park turn on their human visitors.

WGN (38) ★★½ "Rocky III" (1982, Drama) Sylvester Stallone. Dethroned boxing champ Rocky Balboa joins forces with Apollo Creed in a herculean effort to regain his title. (In Stereo)

11:00 am CITY (29) ★★½ "Snow Day"

(2000, Comedy) Chris Elliott. Children are determined to prevent a villainous snowplow man from spoiling their fun after a storm shuts down school.

11:15 am WTBS (3) ★★½ "A Night at the Roxbury" (1998, Comedy) Will Ferrell. Two sorry siblings dance their way through the Los Angeles club scene while trying to open up their own establishment. (E)

AFTERNOON

12:00 pm FAM (26) "Get a Clue" (2002, Comedy) Lindsay Lohan. A teenage journalist and her prep-school pals investigate the disappearance of their English teacher. (In Stereo) (E)

WGN (38) ★★½ "Rocky IV" (1985, Drama) Sylvester Stallone. Heavyweight champion Rocky Balboa trains in Siberia for a match against the Soviet fighter who killed Apollo Creed. (In Stereo) (E)

1:00 pm WTBS (3) ★★½ "Austin Powers: International Man of

Mystery" (1997, Comedy) Mike Myers. A swinging spy from the '60s finds that all is not groovy when he is brought out of cryogenic freeze to nab an old foe. (E)

KTLA (27) "My Mother the Spy" (2000, Drama) Jayne Brook. A woman gets the shock of her life when she accidentally discovers that her mother is a CIA agent. (In Stereo)

1:30 pm FAM (26) "Love Rules!" (2004, Romance-Comedy) Joseph Lawrence. Meddling friends and family make a couple miserable by trying to turn their simple nuptials into an extravagant affair. (E)

2:00 pm VTV (22) ★★½ "The Contender" (2000, Drama) Joan Allen. Allegations of sexual impropriety threaten to derail the confirmation of a female vice presidential nominee. (In Stereo) (E)

2:30 pm CHBC (4) ★★½ "The Aristocats" (1970, Comedy) Voices of Phil Harris. Animated. An alley cat comes to the rescue when a scheming butler threatens the lives of a mother cat and her kittens. (E)

3:00 pm WTBS (3) ★★½ "Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. The "International Man of Mystery"

and a comely American agent attempt to retrieve Austin's stolen mojo from Dr. Evil. (E) (DVS)

KTLA (27) ★★½ "Larger Than Life" (1996, Comedy) Bill Murray. A man embarks on a troublesome cross-country journey accompanied by the pesky pachyderm he inherited from his father. (In Stereo)

4:00 pm YTV (18) ★★½ "Superman II" (1980, Fantasy) Christopher Reeve. A nuclear explosion frees three superhuman villains who were originally imprisoned by Superman's kryptonian father.

5:00 pm WTBS (3) ★★½ "Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Dr. Evil and a new ally named Goldmember kidnap Austin's father and plot to take over the world.

WGN (38) "Dying on the Edge" (1999, Mystery) John Heard. An insurance investigator determines that a fatal car wreck was really a well-executed murder. (In Stereo) (E)

EVENING

6:00 pm CITY (29) "Their Eyes Were Watching God" (2005, Drama) Halle Berry. Premiere. A woman

searches for love, excitement and spiritual fulfillment in the 1920s. (In Stereo) (E)

7:00 pm WTBS (3) ★★½ "Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Dr. Evil and a new ally named Goldmember kidnap Austin's father and plot to take over the world.

CHBC (4) ★★½ "Harry Potter and the Chamber of Secrets" (2002, Fantasy) Daniel Radcliffe. Second-year students Harry Potter and friends investigate a malevolent threat to their classmates at Hogwarts. (E)

9:00 pm WTBS (3) ★★½ "High School High" (1996, Comedy) Jon Lovitz. An idealistic teacher leaves a comfortable position at a private school to turn inner-city hoodlums into scholars. (E)

KXLY (10) "Their Eyes Were Watching God" (2005, Drama) Halle Berry. Premiere. A woman searches for love, excitement and spiritual fulfillment in the 1920s. (In Stereo) (E)

FAM (26) ★★½ "Arthur" (1981, Comedy) Dudley Moore. A drunken young millionaire faces disinheritance if he doesn't break off his relationship with a poor waitress. (E)

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SATURDAY, MARCH 5, 2005

	WTBS 3	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E 9	KXLY 10	BCTV 11	CITY 12	YTV 18	TSN 19	VTV 22	DISC 24	FOX 41	FAM 26	KTLA 27	CITY 29	WGN 38
6 AM :30	Dawson's Creek (R)	News Pet Guys	(Off Air)	Globe Trekker (R)	(5:00) Today (R)	Saturday Early Show	"Benedict"	Good Morning America	Fire Station Blackfly	Diva Dime Room	Monsters Monster	SportsCenter (R)	OWLTV Kingdom	Daily Planet (R)	Paid Prog. Wealth	Daigunder Rangers	Paid Prog. Paid Prog.	Caribbean Dharti	Paid Prog. Paid Prog.
7 AM :30	Movie: "What About Bob?" (1991) Bill Murray.	Sportfish Fishn	BluesClues Dora	MotorWeek Fly Tying	News	LazyTown Spider	Old House Old House	Good Morning Northwest Saturday (R)	News (R) News (Live) (R)	News (Live) (R)	Transform Gundam	Fishing Motoring	Katie-Orbie Leaps	Unsolved History Winx Club	Mew Mew All That	Rangers Mucha	Scooby Mucha	Eye on Asia Polish Studio	Paid Prog. Paid Prog.
8 AM :30	Movie: "Down to Earth" (2001) Chris Rock. (R)	Figure Skating: Four Continents Championships. Snowboarding	Arthur Lilly (R)	Workshop Old House	Shark Endurance	Discover Discover	Investigative Reports Lizzie	Phil Lillo Stitch	GetUpGrow Room	Strange World Ski	Phantom Justice League	2005 Winter X-Games From Aspen, Colo. (Taped)	Good Morning Canada (R)	Mayday II (R) Ultimates (R)	Sonic X (N) One Piece	Lizzie Radio Free	Tn-Titans Xiaolin	Polish Studio CityLine	Paid Prog. Walgreens
9 AM :30	Movie: "Major League" (1989) Tom Berenger.	Figure Skating: World Junior Championships. From Kitchener, Ont. (Taped)	Journal Home	At Home With Donna Dewberry (R)	PGA Golf: Ford Championship at Doral - Third Round. (Live) (R)	College Basketball: Regional Coverage College Basketball: Regional Coverage	Family Paid Prog. Paid Prog.	Lilo Stitch Fillmore	Antique Taste	Drop In (N) Ride Guide	Sacred Malcolm	Pokémon Yu-Gi-Oh!	X-Quest "Patagonia" Eagle Communications	Forensic Factor (R) Animal At	Paid Prog. Columbia	Movie: "The Cheetah Girls" (2003)	Libertyys Sabrina	Starville Movie: "For Richer or Poorer" (1997) Tim Allen, Kirstie Alley.	Movie: "Vampire's Kiss" (1989) Nicolas Cage. Mutant X Stolen disk. Andromeda (N) (R)
10 AM :30	Movie: "Major League II" (1994) Charlie Sheen.	Figure Skating: World Junior Championships. From Kitchener, Ont. (Taped)	Journal Home	At Home With Donna Dewberry (R)	PGA Golf: Ford Championship at Doral - Third Round. (Live) (R)	College Basketball: Regional Coverage College Basketball: Regional Coverage	Family Paid Prog. Paid Prog.	Lilo Stitch Fillmore	Antique Taste	Drop In (N) Ride Guide	Sacred Malcolm	Pokémon Yu-Gi-Oh!	X-Quest "Patagonia" Eagle Communications	Forensic Factor (R) Animal At	Paid Prog. Columbia	Movie: "The Cheetah Girls" (2003)	Libertyys Sabrina	Starville Movie: "For Richer or Poorer" (1997) Tim Allen, Kirstie Alley.	Movie: "Vampire's Kiss" (1989) Nicolas Cage. Mutant X Stolen disk. Andromeda (N) (R)
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1 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street
2 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street
3 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street
4 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street
5 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street
6 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street
7 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street
8 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street
9 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street
10 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street
11 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	News (R) Sports	Babar (R) Creatures	Alone in the Wilderness (DVS)	News NBC News	News CBS News	City Confidential (R) City Confidential (N)	News (R) ABC News	Simpsons Global	News (R) Global	News (R) Global	Justice Justice	Sue Thomas: F.B. Eye News (R)	MythBusters (R) Paid Prog.	Kim Kim	David Duchovny. Speakers	NBA Basketball: Chicago Bulls at Milwaukee Bucks. (R)	WGN News	Movie: "Rocky V" (1990) Sylvester Stallone. (R) Street

SUNDAY, MARCH 6, 2005

	WTBS 3	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E 9	KXLY 10	BCTV 11	CITY 12	YTV 18	TSN 19	VTV 22	DISC 24	FOX 41	FAM 26	KTLA 27	CITY 29	WGN 38
6 AM :30	Movie: "Small Soldiers"	News Body	(Off Air)	Caillou (E) Clifford	Today (R)	Discover Discover	Breakfast With the Arts	Good Morning America	Popstars MoneyWs	Adventure Sportfish	Monsters Monster	Formula One Racing	Acorn Kids	Ghost Ship	Hour of Power (R)	Daigunder Rangers	Pacesetter Success	Mix TV NightMan (R)	
7 AM :30	Movie: "Mars Attacks!" (1996) Jack Nicholson.	In Touch Dora	BluesClues Thomas	Bob Build Darcy	Strange Darcy	CBS News Sunday Morning	Bio.: Hedren	News (R)	Weekend Fishing	Fishing Is Written	Mona Winx Club	Reporters Reporters	Good Morning Canada (R)	Animal Face-Off (R)	Libertyys Business	Rangers All That	Facts Believers	Eye on Asia The X-Files (R)	
8 AM :30	Movie: "Mars Attacks!" (1996) Jack Nicholson.	Van Impe Curling: Tim Hortons Brier. From Rexall Place in Edmonton. (Live) (R)	Jakers Magic Bus	Real Dragonfly	Meet the Press (R) Nation	College Football: Kentucky at Florida. (R)	Biography "Sylvester Stallone" Sylvester Stallone.	Paid Prog. Hangtime	News (R) World Vsn	Trails ChalkZone	Mischief Lumberjks	Golf	Animal Face-Off (R)	Animal Face-Off (R)	Fox News Sunday	Lizzie Radio Free	Feed J. Osteen	Eye-Asia Festival Italiano di Johnny Lombardi (In Italian)	
9 AM :30	Movie: "Mars Attacks!" (1996) Jack Nicholson.	Van Impe Curling: Tim Hortons Brier. From Rexall Place in Edmonton. (Live) (R)	Jakers Magic Bus	Real Dragonfly	Meet the Press (R) Nation	College Football: Kentucky at Florida. (R)	Biography "Sylvester Stallone" Sylvester Stallone.	Paid Prog. Hangtime	News (R) World Vsn	Trails ChalkZone	Mischief Lumberjks	Golf	Animal Face-Off (R)	Animal Face-Off (R)	Fox News Sunday	Lizzie Radio Free	Feed J. Osteen	Eye-Asia Festival Italiano di Johnny Lombardi (In Italian)	
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12 PM :30	Movie: "Mars Attacks!" (1996) Jack Nicholson.	Van Impe Curling: Tim Hortons Brier. From Rexall Place in Edmonton. (Live) (R)	Jakers Magic Bus	Real Dragonfly	Meet the Press (R) Nation	College Football: Kentucky at Florida. (R)	Biography "Sylvester Stallone" Sylvester Stallone.	Paid Prog. Hangtime	News (R) World Vsn	Trails ChalkZone	Mischief Lumberjks	Golf	Animal Face-Off (R)	Animal Face-Off (R)	Fox News Sunday	Lizzie Radio Free	Feed J. Osteen	Eye-Asia Festival Italiano di Johnny Lombardi (In Italian)	
1 PM :30	Movie: "Austin Powers International Man of Mystery" (2002)	Gold Trails Be the Creature (N)	Lava Hunters: Living Out of the Fire (R)	NW Profil Visions of Germany: Bavaria	PGA Golf: Ford Championship at Doral - Final Round. (Live) (R)	College Basketball: Duke at North Carolina. (R)	Cold Case Files (R) Cold Case Files (R)	NBA Basketball: Dallas Mavericks at Houston Rockets. (Live)	Driving TV Pet Guys	Entert'nt MoneyWs	SpongeBob Oddparent	IndyCar Racing: Toyota Indy 300. (Live)	World Vsn Eagle	Animals- Badly	Movie: "Westworld" (1973)	Even Boy World	Paid Prog. Paid Prog.	Movie: "Snow Day" (2000, Comedy) Chris Elliott.	Movie: "Rocky III" (1982) Sylvester Stallone.
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MONDAY, MARCH 7, 2005

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows of program listings.

monday movies

MORNING
10:00 am CITY (29) ★★ "Fairy Tale: A True Story" (1997, Drama) Florence Hoath. Based on the true story of two girls who set 1917 England on its ear with their claims of having photos of fairies.
11:00 am A&E (9) "A Glimpse of Hell" (2001, Drama) James Caan. Based on the true story of a naval officer's investigation into the true cause of a fatal shipboard explosion in 1989.
EVENING
8:00 pm WTBS (3) ★★ "Captain Ron" (1992, Comedy) Kurt Russell. A Chicago businessman unwittingly hires a boozing lecher to pilot his boat across the Caribbean.
9:00 pm FAM (26) ★★ "Pee-wee's Big Adventure" (1985, Comedy) Pee-wee Herman. To recover his cherished bicycle, Pee-wee Herman embarks on an odyssey that takes him from San Antonio to Burbank.
10:00 pm WTBS (3) ★★ "Ready to Rumble" (2000, Comedy) David Arquette. Two wrestling fanatics vow to help their vanquished hero regain his former status as king of the ring.

Weather? Updated Hourly...
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Word search grid containing letters for finding words related to building.

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GLASS INSULATION MEASURE LEVEL PLUMBING PIPES
HEATING CONDUITS VENTS ROOFING PERMIT INSPECTION
SITE BLUEPRINT TRUCK HAT BOOTS APRON

Let's Play Princeton Trivia!
Question: Where is Kate's Rock?
Last Week: The Similkameen River was once known as "The Roche."
Brought to you courtesy of: PRINCETON MUSEUM

ads@thenewsleader.ca

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WEEKLY DEADLINE IS 12 NOON FRIDAYS

announcements

announcements

help wanted

Happy Birthday
(March 4th)
W. A. Soderman
AKA "Bill Miner"
Love, Nancy & the Cat

Class 1 Driver (BC, Alberta, 8 Western States), minimum 3 years experience. Must have clean abstract. For information contact Mike at SBC Firemaster. (250) 295-7686, ext. 201. Jan 18-tfn (b)

IMPROVE YOUR JOB SEARCH TECHNIQUES

Job Finding Club is offering 3 weeks of job search training. The next session in Keremeos at WorkZone starts Monday, March 7. This is a free service. For more information all 490-8380. The Government of Canada has contributed funding to this initiative. Canada

*****BIG SPECIAL*****
Edging Pyramid Cedars
4' 10 for \$165
5' 10 for \$225
6' 10 for \$300
Also, Emerald Cedars Avail.
FREE DELIVERY
Call Budget Nursery
TOLL FREE 1-866-498-2189
Mar 1-tfn (b)

FOR SALE: 5,500 watt diesel powered electric generator. Brand new, never used. Asking \$5,500 OBO. 6.5 HP gas 3"x3" displacement pump. Brand new. Asking \$550. Phone (250) 499-2856 and ask for Joe.

WOOD PELLET SALES & DELIVERY
Call
Princeton Rentals
(250) 295-6545

for rent

Small 3-bedroom house. entry. Pets on approval. \$500. **RENTED** references req'd. (250) 295-3237. Dec 14-tfn (b-mc)

Quiet, furnished kitchen units. Cable TV and utilities included. Centrally located. Weekly, monthly rates. (250) 295-3237. Dec 14-tfn (b-mc)

Stress-free weightlifting program using products found in your backyard! Proven results in days! Call (250) 293-6500. Sep 14-tfn

notice

WANTED TO BUY
PRE-OWNED RIFLES.
FOR MORE
INFORMATION CALL RON
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OUTDOOR SUPPLY
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help wanted

COMPUTER TRAINING

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- Desktop Publishing
 - Office Administration
 - Administrative Assistant
 - Computerized Accounting
 - Microcomputer Business App.
 - MOA-Medical Office Assistant
 - PC Troubleshooting and Repair
 - AutoCAD-Computer Aided Design
- "Job Placement Assistance"

Over 160 Locations

ACADEMY OF LEARNING
LOCAL CALL **310-JOBS (5627)**

notices

Sunday, March 6th
9:00 AM - 3:00 PM

Hedley Community Club Market

Antiques, crafts, vintage linens, baking and concession open for lunch.

BOOKKEEPING AB Counting
Small Business is My Passion
ORGANIZING, REPORTS, PAYROLL, TAXES
COMPUTERIZED OR MANUAL
(250) 295-0510 Jan 18-Feb 14

services

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Sales • Installations
295-3743
1-888-647-3377

Jul 06-tfn

notices

DAIRY QUEEN

Hiring for full & part-time positions. Front of the house, back of the house. Experience not necessary. Drop off resume in Person at the Princeton Dairy Queen.

Jan 25-tfn

VEGETABLE AND FRUIT
RAISED PORK BY
THE POUND

BACON - SAUSAGES
CHOPS - HAMS
ROASTS

ALSO
ROASTING CHICKENS,
PORK (BY THE SIDE)

ORDERS TAKEN NOW FOR
BARBEQUE PIGS

MELODYE HOPE
(250) 295-3739

Gel Tax

Tax Preparation
E-Filing
295-3196

Feb 15-Apr 25

notices

Free long distance calling between friends and relatives within Canada with a minimum monthly charge for the fee and service charges. For details please call (250) 295-7406. Mar 1-15

notices

IN MEMORIAM
DONATIONS TO THE
CANADIAN CANCER
SOCIETY
CALL DIANNE @ 295-6648
Box 1906, Princeton, B.C.

help wanted

help wanted

Part time/Full time
ADMINISTRATIVE ASSISTANT/SECRETARIAL POSITION
Computer, Phone and Customer Service Skills helpful
Valid drivers license OR abstract required

Drop off resume by MARCH 11, 2005 in person to:

Princeton C0-Generation Corp.
#201 Old Hedley Road, Princeton, BC
NO PHONE CALLS PLEASE
or e-mail to sales@eagle-valley.ca

Century 21
The Local Experts™

Princeton Realty
224 Bridge Street, Princeton
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Fax (250) 295-3411
www.princetonbc.com

Property Management
John Henry - Licensed Property Manager

Residential & Commercial Renting and Leasing
FULL-SERVICE PROPERTY MANAGEMENT

CALL JOHN HENRY - 295-7142

- 1) Two 2-bedroom apartments downtown - \$395
- 2) Desirable commercial property on Vermillion Avenue.
- 3) deluxe lower floor duplex, new, 5 appliances - \$700

I have qualified tenants looking for houses and apartments. Call me for details!

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25 words \$5.00 + GST
 Pay for 2 weeks and get the third week FREE!
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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

FREE! Win two lift tickets to Apex by answering this skill testing question:

Who owns the News Leader?

Bring this ad into our office, with your answer and if you are the first person with the correct answer...the Lift Tickets are yours! Deadline is 5:00 PM March 4, 2005.

Someone you know celebrating a Birthday or Anniversary today? Call me and I'll sing them a special song, personalized with embarrassing details supplied by friends and family. Now taking appointments. 1-877-295-7754. Ask for Operator 10. Nov 23-tfn

Enjoy reading Classified Advertising? Imagine what could happen if you had an ad in this section. People would read it, and if it was about something they were interested in, they would likely respond. Think you may want to give it a try? Just call our Classified Advertising Department at (250) 295-4149 for all the details. Next week someone could be reading your Ad!

The Earth is square and I have proof! Call for your "Complete Rubik's Cube of Earth." \$123.80 + GST per copy. Each copy contains 12 pages of details, 2 of them in FULL COLOUR! 1-877-295-7754. Ask for Operator 123. Offer good for a limited time!

notices

Lose weight without exercise and with no effort at all! Think yourself thin with my newly-developed method of using mind over matter. Order my new book "I Think I'm Thin, Therefore I Must Be - Even If You See Me Otherwise." This 15-page book includes key words and messages you are supposed to repeat to yourself each night before you go to bed and keep repeating until you drift off to sleep. It's that easy! We have proven results that I can share with you once you enroll in our 18-step "Lose It Or Lose It" program. It's a win-win and always has been...if you know how to do it. To order my book "I Think I'm Thin, Therefore I Must Be - Even If You See Me Otherwise" (\$254.99 + GST) e-mail me at threedogsbarking@fastmail.ca and request my book. Please include the words "Thin Is In" in the subject line of your e-mail for faster results. Or call me toll free at 1-877-295-7754 for even faster results! Each night you don't have my book is a night of wasted sleep if you don't think thin.

Examine your relationship with God. Free. Every Sunday. At the place of worship of your choice. Nov 23-tfn

Magic Beans! They are the newest craze! \$476.98 (GST included) for your package of three. 1-877-295-7754. Feb 01-tfn

for rent

2-Bay Shop
(250) 295-3919
Jul 8-tfn

for sale

92 wood padded chairs, 1 old combination safe (Hall Battent 1906), air conditioner (12,000 BTU, window or wall), 4 older style floor tri-lights, 3 small round wood tables, 1 Admiral stove, 1 Viking fridge, 1 oak corner shelving unit, Sanyo micro wave. Call (250) 295-0449 after 6:00 PM. Feb22-Mar01

8' x 10' metal shed. \$125. (250) 295-7480. Feb22-Mar08

The August/September meeting for "Procrastinators Anonymous" has been cancelled until further notice. Nov 23-tfn

Wednesday night meetings for members of "Those Addicted to Football" have been postponed until the end of the current NFL season. We apologize for the inconvenience. Nov 23-tfn

for rent

Silver Crest Housing

For Seniors 55 & Older
 Bachelor Suites, \$225/mo
 1-bedroom, \$300/mo

Contact:
 Alice Cook
(250) 295-6136

Or
 Helen Gallagher
(250) 295-3825

Jan 18-tfn (b)

for sale

WESTERN RAWHIDE 15 1/2 inch CARIBOU SADDLE

Model 1746
 New \$ 900.⁰⁰ in 1996

Used Twice Asking
\$700.⁰⁰ FIRM

(250) 295-6905

LONG-TERM RESPONSIBLE RENTERS WANTED

WE ARE TAKING APPLICATIONS:

For a small 3-bedroom house Recently renovated, very clean Large lot, near park
NO PETS. NO SMOKING
 Damage Deposit, References Required \$450 per Month

(250) 295-7843 after 5:00 PM
Feb 22-Mar 08

1991 Geo Metro

White 4-Door Hatchback, 5-Speed Standard. Has grey interior. Some rust spots. 120,000 Km. Excellent Gas Mileage!

\$2,500.⁰⁰ OBO

(250) 295-7754
Sep 28-tfn

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Natural character chart - \$25.

Basic chart plus predictive - \$50.

Phone 295-6063

Completely confidential

Cover2Cover Bookkeeping & Office Services

Fax Services
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 Word Processing
 Resumes - Letters

(250) 295-6905
 226A Bridge Street

for rent

Deblyn Mobile Home Park
PADS FOR RENT
 Close to school and other amenities. First 3 months FREE. Call Mickey at **(250) 295-7862**
Feb 01-tfn

FOR RENT

• UPPER DUPLEX, 2 BDRM, LARGE LIVINGROOM, \$500/MO INCLUSIVE DRIVE BY 1088-7 MILE RD. TO VIEW.

Drive by then call Neil at 295-6977 Mar 23-tfn

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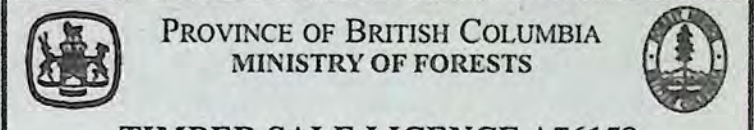
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TIMBER SALE LICENCE A76158

Take notice that, pursuant to Section 20 of the *Forest Act*, timber sale licence A76158 is being offered for sale by BC Timber Sales, Kamloops Business Area.

Closing Date: March 10, 2005 at 11:00 AM
Geographic Location: Dardenelles Lake
Field Unit: Cascades
Estimated Volume: 17,461 cubic metres, more or less
Term: 18 Months

Logging method: This timber sale licence has been designed for harvest using Conventional Logging System. The use of other systems may be subject to the Forest Practices Code of British Columbia Act and its regulations.

Upset stumpage rate: The upset stumpage rate was determined by the market pricing system and is applicable only to coniferous green sawlog grades.

Upset Stumpage Rate / cubic metre for competitive volumes:

Timber Mark	Product	Volume	Rate
A76158	Sawlog	17,461	\$29.98

Species percent:

Timber Mark	Species	%
A76158	Lodgepole Pine	85%
A76158	Spruce	14%
A76158	Douglas-fir	1%

This timber sale licence is fully developed.

Tenders will only be accepted from individuals or corporations registered as a BC Timber Sales Enterprise in Category Any.

This licence is subject to, among other things, new maximum term limits and extension fee and surrender provisions.

Applicants are advised to carefully consider the impact of these changes when formulating their bids. Further information on these changes may be found in Advisory Bulletin 08/03/04.

Applications will be accepted by the Timber Sales Manager, Kamloops Business Unit, 1265 Dalhousie Drive, Kamloops, BC V2C 5Z5.

There is additional material that the applicant must consider in their application. This material which includes application forms and other information about the TSL can be obtained from the above BC Timber Sales Business Area Office or via the Internet at: <http://www5.for.gov.bc.ca/notices/init.do>.

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

my turn

The arena project is a no-brainer

We've seen the application sent to Canada/British Columbia Infrastructure Program in support of an expansion to Princeton's Multi-Purpose Arena.

We're impressed.

The Princeton Recreation Commission has a plan. A plan that, if approved, will turn the building, built in 1974, into a high quality ice facility.

It could host a Summer Hockey School Program and additional tournaments any time during the year. It could also become a training facility for athletes involved in a variety of ice sports preparing for national and international sport meets.

It could become another of our wonderful recreation facilities attracting teams and players from all over to compete and play in our new ice arena.

The application sets the total project cost at \$528,000, where two-thirds of it would be covered by the Infrastructure grant (if approved). The Arena Board also tucked away \$100,000 of their own money over a course of a number of years in reserve for a new roof.

The balance, about \$75,000, could come from the Community Forest Corporation, which has a mandate to fund community recreation development projects.

We strongly feel the arena expansion project completely qualifies under those guidelines and challenge anyone to prove otherwise.

Even if the Federal/Provincial two-thirds grant application fails, there is STILL more than enough money in the CFC bank account to cover the complete project.

If the CFC does not provide any funding towards this worthwhile project, we would like to know why and what they plan on spending their \$1-million dollars on.

Princeton's arena is in serious need of repair. The leaky roof being probably the most obvious reason to casual users.

To deny the community of a completely renovated arena would deny residents a giant step into the future.

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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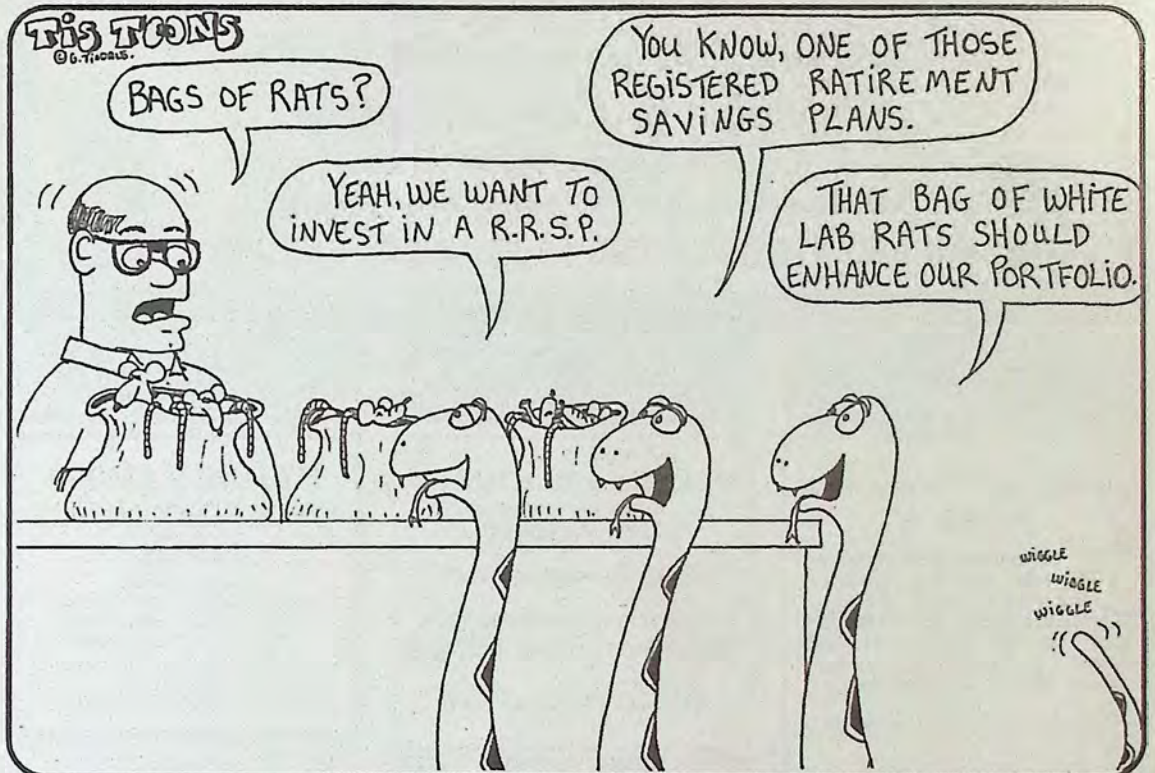
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your turn

Gouk responds to shots from Toews

Dear Editor,

I am writing in response to the latest attempt by H. P. Toews to prop up support for the federal and provincial NDP. There must be an election coming. Mr. Toews latest salvo is against the concept of tax cuts and an extremely misguided rant about child poverty.

On the subject of tax cuts, Mr. Toews claims that this is in support of the big business crowd of Conservatives. In actual fact, the tax cuts we have been pushing are for low and moderate income people. Such a move will not increase the gap between rich and poor as Mr. Toews claims. Indeed, it will address some of the issues that he claims to support.

The term child poverty is very misleading. Most child poverty occurs because the parents are poor. Social spending is often spread so wide that it produces very little help at the individual level. This is even more pronounced in rural areas such as ours. The economy of scale of large urban centres get the bulk of benefit from any program boost of new funding programs. Proponents of social spending always claim that the point of such spending is to assist people. In actual fact, the largest number of people are helped when our economy is strong, jobs are relatively plentiful and people's after tax income meets or exceeds their basic needs. The ultimate way to help low income people is to raise their standard of living through employment, better employment and better incomes. This can be done in two ways. Sound eco-

nomie policies which starts with prudent spending and taxes, and controlled public debt. Unemployment in Canada remains above the 7% range. I can well understand people advocating for instant results. Unfortunately, it is far more effective to fix the problem instead of covering it over. Its like the old adage that if you give someone a fish, you feed them for a day. If you teach them how to fish, you feed them for a lifetime. If we enter a new round of excessive social spending, increasing taxation and either not addressing the debt from excessive spending in the past or worse, increasing that debt to fund new and bigger programs, we will only make the problem worse in the long run.

As to Mr. Toews claimed facts about B.C. poverty, they are at best highly suspect. He claims on one hand that B.C. has the third highest poverty level and in the very next sentence contradicts that claim by stating that B.C.s poorest families earn \$10,000 a year less than those in all other provinces. Such a gap between very low income families is impossible unless only B.C. has low income families and those in all other provinces are relatively well off. His source for his fact is the CCPA (Canadian Council for Policy Alternatives) which is hardly the non-partisan group he claims it to be. They are a very left wing lobby group whose sole function is to raise donations from Canadians to lobby government for higher spending on social programs. To convince Canadians to donate, they must first convince

them that the sky is falling and only they can fix the problem. Many of the very people who end up donating are the ones who can least afford it. In actual fact, much more of their time and money is spent convincing people to donate than actually lobbying for change.

Mr. Toews then fires another shot at the provincial government with reference to his fractured argument about poverty by stating What a legacy for B.C.s Liberals. Even if his questionable facts were true, he conveniently ignores the financial ruin brought to our province by ten years of NDP governance. When he claims that a major increase in childhood poverty occurred in 2001, he forgets that the NDP were still in power until half way through that year and any impact caused by the incoming provincial Liberal government would not occur until well into 2002. Mr. Toews wants Canada to return to deficit spending and even higher taxes, just like his assumed idol, Jack Layton. Fortunately, voters didn't allow that to happen in Canada. Hopefully, they won't allow it to happen in B.C. either.

Anyone who wants to discuss this further with me will have an opportunity to do so at my town hall meetings being held at 7:00pm at the Community Skills Centre in Princeton on Tuesday, March 1st and at the Council Chambers in Keremeos on Wednesday, March 2nd. I look forward to seeing many of your readers there.

- Jim Gouk, MP British Columbia Southern Interior

Current Comment:

U. S. pokes nose into our laws



Dawn Johnson
editor@thenewsleader.ca

As the debate on gay marriages heated up, churches in the United States began a campaign to influence Canadian Members of Parliament into voting against the right of gays to have their unions recognized by law. Many people I know cried, "Foul!"

Tit for tat is considered fair play. Canada's media talk shows and other news and opinion sources had a lot to say about George W. Bush, the war in Iraq, finding the truth about 9/11, and so on. Still, most of us feel inclined to call a foul when it is our laws we are debating.

Gay marriage is not a hot issue for me. It seems to be a hot issue for many people, but to me it is just a wonderment issue.

First, I wonder why gays want to be married when so many people today do not want their relationships recognized under the law. (I wonder about them, too, but it is none of my business.) I can fully understand why a couple wants their relationship legally recognized in a civil ceremony, as I have been married for a long time. The ceremony and documents are a public declaration of a commitment to one another. On the legal side, it entitles the couple to benefits from the government.

I wonder why churches are so concerned about who marries whom in a civil ceremony. I could understand their concern if the legislation amounted to a law that forces churches to conduct wedding ceremonies which are not condoned by the church. However, legislation in this case applies only to civil union, not the sacrament of the wedding ceremony.

I have no idea why Christians would object. After all, God created us in his own image, and however we turn out, we are what God made. As well, Christians learn early that God is love. When any two of God's images want to make a commitment to love each other forever, why would Christians object?

To me, the most important aspect of any wedding ceremony, church or civil, is the public declaration of commitment. The commitment provides social stability and secu-

urity for the couple.

Back in Old Testament times, a wedding was a custom to ensure legal recognition of a man's heirs. Often, there was a lot of financial negotiation preceding the wedding. In many cultures around the world, a wedding is not a sacrament, it is a legal arrangement.

Perhaps where we become confused is in the civil versus sacred ceremony. If we are honest, we know a wedding is not a marriage. A marriage is the enduring relationship, and I know a lot of gay people have had that enduring relationship, some for decades.

A wedding ceremony signals the fulfillment of a relationship that already exists, and which will, we hope, endure. About half the peo-

ple who are wed in Canada became subjects of divorce courts, where the law may be civil, but the couples rarely are.

It is the wedding ceremony which ensures some kind of fair play if the relationship does not endure. At the end, whether by death or divorce, some kind of compensation is made by law, whether it is pension-splitting, or survivor's benefits.

Gay couples want what heterosexual couples already have.

Whether an American, or anyone else, does not like what Canada's Parliament is doing, this is a Canadian decision made for all Canadians, regardless of race, religion, gender, or American influence.

Letter To The Editor

Logan says farewell and hello

Dear Editor;

On February 24th I worked my last day as the Program Coordinator for the Princeton and District Community Skills Centre. Since 1996 I have called this my second home but now I will be moving on to a new position with Work Zone.

Before I go I need to extend my sincere thanks to the people who have realized what an asset the Skills Centre is to this community. For close to nine years I have had the privilege of working along side some pretty wonderful people. This list includes my fellow staff members (who were awesome), board members, instructors, students and clients of our services to unemployed. It has truly been a wonderful experience and I am grateful that I was along for the ride.

I now urge everyone to continue to support your Community Skills Centre, the operative word

here being "community". This centre belongs to you Princeton and nine years ago it was a tremendous gift from the Federal and Provincial Governments. Many of you do not know this but of the 21 Community Skills Centres funded in 1996, your centre is one of the only ones left standing. And that is something we should be very proud of.

There has never been a doubt in my mind that the Skills Centre is a success. I only have to remember the thousands of people (and I do mean thousands) who participated in our numerous programs and events. And the people I shall never forget are the ones who worked hard to reach their personal goals and to change their lives. And in doing so they enriched mine.

Thank you Princeton, it has been an honor to serve you.

- Gerri E. Logan

Heart Food

by Dave Machin

A piece of food for your heart to consider. Are we not prone to being just a little bit cocky in thinking that we can get along in life just fine? However, when some kind of trouble appears, how quickly we realize our own inadequacies life seems to have a way of going along just fine for a while but it seems sooner or later trouble in some form or fashion rears its ugly head. Trouble's desire is to make you a servant to it by robbing, stealing, or killing some or all of your life. It has many different manifestations that could present themselves as undue stress, anguish, adversity, mental or physical afflictions even sickness or disease and the list could go on and on. Jesus said, "These words I have spoken unto you that in me you may have Peace. In the World you will have trouble, but be of good cheer for I have overcome the World." John 16:33. Jesus conquered every possible trouble that could come across your pathway and is now waiting patiently for you to call upon him in your time of trouble so he can intervene on your behalf and show himself strong for you. Trouble never mastered him, he always mastered it; and is quite willing to use that mastery for you. Unfortunately, it seems that most unusually have to wait until trouble comes along, before we even think of God. Nevertheless his promises remain true, and because of His great mercy and love, He will always show His goodness and grace to you, to deliver you out of your trouble whatever form it takes. He has not promised you a trouble free life, however, when trouble does come He is the one to whom you can turn for help. Call upon me in the day of trouble and I will deliver you (ps 50:15). You can depend upon his word for He is good and good all the time.

Pastor Dave Machin,
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Phone 295-0599 9:00 AM - 3:00 PM Monday-Friday
221 A Bridge Street, Princeton, B.C.

Similkameen News Leader

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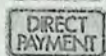
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The large collection of Meadowlark Festival banners were displayed at the Annual General Meeting of Vermilion Forks Field Naturalists last Monday night. The banners are very popular!

Letter To The Editor

Princeton's RCMP Sgt. responds to letter

Letter To The Editor:
Subject: Article in Similkameen News Leader (dated February 22, 2005)

Princeton: I read Kent Westerman's poorly written, encrypted (confusing) and slanderous article with great interest. I do not usually enter a battle of wits with someone who is unarmed but felt compelled to respond to this. Being in a position of authority I have come to expect and accept open criticism by virtue of the job: however when one chooses to attack the highly trained, educated and dedicated members of my unit I have to say that my emotions and frustrations run high.

I have worked with a number of members throughout my 14.5 years of service and can unequivocally say that the members of the Princeton RCMP are some of the best I have had the privilege of working with. Each member comes with their own strengths and each one is dedicated and highly trained. Every complaint that is received at the detachment is investigated or dealt with unbiasedly and fairly. Every day we put our lives on the line so that each and every person (including you Mr. Westerman) can feel safe and secure.

The volunteers that make up Citizens on Patrol (COPS) are also very dedicated ensuring that the

community of Princeton and its citizens are safe. This highly dedicated group of individuals are second to none and have set the standard for other Citizens on Patrol groups in the Province. This group of volunteers should be commended for volunteering their own time and willing to make a difference in this wonderful community instead of being criticized by someone who

chooses not to make a difference or get involved.

Perhaps Mr. Westerman would like to enlighten the good people of Princeton and Tulameen in regards to the crime he recently committed and was convicted for that obviously sparked this article of frustration.
Sgt. K. Lozinski
NCO i/c
RCMP Princeton Detachment

Letter To The Editor

Reader scolds News Leader

Dear Editor,

I was shocked and appalled when I opened your newspaper this evening and read the Letter to The Editor, "RCMP Subject To Recall". I found this letter very disturbing and was beyond disappointed in The News Leader for printing it.

As a Princeton resident and faithful News Leader reader, I was surprised that a community newspaper would feel the need to print such an obvious attack on the Princeton RCMP detachment and their Sgt.

Sgt. Lozinski and the other members of the Princeton Detachment should be proud of the constant recognition this detachment receives, the appreciation of the community when yet another drug operation is taken down, and the security we feel in this town

because of their presence. Citizens On Patrol members devote their time to VOLUNTEERING in Princeton, and do a fantastic job of it.

Printing this letter was a poor choice on the News Leader's part. Subjecting the town of Princeton to one man's distaste for a member of our community (Police or not) is not just distasteful, but irresponsible.

Please be more responsible for the material you agree to print in the future. That space could have been used to describe some of the great things about Princeton. The active youth, the members of Citizens on Patrol, or any of the well received organizations in Princeton. Instead you wasted it on Mr. Westerman's petty accusations and complaints
.....continued on Page 25



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Otter Valley Fish & Game Club President Ron White, left, presents Princeton Ground Search & Rescue President Arnie Powell with a \$500 cheque. The funds will go toward purchasing swift water rescue equipment. The presentation took place last Thursday in the News Leader office.

Letter To The Editor

Chutter tries to correct Lali's statements

Dear Editor (Re: ready to race);

Harry Lali is once again making dishonest statements to the public in Yale- Lillooet. He talks about his record of re-building and hope for the future. The facts are that Harry Lali and his NDP bandits destroyed the economy of this province, doubled our debt costing us all 2.6 billion dollars each year in interest and sent British Columbians packing, looking for jobs in Alberta. He was part of a government as a Cabinet Minister and on Treasury Board that made false fudge-it-budgets and made false program announcements with no intentions to fund them. Even NDP Finance Minister Paul Ramsey admitted on Pg 95 of the 2001 Budget Report that they did not have the money to fund announced programs. Harry Lali ran on a NDP platform We will not spend more than British Columbians can afford but instead he failed to speak up when his government wasted billions of hard earned dollars, imposed 2 billion dollars worth of new taxes and regulated Forestry and Mining out of business. In fact Mr. Lali has been quoted that he supported Glen Clark's failed leadership and he publicly stated that he still supports deficit financing, the cause of our massive debt he left us. I predict that Harry Lali will campaign on his joining in on the spending spree, that drove us into a huge debt hole, deprived our children of opportunities and resulted in the worst fiscal record in Canada during the 1990s when most other provinces were doing great!

We have worked hard and made tough decisions to turn the province around. We developed a plan to get the economy going so we could fund important services such as health care and education. We are leading the nation in job creation and the economy is booming. The plan is working.

As a result we have been able to eliminate or reduce taxes for almost three quarters of a million British Columbians and pay a record \$1.7 billion down on the debt, saving \$125 million in interest this year alone. We have added \$3.8 billion to health care and \$622 million to education.

In 2001, Mr Lali quit politics to avoid losing an election, leaving behind a dismal record. Even as highways minister, he failed to finish the Coquihalla Connector or upgrade Hope-Princeton Way. Projects we are now completing. Now that the hard work has been done and things are good in British Columbia, he wants to waltz back

Letter To The Editor

Toews vs. Gouk - Round 2

Dear Editor,

Re: Gouk supports compassionate airfares.

It was with ever-increasing amazement that I read this article. I have been told that our MP is an ex-airline pilot, so, I am also therefore hesitant to impart to him the following history lesson.

At one time we had a national airline named Trans-Canada Airlines. Its fares were not the cheapest, but it was in business to serve the people—not the bottom line. It hired the finest pilots. It gave unparalleled service in the air and at the ticket booth. It used the highest quality fuels and materials and hired the best aircraft technicians. This approach to detail resulted in the lowest accident record in the industry; after all, this airline belonged to the people and we demanded nothing but the best. On the next point I could be wrong but I believed that is when we saw compassionate fares from a national airline for the last time.

Now let's resume our lesson; Jim Gouk's party was responsible for privatizing the aforementioned airline. The reason; government is

into the political scene.

Like Union Boss Jim Sinclair openly stated, the NDP, Carole James and Harry Lali, want to go back to 2001. Our government has a plan and that plan is working. Don't let Harry Lali turn back the clock and take the progress we've made away. He has proven in the 1990's his fiscal incompetence and impulsive spending addiction. Our children can't afford it.

As the editor of the Vancouver Sun stated about Harry Lali on Dec 18th, 2004 He can not be allowed to succeed.

Yours truly,
Dave Chutter, MLA Yale-Lillooet

inefficient according to the Conservative Party. Well excuse me, but haven't we seen constant bankruptcies and government bailouts to this privately owned airline ever since? (at this point it is important to remember that the government is us).

I would ask Jim Gouk MP, and you the travelling public, wouldn't it be better to return to the same excellent service that we enjoyed in the past, instead of the constant griping from the media and the public that we now endure?

Sincerely,
HP Toews

News Leader gets scolded

.....Continued from Page 24 about people who do nothing but good in this town.

Although I completely agree in freedom of speech and opinion, lets try and make sure it's a valid letter, with valid concerns in the future. Instead of publishing someone's spiteful, childish name calling.

Sincerely,
Elisabeth Oldford-Fortin

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Princeton Secondary School Grade 11 Honour Roll - Term 2 Principal's List and Gold List Students.



Princeton Secondary School Grade 10 Honour Roll - Term 2 Principal's List and Gold List Students.

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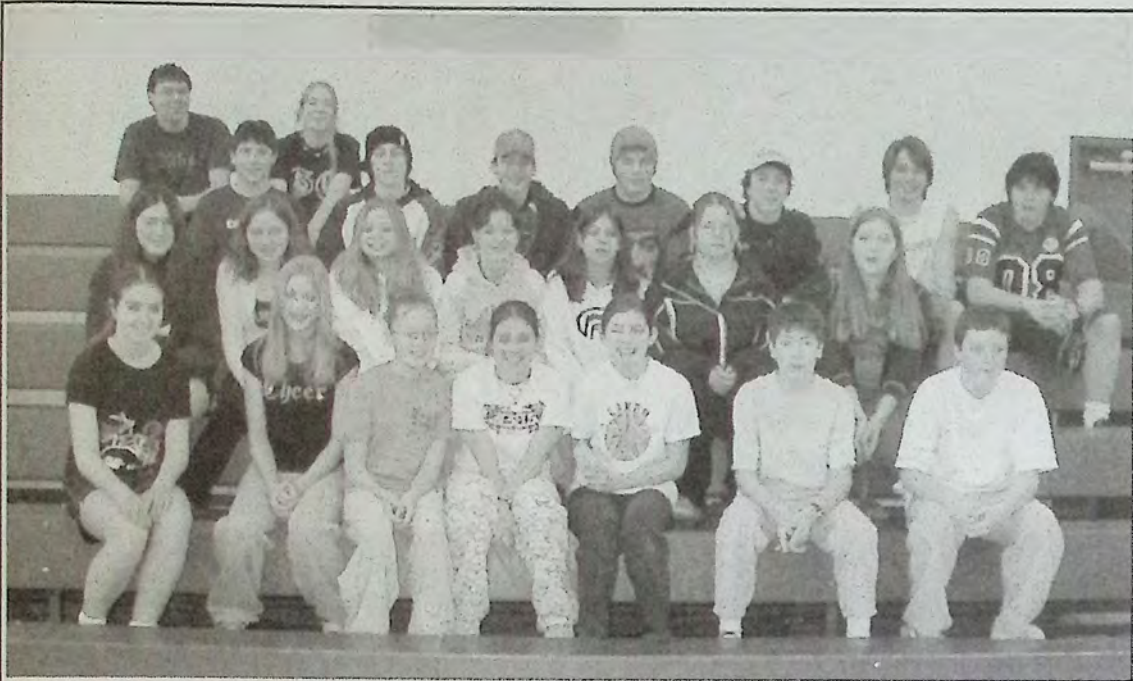
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Princeton Secondary School Grade 9 Honour Roll - Term 2 Principal's List and Gold List Students.



Princeton Secondary School Grade 8 Honour Roll - Term 2 Principal's List and Gold List Students.

Second Term Honour Roll Students announced

Princeton Secondary School's Term 2 Honour Roll has been released.

Grade 12 Principal's List: Nathan Howe, Cyrielle Bon and Ricki Weissbach.

Gold List: Rene Kovacs, Nicholas Klassen, Renee Clevin, Jacob Greening, Natalie Ihlen, Kaylie Gibb, Rylan Mogge, Kimberley McInroy, Christopher Harry, Patrick LePoidevin, Kerri Ihlen, Diane Wentland, Mathew Obey, Stuart Purves, Clifford Mare and Danielle Hilton.

Honourable Mention: Joline Verbakel, Morgan Desabrais, Justin Scott-Walker, Jessie Beaupre, John Laska and Ashley Dore.

Grade 11 Principal's List: Cullen Smart, Lewis Smith, Peter Newman and Bianca Maritz.

Gold List: Renee Willis, Jana McKenzie, Shelby Carlson, Shaine Martini, Nicole Thomas, Amanda-Jean Hobson, Samantha Bertucci, Kassandra Crimmon, D. J. Wilson, Tanner Gunn, A. J. Doyle, Natalie Desrochers, Nadine Price, Jerrid Lay, Vincent Pontaletta, Justine Pelly and Rebecca Donohoe.

Honourable Mention: Blake Tarswell, Taylor Henry, Jeremy Buhler and Ashley Folk.

Grade 10 Principal's List: Ian Stout and Amy Burke.

Gold List: Josh Brooks, Steve Kovacs, Denis Gutierrez-Orrinc, Bradley Haigh, Kandice Simpson, Dylan Bertucci, Jennifer Bailey, Lyle Markin, MaryAnn Campbell, Miranda Grigg and Charmaine Aiken.

Honourable Mention: Alex Rempel, Tyler McInroy, Beau Wilkinson, Keith Vinthers, Sheldon Bothe and Clifford Lindley.

Grade 9 Principal's List: Claire Bibby, Julia Halipchuk, Madison Johnson, Chantelle White, Blaine Lueke and Kaila Musgrove.

Gold List: Russ Tjernstrom, Brian Shewchuk, Matia Tolmie, Cody Leonard, Courtney Webb, Michelle Derkson, Tara Plecas, Clint Freeman, Kelsey MacDonald, Braydon Scarpelli, Meagan Thomas, Amber Pepler, Cassandra Morin, Cody Edwards and Kristie McIvor.

Honourable Mention: Steven Schwarz, Daralynn Ballard, Marcel Lamoureux, Ty Senger, Hannah Donohoe and Philip Langstroth.

Grade 8 Principal's List: Rachel Jung, Elizabeth Szekely, Laila Massoudi and Rachel Vinthers.

Gold List: Allana Garton, Carley

Brewer, Brittani Clifton, Aaron Peterson, Joanna Larson, Clint Cook, Thomas Smyth, Katelyn McInroy, Jenny Laska, Kristy Jack, Katelynn Simpson and Kaylie Whincup.

Honourable Mention: Dawn Campbell, Scott Schwarz, Sydney Jensen, Shawn Hearty and Amanda Buhler.

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FINANCIAL FOCUS

What To Do With Your Tax Refund

Are you tempted to spend your tax refund as soon as it arrives? An impulse purchase might seem enticing, but it's not the best use for your money. If you can resist the temptation to part with it immediately, your tax refund will pay big dividends. It can help you save money by paying down debt, or to build a more secure future through investments. Here are some level-headed tips for dealing with your refund. They may not be as much fun as a trip to the mall, but they'll serve you better in the long run.

PAY DOWN HIGH INTEREST DEBT: Credit card balances and personal bank loans can cost a lot of interest. Use your refund to get rid of this high-interest debt.

PAY DOWN THE MORTGAGE: Even if your mortgage interest rate is low, it will still cost you a great deal over the long term. Every dollar you put toward your mortgage principal is a dollar on which you won't pay interest for the next 5, 10 or even 25 years. Use your tax refund to make a lump-sum payment.

PAY YOUR RRSP LOAN: If you borrowed money to make a contribution to your Registered Retirement Savings Plan, use the refund to pay down the loan. That way you'll minimize loan costs.

MAKE AN EARLY RRSP CONTRIBUTION: The sooner you make this year's contribution the longer it has to grow. Get a head start by using your tax refund now instead of waiting until the following year's deadline.

MAKE UP FOR MISSED CONTRIBUTIONS: If you didn't make your maximum RRSP contributions in past years, consider using your tax refund. Not only will this boost retirement savings, you'll get a larger deduction when you file your next tax return.


INVEST OUTSIDE AN RRSP: Whether your objective is to supplement retirement income or invest for another financial goal, putting money to work outside an RRSP after you've contributed to your retirement plan will help get you there.

CONTRIBUTE TO AN RESP: Put money into a Registered Education Savings Plan for your children or grandchildren. An RESP is a good tax-sheltered vehicle to save for post-secondary education. Plus, it will qualify for government grants to help with the cost of schooling.

SPEND A LITTLE ON YOURSELF: Sure, it's a bad idea to blow your entire refund. But it won't hurt to spend some of it on yourself. Set aside 10% to 20% as "fun money."

Here's a final tip. Try to avoid a tax refund in the future. Why? Because when you get money back, it means you've made an interest-free loan to the government. If the money isn't in government hands, you can use it sooner. Have your employer adjust your regular income tax deductions so you don't overpay and create a refund. Request Canada Revenue Agency Form T1213 at your local tax office or find it on the CRA's Internet site. Submit the form to the CRA, which will send you a letter of authority allowing your employer to reduce deductions during the year. This will get your money working harder, and sooner.


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Last year, the Curves food drive collected over 4,000 tons of food for local communities.

Anyone joining Curves the week of March 7th may bring a bag of groceries and have the normal service fee waived. Anyone may drop off non-perishable food items at Curves Monday through Friday during business hours during the month of March.

"The Curves Food Drive promotion allows us, the franchisees, to help more women reach their fitness goals, while giving back to the community simultaneously," says Hennette Itteman, the owner of the Princeton club.

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