

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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Town hires new CAO

Mayor Randy McLean announced at the March 6th meeting of Town Council that Patrick Robbins of Invermere has been hired as the new Town Administrator, filling the position vacated by the retirement of Cornie Froese.

Robbins, 41, is an avid flyfisherman and golfer. He is married without children and "is thrilled about being part of the community."

There were a total of 30 applications received with an additional 17 inquiries. The short listed three candidates were interviewed on March 4th. Robbins will start his new job on March 20th.

"He seems like a great guy and seemed like someone we'd like to have on a team and seems like a team player," McLean said.

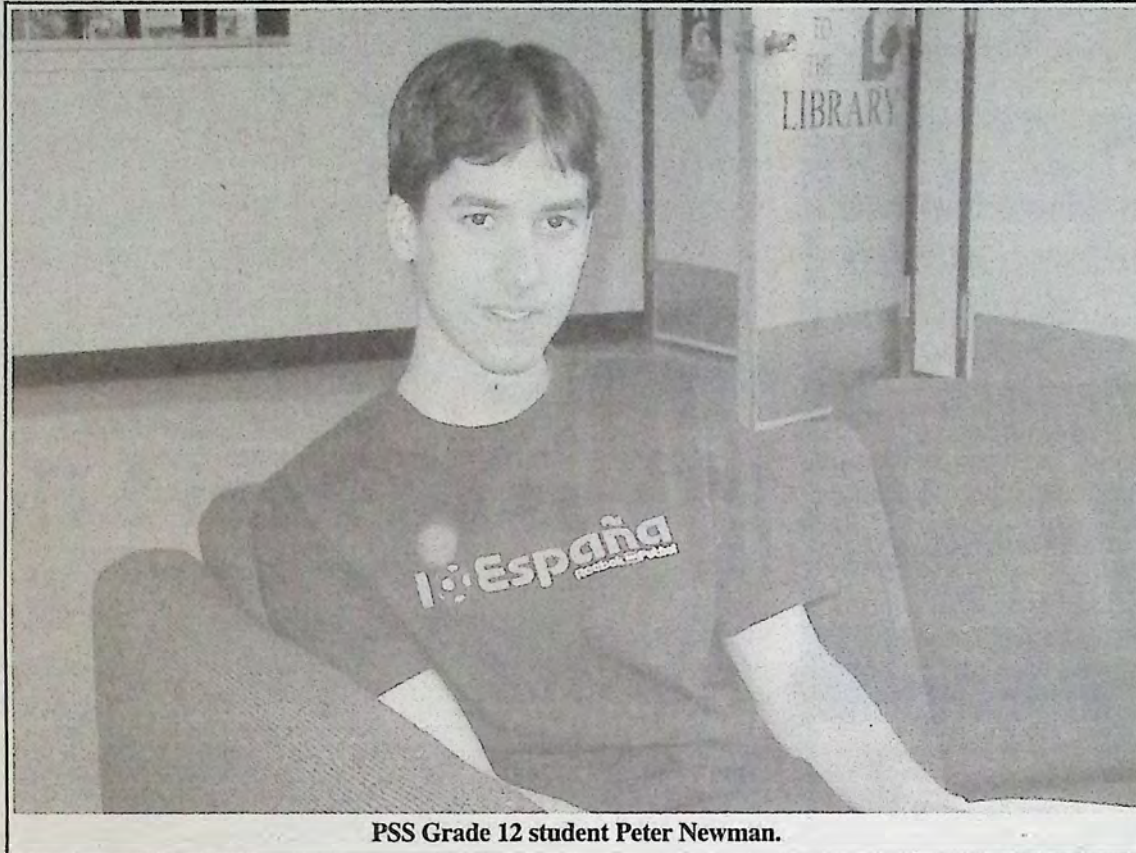
Councillor Manion added, "He really wanted to come here. I think it's going to be fun and it's going to be interesting."

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Student receives huge award



PSS Grade 12 student Peter Newman.

Amount
could
total
\$60,000

Princeton Secondary School Grade 12 Student Peter Newman received word on March 1st that he was the recipient of the Seymour Schulich Academic Excellence Entrance Scholarship.

The award amount is \$20,000.00. Newman, who applied for the Scholarship online through the University of Calgary's Student Awards and Financial Aid Department, has been officially admitted to the Schulich School of Engineering and has registered for a full course load - as required in the engineering program for the 2006-07 Fall and Winter sessions.

This is only the beginning for Newman, who's award is also renewable for two more years of the program which means he could receive \$60,000.00 over the next three years providing he meets criteria including a minimum grade point average of 3.50 in the previous Fall and Winter Sessions and maintains a full course load as required in the Engineering program.

"Your record is excellent, and we would be proud to have you as a student," says Linda Sharma, Director of the Student Awards and Financial Aid Department in a letter to Newman.

The massive size of the award has faculty at PSS buzzing about the news, which Newman seems to be taking in stride.

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EDO issues recommendations

Economic Development Officer Michael McLaughlin attended the March 6th Town Council meeting and made three recommendations resulting from meetings with the Tourism Advisory Committee.

The first recommendation was that the Town of Princeton - and the other member communities, regional districts and Indian bands - pool \$1,200.00 each for the development of a Similkameen Valley website.

His second recommendation was to see the Town of Princeton and Area H pool together money for the development of a Princeton tourism website.

McLaughlin, who designs websites as one of his many talents, stated, "The website recommendations are there because they are primary promotional tools."

The third recommendation was to develop a product in the Similkameen. McLaughlin was leaning towards China Ridge Cross-Country Ski Trails and had members of the Society present at the meeting for support.

"It's a lucrative tourism market and most importantly it's a Winter tourism market," McLaughlin explained. "Developing a Winter asset is a priority."

McLaughlin added there was a possibility of the site becoming a year round attraction with mountain bikers using the facility in the milder months. McLaughlin suggested using \$19,000 of UBCM Tourism funding and matching that

with a 2010 Olympic/Paralympic Live Sites grant of \$19,000 for development of the project. If the Live Sites grant was issued, McLaughlin said the \$38,000 would allow for upgrading of equipment being used to maintain the facility and for marketing considerations.

China Ridge currently contains between 35 and 40 kilometres of trails and a total of 99 people

Trails Society asks for money

Vermilion Trails Society President Judy Short spoke to Town Council at their March 6th meeting.

She said she was there to discuss, "past, present and future projects of Vermilion Trails Society," and started with an outline of accomplishments to date including the mural on the side of the Irlly Bird building and the completion of the foundation in the round house. She outlined the partnership with Princeton Rotary Club and the efforts of both to establish a park where the Tulameen and Similkameen Rivers meet.

"We plan to keep this park as natural as possible."

Upcoming projects the society would like to complete include the paving and lighting of the trail from the Silver Bridge to the Tunnel and the completion of the round house.

One plan with the round house is to include a story of the history of the area and the trail on four 18-foot panels.

"In other words from trail to rail

signed the Visitor Register in January.

"It's very complementary to our other outdoor asset, the Trans Canada Trail."

Mayor Randy McLean thanked McLaughlin for his recommendations and stated, "It's been in the back of our minds for many years - the untapped potential of the wilderness attractions like the China Ridge Trails."

and back to trail again."

Another project would be to complete a partially covered bridge over the Tulameen River, near the Silver Bridge. It would make the trail continuous and cost estimates are between \$250,000.00 and \$500,000.00 depending on style of the structure.

Short then asked Town Council to consider another annual grant in the amount of \$5,000.00 to which Councillor Jim Manion suggested, "It would make a good 2010 project."

"The sooner the better," Short quipped.

The cost of paving the trail sits currently at \$54,000.00 with another quote coming in.

Town Council was obviously impressed with the work already accomplished by the group and offered future support, "We'll do everything in our power to make it happen," Mayor Randy McLean said. "You are doing something for each and every one of us."

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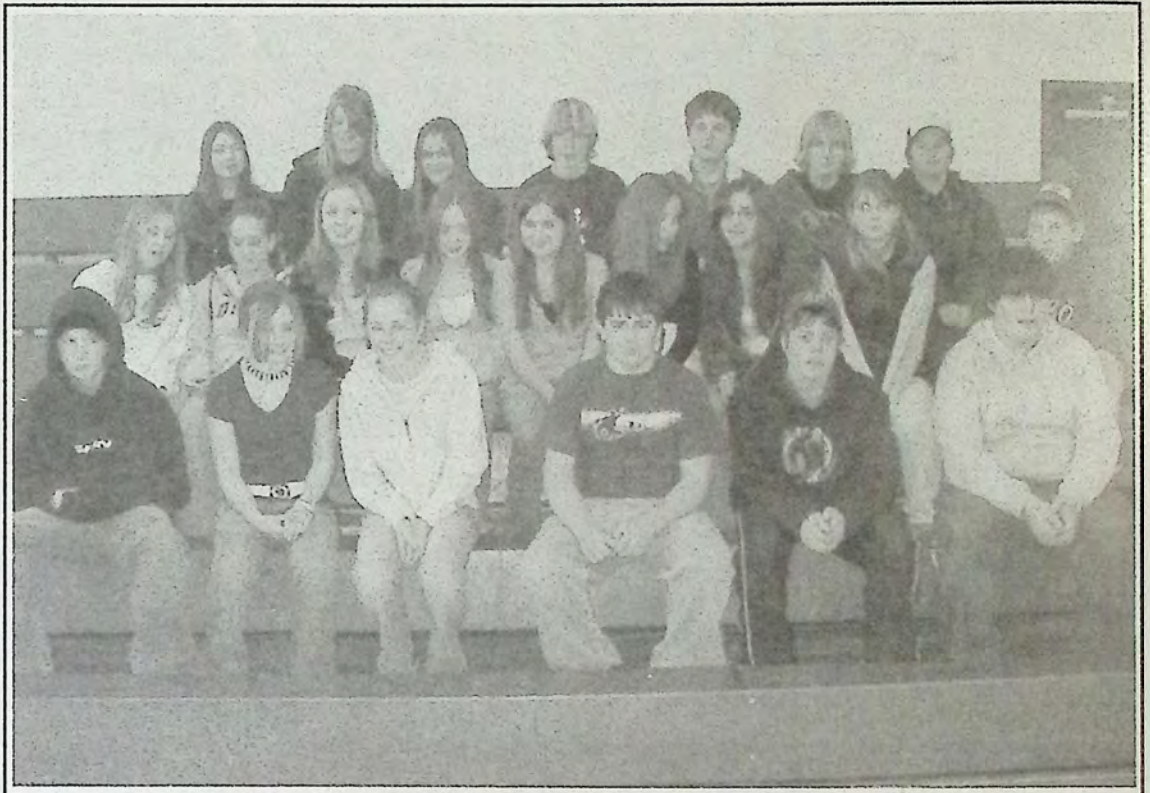
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PSS Grade 8 Honour Roll Students.

PSS issues Term 2 Honour Roll

Princeton Secondary School has announced it's Term 2 2005/06 Honour Roll. Students with 86-100% are named to the Principal's List, 73-85% the Gold List and 67-72% earns an Honourable Mention.

Grade 8 Principal's List: Helen Bibby, Makenzie Johnston, Alyssa Larsen, Danielle Hassell, Daniel

Howarth, Kelcy Banks, Cayden Johnson, Alexa Musgrove, Vian Maritz and Jared Fenrick.

Grade 8 Gold List: Karis Bergsma, Mitchell Lamoureux, Julia Crimmon, Colton Williams, Emily Langstroth, Brittany Folk, Nora Freeman, Cody MacDonald, Riley Brooks, Nicholas Yee,

Stephanie Wright, Rachel Hoiland, Cori White, Keaton Phillips, Neko Bertucci, Kelsi Walton, Joseph Powell and Bryce Markin.

Grade 8 Honourable Mention: Caitlin Merenick, Katie Liberatore, Mariah Liddicoat, Marlee Rice, Kiel Liberatore, Kaysha Milligan,continued on Page 3



PSS Grade 9 Honour Roll Students.

Presented By: The Princeton Fire Department, Princeton Highway Extermination Society, BC Ambulance Service, Ground Search & Rescue, RCMP & Citizens on Patrol



Date: March 26, 2006

Time: 10:00 a.m. - 3:00 p.m.

Location: Princeton Fire Hall

Princeton Emergency Services will be holding an open house / recruiting session on Sunday, March 26th with live demonstrations showcasing the wide variety of skills and tools used. Come and witness rope rescues, vehicle extractions, patient care, GPS use, fire fighting techniques plus much more....

Princeton Emergency Services Open House



Demonstration Times:

- 10:30 - Structure Fire
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- 1:00 - High Angle Rope Rescue
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* MLS statistics 1990-2004



PSS Grade 10 Honour Roll Students.

Ashlee Cathro, Lindsay Mervyn, Milen Wilkinson, Natasha Clifton, Deseree Bruneau and Shayla McClain.

Grade 9 Principal's List: Rachel Vinthers

Grade 9 Gold List: Allana Garton, Carley Brewer, Rachel Jung, Katelyn McInroy, Elizabeth Szekely, Brittani Clifton, Thomas Smyth, Jenny Laska, Arielle Carlton and Chloe Littlejohn.

Grade 9 Honourable Mention: Dawn Campbell, Clint Cook, Chelsie Clifton, Rick Nicholls,

Dylan Bielby, Amanda Buhler, Brett Dore, Samantha Goodman and Kristy Jack.

Grade 10 Principal's List: Claire Bibby, Julia Halipchuk, Madison Johnston, Kaila Musgrove and Candace Klassen.

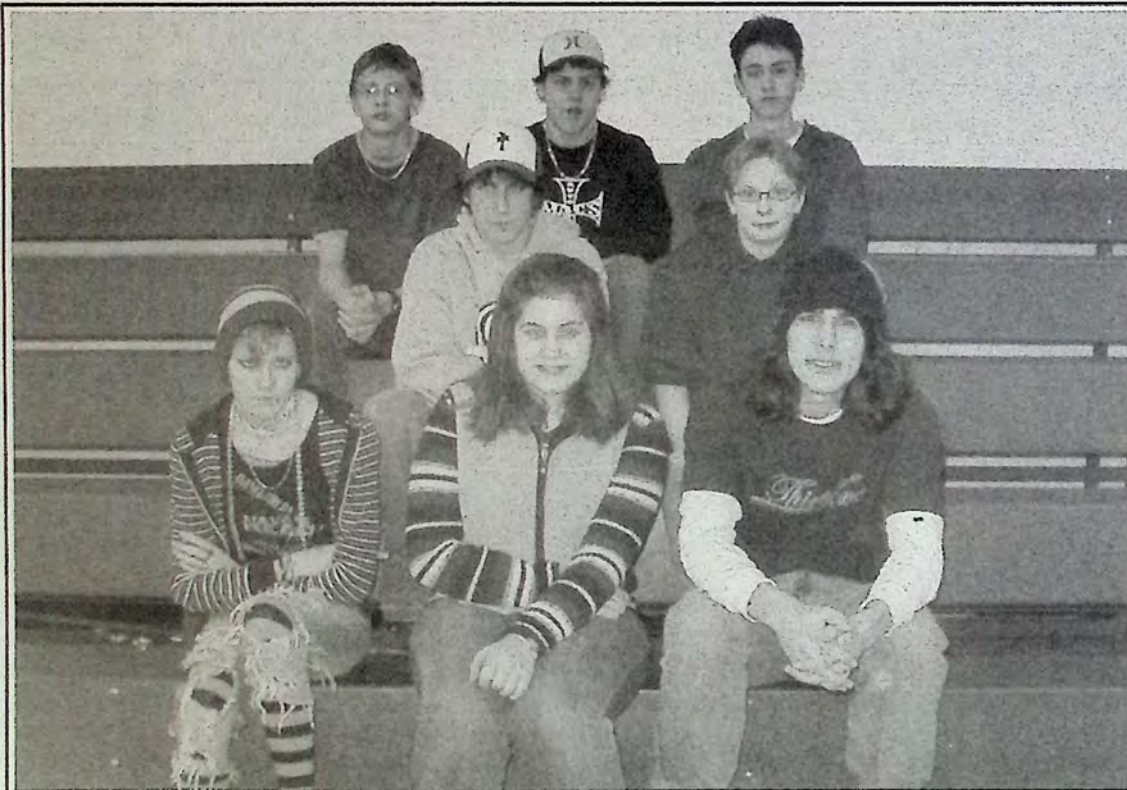
Grade 10 Gold List: Chantelle White, laine Lueke, Tia Tolmie, Tara Plecas, Brian Shewchuk, Amber Pepler, Ty Senger, Samantha Wasylenchuk, Russ Tjernstrom, Courtney Webb, Kimberley Capp, Paul Houben, Marcel Lamoureux and Michelle

Derkson.

Grade 10 Honourable Mention: Kelsey MacDonald, Cody Wilson, Philip Langstroth, Justin Hilton, Jennifer Dunn, Laura Robbins, Meagan Thomas, Cory Berkers, Kevin Alvarenga, Michelle White, Cassandra Morin and Kayley Thomas.

Grade 11 Principal's List: Ian Stout.

Grade 11 Gold List: Amy Burke, Steve Kovacs, Denis Gutierrez-Ogrinc, Jennifer Pattison, Bradleycontinued on Page 24



PSS Grade 11 Honour Roll Students.

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Keep It In The Green Zone!

PLP's "Power-By-The-Hour" Contest Entry

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Answer	<input type="checkbox"/> Red Zone <input type="checkbox"/> Green Zone



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keremeos and area news



The father/daughter team of Vlad and Martina Zamecnik were promoting their Transfer Factor product at the first annual Healing Arts Fair last Saturday in Keremeos.

First Healing Arts Fair a success

The first annual Healing Arts Fair last Saturday at Victory Hall was well attended and attracted a lot of attention.

Entertainment included a Qi Gong demonstration, a Crystal Bowl concert and the Desert Ladies belly dancers.

Speakers conducting mini workshops at the OAP Hall included Katharina Riedener (Classic Homeopathy), Mari Dube (Melaleuca, The Wellness Company), Marie Stancer (Specialized Kinesiologist, People and Pets), Rosemarie Woloch (Clinical Hypnotherapy), Mary King discussing 'Good Health Is Maintained By Nutritional Balance,' Vlad Zamecnik (4Life

Research), Barb Quaedvleig (Tahitian Noni), Sylvia Mantyka discussing 'I Eat Well, Why Do I Need Vitamin Supplements?' and Bonnie Williams (Irlen Syndrome symptoms).

Gentlemen, start your mowers

Are you interested in racing lawn mowers?

The Keremeos Elks Club and Fraser Valley Lawn Mower Racing Association will be hosting a seminar on how to 'build it right the first time' on Saturday, March 25th.

The program will start at 1:00 PM at the Keremeos Elks Lodge located at 502-8th Avenue.

The event, hosted by Similkameen Country, included over twenty information booths from a number of practitioners of alternative health and wellness practices.

There will be information available on the proper building of a racing lawn mower. FVLMRA members will be on hand to provide an overview of racing rules and regulations and personal gear requirements.

Memberships in the FVLMRA will also be available.

To find out more contact Eugene Deschamps at (250) 499-2363.



Pat Everatt, who organized the first annual Healing Arts Fair with support from Similkameen Country, performs soothing music during her crystal bowl concert at Victory Hall.



Sarah Martin, left, and Naomi Kennedy in character for Cawston Players newest production.

Cawston Players present play

The Cawston Players present their Spring production of *Cobbler Stick To Thy Last* at the Cawston Hall on Saturday, March 18th at 8:00 PM and on Sunday, March 19th at 2:00 PM.

The main feature of the evening is a Canadian play by Nova Scotia writer Kay Hill which involves the hilarious foibles of a pioneer cobbler whose plan to replace his dying wife with a new one runs into trouble when his present wife recovers from illness just in time to greet her replacement.

The play is set in 1780 in Cumberland Country Nova Scotia.

John Butcher, who appeared as Sneaky Fitch in the Cawston Players 2003 cowboy saga of *The Death and The Life of Sneaky Fitch* is Standfast Billings, the cobbler.

Returned to the valley is Naomi Kennedy who plays Faithful, the cobbler's more than fully recovered wife. Susanne, the new wife from Halifax is played by Sarah Martin who appeared as Lucinde in the Players' 2005 Spring play *Doctor, In Spite of Himself*.

Appearing as Tom Pepper, the postman, is Bill Harrison who appeared as Captain Hook in the

Christmas 2005 mini-panto.

Newcomer Gwen Coates plays Charity, a helpful but less than sympathetic neighbour to Standfast, the cobbler.

Dave Cursons, who directs *Cobbler, Stick To Thy Last* with the assistance of Wilfrid Mennell will read and recite from Robert W. Service and Stephen Leacock to fill out the performance.

Resorts join tourism strategy

Apex Mountain Resort and Manning Park Resort are now partners in the development of tourism in the Similkameen Valley. Managers of the two resorts met with the Similkameen Valley Tourism Advisory Committee (TAC) on March 7 at the Snaza'ist Interpretive Centre in Hedley.

TAC Chair Philippe Batini invited the resort managers because "they are the two biggest tourist attractions in the Similkameen Valley. They have large marketing budgets and know the tourism business very well."

Peter Bueschkens (Manning Park) and Jeff Plant (Apex) discussed tourism product development and marketing with the TAC. They had many excellent suggestions, but spoke favourably about how the TAC is building its strategy.

Plant spoke about his guests looking for other things to do besides skiing and identified staying in B&Bs, historical attractions, and

wellness products as frequently requested.

Both Managers encouraged the development of the China Ridge cross-country ski facility. They stated that another place to ski would increase visitors to all cross-country facilities.

Bueschkens offered to assist in the funding of co-operative marketing of the Highway 3 corridor from Hope to the South Okanagan. He extended a similar offer to the China Ridge Cross-country Ski Association.

EDO Michael McLaughlin says he is excited. "I am so pleased with the work the TAC is doing. Because of that committee, we can invite the big players in now. Once we have a strategy finished, we can implement it with the help of our partners."

The TAC meets every second Tuesday in Hedley. All persons interested in tourism development or concerned about it should contact McLaughlin at (250) 295-7260 or 499-5260.

Similkameen News Leader thanks Bryan Smith for his continued support of our weekly publication.

Please visit his website at www.keremeos.net

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Transport Canada reminds owners of registered fishing vessels that modifications to your vessel must be reported in advance to Transport Canada. Even small changes can affect your vessel's overall seaworthiness or stability. Poor vessel stability is a leading cause of accidents and fatalities in fishing operations. The seaworthiness and stability of your vessel depend on you!

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 **Capsule Comments**

by your Pharmasave Pharmacist Wen Wong

A 26 year study on retirees found that early retirement doesn't make you live longer. It seems that those who retired at 55 died sooner than those who worked until they were 65. In fact, mortality was twice as high in those who retired sooner. Hmmm.

Take good care of your bones. As we age, the risk of hip fractures increases and this type of fracture is much more than just broken bones. It can result in the death of 25% of women and 33% of men who fall and break a hip.

A new education campaign is underway in Britain that tells children *Tell, don't touch! If you see a needle, tell an adult.* There is an increasing number of syringes being found on school grounds and this campaign is to make children aware of the dangers of picking them up. Educate your kids about this important subject, too.

Motion sickness can certainly make traveling uncomfortable. To prevent this, try Sea-Bands (or Relief Bands), non drug wrist bands that work on the acupressure point to prevent nausea. There are also certain non-prescription oral medications and patches that work also. Our pharmacists can help you with these.

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news leader health page

Bird flu checklist for travellers

(NC)—Traveling outside of Canada this spring? Want to protect yourself against the bird flu, or avian influenza A (H5N1)? Here is a snapshot of precautions being recommended by the Public Health Agency of Canada, accessible through the Government of Canada website, servicecanada.gc.ca:

- Get a flu shot. Individuals who are immunized with the seasonal influenza vaccine are less likely to contract seasonal influenza; this in turn reduces the likelihood of an immunized individual becoming infected with both human and avian forms of influenza at the same time. There is currently no specific vaccine against the avian influenza A

(H5N1) virus.

- Avoid unnecessary contact with domestic poultry and wild birds. Avoid markets, for example, where live and slaughtered animals such as chickens and ducks are sold, as these animals have been found to carry the virus. Be aware, as well, that the virus can also stick to hair and clothing, and may be inhaled.

- Follow normal precautions regarding food storage, handling and preparation. Travelers should maintain high standards of hygiene, including thorough hand washing, particularly after having handled eggs or undercooked fowl and egg products and to avoid cross contamination with other food products.

- See your doctor. It's a good idea to see your doctor before and after you travel for an individual risk assessment. Travelers to geographic destinations where human cases of H5N1 are being reported should specifically discuss seasonal influenza vaccination and anti-viral drugs. Also, see your doctor if you feel unwell upon your return to Canada.

Facts about avian influenza A (H5N1), and other potential travel hazards, can be found on the new Government of Canada website, servicecanada.gc.ca. Click on Public Safety, select Transportation and Travel Safety, then Health Regulations for Travellers.

- News Canada

Getting real: stronger self-esteem for teens

(NC)—Strong self-esteem, say experts, is the foundation on which healthy relationships, career success and overall happiness is built. Yet, until now, there have been very few self-esteem resources designed for use by girls and young women in Canada. The Real Me Experience (www.realme.ca), a highly interactive online program, fills this gap. NEDIC, the National Eating Disorder Information Centre, developed this breakthrough resource to show young women the ways in which factors like family, peer pressure and the media impact self-esteem and body image. More importantly, perhaps, it provides young girls with tailored strategies for change.

"The program was developed specifically for this age because it's when tensions related to personal development - such as pressures to fit in - are high and when girls have gained the maturity to get insight and to have greater check on their actions," says Merryl Bear, director of NEDIC. "These girls are increasingly independent but still vulnerable," says Bear. "We're excited to be able to give them tools and strategies they can access on their own time, and with complete

privacy, to make a positive impact on their self-image - and their lives."

One young woman who had used the resource commented, "Sometimes I think about getting a perfectly flat stomach, but the module reminded me that you have to think about yourself more realistically." The use of quizzes, stories, illustrations, and journals by the Real Me Experience turns the complex and often painful issue of learning to embrace one's authentic self into an 'inspirational' experience, say girls who have used the resource. One girl said "I found the lessons from different characters about change to be inspirational" while another commented that "the scene, when Katie seems ignored, reminded me of things that have happened in my own life and that sometimes these sorts of situations have nothing to do with me personally...gave me a new way to think about things." Real Me is an easy-to-use, non-judgmental and enjoyable way to learn how factors such as cultural messages and family influences shape one's own self-esteem and body image. But, as young women who have used Real Me the program say, it also helps

them see the ways in which they affect the self-esteem of others.

After working through the resource, one teen commented that she had "thought about some of the things I used to do, and still do; it made me feel bad about myself - like when I make fun of others - I feel like I will now try to make fun of people less often."

"This is such a welcome and needed resource," says Florence Bonyun, public health nurse. "I believe young women who use the Real Me Experience will learn a great deal and get support and advice that they can apply right away to their lives and relationships." Some of the girls who have used this agree. "It made me think about how I see myself when I look in the mirror...I wanted to work at seeing myself differently," said one. Another spoke of how it had helped her see her friendships in new ways: "When it spoke about how some teens make fun of other teens to hide their own issues, this reminded me of some of my friends; it made me understand better what my friends are doing."

"The Real Me Experience is the only resource of its kind in Canada," says Bear. "It gives young women the opportunity to explore personal issues and get insights and advice they might not otherwise be able to access for geographic, economic or personal reasons." The Real Me Experience can be found at www.realme.ca. For more information contact: National Eating Disorder Information Centre at 1-866-633-4220 or www.nedic.ca.

- News Canada

living past 100

Your library may help

Most people these days are trying to become more knowledgeable about alternative therapies and/or what is in the drugs their physicians prescribe. Our mail is loaded with a variety of doctors' pamphlets on some new way to live longer or healthier. Most of these come with a high price tag. This does not mean the information is better, it means these sources of information are out to make money.

The information they want to give you is likely to be very good, but if you really want to know what they are saying, go to your local library and check out the names of these doctors or health professionals. If what they have to offer is really good, their books are probably on your regional library book file.

There are a lot of really good books available through your library on health and good nutrition. Some of the information is standard, and some of it is quite new. Take time to read a lot of books, and you will find many of them give a lot of the same good advice.

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COFFEE MUG CHRONICLES


Man Predicts 'Muggy' Weather



Simon Weatherford III always had an interest in the weather. He used to say that since weather was in his name, weather was also in his blood. It was a joke that got the odd laugh, but to Simon, there was something more serious coming his way. While part-way through his second year at 'Weatherman School' he met a young girl named Sunni. She eventually became Sunni Weatherford. Although Simon breezed through 'Weatherman School' he was unable to find a job where he could put his skills to good use. He ended up working in a factory on the assembly line. The pay was good, but something was missing. The Weatherford's soon started a family. First came a girl, which they named Gale. Two years later there was another girl, Raine, followed two years after that by another girl, which they named Windi. The Weatherford's had a picture-perfect life although Simon still longed to be a local weatherman. Secretly in the workshop in the backyard he toiled over a project that took months to complete. Simon was constructing the best equipped weather station in the region. It contained numerous pieces of apparatus that measured everything from moisture content to wind speed. There were dials and gauges, lights and switches. Simon was going to start to predict the neighbourhood weather but there was still something missing. He had no way of measuring snow volume - then he remembered the News Leader coffee mug he received with his new one-year subscription. The coffee mug changed his life, it could change yours!

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Matt Delaram is probably the only man in Princeton who celebrates four different New Years celebrations. He has Canadian New Year's, Chinese New Year's (celebrated with his wife, Emily), Muslim New Year's and Norouz (Persian/Iranian New Year's) marked on his calendar. Norouz is officially recognized in British Columbia and is celebrated on the first day of Spring. Happy Norouz, Matt!

Town reverts back to the old way

Town Council has chosen to take a step backwards in dealing with one issue. At the March 6th meeting, Mayor Randy McLean announced the Cemetery Tenders were opened on February 6th. Only two contractors submitted tenders. Tom Ryan/Karen Haynes listed their prices as \$1,197.00 for monthly maintenance, for a three year Maintenance cost of \$43,092.00. Opening and Closing Graves were set at \$314.00 with Single Bronze Memorial markers priced at \$55.00.

Britt Fraser's Tender had monthly

maintenance set at \$1,886.20 for a three year cost of \$67,903.20. Grave opening and closing was priced at \$350.00 with markers at \$80.00.

Councilor Ray Jarvis made the motion to put the cemetery work back in the hands of Princeton Town Crew, which was seconded by Councillor Jim Manion. In effect, Town Council reverted back

to a system that had been used in the past. The plan is to have the Town Crew handle cemetery duties for a one year period, then the issue would be revisited.

Town Council will add an additional member to the Town Crew for five months of the year to be available for cemetery work at least two days per week in that time frame.

Residents must wait a year

A total of four residents of Bill Miner Way will have to wait another year before their street receives paving. A letter from Tony and Eleonora Frey, Daniel A. Worsley and Andy Ainslie was discussed at the March 6th meeting of Town Council.

The letter states, "Once again the Spring is almost here and again for the fourth year we wish to request solving the problem on Bill Miner Way. That means the blacktopping of the 240-foot long street and the proper drainage of the hill. The springs on the hill are getting every year larger and the water from them and the melting snow make

the surface of the street very soft."

Mayor Randy McLean addressed the issue with a plan, but it will take some time and requires patience from the residents making the request.

"Bill Miner Way is an off street of Ingerbelle," McLean explained and stated the procedure for the upcoming year will include paving of Ingerbelle with road reconstruction of Bill Miner Way. In other words, fortifying the road, building ditches and culverting for this year. All of this will require a year for 'settling' and then in 2007 Bill Miner Way would be included in the paving program.

Deer problem rears head, again

Princeton Town Council received a letter from Otter Valley Fish and Game Club stating the club is, "very concerned about the deer that are feeding on the garbage at the dump. We feel this to be completely un-natural and very unhealthy."

The club asked Council if they had considered preventative measures to rid the landfill site of hungry deer and offered to be of assistance to the solution, if needed.

Councillor Jim Manion admitted at the March 6th Town Council meeting that the problem is unique.

"This is a difficult thing, short of putting up an 8-foot fence."

Manion jokingly referred to possible tourism marketing potential of promoting the deer activity, "It could possibly offset the cost of operating the landfill," he commented, which amused everyone in Council Chambers.

Council eventually settled on making inquiries of other rural communities to see how they have dealt with the issue and to include Princeton District Conservation Officer Al Lay for input and consultation on the matter.

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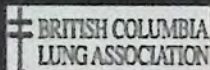
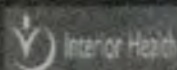


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Students at John Allison Elementary try their luck at the Fish Pond as part of Friday's Fun Day activities.

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17,885 days (2,548 weeks)
old on March 19th!



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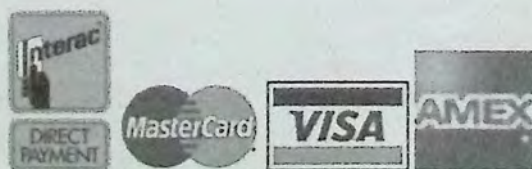
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Delivery to Door, Senior	\$ 48.80
Out-of-Valley, Alberta, Rest of Canada	
Regular	\$ 53.80
Senior	\$ 48.80



Racing Days will have to wait

A request for funding from Princeton Racing Days in the amount of \$20,000 will have to wait until Town Council hammers out the 2006-07 Municipal Budget. In a letter to Council Racing Days President John Bey outlines progress made by the committee to date. "The Board of Directors and myself are working very hard to make the 38th running of Racing Days bigger and better than last year. We are working along with other organizations plus the community in general to bring to Princeton the entertainment that we have enjoyed in the past and that we relived last year on the July long weekend."

Bey says the group has secured over half of the Purse Money and has applied for permits and have the pari-mutuel application for the racing date, Thursday, June 29th. Major expenses facing the organization will be insurance, fees to the Interior Horse Racing Association, advertising and operating expenses, "which include upgrading the surface of the track, the sound system, telephone system for communication between the officials and general maintenance for the area to

prepare for our race meet. We anticipate we will need a Cash Flow Grant of \$20,000."

Although Bey did not include a budget covering these expenses

with his letter, Councillor Pam Jones made a motion to refer the matter to the Budget Committee. Councillor Maria Sadegur seconded that motion.

Museum requests aid

A letter from Princeton and District Museum and Archives Operations Manager Nick Mills was discussed at the March 6th meeting of Town Council.

In the letter Mills requested a grant in the amount of \$4,000.00 be awarded to the Museum Society, as has been the practice in recent years. Mills points out two outstanding issues of concern at the facility. The first item is the washrooms.

"As the Museum doors are open seven days a week during April to

October there is an increased demand on what - quite frankly - are outdated and poor conditions," Mills explains in his letter.

The second issue concerns an item of safety. "The electrical wiring of the whole building is questionable - there is too heavy a load for existing circuits." Mills goes on to point out specific problems with wiring within the building. Councillor Maria Sadegur made a motion to refer the matter to the Budget Committee. Councillor Pam Jones seconded the motion.

Council lends some support

Emergency Preparedness Week is set to take place May 7th to 13th and Provincial Emergency Program Coordinator Jim Turner turned to Town Council to help with some plans.

Only Town Council did not jump

in with both feet. In a letter to Town Council, Turner requested, "Town Council to find time to organize some sort of event in order to bring our towns people up to speed and show them that our town is prepared for hopefully any emergency situation that might arise."

Turner also suggested Council proclaim Emergency Preparedness Week, participate in an event to raise the awareness of emergency preparedness and advertise whatever is planned.

The matter was discussed at the March 6th meeting of Town Council.

"He's looking for council to organize something but quite frankly, I don't have the time," stated Councillor Jim Manion.

Council did decide they would help out somehow, possibly by delegating the organization to someone else with interest in aiding with the program. Some Town Council members individually offered to 'show up' at the organized event.

Free dumping dates decided

Princeton Town Council set the weekend of April 28th to 30th as 'Free Dumping' days at the Princeton Landfill. The motion made by Councillor Ray Jarvis at the March 6th meeting of Town Council, and seconded by Councillor Jim Manion, is in

response to Pitch-In BC Week, which runs from April 24th to 30th.

Town Council has not forgotten about a request made by a local disabled resident and announced they would determine dates for pick up for persons with disabilities at a future date.

Council says no to Skills Centre

Princeton Town Council has decided not to participate in a Spring Leadership Day hosted by Princeton & District Community Skills Centre.

The day, with a cost of \$200.00 per person, is tentatively set for April 26th and would follow a for-

mat similar to the Worldwide Lessons In Leadership Seminar which includes guest speakers in a satellite downlink presentation.

Councillor Maria Sadegur made the motion to receive and file the request with Councillor Ray Jarvis seconding the motion.

weekly entertainment guide

TUESDAY, MARCH 14, 2006 THROUGH MONDAY, MARCH 20, 2006



Princeton Figure Skating Club President Lisa Allen, centre, presents a cheque worth \$5,000.00 to Carl Stein and James MacLeod, winners of the Raffle that earned the Club around \$2,000.00 for a jumping harness. The presentation was made during the Skating Carnival last Sunday.

Mac Lind PeeWees finish 4th

It was an entertaining Sunday afternoon when Mac Lind peewees went head to head against the high-flying Pentiction team.

This game was for the 'B' banner and was truly an exciting game to watch. In the past three meetings the Pentiction team won all three games but Princeton was ready to change all that. With some players missing Princeton called up Drayden Larson from the Atoms to help fill the roster.

Princeton scored the opening goal on hard work from Brady Johnson and Clayton Obee to get the puck to Drayden who scored his first goal as a Peewee. Pentiction was not to be denied scoring twice in one minute to take a one-goal lead.

Brady Johnson scored his first to tie the game at 2. Justin Milligan gave Princeton the lead when he took a nice pass from Colby Williams, walked in and roofed it. Colby then scored on a rebound off a hard low shot of Taylor's giving

us a 2-goal lead.

Pentiction would not be denied and scored three of their own to end the second period 1 goal up. After the ice was cleaned, Princeton came out flying out shooting Pentiction but just could not buy a goal. With one goal in the first being waved off then another in the third Princeton worked furiously to get the tying goal.

Pentiction's number 7 scores twice in the third his fifth of the game to put Princeton down by three. Justin Milligan scored his second of the game but that was end of the scoring and Princeton just could not manage to get the tying goal.

All the coaches were very proud of how the team played and never gave up even when they got behind, although the players were disappointed they should be proud of what they accomplished finishing fourth out of eleven teams.

They now have their home tournament March 17th weekend and

then their season will be done. Great job team and a great effort. Points for the game went to Justin 2 goals, 1 assist, Colby 1 goal 2 assists, Brady 1goal 1 assist, Drayden 1 goal 1 assist, Clayton 2 assists, and Kraig and Taylor each with an assist. - submitted by Coach Kevin Williams

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Keep It In The Green Zone!

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

The Quiz - Week 7

Today's Date is Saturday, July 1, 2006 - the Time is 7:00 PM.
According to PLP's Time Of Use Schedule, would this be in a "RED ZONE" time period or would it be in the "GREEN ZONE"?

Winners!

13 Weekly Draws - to April 28th, 2006
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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 6 WINNER: \$25 Katie Lamoureux

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!



NEXT MEETING:

7:00 PM Wednesday, March 29th
Riverside Centre

Information: 295-6778

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The Group Skaters as Fairies during Princeton Figure Skating Club's 'Medieval Magic' skating Carnival last Sunday at Princeton Arena.



Skater Angela Marshall receives flowers from her father Rob following her performance as Robin Hood during Princeton Figure Skating Club's annual Carnival.

Minor Football League forming

Jason Earle of Princeton is in the process of forming the Princeton & District Minor Football League.

The league is open to players between the ages of 6 and 18 and if there is enough interest from Princeton, Hedley and Keremeos Earle will develop a practice and game schedule.

The age groups are broken up into a number of different categories of play.

Players aged 6 to 7 will play Flag Football only, with all other ages in contact football as follows: Atoms (8 to 9 year olds), Pee Wee (9 to 10 year olds), Junior Bantam (11 to 12 year olds), Bantam (13 to 15 year olds) and Midgets (16 to 18 year olds).

Earle says the league is open to both boys and girls and he is excited about introducing this sport to the Similkameen.

He has not planned the first meeting yet, but will have one within the next couple of weeks, which will be announced in the Similkameen News Leader.

To find out more about the Princeton & District Minor Football League call Earle at (250) 295-6949.

ed about introducing this sport to the Similkameen.

Look who turns
17,885 days (2,548 weeks)
old on March 19th!



Happy Birthday!
brenda@thenewsleader.ca

from: george@thenewsleader.ca
mom@kelowna.bc.ca, mom&dad@armstrong.bc.net
and allyourfriends@wherever.ca

tuesday movies

MORNING

7:00 am WTBS (3) ★★"Richie Rich" (1994, Comedy) (PA) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. (E)

10:00 am CITY (29) ★★"Trading Places" (1983, Comedy) Eddie Murphy. An executive and a con man figure in a plan by two tycoons to determine whether heredity or environment makes the man. (E)

8:10 pm WTBS (3) ★★½"Angels in the Outfield" (1994, Fantasy) Danny Glover. Believing his father's return hinges upon the performance of a hapless baseball team, a boy seeks divine intervention. (E)

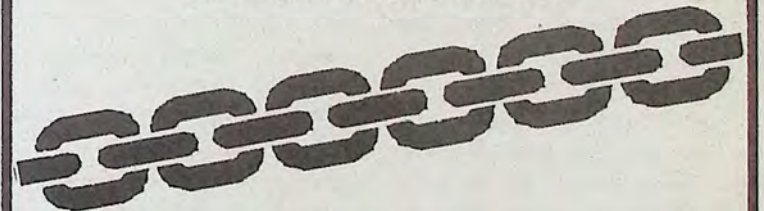
10:06 pm CITY (29) ★★"Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0 grade average.

10:10 pm WTBS (3) ★★"Richie Rich" (1994, Comedy) (PA) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. (E)

EVENING

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wednesday movies

MORNING

7:00 am WTBS (3) ★★"A Walk to Remember" (2002, Romance) (PA) Shane West. A budding delinquent is forced to act in a school play and begins a tentative romance with a minister's daughter. (E)

10:00 am CITY (29) ★★½"Operation Condor 2: The Armour of God" (1987, Action) Jackie Chan. An adventurer and his friend aid a woman kidnapped by cultists seeking a set of armor with mystical powers. (E)

AFTERNOON

1:00 pm YTV (13) "Rolie Polie Olie: The Great Defender of Fun" (2002, Adventure) Voice of James Woods. Animated. Rolie and friends rally against a space pirate who wants to steal the element of fun from the whole galaxy. (In Stereo) (E)

EVENING

6:00 pm CITY (29) ★★½"Unfaithful" (2002, Drama) Richard Gere. A man becomes increasingly distraught after he discovers his wife is having an affair with a Frenchman. (E)

8:10 pm WTBS (3) ★★"Blast From the Past" (1999, Comedy) Brendan Fraser. A young man experiences culture shock as he navigates 1998 suburbia after spending his whole life in a bomb shelter. (DVS)

10:06 pm CITY (29) ★★½"Unfaithful" (2002, Drama) Richard Gere. A man becomes increasingly distraught after he discovers his wife is having an affair with a Frenchman. (E)

10:10 pm WTBS (3) ★★"A Walk to Remember" (2002, Romance) (PA) Shane West. A budding delinquent is forced to act in a school play and begins a tentative romance with a minister's daughter. (E)

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TUESDAY, MARCH 14, 2006

	WTBS (3)	CBC (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 :30	Dawson's Creek (E)	News (E) Body	(Off Air)	Boohbah Callou (E)	News (E)	News	Airline (E) Airline (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona Boy (E) Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies	
7 AM :30	Movie: "Richie Rich" (1994)	Life Today 100 Huntley Street (E)	BluesClues Dora	Clifford Arthur (E)	Today Aaron Eckhart; color cancer; the name	The Early Show (E)	Family Family City Confidential (E)	Good Morning America (E)				SportsCentre (E)		Super Ships (E)	Sabrina Charles	K. Possible Recess	News (E)	CityLine (E)	Rockford Files	
8 AM :30	Macaulay Culkin.	Knockout	Berenstain Big World	Dragon	gamo. (E)	Discover Discover	American Justice	Regs and Kelly	100 Huntley Street (E)	World Vision (E)	Jane Winx Club	SportsCentre (E)		Machines Machines	Wealth Paid Prog.	Weekend Lilo Stitch		In Fashion Seinfeld	Matlock (E)	
9 AM :30	Becker Becker	Gold Trails Pioneers	Arthur (E) Little Bear	Sesame Street (E)		Discover Discover	American Justice	Regs and Kelly	100 Huntley Street (E)	World Vision (E)	Neutron Flamingo	Record Fishing	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Pooh PB&J Otter	Maury (E)	News (E) City	Magnum, P.I. (E)	
10 AM :30	Cosby Cosby	The Price Is Right (E)	Miss BG Sagwa	Barney Bob Bulld	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (N) (E)	World Vision	Room Diva Dime	ChalkZone Jacob	ATP Tennis: Pacific Life	The View (N) (E)	Canada's Worst Driver (E)	Starling Over (N) (E)	JoJo Benj Bear	Jerry Springer (N) (E)	Movie: "Trading Places" (1983)	News (E)	
11 AM :30	Harvey Home Imp.	Brown Judge J.	English Math Shop	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Airline (E) Airline (E)	Wealth Paid Prog.	The Insider Diva Dime	News (Live) (E)	SpongeBob Rugrats	Open -- Early Round.	eTalk Daily Balance-TV	Queen Mary 2	Montel Williams (E)	Stanley King (E)	Blind Date Blind Date	Comedy Eddie	Magnum, P.I. (E)	
12 PM :30	Drew Drew	News (Live) (E)	Odysseys Imprint	Charlie Rose (E)	Paired Prog.	News	Airline (E) Airline (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	School LazyTown	Curling: Tim Hortons	Daily Bold & B.	Queen Mary 2	Perry Mason (E)	Lilo Stich Aladdin	Maury (E)	Murphy. (E)	Da Vinci's Inquest (E)	
1 PM :30	Yes, Dear Yes, Dear	Stargate SG-1 (E)	Foot Notes Planet	Wonderful America	Days of our Lives (E)	As the World Turns	Family Family	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears: Journey to Joke-a-Lot	Brier -- Draw 10. From the Brandt Centre in Regina.	Vicki G. Vicki G.	Frontiers of "The Judge"	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha	
2 PM :30	Home Imp. Friends	Body Myster Ink	Gaslight Pan Asia	Reading Lions	Passions (E)	Guiding Light (E)	City Confidential (E)	General Hospital (E)	Passions (E)	Passions (E)	Jacob Bessta	General Hospital (E)	Dr. Phil (E)	How-Made How-Made	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha	
3 PM :30	Seinfeld Seinfeld	Fear Factor (E)	Bear BluesClues	Postcards Arthur (E)	Brown Brown	Dr. Phil (E)	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Flamingo Sports			We Built This City (E)	Montel Williams (E)	Weekend Lloyd	ER "Last Call" (E)	News (E)	Home Imp. Home Imp.	
4 PM :30	Raymond Raymond	Days of our Lives (E)	Dora Rolie Polie	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	Early News Global	Dexter Neutron	Hockey Curling: Tim Hortons	The Tyra Banks Show	Daily Planet (N) (E)	Little House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Funnest Home Videos	
5 PM :30	Friends Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News CBS News	Bullied to Death (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Neutron SpongeBob	Curling: Tim Hortons	News (E)	How-Made How-Made	Malcolm King of Hill	K. Possible Lizzie	Sabrina My Wife	The Collector	Da Vinci's Inquest (E)	
6 PM :30	Sex & City Sex & City	Stargate SG-1 (E)	CG Kids Dotto Tech	News-Lehrer	News (E) Raymond	News Hollywood	Dog Dog	News (E) News (E)	News (Live) (E)	ET Canada Entertain	Being Ian Mystery	Brier -- Draw 11. From the Brandt Centre in Regina.	News (E)	American Chopper (N) (E)	'70s Show '70s Show	Zoey 101 Life Derek	My Wife Friends	Daughters Daughters	Da Vinci's Inquest (E)	
7 PM :30	Seinfeld Seinfeld	Past Lives Jeopardy!	Master's Orders-Pilot	Nova (E) (DVS)	Jeopardy! Fortune	Seinfeld Friends	Airline (E) Airline (E)	Entertain ET Canada	Entertain ET Canada	Gilmore Girls (E)	Drake Prank Ptrl	Brandt Centre in Regina. (Live)	eTalk Daily Hollywood	American Hot Rod (E)	Simpsons Frasier	School TBA	Raymond Raymond	Godiva's (N) (E) (DVS)	WGN News at Nine	
8 PM (8:10) :30	Movie: "Angels in the Outfield" (1994)	NCIS "Bait" (N) (E)	A Fine Kettle of Fish	Globe Trekker (E)	Joey (N) Joey (E)	NCIS "Bait" (N) (E)	Crossing Jordan (E)	Jim Jim	The Unit "Stress" (N)	The Unit "Stress" (N)	SpongeBob Sabrina	SportsCentre (Live) (E)	American Idol "Week 9" (Same-day Tape) (E)	Daily Planet (E)	American Idol "Week 9" (Same-day Tape) (E)	8 Rules Boy World	Gilmore Girls (E)	News (E) Star! Daily	Becker	
9 PM :30	Practice Still	With Glowing Hearts	Misunderstood Minds (E) (DVS)	Scrubs (N) Scrubs	The Unit "Stress" (N)	Bullied to Death (E)	Daughters Daughters	Conviction "Pilot" (E)	Conviction "Pilot" (E)	15/Love Factory	ATP ATP	Tennis: Pacific Life Open	The Amazing Race 9 (E)	American Hot Rod (E)	News Will-Grace	Popular (E)	KTLA Prime News (E)	Movie: "Dead Man on Campus" (1998, Comedy)	Elimidate Paid Prog.	
10 PM :30	Movie: "Richie Rich" (1994)	Boston Legal "Stick It"	Return Haanas	Remember	Law & Order: SVU	The Amazing Race 9	Dog Dog	Boston Legal "Stick It"	Gilmore Girls (E)	News (Live) (E)	My Family Bob									
11 PM :30	Macaulay Culkin.	News (E) Fortune	Northern Legacy (E)	Charlie Rose (N) (E)	Tonight	Late Show	Airline (E) Airline (E)	News (E) Nightline	News (Live) (E)	Entertain ET Canada	Inuyasha Gundam	SportsCentre (Live) (E)	News (E)	How-Made Becker	Sex & City Radio Free	8 Rules Friends	Sex & City Friends			

WEDNESDAY, MARCH 15, 2006

	WTBS (3)	CBC (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 :30	Dawson's Creek (E)	News (E) Body	(Off Air)	Teletubbs Callou (E)	News (E)	News	Inked (E) Inked (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona Boy (E) Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies
7 AM :30	Movie: "A Walk to Remember" (2002) (PA) (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Clifford Arthur (E)	Today Colon cancer; retiring; Cindy Adams; makeovers.	The Early Show (E)	Inked (E) Inked (E)	Good Morning America (E)				SportsCentre (E)		Diary of a Shark Man	Sabrina Charles	K. Possible Recess	News (E)	CityLine (E)	Rockford Files
8 AM :30	Taste	HI-5 Berenstain	Dragon Big World			Discover Discover	Amer. Justice	Regs and Kelly	100 Huntley Street (E)	World Vision (E)	Jane Winx Club	SportsCentre (E)		American Chopper (E)	Paid Prog. Paid Prog.	Weekend Lilo Stich		Star! Inside Seinfeld	Matlock "The Nurse"
9 AM :30	Becker Becker	Gold Trails Pioneers	Arthur (E) Little Bear	Sesame Street (E)		Discover Discover	Amer. Justice	Regs and Kelly	100 Huntley Street (E)	World Vision (E)	Neutron Flamingo	Record SnowTrax	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Pooh PB&J Otter	Maury (E)	News (E) City	Magnum, P.I. (E)
10 AM :30	Cosby Cosby	The Price Is Right (E)	Paddington Sagwa	Barney Bob Bulld	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (N) (E)	World Vision	Room Diva Dime	ChalkZone Jacob	UEFA Champions League	The View (N) (E)	Mysteries of the Dead (E)	Starling Over (N) (E)	JoJo Higglytown	Jerry Springer (N) (E)	"Operation Condo 2: The Armour of God" (E)	News (E)
11 AM :30	Harvey Home Imp.	Brown Judge J.	Mathematics Sit-Be Fit	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Inked (E) Inked (E)	Paired Prog. Paid Prog.	The Insider Diva Dime	News (Live) (E)	SpongeBob Rugrats	Soccer: Round of 16	eTalk Daily Balance-TV	Mysteries of the Dead (E)	Montel Williams (N)	Stanley King (E)	Blind Date Blind Date	Magnum, P.I. (E)	
12 PM :30	Drew Drew	News (Live) (E)	Sustain Scattering	Charlie Rose (N) (E)	Paired Prog.	News	Inked (E) Inked (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	School LazyTown	Curling: Tim Hortons	Daily Bold & B.	Perry Mason (E)	Lilo Stich Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)	
1 PM :30	Yes, Dear Yes, Dear	Mutant X "Kilohertz"	Home Biz Planet	Simply Sewing	Days of our Lives (E)	As the World Turns	Inked (E) Inked (E)	One Life to Live (E)	As the World Turns	As the World Turns	"Rolie Polie Olie-Fun"	Brier -- Draw 13. From the Brandt Centre in Regina.	Vicki G. Vicki G.	Monster Garage (E)	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha
2 PM :30	Home Imp. Friends	Body Myster Ink	Gaslight Journal	Reading Lions	Passions (E)	Guiding Light (E)	City Confidential (E)	General Hospital (E)	Passions (E)	Passions (E)	Brady's	General Hospital (E)	Dr. Phil (E)	Worst Handyman	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha
3 PM :30	Seinfeld Seinfeld	Fear Factor "Couples"	Bear BluesClues	Postcards Arthur (E)	Brown Brown	Dr. Phil (E)	Amer. Justice	The Tony Danza Show	To Be Announced	Gilmore Girls (E)	Jacob Flamingo	Sports	Dr. Phil (E)	Beyond Tomorrow (N)	Montel Williams (E)	Weekend Lloyd	ER "Ghosts" (E)	News (E)	Home Imp. Home Imp.
4 PM :30	Raymond Raymond	Days of our Lives (E)	Dora Rolie Polie	Cyberchas Dragonfly	Judge J. Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	Early News Global	Dexter Teenage Robot	Hockey Hockey: Mighty Ducks of Anaheim at Detroit Red Wings.	The Tyra Banks Show	Daily Planet (N) (E)	Little House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Funnest Home Videos
5 PM :30	Raymond Raymond	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News CBS News	Dog Dog	News (E) ABC News	News (E) Global	News (Live) (E)	SpongeBob	Curling: Tim Hortons	News (E)	Frontiers of King of Hill	Malcolm Lizzie	K. Possible My Wife	Sabrina My Wife	Next Top Model	Becker
6 PM :30	Raymond Raymond	Stargate SG-1 (E)	Mechanics Della's	News-Lehrer Raymond	News (E) Raymond	News Hollywood	Inked (E) News (E)	News (E) News (E)	News (Live) (E)	ET Canada Entertain	Being Ian Mystery	Justice Zixx: Level	Curling: Tim Hortons	Killer Ice (E)	'70s Show '70s Show	Zoey 101 Life Derek	My Wife Friends	Movie: "Unfaithful" (2002)	Home Imp. Home Imp.
7 PM :30	Sex & City Sex & City	Mysteries Jeopardy!	Return Edge	Becoming Van Gogh	Jeopardy! Fortune	Seinfeld Friends	Spying Spying	Entertain The Insider	Entertain ET Canada	Falcon Beach (E)	Justice Zixx: Level	Curling: Tim Hortons	eTalk Daily Hollywood	MythBusters (E)	Simpsons Frasier	School TBA	Raymond Raymond	Richard Gere, Diane Lane. (E)	WGN News at Nine
8 PM (8:10) :30	Movie: "Blast From the Past" (1999) (DVS)	Biggest Loser	Victorians Victorians	Allies at War (E)	Biggest Loser	Survivor: Panama - Exile	Crossing Jordan (E)	George Freddie (N)	Survivor: Panama - Exile	Survivor: Panama - Exile	Sabrina	Brier -- Draw 14. From the Brandt Centre in Regina.	Criminal Minds (E)	Daily Planet (E)	Bones (N) (PA) (E)	8 Rules Boy World	One Tree Hill (E)	News (E)	Becker
9 PM :30	The Loop	'70s Show The Loop	Victorians	Law & Order (E)	Criminal Minds (E)	Dog Dog	Lost (E)	Vanity Insanity	Vanity Insanity	15/Love Bob	Bob	In Corner	TBA	MythBusters (E)	Idol The Loop	Brotherly Radio Free	Beauty and the Geek	Jimmy Kimmel Live (N)	Funnest Home Videos
10 PM (10:10) :30	Movie: "A Walk to Remember" (2002) (PA) (E)	Will Grace Four Kings	With Glowing Hearts	Drive-In Movie	Law & Order (E)	CSI: NY "Jamalot" (E)	Inked (E)	Invasion "The Key" (N)	Falcon Beach (N)	News (Live) (E)	My Family Bob	Poker	CSI: NY "Jamalot" (E)	Frontiers of Will-Grace	News Will-Grace	Popular (E)	KTLA Prime News (E)	Movie: "Unfaithful" (2002)	Da Vinci's Inquest (E)
11 PM :30	Remember (2002) (PA) (E)	News (E) Mysteries	Scattering Dotto Tech	Charlie Rose (N) (E)	News (E)	News Tonight	Spying Spying	News (E) Nightline	News (Live) (E)	Entertain ET Canada	Inuyasha Hunter	SportsCentre (Live) (E)	News (E)	Killer Ice (E)	Sex & City Becker	8 Rules Radio Free	Sex & City Friends	Richard Gere. (E)	Elimidate Paid Prog.

Similkameen News Leader Community Calendar

MARCH

- 20 - Schools re-open
- 27 - PSS PAC Meeting, 7:00 PM
- 28 - Parent/Teacher Interviews, PSS, 6:00 - 8:00 PM

APRIL

- 14 - Good Friday
- 16 - Chopaka Rodeo, Chopaka Rodeo Grounds
- 16 - Easter Fun Sunday, Don & Anna's, Keremeos
- 17 - Easter Monday
- 24 - PSS PAC Meeting, 7:00 PM
- 27 - PSS Family Fair

MAY

- 6 - Stamp Mill Days, Hedley
- 12 - Bull-A-Rama, PXA Grounds, Princeton
- 13 - Keremeos Kruncher, Keremeos
- 13, 14 - Princeton Pro Rodeo, PXA Grounds
- 20 - Lawn Mower Races, Keremeos Rodeo Grounds
- 22 - Victoria Day
- 21, 22 - Keremeos Elks Rodeo, Keremeos
- 25-28 - Music Under the K, Keremeos
- 27 - PSS Graduation Ceremonies, 12 Noon, PSS
- 29 - PSS PAC Meeting, 7:00 PM

JUNE

- 14 - PSS Athletic Banquet, 5:30 PM
- 27 - PSS Awards Ceremony

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

Regular Meetings

- * Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- * Similkameen Christian Riders meet at Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up
- * Princeton Writers Group meets every second and fourth Thursday 7pm at Br 30 Sr Citizens Hall 162 Angela Avenue
- * Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
- * PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
- * Hedley Library open 2-7pm Thursdays
- * Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- * Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- * Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- * Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- * Legion Branch 56 meets 3rd Sunday of month 1:00 p.m. Legion Hall
- * Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- * Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- * Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- * Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in 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.
- * Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- * Princeton Area BEA meets the 3rd Thursday of the month. 7:00 PM, Skills Centre.

thursday movies

MORNING

- 7:00 am WTBS (3) ★★ "The Brothers" (2001, Comedy-Drama) Morris Chestnut. Four friends re-examine their attitudes on love and dating when one of their number announces his plans to marry. (E)
 - 10:00 am CITY (29) ★★ "Wayne's World" (1992, Comedy) Mike Myers. Wayne and Garth battle an evil TV producer in this big-screen adaptation of the "Saturday Night Live" skit. (E)
 - 11:30 am A&E (9) ★★ "Murder in the First" (1995, Drama) Christian Slater. An attorney decides to expose the inhuman conditions within Alcatraz after he is assigned to defend an abused prisoner. (E)
- #### AFTERNOON
- 1:00 pm YTV (18) "Heidi" (2002, Drama) Animated. A girl brightens the lives of those around her while living with her grandfather in the Swiss Alps. (In Stereo) (E)
 - 4:00 pm WGN (38) ★★ "Fiddler on the Roof" (1971, Musical) Topol.

A poor Jewish milkman and his wife try to marry off their five daughters in czarist Russia. (E)

EVENING

- 6:00 pm WTBS (3) ★★ "National Security" (2003, Comedy) (PA) Martin Lawrence. Two misfit security guards must stop arguing with each other long enough to nail a gang of murderous thieves. (E)
- 8:10 pm WTBS (3) ★★ "Lock Up" (1989, Drama) (PA) Sylvester Stallone. A blue-collar worker wrongly imprisoned in a New Jersey penitentiary struggles to survive against a sadistic warden. (E)
- 10:06 pm CITY (29) ★★ "Fatal Attraction" (1987, Suspense) Michael Douglas. A New York lawyer with a wife and daughter sleeps with a client whose lust turns to hate.
- 10:10 pm WTBS (3) ★★ "Last Dance" (1996, Drama) (PA) Sharon Stone. A clemency-board rookie takes interest in the case of a woman on death row for 12 years for a double murder. (E)

friday movies

MORNING

- 7:00 am WTBS (3) ★★ "National Security" (2003, Comedy) (PA) Martin Lawrence. Two misfit security guards must stop arguing with each other long enough to nail a gang of murderous thieves. (E)
- 10:00 am CITY (29) "Visitors of the Night" (1995, Science Fiction) Markie Post. Terrible nightmares plague a woman who comes to suspect her teenage daughter was conceived during an alien abduction. (E)

neered citizen. (E)
WGN (38) ★★ "101 Dalmatians" (1996, Adventure) Voices of Glenn Close. Animated. London fashion maven Cruella DeVil steals pups for her newest creation, a Dalmatian coat.

EVENING

- 6:00 pm WTBS (3) ★★ "Rush Hour 2" (2001, Action) (PA) Jackie Chan. Two detectives battle a Hong Kong gangster and his henchmen after a bombing at the U.S. Embassy. (E)
- 8:00 pm KNOW (5) "Great Expectations" (1999, Drama) (Part 2 of 2) Ian Gruffudd. An abused orphan's life is plagued by his efforts to win the heart of a haughty woman born to a wealthy family. (E)
- 8:10 pm WTBS (3) ★★ "Rush Hour" (1998, Action) (PA) Jackie Chan. A Los Angeles detective and a Hong Kong supercop become a team to rescue a Chinese consul's kidnapped daughter. (E)
- 9:00 pm FAM (26) ★★ "Mermaids" (1990, Comedy-Drama) Cher. A teen is caught in an emotional tug-of-war as she tries to deal with both her first love, and an unconventional mother. (In Stereo)

AFTERNOON

- 1:00 pm YTV (18) ★★ "Pippi Longstocking" (1997, Musical) Voices of Melissa Altro. Animated. An independent Swedish child lives alone, foils crooks and astounds neighbors in her seafaring father's absence. (In Stereo) (E)
- 4:00 pm YTV (18) ★★ "The Powerpuff Girls Movie" (2002, Action) Voices of Catherine Cavadini. Animated. Buttercup, Bubbles and Blossom battle the villainous Mojo Jojo's monkey army. (In Stereo) (E)
- 5:00 pm CITY (29) ★★ "Gattaca" (1997, Science Fiction) Ethan Hawke. An outcast takes part in a complicated and perilous scheme to assume the identity of a genetically engi-

Horoscopes

March 15 - 22, 2006

Aries - Watch out for daydreaming. Base your hopes, wishes and plans on reality. Be practical. Life may require you to make short trips for errands. Watch your words. Charm!

Taurus - Your money cycle is active, but matters concerned with home and family may be burdensome. Your partner is generous, may teach you something. Make plans for real change.

Gemini - Career matters are challenging. Pay attention to what you hear from others, but double check information. Partner may have changes in career or career plans. Adapt.

Cancer - You are in a learning mode where your ideas may change. You could feel a lot of stress as a result. Look for positive slant. Career takes top billing at end of this week. Be ready!

Leo - Romance may be in the wind for you all week, but not the kind that sweeps you off your feet. This is a good time to enjoy your mate, or find a mate if you're single. Eyes open!

Virgo - Others have a lot to say to you this week, listen, but keep your counsel. Children make big changes. If you are redecorating, finish it now. Prepare to do income taxes next week.

Libra - A big change occurs in work, health, duties this week. Week ends with the beginning of a new cycle. Firm up plans for future as new cycle starts. Make over appearance.

Scorpio - Children will be good to you but not realistic. Home life is not very practical. Career demands are hard to deal with. Week ends with concerns about health, employment, work.

Sagittarius - Partner enhances family life, spreads joy. Home is a great place to be. Lots of fun happens there. You say something showing how much you have changed.

Capricorn - You are busy in your own neighbourhood, and sending or receiving messages, running errands and taking care of paperwork. Children, associates, bring you benefits.

Aquarius - Money situation changes along with a change in plans. Be very careful about what you hear from lover, children or casual acquaintances. Facts are likely wrong.

Pisces - Parents, family, home may raise issues or cause problems this week. Be careful what information you divulge. You may change attitude toward career this weekend. Stay alert!

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Similkameen News Leader Recipe Corner (Recipe #106)

Flax Spaghettini in Roasted Pepper and Bocconcini Sauce

(NC)—Flax is one of the best plant sources of omega-3 fatty acids and this meal, by Healthy Harvest (wholegrainpasta.ca) is an excellent way to help us meet the recommended daily requirement of omega-3.

Ingredients

- 300 g Catelli Healthy (798 mL)
- Harvest Flax Spaghettini with Omega-3
- 2 red bell peppers, roasted
- 798 mL canned Italian tomatoes
- 4 sun-dried tomatoes in oil
- 10 mL sherry vinegar (2 tsp)
- 30 mL olive oil (2 tbsp)
- 1 onion, minced
- 1 clove garlic, minced
- 60 mL fresh basil, coarsely (1/4 cup) chopped
- 8 bocconcini balls, cut into pieces

Instructions: Cook spaghettini according to package directions. In food processor bowl, place roasted peppers, well-drained Italian tomatoes, sun-dried tomatoes and vinegar; pulse a few seconds. Set aside. In a pot, heat olive oil and gently sauté onions until tender (around 5 minutes). Add garlic and continue cooking 1 minute. Pour in reserved tomato sauce and simmer gently 5-7 minutes. Add basil. Add pasta and bocconcini, mixing well to coat pasta and cheese. **Preparation:** 20 minutes, **Cooking:** 20 minutes, **Servings:** 4
- News Canada

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

226A Bridge Street, Princeton

www.theNewsLeader.ca

THURSDAY, MARCH 16, 2006

	WTBS (3)	CBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Body	(Off Air)	Boohbah Calliou (EI)	News	News	(5:30) Movie: "Murder in the First" (1995, Drama)	(5:00) News	News (Live)	(5:00) News (Live)	Monster	SportsCentre	News Canada AM	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "The Brothers" (2001) Morris Chestnut	Life Today	BluesClues	Clifford	Today	The Early Show	Good Morning America				Boy	SportsCentre		Wild Discovery (N)	Libertys	K. Possible	News	CityLine	Rockford Files
8 AM :30	Becker	Gold Trails	Arthur	Sesame Street (EI)		College Basketball: NCAA	American Justice	Regis and Kelly	100 Huntley Street	World Vision	Jane Winx Club	SportsCentre		MythBusters	Wealth	Weekend		Close Up	Matlock "The Convict"
9 AM :30	Becker	Pioneers	Little Bear								Neutron	ATP Tennis: Pacific Life	Regis and Kelly	Daily Planet	Fam. Feud	Pooh	Maury	News	Magnum, P.I.
10 AM :30	Cosby	The Price Is Right	Miss BG	Barney	Ellen DeGeneres Show	Tournament First Round	Bullied to Death	The View (N)	World Vision	Room	ChalkZone	Open -- Early Round.	The View (N)	Animal Face-Off (N)	Starting Over (N)	JoJo	Jerry Springer (N)	Movie: "Wayne's World" (1992) Mike Myers	News
11 AM :30	Harvey	Thane	Canada-History	Mr Rogers	The Tyra Banks Show	College Basketball: NCAA	Movie: "Murder in the First" (1995) Christian Slater	Paid Prog.	Divas	News (Live)	SpongeBob	Curling: Tim Hortons	eTalk Daily	Extinction	Montel Williams	Stanley	Blind Date	Magnum, P.I. "A.A.P.I."	
12 PM :30	Drew	News (Live)	Family Law and You	Charlie Rose	Paid Prog.	Tournament First Round		All My Children	News (Live)	Days of our Lives	School	Brier -- Draw 16. From the Brandt Centre in Regina.	Desperate Housewives	Untamed North America	Perry Mason	Lilo Stitch	Maury	CityLine	Da Vinci's Inquest
1 PM :30	Yes, Dear	Doc "Citizen Crane"	Scattering	In Studio	Days of our Lives			One Life to Live	To Be Announced	Rock and Desre	Movie: "Heidi" (2002, Drama)	PGA Golf: Bay Hill Invitational -- First Round. (Same-day Tape)	Vicki G.	Frontiers of	Matlock "The Affair"	Hoze	Jerry Springer	Relic Hunter	Cosby
2 PM :30	Home Imp.	Myster Ink	Gaslight	Reading	Passions	The Price Is Right	City Confidential	General Hospital	Passions	Passions	Beasts	PGA Golf: Bay Hill Invitational -- First Round. (Same-day Tape)	Vicki G.	Killer Ice	Love Lucy	Dalmatian	Eye Eye	Ellen DeGeneres Show	Moesha
3 PM :30	Seinfeld	Fear Factor	Bear	Postcards	Brown	Dr. Phil	American Justice	The Tony Danza Show	To Be Announced	Gillmore Girls	Jacob	PGA Golf: Bay Hill Invitational -- First Round. (Same-day Tape)	Dr. Phil	How-Made	Montel Williams	Weekend	ER "Fear of Flying"	News	Home Imp.
4 PM :30	Raymond	Days of our Lives	Dora	Cyberchas	Judge J.	College Basketball: NCAA	Bullied to Death	Millionaire	Oprah Winfrey	Early News	Dexter		The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian	8 Rules	Sex & City	Movie: "Fiddler on the Roof" (1971, Musical)
5 PM :30	Friends	News (Live)	George S.	BBC World	News	Tournament First Round	The First 48	News	News	News	Oddparent	Curling: Tim Hortons	News	Worst Handyman	Malcolm	K. Possible	Sabrina	Smallville	Topol, Norma Crane, Leonard Frey
6 PM :30	Movie: "National Security" (2003) (PA)	Stargate SG-1 "Hathor"	Skooled!	News-Lehrer	News	College Basketball: NCAA	The First 48	News	News	ET Canada	Being Ian	Brier -- Draw 17. From the Brandt Centre in Regina.	News	Building the Biggest (N)	"70s Show"	Zoey 101	My Wife	Supernatural	
7 PM :30	(8:10) Movie: "Lock Up" (1989) (PA) Sylvester Stallone	Distance	Miss Renée Fleming	Golden Apple Awards	Jeopardy!	College Basketball: NCAA	Confrontation	Entertain	Entertain	Without a Trace	Ghost	Centre in Regina. (Live)	eTalk Daily	Breaking Vegas (N)	Simpsons	School	Raymond	Stargate Atlantis	
8 PM :30	Movie: "Last Dance" (1996) (PA) Sharon Stone	Queer Eye-Guy	Juan Diego Florez	Eric Clapton: Sessions	News	Tournament First Round	Crossing Jordan	American Inventor (Series Premiere)	Conviction "Denial"	Conviction "Denial"	Sabrina	SportsCentre (Live)	CSI: Crime Scn	Daily Planet	"70s Show"	8 Rules	Smallville "Lockdown"	News	Sex & City
9 PM :30	Movie: "Last Dance" (1996) (PA) Sharon Stone	Queer Eye-Guy	Juan Diego Florez	Eric Clapton: Sessions	News	Tournament First Round	The First 48	Primetime	Without a Trace	News (Live)	My Family	Tennis: Pacific Life Open	The O.C. "The Journey"	Building the Biggest	The O.C. "The Journey"	Brotherly	Supernatural	Jimmy Kimmel Live	Funnlest Home Videos
10 PM :30	Movie: "Last Dance" (1996) (PA) Sharon Stone	Queer Eye-Guy	Juan Diego Florez	Eric Clapton: Sessions	News	Tournament First Round	The First 48	Primetime	Without a Trace	News (Live)	My Family	Tennis: Pacific Life Open	CSI: Miami	Breaking Vegas	News	Popular	KTLA Prime News	Movie: "Fatal Attraction" (1987) Michael Douglas	Elimidate
11 PM :30	Movie: "Last Dance" (1996) (PA) Sharon Stone	Queer Eye-Guy	Juan Diego Florez	Eric Clapton: Sessions	News	Tournament First Round	The First 48	Primetime	Without a Trace	News (Live)	My Family	Tennis: Pacific Life Open	CSI: Miami	Breaking Vegas	News	Popular	KTLA Prime News	Movie: "Fatal Attraction" (1987) Michael Douglas	Elimidate

FRIDAY, MARCH 17, 2006

	WTBS (3)	CBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Body	(Off Air)	Teletubba Calliou (EI)	News	News	Third Watch	(5:00) News	News (Live)	(5:00) News (Live)	Monster	SportsCentre	News Canada AM	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "National Security" (2003) (PA)	Life Today	BluesClues	Clifford	Today Big & Rich; colon cancer; spring cleaning.	The Early Show	Third Watch	Good Morning America			Boy	SportsCentre		Last Maneater	Libertys	K. Possible	News	CityLine	Rockford Files
8 AM :30	Becker	Gold Trails	Arthur	Sesame Street (EI)		College Basketball: NCAA	City Confidential			100 Huntley Street	Jane Winx Club	SportsCentre		American Hot Rod	Paid Prog.	Weekend		At Movies	Matlock
9 AM :30	Becker	Pioneers	Little Bear								Neutron	Record	Regis and Kelly	Daily Planet	Fam. Feud	Pooh	Maury	News	Magnum, P.I.
10 AM :30	Cosby	The Price Is Right	Paddington	Barney	Ellen DeGeneres Show	Tournament First Round	American Justice	The View	World Vision	House	ChalkZone	Curling: Tim Hortons	The View	The Amazing Race 6	Starting Over	JoJo	Jerry Springer (N)	Movie: "Visitors of the Night" (1995)	News
11 AM :30	Harvey	Direct Buy	Sew Fun	Mr Rogers	The Tyra Banks Show	College Basketball: NCAA	Third Watch	Paid Prog.	The Insider	News (Live)	SpongeBob	Brier -- Page Playoffs. (Live)	eTalk Daily	Tornado Alley	Montel Williams	Stanley	Blind Date	Magnum, P.I.	
12 PM :30	Drew	News (Live)	Dotto Tech	Charlie Rose	Paid Prog.	Tournament First Round	Third Watch	All My Children	News (Live)	Days of our Lives	Grown Up		Desperate Housewives	Breaking Vegas	Perry Mason	Lilo Stitch	Maury	CityLine	Da Vinci's Inquest
1 PM :30	Yes, Dear	Code Name: Eternity	Router	Scheewe	Days of our Lives		Third Watch	One Life to Live	To Be Announced	Reba	Movie: "Pippi Longstocking" (1997)	PGA Golf: Bay Hill Invitational -- Second Round.	Vicki G.	Building the Biggest	Matlock	Hoze	Jerry Springer	Relic Hunter	Cosby
2 PM :30	Home Imp.	Myster Ink	Gaslight	Reading	Passions	The Price Is Right	City Confidential	General Hospital	Passions	Passions	Beasts	PGA Golf: Bay Hill Invitational -- Second Round.	Vicki G.	Worst Handyman	Love Lucy	Dalmatian	Eye Eye	Ellen DeGeneres Show	Moesha
3 PM :30	Seinfeld	Fear Factor	Bear	Postcards	Brown	Dr. Phil	Amer. Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	PGA Golf: Bay Hill Invitational -- Second Round.	Dr. Phil	How-Made	Montel Williams	Weekend	ER "No Brain, No Gain"	News	Home Imp.
4 PM :30	Raymond	Days of our Lives	Dora	Cyberchas	Judge J.	College Basketball: NCAA	American Justice	Millionaire	Oprah Winfrey	Early News	Movie: "The Powerpuff Girls Movie"	Hockey interruption	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian	8 Rules	Sex & City	Funnlest Home Videos
5 PM :30	Friends	News (Live)	George S.	BBC World	News	Tournament First Round	Biography: Jimi Hendrix	News	News	News	Girls Movie	Curling: Tim Hortons	News	Real Flying Saucers (N)	Malcolm	K. Possible	Sabrina	Movie: "Gattaca" (1997) Ethan Hawke	Movie: "101 Dalmatians" (1996), Jeff Daniels
6 PM :30	Movie: "Rush Hour 2" (2001) (PA) Jackie Chan	Stargate SG-1	Outta Town	News-Lehrer	News	College Basketball: NCAA	Biography: Janis Joplin	News	News	ET Canada	Yu Gi Oh	Brier -- Page Playoffs. From the Brandt Centre in Regina. (Live)	News	Cleopatra's Lost City	"70s Show"	Zoey 101	My Wife	Wanted	WGN News at Nine
7 PM :30	(PA) Jackie Chan	2nd Chance	Life of Mammals	Wash Wk	Jeopardy!	College Basketball: NCAA	Biography	Entertain	Entertain	NUMB3RS	Cybertron	Centre in Regina. (Live)	eTalk Daily	Disaster Detectives (N)	Simpsons	School	Raymond	Wanted	
8 PM :30	Movie: "Rush Hour" (1998, Action) (PA) Jackie Chan	Deal or No Deal (N)	Movie: "Great Expectations" (1999) (Part 2 of 2)	NOW (N)	Deal or No Deal (N)	Tournament First Round	Amer. Justice	Funnlest Home Videos	NUMB3RS	Conviction "Breakup"	Naruto	SportsCentre (Live)	To Be Announced	Daily Planet	Nanny 911 (N)	What I Like	Living-Fran	News	Sex & City
9 PM :30	Movie: "Rush Hour" (1998, Action) (PA) Jackie Chan	Deal or No Deal (N)	Movie: "Great Expectations" (1999) (Part 2 of 2)	NOW (N)	Deal or No Deal (N)	Tournament First Round	Amer. Justice	Funnlest Home Videos	NUMB3RS	Conviction "Breakup"	Zatch Bell	Alchemist	Law & Order	Greatest Ever... (N)	News	Cher	KTLA Prime News	Movie: "Deviant Desire" (2001) Robert Donovan	Elimidate
10 PM :30	Chan	20/20	Sher. Holmes	Chronicles	Conviction "Breakup"		Biography: Janis Joplin	20/20	Conviction "Breakup"	News (Live)	Alchemist	Formula One Racing	Law & Order	Greatest Ever... (N)	News	Cher	KTLA Prime News	Movie: "Deviant Desire" (2001) Robert Donovan	Elimidate
11 PM :30	Futurama	News	Letters From Home	The Boss	News	News	Biography	News	News	Canadian Poker	Shadow	SportsCentre (Live)	News	Cleopatra's Lost City	Sex & City	Movie: "Flashdance"	Friends	Elimidate	Paid Prog.

saturday movies

MORNING

7:00 am WTBS (3) ★★"Three Men and a Baby" (1987, Comedy) Tom Selleck. Three bachelors put their carefree lives on hold when they are left in charge of an infant that one of them fathered. [E]

9:15 am WTBS (3) ★★"Six Days, Seven Nights" (1998, Romance-Comedy) Harrison Ford. An emergency landing strands a New York magazine editor and a South Pacific cargo pilot on an unknown Tahitian island.

11:20 am WTBS (3) ★★"Fire Birds" (1990, Action) (PA) Nicolas Cage. Army lovers and their task-force leader join the drug war in Apache assault helicopters. [E]

AFTERNOON

12:00 pm A&E (9) ★★"Jaws" (1975, Horror) Roy Scheider. A New England police chief, a shark hunter and a scientist have a showdown with a huge white shark. [E]

FAM (26) ★★"Fly Away Home" (1996, Drama) Jeff Daniels.

A Canadian sculptor's young daughter must lead the geese she raised from birth on a migratory flight to North Carolina. (In Stereo) [E]

1:00 pm WTBS (3) ★★"Desperado" (1995, Drama) (PA) Antonio Banderas. The body count rises as a guitar-strumming gunman takes aim at a Mexican drug lord in this sequel to "El Mariachi." [E]

CITY (29) ★★"Ferris Bueller's Day Off" (1986, Comedy) Matthew Broderick. A cool teen plays hooky in Chicago with his girlfriend, his buddy and the classic Ferrari of his buddy's father. [E]

1:30 pm FAM (26) ★★"Houseguest" (1995, Comedy) Sinbad. A con artist brings normalcy to a dysfunctional family after he assumes the identity of an old friend. [E]

3:00 pm WTBS (3) ★★"Blue Streak" (1999, Comedy) (PA) Martin Lawrence. A recently paroled thief poses as a cop in order to retrieve a gem he hid in an under-construction police station. [E] (DVS)

4:00 pm KTLA (27) ★★"Necessary Roughness" (1991, Comedy) Scott

Bakula. A college football coach recruits a 34-year-old farmer in an unconventional plan to rebuild his downtrodden team. (In Stereo) [E]

5:00 pm WTBS (3) ★★"Bad Boys" (1995, Drama) (PA) Martin Lawrence. Two Miami cops must switch identities while searching for a large quantity of heroin stolen from police headquarters. [E]

EVENING

6:00 pm CITY (29) ★★"Earth" (1998, Drama) Aamir Khan. In 1947 India, an 8-year-old girl is witness to the political strife ripping through her hometown of Lahore. [E] (DVS)

7:15 pm WTBS (3) ★★"Shanghai Noon" (2000, Comedy) (PA) Jackie Chan. In 1881, an imperial guard from China joins forces with a mellow outlaw to rescue a kidnapped princess. [E]

8:00 pm KXLY (10) ★★"The Sixth Sense" (1999, Suspense) (PA) Bruce Willis. A child psychologist tries to help a boy traumatized by visitations from troubled spirits. (In Stereo) [E] (DVS)

9:00 pm KNOW (5) "Deceived by Flight" (1988, Mystery) John Thaw. Inspector Morse investigates when a cricket player meets an untimely death during a match. [E]

YTV (18) "InuYasha: The Castle

Beyond the Looking Glass" (2002, Fantasy) Animated. InuYasha and his companions try to prevent a demon's minions from weaving a powerful spell. (In Stereo) [E]

FAM (26) ★★"Renalssance Man" (1994, Comedy) Danny DeVito. An unemployed advertising executive takes a job teaching Shakespeare to a group of under-achieving Army recruits. (In Stereo) CITY (29) ★★"Snake Eyes" (1998, Suspense) Nicolas Cage. A corrupt detective and his Navy friend probe a U.S. official's assassination at an Atlantic City boxing match. [E]

9:30 pm WTBS (3) ★★"Blue Streak" (1999, Comedy) (PA) Martin Lawrence. A recently paroled thief poses as a cop in order to retrieve a gem he hid in an under-construction police station. [E] (DVS)

WGN (38) ★★"Coming to America" (1988, Comedy) Eddie Murphy. An African prince chooses the crime-infested ghettos of New York City as the logical place to search for a bride. (In Stereo) [E]

11:00 pm CITY (29) "Schemes" (1995, Drama) Polly Draper. A woman unravels a con artist's plot to swindle her business partner out of a large insurance settlement. [E]

11:08 pm FAM (26) ★★"Mr. Wrong" (1996, Comedy) Ellen DeGeneres. Recreational shoplifting and self-

abuse convince a talk-show host that her dreamboat fiancé is a nightmare. (In Stereo)

11:30 pm WTBS (3) ★★"Desperado" (1995, Drama) (PA) Antonio Banderas. The body count rises as a guitar-strumming gunman takes aim at a Mexican drug lord in this sequel to "El Mariachi." [E]

WGN (38) ★★"Grey Owl" (1999, Drama) Pierce Brosnan. While living as an Iroquois in the late-19th and early-20th centuries, an Englishman campaigns to protect the environment. (In Stereo)

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September - October - November - December
January - February - March - April - May - June

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

sunday movies

MORNING

6:30 am WTBS (3) ★★"Six Days, Seven Nights" (1998, Romance-Comedy) Harrison Ford. An emergency landing strands a New York magazine editor and a South Pacific cargo pilot on an unknown Tahitian island.

8:00 am WGN (38) ★★"The Straight Story" (1999, Drama) Richard Farnsworth. An old man buys a John Deere tractor and drives from Iowa to Wisconsin to see his estranged, ailing brother. (In Stereo) [E]

8:30 am WTBS (3) ★★"Rush Hour" (1998, Action) (PA) Jackie Chan. A Los Angeles detective and a Hong Kong supercop become a team to rescue a Chinese consul's kidnapped daughter. [E]

9:00 am A&E (9) ★★"Jaws" (1975, Horror) Roy Scheider. A New England police chief, a shark hunter and a scientist have a showdown with a huge white shark. [E]

10:00 am WGN (38) ★★"101 Dalmatians" (1996, Adventure) Voices of Glenn Close. Animated. London fashion maven Cruella DeVil

steals pups for her newest creation, a Dalmatian coat. (In Stereo) [E]

11:00 am CITY (29) ★★"A Night at the Roxbury" (1998, Comedy) Will Ferrell. Two sorry siblings dance their way through the Los Angeles club scene while trying to open up their own establishment. [E]

AFTERNOON

12:00 pm FAM (26) "Now You See It..." (2005, Adventure) Alyson Michalka. While producing a reality TV show, a teenager meets a magician whose powers are real but put him in danger. [E]

12:30 pm WTBS (3) ★★"Bad Boys" (1995, Drama) (PA) Martin Lawrence. Two Miami cops must switch identities while searching for a large quantity of heroin stolen from police headquarters. [E]

1:00 pm KTLA (27) ★★"101 Dalmatians" (1996, Adventure) Voices of Glenn Close. Animated.

London fashion maven Cruella DeVil steals pups for her newest creation, a Dalmatian coat. (In Stereo) [E]

1:30 pm FAM (26) ★★"Double Teamed" (2002, Drama) Annie McElwain. Twin sisters Heather and Heidi Burge develop a budding rivalry in high school and make it to the WNBA.

2:00 pm VTV (22) ★★"Now and Then" (1995, Comedy-Drama) Christina Ricci. A modern-day reunion frames this account of the friendship shared by four girls during the summer of 1970. (In Stereo) [E]

2:45 pm WTBS (3) ★★"Shanghai Noon" (2000, Comedy) (PA) Jackie Chan. In 1881, an imperial guard from China joins forces with a mellow outlaw to rescue a kidnapped princess. [E]

3:00 pm KTLA (27) ★★"Dog Park" (1998, Comedy) Natasha Henstridge. A jilted man falls in love with a TV personality who would rather spend time with her dog. (In Stereo)

4:00 pm YTV (18) ★★"The Neverending Story" (1984, Fantasy) Noah Hathaway. An imaginative boy is transported to a magical kingdom in danger of destruction. (In Stereo) [E]

5:00 pm WTBS (3) ★★"Mr. Deeds" (2002, Comedy) Adam Sandler. A devious reporter tries to create a

scandal involving the good-natured heir to a media tycoon's fortune. [E]

EVENING

6:00 pm YTV (18) ★★"Gremlins 2: The New Batch" (1990, Fantasy) Zach Galligan. A designer and his wife try to stop hundreds of creatures from taking over New York. (In Stereo) [E]

CITY (29) "Time Bomb" (2006, Suspense) David Arquette. Premiere. A government agent races against time to save his family and other spectators at a football stadium wired to explode. (In Stereo) [E]

7:00 pm WTBS (3) ★★"Mr. Deeds" (2002, Comedy) Adam Sandler. A devious reporter tries to create a scandal involving the good-natured heir to a media tycoon's fortune. [E]

9:00 pm WTBS (3) ★★"Bait" (2000, Action) (PA) Jamie Foxx. A small-time crook becomes an unknowing pawn in the government's plan to lure a high-tech criminal out of hiding. [E]

KREM (8) "Time Bomb" (2006, Suspense) David Arquette. Premiere. A government agent races against time to save his family and other spectators at a football stadium wired to explode. (In Stereo) [E]

FAM (26) ★★"The Naked Gun" (1988, Comedy) Leslie

Nielsen. A blundering Los Angeles detective and his boss foil a plan to assassinate Queen Elizabeth.

10:32 pm FAM (26) ★★"The Naked Gun 2 1/2: The Smell of Fear" (1991, Comedy) Leslie Nielsen. Lt. Frank Drebin creates chaos on Capitol Hill when an evil industrialist kidnaps the president's chief energy expert. [E]

11:00 pm WTBS (3) ★★"Chill Factor" (1999, Action) (PA) Cuba Gooding Jr. Two would-be heroes must prevent a highly destructive weapon from falling into the hands of a renegade captain. [E]

CITY (29) ★★"Rosemary's Baby" (1968, Horror) Mia Farrow. A pregnant woman's husband and their satanic neighbors want her baby to be the Antichrist.


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SATURDAY, MARCH 18, 2006

	WTBS (3)	CBC (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	XCU Storyline	News (E) Body	(Off Air)	Globe Trekker (E)	(5:00) Today (E)	Saturday Early Show	Ask This Ask This	Good Morning America	Pioneers Room	Design Room	Monster Mona	SportsCen tre (E)	OWLTV Kingdom	Machines Machines	Wealth Paid Prog.	Spider-Man Rangers	Paid Prog. Paid Prog.	Indo Dharti	Paid Prog. Paid Prog.
7 AM	Movie: "Three Men and a Baby" (1987) (E)	Body Powerboat Fishn Direct Buy	BluesClues Dora George S. Bus	MotorWeek Fly Tying Router Hometime	News News	LazyTown Go Diego Backyard BluesClues	Old House Old House Biography Biography	Good Morning Northwest Saturday (E)	News (Live) (E)	News (E) News (E)	Krypto Battle Yu Gi Oh Beyblade	Fishing Motoring SnowTrax Motorcycle	Katie-Orbie Hobo Good Morning Canada (E)	Cleopatra's Lost City Disaster Detectives	DoReMi DoReMi Batz (E) Winx Club	Robot W.I.T.C.H. Suite Life Zoey 101	Xiaolin Xiaolin Viewtiful Batman	Eye on Asla Polish Studio (E)	Paid Prog. Paid Prog. Paid Prog. Paid Prog.
8 AM	Movie: "Six Days, Seven Nights" (1998) Harrison Ford.	Homes TV GetUpGrow	Arthur (E) Paddington	Workshop Old House	Tutenstein Paid Prog.	Road to the Final Four	Inked (E) Inked (E)	Proud So Raven	Driving TV Biker TV	Tr-Titans Tr-Titans	Bowling: 10-Pin	Hockey	Light: More Than Meets	Winx Club Turtles	So Raven Phil	Xiaolin Loonatics	Arts CityLine (E)	Hep Days Home Imp.	
9 AM	Movie: "Desperado" (1995) Antonio Banderas.	Desi Doordarshan (E) Fishing	Jakers Babar Americas Macphee	Ask This Americas Chefs	TPC Tournament Second Round	College Basketball: NCAA	Inked (E) Inked (E)	Suite Life Phil	GetUpGrow Canada	Caitlin Ride Guide	Phantom Monster	Score Golf Daily Planet (E)	How-Made How-Made Mayday II "Lost" (E)	Sonic X GI Joe	Boy World School	Pokémon Pokémon	In Fashion Big Holly	Soul Train (N)	
10 AM	Movie: "Blue Streak" (1999) Martin Lawrence.	PGA Golf: Bay Hill Invitational -- Third Round. (Live) (E)	Quilting Ming Router Lidias SportFish Garden Dotto Tech Painting Fork Fork Piano Guy	PGA Golf: Bay Hill Invitational -- Third Round. (Live) (E)	College Basketball: NCAA Tournament	Movie: "Jaws" (1975, Horror) Roy Schelder, Robert Shaw. (E)	Home Imp. News (Live) (E)	Will-Grace Pokémon	News (Live) (E)	Will-Grace Pokémon	Shaman Shaman	ATP Tennis: Pacific Life Open - Semifinals. (Live)	Valerie Pringle Has Left Eagle Communications	Machines Paid Prog. Just Shoot Will-Grace	Movie: "Fly Away Home" (1996)	Libertys Libertys	Chum Chart (E)	MLB Preseason Baseball: Chicago Cubs at Chicago White Sox. (Live) (E)	
11 AM	Movie: "Blue Streak" (1999) Martin Lawrence.	Powerboat Summit Beauty Marriage	BluesClues Dora Rolle Polle Jakers	Coastal Food PC World's Europe Darcy's	Fortune Time Warp Trading Darcy's	College Basketball: NCAA Tournament Second Round	Confrontation (E) City Confidential (E)	NBA Acc Health	Just Shoot "70s Show Simpsons	Simpsons Simpsons	Flamingo Mystery	Poker Champ.	Animal Parade (E)	How-Made How-Made	Farscape (E)	Smart Guy Lizzle	Smallville "Magnetic"	News (E) FashionTel	Arena Paintball
12 PM	Movie: "Bad Boys" (1995) (PA) Jackie Chan.	News (E) Sports	George S. Zoboo	Summer Dad Army	News NBC News	College Basketball: NCAA Tournament	Cold Case Files (E)	News (E) ABC News	Simpsons Global	News (E) Entert'nt	Danny Phantom (E)	Curling: Ford World Women's Champions hips. (Live)	Wife Swap (N) (E)	MythBuste rs (E)	Will-Grace Frasler	K. Possible Phil	Starl Daily Speakers	20th Annual Soul Train Music Awards (E)	
1 PM	Movie: "Shanghai Noon" (2000, Comedy) (PA) Jackie Chan.	2nd Chnce 2nd Chnce	Artists' Specials: Goya	Lawrence Welk Show	News Raymond	College Basketball: NCAA Tournament	Cold Case Files (E)	News The Insider	News (Live) (E)	Showcase Documentary	Prank Ptr Zixx: Level	Curling: Ford World Women's Champions hips. (Live)	News (E) Worst Handyman	W-FIVE (N) (E)	'70s Show Sadie	Blind Date My Wife	Movie: "Earth" (1998)	WGN News at Nine	
2 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	Caitlin Caitlin	National Geog.	Time Goes Keep Up	CSI: Crime Scn	News Friends	American Justice	Entertainm ent Tonight	Showcase Documentary	Falcon Beach (E)	Ghost Oracle	Strongest Man Final	W-FIVE (N) (E)	American Chopper (E)	Simpsons Frasler	So Raven O'Grady	Friends Raymond	20th Annual Soul Train Music Awards (E)	Movie: "Snake Eyes" (1998)
3 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	Stargate SG-1	Heartbeat (E)	Movie: "Deceived by Flight" (1988)	Saturday Night's Main Event (N) (E)	To Be Announce d	Amer. Justice	Movie: "The Sixth Sense" (1999, Suspense) (PA) Bruce Willis. (E)	Falcon Beach	Blue Murder (E)	Smallville "Unsafe"	W-FIVE (N) (E)	Breaking Vegas	Cops (N) Cops (E)	8 Rules Movie Ent	20th Annual Soul Train Music Awards (E)	Movie: "Snake Eyes" (1998)	Home Imp. Movie: "Coming to America" (1988) (E)	
4 PM	Movie: "Shanghai Noon" (2000, Comedy) (PA) Jackie Chan.	Mutant X "Power Play" Andromed a (E) (DVS)	Movie: "Deceived by Flight" (1988) John Thaw.	Newsroom	Conviction "Breakup" (N)	48 Hours Mystery (N)	Cold Case Files (E)	News (E)	Doc "Full Moon Rising" (DVS)	"InuYasha: Castle Beyond the Looking Glass"	W-FIVE (N) (E)	W-FIVE (N) (E)	MythBuste rs (E)	America's Most Wanted 24 (E)	Movie: "Renaissan ce Man" (1994) Danny DeVito.	Sex & City (11:08)	Movie: "Mr. Wrong"	W-FIVE (N) (E)	Movie: "Schemes"
5 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	Mad TV (N) (E)	Rosemary and Thyme	Austin City Limits (E)	News (E) Sat. Night	News Seinfeld	American Justice	News (E)	Driving TV Bob	Bob	Formula One Racing	News (E) News (E)	Breaking Vegas	Mad TV (N) (E)	W-FIVE (N) (E)	W-FIVE (N) (E)	W-FIVE (N) (E)	W-FIVE (N) (E)	

SUNDAY, MARCH 19, 2006

	WTBS (3)	CBC (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	"Bait" (PA)	Body	(Off Air)	Noddy Cliff Pup	Today (E)	Discover Discover	Breakfast With the Arts	Good Morning America	Pioneers Adventure	Fishin Fishing	Monster Mona	SportsCen tre (E)	Acorn Kids	Breaking Vegas	Hour of Power (E)	Spider-Man Rangers	Pacesetter Success	Mix TV Eye on Asla	Feed Paid Prog.
7 AM	Movie: "Six Days, Seven Nights" (1998)	In Touch (E)	BluesClues Dora	Bob Build Thomas	Flight 29 Endurance	CBS News Sunday Morning (E)	24 (E)	News (E)	Quebec Canada	Canada Is Written	Winx Club Mew Mew	Reporters Reporters	Good Morning Canada (E)	Frontiers of Killer Ice (E)	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
8 AM	Movie: "Rush Hour" (1998) (PA) Jackie Chan.	Van Impe	George S. Bus	Jakers Real	Meet the Press (E)	Nation	24 (E)	News (E)	News (Live) (E)	TribalTrail World Vsn	Neutron Neutron	Curling: Ford World Women's Champions hips. (Live)	Eagle Communications	How-Made Animals	Paid Prog. Paid Prog.	So Raven Phil	Increasing Changing	Festival Italiano di Johnny Lombardi (In Italian)	Movie: "The Straight Story" (1999, Drama) (E)
9 AM	Movie: "Rush Hour 2" (2001) (PA) Jackie Chan.	Listen Up Faith	Arthur (E) Paddington	Maya Zoom (E)	Arena Football: Dallas	College Basketball: NCAA	Movie: "Jaws" (1975, Horror) Roy Schelder, Robert Shaw. (E)	Paid Prog. NBA	Driving TV Biker TV	Countertop Canadian Poker	SpongeBob Grown Up Jane	Figure Skating	Eagle Balance-TV	How-Made Animals	Paid Prog. Paid Prog.	So Raven Phil	Increasing Changing	Festival Italiano di Johnny Lombardi (In Italian)	Movie: "101 Dalmatians" (1996, Adventure) (E)
10 AM	Movie: "Blue Streak" (1999) Martin Lawrence.	Desi Doordarshan (E) Countertop	Jakers Babar Money	College Money	Desperados at Orlando Predators. (E)	Tournament Second Round	College Basketball: NCAA Tournament Second Round	Sell House This Week With George Matthews	News (Live) (E)	News (Live) (E)	News (Live) (E)	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
11 AM	Movie: "Blue Streak" (1999) Martin Lawrence.	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	CG Kids Outta Town Skooled!	WealthTrk NOW (N) European	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	College Basketball: NCAA Tournament Second Round	Sell House Move Design	News (Live) (E)	News (Live) (E)	News (Live) (E)	News (Live) (E)	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
12 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	Knockout Diva Dime	BluesClues Dora	Health Matters	CSI: Crime Scn	ER (E)	24 (E)	Entertainm ent Tonight	Canadian Poker	'70s Show Simpsons	Top 10 Zixx: Level	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
1 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	Myster Ink Pioneers	Rolle Polle Madeline	Wdwright Hometime	CSI: Crime Scn	ER (E)	24 (E)	Entertainm ent Tonight	Canadian Poker	'70s Show Simpsons	Top 10 Zixx: Level	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
2 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	CG Kids Outta Town Skooled!	WealthTrk NOW (N) European	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	College Basketball: NCAA Tournament Second Round	Sell House Move Design	News (Live) (E)	News (Live) (E)	News (Live) (E)	News (Live) (E)	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
3 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	Knockout Diva Dime	BluesClues Dora	Health Matters	CSI: Crime Scn	ER (E)	24 (E)	Entertainm ent Tonight	Canadian Poker	'70s Show Simpsons	Top 10 Zixx: Level	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
4 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	CG Kids Outta Town Skooled!	WealthTrk NOW (N) European	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	College Basketball: NCAA Tournament Second Round	Sell House Move Design	News (Live) (E)	News (Live) (E)	News (Live) (E)	News (Live) (E)	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
5 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	Knockout Diva Dime	BluesClues Dora	Health Matters	CSI: Crime Scn	ER (E)	24 (E)	Entertainm ent Tonight	Canadian Poker	'70s Show Simpsons	Top 10 Zixx: Level	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
6 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	CG Kids Outta Town Skooled!	WealthTrk NOW (N) European	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	College Basketball: NCAA Tournament Second Round	Sell House Move Design	News (Live) (E)	News (Live) (E)	News (Live) (E)	News (Live) (E)	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
7 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	Knockout Diva Dime	BluesClues Dora	Health Matters	CSI: Crime Scn	ER (E)	24 (E)	Entertainm ent Tonight	Canadian Poker	'70s Show Simpsons	Top 10 Zixx: Level	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
8 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	CG Kids Outta Town Skooled!	WealthTrk NOW (N) European	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	College Basketball: NCAA Tournament Second Round	Sell House Move Design	News (Live) (E)	News (Live) (E)	News (Live) (E)	News (Live) (E)	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
9 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	Knockout Diva Dime	BluesClues Dora	Health Matters	CSI: Crime Scn	ER (E)	24 (E)	Entertainm ent Tonight	Canadian Poker	'70s Show Simpsons	Top 10 Zixx: Level	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
10 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	CG Kids Outta Town Skooled!	WealthTrk NOW (N) European	PGA Golf: Bay Hill Invitational -- Final Round. (Live) (E)	College Basketball: NCAA Tournament Second Round	Sell House Move Design	News (Live) (E)	News (Live) (E)	News (Live) (E)	News (Live) (E)	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)
11 PM	Movie: "Blue Streak" (1999) Martin Lawrence.	Knockout Diva Dime	BluesClues Dora	Health Matters	CSI: Crime Scn	ER (E)	24 (E)	Entertainm ent Tonight	Canadian Poker	'70s Show Simpsons	Top 10 Zixx: Level	W-FIVE (N) (E)	W-FIVE (N) (E)	How-Made How-Made	NASCAR Racing: Nextel Cup -- Golden Corral 500. From Atlanta Motor Speedway Hampton, Ga. (Live) (E)	Even Boy World School Paid Prog.	Shook Paid Prog.	Movie: "A Night at the Roxbury" (1998) (E)	Movie: "101 Dalmatians" (1996, Adventure) (E)

MONDAY, MARCH 20, 2006

	WTBS (3)	CBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek (E)	News (E) Okanagan	(Off Air)	Teletubbs Calliou (E)	News (E)	News (E)	24 (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies
7 AM :30	Movie: "Gossip" (2000)	Life Today 100 Huntley Street (E)	BluesClues Dora	Clifford Arthur (E)	Today (E)	The Early Show (E)	24 (E)	Good Morning America (E)			Boy Jacob	SportsCentre (E)		Smarter-Rest	Sabrina Charles	K. Possible Recess	News (E)	CityLine (E)	Rockford Files
8 AM :30	James Marsden. (E)	Taste Berenstain	Dragon	Big World						100 Huntley Street (E)	SpongeBob LazyTown	Curling: Ford World Women's		How-Made	Wealth Paid Prog.	Weekend Lilo Stitch		StarTV	Matlock (E)
9 AM :30	Becker	Gold Trails	Arthur (E)	Sesame Street (E)	Discover	American Justice (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Care Bears	Champions hips. (Live) (E)	Regis and Kelly	Daily Planet (E)	Fam. Feud	Pooh	Maury (E)	News (E)	Magnum, P.I. (E)	
10 AM :30	Cosby	The Price Is Right (E)	Paddington	Barney	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (E)	World Vision	House Diva Dime	Rupert		The View (E)	How-Made	Starting Over (N) (E)	JoJo Feet	Jerry Springer (N) (E)	Movie: "A Night at the Roxbury" (1998) (E)	News (E)
11 AM :30	Harvey Home Imp.	Direct Buy Judge J.	Space Horizons (E)	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	24 (E)	Wealth Paid Prog.	The Insider House	News (Live) (E)	Hamtaro Fly Rhino	PBA Bowling: Ace Hardware Champ.	eTalk Daily	Super Shlpa "Top Ten"	Montel Williams (E)	Stanley King (E)	Blind Date		Magnum, P.I. (E)
12 PM :30	Drew	News (Live) (E)	Undersea Second	Charlie Rose (N) (E)	Paid Prog.	News Bold & B.	24 (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Being Ian Beasts		Daily Bold & B.	Moon Landings	Perry Mason (E)	Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
1 PM :30	Yes, Dear	Andromeda (E)	Moving On Planet	Fine Art Sewing	Days of our Lives (E)	As the World Turns	24 (E)	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.	Curling: Ford World Women's	Vicki G.	Canada's Worst Driver	Love Lucy	Dalmatian	Eye Eye	Ellen DeGeneres Show	Moesha
2 PM :30	Home Imp. Friends	Body Myster Ink	Gaslight Home	Reading Lions	Passions (E)	Guiding Light (E)	24 (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona LazyTown	Champions hips. (Live) (E)	General Hospital (E)	How-Made	Love Lucy	Fillmore	Eye Eye	DeGeneres Show	Moesha
3 PM :30	Seinfeld	Fear Factor (E)	Bear BluesClues	Postcards Arthur (E)	Brown	Dr. Phil (E)	American Justice (E)	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Battle		Dr. Phil (E)	Machines	Montel Williams (E)	Weekend Lloyd	ER "Union Station" (E)	News (E)	Home Imp.
4 PM :30	Raymond	Days of our Lives (E)	Dora Rolie Polie	Cyberchas Dragonfly	Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire	Oprah Winfrey (E)	Early News Global	Tn-Titans Grown Up	Fight Sports Knockouts!	The Tyra Banks Show	Daily Planet (N) (E)	Little House	Barbarian Proud	8 Rules	Sex & City Friends	Funnest Home Videos
5 PM :30	Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E)	News (E)	Flip This House (E)	News (E)	News (E)	News (Live) (E)	Oddparent SpongeBob	WWE Monday Night Raw (E)	News (E)	MythBusters (E)	Malcolm King of Hill	K. Possible Lizzie	Sabrina NBA Basketball: Los Angeles Clippers at Houston Rockets.	MuchMusic VJ Search	Funnest Home Videos
6 PM :30	Friends	Stargate SG-1 "Cor-AI"	Science Moving On	News-Lehrer	News (E)	News (E)	Gangsta Girls (E)	News (E)	News (Live) (E)	ET Canada	Being Ian Martin	WWE Monday Night Raw (E)	News (E)	Dirty Jobs (E)	"70s Show"	So Little Darcy	Movie: "Heist" (2001) Gene Hackman.	Funnest Home Videos	
7 PM :30	Family Guy	Homes Jeopardy!	Time Gardens	Served My Hero	Jeopardy!	Friends	Latin Kings	Entertain The Insider	Entertain ET Canada	24 (N) (PA) (E)	Unfabulous 15/Love		eTalk Daily Hollywood	Worst Handyman	Simpsons Frasier	So Raven Smart Guy	WGN News at Nine		
8 PM :30	Movie: "Blade" (1998)	Deal or No Deal (N)	That'll Teach 'em (E)	Antiques Roadshow	Deal or No Deal (N)	King How I Met	Crossing Jordan "Pilot"	Wife Swap (E)	Prison Break "The Rat"	Prison Break "The Rat"	SpongeBob Sabrina	SportsCentre (Live) (E)	Corner Gas Degraesl	Daily Planet (E)	Prison Break "The Rat"	8 Rules Boy World	Related "The Cape" (N)	(8:15) News (E)	Sex & City
9 PM :30	Horror (PA) Wesley	Two Men Christine	Perspectives (E)	American Exp.	The Apprentice (N) (E)	Two Men Christine	Flip This House (E)	Supernanny (N) (E)	The Apprentice (N) (E)	The Apprentice (N) (E)	15/Love Fresh Pr.	WWE Monday Night Raw (E)	Medium "Light Sleeper"	Dirty Jobs (E)	24 (N) (PA) (E)	Brotherly Radio Free	Related "The Move" (N)	Jimmy Kimmel Live (N)	Funnest Home Videos
10 PM :30	Snipes. (E)	Mutant X "No Exit"	Perspectives (E)	Time of Fear (E) (DVS)	Medium "Light Sleeper"	CSI: Miami "Driven" (N)	Gangsta Girls (E)	Miracle Workers (N)	24 (N) (PA) (E)	News (Live) (E)	My Family Bob		CSI: Miami "Driven" (N)	Worst Handyman	News Will-Grace	Popular (E)	KTLA Prime News (E)	(10:06) Movie: "Rosemary's Baby" (1968) Mia Farrow.	Da Vinci's Inquest (E)
11 PM :30	Movie: "Snake Eyes" (1998) (PA)	News (E) Fortune	Canada-History	Charlie Rose (N) (E)	News (E) Tonight	News (E) Late Show	Latin Kings	News (E) Nightline	News (Live) (E)	Entertain ET Canada	Inuyasha Hack/Sign	SportsCentre (Live) (E)	News (E)	MythBusters (E)	Sex & City	8 Rules	Sex & City Friends	Elimidate Paid Prog.	

monday movies

MORNING

7:00 am WTBS (3) ★★ "Gossip" (2000, Drama) James Marsden. A nasty rumor started by some bored college students takes an unexpected turn when a classmate is arrested for rape. (E)

10:00 am CITY (29) ★★ "A Night at the Roxbury" (1998, Comedy) Will Ferrell. Two sorry siblings dance their way through the Los Angeles club scene while trying to open up their own establishment. (E)

EVENING

6:00 pm CITY (29) ★★★ "Heist" (2001, Suspense) Gene Hackman. A longtime thief is forced to postpone his retirement and organize the robbery of a huge shipment of Swiss gold. (E)

8:00 pm WTBS (3) ★★ "Blade" (1998, Horror) (PA) Wesley Snipes. A man with vampire blood and his mortal partner hunt a rebel vampire and his coterie of undead. (E)

10:06 pm CITY (29) ★★★ "Rosemary's Baby" (1968, Horror) Mia Farrow. A pregnant woman's husband and their satanic neighbors want her baby to be the Antichrist.

10:30 pm WTBS (3) ★ "Snake Eyes"

(1998, Suspense) (PA) Nicolas Cage. A corrupt detective and his Navy friend probe a U.S. official's assassination at an Atlantic City boxing match. (E)

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Let's Play Princeton Trivia!

Question:

May 13, 1998 is significant for what reason?

Last Week:

October 9, 1994 was when twin babies were located in the outhouse at Allison Lake Provincial Campground. The double homicide remained unsolved.

www.princetonmuseum.com

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U	T	F	A	Z	X	U	Z	M	O	Z	G	K	L	J	K	E	E	M	L
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LET'S TALK ABOUT "FORESTS"

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| ROOTS | STUMPS | RECREATION | DEER |
| BARK | LUMBER | FOOD | ELK |
| LOGS | STREAMS | BERRIES | MOOSE |
| LEAVES | NEEDLES | NUTS | BEAVER |
| BRANCHES | BEEETLES | GRASS | BIRDS |
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Apr 30

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Mar 7-21

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For information call 490-8380
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The Government of Canada has contributed
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help wanted

obituary

Kuoy Tong (Tom) Soo

August 17, 1933 - March 4, 2006

Kuoy Tong (Tom) Soo passed away peacefully in his sleep on March 4th, 2006. He is survived by his second wife, Mae Soo, his children Bill (Carolyn), Larry (Sue) and Jeanie (Richard) and his five grandchildren. Tom was a man of many talents, a gifted woodworker and metalsmith. All of his life he worked hard and taught himself his many trades. He is probably best remembered as owner of Travellers Cafe. His greatest passions outside of his family were hunting and fishing and enjoying BC. There was a service at Glenhaven Memorial Chapel (1835 East Hastings, Vancouver) at 9:30 AM Sunday, March 12th followed by an interment at Forest Lawn Cemetery in Burnaby.

obituary

Nicholas (Nick) Plecash

Nicholas (Nick) Plecash passed away at the Princeton General Hospital on March 5th, 2006. Nick will be sadly missed by his sister Anne, sister-in-law Carolyn, many nieces, nephews, grand nieces and grand nephews. Nick requested there be no memorial service.

notices

Princeton Curling Club 32" TV Raffle
Winner: Paulette Kelly of Kamloops.

notices

St Patrick's Day Luncheon, 11 - 2
March 17th, St Peter's Catholic Hall.

Look who turns
17,885 days (2,548 weeks)
old on March 19th!



Happy Birthday!
brenda@thenewsleader.ca

from: george@thenewsleader.ca
mom@kelowna.bc.ca, mom&dad@armstrong.bc.net
and allyourfriends@wherever.ca

Electrician Helper

Local established Electrical Contractor looking for Electrician Helper. Prefer experience, but will train. Salary negotiable. Call Anna at (250) 295-7440 for an appointment.

Interior Health

Casual Opportunity Available for Maintenance Worker III Princeton General Hospital

Competition # OKS-FAC-06-058

Interior Health is accepting applications for a Casual Maintenance Worker III. You will perform maintenance, preventive and repair duties related to the building, grounds and equipment in one or a variety of areas such as electrical, plumbing and painting. You must have completed Grade 10 and have two years recent related experience or an equivalent combination of education, training and experience. Please apply online at www.interiorhealth.ca where you can create an applicant profile and apply to Competition No. OKS-FAC-006-058. Applicants without computer access may fax their cover letter and resume to (250) 870-4722.

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Jul 06-tfn

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Feb 28-Mar 14

Princeton Childcare Services is in the process of adding items to their loan cupboard and is in need of cribs, mattresses, high chairs, play pens, strollers, toddlers exercisers, etc. Also infant to toddlers clothing and toys are needed. Please call (250) 295-3126 and ask for April or Penny.
Feb 14-Mar 14

for rent

Clean, comfortable kitchen units.
Weekly or monthly. (250) 295-3237.
Jan 10-Feb (MC)

56 Kenley Avenue

Residential or Business, bottom suite, two rooms (can be used as offices or bedrooms), kitchen with fridge, stove, microwave. Partially furnished. No pets, no smoking. To view phone (250) 295-3126 (Princeton Childcare Services Society). \$625.00 per month, includes utilities. References and damage deposit required. Mar 21

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Mar 08-tfn

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Jul 19-tfn

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 Bachelor Suites, \$225/mo
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Or Helen Gallagher
(250) 295-3825

Jan 18-tfn (b)

services

services

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Oct 25-tfn

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PROVINCE OF BRITISH COLUMBIA
 MINISTRY OF FORESTS



BC TIMBER SALES TIMBER SALE LICENCE A79551

Take notice that, pursuant to Section 20 of the *Forest Act*, timber sale licence A79551 is being offered for sale by BC Timber Sales, Kamloops Business Area.

Closing Date: March 24, 2006 at 2:00 PM

Geographic Location: Dardenelles

Field Unit: Cascades

Estimated Volume: 29,559 cubic metres, more or less

Term: 1 year

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

Upset stumpage rate:

Upset Stumpage Rate / cubic metre for competitive volumes:

Timber Mark	Product	Volume	Rate
79551	Sawlog & Grade 3	29,559	\$31.16

Species percent:

Timber Mark	Species	%
79551	Lodgepole Pine	51%
79551	Spruce	30%
79551	Douglas Fir	19%
79551	Balsam	0.1%

SPECIAL NOTICE: For all TSL's advertised after December 2, 2005 to March 31, 2006, MPS upset stumpage rates have been decreased by an adjusted forest district specific factor that reflects a ratio of Grade Code (blank) sawlogs to Grade 3 dry sawlogs. The adjusted upset rate and bonus bid will apply to both the Grade code (blank) green sawlog and the Grade 3. Grades 4, 5 & 6 will be billed at minimum stumpage rates of \$.25 m3. This timber sale is fully developed.

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

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

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

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

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

The Kamloops Business Area will no longer be relieving Licensees of their obligation to dispose of logging debris. This obligation will now rest solely with the licensee. Please ensure you check the applicable legislation for your legal obligations.

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WEDNESDAY CLOSED - 8 PM
(295-7931 / 295-7229)

TULAMEEN LIBRARY
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MONDAY 12 NOON
ARBOR HOUSE
WEDNESDAY 7:30 PM
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4:30 PM Sales Start
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MINIMUM \$100.
DOORS OPEN AT 9:00 AM
1st NUMBER CALLED AT 11:30 AM
FOLLOWED BY EARLY BIRDS,
REGULAR GAMES,
SPECIALS & CONCESSION

SEE YOU IN HEDLEY!



PROVINCE OF BRITISH COLUMBIA
MINISTRY OF FORESTS



NOTICE OF REQUIREMENTS FOR EQUIPMENT HIRE BC Timber Sales - Ministry of Forests and Range Kamloops Business Area 1265 Dalhousie Drive, Kamloops BC Including Field Teams Located in: 100 Mile House, Cascades (Merritt), Clearwater, Kamloops

Contractor shall have and maintain a Worksafe BC (WCB) account that is active and in good standing. Contractor shall have Comprehensive General Liability Insurance of not less than \$2,000,000.00 (TWO MILLION DOLLARS).

The Contractor shall have Automobile Liability on all licensed vehicles owned by or leased to the contractor and used by them in the performance of the services provided under the contract. Such insurance shall be for an amount not less than ONE MILLION DOLLARS (\$1,000,000.00) inclusive of any one accident.

Equipment must be in good working order and up to Worksafe BC (WCB) standards. The Contractor must ensure that the Contractor and the Contractor's Agents achieve and maintain the Environmental Management System (EMS) Level 3 training, including required regulatory training, as specified in Chapter 9 of the "BC Timber Sales, Environmental Management System Manual" as amended from time to time. This publication is available on the Ministry of Forests' BC Timber Sales (BCTS) website at http://www.for.gov.bc.ca/BCTS/areas/TKA_certification.htm

The contractor must also adhere to the BCTS EMS system.

NOTE: all machines listed for rental purposes must be owned or on a lease to purchase agreement to the registrant. Firms or individuals may be requested to provide proof of ownership to the ministry representative prior to being hired.

Contractors must be registered in the EES directory (Engineering Equipment and Services) as outlined below.

Ministry of Forests and Range Self-registration in Engineering Equipment and Services (EES) Directory.

All equipment suppliers who wish to have their equipment considered for hire, and all consulting firms that wish to provide professional and technical services, for road engineering activities within Operations Division, Revenue and Tenures Division of BC Timber Sales must be registered in the Engineering Equipment and Services (EES) directory. Interested equipment suppliers and professional and technical consultants MUST SELF-REGISTER ONLINE in the EES directory by going to the following website at: http://www.for.gov.bc.ca/hth/engineering/systems_links.htm

NOTE: Registration into EES DOES NOT guarantee that the registrant will be given work.

NOTE: Operations division and Protection of the Ministry of Forests and Range may have different procedures and registrants should contact those offices for information. Any enquires should be directed to the applicable BCTS Engineering Technician in your area.

100 Mile House - Dan Dobson (250) 395-7870
Cascades (Merritt) - Ken Conway-Brown (250) 378-8458
Clearwater - Gary Forster (250) 587-6731
Kamloops - Al Gill (250) 371-6560

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Finally, be strong in the Lord and in His mighty power. Eph. 6:10

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Doors Open 5:30 PM
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PROVINCE OF BRITISH COLUMBIA
MINISTRY OF FORESTS



BC TIMBER SALES TIMBER SALE LICENCE A74376

Take notice that, pursuant to Section 20 of the *Forest Act*, timber sale licence A74376 is being offered for sale by BC Timber Sales, Kamloops Business Area.

Closing Date: March 30, 2006 at 3:00 PM

Geographic Location: Tom Cole

Field Unit: Cascades

Estimated Volume: 8,800 cubic metres, more or less

Term: 1 year

This sale is designed to address epidemic mountain pine beetle infestation.

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

Upset Stumpage Rate / cubic metre for competitive volumes:

Timber Mark	Product	Volume	Rate
74376	Sawlog & Grade 3	8,800	\$22.98

Species percent:

Timber Mark	Species	%
74376	Lodgepole Pine	80.5%
74376	Douglas fir	11.5%
74376	Spruce	8%

SPECIAL NOTICE: For all TSL's advertised after December 2, 2005 to March 31, 2006, MPS upset stumpage rates have been decreased by an adjusted forest district specific factor that reflects a ratio of Grade Code (blank) sawlogs to Grade 3 dry sawlogs. The adjusted upset rate and bonus bid will apply to both the Grade code (blank) green sawlog and the Grade 3. Grades 4, 5 & 6 will be billed at minimum stumpage rates of \$.25 m³.

This timber sale licence is fully developed.

Tenders will only be accepted from individuals or corporations registered as a BC Timber Sales Enterprise in Category 2.

CATEGORY 2 - 50% VOLUME MILLING REQUIREMENT FOR THIS LICENCE.

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

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

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

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

The Kamloops Business Area will no longer be relieving Licensees of their obligation to dispose of logging debris. This obligation will now rest solely with the licensee. Please ensure you check the applicable legislation for your legal obligations.

editor@thenewsleader.ca

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

my turn

Here's another wacky idea

There's something about 'unusual' ideas we like. You know the kind...the concepts that are often referred to as being 'outside the box' and 'stretching the envelope' and the deer situation has us thinking in those places.

Town Council discussed an offer from a local game club regarding deer feeding at the landfill smorg. Councillor Jim Manion was trying to be funny when he suggested we should be marketing the deer as an attraction.

We strongly agree with this concept. Instead of trying to rid the deer from our yards and lawns and gardens and landfill...we should be embracing them as a natural attraction to the community.

The Economic Development Officer keeps going on about having marketable assets to attract people to this area. Why not the natural attraction of the deer?

Okay - for those who don't want deer grazing in their garden, we have a solution. Now that the Bylaw Enforcement Officer's contract has been renewed, let's put him to work. The Town of Princeton should pass a bylaw that allows for 8-foot deer fencing on those residential properties that don't want deer invasion.

Get a local post plant involved in creating a 'Princeton Deer Post' and bring a local fence supplier into the fold for volume discounts and now you have not only a natural asset to promote (the deer), you now have an environmentally friendly Princeton-created, Princeton-produced solution to the deer problem (the fencing) that can be packaged and marketed outside the Princeton area.

The more we think about it, the more we like it.

Think about it. The little Town that couldn't solve the deer problem goes the other direction and creates a way to actually live with the deer and spins off tourism plus a product that would generate revenue for the community.

Jasper, Alberta has all sorts of wildlife wandering the streets. On any given day you can see deer, sheep and other critters. They have used the natural asset of the wildlife as part of their marketing plan.

Who says Princeton can't come up with and win with something similar to it?

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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your turn

Town Square debate - Round 3

To The Editor;

I find it unfortunate and find a certain lack of respect over the issue of the Town Square - extension of the Cenotaph Park. Is it too much to ask to increase the park to honour those war veterans that sacrificed their lives, time and hardships for our freedom?

I think we, as citizens of Princeton, as citizens of Canada and patriots of our country would forego a few parking stalls and inconvenience of a walk to the stores on Vermilion Avenue. Anyone shopping out of town who park in the downtown areas of larger centres or parking lots are sure to walk a lot farther than 50 feet.

I am also dismayed at the negative attitude some people have right away about the vandalism that will occur. So far, vandalism in Princeton, as far as I know, has been minimal, in large part due to several things, including our police, the citizens on patrol, and a respect by the youths in the community not to damage or vandalize things in our town.

Instead of complaining about how the park "will be" vandalized, why not do your part and join the local COPS and help out, pitch in and police our own community, our own town.

A final thought on this issue, take a look at the black and white enlarged photograph hanging in the Valley First Credit Union insurance office. The Cenotaph park was a much larger area, which somehow got reduced over the years to a much smaller patch of lawn and trees that it is today.

I think it's time to reclaim some of that land back into the park. Besides, the parking on 1st Street and behind the businesses on Vermilion Avenue are hardly utilized by people, I see no problem

Letter To The Editor

MLA talks immigration

Dear Editor;

When NDP MLA Robin Austin spoke in opposition to Premier Campbell's plan to increase immigration to BC, it did not surprise me. Despite constant attempts by the NDP to portray their party as the one most supportive of immigrants, they will not support immigrants when it means confronting their core supporters in the labour movement.

Austin made his position clear in the Legislature on February 16th when he stated, Surely those people who have committed themselves to living in the north should have the chances to gain the skills to fill those jobs instead of relying on immigrants who, quite possibly, will only want to live in the lower mainland once they get here.

What does surprise me is the silence on the part of other NDP MLAs. Where is Human Rights, Multiculturalism and Immigration critic Raj Chouhan?

Where is Yale-Lillooet MLA Harry Lali who knows the long history of commitment by the Indo-Canadian community in his riding and throughout Interior and Northern communities?

And where is NDP Leader

with getting out and walking a little bit for the exercise - our clean air - and free parking.

- William Patrick, Princeton

PS: Congratulations on keeping the price of your paper at 75 cents!

Carole James whose constant negativity and weak leadership has infected her caucus so deeply they are now allowed to make these insulting comments?

Their silence endorses the position of Austin who stated publicly that people who already live here should be favoured over increased immigration.

MLA Austin's suggestion that immigrants would only settle briefly in the north and then would move to urban centers is an insult to the thousands of immigrants who have built this province. People like orchard owner Kundan Sanghera from Kelowna, transport company owner Billa Kandola also from Kelowna and Surinderpal Rathor, an elected councillor in Williams Lake.

It's time for NDP MLAs to speak up and denounce such anti-immigrant sentiment despite the influence of big labour who want to maintain their monopoly and influence in the job market.

It's unfortunate that the NDP are more interested in votes from the labour movement than they are in promoting the interests of immigrants in British Columbia. Yours truly,

Langley MLA Mary Polak

Current Comment:

Why globalization is bad for the environment



Dawn Johnson
editor@thenewsleader.ca

The movement of trade goods and people worldwide has become increasingly damaging to our environment. We can talk about small-scale local problems and become really excited about potential harm to our air, land and water, but we ignore some of the biggest contributors to worldwide environmental problems such as global warming.

We can do more to help our environment by getting trucks and cars off the road than we can by complaining about a small, efficient wood-burning operation.

Due to economic globalization, we are seeing increasing use of petroleum fuels (fossil fuels). We have foolishly replaced railroads with trucks. Ships burn poor quality diesel fuel which pollutes both air and water, but they are preferable to the increasing use of aircraft.

A ton of freight moved by aircraft uses 49 times more energy per kilometer than when it is moved by ship. A Boeing employee described the pollution from the takeoff of one 747 as like a burning gas station flying over your house. One 747 take-off causes as much air pollution as 2.4 million gas-powered lawnmowers running for 20 minutes. Think about that the next time you decide to fly somewhere. Think of the air pollution you would avoid by taking a bus or train. Not only would you be saving the air, you would see more on the way.

The private automobile is a major polluter, and it need not be. We could be using hydrogen fuels. Of course, the oil companies would not be happy about it, but who cares? If they can't sell as much gasoline, the price will go down and neither they nor the government will have as much money. I admit I can't get along without my car. I need it for work. I wish it ran on something other than gasoline.

I wish I had a vehicle more sensible. I have thought about an adult tricycle, but that kind of alternative is no good in snow, or for travelling long distances. For distance travel, a bus would be better, but bus service is being reduced all the time. If all of us were honest, we would admit that the private automobile is extremely expensive to buy and to operate. We do need an alternative. I have always wanted one of those anti-gravity platforms like Dick Tracy

had. So far, they are not on the market.

I remember when nearly everybody in our area burnt wood as the primary heating fuel. All of us were persuaded to go to "cleaner" fuels such as oil and natural gas. Now we are being told these fossil fuels are polluting the air we breathe. Not only are they pollutants, they cost a lot more than wood. I feel we were seriously "sucked in". We are really stuck now. We have to pay the gas company every month, and the bill keeps getting higher every month.

We pollute the land with a number of things, from mine tailings to chemical spills, but the biggest polluters of our land are the gigantic farms run by corporations or big business. They depend on chemical fertilizers, pesticides and chemical weed killers to maintain productivity. To make matters worse, our government Department of Agriculture has promoted the use of chemicals in the past, until they started finding it in streams and ponds adjacent to farms. Small-scale organic farming is friendly to the environment.

We don't see many small-scale farming operations these days. I grew up on such a farm. Nothing went to waste, and it was a good healthy way of living. Until marketing boards came in, we made a decent living. It was labour-intensive as well as conservation oriented. Then the marketing boards began dictating how many chickens we could have and what price we could charge for our produce. The marketing boards made big operators wealthy and eliminated the small producer. Governments supported the marketing boards.

Corporate contracts pushed out the small producers, too, by making deals that prevented grocery stores from buying from anybody who produced locally, then offered local

farmers less than production costs for their produce. Government allowed these contracts. Small farmers had no way of fighting back, even though the contracts violated the freedom to buy and sell and allowed a monopoly. Canada had laws that said it was a violation to restrict trade, but those were ignored in the formation of marketing boards and turning a blind eye to corporate contracts. Nowadays, the laws prevent small producers from selling to the big markets because their produce does not come under specific regulations. The consumer ultimately pays a higher price for all this restriction of trade in agricultural products.

We do a lot of things that harm our environment, yet we fail to see the bigger picture of those things that prevent us from having a community marketplace in which we are self-reliant.

We are waking up. We have tougher environmental protection laws. However, we still do not have the kind of alternative energy sources we need, and the government does little to encourage it. The reason for such failure by government is that three generations of Canadian politicians have bought into the concept of the advantages of the global economy. In Ontario, people are encouraged to reduce their use of fossil fuels, but does anybody advocate bringing back woodstoves? On the contrary, burning wood is discouraged. Has the Ontario government offered to fund the development of hydrogen fueled vehicles? No. Has the Ontario government moved to restrict the number of aircraft landing at Pearson Airport? No.

We are trapped in the kind of world we have created, and yet we do very little to spring ourselves from the trap. Why don't we insist on change.

Heart Food

by Dave Machin



God is all powerful, therefore His world is all powerful. He can and does back up everything He says. Since He is the creator, His words contain the power to create. You are able to see that truth borne out in the very first three verses of the Bible. Notice in those verses that the Spirit of God was moving before God spoke, but nothing happened until God SAID. Creation did not take place until God released His words of faith. Everything in this material creation, everything you can see, touch, taste or smell came into existence as a result of the word of God. That means God's word is the parent substance of all matter. Think of it! The paper this column is made of came from a tree that can be traced from tree to seed all the way back to God's word "let there be". In light of that fact, do you think His word still has the power to change this natural physical world? Do you think the word that created the dirt your physical body was made from has enough power to heal your body? Do you think the word that brought into being all the silver and gold, all the wealth of this entire earth, has enough power to supply you with the resources to pay your electric bill? Of course! God's word is eternal. It sovereign. It cannot be changed (people try to by saying it doesn't really mean what it says) However, thank God it does mean what it says and there is nothing that can alter that truth. Psalms 119: 89 says, "forever, O Lord, your word is settled in heaven". This natural universe is temporal. It can and does change. If you take something that is unchangeable and use it to apply pressure to something that is changeable, it is obvious which one will yield. The changeable one! Therefore whenever you take the word of God and apply it in faith to this temporal realm, that realm must give in and conform to God's word. Jesus understood this truth. He lived his life by it. He had such faith in God's word that when He spoke it, this material creation bowed its knee and obeyed Him. Demons left. Diseases disappeared. Death gave up its grip. Bread multiplied. Winds stopped blowing. Bondages were released. In fact, by the power of God's word Jesus was able to live and minister on this death bound planet, and yet be completely free from all its bondages - you can also. You can speak the word in faith to disease and it will leave. You can speak the word to your fears and they will leave. You can speak to any circumstance and KNOW that the word spoken and acted on will release His power and change the unchangeable..... all because you are standing on the unchangeable word of God! God is good, His word is good and good all the time.

Pastor Dave Machin,
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PSS Grade 12 Honour Roll Students.

.....continued from Page 3
Haigh, Jordan Lane, Miranda Grigg, Alex Rempel, Julia Darel, Dylan Bertucci and MaryAnn Campbell.

Grade 11 Honourable Mention: Chad Hohmann, Annalyn MacWhirter, Keith Vinthers, Blake Bertucci, Chris Kozak, Christina

Smyth, Tyson Beaupre and Josh Brooks.

Grade 12 Principal's List: Peter Newman and Cullen Smart.

Grade 12 Gold List: Shelby Carlson, Jennifer Bailey, Jeremy Buhler, Jeremy Wagner, Lewis Smith, Kassondra Crimmon,

Natalie Desrochers, Stephanie Nicholls, Jerrid Lay, Rebecca Donohoe, Renee Willis, Tanner Gunn and Christian Szekely.

Grade 12 Honourable Mention: Justine Pelly, Jana McKenzie, Nicole Thomas, J-Lee White, Stephanie Boyce and Nadine Price.

PSS adds new courses, programs

Here on the hill things are moving right along. Education Week makes it a good time to reflect upon some of our successes.

Academically, we have introduced the applications stream of math courses at the Grade 10 and 11 level. Completion of these courses, as opposed to the essentials of math courses, opens more doors for our students. For the same reason we removed the communications courses as options for Grade 11 and 12, and everyone has worked very hard at getting through the more difficult English 11 and 12 courses.

Many more college and university programs become choices for our students if they have English 11 and English 12. In addition, we have the Environmental Mind Grind team on the hunt for their third consecutive Valley Championship, and our Skills Canada teams competing in the TV and Video Production and Welding categories.

Athletically, we have had three teams reach the Valley Championships this year, senior girls volleyball, boys soccer (one team Grades 8-12) and senior boys

basketball. Six members of our community have volunteered their time to coach our teams, as has six of our staff. More than 26% of our students have joined a school team. That is an astounding number and a testament to the encouragement of our teachers and coaches.

We are proud of our school and all of our student's accomplishments. If you have time please drop by and get the guided tour. Things may have changed since the last time you were up here.

- submitted by Bill Lawrence, Principal PSS.

Celebration comes to Princeton

Interior Health has announced the Okanagan Health Connections Celebration is set for Princeton from 1:00 to 2:00 PM on Tuesday, March 21st at Princeton Seniors Drop-In

Centre at 162 Angela Avenue.

Health Connections is a partnership between Interior Health, Regional Districts, municipalities, BC Transit, transit operating com-

panies and local not-for-profit societies, that increases patient access to non-emergency medical appointments.

All area residents are invited to join local officials, transit operators, Interior Health staff and other local residents for coffee, tea and cake to celebrate Health Connections in the Okanagan.

For more information on Health Connections or the celebration, contact Genevieve Labbe, Okanagan Program Coordinator at (250) 498-5045.

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PUTTING HEART INTO OUR COMMUNITY



Last Friday was Fun Day at John Allison Elementary School which includes games of skills for prizes.

A 'local' sends tribute to Eric

I was raised in Princeton. I was going to say that I grew up there, but even at 53 years old, I still don't think that I have grown up. Princeton was a great place to be raised; it was your typical small town where everyone knew everyone. I have lots of good memories of being raised in Princeton.

My mom, Molly Caruso also has memories of me growing up here as well; some are good and some maybe, not so good. Our family has lived in Princeton for many decades. As a kid, I remember some of the people that made up the community; some of the characters were, Singing Jimmy, Old Virginia, and Talking John. The rest, although were not as colourful, still were woven together to complete the fabric of a great warm and helping community.

I remember watching people as I grew up and many people stand out in my memory. I have been thinking about someone I consider a friend, who has had a very positive influence in my life. He is a long time resident of Princeton.

Eric Goodfellow has been one of those persons who has had a positive impact in our little town. He has helped so many people in times of grief, doing funerals and times of joy, doing weddings. You didn't have to belong to a certain church

or hold a certain belief, Eric just accepted you for who you were.

I remember as a kid, seeing the little white funeral announcement notice in the window of Humes Flower shop and at George Gurr's Mortuary announcing the passing of one of our community, thinking, it would be wonderful to do what Eric does.

That was long before I was a preacher, yes, for some of you who remember me as a kid, I am not serving time somewhere in a federal prison and I am still married to Ruth and Mac Kavanaugh's daughter, Elaine (34 years this June), we have two wonderful married children and three wonderful granddaughters.

For some of you who remember me, this may be hard to believe as well, but I am also the RCMP Chaplain for the Oceanside area. How's that for moving from the back seat of a police car to the front?

Eric's influence took root long before I even went to church, to be honest the only reason I went to church in those days was to get free pencils and stuff anyway. During these years I watched as Eric (working for BC Tel during those years), touched the lives of many people in our town.

When I became a preacher, I had

this hidden desire to some day to assist Eric with a funeral in my home town. A pipe dream I thought, until a few years ago, I was asked to come back and officiate at a funeral. The funeral was for a friend mine that I had grown up with, and I was to join Eric, as he would be officiating as well. I was honoured then, am still honoured today.

Over the years, I often thought of how wonderful it would be to serve a community in a similar capacity which Eric has done, so very well in Princeton, all these years. It has begun to happen for me, in our community of Parksville, on Vancouver Island.

Elaine and I have lived in Parksville for the last six years where we pastor a Pentecostal church. I have been privileged to be one of the persons, whom the community calls on to help in times of grief and also in times of joy.

I want to thank you Eric, for your example of being a caring person, who has offered this important service to the people of Princeton. You have touched many lives, in many different ways and have been a mentor to countless others. You have really blessed me and in turn I am able to bless others.

Thanks, Jim. (Jim Caruso, Pastor pjcaruso@shaw.ca)

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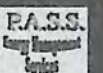
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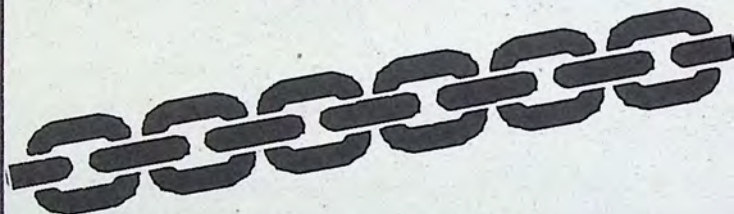
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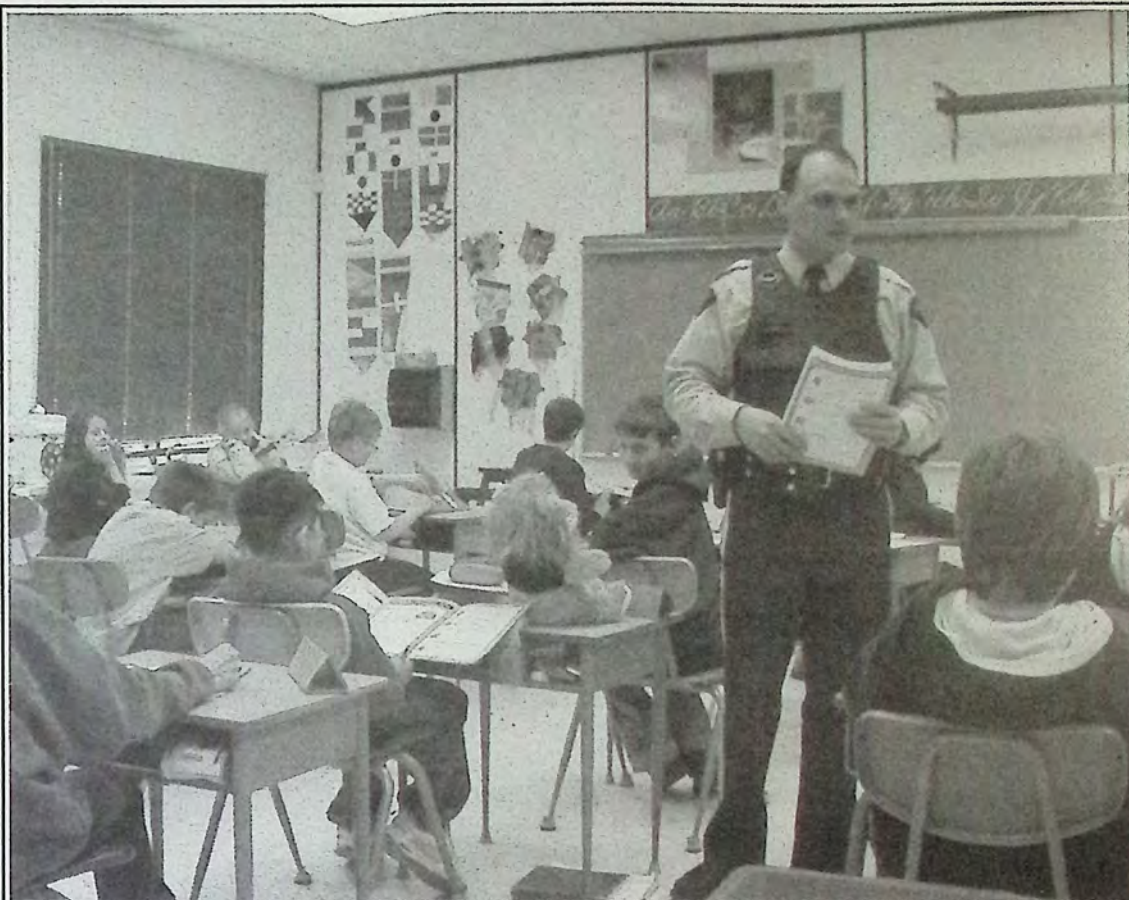
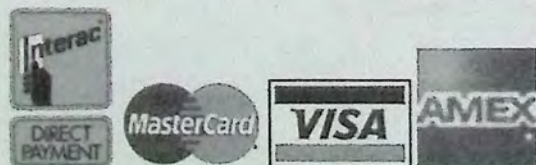
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Princeton RCMP Cst. Mike Leiding - the local DARE Officer - discusses Peer Pressure with Vermilion Forks Elementary students as part of last week's DARE Lesson.

Students DARE to be aware

Last Wednesday the News Leader joined Mr. Miller's Grade 5 Class at Vermilion Forks Elementary School for their 1:00 PM DARE Class.

It wasn't what we expected.

First, a little history. In 1994 the Royal Canadian Mounted Police embarked on a National program which targeted youth within Canadian communities in an attempt to educate them in regards to drugs in all their components.

DARE, which stands for Drug Abuse Resistance Education, was designed in 1983 by a Police Chief in Los Angeles who's son fell victim to the drug underworld.

DARE is a school-based drug and violence prevention program, taught to elementary school children by specially trained uniformed law enforcement officers.

DARE's ultimate goal is to provide children with alternative choices and options when dealing with peer pressures that they face every day. The program not only challenges the youth, but provides them with personal tools and insight which assists them in making healthy lifestyle choices.

The DARE program has been called an amazing tool that has been incredibly effective throughout 56 countries benefitting over 36-million children.

Locally, Princeton RCMP received input during their environmental scanning process that identified drugs as Princeton's number one concern for the past three years.

"The members of the Princeton RCMP have undertaken significant pro-active measures to help combat this problem," says Princeton RCMP Detachment Commander Sgt. Kurt Lozinski.

"However, enforcement is only

part of the solution. Studies have shown that a healthy balance of enforcement and education is the only effective way to deal with this issue."

In 2003 the Princeton Detachment lost its two trained DARE Officers due to transfers. This is a problem most police detachments face and also affected how the education element was delivered in Keremeos area schools.

In November 2005, Cst. Mike Leiding from the Princeton RCMP Detachment successfully completed training and became qualified to become the Princeton DARE Instructor.

The DARE program was reintroduced in Princeton schools in January of this year.

There are currently 48 Grade 5 students in Vermilion Forks Elementary taking the program along with Grade 1's at John Allison Elementary and Hedley Primary School bringing the total close to 100 children actively participating in the DARE 10 Lesson structure.

Cst. Leiding describes the program in a single sentence.

"It is about drugs, but it gives kids lifeskills and the proper skills to handle things and situations that come their way."

He is also happy with the response.

"The DARE Program is up and running and it's going great."

The program includes a partnership with Princeton and District Drug and Alcohol Counselor Paul Huycke and revolves around common sense solutions to everyday peer pressures.

"It gives them (the students) the tools to make healthy lifestyle choices," Leiding adds.

It sounded interesting enough for us to sit through the hour long lesson last week.

Mr. Miller's Grade 5's are a curious bunch we discover when Cst. Leiding pulls a few questions out of the 'DARE Box' - a colourfully decorated box where open questions can be submitted anonymously by class members.

The short period of time it takes to answer the questions also allows everyone in the room time to settle down and get prepared for the week's lesson.

The first question out of the DARE box is 'Have you ever shot a guy before?'

Leiding responds by saying he hasn't and hopes he doesn't have to.

The second questions is 'What made you become a police officer?'

The answer revolved around family members involved in police work, "I thought the job sounded incredibly interesting and I wanted to help young kids."

Another question asks if he's made a drug bust.

"I love drug busts," Leiding says with enthusiasm and explains he was able to make one recently as part of a traffic stop.

The last question - If smoking is bad for you, why are manufacturers allowed to make cigarettes? - creates a classroom discussion where it is decided that making money has got a lot to do with why some things that may not seem right are allowed to happen.

Then Leiding leads the class into a short review of the previous DARE Lesson on Inhalants, or as one student describes, "Drugs you can breath in."

Lesson #5 is titled Peer Pressure and Mr. Miller's Grade 5's explore continued on Next Page



Princeton and District Drug and Alcohol Counselor Paul Huycke shows Grade 5 DARE Students what smoking can do to a human lung. The visual appeared to be very effective.

what qualities make a good friend in something identified as Friendship Foundations.

The list from students included such important elements as being able to keep secrets, loyalty, being nice and sharing some of the same interests.

One student added, "They listen to you."

Leiding liked that answer, "That's actually the one I was waiting for," he said and then asked the class about how it feels when someone in a conversation isn't really listening.

"When they are listening to you that means they are connecting with you and that is a good thing."

The students were then asked to look in their workbooks to the page that outlined what was called a Friendship Circle - places where you make friends - with suggestions including at church, school, through sporting activities, clubs, etc.

"We also know what does not constitute a friend," Leiding offered and the class listed ways of identifying someone who is not a friend.

The lesson moved into Peer Pressure, which a student described as, "When someone you know tries to pressure you to do something you don't want to do."

"Not all peer pressure is wrong," Leiding stated and gave examples of positive peer pressure and reminded students they should have the DARE Decision-making Model in mind - more on that later.

"You need to have some choices in your head and be able to have an answer," he told them.

"It'll make it easier to make the right decision."

Leiding then read a short story about some kids being offered cigarettes from an acquaintance. This led to a discussion on what would

the students do if they were in that situation.

This was a time to exercise the DARE Decision-making model to help the students determine what to do.

It's a pretty simple concept where young people facing a situation where they need to come up with the right decision can turn for help.

The first element is 'DEFINE' - in this instance the problem was being facing with smoking.

Next is 'ASSESS' - or what choices are available for possible responses.

Third is 'RESPOND' - making a responsible response, one that can be backed up ("No, I don't want a smoke because it can kill me" for example).

Last is 'EVALUATE' - did you react in the right manner? If so, why?

"It helps you think about it before you have to do anything and hopefully you'll do the right thing," Leiding says about the DARE model.

The lesson ended with an exercise asking each student to describe, in their workbooks, what peer pressure feels like to them.

Then the floor was given to Princeton and District Drug and Alcohol Counselor Paul Huycke.

We picked the right day to sit in on a DARE Class. Huycke explained he had started smoking at the age of 11 and although he quit 30 years ago, the damage to his

lungs had already been done.

Huycke has emphysema - a chronic lung disease often caused by smoking.

He described how quickly he ends up short of breath and how much it bothers him to not be able to do things he used to.

Then he shared his collection of visual aids with the class - encapsulated human lungs - some with cancer, some with other problems resulting from smoking.

The visuals worked very well in hammering home the importance of not smoking.

The DARE Program in Princeton would not be possible without the generous support of numerous local businesses and individuals.

The list includes Dairy Queen, Sparetime Holdings, Doug's Homestead, Stevens & Stevens, Princeton Co-Gen Corporation, Peoples Pharmacy, Stan Turner, The Source, Princeton Lions Club, Ponderosa Motel, Kal Tire, Town of Princeton, Century 21 Princeton Realty and the Princeton Hospital Auxiliary.

If your child is taking the DARE Program, ask them what they are learning and encourage them to share with you the messages they are picking up in the program.

The Grade 5's will receive t-shirts in a Graduation following the completion of the tenth lesson in the series.

The ceremony is tentatively set for mid-April.

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**Estate Planning
Frequently Asked Questions - Part 1**

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Once your Will has been probated, the court issues "letters probate" that allow your executor to carry out your wishes as outlined in your Will. Many financial institutions will not release your assets to your executor without a certified copy of letters probate.

What Is The Difference Between A Power of Attorney and A Will?
A power of attorney authorizes the person you appoint to manage your financial affairs on your behalf while you are alive, whereas your Will names an executor to manage them after you pass away. You may appoint a relative, friend or professional as your attorney or executor. Often the person(s) named for the roles of attorney and executor are the same.

A power of attorney is only in effect while you are alive. By granting power of attorney, you are giving permission through a legal document to have someone handle your financial affairs. If you are unable to look after your finances, your power of attorney will provide continuity in managing your affairs.

For more information on the difference between a Power of Attorney and a Will see the next article "Estate Planning - Frequently Asked Questions - Part 2" in the March 28th Similkameen News Leader.

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Thanks Princeton RCMP Cst. Mike Leiding for sharing the DARE Program with us!

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