

Similkameen News Leader

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News Leader**
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Peacock flies to Vernon school district

The Board of School Trustees of School District No. 58 (Nicola-Similkameen) has announced that Superintendent of Schools, Bob Peacock has accepted a position with School District No. 22 (Vernon).

Dr. Peacock had been a member of the senior management team since 1998, first as the Assistant Superintendent and in 2000 as Superintendent of Schools.

Dr. Peacock's experience as an educational leader has helped to direct the district through many difficult changes over the past several years. His leadership and passion for inspiring the education of all students in the district will be missed.

The Board would like to congratulate Bob and wish him well on his appointment as Superintendent of Schools with the Vernon School District.

It is expected that the process to replace Dr. Peacock will start early in April.

Two businesses win awards



Peter Van Genne, left, accepts Environmental Excellence Award on behalf of Young Life's RockRidge Canyon from Perry Feser, Energy Efficiency Rep, Energy Management BC of FortisBC.

Young Life

and

Weyerhaeuser

honoured

In a small informal gathering over lunch last Thursday at the Princeton Light & Power building, two local high-volume energy customers received Environmental Excellence Awards.

Perry Feser, who works in the PowerSense program for FortisBC, gave a brief overview of the Young Life project.

The youth camp required an extension of the current power line an additional 9-kilometres for service at the RockRidge Canyon property.

Heating and cooling options were explored with thermal storage being chosen.

"This decision will save them thousands of dollars in heating and cooling costs compared to the propane or electric heating/cooling options," Feser said.

Other energy efficient choices made at the site included low E argon windows and high efficiency lighting.

"The total energy savings is over 1-gigawatt hour in electricity, enough to meet the needs of 70 homes."

Young Life received a rebate of \$31,000 in 2004 and the 2005 rebate could amount to more than that figure.

Weyerhaeuser's Princeton operation was also honoured.

"We have a Partner in Efficiency Agreement in place and make an effort to see them on a regular basis and help them with energy efficiency upgrades," Feser explained.

Recent improvements noted include compressed air improvements, EE motors, VSD's installed on motors, new log decks built to high energy efficient standards and new kilns build to high standards.

"In 2004 the main upgrade they made was improving their compressed air system," Feser said. "They essentially revamped the way the compressors were controlled so they would operate in a more efficient manner."

The upgrade has been estimated to save at least 300,000 kilowatt hours in power, or enough to meet the power needs of 20 homes.

"We can definitely see the savings occurring at Weyerhaeuser comparing production output to kilowatt hours used," Feser said.

Local parents shun drug seminar

There are now more illegal drugs on the street, the drugs are easier to buy, the kids who use them are younger than ever, there is more intravenous drug use, and more kids than ever are dying from drug use.

Out of the 21 people who attended the RCMP seminar on drugs, only a handful had children in the vulnerable age group.

On March 14, at Princeton Secondary School, Cpl. Sam Fedyk said a smart, knowledgeable parent is the best preventative for substance abuse. Parents are the role models children tend to follow, and if the parents are drug-free, the children will be drug-free.

The number one cause of death of people under 20 is from accidents related to drug and alcohol abuse. Eighty percent of all crimes, including home invasion, are the result of drug users looking for money or saleable goods. The problem is serious everywhere.

Watch your kid for drugs

If you are the parent of a child age 11 or older, start watching for drug abuse now.

First, educate yourself about ille-

gal drugs, because your kid is a target. Next, educate your kids about drugs, and tell them they are targets. Then watch your kids. Look for items and/or money missing from home. Look for changes in behaviour, especially eruptions of violent or incoherent (psychotic) behaviour. Look for drug paraphernalia.

Cpl. Sam Fedyk is an RCMP officer assigned to the Drug Awareness Service in the Okanagan Region. He has eight years of drug enforcement experience. He has teenagers of his own, and he works with teenagers.

BC Bud is dangerous

Cpl. Fedyk talked about the casual attitude of people toward marijuana use, and noted "pot" smoked in the 1970's was mild compared with what is commonly available today.

The 1970's product had a THC level of two percent. BC Bud today has 30 percent THC level. He added that recent research in New Zealand indicates daily pot smokers will develop psychosis. He had scornful words for those who want to legalize marijuana.

He showed photos of the number of drugs picked up in one bust. Most of the items were pills and capsules. These look innocent enough, but the pills contain a mix of chemicals with unpredictable results. Some of the pills defied scientific analysis.

Kids do not know what they are buying or whether it may kill them. Usually, the dope dealers (often

other kids) do not know what is in the drugs they sell.

Long term damage from meth

Crystal meth is the most dangerous street drug available. It may be sold as Ecstasy, or Ice, and it is highly addictive, worse than crack cocaine.

It is a stimulant, and is often part of the all-night party scene. Meth brings on psychiatric problems - delusions, hallucinations, violence and suicide. Some meth users suffer psychosis and never recover.

Meth users grind their teeth, pick at sores, do not eat for days, and may finally sleep so deeply they cannot be awakened.

Cpl. Fedyk showed a brain scan of a meth user. Black areas were apparent, signifying a loss of brain function. A film gave an interview with a former meth user who told about the guns in the dope house and how she was raped.

Public danger from meth producers

Those who manufacture crystal meth pose an extreme danger to the public. The byproducts are extreme contaminants which may be disposed of in sewer systems, dumped on land, dumped into streams. Anywhere it is dumped, it can kill wildlife, fish, pets, kids and anything else. In the place it is manufactured, anyone inhaling the fumes is contaminated. If the person manufacturing the meth makes a mistake, the house or van may explode, contaminating the

.....continued on Page 3

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Vermillion Forks Elementary School Social Studies class hosted a display of class projects last week. This one explains the Hair and Make-Up of Ancient Egypt. Photo: Brenda Engel.

Town of Princeton

HAYFIELD CONTRACT

INVITATION TO TENDER

Sealed Tenders clearly marked "Hayfield Contract" will be received at the office of the Town of Princeton, 169 Bridge Street, Princeton, B. C., up to 4:00 PM, Friday, April 1st, 2005.

Tender documents may be obtained at the above noted address. Tenders received after the closing time specified herein will be returned unopened.

The Town of Princeton reserves the right to reject any or all proposals, or accept the Proposal deemed to be the most favourable in the interests of the Town, and shall not be liable for any claims by the unsuccessful Proponents.

Town of Princeton

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Lali fires rounds at BC Liberals

Yale-Lillooet NDP candidate Harry Lali says that the Campbell government's reaction to the Lytton health care issue is typical of a government whose only operating principle is to "promise anything to get votes at election time." Lali says that such cynical announcements reinforce distrust. "They made the promise to the people of Lytton three years ago and have not moved on it and all of a sudden the Minister is ordering her Deputy Minister to take action," Lali continues. "This is classic Gordon Campbell politics. Make a promise. Break a promise. Re-make a promise

before the election. It's no different than what we have seen on long term care beds, education or child protection".

Lali says that if Campbell actually follows through this time, it is the people of Lytton who need to take credit. "I have been to the public meetings and the protest lines and blockades and it is the people from the community who should be congratulated. It is pretty clear Gordon Campbell had no intention of keeping his promise until the citizens of our communities said enough is enough."

Lali says that he is concerned

that the cynical politics now being played will fuel a general distrust from the public toward politics in general.

"The issue of the Lytton hospital/healing centre was intimately tied to the construction of the Lytton Bridge across the Thompson River at Lytton," says Lali.

"The Lytton First Nation after five years finally agreed to give the right-of-way to the Ministry of Transportation and Highways to build the bridge when I was minister in 1998. Once completed the BC Government would commence the construction of the hospital/healing centre. The Aboriginal people of Lytton lived up to their part of the deal. The bridge was built, but Gordon Campbell and his untrustworthy government upon getting elected reneged on government's part of the deal. What a shame!"

"They spend three and half years cutting everything that matters to people to pay for tax breaks for their wealthy corporate friends", says Lali, "and all of a sudden the government is spending like drunken sailors. While it is clear that these election promises aren't worth the paper they are written on it still fuels cynicism with the public."

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Vermilion Forks Elementary School Social Studies display on King Tutankhamen. The class highlighted many displays last week in the school gym. Photo: Brenda Engel.

Do you have integrity?

Stephen L. Carter, author of Integrity, once stated, "A person of integrity lurks somewhere inside each of us: a person we feel we can trust to do right, to play by the rules, to keep commitments."

Integrity, honesty, and responsibility are three values or assets that protect young people from engaging in risky behaviors. These assets in a young person increase the likelihood of positive outcomes in their lives such as doing well in school, keep their commitments and are unashamed of doing the right thing.

People who have integrity reflect a sense of positive moral values. As a parent and adult we can model integrity by acting on our convictions and standing up for our beliefs. We can help our young people by being honest with them and modeling positive behaviors.

Three ways to help your child build integrity is to point out what

your child says that is different from what he or she does. Encourage your child to notice this in you too. Celebrate when your child acts on a belief or conviction when it was obviously difficult to do. Comment on people's actions in the news and how they show or don't show integrity.

It is never to late to begin to speak with your child, learn about their day, learn about their friends, or just spend time hanging out at home. Have those conversations about times that they felt uncomfortable or felt pressured to do something they did not want to do.

Ask questions. When is it easy to act on your convictions? When is it difficult and why? What happened the last time you stood up for or spoke out about what you believed? How confident are you in acting on your convictions on a daily basis?

Discuss with your child or teen

what you believe. Give examples of things that have happened to you in the past or right now. Children and youth need guidance, understanding and honesty to help them grow into healthy individuals. It is never to late to open the door of conversation.

Information for this article came from a variety of asset resources produced by the Search Institute of Minneapolis.

Submitted by Nadine McEwen
CYC Asset Development
Coordinator

Drug seminar ignored

Continued from Front Page..... entire neighbourhood. If you are exposed to these contaminants, a hospital will not take you for fear of contaminating the hospital. Call the police over licorice smell

The way to detect somebody manufacturing meth is by a chemical licorice scent. if you smell this, call the police immediately.

If you see a house with a lot of visitors coming and going, advise your local police force.

Parents and others received a list of internet sites and a guide to detecting substance abuse.

PARENTS CAN FIND DRUG INFO HERE:

For the facts:

- www.adicbc.com
- www.drugfreeamerica.org
- www.drugwatch.org
- www.marijuana-info.org
- www.mfiles.org
- www.nid.nih.gov/
- www.projectghb.org
- www.streetdrugs.org
- For treatment pograms, youth
- www.pacificatreatment.bc.ca
- www.theantidrug.com
- www.freevibe.com
- www.innervisionsrecovery.com
- www.darebc.org

These are just a few of the sites. Information is available through libraries, RCMP and Drug and Alcohol Counsellors.

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**Similkameen Valley
Planning Society****PUBLIC MEETING**

The Similkameen Valley Planning Society is a tax supported partnership in economic development for the Similkameen Valley. It will hold a public meeting:

Tuesday, March 29

6:30 - 7:30 PM

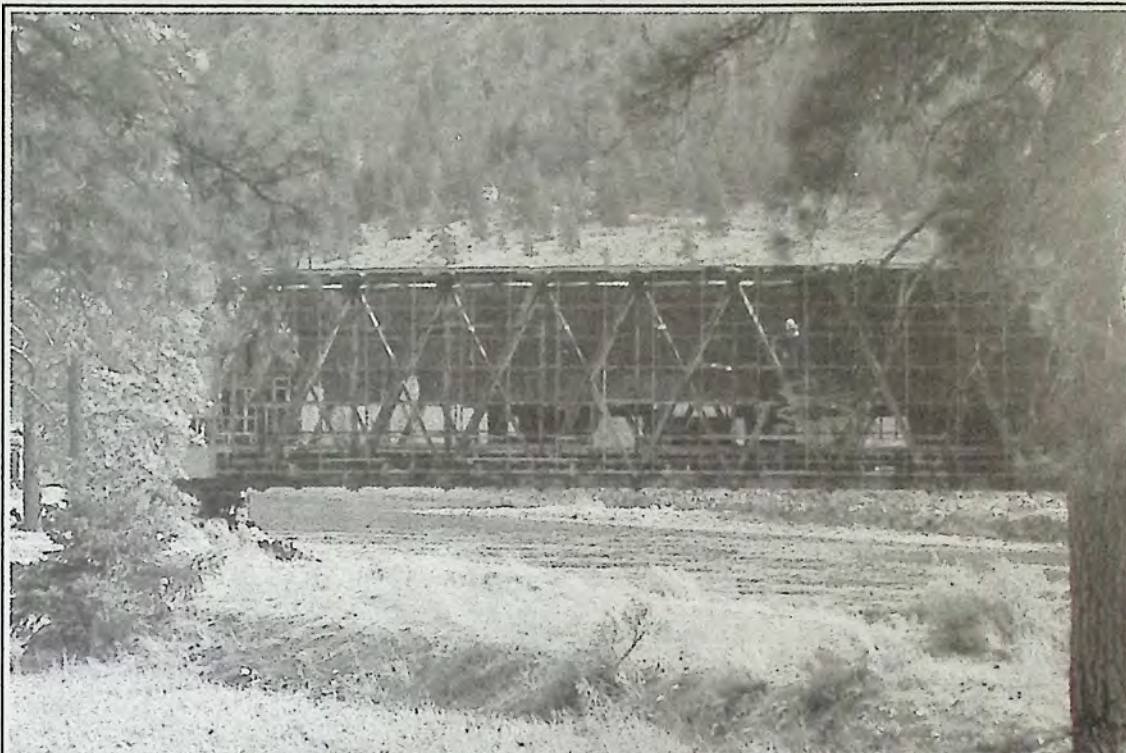
Public Meeting/Presentations/Q&A

7:30 - 8:30 PM

Business Meeting

Princeton Skills Centre

The meeting will begin with short presentations on the work of the SVPS by its Directors. Ample time for questions will be provided. The public is invited to attend the business meeting. Please come and support economic development in the Similkameen Valley.

keremeos and area news

The old covered bridge on Ashnola Road is undergoing a major facelift. In the photo above, a worker is tearing the sheathing from the side of the bridge. Ashnola Road access near Don & Anna's Greenhouses is closed. Access is via the bridge further downstream.

Keremeos area events announced

Keremeos area Calendar of Events has been released.

March 26th will feature a Talent Night and Supper in the Hedley Community Hall. March 27th is the 40th Annual Chopaka Rodeo. The same day will see Don & Anna's Greenhouses host their annual Easter Fun Sunday.

There are no events scheduled in April, with Stamp Mill Days in Hedley set for May 1st. Similkameen Garden Club will host a Plant Sale on May 7th in Keremeos.

May 8th is Mother's Day at the Grist Mill and Gardens. The Keremeos Kruncher 'Ultra Marathon' 50km run is set for May 14th.

A Gymkhana/Tractor Pull will be held on May 21st in the Keremeos Rodeo Grounds. Hedley will be the scene of the May Long Weekend Slo-Pitch Tournament from May 21-23 in Hedley's Ball Park.

Keremeos Elks Rodeo will take place May 22nd and 23rd at the Rodeo Grounds with the Elks Rodeo Parade on May 23rd down Main Street.

Music Under the K takes place from May 26th to 29th in various locations around Keremeos and area.

June 19th will be Father's Day at the Grist Mill and Canada Day Celebrations will take place in Memorial Park on July 1st.

Keremeos Lions Club Carnival is set for July 12th and 13th at the corner of Veteran's Avenue and 7th Street.

The Eagle Ultra-Marathon 50-mile run will take place on July 16th starting at the Ashnola Pow-Wow Grounds.

August 7th will be the annual Kars Under the K automobile show Hedley Fun Day is August

13th.

The Ashnola Campground will be the centre of attention on September 2nd, the date of the Pow Wow with Similkameen Sizzle Pepper Festival planned for September 17th in Memorial Park, Keremeos.

The following day, September 18th, will be the 16th annual Fall Apple Day at the Grist Mill and the Terry Fox Run for Cancer.

High School Rodeo at Keremeos Rodeo Grounds will take place September 24th and 25th with the annual Great Zucca Festival on

October 2nd at the Grist Mill.

The first ever Crater Mountain Marathon, a 50-mile run, is set for October 8th with the start at the Pow Wow Grounds.

Taste of Our Valley will take place October 22nd in Victory Hall and Remembrance Day services are set for November 11th.

The Christmas Light-Up Parade is on December 2nd with a Christmas Arts and Craft Fair on December 2nd and 3rd.

For more information on any of these events, contact Similkameen Country at (250) 499-5225.

Skateboard park plan is on display

Anyone interested in the plan for the proposed skateboard park can see a computer-generated model at Valu Plus. Look on the wall above the recycling bins. The model shows several views of the park and its attractions.

The park entry plaza would be

on 7th Avenue. The concrete structure features a hubba with 8 steps and a handrail, a loading dock, tech box, fun box, a pump bump and a concrete picnic table with concrete benches. All of these features are designed to test the talents of skateboarders.

SVPS hosts public meeting

Similkameen Valley Planning Society will host a public meeting in the Princeton Skills Centre.

The society, which is funded by the Village of Keremeos, Town of Princeton, local Indian bands and Regional Districts, calls itself a partnership in economic development.

SVPS hired an economic development officer, Michael McLaughlin, and a number of projects have taken place.

They include a valley-wide business survey, organic farming seminars in the Cawston area, a

Keremeos area promotional brochure and ongoing activities aimed at marketing and promoting the Similkameen Valley.

The Princeton meeting will begin at 6:30 PM and will include presentations on the various projects of the SVPS and a short question and answer period.

Anyone interested in the economic development of the Similkameen is encouraged to attend to find out more about the society and what its current achievements are and their future plans.

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Keremeos Old Age Pensioners celebrated St. Patrick's Day with a dance. More than 100 people attended, enjoyed a lunch, and when Brookers K Mountain Band began to play, crowded the dance floor. There was a lot of green in evidence, including some spray-dyed green hair! OAP members and guests had a great afternoon.

Hepatitis B vaccine recommended

Interior Health is urging drug users to get a free vaccination for hepatitis B virus after receiving reports of recent cases of hepatitis B that may be related.

Interior Health has recorded four cases of hepatitis B virus in the Okanagan and Thompson region since January this year, as compared to three in 2004. There is evidence to suggest these cases are related to the sharing of drug paraphernalia including needles and crack pipes.

Hepatitis B virus can be spread by exchanging saliva or other bodily fluids from sharing drug paraphernalia or sexual contact. Hepatitis B can have an incubation period of up to six months and some may show no signs of illness, increasing the challenge of informing people in this mobile population.

"We are working with physicians and outreach agencies to spread the word to these users on the street, as well as working with the media to reach those who may be occasional users," reports Dr. Paul Hasselback, Senior Medical Health Officer for Interior Health. "We strongly urge these individuals to get vaccinated. It is a free shot that you can get at a local Public Health office, walk-in clinic, or your doctor."

Drug users, users sharing needles, pipes, and other drug paraphernalia risk spreading the virus, including sexual contact or exchange of bodily fluids. Users are strongly encour-

aged to get tested and get vaccinated.

Both hepatitis A and B vaccine is available from Public Health centres across BC. Testing for the virus is important if a person has been exposed and can be done by family physicians, walk-in clinics, and some Public Health offices.

Hepatitis B virus infection attacks the liver and can cause permanent damage. After the virus enters the body, it can take six weeks to six months, but usually two to three months, to develop signs of illness.

Half of all the people who get hepatitis B virus infection have no symptoms and may not know that they have the disease and can pass it on to others.

In British Columbia, free vaccine is available to:

- Users of illicit drugs and their sexual partners
- Persons sharing illicit drug snorting, smoking, or injecting equipment
- Sexual partner of someone who has hepatitis B virus
- Have many sexual partners or have a recent history of a sexually transmitted disease
- Inmate of a provincial correctional facility.

In addition, free hepatitis B vaccine is also available to others groups. A complete list, including more information on hepatitis B, is available on the BC Health files at your local Public Health office.

Fraud presentation coming April 13th

Almost 52,000 seniors in British Columbia experience financial abuse by a family member or friend.

Seniors in the Princeton area are invited to attend a free Seniors Fraud Presentation next month.

Learn the facts about fraud and how to protect yourself or someone

you know from fraud and scams. The presentation will take place at 1:00 PM on Wednesday, April 13th in the Christian Education Hall.

The program is being presented as a joint effort of the Scotia Bank Retired Employees, British Columbia Coalition to Eliminate

Abuse of Seniors, Princeton United Church Women's Group and Princeton Hospital Auxiliary.

The ABC's of Fraud Program is supported by the RCMP.

What you don't know about fraud can hurt you. Don't miss this valuable presentation.

- submitted

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Overpronation is a pain in the foot

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While some are still waiting for the ski season to start, spring activities such as running, hiking, golfing and walking may be more appropriate given the mild weather conditions. Such activities are an important component of a healthy lifestyle. However they can also stress muscles and joints of the lower extremity to peak levels.

Muscles and joints are well equipped to handle the normal physical stresses associated with running, hiking, golfing and walking. However, insufficient arch support can result in excessive stress on the muscles and joints of the feet. This will increase the risk of injury and repetitive stress disorders such as plantar fasciitis and interfere with performance training and sporting activities. Furthermore, arch insufficiencies can amplify up the kinetic chain to the knee, hip and spine, resulting in further injury.

There are two main arch problems which are associated with lower extremity injury. The most common arch problem of the foot is overpronation. Those demonstrating excessive ankle pronation represent 67% of the population. Pronation is normal coupled movement of the ankle joints that occurs during the gait cycle. Ankle pronation occurs midway through the stride and functions to cushion the transfer of energy from the body to the ground. Overpronation is marked by an excess pronation movement commonly referred to as fallen arches. Overpronation increases stresses to the foot, knee, hip and spine and results in reduced gait efficiency and an increase risk of injury. Heel pain, heel spurs, medial foot pain, medial knee pain, lateral hip and low back pain are common symptoms with ankle over pronation.

Supination is another normal ankle joint movement pattern which can be problematic if excessive. Ankle supination occurs both at toe-off and heel strike during the gait cycle. Those with excessive ankle joint supination tend to have high arches and can suffer from impact problems. Common symptoms include heel pain, shin splints and anterior knee pain. Those demonstrating excessive supination represent only 3% of the population. Normal biomechanical foot function represents a surprisingly small 30% of the population.

Unfortunately most footwear does not provide sufficient anatomical support for the oversupination and overpronation foot type. Even expensive brand name shoes often fail to provide proper support, even though they may provide adequate cushioning. Unfortunately the trend in footwear is toward aesthetic appeal and not anatomical function. This fact is especially apparent with women's shoes.

The appropriate treatment really depends on the problem. An over-

pronating foot requires footwear or an orthotic device which provides stability against excessive ankle pronation. In contrast, a foot that exhibits excessive supination characteristics requires more impact support. This is increasingly important with sporting activities because of the high stress levels imposed on the feet. Most professional athletes use custom orthotics to prevent injury and enhance performance.

Whether you're an avid runner, golfer or weekend warrior the first step is to seek medical advice from a professional trained with knowledge of the area.

Everyone needs appropriate footwear that provides both cushion and appropriate anatomical support. For 30% of the population this is achieved with a properly fitting shoe appropriate for the type of activity. However many people (70%) require additional anatomical support for the foot. The appropriate solution is dependent on many individual factors. The advice of a profession who understands these issues will set you on the right foot.

- Duane Drobot MSc, DC
 Similkameen Chiropractic & Rehabilitation

Go the healthy way!

Canada is in the midst of a public health crisis regarding obesity and overweight. Achieving and maintaining a healthy body weight is vital for long-term health and quality of life. March is Nutrition month and the Dietitians of Canada have several good messages to share.

1. Maintaining a body size in the normal weight range is one element of good health. However, unhealthy eating habits, low levels of physical activity and tobacco use will increase the risk of health problems even if you are in the normal range for weight.
2. Achieving and maintaining a healthy body weight puts you at less risk for a number of chronic diseases like heart disease, stroke, diabetes and certain cancers. A healthy body weight also impacts on your general well-being.
3. Canadian adults are struggling to maintain a healthy weight and in fact, close to half of the adult population are overweight and one in six are obese. The medical costs of this

- are staggering.
4. The good news however, is that even a small loss of 4.5kg has health benefits.
 5. In order to achieve and maintain a healthy weight and reduce your risk for chronic disease, base your food choices on Canada's Food Guide to Healthy Eating. Lower fat, healthy eating and portion control are key elements of weight loss and staying at a healthy weight.
 6. Regular physical activity as outlined in Canada's Physical Activity Guide to Healthy Active Living also helps us achieve and maintain healthy body weights and reduce our risk for chronic disease. Both physical activity and healthy eating affect body weight.
 7. Anything we do to achieve and maintain healthy body weights should support how we feel about a positive body image and ourselves. Women especially are pressured to accept the ideal body image promoted by the media and fashion,
-continued on Page 7

living past 100

Make the most of sunshine.

The Similkameen Valley is blessed with an abundance of sunshine, but many people forget what sunshine is good for. Sunshine builds bones, if you work with it. This is especially important for children and the elderly.

Bones are built and strengthened by a combination of sunshine, calcium and exercise. If you walk downtown to enjoy a milkshake, you are taking full advantage of the benefits of sunshine, calcium and exercise, and it's fun!

Parents, make sure your children get plenty of exercise in the sunshine. As any parent will tell you, children tend to grow more in the six sunny months. They build bones. Then you have to buy them new clothes and shoes for school in September, but this is healthy.

Milk is one of the best sources of calcium, but a salad made with spinach, cottage cheese, onions and salmon packs a calcium whallop you would not believe! Put plenty of broccoli in front of your kids, and don't forget macaroni and cheese. Make sure there is calcium in every meal - it is good for the whole family.

Encourage your children to enjoy the outdoors, whether it is a hike, or just working around the yard. Weight-bearing exercise is the key to building healthy bones. Don't forget - teeth are made of bone, too. Sunshine, calcium and exercise will cut down dental bills in the future.

As for you old folks - rise up from bed early, gradually increase your activity levels outdoors, and make sure you have plenty of calcium. You will sleep better and will not be so crabby!

Sunshine makes everybody feel better because it builds the body and the nervous system at the same time when calcium intake is high enough.

Dietitians say vegetables can help you lose weight!

Why are over half of BC adults overweight or obese? Part of the problem is that the average adult in BC does not eat enough vegetables and fruit. Instead they get about one quarter of their daily calories from low-nutrient foods high in sugar and fat.

In Interior Health, only about 50% of women and 40% of men eat the recommended five daily servings

The healthy way

Continued from Page 6..... diet and tobacco industries. The potential benefits of weight loss must be balanced by knowing that healthy bodies comes in a range of weights, shapes and sizes.

8. Dietitians are the most trusted source of nutrition information. Their advice is accurate, reliable and trustworthy because it is based on current scientific evidence.

If you have food and nutrition questions or concerns, call Dial-a-Dietitian at 1-800-667-3438, or visit the Dietitians of Canada website at: www.dietitians.ca or the Interior Health website at: www.interiorhealth.ca

(Information taken from the 2005 National Nutrition Month Campaign)

Jill Rhynard, BScN, MPH, Coordinator of Health Promotion Interior Health, Okanagan Health Service Area

of vegetables and fruits, a number that has been declining in past years. Besides contributing to weight problems, these types of poor eating habits are associated with four leading causes of death: coronary heart disease, Type 2 diabetes, stroke, and some forms of cancer.

Whether you are motivated to lose weight before the summer bathing suit season or want to reduce the risk of heart disease and cancer in your old age, eating your veggies and fruits will help, advises Dr. Paul Hasselback, Senior Medical Health Officer for Interior Health. We all know we should be eating our veggies and fruit. What many of us don't realize is just how important it is to our long term health.

The bright colours that make vegetables and fruit so attractive signal the presence of phytochemicals - important compounds that protect health. Studies have shown that a healthy diet that includes five to 10 servings of vegetables and fruits can prevent chronic illnesses and also enable people with high blood pressure or Type 2 diabetes to reduce the amount of medication needed to control their conditions.

Canada's Food Guide recommends five daily servings of veggies and fruit. While this may sound somewhat daunting, it real-

ly is easy, says Dr. Hasselback. For example, a large apple or medium sized carrot can equal two servings. Other examples of what is equal to one serving are, cup of juice or, cup of veggies, a medium sized piece of fruit, or a cup of salad.

Today's busy schedules and the convenience of other, less healthy foods have contributed to daily eating habits. Interior Health offers these simple Nutrition Month tips to help you and your family add more veggies and fruits to your daily meals, and help you maintain a healthy weight.

Replace

- Bring home more veggies and fruit and bypass the pop and chips.
- When dining out, add veggies to your appetizer order, and salads and veggies to your meal.
- Replace pop and sugary drinks with juices, milk, water, or other non-sugar beverages.

Have it handy

- Reach for veggies and fruit instead of sugar and fat snacks. Have fruit on the table ready to drop into cereal and milk, mix into yogurt, or slice onto a sandwich. Its easier to clean and chop veggies all at once (or buy them pre-cleaned and cut) so they are ready for you or your family to grab and go.

- Check out your local grocer for ready-to-eat salads, vegetables

sticks, and deli offerings.

Take a new look

- Look at different ways to add veggies and fruit to your daily meals. Add whole fruit to blender drinks and you'll get the fibre and nutrients not found in ordinary fruit juices. Add chopped vegetables to pizza, muffins, omelettes, and soup or serve with a dip.
- Get your children and family to help pick their favourites that are more likely to be eaten.

Colour your plate

- The greater the variety of colours, the better. The deepest, darkest colours often signal the highest nutrient content.
 - Check out this great web site on http://www.5aday.com/html/colorway/colorway_home.php with information on different veggies to spice up your plate.
- Know your portion size - its easier than you think!

- One serving is roughly equal to the size of your fist.

Encourage everyone to have at least one fist-sized serving of vegetables or fruit at each meal and snack.

- Or, make it even easier and make veggies and fruit half your plate at every meal.

Into gardening?

- Grow a variety of veggies and fruit for family.

- Plant a little extra and share the bounty with your local food bank.

Want help?

- Call Dial-a-Dietitian at 1-800-667-3438. Registered Dietitians are on-hand Monday to Friday, from 9am to 5pm for free nutrition advice, including translation services available in 130 languages.

For more information, visit our web site at www.interiorhealth.ca or call Dial-a-Dietitian (1-800-667-3438).

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GET INFORMED!

Princeton Legion Hall

7:00 PM Thursday, March 31st

REFRESHMENTS SERVED

Debra McPherson - President
B. C. Nurses Union
Health Care

Rudy Lawrence - President
Council of Senior Citizens' Organizations of BC
Concerns of Seniors'

Sponsored by: CUPE Local 847, CUPE Local 608, HEU, Steelworkers Local 1-423, BCGEU, BCNU and Princeton District Teachers' Union

MAKE INFORMED DECISIONS!

Seniors and Health Care to be discussed

Rudy Lawrence was born and raised in Victoria, BC. He is married with seven grandchildren and one great grandchild.

He worked for the Provincial Government for a number of years, primarily as an auditor of credit unions and eventually senior auditor for insurance and real estate.

Lawrence had a second career in senior management in Credit Union and retired from the Credit Union Deposit Insurance Corporation.

Upon retirement he established an insurance agency in Vancouver, worked as a business consultant to the BC Memorial Society and a number of other small businesses in the lower mainland.

Eventually Lawrence became involved in being a volunteer worker for seniors. In 1989, he was elected chairman of the Vancouver Branch of the BC Government Retired Employees Association and in 1991 was elected first-vice president of the retired government employees provincial body.

In 1994 Lawrence was elected to the board of directors of the Silver Harbour Senior Centre in North Vancouver.

He held the position of president of the board for two years, 1999 and 2000.

In 1999 he was appointed by the Provincial Government to the Senior's Advisory Steering Committee to develop the provincial programs to recognize the International Year of the Older Person. Also during this year Lawrence worked on the steering committee for the successful "Seniors Summit" held in Vancouver.

In 2000, he was elected President of the Council of Senior Citizens, Organizations of BC.

"Under my leadership, the membership went from 31 to 72 affiliated seniors organizations and from 46 to 185 individual memberships," he says.

In 2003 and 2004 Lawrence served as first vice-president of the National Pensioners and Senior Citizens Federation of Canada and is currently a BC representative on the federal government's Seniors Advisory Committee.

Hear Rudy Lawrence speak on issues of concern to all seniors at 7:00 PM Thursday, March 31st in the Legion Hall.

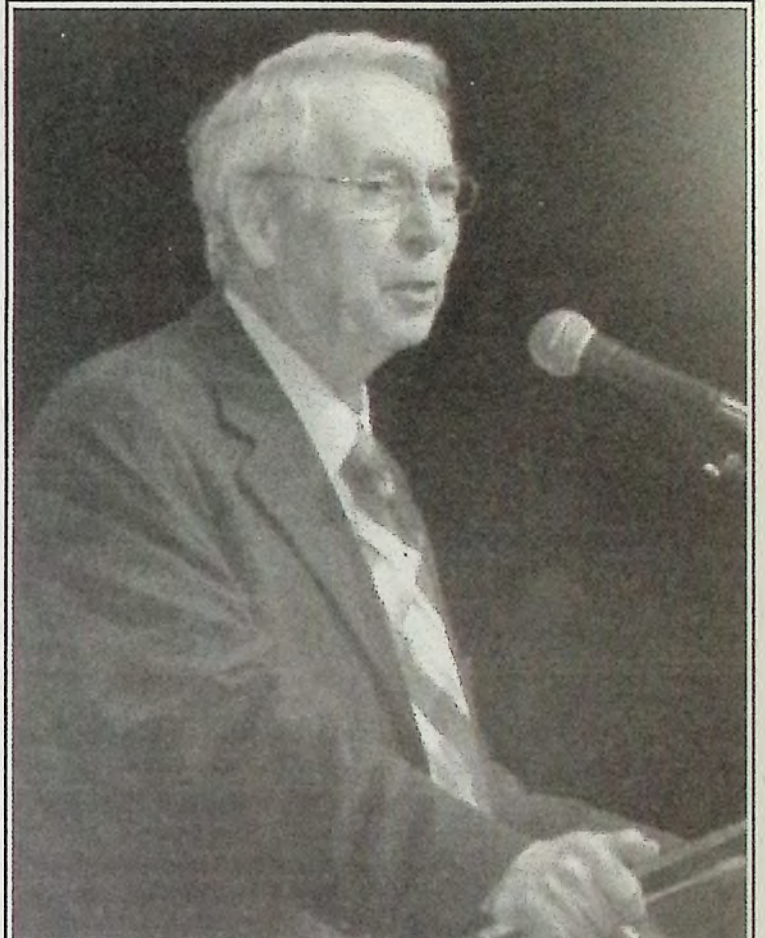
The evening will also feature BC Nurses Union President Debra

McPherson.

She will speak on Health Care concerns.

The evening is being sponsored

by CUPE Local 847, CUPE Local 608, HEU, Steelworkers Local 1-423, BCGEU, BCNU and Princeton District Teachers' Union.



Council of Senior Citizens' Organizations of BC President Rudy Lawrence will be in Princeton on March 31st.

thoughts on education



EXCLUSIVE TO THE NEWS LEADER
BY JINNY SIMS - BCTF PRESIDENT

"Vulnerable students hurt by cuts" - Jinny Sims

As the education minister and other Liberal government officials travel around the province boasting about increasing funding for students with special needs, the real numbers tell quite a different story. As political analyst David Schreck points out, 'after the recent government funding announcements are implemented, the amount of funding for special needs will have been cut by \$162.79 million (38%).' That makes the \$3.7 million announced by the Liberals, pale in comparison. (<http://strategic-thoughts.com/record2005/mirrors.html>)

The Education Ministry's own data show that while there has been a 3% decline in the number of students, and an 8% decline in the number of teachers in general, there

has been an incredible 18% decline in the number of special education teachers provincially. Since the 2001/2002 school year, we have lost 739 special education teachers around the province. The Nicola Similkameen district has lost over 16% of its special education teachers since 2001/2002.

These statistics alone are shocking enough but numbers don't tell the whole story. In 2002, the liberal government's stripping of teachers' collective agreements resulted in the removal of important clauses aimed at supporting students with special needs - clauses related to school-based team meetings, ratio of specialist teachers to students, and limits on the number of students with special needs being integrated into the classroom.

As a result, more and more students are being integrated into regular classes without concern for the total number of students with special needs in the class, without concern for students' health and safety, and without adequate support.

We believe that access to quality public education is not a privilege, but a fundamental right and as such we call upon the Liberal government to ensure that the needs of all children are being met both through adequate funding increases and contractual provisions.

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

Weather?

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Pharmasave always has a great display of giftware and Easter is no exception.

Rodeo club still planning event

Princeton Rodeo Club met last Friday night to discuss ongoing plans for their upcoming Pro Rodeo, set for Saturday and Sunday, May 14th and 15th at Princeton Fairgrounds.

Sponsorships are coming in steady and a deadline has been set for April 1st for major sponsors to

be included on rodeo posters.

Club President Stan Thompson announced that Gordon MacKenzie would handle vet duties again this year.

The club also received an interesting letter from the Fraser Valley Lawn Mower Racing Association asking if a race could be hosted

during the rodeo.

The Rodeo Club will consider the offer as entertainment.

This year's rodeo will include a Wild Horse Race and participation in the Kenton Randall Bareback series.

Next meeting will be at 7:00 PM, April 15th in Princeton Town Hall.

Food bank is really a cupboard

Thank you to Curves for your Generosity!

St. Paul's United Church and Crisis Assistance send a big thank you to Curves for their support of our local food cupboard available to those in need in our town.

We must specify **WE ARE NOT A LOCAL FOOD BANK.**

The Crisis cupboard has been in operation for the past two years and we help those who are referred to us by the Department of Human

Resources and the other churches in town.

Since we are a small town with a small population we could not possibly, successfully run a competent food bank for any length of time. Those who now work along with the church and Crisis Assistance are all volunteers workers.

If you have been told we have a local food bank, please accept our apologies when we say, we do not. - submitted

Legion Ladies Auxiliary news

At our March 8th meeting we had 13 members and one guest. The convention this year is from April 30th to May 4th, its being held in Castlegar.

Our delegates will be Ann Bauder and Charlene Longdo. We have two dinners to cater this month. If any of you girls can help please give a call.

At this meeting we presented

Beryl Olson with a 20 year pin, Eleanor Sinclair 25 years, Marion Marsel 15 years and Martha Clelland 25 years. Congratulations everyone.

Eleanor Sinclair will be this months L.A. representative to the Legion meeting for us. See all of you next month.

- Submitted by Dorothy Monkman

Vermilion Rebekah Lodge news

St. Patricks Day!

And we Rebekahs had our regular meeting. Sister Gerri, Noble Grand was in her chair and Sister Adele, Vice Grand in her chair. So the meeting progressed in good order.

We were so sorry to learn Sister Michele had the misfortune to break a bone in her right hand and that she has bronchial pneumonia. We wish her well as soon as possible.

Letters from several lodges have been received stating who was to

attend Pams' homecoming. We hope to receive many more accepting their invitation.

Sister Golovin gave an interesting talk about Schyler Colfax, the founder of Rebekahs. Founders Day was in 1851 - that's 154 years Rebekah Sisterhood has been active.

After the lodge was closed the Sisters enjoyed green jello and cookies during their social time. The tea draw was won by Sister Gerri - a box of writing paper. - Submitted by D. Stenvold

PRINCETON MINOR HOCKEY ASSOCIATION

Wishes Lynore Krenn all the best in her retirement.

Thank you, Lynore for all the years of donations from Forget-Me-Not Antiques and for supporting our Association.

Your kindness is very much appreciated!

2004 Royal LePage Achievement Awards

Presented March 10th in Kelowna



We would like to take this opportunity to congratulate Heinz Ebenau on his first year with Royal LePage and for receiving recognition for his achievements in Princeton with the Directors Platinum Award.

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CORRECTION

The Garden Club is not giving a \$20 prize for the longest zucchini at the Fall Fair, it is giving a \$20 prize for the heaviest potato by weight.

Keep It In The Green Zone!

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

The Quiz - Week 8

Today's Date is Saturday, March 26th, 2005 - the Time is 8:00 AM.
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

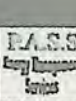
You will need a "Power-By-The-Hour" Resource Kit. They are available at both the Princeton Light & Power office and at the News Leader. You will require this kit to get the correct answers to the weekly questions.

The Loot Goes To

WEEK 7 \$25.00 WINNER - Carol Ruoss

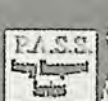
The Routine

- 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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 MEMBERS & GUESTS




Princeton Minor Hockey Association's Novice Team Award Winners. The team was also chosen Most Sportsmanlike Team. They were presented with t-shirts last Wednesday night.



Princeton Minor Hockey Association's Atoms - also Super League Champions!



Princeton Minor Hockey Association's PeeWees.



Princeton Minor Hockey Association's Bantams.

weekly entertainment guide

TUESDAY, MARCH 22, 2005 THROUGH MONDAY, MARCH 28, 2005



Britts Clifton receives Bantam of the Year Award from PMHA Head Coach Derek Lilly.



Kyle Markin, left, was named winner of the Kurt Krenn 'For the Love of the Game' Award. He was presented his award by PMHA Head Referee and Chief Marvin Tremblay.



Coach of The Year Award presented to Head Referee and Chief Marvin Tremblay by Princeton Minor Hockey Association President Neil Guardiero during Wednesday's Awards Night.

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Princeton Posse

KIJHL Jr 'B' HOCKEY CLUB

GIANT YARD SALE

9:00 AM - 2:00 PM Saturday, April 9th
Arena Parking Lot

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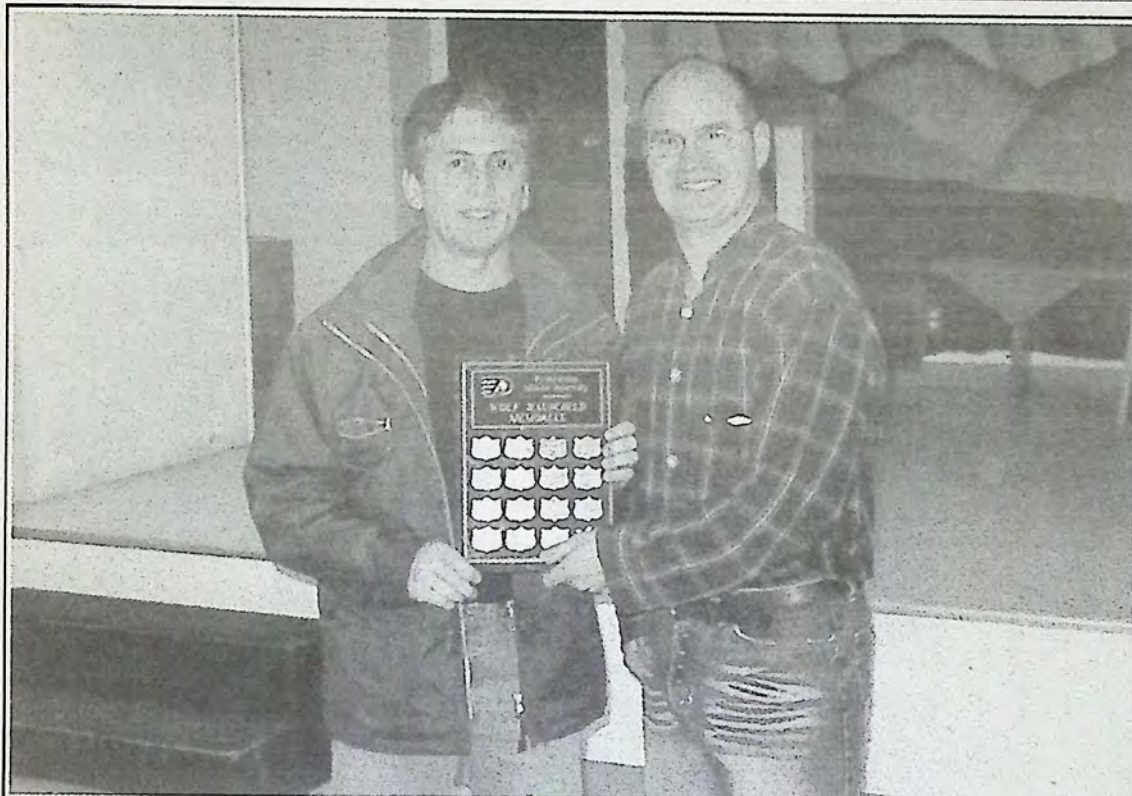
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The Wolf Hauschild Memorial Award is presented to the person who makes the largest contribution to minor hockey in Princeton. Marvin Tremblay, left, was chosen that person. He was presented the award by PMHA Secretary and Awards Banquet Organizer Gordon Bibby.

Local bowlers fair well in Kamloops

The Princeton Interior Team traveled to Kamloops on March 10th to compete in the 2005 Inter-Cities bowling tournament. The Princeton team is made up of six men and six ladies, a Coach and a Manager. Tryouts for the team were held in January 2005.

Our little bowling centre has once again proven that you don't have to be a big centre to compete at the top levels. This tournament hosts twenty-four bowling centres from the Interior of our Province with the larger centres usually dominating the top spots at the tournament. The Princeton team finished ninth overall taking the total aggregate scores from the Ladies, Men's and Mixed Teams. Each team bowls eight games over the weekend for a total of 24 games.

The Princeton Ladies Team

placed second overall losing out to first place only by 14 pins. A great effort was given by all members of the team and second place in this tournament is an achievement that they can all be very proud of.

The Princeton Mens Team gave a valiant effort and finished respectfully in their division. The Princeton Mixed Team did a great job to show how team spirit can be a huge motivator and that the team having the most fun is usually the loudest.

We had three rookie bowlers and a rookie manager this year. In keeping tradition we had them all dressed up for the banquet with this year's theme The Three Little Pigs and the Big Bad Wolf. Our rookies all bowled well, contributing to the team on the lanes and in the stands.

Their performance on the lanes

was very impressive with the need to mention some high games. Rookie Paul Gabriel bowled a 261 game and averaged 180 for the weekend. Rookie Christina (Teeny) Kovacs bowled a 263 game and averaged 200 for the weekend. Rookie Ron Graff Jr. kept a steady pace and averaged over 180. Way to go Rookies!

We need to give special thanks to our Coach, Gene Stadler. Gene has been involved in the Interiors for many years and his knowledge of the tournament and his bowlers as individuals has been a huge asset to us. Thanks for all your encouragement and for believing in us even when we didn't ourselves.

Thank you also to our Rookie Manager Neal Jensen for taking all our pranks in stride.

- submitted



Princeton's Interior Bowling Team. Back row: Paul Gabriel, Gene Stadler, Ron Graff, Rob Young, Lisa Preston and Vern Preston. Front row: Aaron Gould, Ron Graff, Jr., Lyn Graff, Barb Gould and Linda Pudsey. Missing from photo: Christina Kovacs, Lynda Lyng and Manager Neal Jensen.

tuesday movies

MORNING

10:00 am CITY (29) ★★½ "The Seven Percent Solution" (1976, Mystery) Alan Arkin. After curing the sleuth's cocaine addiction, Sigmund Freud joins forces with Sherlock Holmes.

11:00 am A&E (9) ★★½ "Ike: Countdown to D-Day" (2004, Historical Drama) Tom Selleck. Gen. Dwight D. Eisenhower faces monumental decisions in the 90 days leading up to the Allied invasion of Normandy. (E)

AFTERNOON

5:00 pm WGN (38) ★★ "Dead in the Water" (1991, Comedy-Drama) Bryan Brown. An attorney becomes a suspect in the wrong murder when his co-conspirator in a plot to kill his wife turns up dead. (In Stereo)

EVENING

6:00 pm CITY (29) ★★½ "K-19: The Widowmaker" (2002, Suspense) Harrison Ford. Premiere. In 1961, the nuclear reactor aboard a Soviet submarine threatens to cause a meltdown. Based on a true story. (E)

7:10 pm WTBS (3) ★★ "Conspiracy Theory" (1997, Suspense) (PA) Mel Gibson. A paranoid cabbie enlists the aid of a murdered judge's daughter

after his rantings draw gunfire from the CIA. (E)

9:00 pm 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)

9:55 pm WTBS (3) ★★ "Conspiracy Theory" (1997, Suspense) (PA) Mel Gibson. A paranoid cabbie enlists the aid of a murdered judge's daughter after his rantings draw gunfire from the CIA. (E)

10:06 pm CITY (29) ★★½ "K-19: The Widowmaker" (2002, Suspense) Harrison Ford. In 1961, the nuclear reactor aboard a Soviet submarine threatens to cause a meltdown. Based on a true story. (E)

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wednesday movies

MORNING

10:00 am CITY (29) ★★½ "In His Father's Shoes" (1997, Fantasy) Robert Ri'chard. A pair of magic shoes allows a child to experience the life and memories of his deceased father. (E) (DVS)

11:00 am A&E (9) ★★ "Shades of Fear" (1994, Mystery) Vanessa Redgrave. A would-be aviator and a pair of suspected lesbian missionaries are among the passengers on a ship bound for England. (E)

AFTERNOON

5:00 pm CITY (29) ★★½ "Bounce" (2000, Romance) Ben Affleck. A widow is unaware that her new love interest is partly responsible for her husband's death in a fatal plane crash.

WGN (38) "Alone With a Stranger" (2000, Suspense) William R. Moses. A former prisoner and his girlfriend plot to kidnap his wealthy twin. (In Stereo) (E)

EVENING

8:10 pm WTBS (3) ★★ "40 Days and 40 Nights" (2002, Comedy) Josh Hartnett. Premiere. A young man meets the woman of his dreams right after he gives up sex for Lent. (E)

9:00 pm FAM (26) ★★½ "Just One of the Guys" (1985, Comedy) Joyce Hyser. When sexism causes her to be passed over as a journalism intern, a teenager disguises herself as a male.

10:06 pm CITY (29) ★★ "If Lucy Fell" (1996, Comedy) Sarah Jessica Parker. Two roommates must find true love before they turn 30 or honor their previous pact to leap off the Brooklyn Bridge.

10:10 pm WTBS (3) ★★½ "Excess Baggage" (1997, Adventure) Alicia Silverstone. A teen's fake kidnapping scheme backfires when a thief steals her car while she is locked in the trunk. (E)

Similkameen News Leader

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TUESDAY, MARCH 22, 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	"Wild West" Body	News	(Off Air)	Stretch Dragon	News	News	"Ike: Countdown"	(5:00) News	News (Live)	(5:00) News (Live)	Monsters Hamtaro	SportsCentre	News Canada AM	Daily Planet	Paid Prog.	Something Hoze	News	Maury	Hillbillies
7 AM	Dawson's Creek	Life Today	BluesClues	Clifford	Today Regina King	The Early Show	Murder, She Wrote	Good Morning America			Stickin Jacob	SportsCentre		Last Manateer	Sabrina Paid Prog.	Aladdin Kim	News	CityLine	Matlock
8 AM	Dawson's Creek	100 Huntley Street	Hi-5	Barney	Spring handbags; bacon.		Third Watch			100 Huntley Street	Fly Rhino LazyTown	SportsCentre		Monster Garage	Paid Prog.	Lizzie		Fashion Spin City	In the Heat of the Night
9 AM	Cosby	Save-Ums!	Little Bear	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Monsters Rupert	Off-Record Cheerlead	Regis and Kelly	Daily Planet	Dharma Paid Prog.	So Raven	Maury	News	Magnum, P.I.
10 AM	Cosby	The Price Is Right	Madeline Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	Amer. Justice	The View (N)	World Vision	Antique MoneyWs	SpongeBob Mischief	Motorcycle Racing	The View (N)	MythBusters	The Larry Elder Show	Even Boy World	Jerry Springer (N)	Movie: "The Seven Percent Solution"	News
11 AM	Harvey	Judge J.	Home Biz	Yoga	Frasier	Young and the Restless	Movie: "Ike: Countdown to D-Day" (2004)	News	The Insider	News (Live)	Winx Club Rugrats	NHRA Drag Racing	Balance	Untamed North America	Montel Williams	Smart Guy Brotherly	Jerry Springer	Percent Solution (1976)	Rockford Files
12 PM	Drew	News	Millennium Imprint	Charlie Rose	Shop	Shop	Bold & B.	All My Children	News (Live)	Days of our Lives	Neutron Stickin	Mac Tools Gatomatons	Daily Bold & B.	Egypt	Perry Mason	Hercules God Troop	Maury	MovieTV	Magnum, P.I.
1 PM	Yes, Dear	Days of our Lives	SportFish Planet	Art Quilting	Days of our Lives	As the World Turns	Murder, She Wrote	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears	Motoring SnowTrax	Vicki G.	Monster Garage	Fam. Feud	Mermald Aladdin	Jerry Springer	CityLine	Funniest Home Videos
2 PM	Home Imp.	Starting Over (N)	Gaslight Health	Mr Rogers Dragon	Passions	Guiding Light	Third Watch	General Hospital	Passions	Passions	Mona Fly Rhino	In Corner Interruption	General Hospital	Great Biker Build-Off	Pat Croce	Dalmatian Mouse	Home Delivery	Ellen DeGeneres Show	Cosby
3 PM	Seinfeld	Emmerdale	Dora	Postcards	Brown	Dr. Phil	City Confidential	The Jane Pauley Show	Young and the Restless	Young and the Restless	Jacob Mischief	Off-Record Sports	Dr. Phil	Super Ships	Starting Over Shame.	Fillmore Weekend	MegaMan	News (Live)	Home Imp.
4 PM	Raymond	Simpsons	George S.	Cyberchas	Judge J.	Oprah Winfrey	Amer. Justice	Millionaire	Oprah Winfrey	News	Mystery	Billiards	Frasier	Daily Planet (N)	Little House	Recess Barbarian	Pokémon Yu-Gi-Oh!	Sex & City	Will-Grace
5 PM	Friends	News	Babar	BBCWorld	News	News	Cold Case Files (N)	ABCNews	Global	Global	Phantom Being Ian	Bowling: Banquet Open.	News	How-Made	Malcolm King of Hill	Proud Lizzie	Sabrina Fresh Pr.	Smallville "Bound"	Movie: "Dead in the Water"
6 PM	Sex & City	Will-Grace	Planet	News-Lehrer	News	News	Dog	News	News (Live)	Train 48 Entertain	SpongeBob Being Ian	Kickboxi ng	News	American Chopper	Simpsons 70s Show	So Raven Even	Raymond Will-Grace	Movie: "K-19: The Widowmaker"	WGN News at Nine
7 PM	Movie: "Conspiracy Theory" (1997)	Fortune	Parks Rivers	Nova "Dirty Bomb"	Jeopardy!	Seinfeld	Airline	Entertain	Entertain	Judging Amy (N)	Mystery Flat!	SportsCentre (Live)	eTalk Daily Hollywood	American Hot Rod	Will-Grace 70s Show	Brotherly Radio Free	Friends Raymond	News	Becker
8 PM	PA Mel Gibson	Passion & Fury: Brain	Dickens	Globe Trekker	Will-Grace	NCIS (N)	Crossing Jordan	My Wife Lopez	70s Show	70s Show	Dragon	Off-Record	American Idol (N)	Daily Planet	American Idol (N)	Boy World Radio Free	Gilmore Girls	News	Becker
9 PM	Julia Roberts	This Is Wonderful (N)	Notes Imprint	Frontline	The Catalyst	Scrub	The Amazing Race 7	Cold Case Files	Jim Rodney (N)	House "Maternity"	Mystery Funpak	In Corner Hockey	The Amazing Race 7	American Chopper	Law & Order: SVU	Movie: "Only You" (1994, Comedy)	The Starlet (N)	Jimmy Kimmel Live (N)	Home Delivery
10 PM	Movie: "Conspiracy Theory" (1997)	The National	Canada-History	Independent Lens (N)	Law & Order: SVU	Judging Amy (N)	Dog	Blind Justice (N)	Judging Amy (N)	News	Gn. Jones	Arm Wrest	Law & Order: SVU	American Hot Rod	Malcolm	Marisa Tomei	News	Movie: "K-19: The Widowmaker" (2002)	Street
11 PM	PA Mel Gibson	News	Reach Top	Charlie Rose (N)	News	News	Airline	News	News (Live)	Fear Factor	Ready-Not My Family	SportsCentre (Live)	News	How-Made	Becker	My So-Called Life	Friends Will-Grace	Street	Elimidate

WEDNESDAY, MARCH 23, 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: "First Shot" (PA)	News	(Off Air)	Body Elec. Dragon	News	News	"Shades of Fear"	(5:00) News	News (Live)	(5:00) News (Live)	Monsters Hamtaro	SportsCentre	News Canada AM	Daily Planet	Paid Prog.	Something Hoze	News	Maury	Hillbillies
7 AM	Dawson's Creek	Life Today	BluesClues	Clifford	Today cast of the "Dora the Explorer" stage show; an Easter feast.	The Early Show	Murder, She Wrote	Good Morning America			Stickin Jacob	SportsCentre		Champions	Sabrina Paid Prog.	Aladdin Kim	News	CityLine	Matlock "The Singer"
8 AM	Dawson's Creek	100 Huntley Street	Hi-5	Barney	Teletubbs		Third Watch "Payback"			100 Huntley Street	Fly Rhino LazyTown	SportsCentre		American Chopper	Paid Prog.	Lizzie		StarInside Spin City	In the Heat of the Night
9 AM	Cosby	Save-Ums!	Little Bear	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Monsters Rupert	Off-Record Fishing	Regis and Kelly	Daily Planet	Dharma Paid Prog.	So Raven	Maury	News	Magnum, P.I.
10 AM	Cosby	The Price Is Right	Zoboo Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	Amer. Just.	The View	World Vision	Diva-Diva MoneyWs	SpongeBob Mischief	Bowling: 10-Pin	The View	How-Made How-Made	The Larry Elder Show	Even Boy World	Jerry Springer (N)	Movie: "In His Father's Shoes" (1997) (DVS)	News
11 AM	Harvey	Judge J.	Mathematics	Yoga	Frasier	Young and the Restless	Movie: "Shades of Fear" (1994), John Hurt	News	The Insider	News (Live)	Winx Club Rugrats	TSN Profile	Balance	Nature of the Beast	Montel Williams	Smart Guy Brotherly	Jerry Springer	Rockford Files	
12 PM	Drew	News	Gardens Sew Fun	Charlie Rose (N)	Shop	Shop	Bold & B.	All My Children	News	Days of our Lives	Neutron Stickin	Equestria n: Canada Cup Golf	Daily Bold & B.	Perry Mason	Hercules GodTroop	Maury	CityLine	Magnum, P.I.	
1 PM	Yes, Dear	Days of our Lives	Thimbles Planet	Painting Sewing	Days of our Lives	As the World Turns	Murder, She Wrote	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears	Players Champ.P review	Vicki G.	What's That About?	Fam. Feud	Mermald Aladdin	Jerry Springer	Relic Hunter "M.I.A."	Funniest Home Videos
2 PM	Home Imp.	Starting Over (N)	Gaslight Health	Mr Rogers Dragon	Passions	Guiding Light	Third Watch "Payback"	General Hospital	Passions	Passions	Mona Fly Rhino	Arm Wrest Interruption	General Hospital	How-Made How-Made	Pat Croce	Dalmatian Mouse	Home Delivery	Ellen DeGeneres Show	Cosby
3 PM	Seinfeld	Emmerdale	Dora	Postcards	Brown	Dr. Phil	City Confidential	The Jane Pauley Show	Young and the Restless	Young and the Restless	Jacob Mischief	Off-Record Sports	Dr. Phil	How-Made How-Made	Starting Over (N)	Fillmore Weekend	MegaMan	News (Live)	Home Imp.
4 PM	Raymond	Simpsons	George S.	Cyberchas	Judge J.	Oprah Winfrey	Amer. Just.	Millionaire	Oprah Winfrey	News	Mystery	Interruption	Frasier	Daily Planet (N)	Little House	Recess Barbarian	Pokémon Yu-Gi-Oh!	Sex & City	Will-Grace
5 PM	Raymond	News	Creatures	BBCWorld	News	News	Serial Killer	ABCNews	Global	Global	Phantom ManinBlack	Hockey: 1994 Vancouver Canucks at Los Angeles Kings.	News	Lost Nuke	Malcolm King of Hill	Proud Lizzie	Sabrina Fresh Pr.	Movie: "Bounce" (2000)	Movie: "Alone With a Stranger" (2000)
6 PM	Seinfeld	Will-Grace	Imprint	News-Lehrer	News	News	Sports Wives (N)	News	News (Live)	Train 48 Entertain	SpongeBob Oddparent	Queer Eye-Guy	News	Carrier: Arsenal of Sea	Simpsons 70s Show	So Raven Even	Raymond Will-Grace	News	Becker
7 PM	Sex & City	Fortune	Wildness	AR FYI	Jeopardy!	Seinfeld	Crossing Jordan	Lost	Survivor: Palau (N)	Survivor: Palau (N)	Mystery Yu-Gi-Oh!	SportsCentre (Live)	eTalk Daily Hollywood	MythBusters	Will-Grace 70s Show	Brotherly Radio Free	Friends Raymond	Next Top Model	WGN News at Nine
8 PM	Movie: "40 Days and 40 Nights" (2002) Premiere	Antiques Roadshow	Tudors Did Science	Oscar Wilde	American Dreams (N)	Survivor: Palau (N)	Crossing Jordan	Lost	Survivor: Palau (N)	Survivor: Palau (N)	Dragon	Off-Record	Law & Order "Gunplay"	Daily Planet	70s Show Simple Life	Boy World Radio Free	Smallville "Scare"	News	Becker
9 PM	Movie: "The Fifth Estate" (N)	Past Gene Hnr	The Life and Times of Frida	The West Wing (N)	Law & Order "Gunplay"	CSI: Crime Scn	Serial Killer	Alias "The Orphan" (N)	Gilmore Girls	King	Mystery 15/Love	Hockey	Idol	MythBusters	Idol Life Stick	Movie: "Just One of the Guys"	Jack & Bobby	Jimmy Kimmel Live (N)	Home Delivery
10 PM	Movie: "Excess Baggage" (1997)	The National	With Glowing Hearts	Kahlo	Law & Order "Gunplay"	CSI: NY (N)	Sports Wives	Vacation Swap (N)	Queer Eye-Guy	News	Gn. Jones	Timeless	CSI: NY (N)	Lost Nuke	Malcolm	Boy World	News	Movie: "If Lucy Fell" (1996), Eric Schaeffer	Street
11 PM	PA Mel Gibson	News	Second Moving On	Charlie Rose (N)	News	News	News	News	News (Live)	Fear Factor	Ready-Not My Family	SportsCentre (Live)	News	Carrier: Arsenal of Sea	Becker	My So-Called Life	Friends Will-Grace	Street	Elimidate

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 St 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

APRIL

- 1 - April Fool's Day
- 13 - Minor Hockey AGM, 6:30 PM, Arena Mezzanine
- 21 - 54th Annual Family Fair, 1:00 PM, PSS Gym
- 23 - Lions Club Flea Market & Auction, Arena

MAY

- 7 - Stamp Mill Celebration, Hedley
- 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

JUNE

- 4 - Centennial Pool Opens
- 4 - Rotary Club Golf Tournament, Princeton Golf Club
- 5 - Princeton Motor Sports Event, Fairgrounds
- 11 - Annual Country Dinner, Living Water Church
- 17 - Camp Tulahead opens for Summer
- 30 - Princeton Racing Days, Fairgrounds

JULY

- 1 - Canada Day Celebrations
- 2 - Princeton Paintball Scenario Weekend
- 10 - Trans Canada Trail Challenge
- 30, 31 - Tulameen Family Days

AUGUST

- 1 - Tulameen Family Days

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 ★★"Bounce" (2000, Romance) Ben Affleck. A widow is unaware that her new love interest is partly responsible for her husband's death in a fatal plane crash.
- 11:00 am A&E 9 ★★"Children of the Revolution" (1996, Comedy-Drama) Judy Davis. A fervent Australian communist bears Joseph Stalin's illegitimate son, who grows up to become a politician. [D]

AFTERNOON

- 5:00 pm WGN 38 ★½"Highway" (2001, Drama) Jared Leto. Two friends hit the road for Seattle to attend a vigil for singer Kurt Cobain and escape the wrath of an angry mobster. (In Stereo) [D]

EVENING

- 6:00 pm CITY 29 ★★"Analyze That" (2002, Comedy) Robert De Niro. Premiere. A mobster is released into the custody of his ex-psychiatrist and becomes a consultant on a Mafia-themed TV show.

- 7:00 pm WTBS 3 ★★"40 Days and 40 Nights" (2002, Comedy) Josh Hartnett. A young man meets the woman of his dreams right after he gives up sex for Lent. [D]
- 9:00 pm FAM 26 ★★"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)
- 9:10 pm WTBS 3 ★★½"Little Nicky" (2000, Comedy) Adam Sandler. The devil's kindhearted son is sent to retrieve his two evil brothers before they raise hell on Earth. [D]
- 10:06 pm CITY 29 ★★"Analyze That" (2002, Comedy) Robert De Niro. A mobster is released into the custody of his ex-psychiatrist and becomes a consultant on a Mafia-themed TV show. [D]
- 10:55 pm WTBS 3 ★½"D2: The Mighty Ducks" (1994, Comedy) (PA) Emilio Estevez. The young hockey players and their coach face stiff opposition from the Icelandic team in the Junior Goodwill Games. [D]

friday 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.

AFTERNOON

- 5:00 pm WGN 38 "The Pandora Project" (1998, Adventure) Daniel Baldwin. A government agent faces the ultimate test as he attempts to retrieve a stolen weapon from a renegade commando. (In Stereo)

EVENING

- 6:00 pm WTBS 3 ★★"O Brother, Where Art Thou?" (2000, Comedy-Drama) (PA) George Clooney. The Coen brothers wrote and directed this tale of three escaped convicts and their unusual odyssey in the Deep South. [D]
- CITY 29 ★★½"Waydowntown" (2000, Comedy) Fabrizio Filippo. Premiere. Four Calgary office workers make a bet to see who can last the longest without venturing outside. [D] (DVS)
- 7:30 pm FAM 26 "Zenon: Z3" (2004, Science Fiction) Kirsten Storms. Premiere. As Zenon prepares for an important contest, an activist seeks her help in a quest to prevent the

- moon's colonization. (In Stereo) [D]
- 8:00 pm KNOW 5 "Goodnight Mister Tom" (1998, Drama) John Thaw. During World War II, an aging recluse's stony heart is softened by his friendship with a young evacuee from London.
- 8:10 pm WTBS 3 ★★½"Life" (1999, Comedy) Eddie Murphy. Two wrongly convicted felons maintain an adversarial relationship for more than 50 years in a Mississippi prison. [D] (DVS)
- 9:00 pm FAM 26 ★★"Ferris Bueller's Day Off" (1986, Comedy) Matthew Broderick. A teen perpetrates a series of elaborate deceptions to ensure that he and two friends spend a carefree day in Chicago. (In Stereo) [D]
- 10:33 pm FAM 26 ★★"Gremlins" (1984, Fantasy) Zach Galligan. A picturesque community is overrun by a lovable little creature's evil brood in this Joe Dante comic thriller. (In Stereo)

Horoscopes
March 23-31, 2005

- Aries** - You are in your own element now, and matters churning in your mind for the past month may need to be reviewed. Decisions you made could be reversed. Take no action until you are certain.
- Taurus** - You have more peace of mind and you feel better now. This trend will continue well into May. Career matters are hectic, and challenging. Keep your cool and your nose to the grindstone until May 2.
- Gemini** - Go back and review plans you made early this month. You can make them work now, especially with groups you belong to. Women could be a source of help. Travel is possible but hectic.
- Cancer** - A positive focus on your career would help immensely. Do everything you must do to keep it moving ahead. Pay attention to taxes, government matters, insurance. Go on a diet, you can succeed now.
- Leo** - You feel you need to travel now; short trips go very well. Shared resources take unexpected turn. Partner, spouse is ambitious, full of ego, and may be deluded. Keep your feet on ground.
- Virgo** - Stick to clearing up accounts, taxes, insurance, investments. Guard against colds, flu, cuts and burns for next six weeks. Keep spending to a minimum. Job is hectic, work hard, ignore tempers.
- Libra** - Your partner and spousal relationships are the center of your attention now. You will work hard on your property, home and will have lots of action (or worries) about kids. Diet works now.
- Scorpio** - Any sort of work can feel like fun now. Your health is good, and work around home is demanding but satisfying. Parents may cause some concern, or your home may require repairs. Kids raise hell.
- Sagittarius** - You can have more fun now, especially involving children, families, sports. You will have many short trips which will benefit you. Look for the opportunity to mix work and pleasure.
- Capricorn** - Work around your own home is a pleasure and you will benefit by it. Plans you made early this month can be carried out in the near future. You may have some money problems. They clear in May.
- Aquarius** - Your energy begins to climb and you feel like going places and doing things. Health problems need watching, and a fever should be attended to immediately. Money picture varies.
- Pisces** - You start to worry needlessly about what you own and what you value. A decision you made about your money situation may have to be reversed. Stop worrying! The situation will resolve itself soon.

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Similkameen News Leader
Recipe Corner (Recipe #56)

Breathe Fresh Meal
(FOR DOGS)

- 6 cups white or brown rice
- 2 lbs. lean ground beef
- 5 tbsp mint
- 5 tbsp parsley
- 4 tbsp hemp seed oil or flax oil
- 4 tsp human-grade bone meal - optional

Cook rice and ground beef and let cool to room temperature. Mix together in a large bowl and add remaining ingredients. Mix well. Serve 1 cup of mixture for every 15 lbs. of body weight. Freeze the remainder for future use.

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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 24, 2005

Table with 19 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.

FRIDAY, MARCH 25, 2005

Table with 19 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.

saturday movies

MORNING

7:00 am WTBS (3) ★★½ "Simone" (2002, Comedy-Drama) Al Pacino. A filmmaker secretly creates a computer-generated actress, who soon becomes a big star and takes on a life of her own.

9:45 am WTBS (3) ★★ "Sister Act 2: Back in the Habit" (1993, Comedy) Whoopi Goldberg. Lounge singer Deloris and her nun friends try to turn neighborhood youths into a choir to save a school from closing.

11:00 am WGN (3) ★★½ "3 Strikes" (2000, Comedy) Brian Hooks. A twice-convicted ex-con may wind up behind bars for good after he accidentally becomes the quarry in a police man-hunt. (In Stereo) (E)

AFTERNOON

12:00 pm WTBS (3) ★★½ "Fried Green Tomatoes" (1991, Comedy-Drama) Kathy Bates. A nursing-home resident regales a visitor with tales of a unique relationship between two women in 1930s Alabama. (E)

FAM (26) "Zenon: Girl of the 21st Century" (1999, Science Fiction) Kirsten Storms. A mischievous youngster who has spent her whole life in space has a lot of adjusting to do on Earth. (In Stereo) (E)

1:00 pm CITY (29) ★ "Gone Fishin'" (1997, Comedy) Joe Pesci. Premiere. Mishaps abound when two working-class buddies win a contest that takes them to the Everglades on a free fishing trip.

1:37 pm FAM (26) ★★½ "Zenon: The Zequel" (2001, Science Fiction) Kirsten Storms. The 21st-century girl makes the most of a dull assignment by lending a hand to some homeless aliens. (In Stereo) (E)

3:00 pm WTBS (3) ★★½ "O Brother, Where Art Thou?" (2000, Comedy-Drama) (PA) George Clooney. The Coen brothers wrote and directed this tale of three escaped convicts and their unusual odyssey in the Deep South. (E)

4:00 pm YTV (18) ★★½ "The Secret of NIMH" (1982, Fantasy) Voices of Dom DeLuise. Animated. A society of genetically altered rats comes to the aid of a mouse whose family is threatened by civilization.

KTLA (27) ★★½ "Airplane!" (1980,

Comedy) Robert Hays. A neurotic former war pilot is pressed into service when an airliner's crew succumbs to food poisoning. (E)

5:00 pm WTBS (3) ★★ "Sister Act 2: Back in the Habit" (1993, Comedy) Whoopi Goldberg. Lounge singer Deloris and her nun friends try to turn neighborhood youths into a choir to save a school from closing. (E)

EVENING

6:00 pm CITY (29) ★★ "Absolute Power" (1997, Suspense) Clint Eastwood. A master thief finds his life in jeopardy after he witnesses a murder involving the president of the United States. (E)

7:00 pm WTBS (3) ★★½ "While You Were Sleeping" (1995, Comedy) Sandra Bullock. A Chicago woman's lonely existence changes for the better when the man she secretly desires falls into a coma. (E)

8:00 pm KTLA (27) ★★½ "Hoosiers" (1986, Drama) Gene Hackman. A former college coach meets with resentment when he takes over as head of the high-school basketball squad. (In Stereo)

8:30 pm WGN (3) ★★½ "Hoosiers" (1986, Drama) Gene Hackman. A former college coach meets with resentment when he takes over as head of the high-school basketball squad. (In Stereo)

9:00 pm WTBS (3) ★★½ "Heartbreakers" (2001, Comedy) Sigourney Weaver. A con woman's daughter jeopardizes their latest scam when she falls in love with her mark. (E)

CHBC (4) ★★½ "My Fair Lady" (1964, Musical) Rex Harrison. Oscar-winning adaptation of the Broadway hit about an English professor who teaches a cockney merchant to be a lady. (E)

YTV (18) ★★½ "Edward Scissorhands" (1990, Fantasy) Johnny Depp. A deceased inventor's unfinished creation becomes the center of suburban attention. Directed by Tim Burton.

FAM (26) ★ "A Fine Mess" (1986, Comedy) Ted Danson. Premiere. An aspiring actor and a roller-skating waiter become entangled in a race-fixing racket. (E)

CITY (29) ★★½ "Supercop" (1992, Adventure) Jackie Chan. A hard-hitting Hong Kong policeman teams up with Chinese authorities to topple an international drug ring. (E)

10:30 pm WGN (3) ★★½ "A Walk on the Moon" (1999, Drama) Diane Lane. In 1969, a wife and mother sheds her inhibitions for a weekend of free love and frolic at Woodstock. (In Stereo) (E)

10:35 pm FAM (26) ★★½ "Corrina, Corrina" (1994, Comedy-Drama) Whoopi Goldberg. A vivacious black

housekeeper brings happiness back into the lives of a Jewish widower and his troubled young daughter. (In Stereo) (E)

11:00 pm CITY (29) ★★ "Absolute Power" (1997, Suspense) Clint Eastwood. A master thief finds his life in jeopardy after he witnesses a murder involving the president of the United States. (E)

11:30 pm WTBS (3) ★★½ "What's Love Got to Do With It" (1993, Biography) (PA) Angela Bassett. Based on singer Tina Turner's book detailing her abusive marriage and eventual triumph as a solo performer. (E)

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Updated Daily...

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Use this handy chart and watch the TV Guide for On Peak/Off Peak Normal Months code.

Off Peak
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On Peak
BLACK BACKGROUND

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00 AM	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
3:00 AM	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
5:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
6:00 AM	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
8:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
9:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
10:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
11:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
12 NOON	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
1:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
2:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
3:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
4:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
5:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
6:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
7:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
8:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
9:00 PM	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
11:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

sunday movies

MORNING

7:30 am WTBS (3) ★★½ "Heartbreakers" (2001, Comedy) Sigourney Weaver. A con woman's daughter jeopardizes their latest scam when she falls in love with her mark. (E)

10:00 am WTBS (3) ★★½ "Fried Green Tomatoes" (1991, Comedy-Drama) Kathy Bates. A nursing-home resident regales a visitor with tales of a unique relationship between two women in 1930s Alabama. (E)

FOX (23) ★★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.

WGN (38) "Alien Tracker" (2001, Science Fiction) Adrian Paul. A bounty hunter must retrieve an alien convict from government researchers before news of alien existence leaks out. (In Stereo)

11:00 am CHBC (4) ★★½ "Race to Freedom: The Underground Railroad" (1994, Drama) Janet Bailey. In the 1850s, escaped slaves embark on a perilous journey to

Canada via the famed Underground Railroad. (E)

CITY (29) ★★½ "The Odd Couple II" (1998, Comedy) Jack Lemmon. Oscar and Felix experience several misadventures when they reunite in Los Angeles for their children's wedding. (E)

AFTERNOON

12:00 pm FOX (23) ★★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.

FAM (26) "Zenon: Z3" (2004, Science Fiction) Kirsten Storms. As Zenon prepares for an important contest, an activist seeks her help in a quest to prevent the moon's colonization. (In Stereo) (E)

WGN (38) ★★½ "RoboCop" (1987, Science Fiction) Peter Weller. The mangled remains of a dead police officer are used to create the ultimate crimefighter -- an indestructible cyborg. (In Stereo)

1:00 pm WTBS (3) ★★½ "While You

Were Sleeping" (1995, Comedy) Sandra Bullock. A Chicago woman's lonely existence changes for the better when the man she secretly desires falls into a coma. (E)

1:33 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)

2:00 pm VTV (22) "A.K.A. Albert Walker" (2002, Mystery) John Gordon Sinclair. A Canadian con man's sordid past is brought to light after his best friend's body surfaces. Based on a true story. (In Stereo) (E) (DVS)

2:30 pm CHBC (4) ★★ "The Tigger Movie" (2000, Adventure) Voices of Jim Cummings. Animated. Tigger and Roo scour the Hundred Acre Wood for branches of Tigger's family tree. (E)

3:00 pm WTBS (3) ★★ "Crazy/Beautiful" (2001, Romance) Kirsten Dunst. A straight-A student risks his promising future for a love affair with a politician's self-destructive daughter. (E)

KTLA (27) ★★½ "Hoosiers" (1986, Drama) Gene Hackman. A former college coach meets with resentment when he takes over as head of the high-school basketball squad. (In Stereo)

4:00 pm YTV (18) ★★½ "Willy

Wonka and the Chocolate Factory" (1971, Fantasy) Gene Wilder. A world-famous confectioner offers a lifetime supply of candy to the five winners of a treasure hunt.

5:00 pm WTBS (3) ★★½ "Save the Last Dance" (2001, Drama) Julia Stiles. A former ballet student gets a dose of hip-hop culture after she enrolls in an urban Chicago high school. (E)

WGN (38) ★★ "Crossing the Line" (2002, Drama) Terry Farrell. A girls basketball coach contends with overzealous parents who push their teenage daughters to win at all costs. (In Stereo) (E)

EVENING

6:00 pm CITY (29) "James Patterson's Suzanne's Diary for Nicholas" (2005, Drama) Christina Applegate. Premiere. A book editor learns the truth about her lover by reading the diary his wife wrote to their son. (In Stereo) (E)

7:00 pm WTBS (3) ★★ "Crazy/Beautiful" (2001, Romance) Kirsten Dunst. A straight-A student risks his promising future for a love affair with a politician's self-destructive daughter. (E)

9:00 pm WTBS (3) ★★½ "Save the Last Dance" (2001, Drama) Julia Stiles. A former ballet student gets a

dose of hip-hop culture after she enrolls in an urban Chicago high school. (E)

KREM (8) "James Patterson's Suzanne's Diary for Nicholas" (2005, Drama) Christina Applegate. Premiere. A book editor learns the truth about her lover by reading the diary his wife wrote to their son. (In Stereo) (E)

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. (E)

10:35 pm FAM (26) ★★½ "Irreconcilable Differences" (1984, Comedy) Ryan O'Neal. A 10-year-old girl seeks legal aid to divorce herself from the custody of her ever-preoccupied parents.

11:00 pm WTBS (3) ★★½ "The Bodyguard" (1992, Suspense) Kevin Costner. A Secret Service agent-turned-bodyguard finds danger and romance while protecting an entertainer from a stalker. (E)

CITY (29) ★★½ "The Odd Couple II" (1998, Comedy) Jack Lemmon. Oscar and Felix experience several misadventures when they reunite in Los Angeles for their children's wedding. (E)

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SATURDAY, MARCH 26, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)	
6 AM	XCU Storyline	News Pet Guys	(Off Air)	Globe Trekker	(5:00) Today	Saturday Early Show	Movie: "Gosford Park"	Good Morning America	Fire Station Blackfly	Diva Dime Room	Monsters Monster	SportsC entre	OWL/TV Kingdom	Daily Planet	Paid Prog. Paid Prog.	Daigunder Rangers	Paid Prog. Paid Prog.	Caribbean Dharti	Paid Prog. Paid Prog.	
7 AM	Movie: "Simone" (2002) Al Pacino, Catherine Keener.	Sportfish Fishn	BluesClues Dora	MotorWeek Fly Tying	News Spider	LazyTown Old House	Old House	Good Morning Northwest	News (Live)	News (Live)	Transform Gundam	Fishing Motoring	KatieOrbie Leaps	Legend Hunters	Mew Mew Winx Club	Rangers All That	Scooby Mucha	Eye on Asia	Paid Prog. Paid Prog.	
8 AM	Powerboat Direct Buy	Jakers Magic Bus	Router	Router	Backyard Dora	Ask This Ask This	Saturday Even	Ask This Saturday	Backyard Dora	Ask This Saturday	Ask This Saturday	Ask This Saturday	Ask This Saturday	Ask This Saturday	Ask This Saturday	Ask This Saturday	Ask This Saturday	Ask This Saturday	Ask This Saturday	Ask This Saturday
9 AM	Movie: "Sister Act 2: Back in the Habit" (1993, Comedy)	Speed Skating: Short Track	(9:40) Lilly Madeline	Old House Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas	Workshop Americas
10 AM	Movie: "Frid Green Tomatoes" (1991) Kathy Bates, Jessica Tandy.	Shark College Basketball	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark	Ask This Shark
11 AM	Movie: "Sister Act 2: Back in the Habit" (1993, Comedy)	Curling: Ford World Championship	Macphee Burt Wolf	Burt Wolf PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)	PGA Golf: The Players Championship -- Third Round. (Live)
12 PM	Movie: "Frid Green Tomatoes" (1991) Kathy Bates, Jessica Tandy.	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of	Animals Joy of
1 PM	Movie: "Sister Act 2: Back in the Habit" (1993)	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home
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3 PM	Movie: "Sister Act 2: Back in the Habit" (1993)	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home
4 PM	Movie: "Sister Act 2: Back in the Habit" (1993)	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home
5 PM	Movie: "Sister Act 2: Back in the Habit" (1993)	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home
6 PM	Movie: "Sister Act 2: Back in the Habit" (1993)	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home
7 PM	Movie: "Sister Act 2: Back in the Habit" (1993)	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home
8 PM	Movie: "Sister Act 2: Back in the Habit" (1993)	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home
9 PM	Movie: "Sister Act 2: Back in the Habit" (1993)	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home
10 PM	Movie: "Sister Act 2: Back in the Habit" (1993)	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home
11 PM	Movie: "Sister Act 2: Back in the Habit" (1993)	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home	Journal Home

SUNDAY, MARCH 27, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Movie: "The Bodyguard" (1992)	News Body	(Off Air)	Callou (El) Clifford	Today	Discover Discover	Breakfast With the Arts	Good Morning America	Popstars MoneyWz	Adventure Sportfish	Monsters Monster	SportsC entre	Acorn Kids	B-29 Hour of Power	Hour of Power	Daigunder Rangers	Pacesetter Success	Mix TV Eye on Asia	NightMa n "Fear City"
7 AM	Movie: "Heartbreakers" (2001)	Curling: Ford World Championship	BluesClues Dora	Thomas Darcy	Strange CBS News Sunday Morning	CBS News Sunday Morning	Biograp hy: Jesus	News	Weekend Taste	Fishing Is Written	Mona Winx Club	Reporters Reporters	Good Morning Canada	Lost Nuke	Libertys Business	Rangers All That	Facts Believers	Eye on Asia	Mutant X
8 AM	Movie: "Heartbreakers" (2001)	Curling: Women's Final. From Paisley, Scotland.	Jakers Magic Bus	Real Dragonfly	Meet the Press	Meet the Press	Mysterie s of the Bible	News	News (Live)	Trails World Vsn	Beasts ChalkZone	Golf Lumberjks	Carrier: Arsenal of Sea	Fox News Sunday	Lizzie Radio Free	Feed J. Osteen	Eye-Asia Festival Italiano di	The X- Files "Aubrey"	Androm eda "The Test"
9 AM	Movie: "Heartbreakers" (2001)	Curling: Women's Final. From Paisley, Scotland.	George S. Lilly	Jakers College	To Be Announced	Discover Tragedy to Triumph	Mysterie s of the Bible	This Week With George	Hour of Power	Ginger Chipmunks	Yachting Fishing	Eagle Communications	Animals Paid Prog.	So Raven Zoe 101	Pastor Changing	Johnny Lombardi (In Italian)	Movie: "Alien Tracker" (2001)	Adrian Paul	Movie: "RoboCo p" (1987)
10 AM	Movie: "Frid Green Tomatoes" (1991)	Body Little Bear	Money PGA Golf: The Players Championship -- Final Round. (Live)	Final Four College Basketball: NCAA Tournament Regional Final	Final Four College Basketball: NCAA Tournament Regional Final	Final Four College Basketball: NCAA Tournament Regional Final	Mysterie s of the Bible	LPGA Golf: Kraft Nabisco Championship	Paid Prog. Just Shoot	Winx Club Stuff	Mischief Beasts	SportsC entre (Live)	W-Five MythBusters	Movie: "Westwor ld" (1973)	Yul Bryner.	Movie: "The Chee tah Girls" (2003)	NBA Basketball: Clippers at Timberwolves	Celebrity Poker Showdown	Cosby
11 AM	Movie: "Frid Green Tomatoes" (1991)	Body Little Bear	Money PGA Golf: The Players Championship -- Final Round. (Live)	Final Four College Basketball: NCAA Tournament Regional Final	Final Four College Basketball: NCAA Tournament Regional Final	Final Four College Basketball: NCAA Tournament Regional Final	Mysterie s of the Bible	LPGA Golf: Kraft Nabisco Championship	Paid Prog. Just Shoot	Winx Club Stuff	Mischief Beasts	SportsC entre (Live)	W-Five MythBusters	Movie: "Westwor ld" (1973)	Yul Bryner.	Movie: "The Chee tah Girls" (2003)	NBA Basketball: Clippers at Timberwolves	Celebrity Poker Showdown	Cosby
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1 PM	Movie: "White You Were Sleeping" (1995)	Gold Trails Be the Creature	Walk on the Wild Side	Ballykiss angel	Discover Tragedy to Triumph	Discover Tragedy to Triumph	Mysterie s of the Bible	All Year Kraft Nabisco Championship	Just Shoot Just Shoot	Winx Club Stuff	Mischief Beasts	SportsC entre (Live)	W-Five MythBusters	Movie: "Westwor ld" (1973)	Yul Bryner.	Movie: "The Chee tah Girls" (2003)	NBA Basketball: Clippers at Timberwolves	Celebrity Poker Showdown	Cosby
2 PM	Movie: "White You Were Sleeping" (1995)	Gold Trails Be the Creature	Walk on the Wild Side	Ballykiss angel	Discover Tragedy to Triumph	Discover Tragedy to Triumph	Mysterie s of the Bible	All Year Kraft Nabisco Championship	Just Shoot Just Shoot	Winx Club Stuff	Mischief Beasts	SportsC entre (Live)	W-Five MythBusters	Movie: "Westwor ld" (1973)	Yul Bryner.	Movie: "The Chee tah Girls" (2003)	NBA Basketball: Clippers at Timberwolves	Celebrity Poker Showdown	Cosby
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8 PM	Movie: "White You Were Sleeping" (1995)	Gold Trails Be the Creature	Walk on the Wild Side	Ballykiss angel	Discover Tragedy to Triumph	Discover Tragedy to Triumph	Mysterie s of the Bible	All Year Kraft Nabisco Championship	Just Shoot Just Shoot	Winx Club Stuff	Mischief Beasts	SportsC entre (Live)	W-Five MythBusters	Movie: "Westwor ld" (1973)	Yul Bryner.	Movie: "The Chee tah Girls" (2003)	NBA Basketball: Clippers at Timberwolves	Celebrity Poker Showdown	Cosby
9 PM	Movie: "White You Were Sleeping" (1995)	Gold Trails Be the Creature	Walk on the Wild Side	Ballykiss angel	Discover Tragedy to Triumph	Discover Tragedy to Triumph	Mysterie s of the Bible	All Year Kraft Nabisco Championship	Just Shoot Just Shoot	Winx Club Stuff	Mischief Beasts	SportsC entre (Live)	W-Five MythBusters	Movie: "Westwor ld" (1973)	Yul Bryner.	Movie: "The Chee tah Girls" (2003)	NBA Basketball: Clippers at Timberwolves	Celebrity Poker Showdown	Cosby
10 PM	Movie: "White You Were Sleeping" (1995)	Gold Trails Be the Creature	Walk on the Wild Side	Ballykiss angel	Discover Tragedy to Triumph	Discover Tragedy to Triumph	Mysterie s of the Bible	All Year Kraft Nabisco Championship	Just Shoot Just Shoot	Winx Club Stuff	Mischief Beasts	SportsC entre (Live)	W-Five MythBusters	Movie: "Westwor ld" (1973)	Yul Bryner.	Movie: "The Chee tah Girls" (2003)	NBA Basketball: Clippers at Timberwolves	Celebrity Poker Showdown	Cosby
11 PM	Movie: "White You Were Sleeping" (1995)	Gold Trails Be the Creature	Walk on the Wild Side	Ballykiss angel	Discover Tragedy to Triumph	Discover Tragedy to Triumph	Mysterie s of the Bible	All Year Kraft Nabisco Championship	Just Shoot Just Shoot	Winx Club Stuff	Mischief Beasts	SportsC entre (Live)	W-Five MythBusters	Movie: "Westwor ld" (1973)	Yul Bryner.	Movie: "The Chee tah Girls" (2003)	NBA Basketball: Clippers at Timberwolves	Celebrity Poker Showdown	Cosby

MONDAY, MARCH 28, 2005

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

monday movies

MORNING
10:00 am CITY (29) ***"What About Your Friends: Weekend Get-Away" (2002, Drama) Keshia Knight Pulliam. Premiere. Three friends from diverse backgrounds attend a weekend competition for some coveted college scholarships. (E)
11:30 am A&E (9) ***"Far From Home" (1989, Suspense) Drew Barrymore. A 14-year-old girl's budding sexuality attracts the attention of the unsavory residents of a grimy Nevada trailer park. (E)
AFTERNOON
5:00 pm WGN (38) ***"Letters From a Killer" (1998, Drama) Patrick Swayze. A former convict is framed for the murders of women who wrote to him while he was in prison. (In Stereo)
EVENING
8:00 pm WTBS (3) ***"Money Talks" (1997, Comedy) (PA) Chris Tucker. A fast-talking con artist asks a TV reporter for help in evading the cops and robbers who are hot on his trail. (E)
9:00 pm FAM (26) ***"Crocodile Dundee" (1986, Comedy) Paul Hogan. An American reporter persuades a legendary Australian hunter to return with her to the wilds of Manhattan. (In Stereo)
10:00 pm WTBS (3) ***"Fair Game" (1995, Suspense) (PA) Cindy Crawford. A Miami attorney fights for survival after international criminals dispatch a squad of assassins to eliminate her. (E)
10:06 pm CITY (29) ***"Some Girls" (1988, Comedy) Patrick Dempsey. Premiere. A jilted student gets another shot at romance when he meets his ex-sweetheart's two sisters at their home in Quebec. (E)
11:45 pm WTBS (3) ***"Big Bully" (1996, Comedy) (PA) Rick Moranis. A predatory instinct is reawakened in a former childhood bully when his favorite victim returns to their hometown.

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Let's Play Princeton Trivia!

Question: What was Tulameen known as before 1901?
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Jul 06-tfn

notices

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Jan 25-tfn

wanted

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Mar 22-Apr 05

for sale

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Mar 22-Apr 5

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for sale

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Mar 15-29

90 wood padded chairs, old combination safe (Hall Battent 1906), 12,000 BTU air conditioner, Admiral stove, Viking fridge, 3 small round wood tables, 2 drawer wood typewriter desk, electric lawn edger and cutter. (250) 295-0449 after 6 PM.
Mar 15-29

notices

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Mar 08-22

notices

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Mar 15-22

A newly renovated 3-bedroom mobile home in Logan Lake. Reasonably priced. Contact Anna (250) 523-6993.
Mar 15-29

notices

Princeton & District
Minor Hockey
Association
AGM & Election of Officers
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6:30 PM
Arena Mezzanine
Mar 08-Apr 12

for sale

1990 3/4 ton 4x4 7.3 Turbo Diesel. \$7,000 OBO. (250) 498-2421 or 498-7550.
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Mar 14th (b)

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Mar 15-29

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Dec 14-tfn (b-mc)

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Mar 22-Apr 05



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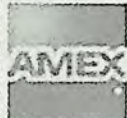
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wanted

Old native indian items including rock or stone mauls, tools, beaded moccasins, gloves, leather jackets, woven baskets, totem poles, soap stones, dolls, etc. Collector paying cash. Keremeos, will travel. (250) 499-0244 Mar 08-22

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for rent

Princeton Manor

Centrally located, clean and quiet, adults only.

Bachelor Apartment - \$325 plus security deposit. Available now!

One Bedroom Apartment - \$450 plus security deposit. Available April 1st.

Sorry, NO PETS!
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Mar 08-tfn

VERY CLEAN

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Mar 08-tfn

for rent

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Chesterfield & Chair, \$295 ...Pull-Out Sofa, \$175...Coffee Table, \$95. Call (250) 295-7562. Mar 08-22

Dining Room Set, \$200 Firm ...Queen Bed & Headboard, \$50 ...Twin Bed & Headboard, \$35 ...Roll-Away Cot, 2 Dressers, \$35 each ...Corner Curio Shelf, 13" Hitachi TV, \$35 ...Microwave Oven & Cart, \$100 ...14 cu. ft. Freezer, \$75 ...Coffee Table and some odds and ends...Phone (250) 295-6551. Mar 08-22

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

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Or

Helen Gallagher

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Jan 18-tfn (b)

for sale

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Sep 28-tfn

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Feb 01-tfn

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notices

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Mar 01-tfn

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 (250) 295-6583
Feb 1-tfn

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 (295-7931 / 295-7229)
 SATURDAY OPEN - 7:30 PM
 (295-3571)
 TULAMEEN LIBRARY
 FRIDAY OPEN - 8 PM (295-7005)
 ALANON - HEALTH CENTRE
 MONDAY 12 NOON
 ARBOR HOUSE
 WEDNESDAY 7:30 PM
 (295-7005 / 295-3784)

Narcotics Anonymous

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 Thursdays 7:30 PM
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 CORNER OF HAROLD AND LIME

Info: (250) 295-0542

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notices

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When was the last time you really considered time travel? I think about it daily. I'm also thinking about starting a local club dedicated to the development and promotion of time travel in the Similkameen Valley. To find out more, set your Time Machine to November 21, 2034 and ask for Zippy when you land.

Fear Factor...Fear Factor...Fear Factor...I'm going to start a Fear Factor Fan Club in the Princeton area. Maybe we'll even host our own version of the NBC show. If you are interested in joining call me at (250) 293-6500. Leave a message on the machine if I don't answer. Fear Factor...Fear Factor...Fear Factor.

Princeton Believe It Or Don't Board Games are now available. I designed a Trivia Game about Princeton using facts, lies and rumours. If you'd like a copy send \$786.90 + GST to 'Princeton Believe It Or Not' Box 3, C/O this newspaper. If enough copies sell, I'll start a second edition.

Inventors! Got a average idea that may become a flop the day it's produced and hits the market? I want to talk to you. I'm looking for failed ideas to highlight in my upcoming book, "It Didn't Work After All." My intention is to focus on the people behind the ideas. Call me at (250) 295-1960.

Make loads of friends pretending to be someone else! My brand new book "On The Internet No One Knows Who You Really Are" shows you the easy steps to creating a different personality. It's simple and it's one of those things I want to do to make the world a better place. Call 1-877-295-7754.

Get rich the old-fashioned way! Use hard work, effort and be patient. It worked for me, it will work for you. For details on my new "45 Year Plan To Wealth" call 1-877-295-7754 or e-mail typo@journalist.com. You will not believe the results. Good things do happen to those who wait! Don't delay, call today.

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my turn

Was it really just a dream?

Maybe it was a nightmare. We were sitting in on an in-camera session of the Community Committee for the Kingdom of Stagnation. The Cowardly Lion was in the Chair being advised by Joker. Other members of the group included Mother Goose, Mickey Mouse, Rip Van Winkle and Billy the Kid.

Joker was explaining the evils of progress and the work that was being done by Captain Marvel down the road in the community of Osmosis.

"I wish I had the courage to make a decision," moaned the Cowardly Lion.

"We should follow the example of Dorothy and Toto and banish him from our Kingdom like they did at the Chamber of Horrors," Joker suggested.

"I think that's a grand idea," Mother Goose added. "I don't believe Captain Marvel has done anything productive here."

"You must remember we are sharing his wages with Osmosis and the Tribes of Head Strong and Three Winds, so we have to be devious and sly in how we address this issue," Joker smiled.

"I wish I had the courage to make a decision," moaned the Cowardly Lion again.

"There is a simple solution," Joker winked. "Just pass a bylaw banning progress of any kind in the Kingdom."

Mother Goose leaned forward and asked, "Can we do that?"

"Of course we can!" Shouted Joker. "This is an election year and now is the time to make sure nothing changes so you can all leave your mark on the Kingdom."

Billy the Kid pulled out his pistol and fired two rounds into the ceiling.

"I object!"

"Now, now, Billy," Mother Goose waved her finger at the bandit. "What do you know? You are just a little boy."

"I say you take it to a vote," Joker nudged the Cowardly Lion.

"Then so we will," the Cowardly Lion sat upright in his chair confident in the knowledge a decision was about to be made. "All in favour of banning progress?"

Rip Van Winkle and Mother Goose were both napping and could not vote. Mickey Mouse stopped planning his takeover of the Kingdom long enough to say, "Whatever," while Billy the Kid voted against.

Realizing there was a tie the Cowardly Lion looked to his Advisor for direction.

"You get to break the tie," Joker nodded. "Vote against progress as it is bad and evil and will bring change and improvement to the Kingdom that you won't want to deal with because it will mean many more decisions."

"I have not the courage to make many decisions," the Cowardly Lion pointed out.

"This I know," said Joker. "That is why you extended my contract well past the next Election so I can continue to control the Kingdom long after you and your Committee are replaced. I am your legacy to the Kingdom. It was the best decision you have ever made."

Then our alarm clock buzzed and pulled us out of the dream.

EDITORIAL GUIDE

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

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

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

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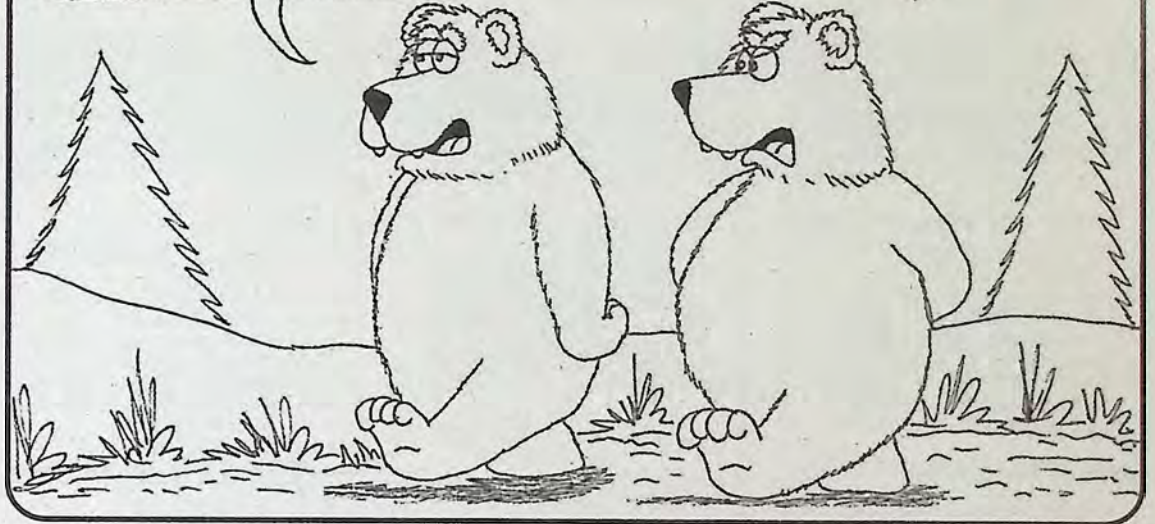
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THIS TOONS

IT'S TOO BAD THE SURVIVOR EPISODES CAME TO A SUDDEN END, I WAS JUST DEVELOPING A TASTE FOR THE SERIES.

I TOLD YOU NOT TO EAT EVERYONE. YOU SHOULD HAVE LEFT ONE PERSON ALIVE, HENCE THE TERM, "SURVIVOR", YOU MORON!



your turn

New resident rides the learning curve

The Editor:

Kudos to Fred Kuhn, manager of Weyerhaeuser, Princeton! In your March 1/05 paper you told us about Kuhn's appearance at the February 21 Town Council meeting to complain about "the lack of progress in Princeton." More specifically, his visit appears to have been prompted by a glossy tourism pamphlet for the Similkameen which omitted Princeton. Kuhn said he "is disappointed." So am I!

How could any competent editor assemble such a brochure and omit Princeton - the GATEWAY to the Similkameen and the greater Okanagan? Mayor Olsen is quoted to explain that there was a problem "getting a buy-in locally." Excuse me? What does that mean? Are we too poor, or too cheap, or are we not wanted on the voyage?

I expected a flood of letters to the editor arising from this issue and the many other issues that surfaced through the coverage of this meeting of council, but, hardly a word appeared in the March 8 paper. Only Dawn Johnson reflected on Kuhn's disappointment with Princeton's stagnation when she addressed the lack of French Immersion in Princeton schools - in short, not enough young bodies! Why - because for a number of reasons, not enough young families are being attracted to our town!

The same March 1 story revealed another perplexing comment from Mayor Olsen in response to Kuhn's questions about Princeton's progress - "Are we moving ahead? Are we falling

behind?" The response, paraphrased, - the town is not moving ahead, but is in the process of moving ahead. Hmm, what can we make of that? It appears that we are going to hire yet another stranger, Hugh Culver, to "work with Princeton people." Hmm, on what, with whom? What might his vision be for Princeton?

How can a stranger, parachuted in from who knows where, better understand and serve our community than our own council, elected because we, the citizens, have been persuaded that they, as a group, have a vision of what Princeton could be - and the wisdom and ability to create momentum toward that dream. Instead, to my disappointment, the same March 1 article revealed that Princeton does not even have a long term plan - the very foundation for future development.

We already share the services of Michael McLaughlin who is supposed to inspire economic development for the Similkameen region. He has apparently not met with much cooperation. Let us not hire more help until we, as a community, know exactly what he is supposed to do for us.

When my husband and I moved to Princeton in the fall of 2003 we were invited to a meeting of the Princeton Business Enhancement Association (BEA) as guests. We subsequently joined and have attended many of the meetings. Through these meetings I have learned that, as the March 1 article also implies, that this community is a bit short on cooperation and there do indeed seem to be forces that

prefer the status quo. I am not yet community wise enough to know who or what these forces are but - let them be ignored and fade into history. I have been here long enough to know that the business community and most people I have met are keen to see change and progress. However, it is not enough for the business community to want growth.

We, the citizens of Princeton, have to be the foundation for a change in attitude. There seems to be a prevailing sense of 'nothing good will ever come to this little town again - we can't win and we don't care.' Well, change for the better won't happen unless we demand it, invite it and welcome it when it is offered. Adopt a new point of view! For example, whether you live in Dearview, on the Third Bench, the Allison Flats or the Tunnel area, you and your children deserve a Community Recreation Centre with a pool and the works. NO - you should not have to go to Penticton for all things good! Other small communities have such amenities and so can we - if we EXPECT them, DEMAND them and 'yes' will PAY a little extra in taxes for them. My own family has long grown up but I would not have moved to Princeton when my family was young. I once asked a local person what teenagers did here. He replied with a resigned smile "smoke pot and get pregnant" how incredibly sad!

Finally, back to Fred Kuhn. Without doubt, he heads the economic engine of this community.continued on Page 24

Current Comment:

Do you remember when Hedley was busy?



Dawn Johnson editor@thenewsleader.ca

A letter in last week's News Leader talked about keeping Princeton small and turning away industry. This person obviously likes Princeton the way it is. Although I was born and raised here, and have spent most of my adult life here, I disagree. I liked Princeton better in years past, when mining was in full swing, and we had a big brewery, and a dairy business, a furniture store, ladies' dress shops, a tailor shop, a butcher shop, three grocery stores and a hospital where you could have surgery and have a baby.

I thought about the letter, and said, "This person wants Princeton to become like Hedley."

I am old enough to remember Hedley when it was a thriving community, when it had two streets lined with businesses, and they had doctors and a small hospital. I used to go there every week during the summer, because my father sold eggs and produce to restaurants and grocery stores in Hedley. I liked going to Hedley.

Although I can remember the bustling main streets, and a lot of the shops, I cannot remember anything about the main industry that kept the town busy. I suppose the mill would be considered unsightly, and all of the tailings a nuisance, but I cannot remember those parts of Hedley at all.

In my teens, I went to Hedley to play softball, and I remember going to a restaurant with my friends. It was our favourite restaurant in Hedley because it served fried oysters on toast at a ridiculously low price. Even in my teens, I paid no attention to the heavy industry operating so close to downtown Hedley.

I went away to college and did not see Hedley for another two years. What a shock! The big industry that had kept Hedley such a busy, vibrant community had shut down. People were leaving in droves.

In years to come, I watched Hedley keep on shrinking. Businesses that had served Hedley were gone, leaving empty real estate. Some buildings burned down, some were tom down. The community became "deadly Hedley", nothing to do, no place

to go, no jobs to speak of. During the 1970's, hippies moved in and seemed interested in taking advantage of low rents and little public criticism, but then even the hippies moved on.

A religious organization moved in along with retirees who wanted cheap property in a quiet setting. The government quit funding the organization, and it moved on. About the only thing growing in Hedley was nostalgia for the good old days, and the museum was built and furnished, but Hedley remained as "deadly" as ever. The old school, which had seen every classroom full, saw only two classrooms occupied.

Is this the vision we want for Princeton's future?

I do not. I want a community where there are lots of educational opportunities for our youth, and plenty of jobs good enough to support young families. I want to be able to go to a doctor or dentist

in my own town, and to be able to go to a local hospital when I am very ill. I remember a time when I had major surgery in Princeton General. I want to live in a town where there are lots of thriving businesses where I can shop. I want to be able to enjoy entertainment in my own town. I want to be able to have a library open every day of the week.

All of these things - education, health care, businesses serving the community, a library, social and recreational activities - all are the result of good paycheques that come from industry and growth.

Industries pay the way for us. Without the paycheques and the taxes industry pays, we will turn into Hedley.

What is Hedley doing today? It is struggling to bring back some kind of jobs, young people, and economic activity to the community. Hedley does not want to be "deadly" forever!

More on Marshall's WCB battle

To the Editor;

Hello again fellow British Columbians. Here is just a short note to WCB from a growing crowd and an angry mob, soon to have a solid voice of one.

Reader disturbed by landfill shortage

To the Editor;

Spring came early and so did the need to review garden supplies. Containers of old or partly used pesticides were deemed to be in need of elimination. Having paid "EcoTax" on most, surely the local landfill must have a depot set-up for proper disposal. Surprise!, this is not so. Instead the recommendation - "Just include such items in your regular garbage bags". Does anyone else find this disturbing? Where do we dispose of these items?

- Colleen Burke

Why should Donna Freeman, the Public Affairs Manager for WCB, comment on my case or any other. No one asked her to.

Even with all these help systems in place, too many claims fall through the cracks and are denied.

Most people find the system made to be confusing. People are emotionally, mentally, physically and financially devastated by decisions made by the WCB.

Donna Freeman should be able to narrow it down closer than 4 or 5 million claims. The population of BC is only 4,190,600 approximately. This number represents men, women, and children combined.

Even people who are accepted, are not as happy as you think.

Unfortunately, Donna Freeman, I do agree with you here, and so does a large majority, "Yes, WCB does make mistakes."

- Steve Marshall

Heart Food by Dave Machin

Many people today carry business cards to give out to those they come in contact with. God's business card is found in John 10:10, it clearly says "The thief comes not but for to steal to kill and destroy, but I have come that they may have life and that they may have it more abundantly. It is not necessary to have lightning flashes, thunder rolls and or goose bumps to know what is of God. Jesus simply said the above verse and there is no gray areas. Anything that has to do with stealing, killing or destroying is of the devil. It is not God and has nothing to do with Him. Anything that has to do with Blessings and abundance is God. Somehow we have allowed our senses and reasoning powers to cause us to blame God for things that He has never had anything to do with. I do not have to go off and pray to know whether or not cancer is of God. Obviously it kills, steals and destroys and does not leave God's calling card at all. Allow this one simple scripture verse to clear up your thinking for once and all about who's been leaving business cards with you or at your house. If it were possible for God to call you He would say "I love you, for I am God, My Word is good and good all the time." Please do not be deceived.

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One of the new displays at Princeton Museum this season is dedicated to the railway.

Letter To The Editor**EDO responds to 'no progress' letter**

To the Editor:

Last week's letter to the editor by S.B. Mitchell is bound to get some discussion going. Mitchell is correct about the impact of big box stores on small communities. They tend to prosper at the expense of the downtown business community. Mitchell is correct in recognizing that some types of growth are beneficial and some not.

Mitchell raises an important question: Is economic growth necessary? Can a community continue to thrive if it does not grow? My answer is: usually not. As other surrounding communities grow they lure residents away. Surrounding communities improve their shopping and recreational amenities. A town that does not grow becomes less and less competitive at keeping shoppers at home and attracting shoppers. Other communities become more desirable places to live as they add swimming pools, recreation centres, and art galleries. As well, government dollars flow to larger centres. Smaller communities lose their hospitals and government offices. Both are important for standard of living and supply many jobs.

And growth usually brings in younger families. Without them a town's population ages, there are fewer children, and schools close.

So, without growth, there is often a spiral of decline.

However, perhaps growth is not the most essential thing. Maybe the measure of a community's health is its vitality. A community might not have to grow, but it must be open to change, because vitality is all about changing and adapting

to new social and economic realities. You don't have to grow to stay alive (maybe), but without change you will surely die.

- Michael McLaughlin,
Similkameen Valley EDO

Letter To The Editor**Chamber member praises show**

To The Editor,

Princeton was definitely a piece of the action last weekend at the Sportsman and Country Living Show at the Abbotsford Tradex Centre. I spent about 6 or 7 hours helping to talk up the Princeton area and it was a grind, but fun.

I was there to tell people how great Princeton was and make sure the brochures didn't run out. Every third or fourth visitor would turn the tables on me and tell me what a wonderful place Princeton was and how lucky I was to be able to live there. I heard stories like - "I caught a _____ pound trout at Chain Lake".

"I am planning to retire in Tulameen" "I bagged my first deer" "We are going to buy a piece of property and build a cabin", "The rivers are clean, the air is clean" and "We love Princeton".

While I was there the brochures went out in stacks of 100 and the next thing you knew there would be 5 or 6 left. I understand over the 2 day show visitors picked up between 2500 and 3000.

I discovered the interest in our area nothing short of phenomenal, there was not a lot of time to look around but we appeared to be the busiest community display of all.

Any Princetonite that has the opportunity to help at this show should do so, if for no other reason than the visitors make you feel very lucky to be able to live here.

- Betty Pelly, Chamber Member

Green praises Kuhn

Continued from Page 22.....

His voice should be heard and respected. To Fred I say - remember the now immortal words of JFK, "Ask not what your country can do for you, ask what you can do for your country" so 'why not contribute to something truly memorable for this community' why not a Weyerhaeuser Community Centre - or a Weyerhaeuser Skills Centre or a Weyerhaeuser winter sports complex on Bear Mountain? When you want to get a ball rolling, it helps to give it a push!

Respectfully, Karin Green

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Amber Ski Hill is explored more in depth this season at Princeton Museum.

Letter To The Editor

Green gets another chance to say her piece

The Editor:

It is truly interesting to observe how very differently we, as individuals, experience an event. When I read the March 1 story about Fred Kuhn's visit to council I was pleased that some issues, important to me, had been aired. While I was not at this meeting of the town council, the story gave no indication of hostility or personal attack on individual members of council - just Kuhn and others being candid.

S. B. Mitchell, however, as indicated in a letter to the editor, March 15, appears to feel that council and the very essence of Princeton have been insulted and that proponents of 'progress' should get out of town or go back to where we came from. Ouch, that hurt! I fear that Mitchell will not like my other letter to the editor, submitted too late to appear in the March 15 edition.

'Progress' is not an object, it is a concept - an idea. As such it means something different to each of us and generates many emotions. When you close your eyes and picture progress for Princeton 'what do you see and feel? Some of us will picture big box stores, traffic and strangers' some will feel fear, others will cheer. Many of us have not given it much thought, don't much care - and accept whatever happens. Some of us envision the wonderful, close and friendly community we have - only better. That would be me.

We tend to think of progress, growth and change as synonymous. Not true - we can have change without progress - and Princeton has seen more than its share of negative changes. Progress is not possible without growth and growth will bring about changes - positive changes if wisely directed. I would love to see Princeton grow enough to support a second grocery store, some real

clothing stores, a shoe store, a jewelry store, a car dealership, a drive-through car wash, a full-time veterinarian, a full-time optometrist - and how about a community centre, French Immersion in our schools and yes, I wholeheartedly agree - a sidewalk along Tulameen Road before some poor pedestrian is killed.

Even the modest progress I envision will require an infusion of mid-size employers who can provide well-paid, full-time jobs for employees with disposable incomes. This will not happen overnight. Tourism revenue can be a wonderful seasonal windfall but it can not be a key component of a

Letter To The Editor

Toews coins 'gobbledegouk'

Dear Editor,

I realize that MP Jim Gouk's ego is easily bruised, and that is why he needs to counter all criticism. I also do not wish to engage in useless semantic debate with him. It seems, however, that he has too much time on his hands. Why? He needs half a page to refute my mostly accurate four hundred word historical account, when he should be attending to area business.

Having relied totally on memory, I was guilty of two inaccuracies, and for one I had added a disclaimer. Thanks also for the lesson in grammar (I picked up on the boo-boo after mailing). Please, Mr. Gouk, we already know what you stand for, but thanks for reminding us that your party changes its name regularly in vain attempts to gain respectability. So, no thanks for the political lecture, we would rather read less gobbledegouk.

I had been told that Jim Gouk is an ex-airline pilot, so I mistakenly used that in my letter. I apologize for the unintentional upgrade.

When TCA was still the people's

vibrant and stable local economy. We are not Osoyoos or Penticton with wonderful lakes and beaches in the heart of our city but we CAN make the best of being the Gateway to the Okanagan Vacation Wonderland. Let's say to tourists - stop in, stock up, spend a day camping on the Similkameen along the Old Hedley Road - it's on the way to wherever you are going.

S. B. Mitchell clearly loves Princeton - so do I. Is Princeton pretty? Well, YES, but in a sort of cowgirl down on her luck way - clothes are threadbare, boots are worn and she needs a new hairdo - but still proud.

- Respectfully, Karin Green

airline, a relative of mine fuelled the passenger jets at Vancouver International. He filled TCA's tanks with JP1 (premium fuel) while privately owned airlines used JP3, the lowest legal grade. To me it's obvious that perfection cannot be replaced with mere adequacy and compassion is what's needed after the crash. Comparing their safety records will bear this out. That was the main thrust of my previous letter!

Less than three hundred words are used to make my point and I believe that I have said more than our MP did in half a page. So, whose ego needs to see its name in print?

Sincerely, HP Toews

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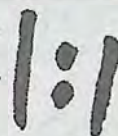


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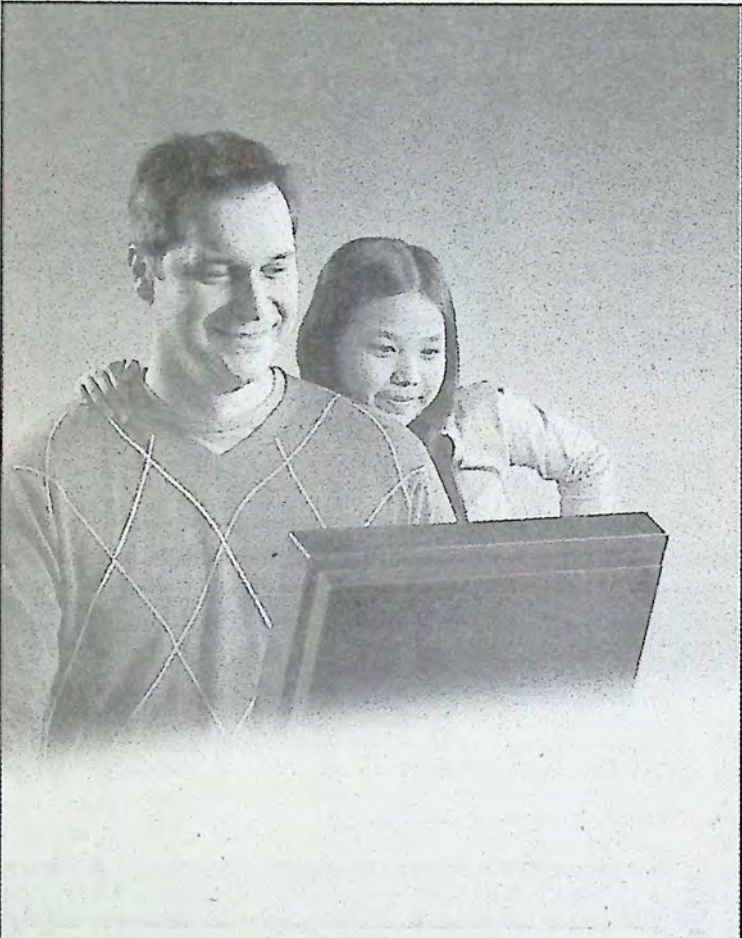
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DRBC leader predicts more privatization

Tom Morino, leader of Democratic Reform BC last week predicted that, "If Gordon Campbell wins a second majority government, the privatization of the Coquihalla Highway will be back on the BC government's agenda."

"During the last provincial election Gordon Campbell promised not to privatize BC Rail but as Premier he went and sold it anyway under circumstances that were questionable," said Morino.

"He sold it when BCRail was making record profits and did it in such a manner that the circumstances surrounding the sale are now part of a police investigation and an upcoming BC Supreme Court trial."

"Also during the last provincial election Kevin Krueger promised that a Liberal government would scrap the tolls on the Coquihalla Highway," noted Morino. "Instead after Krueger was safely elected Premier Campbell set about to privatize the Coquihalla under a scheme that would have seen people paying much higher tolls for decades to come."

"It was only when 99% of the people of this region spoke out against the deal that Campbell even began to listen to the people's concerns and put his highway privatization plan on the back burner," said Morino who was in Kelowna meeting with a number of candidates.

"I want to warn the residents of the Okanagan and entire interior of British Columbia not to be fooled again," declared Morino. "If Campbell gets another majority government the Coquihalla Highway will once again be up for sale."

"I want to assure the people of the Okanagan and of the interior, that

if DR BC is fortunate enough to elect enough MLAs to hold the balance of power after the May 17th provincial election, we will ensure that the Coquihalla Highway remains in the public domain. Moreover we will bring forward legislation removing all tolls on the Coquihalla Highway," vowed Morino.

Letter To The Editor

Writer explores rustling

Letter to The Editor;

Rustling-(dictionary definition)To steal livestock, especially cattle. In days not that long past, rustling earned the guilty party a trip to the Hangin Tree. Fortunately both the punishment and the frequency of the crime have lessened in more recent times. Lessened but not entirely disappeared.

Local ranchers say they have been losing cattle regularly for years. The numbers are often small. The incidents often unique and the predators are both human and animal.

It is not unusual to lose a few head each year when they are on the summer range. Yearlings and newborns can be easy prey for predators and grown stock have both gotten into trouble and died or wandered onto neighboring rangeland.

There are however, occasions, when the human element steps in and cattle are slaughtered and butchered on the spot: high in the hills and away from watchful ranchers eyes. Some ranchers have spoken of losing a calf near the road to a drive-by rustler. One rancher stated it happened at least once every year.

There are also incidents when cat-

tle being sold through auction houses, such as the one in OK Falls, are found to have a few head with the wrong brand. Apparently with larger herds it isn't that uncommon. A few of the neighbors herd can slip in and are hard to detect among several hundred head. The brand inspector spots the impostors, sorts them out and contacts the owner.

There are occasions however, when cattle with the wrong brand are found among a smaller lot. It puts a person in a pretty tight spot trying to explain how several cattle with an incorrect brand got in among a couple dozen of their own. Local cattle owners have said that when you are taking a couple dozen head to auction, you know which ones are yours and which are not.

Local cattle owner, Mrs. Edith Currie, stated she has lost cattle in every possible way imaginable. She said she lost 20 head one year and still has no idea how or who. Its part of business, part of the life. You expect losses every now and then.

The law prosecutes rustlers these days. There are no more necktie parties in the back forty; at least none we've heard about.

- David Badger

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Spring must be here! The Flowers In Motion travelling flower and plant truck was in town last Saturday for the first time this season. Expect to see them each Saturday in the Plaza parking lot.

RCMP respond to variety of calls

Subject: Stolen Vehicle/Stolen Bicycle Recovered in Princeton

On Thursday, March 10th, 2005, Princeton RCMP intercepted a stolen auto from Midway, the driver abandoned the stolen Honda on Penryn Avenue, and then stole a mountain bicycle from in front of a residence. Police were then advised by a pedestrian that the suspect was at the Chevron gas station. Police arrested the 30 year old male for the thefts. As a result of this investigation unfolding, the suspect is also linked to an attempted theft of a motor vehicle in Midway, theft of gas in Rock Creek, had break in instruments in his possession, and was found to be on Probation. A crack/meth pipe was also found in the effects of the subject. In total he is facing 6 charges, 4 related to theft. Subject was released for court in Princeton on April 14th, 2005 for his first appearance.

Subject: Impaired Driver/Over .08

On Friday, March 11th, 2005, Princeton RCMP stopped a vehicle in the downtown area. The driver showed obvious signs and symptoms of having consumed alcohol. A breath demand was made and the driver provided 2 samples of his breath, which were 100 and 110 mg% per 100 ml of blood, blood alcohol reading (breath analysis). The 42 year old male from Princeton will appear in court on June 16th, 2005. He was issued a 24 hour driving prohibition as well as the automatic 90 day prohibition from the Motor Vehicle Branch.

Subject: Graffiti - Vandalism

RCMP are investigating the increase in the graffiti in the town of Princeton. Charges for committing this act fall under mischief and is a Criminal Code charge. Police request the assistance of the public to call in if they notice anyone spraypainting in the area. Police have arrested two individuals for graffiti the previous weekend.

Police also advise that after notifying police so we can document the incident, that the graffiti be cleaned up, painted over as soon as possible.

Subject: Impaired driver (New Driver)

Friday March 11th, 2005, a 19 year old Princeton male - New Driver- faces charges of impaired driving and driving while over .08 when he was found driving Friday evening. He will appear in court on June 16th, 2005. He received a 24 hour driving suspension as well as the automatic 90 day driving prohibition from the Motor Vehicle Branch.

Subject: Alcohol Poisoning

Saturday March 12th, 2005, Princeton RCMP are investigating an incident of alcohol poisoning that occurred Saturday evening. A 15 year old female from Princeton was taken to the hospital by her parents as a result of the over consumption of alcohol during the evening, the female was supplied the alcohol by a male. Charges under the Liquor Control and Licensing Act and/or the Criminal Code may be applied.

Subject: Firearms Complaint

Saturday March 12th, 2005, a 43 year old Princeton resident was arrested early Saturday morning for a Firearms related complaint. Police responded to a call at a subsidized income housing project apartment and learned that a male had pointed a loaded firearm at another male inside the residence. As a result, police attended the suspect males residence and arrested him, more firearms were seized as a result. The 43 year old male faces charges of Pointing a Firearm and Uttering Threats. He is to appear in court on June 16th, 2005.

Subject: Two search warrants executed

Princeton RCMP executed a search warrant in the 400 Block of Huey Road in Princeton on March 9th, 2005 at about 1:30 pm.

The occupants of the home (male and female from Princeton) were arrested and are facing charges of production of a controlled substance and possession of a controlled substance.

RCMP seized marijuana, hashish (derivative of marijuana) in addition: growing equipment and drug paraphernalia.

Princeton RCMP executed a Controlled Drugs and Substance Act warrant on a residence in the 1400 block of Summers Creek Road, in Princeton on March 10th, 2005 at 2:00 pm.

The occupants of the home (male and female from Princeton) were arrested and charged for Production of a Controlled substance. Possession of a controlled substance as well as Unsafe storage of a firearm. RCMP seized marijuana, growing equipment, drug paraphernalia as well as firearms from the home.

The suspects in these matters will be appearing in Princeton court June 16th, 2005.

All these matters are still under investigation.

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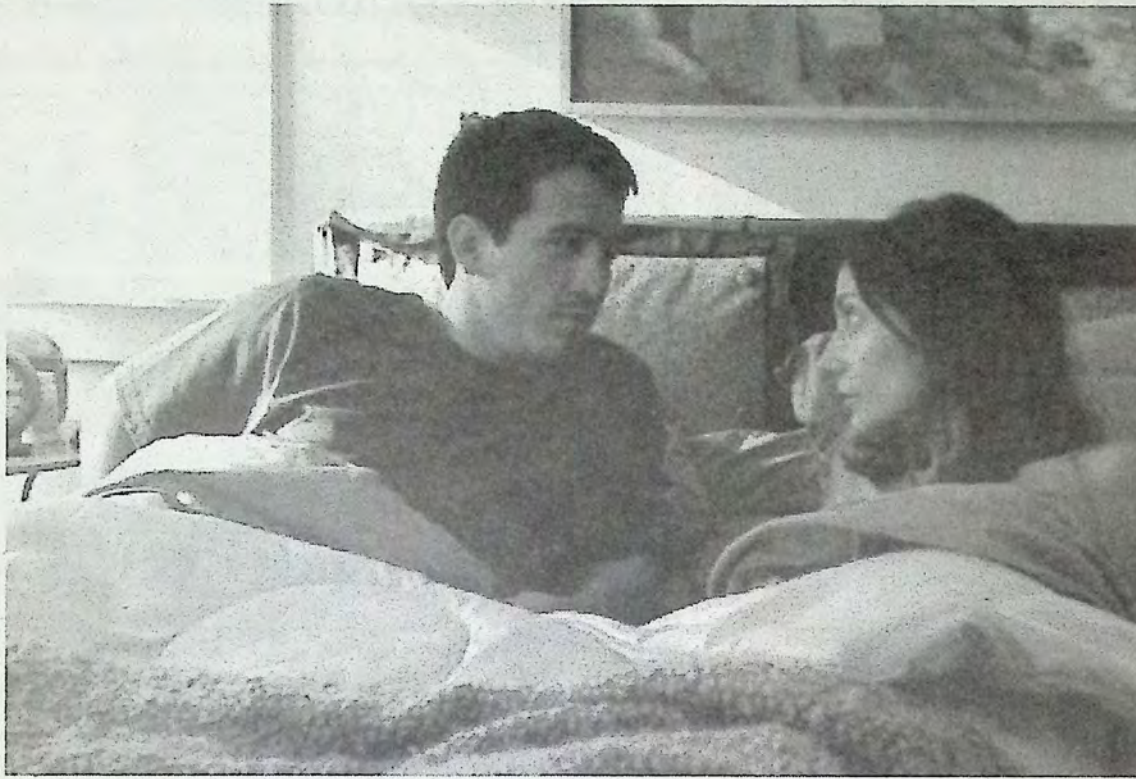
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.5 acre lot has so much space, just requires your new home!



MLS # 29521
Building only, excellent tenant in place. Prime downtown location.



DAN PIPPIN
295-8584
info@danpippin.com



MLS # 27332
Missezula Lake - Fabulous custom-built home. Incredible landscaping.



MLS # 29600
10 acres on Allison Creek. Close to Allison Lake.



Excellent downtown location!



MLS # 29407
Immaculate! New kitchen, hardwood floors, hot tub room.



JANICE BARCLAY
295-3222
janice@princeton-bc.com



MLS # 29408
Large home, 3-bay garage, hot tub room, 19-acres. Amazing views.



MLS # 29006
Very private and only 12-kms from Princeton. 58-acres!



MLS # 28655
Unobstructed views of Chain Lake! Rare rec country find.



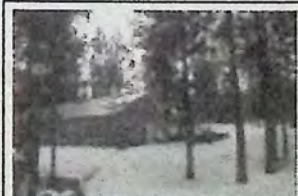
MLS # 29755
Eastgate acreage. Subdividable in three 1-acre parcels.



BRENDA CRAWFORD
295-3222
brendasells@cablerocket.com



MLS # 27735
47 acres, incredible views. Hot tub room, privacy galore!



MLS # 29235
7.66 acres backs onto Hayes Creek. 3-bedroom home!



MLS # 29440
Mobile with 15-acres. Fenced pasture, backs onto Crown Land.



MLS # 29276
106 acres of wide open spaces. Waterfront.

#1 MARKET LEADER!

Based on publicly available information and on an audit by Arthur Andersen of 1997 RE/MAX residential real estate transaction sides in North America only.