

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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Posse awards players at banquet



Princeton Posse Most Valuable Player Mike Salter is presented his award by Head Coach Dale Hladun. Assistant Coach Kevin Robillard, left, and Posse General Manager Blair Noel, right, join the presentation. *

RockRidge Canyon hosts luncheon event

The Valley First Princeton Posse brought an official end to their fifth season with their annual Awards Banquet. This year the event changed format into a luncheon which was held at Young Life of Canada's spectacular RockRidge Canyon facility.

Mayor Randy McLean spoke highly of the team and all the elements that were necessary to keep the franchise running in the small Similkameen Valley town.

"We've come an awful long way

and we owe that to the coaching staff."

McLean also tipped his hat to the large number of volunteers who work, often behind the scenes, to make game nights possible.

"Without them I don't know how this would pan out." McLean then went on to thank the players for being such good citizens of the community they play in.

"You mean a lot to us and we are grateful for that. You are great guys continued on Page 27

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Lali declares victory for the Similkameen

Yale-Lillooet MLA Harry Lali declared victory on behalf of the people of the Similkameen Valley and area.

"Great things happen when committed people from different socio-economic and political backgrounds band together to fight an injustice taking place in their own back yard," said Lali.

"In their Throne Speech on Tuesday (February 14th) the Gordon Campbell Liberals capitulated on their ridiculous attempt to forcibly build a dirty coal-fired plant in Princeton," explained Lali as he spoke from the B.C. Legislature.

"Finally the government has seen the error of its ways and decided to kill dirty coal plant proposals in B.C."

Lali said, "It is a shame that the Campbell Liberals only acted after

the 'Friends of the Similkameen' and 'Save Our Similkameen' organizations and residents of the Similkameen raised a hue and cry. Together, the Similkameen Valley residents and the NDP Opposition were able to highlight the destruction dirty coal plants would have wreaked on the pristine environment of Southern B.C., on the health of area residents and on the local tourism industry. Similkameen residents had been fighting against this dirty coal plant for over a year," said Lali.

"Initially, the Campbell Liberals tried to bring in the project by attempting to sneak it under the 50-megawatt radar of the Environmental Assessment Office. Then the E.A. Office refused to give any information to local municipal leaders and residents regarding specifics of emissions

and pollutants the plant would put into the local air, land and water, including mercury levels. Local residents were forced to go public with their concerns and demand action through the media and the MLA's office in order to get government to pay attention to their concerns," charged Lali.

"Local residents like Brad Hope and others, together with municipal leaders like the mayors of Princeton and Keremeos and the chief of the Lower Similkameen Indian Band, were also forced to call a number of public meetings, execute a petition, a letter writing campaign, produce leaflets, hold demonstrations, one at Environment Minister Barry Penner's office in Chilliwack, solicit the help of the local, regional and provincial media and the NDP Opposition and in their struggle."

MLA Lali spoke against coal-fired plants at a public meeting in Princeton in October, again in November when he brought NDP Environment Critic Shane Simpson and Energy Critic John Horgan to speak at a public meeting in Princeton.

In December, Harry Lali and Yale-Lillooet NDP President Robert Tarswell were successful in introducing and having an Emergency Resolution passed at the NDP Provincial Council (the governing body of the provincial NDP) calling on the New Democratic Party to ban coal-fired power generation in British Columbia.

Earlier this month Lali and NDP Leader Carole James toured the Similkameen Valley and visited with citizens, local municipal leaders, and the two First Nations in Keremeos, and ended the day with an open public meeting in Princeton on February 3rd where they came out strongly in support of the people of the Similkameen who were fighting dirty coal plants in B.C.

"In the end, the victory belongs to the people of the Similkameen," said Lali.

"As a politician, it is my duty to stand up on behalf of the people of Yale-Lillooet."

Compliance considers all-wood project

The Princeton Power Project is looking seriously at moving from burning a coal and wood mixture to becoming a wood only plant.

The key to the change could be increased access to Mountain Pine Beetle killed wood, which would be used in addition to local wood-waste being diverted to the plant.

"There is a huge amount of timber affected by the Mountain Pine Beetle, and this provides a real opportunity for us," said CEO John Tapics.

"The conversion to wood will also assist the project to meet tough new standards regarding greenhouse gas emissions. When we started this project, we faced some of the toughest environmental standards in North America. We have always expected that would continue, and it has," said Tapics.

By using 100 per cent wood, output from the plant could be eligible to be classified as BC Clean Electricity under BC Government guidelines.

The project in its new form would result in similar economic benefits to the local area as previously anticipated. About 230 full-time equivalent construction jobs, up to 30 jobs at the power plant, and another 40-plus jobs created indirectly.

The project will provide power for over 40,000 homes and will help the Province meet its goal of being electricity self sufficient by 2016.

It is expected that a feasibility review of the conversion will be completed by the end of March.

Princeton Area
Ghost Towns
The DVD

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Charlene Williams, left, along with 2-week old Lucius, 21-month old Kiya and 5-year olds Hayden, Liam and Matt presented Mayor Randy McLean with handmade envelopes for each member of Town Council. The presentation, made on Valentine's Day, included numerous Valentine's Day cards with a 'no to coal-fired power' theme. Photo: Brenda Engel. *

New DVD features Princeton Posse

Similkameen News Leader Owner/Publisher George Elliott releases his latest DVD project this week.

Titled "Princeton Posse 2006/07 - The DVD" the second DVD produced by Elliott in less than a year covers the entire 5th season of the local KIJHL hockey franchise.

"There's over 400 hundred photos, mostly action shots from home games as well as player profiles and photos from last weekend's awards

banquet," Elliott says.

"One interesting feature of the DVD is that it contains every single Posse story that ran during the season in the News Leader."

The Posse-DVD will be available exclusively at the News Leader office for \$19.99 each, including GST.

Elliott's first DVD project, "Princeton Area Ghost Towns - The DVD" continues to sell weekly and he hopes to see similar suc-

cess with the Posse project.

"Coach 'Duner' was very encouraging when I told him about the Posse DVD and the coaching staff - along with team members - were a tremendous help with a portion of the project," Elliott adds.

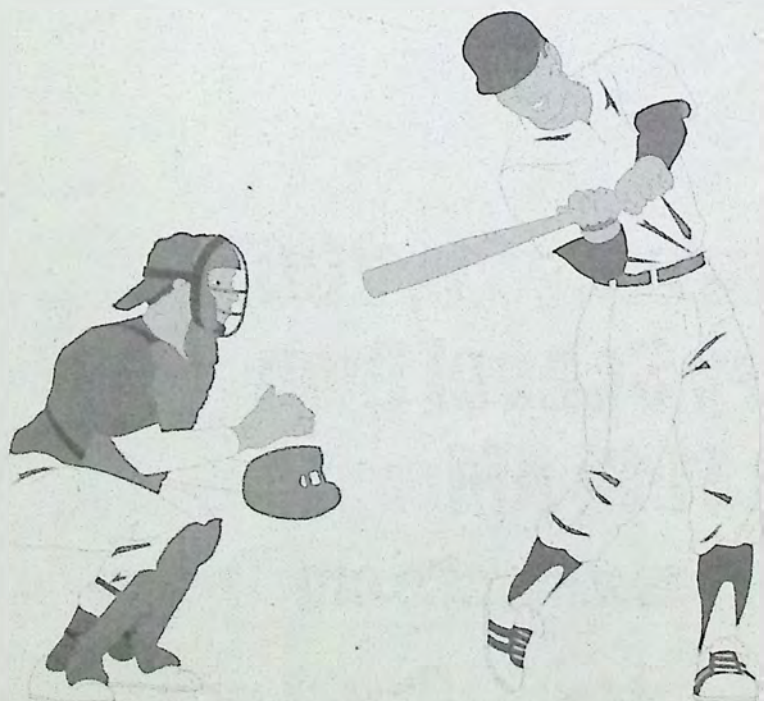
"I couldn't have asked for more cooperation from them and that helped make the player profile portion of the DVD possible."

Elliott says he has more DVDs in the production stages.

PRINCETON MINOR BALL

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Saturday, February 24th

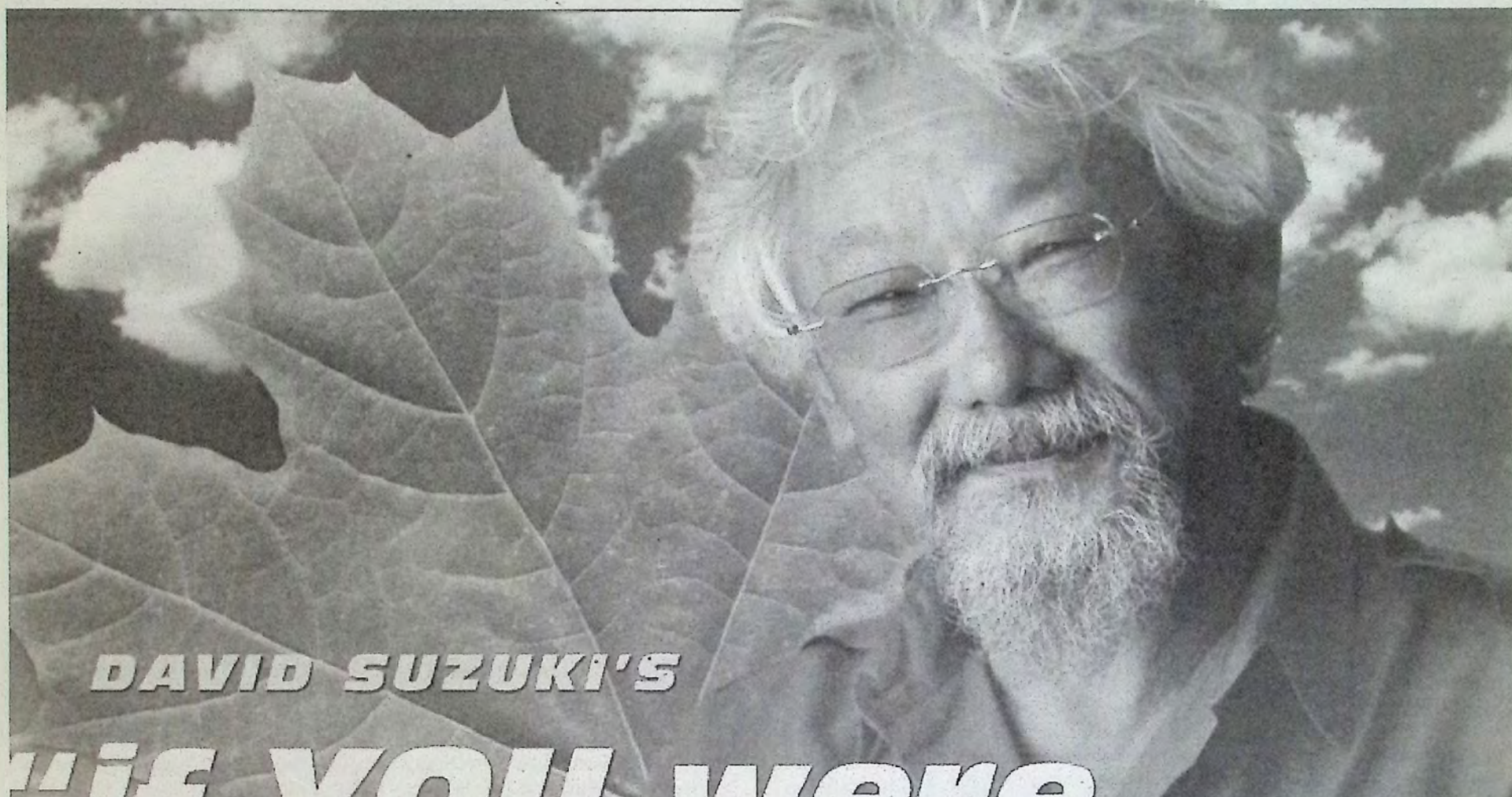


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keremeos and area news



Similkameen Country's Anna Bartlett, right, receives a session in biofield therapy during the second annual Healing Arts Fair February 17th in Victory Hall. *

Second Health Fair does well

What comes to mind when you hear the phrase 'healing arts fair?' Chances are what you may have expected was not exactly what took place at Victory Hall February 17th during the second annual Healing Arts Fair.

The fair brought together a variety of health practitioners from throughout the South Okanagan and Similkameen to share their skills and knowledge in a number of different healing methods.

For example, Mike Antoniak of Osoyoos is a Certified Raynor Therapist. The Raynor style of massage is considered a fusion of Eastern and Western philosophies. Merlin Beltain of Vernon represented the Canadian Society of Questers, Dowsing Association. Dowsing is connected to responses to unseen influences.

Jan Canton of Penticton is a Holistic Health Practitioner who provides a variety of services including Iridology, Infrared healing and Detox. Maria Carr of Penticton provided demonstrations in Healing touch – a biofield therapy that is energy-based and uses touch to influence the human energy system.

Pat Deacon of Penticton specializes in treating autoimmune disorders through homeopathy. Bonnie Deyaeger of Cawston practices Taina, Chinese bodywork and teaches Qi Gong. Lila Elliott of Okanagan Falls provided a live blood cell analysis, which can determine how increased acids affect the body.

Pat Everatt of Keremeos is a Certified Irlen Screener. Irlen Syndrome is a sensitivity to light. Babs Greenfield of Hedley practices Neuro-Muscular Transmission, a new and evolving therapy.

Guadalupe Gutierrez of Princeton practices Medical Acupuncture, dietary and lifestyle counseling. June Hope of Princeton provided sessions of her relaxing and non-invasive Cranial

Sacral and Ortho-Bionomy.

Irene Hutchinson of Keremeos practices Reflexology and Jin Shin Do Acupressure where regular treatments are said to benefit anyone with specific problems or seeking general relaxation.

Christina Ince of Penticton is a Holistic Health Practitioner as well as a Reiki Master/Teacher, Evelyn Mulders from Winfield studies Specialized Kinesiology, which is the science of energy balancing.

Sue Peters of Keremeos provides Anna Chair Massage – a specialized form of skilled touch therapy. Isabel Prestywick from Penticton studies and teaches Cortical Field Re-Education which works with the body's nervous system through movement.

Katharina Riedener of Osoyoos provides Classical Homeopathy, Wayne Still of Cawston practices Structural Integration, also known as Roling.

Kelly Terbasket and Diane Stewart of Cawston offer fitness consulting, lifestyle coaching and access to exercise equipment. Wildflower from the Okanagan is a certified Hatha Yoga Teacher and Bonnie Williams of Kelowna is a certified Irlen Diagnostician.

All of these practitioners were in attendance during the Healing Arts Fair, some provided demonstrations of their skills while others provided information on their 'healing art' and fielded questions from the steady stream of people who stopped into Victory Hall during the day to find out more.

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Charlene Longdo was presented her 35-year pin by Bud Sadegur at the recent Legion Awards Night. Photo: Dawn Johnson.

Legion honours Ladies Auxiliary

At the February 9 Legion Honours and Awards night, Ladies Auxiliary President Charlene Longdo was surprised when she was called forward to receive a proclamation.

The B.C./Yukon Command of the Royal Canadian Legion has proclaimed 2007 at "Year of the Ladies Auxiliary."

There are 156 branches of the Legion in the B.C./Yukon Command, with 106 Auxiliary Branches comprising 3,000 Ladies Auxiliary members.

Princeton has a Legion Ladies Auxiliary established just prior to World War II. During the war years, the Auxiliary helped with fundraising and sending comfort items to military personnel overseas. Even before the war ended, Auxiliary members became involved in providing comfort items to veterans in hospitals and

rehabilitation centres.

Many Legion branches have lost their Auxiliary members, primarily due to lack of younger women joining. This is the case with Keremeos Legion.

Princeton Ladies Auxiliary has been a partner with the Legion in all activities, raising a lot of money for the Legion to contribute to the community. The Legion and Auxiliary have supported services for veterans, seniors and youth, as well as helping to fund our local hospital.

The Ladies Auxiliary has given a student bursary for many years, and has participated in the Poppy Drive each November to raise funds which support Legion goals. During the years, Ladies Auxiliary members have knitted lap robes, socks and other items for elderly veterans in care residences.

Help Line elects 2007 executive

Princeton Help Line Society met February 12 to elect a new executive. Keith Olsen returned as President, with Gail Davidson as Treasurer and Dawn Johnson as Secretary. Fran La Brash and Marion Marsel are Directors.

Gail Davidson reported a successful Christmas visit to clients with gifts. The Help Line Society gives friendly calls to people who live alone in order to provide community contact and a safety net in case of sudden needs.

Community Services Society has graciously agreed to be the contact

point for anyone wishing to receive or have another person receive a friendly call. Persons who live alone, especially those who are elderly or disabled, may benefit by contact with others in the community. This is a free service to the client. The Help Line Society is supported by grants from Princeton's service organizations.

In addition to providing contact through phone calls, the Help Line Society offers visits and occasional get-togethers for clients. Anyone wishing to have this contact should phone 295-6666 for a referral.

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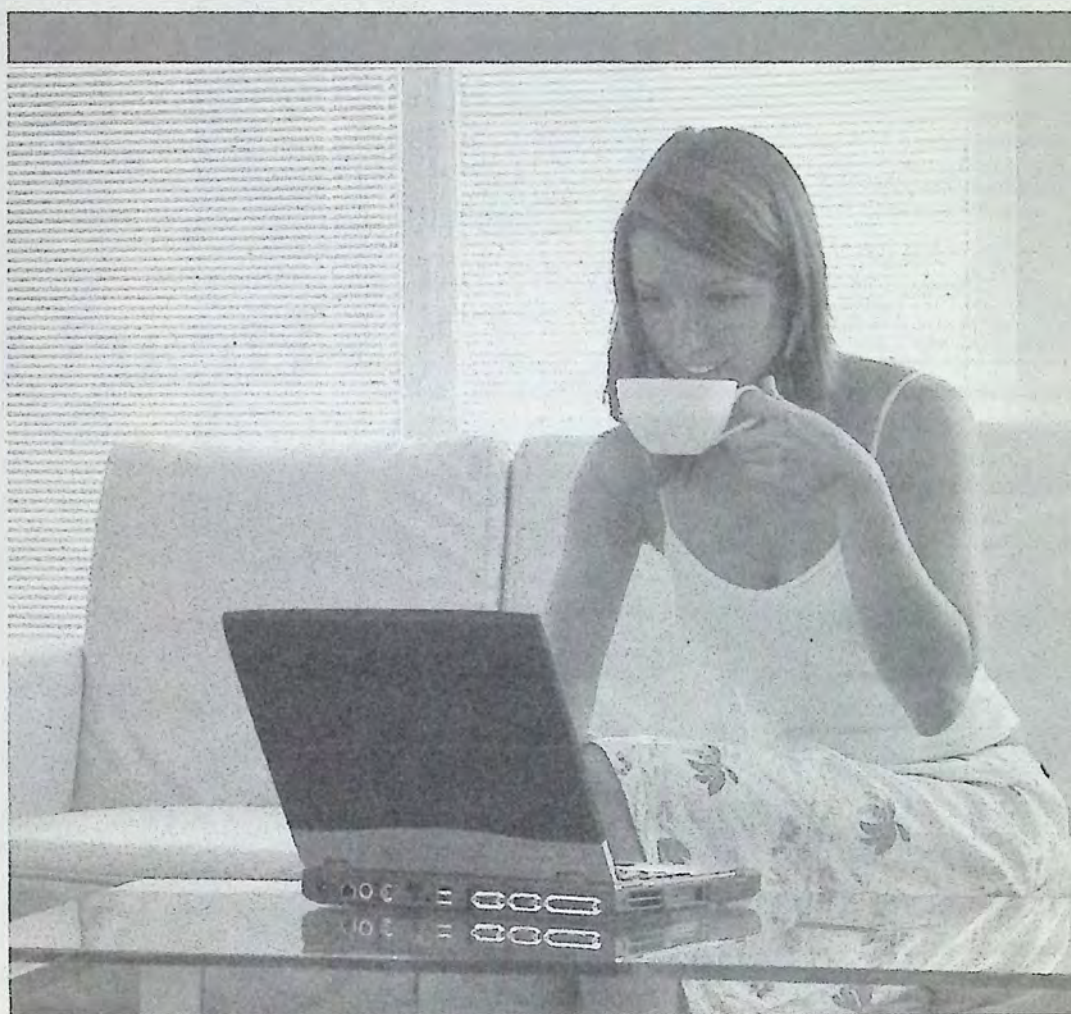


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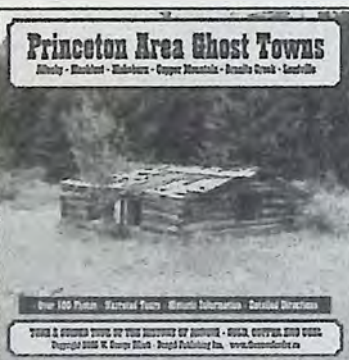
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Capsule Comments



by your Pharmasave Pharmacist Wen Wong

If you are pregnant or even planning to become pregnant, take a prenatal vitamin preparation. Taking this supplement will provide the extra folic acid necessary to prevent neural tube defects. There is also evidence it can reduce the risk of heart and limb defects as well. It's inexpensive insurance to save much grief.

If you are a diabetic you can do two good things for your feet. Firstly, check them regularly for any breaks in the skin or any sores forming on them. Secondly, make sure you have very comfortable shoes, especially when you are exercising.

You know you have an alcohol problem if: you need more alcohol to achieve the same level of pleasure; you lose control of your drinking behaviour; you suffer withdrawal symptoms (nausea, headache) when you don't have a drink for a while; others show concern about your drinking habits; your driving and work start to suffer. If any of these symptoms apply to you, seek help right away.

A group of chemicals called *furancoumarins* have been found to be the active ingredient in grapefruit juice can increase the potency of certain drugs. Researchers are now looking at these compounds and considering adding them to the formulation of affected drugs so a lower dose can be used.

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news leader health page

Seven ways to make new friends

(NC) - Having a strong social network helps us live richer, more rewarding lives. It's also good for our physical health. Studies show that while work-related stress can increase blood pressure and contribute to heart disease, time spent with a spouse, family or friends can actually moderate the effects of job stress.

Whether you're new to a neighbourhood or just looking to broaden your social circle, Becel (www.becel.ca) can help you make contact with others.

1. Smile at people. A smile is free and it benefits the giver as much as the receiver. You'll probably find that people are more likely to approach you if your 'natural' look is happy or neutral than if it's sad

or frowning.

2. Hang out at your local coffee shop. You'll get to meet the regulars, especially if you visit at the same time and day of the week, and you'll find out what's going on in your neighbourhood. Or meet a good friend there and shoot the breeze for an hour instead of running weekend errands.

3. Join an online forum for a topic that interests you. You'll learn new things, gather different points of view, and meet 'virtual' friends who are as passionate about your interests as you are.

4. Take an exercise class. Training for a run will get you breathing hard and chatting to fellow runners. Stepping on someone's toes in a dance class is a great ice-

breaker. Batting around a badminton birdie stokes healthy competition with an old friend.

5. Join your local congregation. If you follow a faith, attending services is an easy way to make regular contact with others. Going with your partner can provide a shared commonality and revive dinner-table conversation.

6. Volunteer. Offer your time to a hospital, a mission, a centre for single moms, a newspaper - anywhere in your community that needs help.

7. Get (or borrow) a dog. You'll meet other dog owners at the park, and you may find that people stop you and your pooch on the street to say hello.

- News Canada

Heart healthy eating 101

(NC) - Obesity is now recognized as a major risk factor for heart disease, the single largest killer of men and women in Canada. Based on a recent Canadian Community Health Survey, rates of obesity have doubled for adults and tripled for adolescents over the past two decades.

By adopting a heart healthy diet you can help reduce both your waistline and your risk of heart disease. Registered dietician Liz Pearson offers the following simple nutrition tips to help keep your heart happy and healthy from a recent report commissioned by Becel (www.becel.ca):

1. Eat more foods rich in omega-3 polyunsaturated fats.

Omega-3 polyunsaturated fats are derived from plant sources such as canola oil, walnuts and flaxseed, and marine sources such as salmon, mackerel, herring and sardines.

2. Limit trans fats and saturated fats.

Look for products that are trans fat free and low in saturated fat (two grams or less per serving). Choose low-fat milk products and lean meats such as chicken over higher fat luncheon meats and, when it comes to spreads, a non-hydrogenated margarine such as Becel over butter.

3. Load up on colourful fruits and veggies.

The more fruits and vegetables we eat, the healthier our hearts will be. Even just one extra serving daily is linked to a significantly lower risk of heart disease.

4. Eat whole grain, especially the bran.

Whole grains, including whole grain wheat, corn, rice, oats and barley, are loaded with heart healthy nutrients and are rich in fibre, antioxidants and minerals.

5. Enjoy nuts every day.

Like fruits, vegetables and whole grains, nuts contain a complex mix of nutrients, fibre and beneficial plant compounds which are good for the heart.

6. Eat more beans.

Regular bean eaters are more likely to have a healthy body weight, healthy blood pressure and healthy blood sugar levels.

7. Include more flavonoid-rich foods.

Flavonoids are powerful plant compounds found in foods like

berries, pomegranate juice, cinnamon and dark chocolate. Flavonoids may be powerful protectors of the heart.

8. Slash the salt.

Easing off the salt shaker is not enough - as much as 85 per cent of sodium comes from processed food so remember to read nutrition labels carefully.

9. Drink alcohol only in moderation.

Moderation is considered no more than two drinks daily for men and one drink daily for women.

10. Don't rely on supplements for the answer.

Eating whole foods is still the best route to a healthy heart. If you do choose to take a supplement, a multivitamin is the best way to complement a healthy diet.

To learn more about heart healthy living or to download a copy of The Shape of Things to Come: A National Report on Heart Disease, commissioned by Becel, visit www.becel.ca.

- News Canada

living past 100

Get out of the house!

Now that the days are longer and walking is easier, plan a daily activity outdoors. What you do is not as important as being out in fresh air and daylight. A long walk or putting in the garden are good ways to wear off the doldrums of a long winter.

Living is about enjoying life. The enjoyment of being outdoors, especially on a sunny day, does more for you than just providing exercise and fresh air. The joy of living contributes to health, and there is plenty of evidence to show that people in northern climates suffer from depression during the dark months.

There is just as much evidence to show that people in northern climates react in a positive way to the return of longer days and more sunlight.

Our bodies are not just a mechanical kind of structure. How we feel emotionally affects our health. When we enjoy an activity, it builds up health. One of the activities nearly everyone enjoys is a walk in the sunshine.

For those older folk who cannot walk very far, just basking in the sunshine can make them feel healthier as well as happier. Even if a day is a bit too cool for sitting in the sunshine, a person can bundle up in a blanket and still enjoy the outdoors and the sun.

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FortisBC's Bob Gibney, left, presents Little Folks Nursery School President Louise Wood and Communities For Kids committee members Beatrice Bibby and Susan Hamilton with a \$1,000.00 contribution. The presentation was made on February 12th. Photo: Brenda Engel. *

FortisBC assists preschool program

On Monday, February 12th, Bob Gibney made a generous \$1,000.00 donation to the Communities For Kids Preschool Support Program on behalf of FortisBC.

Beatrice Bibby and Susan Hamilton, representing Communities For Kids, and Louise Wood, President of Little Folks Nursery School, expressed their appreciation to FortisBC for joining with Princeton service clubs, businesses, the Town of Princeton, Princeton Teachers' Union and individuals in contributing to the Preschool Support Program.

The Preschool Support Program

assists Princeton and District children whose families have limited financial resources, to attend preschool for two sessions a week in the year preceding their entry into kindergarten.

The program has paid the full or part tuition of 25 children in the 2 1/2 years since it was established. Without the Preschool Support Program, these children would not have received the benefits of attending preschool.

The Preschool Support Program not only enables Princeton and District children to access a valuable preschool learning experience, it also

assists Little Folks Nursery School to continue as a viable community resource. Many small towns do not have a preschool and the existence of Little Folks Nursery School has significant educational, social and economic benefits for our town.

Families and businesses that are considering locating or remaining in Princeton and district are attracted by services such as a quality preschool.

Communities For Kids commends FortisBC for their recognition of the importance of our preschool to Princeton and District children and families and to the Town of Princeton. - submitted

Prosper in the 'Year of the Pig'!

This is the first week of the Chinese Year of the Pig. If you were born in the Year of the Pig, you are known to be loyal, truthful, just, intelligent, sincere, sociable, sensual, peaceable, loving and also willful, fallible, earthy, naive, and insecure.

This is your year, and you are likely to do well. Love and luck are good to you, and you may inherit or win a bundle this year. This is a good year to make money through hard work and cleverness, so don't just sit around waiting for a windfall! You must work hard as usual. If you were born in

Year of the Rat - Be fearless. This is a good year for you, lots of promise. Seize opportunity.

Year of the Ox - Opportunity is everywhere. Your big problem will be overdoing your effort to reap the most. Do not tire yourself. Work steadily.

Year of the Tiger - Dare to take chances this year, and you will find

success. Others may see you as foolhardy, but be confident.

Year of the Cat (Rabbit) - You will be safe this year. Go about your business knowing you are secure.

Year of the Dragon - Use all of your talents with skill and hard work, and you will have many occasions to shine.

Year of the Snake - You want perfection, and this year is one of the best. Strive for wisdom.

Year of the Horse - You will have less work and more fun this year. Enjoy yourself.

Year of the Goat - Many people will give you gifts this year, and many good things will come to you.

Year of the Monkey - You can see how to make a profit this year, so go for it!

Year of the Rooster - You are favoured this year, but you need to drop some barriers of conservatism and become more socially active. You will gain from others.

Year of the Dog - You are always










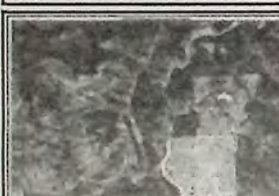


looking after others. Relax this year and let down your guard. Smile and enjoy.

What it means for the world

Working hard for success is rewarded everywhere this year. Being a humanitarian, seeking peace and knowledge, will bring greater riches and joy to our world. This year marks the end of a 12-year cycle. It is a time to appreciate the bounty we enjoy and to recognize our sorrows and failures. This is the year to right old wrongs and replace poverty with riches. Warning: those who fatten themselves at the beginning of the year may have nothing but bad luck at the end of the year. This means don't be so self-indulgent that you can't pay your bills. This applies to nations, as well as cities and states. Next year begins a new cycle in the Year of the Rat. In China it is known as the last good year before hard times, so start putting your finances in order now.

HOW TO FIND THE PERFECT HOME!

Step 1: See Below. Step 2: See Step 1.

 123 Ridgewood Drive \$143,800	<p>Princeton Total Sq Ft: 1,672 MLS# 38401 Ready to move? Gas fireplace, new paint, hardwood floor, tile, renovated kitchen and bathroom on main. 7 appliances included. Close to school and hospital. Insulated single car garage. The finished basement is waiting for your home theatre! Move right in!</p>	 Lot 8 George Street \$144,900	<p>Tulameen Lot Area (acres): 0.13 MLS# 36985 Building lot in Tulameen! Perfect RV lot as you could hook up to existing septic system. Usable now - build the dream later. Quiet no-through road, a short walk to the Tulameen River. Won't last.</p>	 139 Vermilion Avenue \$149,900	<p>Princeton Lot Area: 3,300 sq ft MLS# 38337 High visibility corner lot, 1,138 sq ft retail on main, 1,138 sq ft 3-bedroom suite on second floor. Suite is spacious and very appealing. Currently rented at \$1,000/mo. which is below market rate. Heated, wired 8' x 30' shop at rear. Also has lane access.</p>
 3229 Princeton-Summerland \$298,300	<p>Princeton Total Sq Ft: 1,800 MLS# 38372 Remember the movie A Creek Runs Through It? This 26-acre creek front farm has two barns, large hay shed, corals, fenced, two wells, water licence on Shinish Creek, large implement shed and so much more. Also includes 3-bedroom home for you! Call now!</p>	 439 Similkameen Ave \$215,000	<p>Princeton Total Sq Ft: 1,120 MLS# 36919 Immaculate rancher-style home with attached single car garage with cozy front and back covered porches. Bonus 6-foot crawlspace is bright, lots of storage and perfect woodstove with wood hatch. Lovely finishing, laminate, tile and awesome kitchen and built-in vac.</p>	 546 San Ang Way \$85,000	<p>Princeton Lot Area (acres): 0.50 MLS# 36938 One of the best half-acre building lots in San Ang Estates. Wonderful mountain views and sunshine. Easy access, flat site, close to town and golf. Bring your plans!</p>
 1022 Old Hedley Road \$189,000	<p>Princeton Total Sq Ft: 1,440 MLS# 38343 Amazing privacy with 360 degree view of the Similkameen Valley. Updates on this double wide include plumbing, laminate, water line, plus roof 1996. 1,000 sq ft 4-stall barn, tack room, loft, power, water, shed, gazebo, irrigated terrace gardens. Bonus river view!</p>	 148 Angela Avenue \$170,000	<p>Princeton Total Sq Ft: 1,063 MLS# 38353 Can you find the hidden bonus? Come and take a look at this downtown home located next to the seniors centre. Great location, be ready to not need your car, you can walk to everything. Large lot, room for a garden. Great possibilities.</p>	 3-459 Huey Road \$25,000	<p>Princeton Total Sq Ft: 915 MLS# 36981 Older mobile home, well-maintained and situated in a peaceful, small mobile home park. Has a large lot with several storage sheds, an addition, pellet stove, covered parking and an extra bedroom. Priced to sell.</p>
 Placer Creek Road \$295,000	<p>Princeton Lot Area (acres): 120.75 MLS# 38373 CONTINGENT - Over 120 acre river front in the heart of 4-season recreation, approval for a resort of 40 RV sites and 80 cabins, 6 RV sites completed with pressurized water. Less than 1-hour to Manning Park Ski Resort. Good solid value. Not in ALR.</p>	 2141 Highway 5A \$384,900	<p>Princeton Total Sq Ft: 2,672 MLS# 38345 Beautiful and private 3-bedroom home on 27.72 acres. Large living and dining rooms. Walk-in pantry. Large 21'x22' workshop with 200 amp service. Carport and wood shed. 16'x20' cabin for your guests. Water license for irrigation. Plenty to offer.</p>	 523 Similkameen Ave \$129,900	<p>Princeton Total Sq Ft: 797 MLS# 36842 Many updates including appliances, windows, roof, flooring, decks, etc. Beautiful landscaping, nice sized lot.</p>

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WOOD GUNDY GREG STEWART IS IN PRINCETON THE
SECOND AND FOURTH THURSDAY EACH MONTH

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INVESTMENT INSIGHTS

By John Vaccaro Investment Advisor with CIBC Wood Gundy
and Greg Stewart Associate Investment Advisor with CIBC Wood Gundy
Expertise that's one to one.



Proven - Higher Returns For Investors With An Investment Advisor

Constantly fluctuating - at times even depressed - money seems prone to instability. Truth be told, these flighty little pieces of tender have never been known to seek sound advice, much less follow it through. Fortunately, money is rarely called upon to guide itself. For that, it relies on you. Just as you, in turn, can rely on your Investment Advisor.

The Investment Advisor's vital role is backed by a study conducted by DALBAR Financial Services, a US-based research company, which analyzed the returns of investors in different equity mutual funds from January 1984 to June 1995. The study found that equity mutual fund investors who worked with an Investment Advisor tended to stay with their investments longer than non-advised investors. The result - investors guided by Investment Advisors earned about 20 per cent more in cumulative returns.

In helping you select investments with objectives that match your needs, your personal Investment Advisor will seek to build a diversified portfolio to temper the effects of short-term market fluctuations on your long-term investments.

Objectivity is undoubtedly the most important characteristic of professional, sophisticated, investment advice. Many people ask me how the "truly wealthy" people got to be that way. The answer is that people with serious money take their money seriously, and they get the best objective advice they can.

People who can only provide limited varieties of products for investing are missing out on the plethora of other "tools" in the toolbox. Investment Advisors who can offer a wide variety of tools, such as stocks, bonds, preferred shares, debentures, income trusts, and access to most mutual funds and fund families in the country, can really focus on the client's objectives and the best way to accomplish them.

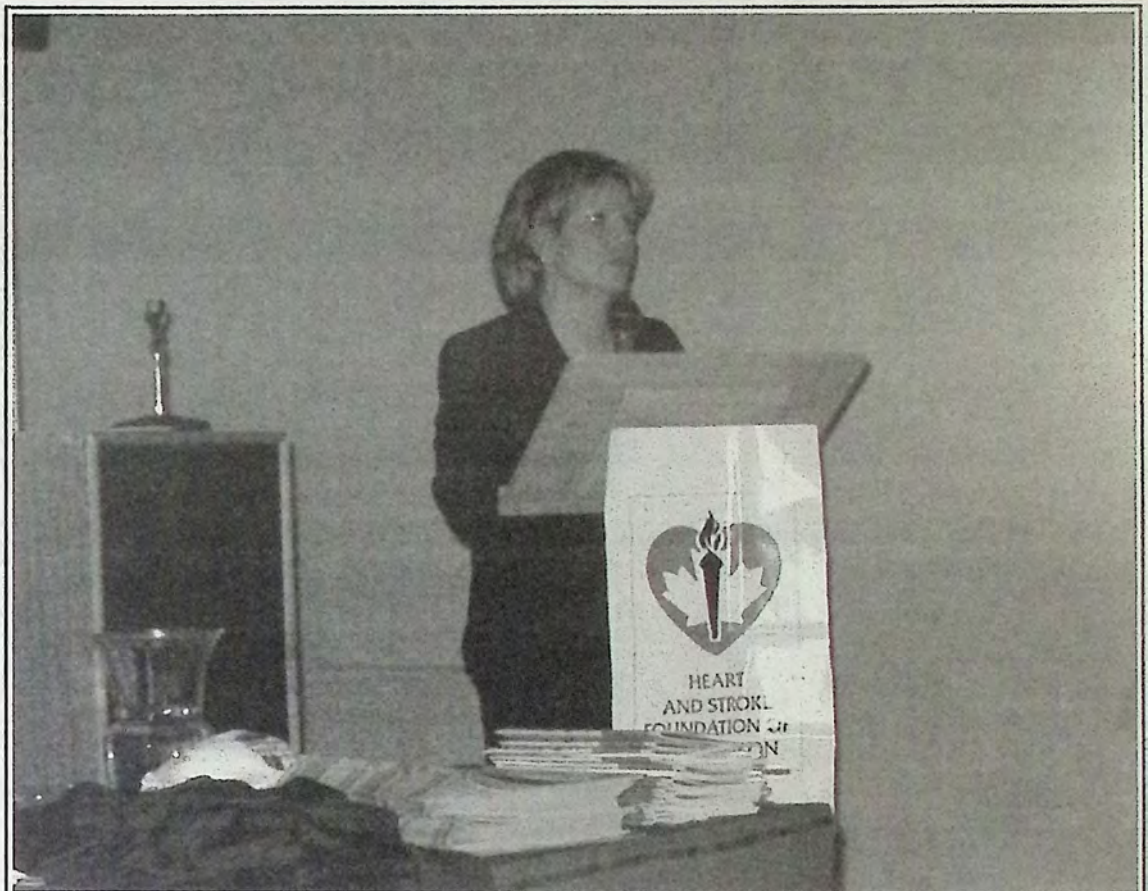
When you begin seeking the assistance of a professional Investment Advisor, it is important to establish a relationship with someone you respect, and with whom you feel comfortable. Furthermore, successful investing is a full-time job, that requires discipline, education, detailed knowledge of the market and experience in providing completely objective investment advice.

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WOOD GUNDY

GREG STEWART IS IN PRINCETON
EVERY SECOND AND FOURTH THURSDAY
PLEASE CALL FOR YOUR APPOINTMENT

John Vaccaro is an Investment Advisor and Greg Stewart is an Associate Investment Advisor with CIBC Wood Gundy in Penticton. Comments and opinions expressed herein are the result of work done by John Vaccaro. They may differ from the opinions of CIBC World Markets Inc. Research Department and should not be considered representative of CIBC World Markets Inc.'s beliefs, opinions or recommendations.



Inland Regional Manager for the Heart & Stroke Foundation Patty Boyle. Photo: Dawn Johnson.

Heart campaign honours local volunteers

Princeton residents have donated \$217,000 to the Heart & Stroke Foundation during the past 20 years. More than half of this was raised by volunteers going door-to-door during February. Princeton gives more per person to the Heart Fund than Vancouver residents give.

During the Heart Fund Dinner on February 14, Patty Boyle, Inland Regional Manager for the Heart & Stroke Foundation, praised the volunteers for being the "feet on the street" in B.C. and Yukon.

A few volunteers are needed now for Allison Flats and Third Bench. To volunteer, call Maria Sadegur and leave your number.

Campaign Chair Maria Sadegur recognized the people who helped her put on the 19th annual dinner: chief cooks and bottlewashers Bud Sadegur, Blaine Marsel and John and Eleanor Sinclair. Harold and Rosalie Walsh were thanked for selling Heart Fund Dinner tickets, and both newspapers were thanked for giving the campaign publicity. Sadegur thanked the Legion for donating the hall every year for the Heart Fund Dinner.

Mr. and Mrs. Dennis (Bev) Smith

were married on Valentines Day and earned special recognition for attending the dinner on their wedding day.

Doug Ricketts received a round of applause for his three years of walking 64 kilometres to raise money for the Heart Fund.

Evelyn McCallum was not present this year, but was applauded for receiving the exceptional volunteer award. McCallum has canvassed for the Heart Fund for 25 years.

Donations aid research

Where does Heart Fund money go? Patty Boyle explained. B.C. contributed \$7 million toward research in 2006, which is 51 per cent of the money raised. The Heart & Stroke Foundation spends 17 percent on administration, and the remainder goes into programs to assist people who have suffered a heart event or stroke, to educate the public, to work with the province to help people get the medication they need, and to provide education in schools.

Health Check spreads

Boyle pointed out the Health Check Program which identifies low salt and low fat products, and has worked with Swiss Chalet and

White Spot to make them Health Check restaurants.

Fight turns against fat

The new direction for Heart & Stroke Foundation programs is directed at reducing the number of people who are obese, with special emphasis on programs to prevent obese children.

Boyle said the baby boom generation living in the suburbs have the highest risk for heart disease these days. This group needs to have more exercise and lose weight. Women today have a higher risk of heart disease and stroke. There will be more programs aimed at these target groups.

Pay-off is fewer deaths

Thirty years ago, heart disease was the number one cause of death among Canadians. Today, the rate is much lower, although one in three will suffer from heart or stroke events. Much of the success in saving lives is due to the money for research and educational programs sponsored by the Heart Fund. Boyle outlined ways to contribute to the fund, such as honouring a loved one on a website for Heart Tribute Funds or simply going online to donate.

Seniors enjoy party at Vermilion Court

February 13th started on a mild overcast day with an occasional snowflake lazily falling. However the day brightened when we were served turkey and stuffing with cranberry sauce and lots of veggies

for our noon meal.

By 2:00 PM our dining area became a tea room. White tablecloths centered by bouquets of spring like flowers displayed red plates and serviettes. Many resi-

dents had guests to sit with them and to visit table to table renewing old friendships.

We served beautifully decorated, different coloured and shaped small cakes. Cameras were busy taking pictures. A talking pink teddy bear helped to amuse the crowd as it wiggled its ears asking for hugs and saying Goodbye.

The party ended before 4:00 PM but by 5:00 PM we were enjoying our supper of clam chowder, chicken sandwiches and a desert of custard and strawberries. Why can't we lose weight?

- D. Stenvold

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Rebel girls and two #1 fans get their game faces on and show some Princeton Rebel pride. - photo submitted.

Grade 8 girls finish season with wins

The PSS grade 8 girls basketball team finished their season last week. They travelled to Penticton and played in the year end playoff tournament against seven other South Okanagan teams.

Their first game was against top ranked KVR from Penticton and the team lost 51-19. Their second game was against McNicol Park School and the game was a nail biter from start to finish until

Princeton eventually lost by 7 points. The team showed lots of spirit and played great defense and lots of hustle and speed on offense. In the third and last game against Osoyoos, the Rebel girls came out flying, took the lead and never looked back. The end result was a convincing 47-29 win for Princeton. Rachel Halipchuk was named a game MVP in two games and Taniel Bishop was the game

MVP against Osoyoos. A great time was had by all the players and coaches.

On Monday, February 12, Merritt came to Princeton for the last game of the season. The team again played a strong game and won convincingly by a score of 55 to 15. Rachel Halipchuk and Tahlia McIvor each scored 15 points followed by Taniel Bishop who scored 10 points.



Grade 8 girls team - back row left to right : Larry MacKenzie (coach), Frankie Reichert, Taylor Esselink, Rachel Halipchuk, Tahlia McIvor, Jordan Senger and Rob Marshall (coach). Front row left to right: Katelin Marshall, Jesse Coers, Taniel Bishop, and Tamara Capp. - photo submitted.

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Princeton Novice Spirit of 2010 Hockey Tournament
February 3 & 4, 2007

The Princeton Flyers Novice Team would like to thank the following sponsors and individuals for their hard work and contributions.

Thanks for making the Spirit of 2010 Hockey Tournament a huge success!

Mac's Auto Parts - Doug Haayer - Dairy Queen - Subway - Pizza Party - PetroCan - Overwaitea - Princeton Posse - Billy's Family Restaurant - Bob & Sue Coyne - Heather Johnson - The Atkinson Family - The Moldowan Family - The Coyne Family
And a HUGE Thank You to ALL of the PARENTS for all their help!

We do apologize for anyone we forgot.



Most Improved Player Jordan Lane stands proudly with his award. He is joined by, from left, Posse Assistant Coach Kevin Robillard, Head Coach Dale Hladun and General Manager Blair Noel. *

Posse ends best season with loss

The Valley First Princeton Posse brought an end to their best ever season in franchise history with a loss at home to Golden.

Princeton's final season stats show a win-loss-overtime loss record of 18-29-4 for a total of 40 points.

Their February 17th game against the Jets was an interesting match. Princeton played strong throughout and made some amazing attempts, but by the time the boys had put something together on ice, Golden would score...again.

Golden was only leading 2 to zip after the first period had ended, but extended their lead to 7 goals before Princeton was able to score. By this time netminder Evan Karambelas pulled himself out of the game for Tanner Sheridan. Both goalies played extremely well,

although they were constantly beaten by Golden.

Princeton's first goal of the game happened with only 1:48 left in the second period. Eric Galbraith got the marker with Brett Van Riper earning an assist.

Fan support boosted morale as the entire team came out in the second intermission to help with the lucky puck toss. It must have done something to the players, as they were a different team in the final period.

Peter Purves scored Princeton's second goal of the game at 3:20 with assists credited to Drew Knowles and Brett Van Riper. Then at 6:56 Brett Van Riper blasted a pass from Mike Salter from just inside the blue line. It sailed into traffic in front of the Golden goal and found it's way into the net. Van

Riper had no idea what the outcome of his shot was until the goal light started to flash. Alex Young also earned an assist on the play.

By now the Posse was firing on all cylinders and played every move for the balance of the game with precision and speed. Unfortunately it was too late to pull out a win.

Golden got their eighth goal at 7:51 but Princeton did not give up adding another of their own at 14:25 when Dan Hillman took a pass from Alex Young and went behind the Jet goal with it.

When the opportunity presented itself, he passed it out front to Jeremy Wagner who popped it into the net.

Final score: Golden 8, Princeton 4. Shots on goal: Golden 26, Princeton 20.



Princeton Posse Unsung Hero Peter Purves with Assistant Coach Kevin Robillard, Head Coach Dale Hladun and General Manager Blair Noel. Awards were presented at RockRidge Canyon February 18th. *

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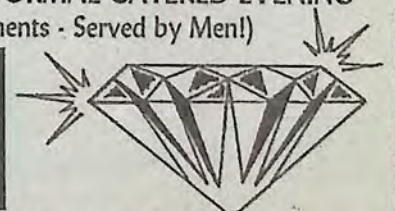


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TUESDAY, FEBRUARY 20, 2007

	WTBS 3	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E 9	KXLY 10	BCTV 11	CITY 12	CBC 13	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
6 AM :30	Dawson's Creek (E)	News (E) Room	(Off Air)	Body Elec. Caillou (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (E)	(5:00) News (Live) (E)	CBC News: Morning Jacob	Beasts	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man	Rachael Ray (E)	The A-Team	Counterstrike (E)
7 AM :30	Movie: "Hardball" (2001)	Life Today 100 Huntley Street (E)	BluesClues	Barney	Today Jim Carrey; men's fashion; Southern cooking. (E)	The Early Show (E)	American Justice	Good Morning America (E)			Arthur (E) Lunar Jim	Being Ian	SportsCentre (E)		Catching the Comet	K. Possible (7:24)	CityLine (E)	V.I.P. (E)	Night Heat (E)
8 AM :30	Keanu Reeves. (E)	2nd Chnce	Hi-5	Curious			Cold Case Files (E)			100 Huntley Street (E)	Curious Dragon	LazyTown Winx Club	SportsCentre (E)		Dirty Jobs "Bell Maker"	Weekend Lilo Stitch	Deep Space 9	V.I.P. (E)	Due South "Flashback"
9 AM :30	NewsRadio	Body	Bus	Dragon		Discover	Crossing Jordan (E)	Regs and Kelly	100 Huntley Street (E)	World Vision	Foko Save-Ums!	Monster Mona	Off-Record SnowTrax	Regs and Kelly	Daily Planet (E)	Pooh Bear	News (E) City	Most Amazing Videos	FANatical Inside Box
10 AM :30	Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "Hard Time"	The View (N) (E)	World Vision	Design House	Zoboo Doodlebop	Adrenalini Jane	PBA Bowling: Go Rving Classic.	The View (N) (E)	Blueprint for Disaster	JoJo Benj Bear	Movie: "Antwone Fisher" (2002)	Disorderly Con.	Ellen (E) Grace
11 AM :30	Harvey	Thane	Math Shop	Thomas	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (Live) (E)	The Gill Deacon Show	Pippi LazyTown	Strongest	eTalk (E)	B-29 (E)	Higglytown (11:25) King	Deep Space 9	The Nanny	
12 PM :30	Home Imp.	News (E)	Sustan Undersea	Charlie Rose (E)	Paid Prog.	News	City Confidential (E)	All My Children (N) (E)	News (E)	Days of our Lives (N)	CBC News: Today (E)	Being Ian Beasts	Curling: Scotties Tournament of Hearts -- Draw 10. (Live)	Degrassi Bold & B.	Seven Wonders Of...	Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld
1 PM :30	Yes, Dear	Diva Dime	Macphee	Watercolor	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	Gadget Stickin	Sue Thomas: F.B. Eye	Mega Builders (E)	Dragon	Emperor	Making It	Star Trek: Next Gener.	Mad Abt. Frasier
2 PM :30	King	Guiding Light (N) (E)	Gaslight	Reading	Passions (N) (E)	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Jacob Flamingo	General Hospital (N)	How-Made	Lilo Stitch	Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
3 PM :30	Seinfeld	Room	Jack's Big Music Show	Arthur (E)	Judge	Dr. Phil (E)	Crossing Jordan (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	MythBusters (E)	Weekend Lloyd	News (E)	Star Trek: Voyager (E)	Due South "Flashback"
4 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami "Hard Time"	Millionaire	Oprah Winfrey (E)	News (E)	Frasier	Ruby	Hockey In Corner	The Tyra Banks Show	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	FANatical Inside Box
5 PM :30	Raymond	News (E)	George S. (5:32)	BBC World Business	News (E)	News	CSI: Miami (E)	News (E)	News (E)	News (Live) (E)	Simpsons Arrested	OddParent SpongeBob	Curling: Scotties Tournament of Hearts -- Draw 11. (Live)	News (E)	How-Made	K. Possible Suite Life	Funniest Home Videos	CSI: Crime Scn	Seinfeld
6 PM :30	Sex & City	Body	CG Kids	News-Lehrer	News (E)	News	Dog	News (E)	News (E)	ET Canada	CBC News at Six (E)	Being Ian Prank Ptrl	News (E)	Mega Builders	So Little	Darcy	Entourage (6:31)	CSI: Crime Scn	Married... Married...
7 PM :30	Friends	Vanity	Working	Nova (E) (DVS)	Jeopardy!	Friends	Dog	Entertain	Entertain	Gilmore Girls (N) (E)	Coronatn	Sabrina	Antiques	eTalk (E) Hollywood	Futureweap ons (N) (E)	So Raven Smart Guy	(7:06) Stargate SG-1 "200"	CSI: Crime Scn	Frasier
8 PM :30	Sex & City	NCIS (N) (E)	Beethoven (N) (E)	Wild Things (E)	Dateline NBC (N) (E)	NCIS (N) (E)	King Cars	Funniest Home Videos	Gilmore Girls (N) (E)	Risk Takers (E) (DVS)	22 Minutes	Fresh Pr. Monster	SportsCentre (Live) (E)	American Idol The top 12 male contestants. (N)	Daily Planet (E)	Suite Life Life Derek	News (E)	CSI: NY (E)	ET Canada
9 PM :30	Movie: "Feeling Minnesota" (1996) (PA) (E)	The Unit (N) (E)	Missa Solemnis (N) (E)	Frontline (N) (E) (DVS)	Law Order: CI	The Unit (N) (E)	CSI: Miami (E)	Primetime (N) (E)	House (E)	House (E)	Hustle (E)	15/Love Weird	UEFA Champions League Soccer	Law & Order: SVU	Mega Builders	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
10 PM :30	Minnesota (1996) (PA) (E)	Boston Legal (N) (E)	Independen t Lens (N)	Law & Order: SVU	CSI: Miami (E)	Dog	Dog	Boston Legal (N) (E)	Risk Takers (E)	News (Live) (E)	National	Prank Ptrl Bob	Law & Order: SVU	Futureweap ons (E)	Popular "Coup" (E)	(10:06) Movie: "For Love of the Game" (1999) (E)	Star Trek: Voyager (E)	Married... Married...	
11 PM :30	Movie: "Hardball"	News (E)	Reach-Top Moving On	Charlie Rose (N) (E)	News (E)	News	Dog	News (E)	News (E)	Entertain ET Canada	The Hour (E)	Madison Hollywood	SportsCentre (Live) (E)	News (E)	How-Made	8 Rules Life Derek	CSI: NY (E)	Ellen (E)	

WEDNESDAY, FEBRUARY 21, 2007

	WTBS 3	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E 9	KXLY 10	BCTV 11	CITY 12	CBC 13	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
6 AM :30	Dawson's Creek (E)	News (E) Room	(Off Air)	Body Elec. Caillou (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (E)	(5:00) News (Live) (E)	CBC News: Morning Jacob	Beasts	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man	Rachael Ray (E)	The A-Team	Counterstrike (E)
7 AM :30	Movie: "10 Things I Hate About You" (1999) (E)	Life Today 100 Huntley Street (E)	BluesClues	Barney	Today A profile of Judy Collins; Paula Deen; Kim Lavine. (E)	The Early Show (E)	Amer. Justice	Good Morning America (E)			George S. Lunar Jim	Being Ian Adrenalini	SportsCentre (E)		Fear at First Bite (E)	K. Possible (7:24)	CityLine (E)	V.I.P. "V.I.P. -- R.I.P."	Night Heat (E)
8 AM :30	Keanu Reeves. (E)	Homes	Berenstain	Curious			Cold Case Files (E)			100 Huntley Street (E)	Curious Pinky	LazyTown Winx Club	SportsCentre (E)		American Chopper (E)	Weekend Lilo Stitch	Deep Space 9	V.I.P. "Run, Val, Run"	Due South "Pilot" (E)
9 AM :30	NewsRadio	Body	Bus	Dragon		Discover	Crossing Jordan (E)	Regs and Kelly	100 Huntley Street (E)	World Vision	Poko Save-Ums!	Monster Mona	Off-Record In Corner	Regs and Kelly	Daily Planet (E)	Pooh Bear	News (E) City	The A-Team	That News Inside Box
10 AM :30	Cosby	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami (E)	The View (N) (E)	World Vision	Design House	Zoboo Doodlebop	Adrenalini Jane	UEFA Champions League Soccer	The View (N) (E)	The Jennifer Project	JoJo Handy	Movie: "For Love of the Game" (1999)	Disorderly Con.	Ellen (E) Grace
11 AM :30	Harvey	Seinfeld	Mathematic s	Bob Build	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (Live) (E)	The Gill Deacon Show	Pippi LazyTown	MTV e2	eTalk (E)	Sub-Hunter	Higglytown (11:25) King	Deep Space 9	The Nanny	
12 PM :30	Home Imp.	News (E)	Reach-Top Edge	Charlie Rose (E)	Paid Prog.	News	City Confidential (E)	All My Children (N) (E)	News (E)	Days of our Lives (N)	CBC News: Today (E)	Being Ian Adrenalini	Curling: Scotties Tournament of Hearts -- Draw 13. (Live)	Degrassi Bold & B.	Carrier: Arsenal of Sea	Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld
1 PM :30	Yes, Dear	Diva Dime	Journal	One Stroke	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	Gadget Stickin	Sue Thomas: F.B. Eye	Mega Builders (E)	Dragon	Emperor	Making It	Star Trek: Next Gener.	Mad Abt. Frasier
2 PM :30	King	Guiding Light (N) (E)	Gaslight	Reading	Passions (N) (E)	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Jacob Flamingo	General Hospital (N)	Mega Builders	Lilo Stitch	Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
3 PM :30	Seinfeld	Room	Jack's Big Music Show	Arthur (E)	Judge	Dr. Phil (E)	Crossing Jordan (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	How-Made	Weekend Lloyd	News (E)	Star Trek: Voyager (E)	Due South "Pilot" (E)
4 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire	Oprah Winfrey (E)	News (E)	Frasier	Grown Up Drake	NHL Hockey: San Jose Sharks at Washington Capitals. (E)	The Tyra Banks Show	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	That News Inside Box
5 PM :30	Raymond	News (E)	George S. (5:32)	BBC World Business	News (E)	News	CSI: Miami (E)	News (E)	News (E)	News (Live) (E)	Simpsons Arrested	OddParent SpongeBob	Curling: Scotties Tournament of Hearts -- Draw 14. (Live)	News (E)	MythBusters (E)	So Little Darcy	Movie: "Raising Helen" (2004) Kate Hudson. Premiere. (E)	UFC's Ultimate Fight Night 3	Married... Married...
6 PM :30	Raymond	Body	Mechanics	News-Lehrer	News (E)	News	The Sopranos (E)	News (E)	News (E)	ET Canada	CBC News at Six (E)	Being Ian Adrenalini	Curling: Scotties Tournament of Hearts -- Draw 14. (Live)	Lost (N) (E)	MythBusters (E)	So Raven Smart Guy	Pros vs. Joes	ET Canada	
7 PM :30	King	Vanity	Handel's Water Music	Ballroom Chall	Jeopardy!	Friends	(7:21) The First 48 (N) (E) Kansas	Lopez Knights	Bones (E)	Deal or No Deal (N)	Mosque Comedy	Fresh Pr. Weird	American Idol The top 12 female contestants. (N)	Daily Planet (E)	Suite Life Life Derek	News (E)	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
8 PM :30	Movie: "10 Things I Hate About You" (1999) (E)	Movie: "Wicker Park" (2004)	Bryn Terfel	The Marines (N) (E)	Friday Night Lights (N)	Deal or No Deal (N)	CSI: Miami (E)	Lost (E)	Deal or No Deal (N)	Bones (E)	fifth estate	15/Love My Family	In Corner	Law & Order: SVU	Futureweap ons (E)	Popular "Coup" (E)	(10:06) Movie: "Apt Pupil" (1998) Ian McKellen. (E)	Star Trek: Voyager (E)	Married... Married...
9 PM :30	Minnesota (1996) (PA) (E)	Josh Hartnett, Rose Byrne. (E)	Cecilia and Bryn at Glyndebourne	Secrets of the Sexes	Medium (N) (E)	CSI: NY "The Ride-In"	The Sopranos (E)	Lost (N) (E)	Jane Show Dangerous	News (Live) (E)	National	Prank Ptrl Bob	Motorcycle X Games	CSI: NY "The Ride-In"	MythBusters (E)	8 Rules Life Derek	Pros vs. Joes	Ellen (E)	
10 PM :30	Movie: "A Time to Kill" (1996)	News (E)	Scattering	Charlie Rose (N) (E)	News (E)	News	First 48	News (E)	News (E)	Entertain ET Canada	The Hour (E)	(11:05) Hollywood	SportsCentre (Live) (E)	News (E)	MythBusters (E)	8 Rules Life Derek	Pros vs. Joes	The Nanny	

Horoscopes

February 21 - 28, 2007

Aries - You feel good this week and you look good. Your career is still hectic. You may be going back to a decision you made to think about changing your mind. Take your time.

Taurus - Your mind is more at ease now. You may want to travel or study, but it is not easy. This will change next week. Plans you made in January may have to be changed. Think it over.

Gemini - Do your taxes carefully, and double check insurance, investments, partnerships. Career matters need your attention. You may need to revise career path or plans.

Cancer - Your health is improving, and you are very busy on the job. This week, think about travel. You could use a change. Partner's ego trip is just about over. Money picture is no better.

Leo - Health problems should clear up this month. Turn your attention to tax picture, investments, insurance. Pleasure comes from travel, study. Stick to healthy diet.

Virgo - Difficulties with young people begin to wind down. Partner is changing mind about decision made in January but is not saying anything. This is a good time to share resources.

Libra - Partner is much more loving and generous this month. Family worries are fewer but disputes with young people may surface. Watch out for hazy, unrealistic plans.

Scorpio - Travel and communications problems will disappear this week. Focus shifts to having fun, enjoying young people. Job runs smoothly. Career goals seem opposed to family life.

Sagittarius - Home, family, parents are important this week. Be practical about travel plans. Studying may be impossible for awhile. Double check all electronic devices for flaws.

Capricorn - Your dreams about money could be disappointed or require better plan or budget. Focus on contacts with siblings. Family, home, property matters run smoothly at end of week.

Aquarius - You really have to get down to basics this week. No day-dreaming, keep a clear head. Sister may be very helpful now. Partner, close friends, seem distant or cold.

Pisces - You are moving into a busy phase this week. Your energy climbs, but you may be worrying about things that frustrate you. Relax. Take care of your feet and hands - no injuries!

Regular Meetings

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

thursday movies

MORNING

- 7:00 am WTBS (3) ★★½ "Batman Returns" (1992, Action) (PA) Michael Keaton. The Caped Crusader clashes with Catwoman and saves gloomy Gotham City from the foul Penguin's plot. (E)
- 10:00 am CITY (29) ★★½ "Dante's Peak" (1997, Action) Pierce Brosnan. A volcanologist and his new love flee a deadly eruption in the Pacific Northwest. (E)

EVENING

- 7:00 pm WTBS (3) ★★½ "Deep Blue Sea" (1999, Science Fiction) (PA) Thomas Jane. A marine biologist and her staff become the prey of scientifically altered sharks that have a hunger for human flesh. (E) (DVS)
- 9:10 pm WTBS (3) ★★½ "Batman Returns" (1992, Action) (PA) Michael Keaton. The Caped Crusader clashes with Catwoman and saves gloomy Gotham City from the foul Penguin's plot. (E)

- 11:00 pm SPIKE (44) ★★½ "Animal" (2005, Drama) Ving Rhames. A fellow inmate helps a brutal convict transform himself into a civil citizen. (In Stereo)
- 11:35 pm CITY (29) ★★ "Apt Pupil" (1998, Drama) Ian McKellen. Based on Stephen King's novella about a teenager whose soul is twisted by his contact with an old Nazi war criminal. (E)

- 11:40 pm WTBS (3) ★★½ "Batman Forever" (1995, Action) (PA) Val Kilmer. The Caped Crusader woos a criminal psychologist, takes on a sidekick and battles Two-Face and the Riddler. (E)

friday movies

MORNING

- 7:00 am WTBS (3) ★★½ "Deep Blue Sea" (1999, Science Fiction) (PA) Thomas Jane. A marine biologist and her staff become the prey of scientifically altered sharks that have a hunger for human flesh. (E) (DVS)
- 10:00 am CITY (29) ★★½ "American Graffiti" (1973, Comedy-Drama) Richard Dreyfuss. Four teens in 1962 California get a final, nostalgic glimpse of innocence before facing their post graduation lives. (E)

AFTERNOON

- 5:00 pm WTBS (3) ★★½ "Jurassic Park III" (2001, Adventure) (PA) Sam Neill. A paleontologist and a couple outrun cloned dinosaurs after their plane crashes on an island. (E)

EVENING

- 7:10 pm WTBS (3) ★★½ "Demolition Man" (1993, Science Fiction) (PA) Sylvester Stallone. The police defrost an imprisoned ex-officer to catch an escaped convict in 2032 San Angeles. (E) (DVS)
- 7:30 pm FAM (26) "Lenny the Wonder Dog" (2004, Adventure) Sammy Kahn. Premiere. An experimental microchip gives a canine the ability to converse with humans.

- 8:00 pm KNOW (5) "Goodbye, Mr. Chips" (2002, Drama) Martin Clunes. A well-loved educator reminisces about his late wife and the students at a British boys school. (E)

- 9:00 pm FAM (26) ★★½ "Kundun" (1997, Drama) Tenzin Thuthob Tsarong. From childhood until his exile as an adult, Tibet's 14th dalai lama deals with upheavals and Chinese oppression.

- 9:15 pm WTBS (3) ★★½ "Jurassic Park III" (2001, Adventure) (PA) Sam Neill. A paleontologist and a couple outrun cloned dinosaurs after their plane crashes on an island. (E)

- 10:06 pm CITY (29) "Pray for Power" (2000, Adult) Lisa Boyle. A model who witnesses a vicious murder confronts the underworld killer.

- 11:00 pm SPIKE (44) ★★½ "Dragons Forever" (1988, Action) Jackie Chan. A lawyer and his friends uncover illegal dealings at a Hong Kong chemical plant. (In Stereo)

- 11:15 pm WTBS (3) ★★½ "Lethal Weapon 2" (1989, Action) (PA) Mel Gibson. An accountant leads a wild detective and his cautious partner to a South African diplomat running drugs. (E)

- FAM (26) ★★½ "Address Unknown" (1997, Mystery) Kyle Howard. A boy suspects his father's death was no accident after receiving a letter from him dated 10 years ago.

Similkameen News Leader Community Calendar

MARCH

- 2 - Keremeos/Cawston Sportsman Game Banquet
- 2, 3, 4 - Mixed Curling Bonspiel, Princeton Curling Club
- 17 - St Patrick's Day
- 17 - St. Patrick's Day tea, Keremeos Catholic Church
- 19 - Brenda turns 50!!!
- 24 - Princeton Curling Club Wind-Up Funspiel

APRIL

- 6 - Good Friday
- 8 - Chopaka Rodeo, Chopaka Rodeo Grounds
- 9 - Easter Monday

MAY

- 5 - Stamp Mill Days, Hedley
- 13 - Mother's Day
- 19-21 - Hedley Slo-Pitch Tournament
- 19-21 - Keremeos Elks Rodeo, Keremeos Rodeo Grounds
- 21 - Victoria Day
- 24-27 - Music Under The K, Keremeos

JUNE

- 17 - Father's Day

JULY

- 1 - Canada Day

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

ads@thenewsleader.ca

Similkameen News Leader Recipe Corner (Recipe #155)

Brought To You By: Providence Funeral Homes & Crematorium

Baked Apples

A delicious reason to eat more fruit: Baked Apples

(NC) - Dessert has never been simpler - or more nutritious. Our recipe for Baked Apples is fat free, and there's fibre in the apples and the oats.

Filling:

- 1/4 cup Robin Hood Minute Oats 50mL
- 1/4 cup brown sugar 50mL
- 1/2 tsp cinnamon 2mL
- pinch allspice
- 4 firm apples
- 3/4 cup unsweetened apple juice 175mL

Preheat oven to 350°F (180°C).

Filling: Combine all ingredients in a small bowl and set aside. Assembly: Wash and dry apples. With a sharp knife, slice 1/2" (1cm) off the top of each apple and set aside. With the knife tip, cut around the core and then use a metal spoon to scoop out the rest of the core, making sure to leave the bottom intact (like a cup). Fill each apple with 1 - 2 tbsp of filling (15-30mL) and cover with reserved apple tops. Place filled apples in 9 x 13 (23cm x 33cm) baking pan, and sprinkle with any remaining filling. Pour apple juice in bottom of pan. Cover tightly with foil and bake at 350°F (180°C) for 40 minutes. Remove foil and continue baking for 15 to 20 minutes.

Prep Time: 15 minutes, Baking Time: 1 hour, Yield: 4 servings

- News Canada

Providence Funeral Homes & Crematorium



Ron Crooker

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



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Parkview Funeral Home, 1258 Main Street, Penticton

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

226A Bridge Street, Princeton

THURSDAY, FEBRUARY 22, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	Dawson's Creek	News Room	(Off Air)	Body Elec. Caillon (EI)	News	News	City Confidential	(5:00) News	News	(5:00) News (Live)	CBC News: Morning	Beasts Jacob	SportsCentre	News	Daily Planet	(6:06) King Spider-Man	Rachael Ray	The A-Team	Counterstrike
7 AM :30	Movie: "Batman Returns" (1992) (PA) Michael Keaton	Life Today 100 Huntley Street	BluesClues Dora	Barney Arthur (EI)	Today Billy Bob Thornton; sanity savers.	The Early Show	American Justice Cold Case Files	Good Morning America			Arthur Lunar Jim	Being Ian Jane	SportsCentre	Canada AM	Canadian Geographic	K. Possible (7:24)	CityLine	V.I.P. "ExValibur"	Night Heat
8 AM :30	Michael Keaton	Taste	Berenstain Clifford	Curious					100 Huntley Street	100 Huntley Street	Curious Clifford	LazyTown Winx Club	Curling: Scotties Tournament of Hearts - Draw 15. (Live)		MythBusters	Weekend Lilo Stitch	Deep Space 9	V.I.P. "Get Valley"	Due South "Pilot"
9 AM :30	NewsRadio	Judge	Rolie Polie	Big World		Discover Discover	Crossing Jordan	Regis and Kelly	100 Huntley Street	World Vision	Poko Save-Ums!	Monster Mona		Regis and Kelly	Daily Planet	Pooh Bear	News City	Most Amazing Videos	What Inside Box
10 AM :30	Drew Cosby	The Price Is Right	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right	CSI: Miami	The View (N)	World Vision	Design House	Zoboo Doodlebop	Adrenalini Jane	UEFA	The View (N)	To Extinction	JoJo Sprites	Movie: "Dante's Peak" (1997) Pierce Brosnan.	Disorderly Con.	Ellen Grace
11 AM :30	Harvey Harvey	Seinfeld Seinfeld	Haida Art Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (N)	Young and the Restless	24	Paid Prog. Paid Prog.	Judge J. House	News (Live)	The Gill Deacon Show	Pippi LazyTown	Champions League Soccer	eTalk MTV e2	Anatomy-Bite	Higglytown (11:25) King		Deep Space 9	The Nanny Frasier
12 PM :30	Home Imp. Home Imp.	News	Walk on the Wild Side	Charlie Rose	Paid Prog. Paid Prog.	News	City Confidential	All My Children (N)	News	Days of our Lives (N)	CBC News: Today	Being Ian Jane	Curling: Scotties Tournament of Hearts - Draw 16. (Live)	Degrassi Bold & B.	Catching the Comet	(11:49) Weekend	CityLine	Star Trek: Next Gener.	Seinfeld Seinfeld
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Family Law and You Needle Art	Painting	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	Gadget Stickin	Curling: Scotties Tournament of Hearts - Draw 17. (Live)	Sue Thomas: F.B. Eye	MythBusters	Dragon Emperor	In Fashion Star! Daily	Star Trek: Next Gener.	Mad Abt. Frasier
2 PM :30	King King	Guiding Light (N)	Gaslight Dotto Tech	Reading Lions	Passions (N)	Guiding Light (N)	Cold Case Files	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Jacob Flamingo		General Hospital (N)	MythBusters	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager	Beverly Hills, 90210
3 PM :30	Seinfeld Seinfeld	Room Design	Jack's Big Music Show Postcards	Arthur (EI) Judge	Dr. Phil	Crossing Jordan	Rachael Ray	Young and the Restless	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil	How-Made	Weekend Lloyd	News	Star Trek: Voyager	Due South "Pilot"
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey	CSI: Miami	Millionaire	Oprah Winfrey	News Global	Frasier 22 Minutes	Robot Drake	Hockey Interruptio	The Tyra Banks Show	Daily Planet	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	What Inside Box
5 PM :30	Friends Friends	News	George S. (5:32) Business	BBC World	News NBC News	News	CSI: Miami	News ABC News	News Global	News (Live)	Simpsons Arrested	OddParent SpongeBob	Curling: Scotties Tournament of Hearts - Draw 17. (Live)	News	Deadliest Catch	K. Possible Suite Life	Ugly Betty	CSI: Crime Scn	Seinfeld Seinfeld
6 PM :30	Friends Friends	Body Caitlin	Spellz Reach-Top	News-Lehrer	News Raymond	News Hollywood	The First 48	News	News	ET Canada	CBC News at Six	Being Ian Erky Perky		News	Dirty Jobs	So Little Darcy	Supernatural	TNA IMPACT! (N)	Married... Married...
7 PM :30	Movie: "Deep Blue Sea" (1999) Thomas Jane.	Vanity Jeopardy!	Profiles of Nature Carhenge	NW Profl Fortune	Jeopardy! Fortune	Friends Scrubs	Meth: County Crisis	Entertain The Insider	Entertain ET Canada	Shark "Blind Trust" (N)	Coronatr Fashion	Sabrina Malcolm		The O.C. (N)	Mayday	So Raven Smart Guy	Hottest Guys	Pros vs. Joes	Frasier Grace
8 PM :30	Thomas Jane.	"Til Death In Case	With Glowing Hearts (N)	Rosemary and Thyme	Name Earl The Office	Survivor: Fiji (N)	Dallas SWAT	Grey's Anatomy	Survivor: Fiji (N)	Survivor: Fiji (N)	Embracing Bob's Killer	Fresh Pr. Monster	SportsCentre (Live)	American Idol	Daily Planet	Suite Life Life Derek	News (8:35) Star!	UFC Wild World	ET Canada What
9 PM :30	Movie: "Batman Returns" (1992) (PA) Michael Keaton	Psych	Nathaniel Dett Chorale	Globe Trekker	Scrubs (N) (9:31) 30	CSI: Crime Scn	CSI: Miami	Grey's Anatomy (N)	Deal-No Deal	Deal-No Deal	Opening Night (N)	15/Love Oracle	Boxing: Edner Cherry vs. Paulie Malignaggi.	CSI: Crime Scn	Dirty Jobs	8 Rules Sinbad	(9:06) Jimmy Kimmel	Sports Seinfeld	Seinfeld Seinfeld
10 PM :30	Keaton	News	Perspectives	Charlie Rose (N)	News	News	Meth: County Crisis	News	News	Entertain ET Canada	The Hour	Madison Hollywood	SportsCentre (Live)	News	Deadliest Catch	8 Rules Life Derek	Movie: "Animal" (2005)	Ellen	The Nanny

FRIDAY, FEBRUARY 23, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
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7 AM :30	Movie: "Deep Blue Sea" (1999) Thomas Jane.	Life Today 100 Huntley Street	BluesClues Dora	Barney Arthur (EI)	Today The Home Shopping Network; the South Beach Food Festival.	The Early Show	Amer. Justice Cold Case Files	Good Morning America			George S. Lunar Jim	Being Ian Mischief	SportsCentre	Canada AM	Canadian Geographic	K. Possible (7:24)	CityLine	Disorderly Con.	Night Heat "Friends"
8 AM :30	Thomas Jane.	Catering	Berenstain Clifford	Curious					100 Huntley Street	100 Huntley Street	Curious Pinky	LazyTown Winx Club	SportsCentre		Futureweapons	Weekend Lilo Stitch	Deep Space 9	Disorderly Con.	Due South "Free Willy"
9 AM :30	NewsRadio	Body Judge	Bus Rolie Polie	Dragon Big World	Festival.	Discover Discover	Crossing Jordan	Regis and Kelly	100 Huntley Street	World Vision	Poko Save-Ums!	Monster Mona	Off-Record Tourn.	Regis and Kelly	Daily Planet	Pooh Bear	News City	Elimination	Big Screen Inside Box
10 AM :30	Cosby	The Price Is Right	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right	CSI: Miami "Bait"	The View (N)	World Vision	Design House	Zoboo Doodlebop	Adrenalini Jane	Motorcycle	The View (N)	Biker Build-Off	JoJo Mickey	Movie: "American Graffiti" (1973) Richard Dreyfuss.	Elimination	The Nanny Frasier
11 AM :30	Harvey Steve H.	Seinfeld Seinfeld	War Scattering	Bob Build Sit-Be Fit	Dr. Keith Ablow (N)	Young and the Restless	24	Paid Prog. Paid Prog.	Judge J. House	News (Live)	The Gill Deacon Show	Pippi LazyTown	Strongest Strongest	eTalk Screen	Monster House	Higglytown (11:25) King		Elimination	Frasier
12 PM :30	Home Imp. Home Imp.	News	Canada-History	Charlie Rose	Paid Prog. Paid Prog.	News	City Confidential	All My Children (N)	News	Days of our Lives (N)	CBC News: Today	Before Mischief	Curling: Scotties Tournament of Hearts - Tiebreaker. (Live)	Degrassi Bold & B.	Deadliest Catch	(11:49) Weekend	CityLine	Elimination	Seinfeld
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Router SportFish	Scheewe Scrapbook	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	Gadget Stickin	Curling: Scotties Tournament of Hearts - Tiebreaker. (Live)	Sue Thomas: F.B. Eye	Dirty Jobs	Dragon Emperor	At Movies	Elimination	Frasier
2 PM :30	King King	Guiding Light (N)	Gaslight Gardens	Reading Lions	Passions (N)	Guiding Light (N)	Cold Case Files	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Jacob Flamingo		General Hospital (N)	Mayday	Lilo Stitch Proud	Ellen DeGeneres Show	Elimination	Beverly Hills, 90210
3 PM :30	Seinfeld Seinfeld	Room Design	Hi-5 Fetch! With	Arthur (EI) Judge	Dr. Phil	Crossing Jordan	Rachael Ray	Young and the Restless	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil	How-Made	Weekend Lloyd	News	Star Trek: Voyager	Due South "Free Willy"
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey	CSI: Miami "Bait"	Millionaire	Oprah Winfrey	News Global	Frasier Air Farce	Neutron Drake	Hockey Interruptio	The Tyra Banks Show	Daily Planet	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Big Screen Inside Box
5 PM :30	Movie: "Jurassic Park III" (2001) (PA) Sam Neill.	News	George S. (5:32) Business	BBC World	News NBC News	News	CSI: Miami "Extreme"	News ABC News	News Global	News (Live)	Simpsons Arrested	OddParent SpongeBob	Curling: Scotties Tournament of Hearts - Tiebreaker. (Live)	News	Dungeons of Alcatraz	K. Possible Montana	Stargate Atlantis	CSI: Crime Scn	Seinfeld Seinfeld
6 PM :30	Sam Neill.	Body Caitlin	Arctic Skooled!	News-Lehrer Raymond	News Hollywood	News	CSI: Miami	News	News	ET Canada	CBC News at Six	OddParent (6:20) Robot		News	I Shouldn't Be Alive	Zoey 101 Life Derek	Stargate Atlantis	Pros vs. Joes	Married... Married...
7 PM :30	(7:10) Movie: "Demolition Man" (1993) (PA) (DVS)	Vanity Jeopardy!	BC McLaughlin	Wash Wk Fortune	Jeopardy! Fortune	Friends Scrubs	CSI: Miami	Entertain The Insider	Entertain ET Canada	Falcon Beach	Coronatr 22 Minutes	Team Fantaste 4		eTalk Hollywood	A Haunting	School Movie: "Lenny the Wonder Dog"	Godiva's (DVS)	Pros vs. Joes	Frasier Grace
8 PM :30	Sam Neill.	Next Great Chef	Movie: "Goodbye, Mr. Chips" (2002, Drama)	NOW (N) Europe	1 vs. 100 (TV) (N)	Ghost Whisperer (N)	CSI: Miami	Grey's Anatomy	Falcon Beach	NUMB3RS "One Hour"	Air Farce Mercer	(8:05) Zatch	SportsCentre (Live)	Ghost Whisperer (N)	Daily Planet	News	Night Party	Disorderly Con.	ET Canada Big Screen
9 PM :30	Movie: "Jurassic Park III" (2001) (PA) Sam Neill.	Trading Spouses	(2002, Drama)	Ballroom Chall	Las Vegas (N)	Close to Home (N)	CSI: Miami "Extreme"	(9:01) 20/20	Las Vegas (N)	Las Vegas (N)	Comedy Fest.	Inuyasha Eureka 7	Boxing: Friday Night Fights. (Taped)	Close to Home (N)	I Shouldn't Be Alive	Movie: "Kundun" (1997)	(9:06) Jimmy Kimmel	Wild World	Seinfeld Seinfeld
10 PM :30	Sam Neill.	20/20	Sher. Holmes	My Family Austin City Limits	Law & Order (N)	NUMB3RS "One Hour"	CSI: Miami	20/20	NUMB3RS "One Hour"	News	National	Full Metal Bleach	Law & Order (N)	Deadliest Catch	Tenzin Thutob Tsarong.	(10:06) Movie: "Pray for Power" (2000, Adult) Lisa	UFC	Married... Married...	
11 PM :30	(11:15) "Lethal Weapon 2"	News Room	With Glowing Hearts	MontyPyth	Tonight	Late Show	CSI: Miami	News	News	(11:03) ECW	The Hour	Monster Oracle	SportsCentre (Live)	News	Dungeons of Alcatraz	(11:15) "Address Unknown"	Movie: "Dragons Forever"	Ellen	The Nanny

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saturday movies

MORNING

6:00 am SPIKE (44) ★★ "The Principal" (1987, Drama) James Belushi. A newly appointed principal and a no-nonsense security guard restore order at their crime-ridden high school. (In Stereo)

7:35 am WTBS (3) ★★ "The Wood" (1999, Drama) Omar Epps. Young men, one of whom is about to be married, reminisce about their childhood during the 1980s in Inglewood, Calif. (D)

9:00 am A&E (9) ★★ "The Hunt for Red October" (1990, Suspense) Sean Connery. Moscow, Washington and a CIA analyst track a renegade Soviet captain and his new submarine. (D)

9:50 am WTBS (3) ★★ "Cocktail" (1988, Romance) (PA) Tom Cruise. The hottest bartender in Manhattan leaves his partner, goes to Jamaica and falls for a nice girl. (D) (DVS)

AFTERNOON

12:00 pm FAM (26) ★★ "Going to the Mat" (2004, Drama) Andrew Lawrence. A blind teenager becomes a high-school wrestler after his family moves from New York to the Midwest.

CITY (29) ★★ "28 Days" (2000, Comedy-Drama) Sandra Bullock. When a court order sends a New York journalist to a rehabilitation center for substance abusers, she meets a ballplayer. (D)

12:05 pm WTBS (3) ★★ "Demolition Man" (1993, Science Fiction) (PA) Sylvester Stallone. The police defrost an imprisoned ex-officer to catch an escaped convict in 2032 San Angeles. (D)

12:30 pm SPIKE (44) ★★ "Bad Boys" (1982, Drama) Sean Penn. Sentenced to reform school for a boy's accidental death, a hood comes face to face with his victim's vengeful brother. (In Stereo)

1:32 pm FAM (26) ★★ "Tru Confessions" (2002, Drama) Clara

Bryant. A teenager gets closer to her developmentally disabled twin while producing a documentary about him. (D)

2:30 pm WTBS (3) ★★ "Underworld" (2003, Horror) (PA) Kate Beckinsale. A female vampire tries to protect a medical student from werewolves intent on creating a hybrid species. (D)

4:00 pm YTV (18) ★★ "All Dogs Go to Heaven 2" (1996, Fantasy) Voices of Ernest Borgnine. Animated. A junkyard dog and a newly deceased pal return to Earth to retrieve Gabriel's trumpet.

5:00 pm WTBS (3) ★★ "The Chronicles of Riddick" (2004, Science Fiction) (PA) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army. (D)

EVENING

6:00 pm CITY (29) ★★ "The Clown at Midnight" (1998, Horror) Christopher Plummer. A clown-suited maniac stalks teenagers trapped in an abandoned opera house that was the scene of a murder years ago. (D) (DVS)

7:00 pm A&E (9) ★★ "Bridget Jones's Diary" (2001, Romance-Comedy) Renée Zellweger. Premiere. An outrageous British woman decides to take control of her life, but instead falls for two very different men. (D)

7:30 pm WTBS (3) ★★ "The Matrix Reloaded" (2003, Science Fiction) (PA) Keanu Reeves. Freedom fighters use extraordinary skills and weaponry to revolt against machines. (D)

8:00 pm KSPS (6) ★★ "King of Hearts" (1966, Comedy) Alan Bates. Freed asylum inmates impede a World War I soldier trying to defuse a bomb in their French village. (D)

KXLY (10) ★★ "Forrest Gump" (1994, Drama) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of

an Alabama man with an IQ of 75. (In Stereo) (D) (DVS)

9:00 pm CHBC (4) ★★ "Pretend You Don't See Her" (2002, Suspense) Emma Samms. A real estate agent gets a new identity after she witnesses a murder and tries to uncover the killer's motive. (D)

KNOW (5) "Happy Families" (1992, Mystery) John Thaw. Inspector Morse notices a lack of apparent grief among the family members of a murdered businessman. (D)

FAM (26) "Adventures of the Cactus Kid" (2000, Adventure) Thomas Curtis. Premiere. A boy fantasizes about robbing a bank in the style of his comic-book hero.

CITY (29) ★★ "Bringing Out the Dead" (1999, Drama) Nicolas Cage. Premiere. After too many years on the job, an EMS paramedic begins an emotional descent during 56-hour tour. (D)

SPIKE (44) ★★ "The Gauntlet" (1977, Drama) Clint Eastwood. A determined detective attempts to survive a setup while delivering an uncooperative key witness to a syndicate trial. (In Stereo)

10:00 pm WTBS (3) ★★ "From Dusk Till Dawn" (1996, Action) (PA) Harvey Keitel. Desperado brothers kidnap a preacher and his kids, commandeer their RV and wind up in a Mexican strip joint where vampires lurk. (D)

10:46 pm FAM (26) "Hello Sister, Goodbye Lifer" (2006, Drama) Lacey Chabert. A college student must take care of her 7-year-old half sister after the death of their parents.

11:00 pm A&E (9) ★★ "Bridget Jones's Diary" (2001, Romance-Comedy) Renée Zellweger. An outrageous British woman decides to take control of her life, but instead falls for two very different men. (D)

11:30 pm CITY (29) ★★ "The Bone Collector" (1999, Suspense) Denzel Washington. A quadriplegic detective and a patrol cop try to catch a killer recreating grisly crimes. (D)

sunday movies

MORNING

6:00 am WTBS (3) ★★ "Anaconda" (1997, Suspense) (PA) Jennifer Lopez. A snake hunter commands a documentary crew in the Brazilian jungle, forcing them to battle a monster boa. (D)

8:00 am WTBS (3) ★★ "Anacondas: The Hunt for the Blood Orchid" (2004, Suspense) (PA) Johnny Messner. While exploring the jungles of Borneo, scientists and their guide encounter monstrous, man-eating snakes.

10:00 am WTBS (3) ★★ "Underworld" (2003, Horror) (PA) Kate Beckinsale. A female vampire tries to protect a medical student from werewolves intent on creating a hybrid species. (D)

AFTERNOON

12:00 pm YTV (18) ★★ "Babe: Pig in the City" (1998, Fantasy) Magda Szubanski. A farmer's wife and her young porker are detained in a city rooming house with a menagerie. Live action/animatronics.

FAM (26) ★★ "Honey, We Shrunk Ourselves" (1997, Fantasy) Rick Moranis. An inventor learns important truths about his teenagers when he and other family members shrink to less than one inch.

12:30 pm WTBS (3) ★★ "Reign of Fire" (2002, Fantasy) (PA) Christian Bale. A hotshot American and a firefighter unite to fight a horde of dragons in post-apocalyptic London. (D)

1:30 pm FAM (26) ★★ "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production.

2:00 pm YTV (18) ★★ "Beethoven 2" (1993, Comedy) Charles Grodin. A St. Bernard's evil owner tries to abduct her litter from a family who saved them from death.

2:30 pm WTBS (3) ★★ "The Chronicles of Riddick" (2004, Science Fiction) (PA) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army. (D)

4:00 pm YTV (18) ★★ "Karate Kid II" (1986, Action) Ralph Macchio. Mr. Miyagi returns to Okinawa with his karate student and meets an old foe's challenge to a duel.

5:00 pm WTBS (3) ★★ "Van Helsing" (2004, Fantasy) (PA) Hugh Jackman. A monster hunter joins forces with a beautiful woman to battle Dracula and otherworldly creatures in Transylvania. (D)

CBC (13) ★★ "Tuck Everlasting" (2002, Fantasy) Alexis Bledel. While walking in the woods, a teenager meets a family who can stay young forever. (D)

EVENING

6:00 pm YTV (18) ★★ "The Mask of Zorro" (1998, Adventure) Antonio Banderas. The fabled avenger trains an uncouth protege to drive a Spanish tyrant out of California once and for all.

CITY (29) ★★ "Lara Croft Tomb Raider: The Cradle of Life" (2003, Adventure) Angelina Jolie. A globe-trotter must find Pandora's box before a maniacal scientist can harness its power for world domination. (D)

7:30 pm WTBS (3) ★★ "Van Helsing" (2004, Fantasy) (PA) Hugh Jackman. A monster hunter joins forces with a beautiful woman to battle Dracula and otherworldly creatures in Transylvania. (D)

8:00 pm CBC (13) ★★ "Miss Marple: Nemesis" (1987, Mystery) Joan Hickson. A letter from a deceased friend instructs Miss Jane Marple to investigate a crime. (D)

9:00 pm FAM (26) ★★ "What About Bob?" (1991, Comedy) Bill Murray. A patient follows a pop psychiatrist on his vacation and annoys him while charming his family. (D)

10:00 pm WTBS (3) ★★ "Reign of Fire" (2002, Fantasy) (PA) Christian Bale. A hotshot American and a firefighter unite to fight a horde of dragons in post-apocalyptic London. (D)

10:48 pm FAM (26) "Lightning: Fire From the Sky" (2001, Action) John Schneider. A teenage weather whiz must find a way to save his town from a pair of devastating storms. (D)

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SATURDAY, FEBRUARY 24, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM :30	TBS Storyline	News (E) Pioneers	(Off Air)	Wild Ne Farmers	(5:00) Today (E)	(5:00) Saturday Early Show	Bio.: Selleck	Good Morning America	Adventure Hunter	Fishing Fishin	Lunar Jim Pinky	Gadget Adrenalini	SportsCentr e (E)	OWL/TV Kingdom	Futureweap ons (E)	(6:03) Get Rangers	About You Dharti	Movie: "The Principal" (1987)	Dinner Mondo	
7 AM :30	Home Imp. (7:35) Movie: "The Wood" (1999) Omar Epps, Taye Diggs. (E)	Gold Trails Powerboat	Timothy Dora	MotorWeek Fly Tying	News	Madeline Sabrina	Bio.: Russell	Good Morning Northwest Saturday (E)	News (E)	News (Live) (E)	Wilbur (E) George S.	Flamingo Viva Pinata	Fishing Motoring	Katie-Orbie Hobo	Dungeons of Alcatraz	Star Racer (7:20)	Eye on Asia	James Belushi	Mad Abt. Friends	
8 AM :30	(1999) Omar Epps, Taye Diggs. (E)	Body Farm Rpt	George S. The Magic School Bus	Vic. at Sea	Hometime	Trollz (E) Horseland	Airline (E)	So Raven	Dell	Canada Winter Games: Opening Ceremonies. (Taped) (E)	Dragon Goldfish	SpongeBob SnowTrax	Good Morning Canada (E)	I Shouldn't Be Alive	Suite Life (8:43) Zoey	Polish Studio (E)	Trucks!	Ned Stacy		
9 AM :30	Divas Dime	GetUpGrow (9:32)	The Magic School Bus	Hometime	Workshop	College Basketball: Okla. St. at Texas Tech	Movie: "The Hunt for Red October" (1990) Sean Connery.	So Raven	So Raven	Montana GetUpGrow	Phantom Fantaste 4	Phantom	Bowling	How-Made	So Raven	Speakers	CityLine (E)	Hrseperw	Ellen (E)	
10 AM :30	(9:50) Movie: "Cocktail" (1988) (PA) Tom Cruise.	Jovan (E) Antique	Upside Big World	Ask This Americas	Veggie Paid Prog.	College Basketball: Pittsburg at Georgetown.	Sell House	Replace	Making the Cut (N) (E)	Fishing	Team Avatar	Tn-Titans	Boxing: Edner Cherry vs. Paulie Malignaggi. (E)	PLAN Canada (E)	The Blasters (E)	Even Boy World	NewMusic	Trucks!	Seinfeld	
11 AM :30	(12:05) Movie: "Demolition Man" (1993) (PA) Sylvester Stallone. (E)	PGA Golf: WGC Accenture	Maephee Moving On	Mexico Caprial	PGA Golf: WGC Accenture Match Play Championships p -- Semifinals. (Live) (E)	College Basketball: Pittsburgh at Georgetown.	Sell House	College Basketball: Teams TBA. (Live) (E)	Fishing	70s Show	Energy TV	Curling: Scotties Tournament of Hearts -- Semifinal. (Live) (E)	Monster Yu Gi Oh	NASCAR Racing: Busch Series Qualifying	Thinking	Mayday (E)	Movie: "Going to the Mat" (2004) (1:32)	Movie: "28 Days" (2000) Sandra Bullock. (E)	Trucks!	Friends
12 PM :30	Match Play Championships p -- Semifinals. (Live) (E)	Gardens	Ming	Garden	Match Play Championships p -- Semifinals. (Live) (E)	College Basketball: Florida at LSU. (Live) (E)	Sell House	Move	Clean	Ride Guide	70s Show	GI Joe	NASCAR	Futureweap ons (E)	First Story	MuchOnDe mand (E)	Deal or No Deal (E)	Disorderly Con.	What	
1 PM :30	Movie: "Underworld" (2003) (PA) Kate Beckinsale. (E)	Powerboat	Dora	Food	Fortune	Discover	Sell House	Basketball	70s Show	Simpsons	Sat. Report	Mystery	SportsCentr e (Live) (E)	Twice in a Lifetime (E)	How-Made	Smart Guy	News (E)	Disorderly Con.	What	
2 PM :30	Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	HeartCity	(3:31) Go, Diego, Go!	Wild Things (E)	3 2 1 Pen	Access Hollywood	Sell House	Old House	Simpsons	Simpsons	NHL Hockey: Sabres at Senators or Maple Leafs at Flyers	Movie: "All Dogs Go to Heaven 2" (1996)	NBA Basketball: Toronto Raptors at Charlotte Bobcats. (E)	Sue Thomas: F.B.Eye	Zapped Part 2. (E)	Suite Life Proud	Bravo! Fact	Sports	Ad Pers	
3 PM :30	Movie: "The Matrix Reloaded" (2003) (PA) Keanu Reeves.	Foodies	Rolie Polie	Marriage	George S.	Summer	News (E)	News (E)	Flip This House (E)	News (E)	News (E)	DecAIDS-Possible	Obstacle	News (E)	Dirty Jobs "Bell Maker"	Sadie Darcy	Movie: "The Clown at Midnight" (1998, Horror)	Disorderly Con.	Married...	
4 PM :30	Movie: "The Matrix Reloaded" (2003) (PA) Keanu Reeves.	Marriage	Rolie Polie	Marriage	George S.	Summer	News (E)	News (E)	Flip This House (E)	News (E)	News (E)	DecAIDS-Possible	Obstacle	News (E)	Dirty Jobs "Bell Maker"	Sadie Darcy	Movie: "The Clown at Midnight" (1998, Horror)	Disorderly Con.	Married...	
5 PM :30	Movie: "The Matrix Reloaded" (2003) (PA) Keanu Reeves.	Marriage	Rolie Polie	Marriage	George S.	Summer	News (E)	News (E)	Flip This House (E)	News (E)	News (E)	DecAIDS-Possible	Obstacle	News (E)	Dirty Jobs "Bell Maker"	Sadie Darcy	Movie: "The Clown at Midnight" (1998, Horror)	Disorderly Con.	Married...	
6 PM :30	Movie: "The Matrix Reloaded" (2003) (PA) Keanu Reeves.	Marriage	Rolie Polie	Marriage	George S.	Summer	News (E)	News (E)	Flip This House (E)	News (E)	News (E)	DecAIDS-Possible	Obstacle	News (E)	Dirty Jobs "Bell Maker"	Sadie Darcy	Movie: "The Clown at Midnight" (1998, Horror)	Disorderly Con.	Married...	
7 PM :30	Movie: "The Matrix Reloaded" (2003) (PA) Keanu Reeves.	Marriage	Rolie Polie	Marriage	George S.	Summer	News (E)	News (E)	Flip This House (E)	News (E)	News (E)	DecAIDS-Possible	Obstacle	News (E)	Dirty Jobs "Bell Maker"	Sadie Darcy	Movie: "The Clown at Midnight" (1998, Horror)	Disorderly Con.	Married...	
8 PM :30	Movie: "The Matrix Reloaded" (2003) (PA) Keanu Reeves.	Marriage	Rolie Polie	Marriage	George S.	Summer	News (E)	News (E)	Flip This House (E)	News (E)	News (E)	DecAIDS-Possible	Obstacle	News (E)	Dirty Jobs "Bell Maker"	Sadie Darcy	Movie: "The Clown at Midnight" (1998, Horror)	Disorderly Con.	Married...	
9 PM :30	Movie: "The Matrix Reloaded" (2003) (PA) Keanu Reeves.	Marriage	Rolie Polie	Marriage	George S.	Summer	News (E)	News (E)	Flip This House (E)	News (E)	News (E)	DecAIDS-Possible	Obstacle	News (E)	Dirty Jobs "Bell Maker"	Sadie Darcy	Movie: "The Clown at Midnight" (1998, Horror)	Disorderly Con.	Married...	
10 PM :30	Movie: "The Matrix Reloaded" (2003) (PA) Keanu Reeves.	Marriage	Rolie Polie	Marriage	George S.	Summer	News (E)	News (E)	Flip This House (E)	News (E)	News (E)	DecAIDS-Possible	Obstacle	News (E)	Dirty Jobs "Bell Maker"	Sadie Darcy	Movie: "The Clown at Midnight" (1998, Horror)	Disorderly Con.	Married...	
11 PM :30	Movie: "The Matrix Reloaded" (2003) (PA) Keanu Reeves.	Marriage	Rolie Polie	Marriage	George S.	Summer	News (E)	News (E)	Flip This House (E)	News (E)	News (E)	DecAIDS-Possible	Obstacle	News (E)	Dirty Jobs "Bell Maker"	Sadie Darcy	Movie: "The Clown at Midnight" (1998, Horror)	Disorderly Con.	Married...	

SUNDAY, FEBRUARY 25, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM :30	Movie: "Anaconda" (1997) (PA)	Antique Thste	(Off Air)	Berenstain Cliff Pup	Today (E)	Discover	(5:00) Breakfast With the	Good Morning America	Pioneers Fishful	Canada	Coronatn	Jane	SportsCentr e (E)	Acorn Kids	Dirty Jobs "Bell Maker"	(6:03) Get Rangers	Mix TV	MuscleCar	H2O Vac	
7 AM :30	Jennifer Lopez.	In Touch (E)	Jakers Dora	Bob Build Thomas	Jane Jacob	CBS News Sunday Morning (E)	Inked (E)	News (E)	Foodies	World Vsn	Coronatn	Winx Club	Reporters	Good Morning Canada (E)	MythBuster s (E)	Star Racer (7:20)	Eye on Asia	Hrseperw	Mad Abt. Friends	
8 AM :30	"Anacondas: The Hunt for the Blood Orchid"	Van Impe	George S. The Magic School Bus	Jakers Fetch! With Maya	Meet the Press (E)	Nation	Driving With George	This Week With George	News (E)	TribalTrail	Coronatn	Robot Boy	Spirit	MythBuster s (E)	Suite Life (8:43) Zoey	Eye-Asia	Hrseperw	Ned Stacy		
9 AM :30	Movie: "The Hunt for the Blood Orchid"	Is Written	The Magic School Bus	Fetch! With Maya	Meet the Press (E)	Nation	Driving With George	This Week With George	News (E)	TribalTrail	Coronatn	Robot Boy	Spirit	MythBuster s (E)	Suite Life (8:43) Zoey	Eye-Asia	Hrseperw	Ned Stacy		
10 AM :30	Movie: "Underworld" (2003) (PA) Kate Beckinsale. (E)	Room	Upside	Foreign	SI for Kids	Connecticut.	Angel	NBA Basketball: Chicago Bulls at Detroit Pistons. (Live) (E)	Driving TV	War of the Wheels (E)	Coronatn	Grossology	Score Golf	World Wildlife Fund	Funnist Animals	So Raven Phil	Festival Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen (E)	
11 AM :30	Movie: "Underworld" (2003) (PA) Kate Beckinsale. (E)	Antique	Big World	European	PGA Golf: WGC Accenture Match Play Championships p -- Final Round. (Live) (E)	College Basketball: Wisconsin at Ohio State. (E)	Angel	NBA Basketball: Cleveland Cavaliers at Miami Heat. (E)	Listen Up	Hour of Power (E)	PGA Golf: WGC Accenture Match Play Championships p -- Final Round. (Live) (E)	Coronatn	Grossology	Score Golf	World Wildlife Fund	Funnist Animals	So Raven Phil	Festival Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen (E)
12 PM :30	Movie: "Reign of Fire" (2002) (PA) Christian Bale.	PGA Golf: WGC Accenture Match Play Championships p -- Final Round. (Live) (E)	Fetch! With Mechanics	NOW (N)	PGA Golf: WGC Accenture Match Play Championships p -- Final Round. (Live) (E)	College Basketball: Wisconsin at Ohio State. (E)	Angel	NBA Basketball: Cleveland Cavaliers at Miami Heat. (E)	Listen Up	Hour of Power (E)	PGA Golf: WGC Accenture Match Play Championships p -- Final Round. (Live) (E)	Coronatn	Grossology	Score Golf	World Wildlife Fund	Funnist Animals	So Raven Phil	Festival Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen (E)
1 PM :30	Movie: "Reign of Fire" (2002) (PA) Christian Bale.	PGA Golf: WGC Accenture Match Play Championships p -- Final Round. (Live) (E)	Fetch! With Mechanics	NOW (N)	PGA Golf: WGC Accenture Match Play Championships p -- Final Round. (Live) (E)	College Basketball: Wisconsin at Ohio State. (E)	Angel	NBA Basketball: Cleveland Cavaliers at Miami Heat. (E)	Listen Up	Hour of Power (E)	PGA Golf: WGC Accenture Match Play Championships p -- Final Round. (Live) (E)	Coronatn	Grossology	Score Golf	World Wildlife Fund	Funnist Animals	So Raven Phil	Festival Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen (E)
2 PM :30	Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Room	Upside	Foreign	SI for Kids	Connecticut.	Angel	NBA Basketball: Chicago Bulls at Detroit Pistons. (Live) (E)	Driving TV	War of the Wheels (E)	Coronatn	Grossology	Score Golf	World Wildlife Fund	Funnist Animals	So Raven Phil	Festival Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen (E)	
3 PM :30	Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Room	Upside	Foreign	SI for Kids	Connecticut.	Angel	NBA Basketball: Cleveland Cavaliers at Miami Heat. (E)	Driving TV	War of the Wheels (E)	Coronatn	Grossology	Score Golf	World Wildlife Fund	Funnist Animals	So Raven Phil	Festival Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen (E)	
4 PM :30	Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Room	Upside	Foreign	SI for Kids	Connecticut.	Angel	NBA Basketball: Cleveland Cavaliers at Miami Heat. (E)	Driving TV	War of the Wheels (E)	Coronatn	Grossology	Score Golf	World Wildlife Fund	Funnist Animals	So Raven Phil	Festival Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen (E)	
5 PM :30	Movie: "Van Helsing" (2004) (PA) Hugh Jackman.	News (E)	George S. Zoboo	Old House	NBC News	News	Dog the Bounty Hunter	Road 2007	Simpsons	News (E)	Movie: "Tuck Everlasting" (2002) Alexis Bledel.	Ralph Macchio.	Boxing (E)	Road 2007	MythBuster s (E)	K. Possible	Chris	Pros vs. Joes	The Biggest Loser (N)	
6 PM :30	Movie: "Van Helsing" (2004) (PA) Hugh Jackman.	Design	Arctic	Monarch of the Glen	News (E)	News	Dog the Bounty Hunter	The 79th Annual Academy Awards	Global	Mysteries	Brothers & Sisters (E)	Movie: "The Mask of Zorro" (1998) Antonio Banderas, Anthony Hopkins.	SportsCentr e (Live) (E)	The 79th Annual Academy Awards	Dirty Jobs (E)	Sadie Darcy	Movie: "Lara Croft Tomb Raider: The Cradle of Life" (2003)	Pros vs. Joes	Seinfeld	
7 PM :30	Movie: "Van Helsing" (2004) (PA) Hugh Jackman.	Design	Arctic	Monarch of the Glen	News (E)	News	Dog the Bounty Hunter	The 79th Annual Academy Awards	Global	Mysteries	Brothers & Sisters (E)	Movie: "The Mask of Zorro" (1998) Antonio Banderas, Anthony Hopkins.	SportsCentr e (Live) (E)	The 79th Annual Academy Awards	Dirty Jobs (E)	Sadie Darcy	Movie: "Lara Croft Tomb Raider: The Cradle of Life" (2003)	Pros vs. Joes	Seinfeld	
8 PM :30	Movie: "Van Helsing" (2004) (PA) Hugh Jackman.	Design	Arctic	Monarch of the Glen	News (E)	News	Dog the Bounty Hunter	The 79th Annual Academy Awards	Global	Mysteries	Brothers & Sisters (E)	Movie: "The Mask of Zorro" (1998) Antonio Banderas, Anthony Hopkins.	SportsCentr e (Live) (E)	The 79th Annual Academy Awards	Dirty Jobs (E)	Sadie Darcy	Movie: "Lara Croft Tomb Raider: The Cradle of Life" (2003)	Pros vs. Joes	Seinfeld	
9 PM :30	Movie: "Van Helsing" (2004) (PA) Hugh Jackman.	Design	Arctic	Monarch of the Glen	News (E)	News	Dog the Bounty Hunter	The 79th Annual Academy Awards	Global	Mysteries	Brothers & Sisters (E)	Movie: "The Mask of Zorro" (1998) Antonio Banderas, Anthony Hopkins.	SportsCentr e (Live) (E)	The 79th Annual Academy Awards	Dirty Jobs (E)	Sadie Darcy	Movie: "Lara Croft Tomb Raider: The Cradle of Life" (2003)	Pros vs. Joes	Seinfeld	
10 PM :30	Movie: "Reign of Fire" (2002) (PA) Christian Bale.	Crossing Jordan (N)	BC	Mystery! "Foyle's War" "Fifty Ships"	Crossing Jordan (N)	Without a Trace (E)	Dog the Bounty Hunter	Achievement in film is honored. (E)	King of Hill	King of Hill	Hockeyville 2006-Game	Anthony Hopkins.	Canada Winter Games: Short Track Speed Skating. (Taped) (E)	To Be Announced	DSC Parody Special	So Raven (7:25) Zoey	Raider: The Cradle of Life" (2003)	Oblivious	What	
11 PM :30	Movie: "Reign of Fire" (2002) (PA) Christian Bale.	Crossing Jordan (N)	BC	Mystery! "Foyle's War" "Fifty Ships"	Crossing Jordan (N)	Without a Trace (E)	Dog the Bounty Hunter	Achievement in film is honored. (E)	King of Hill	King of Hill	Hockeyville 2006-Game	Anthony Hopkins.	Canada Winter Games: Short Track Speed Skating. (Taped) (E)	To Be Announced	DSC Parody Special	So Raven (7:25) Zoey	Raider: The Cradle of Life" (2003)	Oblivious	What	

MONDAY, FEBRUARY 26, 2007

Table with 20 columns representing TV stations (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 12 rows representing time slots from 6:30 AM to 11:30 PM. Each cell contains the program name and station call letters.

monday movies

MORNING

7:00 am WTBS (3) ★★½ "Stuck on You" (2003, Comedy) Matt Damon. Conjoined twins go to Hollywood and land a role on a television show starring Cher. (E)

EVENING

6:00 pm CITY (29) ★★½ "We Were Soldiers" (2002, War) Mel Gibson. A lieutenant colonel and approximately 400 U.S. troops battle 2,000 North Vietnamese in 1965. (E)

You" (2003, Comedy) Matt Damon. Conjoined twins go to Hollywood and land a role on a television show starring Cher. (E)

10:00 pm KSPS (5) ★★½ "Brooklyn Bridge" (1981, Documentary) Filmmaker Ken Burns describes the engineering feat, completed in 1883, of John Roebling and his son Washington.

10:06 pm CITY (29) ★★½ "John Carpenter's Vampires" (1998, Horror) James Woods. Vampire killers pursue a 600-year-old specimen in the American Southwest. (E)

11:00 pm WTBS (3) ★★½ "Little Nicky" (2000, Comedy) Adam Sandler. The youngest son of Satan must go to New York City and bring back his brothers, whose absence is wreaking havoc in hell. (E)

news leader puzzle page puzzle maps of exploration

Follow on the map from (bracketed clue) solution to (bracketed clue) solution



It was a warm sunny August morning in 1642 as we sailed south west away from (strike a by way of) city, now called Jakarta at 6°08'S/105°45'E. Our orders were to find the "Unknown Southland" rumored to be east and south of Java. The captain knew the futility of fighting the mighty south east trade winds so we sailed south west with the equatorial current all the way to Mauritius. Here we re-supplied before heading due south into the infamous lion sound-four decades and turned east to be pushed by the strong westerly winds. Seven weeks of high seas and gale force winds passed before we sighted land again. The seas were not friendly. We sailed off shore until we found a likely cove and attempted to land. The surf was too dangerous for our ship, but not for our hearty carpenter who, carrying our flag, swam ashore and planted it firmly amongst the rocks. The captain named it Van Diemen's Land, now called (Telephone Answering Service-disorder) and thus on December 3rd, 1642 all lands were claimed for Holland. Again driven by the winds we sailed east and within 10 days sighted more land, New Zealand, and headed north east along its coast. On December 18th we turned south around (goodbye saliva) and anchored in a wide beautiful bay that the captain named Murderers Bay, now known as (brilliant yellow howl). He sent a landing party ashore. They heard strange fearful animal sounds from the forest and were suddenly facing ferocious looking brown skinned natives with their faces painted white. They performed a floor stamping war dance, chanting a terrifying battle cry and kept sticking their long tongues out. As soon as the chanting stopped they roared and charged killing 4 of the shore party before the rest could escape in the long boat. Leaving this un-welcoming community we headed north across a much larger bay. (part 1 of 2)



SOLUTION: You have just followed a portion of the first phase of Dutch explorer Abel Tasman's journey of discovery started in 1642 in search of Australia the "Unknown South Land" (strike-a-by-way-of) before, from south-east Java (strike-a-by-way-of) (Telephone Answering Service-disorder) Tasmania. (goodbye-saliva) (brilliant yellow howl) Golden Bay.

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



card of thanks

card of thanks

for sale

My deep appreciation to my caring friends, neighbours and family for their support in my recent loss of Gerry. Thank you for the lovely flowers, acts of kindness, visits and phone calls, and the personal messages of comfort in your cards.

To the doctors, hospital staff and ambulance crew - you were always there for Gerry throughout his lengthy illness; he always received the best of care and attention. My grateful thanks.

Ruth Kavanaugh

Thank You, Howard Johnston

You always had time to make us laugh and brighten up our days with a smile or a joke. Howard passed away on Valentine's Day at Princeton General Hospital and will be sadly missed by us and all his friends and family.

We only knew Howard for a short time and he reminded us of what was important in life. We will always cherish your memory.

Keath & Carolyne

Couch/hide-a-bed with matching chair. Good condition. \$200.00 OBO. (250) 295-0051. Feb 06-20

for rent

1 large and bright 1-bedroom apartment, near town. \$550/month. Utilities and more included. References required + damage deposit. No pets. Responsible adult only. Call (250) 295-3691 evenings or 295-7905 days. Feb 13-14th

Hedley - 1-bedroom house, f/s, fenced yard, available March 1st. \$375.00/month + utilities. Damage deposit and references required. (250) 868-0883. Feb 20-Mar 06

Examine your relationship with God. Free..at the Church of your choice.

notices

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A musical memory gift for that special someone. This unique gift is just \$20.00 plus postage. Contact youwinagain9@yahoo.ca for details. Jul 25-06

Goodbye, Howard

You will be missed...by all



notice

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Firewood for sale. 5-ton load \$150.00/load + \$1.00/km. (250) 295-4123. Jan 02 - 06

100% natural beef for sale. No implants. \$1.50 per pound + cutting and wrapping. Call Ernie Willis (250) 295-7345 or Terry Wright (250) 295-8121. Nov 28-06

1997 Monte Carlo Z34. Fully loaded. Leather interior, excellent condition. \$5,500.00 firm. (250) 295-8802. 10 Mar 06

1998 Mazda MPV Van. 4WD w/differential lock, V6, 60,000km, security system, front and rear heater and a/c controls, 2 front bucket seats, 2 bench seats, roof racks. Serviced on a regular basis, very clean. No rust. Excellent condition. \$12,500. (250) 295-3253. Feb 20-Mar 06

1994 Ford F-150 XLT. Runs well. New brakes,L-box w/canopy. Priced to sell. (250) 295-6663. Feb 20-Mar 06

Celebrate the Princeton Posse's best season ever in the KIJHL with George Elliott's new DVD: "Princeton Posse 2006/07." Available ONLY at the News Leader office. \$19.99 each (includes GST). Out-of-town orders welcome! Contact us at (250) 295-419 or e-mail george@thenewsleader.ca. Out-of-town orders will cost \$19.99 + shipping (\$2.00). Get your copy soon as this DVD is sure to become a collectors item! "Princeton Posse 2006/07 - The DVD" available now! Contains over 400 games photos + more! Feb 20-06

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lost

Medic Alert Bracelet lost somewhere in Princeton. If found please call Eleanor at (250) 295-3947. Feb 13-06

notices

Princeton Rodeo Club is calling for any cowgirls who are interested in riding in the Grand Entry for the Princeton Pro Rodeo. All candidates must provide their own horse and transportation. Practice to start as soon as weather permits. Contact Jack at (250) 295-7203. Feb 13-07

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notices

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Saturday, February 24, 2007
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- Highest bid of each unit at 11:00 AM will be accepted.

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- Successful bidder will have 48 hours to completely clean out unit contents.

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 News Leader allows us to have a presence in Princeton
 and area when we can't physically be there."

- Andrea Macpherson, Giant-FM News, Pentiction, BC

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my turn

Thank you, Compliance Energy

With last week's Throne Speech pretty much bringing on the death to coal-fired power generation in British Columbia we took a moment to ponder what we have learned through this process.

It occurred to us that had it not been for Compliance Energy trying the sneak a power generation plant into the Similkameen Valley we may never have discovered the many assets we already have in our area.

We were always aware of the clean water and clean air, but maybe took it for granted until it appeared that we could lose some of those things.

We never realized how many people downstream from us actually could be affected by decisions made at our end of the Valley. It also made us realize that people living downstream also care about the same things we do.

We also discovered that small towns have loud voices and can make a difference. Sure, the Throne Speech part that said "Effective immediately, BC will become the first jurisdiction in North America - if not the world - to require 100 per cent carbon sequestration for any coal-fired electricity project" was not entirely in response to the noise that came from the Similkameen, but don't kid yourselves, the noise coming from the Similkameen was heard.

In addition, we also learned that on certain issues the people of this Valley can toss aside political, cultural and other differences to band together to make something happen.

We somehow doubt any of this would have happened if Compliance Energy had not tossed a dart into a map of BC and it landed near Princeton.

We strongly suspect Compliance will not want to spend the money required to meet the new standards set by last week's Throne Speech which basically means they will soon be nothing more than a memory.

Sure, they may try to twist their plan into a wood-waste burning power generation plant or some other variation that may or may not make sense until they decide to just move on.

For many the 'green' Throne Speech is a reason to celebrate.

It also means there will probably be no shortage of people offering to help Compliance pack their bags and close their downtown storefront office.

So thank you, Compliance Energy.

You've done so much more for our Valley than you will ever know.

You made us realize how special our Valley really is to all of us. And the next time you're passing through town...be sure to do just that!

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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TIS TOONS

I LET THE DOGS IN SO THEY COULD EXPRESS THEIR OPINION TO YOU ABOUT THE NEW METAL DINNER DISHES YOU BOUGHT THEM. APPARENTLY THEY ARE NOT A COLD WEATHER ITEM.



your turn

Resident makes a strong point

To The Editor:

I feel an overwhelming sense of pride, and dare I say it, community. Despite the economic hardship and difficulties we face as a community, over 150 people showed up to say; we deserve better, and we can do better. As you know Carol James came to town on February 3rd to discuss the coal issue. (Now I am a non-partisan voter myself, I like to vote for the guy or gal who looks the most honest. You know, the one with the uncoordinated pants and shirt - The least slick).

Here's what struck me; Carol James, Leader of the Provincial Opposition, who had to rush back to Victoria to get ready for the spring session of legislature, had more time for me than my own Town Council. In fact, Jim Manion was the only councillor present. (Whom I am ashamed to say I did not vote for, sorry Jim, catch you next time). Maybe there was goldfish to feed, maybe hair had to be washed and socks had to be sorted. Again, with them not

looking downstream, the Official Opposition has a fair to middlin' chance at forming the next government.

If it were me, I'd want to spend as much time as possible glad-handing, regardless of the party, or the issue. Why? because maybe just maybe I might have to ask them for some help as a Township at some point. As my dear old mom used to say if you wanna play ball...you gotta show up. This is an accountability issue.

Council is paid to represent the Town. As anyone who holds a public office, an elected official has an obligation to engage. If you can't reach local town councillors, what hope do you have of effecting government at a provincial or federal level?

So again for the councillors who may have missed the memo, (The Literacy Now Launch was February 1st, really, its sort of like playing Where is Waldo, maybe we could put councillors on the back of a cereal box - they'd be easier to spot) here are some stats

from the ball game we are in:

- Mental Health - 2 out of 78 Local Health Area
- Health - 5 out of 78 Local Health Area
- Unemployment - 6 out of 78 Local Health Area
- Economic Hardship - 4 out of 78
- Income Share of Poorest Households - 5 out of 78 Local Health Area
- Percentage of Deaths in Princeton Due to Alcohol Age 0-75 years: 87%

Think of it as a test score out of 78 possible points we are averaging 4.4 out of 78 that, it would seem is a fail.

These are the facts as quoted by BC Stats 2005, and Interior Health 2006.

This is not a dress rehearsal or a drill and, unfortunately, this is not a test marked on paper. The results show in the overall health of our community. The future of our Township, and our children is at stake.

Please Show Up!

- Solana Allison, Princeton

2010 will mark 150 years since the name Princeton was used for this community.

Should Princeton go back to being Vermilion Forks?

www.vermilionforks.ca

Tell Us What You Think.

YES

NO

Current Comment:

Do we love this land of ours?



Dawn Johnson
editor@thenewsleader.ca

Winter is a great time for television viewing. This year, our family is watching a lot of travel films, and we have come to realize what a great place Canada is as a tourist destination. We have been across the continent many times. Although we can no longer travel, we regret not being able to visit so many places we missed. We see them on television now and wonder why Canadians would ever want to leave this continent until they have thoroughly explored its wonders.

We enjoy revisiting, via television, some of the places we have travelled to. In 1995, we took our grand-daughter on a tour of two major British Columbia rivers, the Fraser and the Columbia. We followed the Fraser north to Prince George on the first leg of our journey, stopping along the way to visit Barkerville. If you have never been to Barkerville, you owe it to yourself to go. You can do it on a long weekend. It is a great educational experience for children. Give them a little cash to buy stick candy in a shop, or pick up a hand-printed picture of the old days.

We followed the Fraser east, through McBride, right to the headwaters, where we took our grand-daughter right down to the water's edge to show her where this mighty river begins. During all this time, we were showing her the river on the road map, so she could relate the map to the distances we travelled.

Our next stop was an indulgence. We had rented a log cabin at Miette Hot Springs, high in the Rockies, and we basked in the luxury of the springs, floating in the hot water and gazing at the nearby mountain peaks. While not immersed in the hot springs, we explored Jasper National Park, which is an adventure in itself.

After three days of basking in warm pools, we headed toward Banff, stopping briefly to view Athabasca Falls and explain to our grand-daughter that this is the place where another great river begins and flows north. We

stopped at the Columbia Ice Fields to show our grand-daughter where the Columbia River begins, and she walked on the glacier.

We followed the highway south to Banff, then followed the Columbia south to the international border. We visited Fort Steele, near Cranbrook, which is a great place for tourists travelling with children. We had "tea" in an old hotel dining room and shopped in little stores that line a wooden sidewalk. We saw the great display of Kootenay First Nations history and handicrafts.

The next leg of our journey took us to Nelson, B.C. We enjoyed crossing the lake on the Balfour Ferry. We took time to enjoy the hot springs at nearby Ainsworth before motoring west through Creston, Grand Forks, Greenwood, and Rock Creek. The drive from Rock Creek to Osoyoos includes the magnificent scenery around Bridesville and the spectacular view of Osoyoos from the top of Anarchist Mountain.

This vacation took 12 days, neatly fitting into our two weeks off.

Canada has thousands of wonderful places to explore. The eastern slope of the Rockies offers Head Smashed In Buffalo Jump near Fort Macleod, and further north, the wonders of the amazing dinosaur fossils of Drumheller. In Calgary, you can visit a reconstructed early Alberta town, complete with farmsteads, its own railroad, hotels, ice cream parlours, and paddlewheel cruise. Take a look at Calgary's zoo, which features gorillas. If you check powwows and rodeos before you go, you can arrange a vacation around some of these events, or just take in the Calgary Stampede.

Saskatchewan has an amazing history, and some really interesting small towns. So does Manitoba. In summer, you can go clear to James Bay and visit Churchill, Manitoba. If you like boating, fishing and camping, the northern prairies are the place you want to be. They are dotted with thousands of lakes and the trout, pickerel and pike always seem hungry. (You will need plenty of strong insect repellent).

Northern Ontario is Canadian

Shield country. It is a land of trees, rock and pothole lakes. On the bare rock, you can see where the glaciers have gouged and scraped the rock. This is a great area for boating and fishing. Of course, you have to go to the shores of Lake Superior and see the inland sea.

Southern Ontario is crowded, but take time to explore the small towns settled 200 years ago. They are interesting both architecturally and culturally. Visit the Kitchener area where the Amish people sell their hand-made products, from dining room sets to sausages.

If you plan to visit Ottawa, don't plan to go anywhere else. Ottawa is a place where you need to spend a whole week at a minimum. Quebec City is another one of those places.

There is absolutely nothing as much fun as a cruise down the St. Lawrence to see the Thousand Islands area.

New Brunswick, Nova Scotia, Prince Edward Island, Cape Breton and Newfoundland constitute the Maritimes, and deserve longer than two weeks. Canada began in Charlottetown, but the first European settlers in Canada were the Portuguese fishermen

who settled in Newfoundland and stayed. Before them the Vikings landed, built a settlement, but they left. The French were the first European settlers in Nova Scotia, and you can go to the Annapolis Valley and see the place where the first Canadian Thanksgiving was celebrated. No trip to the Maritimes is complete without eating your way through numerous meals of delectable food from the sea.

This land of ours is too big to explore in one vacation, or even a dozen vacations. The west coast, the Yukon, and the vast arctic lands take a long time to explore.

Everywhere you go in Canada, you will find First Nations people who will tell you more about our land than you can imagine, and they will show you how talented they are in so many ways.

If you have children, perhaps the greatest gift you can give them is an understanding of their Canadian identity and the enormous, diverse land we call Canada.

You can visit other places from your armchair, but walk on our land, visit our people, see our wonders before you spend a fortune heading for some exotic country.

Marketplace Ministry

by Jim Caruso

Part 4 - The Death Of An Engine

The K-car saga continues we have moved to Grand Forks, BC, our address had changed, but not our challenges with the K-car.

It was Sunday afternoon and we were invited to meet a fellow pastor and his wife for lunch in a small community about half way between the towns in which we each lived. For my wife and I this was about a forty minute drive. We jumped into the K-car and headed out. It seemed like ages since we had any problems with this special vehicle and we had foolishly begun to trust its ability to actually complete a trip without stealing days, weeks or months from our life or driving our family into bankruptcy. It was just not to be.

The first indication that something might be wrong was a slight knocking noise in the engine as we reached the half way mark of our journey. It seemed to get louder over the next twenty or so miles and when we arrived at the café for lunch, I put a couple of quarts of oil in the engine as it seemed to have used a lot of oil in those short forty miles. We had a great lunch and with great confidence that the newly added oil would silence the engine noise, we headed back home. Things don't always turn out the way you might think and I began realize that either my hearing was beginning to diminish or the engine noise was getting louder, as we were unable to talk in the car without yelling at each other.

In any event of a possible K-car situation, I began to think about how to arrive at my chosen destination in spite of the possible lack of willingness from the K-car. I knew the road fairly well so I was saying in a very loud voice to my wife, if we can make it to the Phoenix Ski hill turnoff we will be able to coast down the hill and right into our driveway. My wife yelled something at me and then covered her ears with her hands. The noise increased and I could see in the distance the turnoff and much to my complete understanding that inanimate objects can not hear, I talked in a loud but soothing voice to the unloved K-car. The turn off came in sight and I knew we were home free.

The Sicilian came out and began to operate the gas pedal through my foot. I would look in the rearview mirror and there would be this distinct smile and then the gas pedal would go to the floor and the sound of metal pounding against itself could be heard by people miles down the highway. After what seemed months, but was only a few short minutes, I pulled into our driveway. The Sicilian gave the gas pedal one last push and I heard a sound similar to a rifle shot in the engine compartment. I looked under the hood and I saw oil pouring out of the side of the engine block. A connecting rod had come through the side of the block and was laying there in plain view.

My son was home at the time, he was about 14 and so I called to him and with a great deal of Sicilian joy, said watch this and with the hood open, I jumped into the drivers seat and started the car one last time. There was another loud noise, similar to the one upon arrival and another connecting rod came through the engine block and hung beside the first. We both laughed and as I left the K-car in the driveway, never again to be driven by one of our family members, I felt like singing in Italian.

Life is full of difficulties, some we bring on ourselves, such as my purchasing the K-car, others we have no control over as someone else may have made a poor decision or choice and we become a victim. God is in the business of healing and helping everyone. David the writer of many of the Psalms in the Bible says in Psalm 23, even if I walk through the valley of the shadow of death (the word for death is properly translated: darkness), I fear no evil for You are with me. The key words here are through and You. We do not stay in the valley of darkness and we are not there alone. We walk through and we walk through with You, Jesus.

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

 <h2 style="margin: 0;">INVITATION TO WORSHIP</h2> 	
 <p>LIVING WATER FOURSQUARE CHURCH</p> <p>38 Kenley Avenue Join Us for a time of Contemporary Worship Sundays at 10:30 AM (FOLLOWED BY COFFEE) PASTOR BOB STEWART www.livingwater4sqchurch.com</p>	<p>SIMILKAMEEN CHRISTIAN FELLOWSHIP</p> <p>WORSHIP SERVICE 11:00AM</p> <p>Everyone Welcome DON BODDEN - PASTOR 499-2511</p>
<p>BAPTIST CHURCH OF PRINCETON ACROSS FROM ARENA OLD HEDLEY ROAD</p> <p>Family Worship 10:30 AM Prayer Meeting - 10:30 AM Wednesdays</p> <p>COME AND JOIN US!</p> <p>Pastor Dan Brama 295-7752</p> 	 <p>St. Paul's United Church</p> <p>Office Hours Tue / Thu 9:30AM - 12 NOON</p> <p>WORSHIP SERVICE AND SUNDAY SCHOOL 10:30 AM</p> <p>Phone: 295-7714 Diane Robinson, Minister Also serving the Anglican Community</p>
<p>Princeton Pentecostal Church (The Pentecostal Assemblies of Canada)</p> <p>PAOC APDC</p> <p>165 Vermillion Avenue (BESIDE THE LIBRARY) invites you to join us in SUNDAY WORSHIP 10:30 AM - Morning Worship 7:00 PM - Evening Worship Pastor Tony Essex 295-7951</p>	<p>Post Your Church Information Here!</p> <p>Call 295-4149 For Details.</p>

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Young minor hockey players helped Premier Gordon Campbell launch the fifth annual Spirit of 2010 Hockey Tournament by smashing open an ice sculpture full of hockey pucks last week at General Motors Place. Locally more than 180 players participated in a Novice Spirit of 2010 Hockey Tournament earlier this month. From left: Ty Schultz (age 9), Joe Woykin (7), Alex Frisk (13), Premier Gordon Campbell, Cameron Clifford (17), Jaden Cherry (5) and Jonathon Evans (9). - photo submitted.

www.thenewsleader.ca

CAN MY RRSP DEDUCTIONS ARRIVE FASHIONABLY LATE?

When does it ever pay to be late? When you anticipate earning more within a few years, you make your RRSP contribution, but hold back claiming some of your RRSP deduction until you receive a larger tax break.

Call me to find out if this strategy applies to your situation.



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Letter To The Editor

Residents object to pathway plan

To The Editor;

In regards to Mr. Doug Rebagliati and Friends of Princeton Pathway.

When you made your presentation to Town Council you made reference to property "currently owned by private individuals." As a private individual landowner in the North West corner do you honestly think that we will cooperate with a

walking path through our backyards?

There is approximately fifteen (15) properties which the town would have to purchase access right-of-way for your path. With problems on the trails with motorized vehicles, why would we possibly agree to such an outlandish idea? Do you really think we want a bunch of yahoos screaming about and hanging out in our backyards?

I suggest you look for a new walking path that does not include the North West private owners proper-

ties because we are prepared to dispute this idea.

You will depreciate our property values which in turn will reduce our property taxes to the town which in turn reduces the monies available to town employees to look after an unfavourable project that will not generate any profit to this town.

There will be future submissions to Town Council.

Respectfully,
W. & G. Longstaff, North West Corner (Princeton).

Letter To The Editor

Here's an invitation!

Dear Editor,

The people of Princeton and the Similkameen Valley are relieved that the provincial government has brought into policy, effective immediately, that B.C. will become the first jurisdiction in North America, to require 100 per cent

carbon sequestration for any coal-fired electricity project.

Thank you for listening, Gordon Campbell, and can we invite you for some of our world famous and coal free apple cider?

Sincerely,
Karen & Jim Manion, Princeton



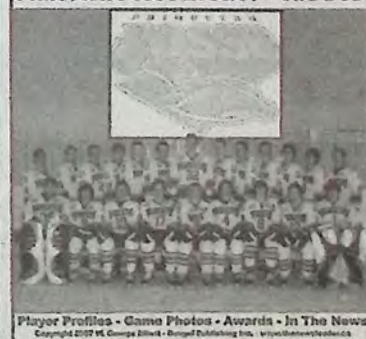
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EACH WEEK WE WILL INTRODUCE YOU TO ONE OF THE NINE CANDIDATES

Michelle Derkson, Princeton Rotary Club



Michelle is a 16-year old grade 11 student attending PSS. She was born in New Westminster but shortly after moved to Princeton. She has worked at the Visitor Info Centre for two summers and is currently working at Weyerhaeuser. Michelle enjoys the beach, friends, shopping and travelling. Due to her outgoing personality, her future plans are to attend University and become a kindergarten teacher. Michelle is proud to be sponsored by the Rotary Club. *

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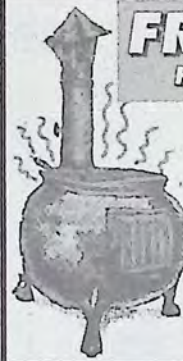
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LA monthly meeting news

The regular meeting of the Legion Auxiliary was held in the Legion Hall on February 13 at 7:00 PM. Fourteen members and one visitor, Carol Seaman attended.

The first order of business was the installation of those not present at last weeks Installation of Officers. This included: Ann Bauder - Secretary/Treasurer, Evelyn Cook - Director and Joy Wallace - Director.

President Charlene Longdo presented Nita Huff with her 50 year pin and Evelyn Cook with her 5 year pin.

The Proclamation for 'The Year of the Ladies Auxiliary' was passed around for members to peruse. Jean Borud, our Legion Auxiliary representative to the Legion, brought news of Legion events and activities.

After bills and correspondence were read and dealt with, discussion followed, re: fund raising. The next meeting will be March 13. Interested ladies are invited to attend. The meeting closed at 8:15 PM followed by tea and refreshments served by Carol and Evelyn. - submitted by Marion Marsel P.C.

Just The Fax, Ma'am!

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- * Wine tasting from the Okanagan-Similkameen Wine Country
- * International Hors D'oeuvres
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Each Month RE/MAX country will ask for your help in aiding Princeton Crisis Assistance Society with a particular need. If you can help, please drop your items off at our office on Bridge Street.



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Anthony Leardo was named Best Defensive Player at the Posse Awards Banquet. He is joined by Assistant Coach Kevin Robillard, Head Coach Dale Hladun and General Manager Blair Noel. *

Posse luncheon awards banquet

..... continued from Front and great ambassadors for our town and we thank you for that."

Stan Turner, representing the Board of Directors, listed off many people who deserved thanks for the past season. The list went from volunteers to players and from the coaching staff to office staff and everyone in-between.

Posse General Manager Blair Noel said he was disappointed that the team was not about to enter the first round of playoffs but that didn't hide his pride for the team.

"Being our fifth season I think this has been the best team we've had."

Noel pointed out there were only five veteran players on the roster while others had moved on up the ranks of the hockey system, to which he credited the work of Head Coach Dale 'Duner' Hladun.

Before the Posse awards were presented, Jim Manion and Jordie Cook made a presentation to Posse players Brett Van Riper and Michael Bunting in appreciation for their help with Princeton Minor Hockey's Midget Flyers team.

The Most Sportsmanlike Player Award was presented to Riley Ferster with Jordan Lane being named Most Improved Player.

The Hardest Worker Award went

to Brett Van Riper and Peter Purves was named Unsung Hero.

Alex Young was honoured as Best Offensive Player with Anthony Leardo named Best Defensive Player.

Fan Favourite was Mike Salter with Liam Darragh named Rookie of the Year.

The Most Valuable Player Award went to Mike Salter.

In his closing remarks, Hladun became caught in the emotion of the moment.

"That was a good year," he barely managed to say and following a pause to compose himself he added, "Thanks, boys."



The Hardest Worker Award went to Princeton Posse Brett Van Riper. He is joined by Assistant Coach Kevin Robillard, Head Coach Dale Hladun and General Manager Blair Noel. *

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LET'S TALK!

AT YOUR SERVICE!

Should you pay down a mortgage before making RRSP contributions?

This is not an easy question. You will probably want to discuss your situation with your Tax advisor.

Mathematically, you can calculate which alternative is better, given assumptions about mortgage rates and the rate of return in your RRSP. Most analyzes conclude that it is better to pay off your mortgage first, assuming that the rate of return of the investments in your RRSP does not exceed your mortgage rate. However, there are many other factors that you should consider as well. Will you be able to "catch-up" on your RRSP contributions once you have paid off your mortgage? Will you need the funds in your RRSP for emergencies? Do you want to diversify your investments rather than placing all your available cash in your home? These are all questions that should be asked when making this decision.

Keep in mind, however, that having the discipline to save money, either by paying down your mortgage or putting money in your RRSP, will mean that you will increase your net worth in the long run. Paying off your mortgage and saving for your retirement are important components of any good financial plan.

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

Accountant & Business Advisor

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