

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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Rodeo Club looks for Queen

Local girls invited to participate

Princeton Rodeo Club is looking for candidates interested in becoming 2007 Rodeo Queen.

Princeton area girls between the ages of 15 and 19 are eligible and will be judged on a variety of skills including horsemanship, public speaking and appearance.

Princeton's Rodeo Queen will also be required to meet a number of rodeo commitments from appearing in parades and repre-

senting Princeton's Rodeo in other functions held in and around the Similkameen Valley.

If you or someone you know is interested, contact Bob Lind at (250) 295-6261 for further information. An actual date for judging has not been set.

The Rodeo Club will host their 6th annual CPRA-approved Pro Rodeo on Saturday and Sunday May 12th and 13th this year.



Mayor Randy McLean - one of many responsible for protecting our environment. *

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"Princeton Area Ghost Towns - The DVD" AND
"Princeton Posse 2006/07 - The DVD"

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Mayor Randy McLean thanks 'the troops'

When Dr. David Suzuki spoke to a full PSS gym on February 26th, Princeton Mayor Randy McLean took the opportunity to use his introduction of the guest speaker to thank the many people who stood up for the Similkameen and its environment when it was threatened by a proposed coal-fired power generation plant.

We have reprinted his 'speech' in its entirety:

Today is a day of celebration, a day to revel in the advent of having a national and internationally acclaimed warrior for our environment visiting our community.

If you would permit me to return to that fact in a moment, I would like to address the other cause for celebration today.

Having Dr. Suzuki in our midst illustrates the battle that we have won for

our community and for our province. There are so many people here today who answered the call when our well being was threatened.

Over a year and a half ago Brad Hope, my son Michael and I met with the President of Compliance Coal and discovered the inferior process that was proposed. From that day forward those two have been religiously and relentlessly encouraging myself and others to not give up the fight.

The SOS group was formed by a small group of dedicated volunteers who worked tirelessly with Keremeos to spread the message.

Mary, John Henry, Ernie, Robert, Solana, Ann, Dan, Lee, Jerry, Sonja and so many others, you have succeeded and we salute you.

George and Brenda Elliott you took a stand and you saw it through, you are people of moral conviction and

you should be proud.

Dr. John Bosomworth, in his letter on behalf of all the doctors, and the other letters from the 'docs' were huge. They will never know how much of a boost that was at such a critical juncture.

We were supported early on by the Mayors of the South Okanagan Similkameen, many of whom are here today. These Mayors and other Directors of the RDOS, led by Chair Dan Ashton, supported us and submitted a resolution for a moratorium which passed unanimously at UBCM.

Finally I would like to recognize Chief Joe Dennis of the Lower Similkameen Band who stood with us. I remember the day he said 'When we are all lying in front of the construction trucks, does it really matter what colour we are?'

Clocks 'spring ahead' earlier in 2007

Believe it or not, clocks will move AHEAD one hour this weekend.

In most of Canada Daylight Saving Time begins this year at 2:00 AM local time on Sunday, March 11th.

On the first Sunday in November areas on Daylight Saving Time return to Standard Time at 2:00 AM. During Daylight Saving Time turn your clocks ahead one hour.

We did some research on the internet and discovered this interesting fact: There are some areas of Canada that do not use Daylight Saving Time.

They include, Fort St. John, Charlie Lake, Taylor and Dawson Creek in British Columbia, Creston in the East Kootenays, and most of Saskatchewan (except Denare Beach and Creighton).

Why the switch to DST so early?

"In 2007 Daylight Saving Time begins on the second Sunday in March and ends on the first Sunday in November. All provinces, which observe daylight saving time, will follow this pattern and each province has amended their legislation to reflect this change.

Previously, Canada had observed Daylight Saving Time from the first Sunday in April until the last Sunday in October," states our source.

"This change in Daylight Saving Time will keep Canada's Daylight Saving Time pattern consistent with the United States, which enacted into law a broad energy bill that will extend Daylight Saving Time in the same manner."

So when you go to bed this Saturday night, don't forget to set your clocks AHEAD one hour.

I knew Barney Allison and I knew John Terbasket, highly respected Chiefs of the past and the Band should be proud. You have a man of conviction.

We also owe great thanks to the Elders and members of the Bands. Joé often said 'I don't know what they will do to me if we don't win.'

Years from now technology will detail all the disastrous effects we would have suffered had this process gone forward.

So for all the people who did the research, who formed the committees, who manned the office and wrote the letters, today we celebrate you.

From the early days of this conflict, standing with us at a rally on a Kitsilano Beach Park, to the pledging of whatever help his foundation could provide, including this appearance today, this man who has on his plate environmental concerns across Canada and around the world was there when the South Okanagan Similkameen needed him.

When you look up his resume on the internet you are able to choose from twelve pages of awards and accomplishments. From the Order of Canada and BC to eighteen different University Doctorates to the fact he has been given six different names by First Nations in his honour.

As you can imagine you have a hell of a fighter in your corner, when he comes to your aid you can be assured of two things: #1 - You are right and #2 - The force is with you.

Ladies and gentlemen I am standing

in front of a man who has been fighting his whole life the cause Al Gore has recently undertaken.

Won't you please help me welcome a true Canadian hero, Dr. David Suzuki..

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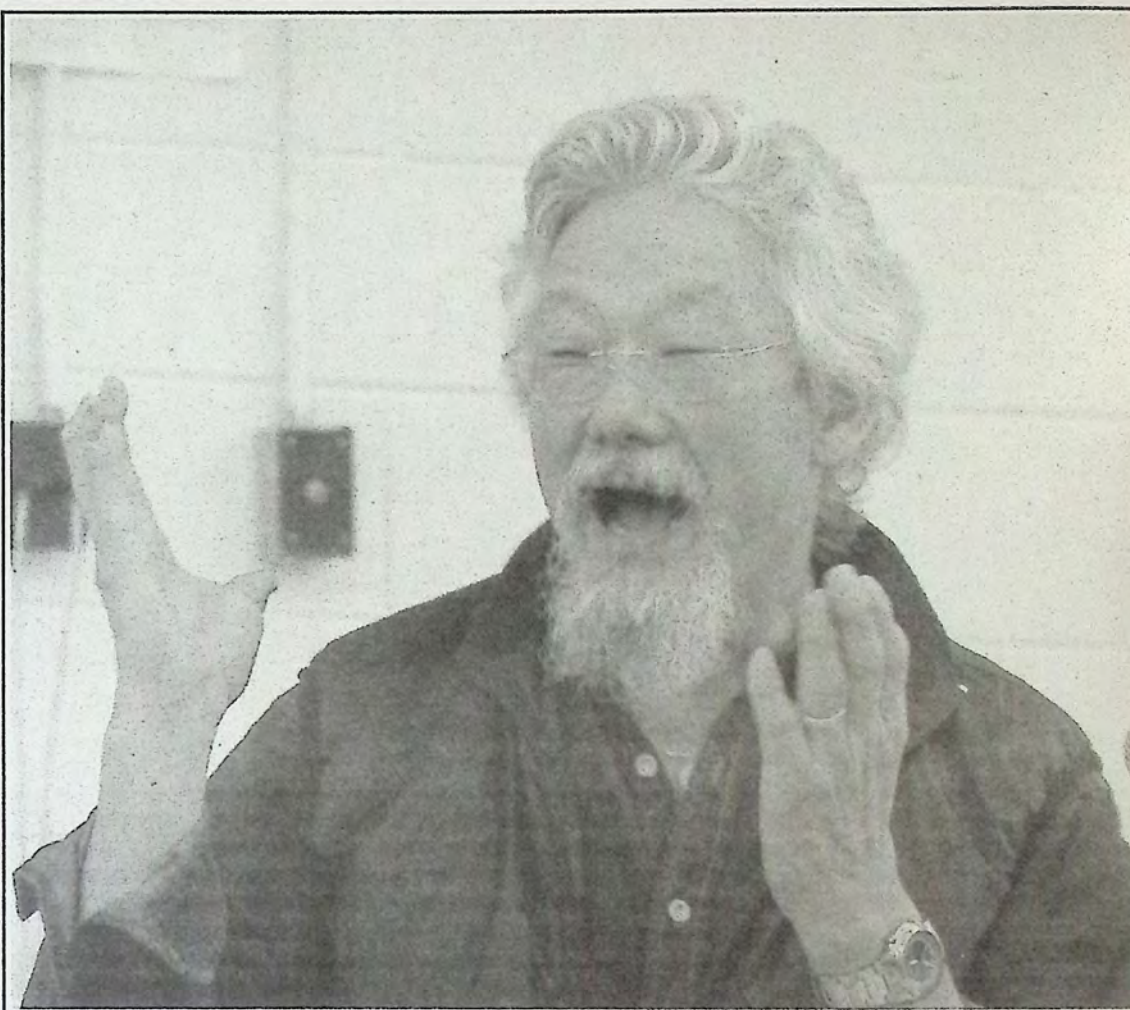


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Dr. David Suzuki filled Princeton Secondary School Gym on February 26th. *

Suzuki fills school gymnasium

Famous Canadian scientist Dr. David Suzuki created quite a stir in Princeton February 26th when he stopped in the Similkameen community as part of his cross-country tour.

Princeton was the 36th of 41 stops in his 'What Would You Do If You Were Prime Minister?' Tour and he was met with a standing room only crowd of well over 800 packed in the Princeton Secondary School gym to hear a short presentation.

The event, co-sponsored by Save Our Similkameen and Friends of the Similkameen started with a traditional blessing from members of the Lower Similkameen Indian Band and a welcome from Princeton Mayor Randy McLean.

McLean thanked many groups and individuals for their role in making the proposed coal-fired plant the focus of attention for many months.

"You have succeeded and we salute you."

Suzuki pushed the need for voters to press candidates at election time to pay attention to environmental issues. He suggested voters ask questions point blank about what candidates and their parties plan to do about such items as greenhouse gas emissions.

"We've put it on the agenda and we've got to keep it on the agenda."

Suzuki also pointed out this generation will be making decisions that will affect future generations

and that those decisions should be made "to get us on a sustainable path."

He told the crowd that it was in 1962 when he started to change how he viewed the world around him. Two books - 'The Silent Spring' by Rachel Carson and 'Population Bomb' by Paul Ehrlich - deeply influenced his thinking.

Suzuki touched on clear cut logging and the destruction humans have caused all over the planet saying there is nowhere on Earth one can go today to avoid toxic waste debris.

"How did we arrive at this moment?"

Suzuki said life appeared on Earth 3.9-billion years ago and humans appeared 150,000 years ago in Africa. He described what the world would have been like at that time - without pollution and waste.

"What happened to allow that animal out of Africa to rule the planet?"

He had a simple answer with complex consequences.

"Our brain made us very curious and creative. It was a gift that allowed us to invent the idea of a future - which does not exist as only 'now' exists."

Suzuki said foresight is what has taken us to our current circumstances.

"Ever since World War Two we acquired an amazing appetite for stuff. We like to shop. We are consumers and our job is to keep the economy going by buying stuff. And boy, do we like to shop for stuff."

Suzuki was leading to a strong point.

"All that stuff comes out of the Earth and when we're done with it

we throw that stuff away as garbage. We've become a very destructive creature because of our consumptive appetite."

His focus then shifted to the issue of global warming.

"It threatens the survival of our species. Global warming represents a threat second only to nuclear war."

Suzuki also stated, "If we don't do anything we will destroy the economy. We've got no choice."

He asked why governments don't ask industry to make the same cuts and reductions that taxpayers are expected to make. He tossed out the term 'voluntary compliance.'

"Voluntary compliance never works. You've got to make them do it."

This led Suzuki onto the topic of his Nature Challenge Program, which outlines ten ways, each and every Canadian can make a difference in environmental issues. He says over a quarter million Canadians have already signed up to the program to make at least three of the ten changes in their lives.

"The good news is there is a lot of good news. The bad news is that our leaders don't seem to be interested. They want to keep doing things the same old way."

Suzuki said the Okanagan Similkameen region is a beautiful place to live and that on the local level the time is now to ask the question 'What is it about our community we love?'

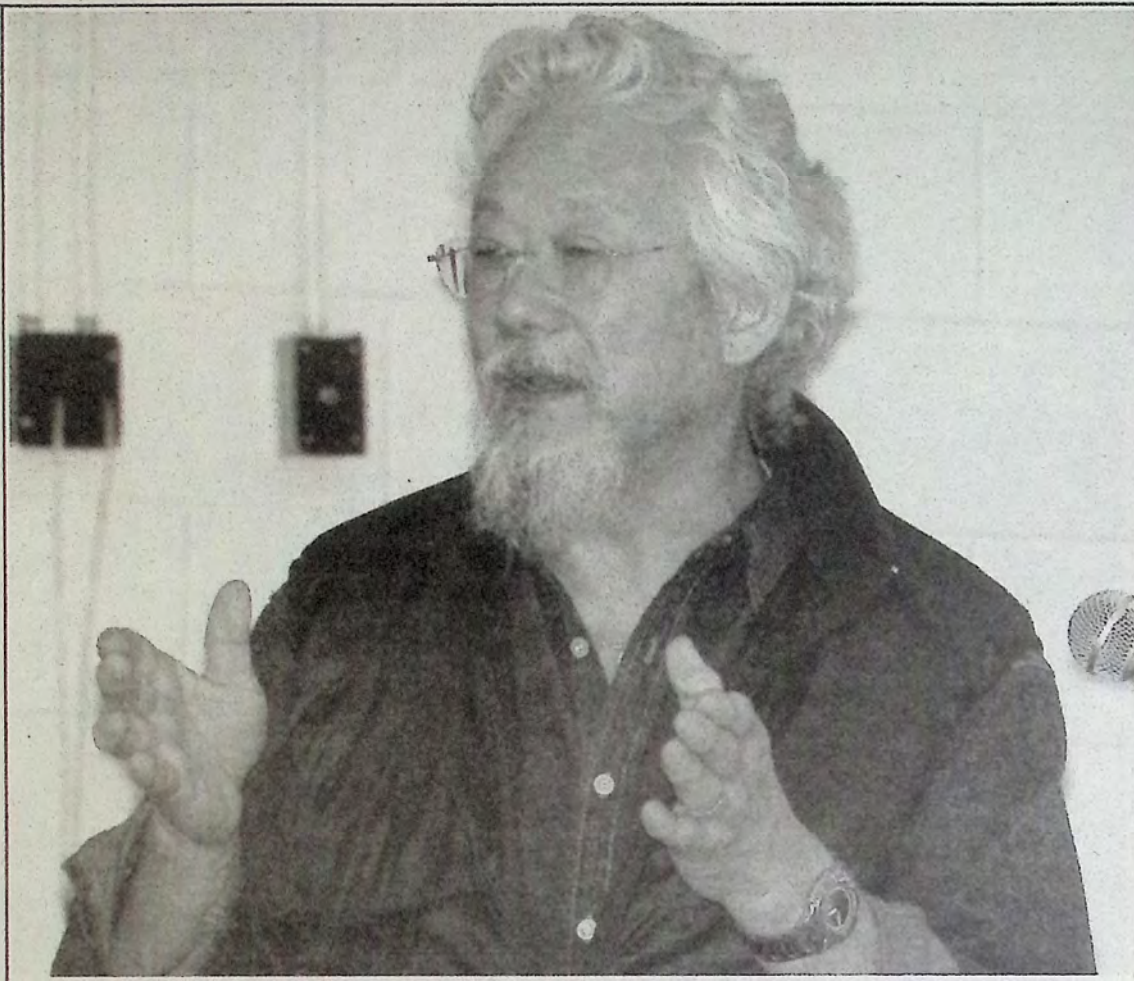
"You make a commitment now then you look ahead."

His goal is sustainability within a generation.

"Begin the visioning process now."

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Dr. David Suzuki makes a point during his visit on February 26th. *

MP Alex Atamanenko

BC Southern Interior monthly report

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**Genetically Modified Food
What Everyone Should Know**

Chances are that when you sit down to your evening meal tonight you and your family will unknowingly be consuming one or more of the 30,000 processed foods available on our grocery store shelves that contain genetically modified (GM) organisms. According to a recent poll conducted by Strategic Communications almost 80% of B.C. voters have expressed that they want the government to force companies to reveal whether the foods they are consuming have been genetically modified.

Despite serious concerns from leading scientists who claim that the scientific process of genetic modification is flawed, the governments of Canada and the U.S. have given mandates to the Canadian Food Inspection Agency (CFIA) and the U.S. Food and Drug Administration (FDA), to actively promote the biotech industry. Based on the hotly contested concept of familiarity and substantial equivalence, today's regulations allow companies to simply describe their products, compare them to what is known about existing products and make the claim that they are safe. These untested products are being introduced into our lives, one product at a time, as quickly as possible - for the benefit of the Biotech industry. To date there have been no clinical or biochemical tests on the impacts of eating GM foods on human health.

Equally alarming are the documented tactics of intimidation and manipulation of science by the

Biotech industry and government alliances in Canada and the U.S., to vilify and denounce scientists who continue to call for a stringent, scientific and regulatory process, independent of industry, before allowing the release of these organisms into the environment and onto an unwitting public.

The book *Seeds of Deception* by Jeffrey Smith, describes how genetic engineers are encountering unexpected and serious problems such as severe allergic reactions, plants creating toxins, reacting to weather differently, containing too much or too little nutrients and becoming diseased before completely malfunctioning. Also documented in the book are horrific cases where animals that were fed GM foods developed bleeding stomachs, precancerous cell growth, damaged organs and immune systems, problems with blood and liver cells, and unexplained deaths. Children are especially vulnerable as they are much more sensitive to the toxic effects of allergens.

Executives for Monsanto, the world's largest seed company, have described a world in which 100% of all commercial seeds would be genetically modified and patented. Arthur Anderson Consulting Group has helped Monsanto develop a strategy to obtain industry dominance, which involves using its influence in government to get the foods into the marketplace quickly, before resistance could get

..... continued on Page 8

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Traffic Delays

The Ministry of Transportation advises travellers of delays on Coalmont Road due to rock scaling. The work will take place in the area locally known as Petersen and Red Bluffs 2 to 9 kilometres from the municipal boundary.

Weather permitting, work will commence:

Monday, March 12, 2007

Expected completion by March 16, 2007

Minor delays of up to 20 minutes

Between 9:00 a.m. and 4:00 p.m.

Watch for message signs and allow extra time to reach your destination. Construction speed zone in effect. Watch for flagpersons and help keep our work zones safe.

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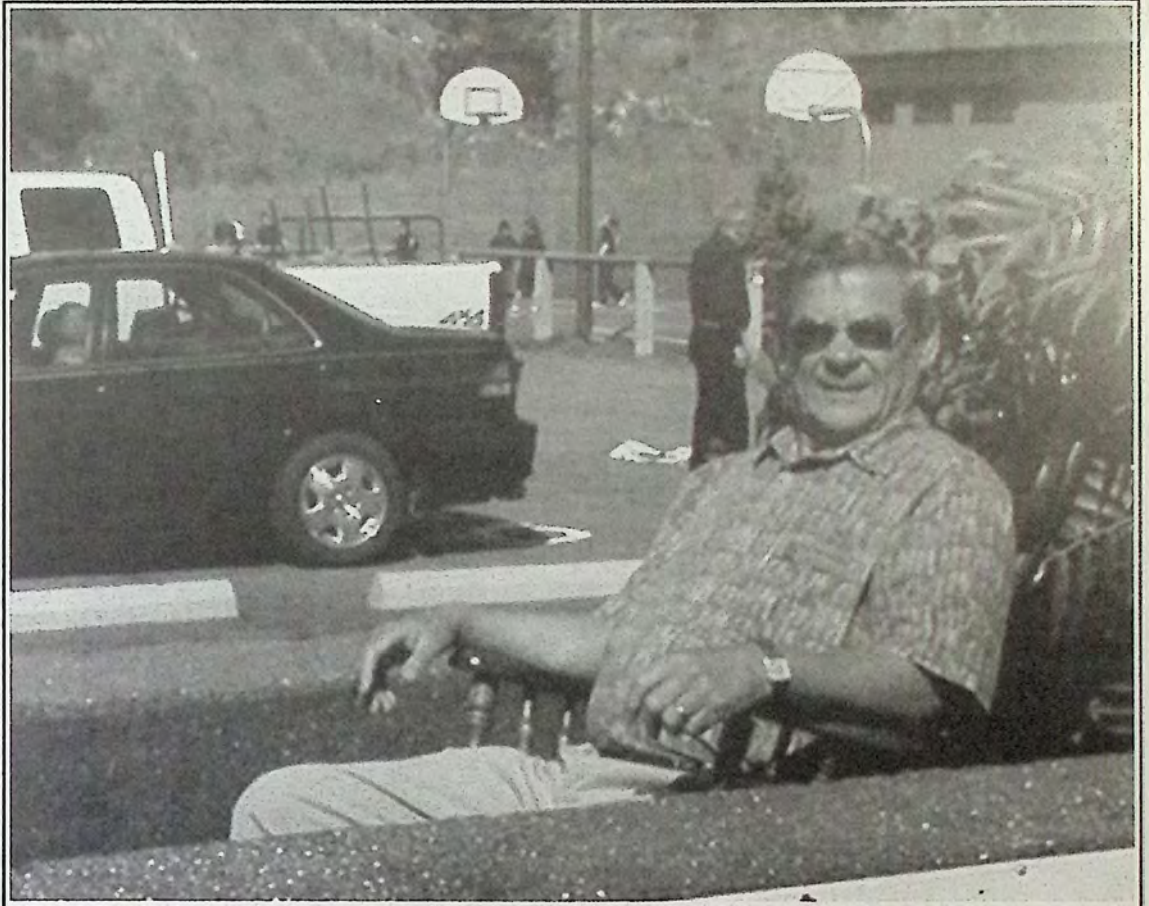
The ministry apologizes for the inconvenience and thanks you for planning your travel around this important highway safety project.

For further information please contact

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keremeos and area news



Keremeos Mayor Walter Despot says he'll shave his head bald for a donation.

Foundation announces campaign

The South Okanagan Similkameen Medical Foundation is announcing the official launch of a new campaign called: "Imagine the Best, In Breast Cancer Detection" for a Digital Stereotactic Mammography machine at the Penticton Regional Hospital (PGH).

The event will be hosted at the Penticton Lakeside Resort in the ballroom on March 9th from 12 Noon to 1:00 PM. The public is invited to attend.

Keremeos Mayor Walter Despot, Chair of the campaign will emcee the event with speak-

ers Lorraine Ferguson, the Communities Administrator for the Penticton Regional Hospital and Zero Cescon the Director of Digital Imaging for Interior Health. All three will be speaking about the machine along with a guest speaker from the Survivorship Dragon Boat team.

Despot is challenging all the other Mayors and Councillors in the region to make a donation towards this campaign and if they do so before or on March 9th, he has agreed to shave off his hair at the campaign launch. The clippers will be ready. He is hoping for

other civic and community leaders to also shave their hair off next week for donations towards this machinery.

To give you some background on the new Digital Stereotactic Mammography; the cost of the state of the art equipment is approximately \$1-million dollars, which includes minor renovations to the mammography area in the Penticton Regional Hospital.

All of the funds will come from the community through donations and if all of the funds are raised by December 31, 2007, it is possible that the machine could be in PRH and fully operational by June 1, 2008.

This new machine will replace the current film mammography machine and there are several patient advantages. The waiting time before diagnosis, exam time and radiation dose are all greatly reduced. Digital images are available within 10-seconds and this new machinery may avoid an invasive surgical procedure and unnecessary hospitalization.

The mission of this campaign is; to provide the residents of the South Okanagan Similkameen with the best technology in breast cancer detection.

- submitted

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|  <p>27 Kenley Avenue \$99,900</p> | <p>Princeton Total Sq Ft: 770 MLS# 38519</p> <p>Great rental or starter located downtown just 3 minutes walk to shopping. Fenced yard, 12' x 16' older garage for storage. Major reno's done mid-90s. New sub floor, paint, trim, interior doors, electrical plugs/switches, kitchen counter top and sink.</p> |  <p>181 Luard Avenue \$158,300</p> | <p>Princeton Lot Area (acres): 0.75 MLS# 30842</p> <p>River front lot, .75 of an acre. Zoned RM multi family. Just across the brown bridge right next to apartment block. Only so much river front left and this is the last one in Princeton.</p> |  <p>28 Bar Street \$209,000</p> | <p>Princeton Total Sq Ft: 1,200 MLS# 34385</p> <p>Princeton's finest builder, Grgich Contracting. 2 lots left with quality throughout. Don't delay to pick and choose your finishing touches, Moen fixtures, energy efficient windows, laminate, Berber, tile, gas, electric or heat pump?</p> |
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|  <p>215 Angela Avenue \$500,000</p> | <p>Princeton Total Sq Ft: 766 MLS# 34801</p> <p>Exceptional development property. An entire block comprised of 8 lots and three houses currently rented at \$1,425/mo. Zoning allows duplexes or ? Ideal location just a 5 minute walk to downtown.</p> |  <p>800 Copper Mtn Road \$548,800</p> | <p>Princeton Lot Area (acres): 44.28 MLS# 35533</p> <p>Fantastic property for hobby ranch or farm. Just minutes from Princeton, overlooking the valley, spring-fed and also drilled well. Barn, workshop, fenced, paved road to property, access to Crown Land and a beautiful 4-bedroom home. You have to see this!</p> |  <p>103-111 Vermillion Ave \$285,000</p> | <p>Princeton Lot Area: 6,098 sq ft MLS# 36726</p> <p>One of the best commercial locations in Princeton at the corner of Bridge and Vermillion. 4 retail/office units with excellent exposure to Princeton's two main streets. Listed price is just \$50 per sq. ft. C2 zoning.</p> |

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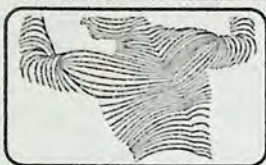
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news leader health page

Reducing the risk of breast cancer recurrence, one woman at a time

(NC) - In recent years, there have been a number of advances in the fight against breast cancer, bringing new hope to women battling the disease. Most recently, a class of proven breast cancer treatments, aromatase inhibitors, has been shown to help stop the spread of cancer, which is welcome news to many women since more than 50 per cent of breast cancer recurrences result in the cancer spreading to another part of the body.

Elsa Kisber, a breast cancer survivor, was prescribed tamoxifen after her surgery and chemotherapy, but after suffering from serious side effects, was switched to Femara, an aromatase inhibitor.

"I was diagnosed with breast cancer three years ago. Today, I am confident that cancer is now part of my past and I can live cancer free. Based on research I did and the counsel from my oncologist, aromatase inhibitors have been shown to reduce the risk of the disease

reappearing and that's why I feel it will help me never have to face this disease again."

Dr. Kathy Pritchard, head of clinical trials and epidemiology at the Toronto Sunnybrook Regional Cancer Centre works with breast cancer patients and also recognizes the benefits of these treatments.

"A great concern for women who have been treated for breast cancer is its recurrence, as well as spread to other parts of the body," says Dr. Pritchard. "Aromatase inhibitors, like Femara, significantly enhance our standard of care for women with breast cancer by helping reduce cancer spread or recurrence and will help address these fears."

The Good News

According to the Canadian Breast Cancer Foundation, breast cancer mortality rates were expected to decline slightly in 2006.

Aromatase inhibitors (AIs) are proven to reduce the risk of breast cancer recurrence and the risk of

cancer spreading to another part of the body. Estrogen is a normally occurring hormone that stimulates normal breast tissue and the growth of some types of breast cancer. Aromatase inhibitors act by binding to aromatase, a substance needed to make estrogen and, as a result, the production of estrogen and the growth of certain types of breast cancer is reduced.

If you or someone you know has breast cancer, talk about the risk of breast cancer recurrence with your doctor - he/she will provide you with the tools you need to get informed to fight the disease.

Breast cancer treatment options can be confusing and overwhelming. Prepare a list of questions in advance of your doctor's appointment. When you go, take your partner, friend or relative with you, and ask him/her to jot down notes during the meeting, so you have a record of what was discussed.

- News Canada

Where (and how) you live affects the state of your heart

(NC) - "Go west, young man."

More than a century ago, American newspaperman Horace Greeley extolled the benefits of westward expansion as a source of opportunity and adventure. Now, nearly 150 years later, the same words could be used to apply to Canadians who want to improve the state of their hearts.

The further east in Canada you live, according to the Canadian Cardiovascular Atlas, the greater your chance of dying of heart disease. The Atlas is a project of the Canadian Cardiovascular Outcomes Research Team, or CCORT. It found the highest death rate from cardiovascular disease in Newfoundland and Labrador - 320 per 100,000 population - and the lowest in British Columbia, at 223 deaths per 100,000 population, according to Statistics Canada data from 1995-97. That's a 40% difference. The Atlas also found that, across Canada, deaths from heart disease are highest in rural areas of Canada and lowest in major urban centres.

The Atlas, developed with funding from the Canadian Institutes of Health Research, is the largest study of its kind to examine the influence of geography on heart disease.

Close to half of the regional variation can be attributed to a greater prevalence of risk factors for heart disease, such as smoking, poor diet, lack of exercise and obesity, in eastern Canada and rural communities. This is, paradoxically, good news. It means that communities have it within their reach to improve their rates of cardiovascular deaths, through measures such as anti-smoking programs and obesity prevention efforts.

"Our work suggests that the biggest bang for the buck for preventing heart disease would come from

encouraging people to develop healthier lifestyles - smoking less, eating more healthily and exercising more," says Dr. Jack Tu, Atlas editor and Senior Scientist at the Institute for Clinical Evaluative Sciences in Toronto.

What about differences in the health care system? Ultimately, these don't make as much of a difference, says Dr. Tu.

"The differences aren't explained by differences in the quality of care," he says. "In fact, in some areas of care, Atlantic Canada is doing quite well."

The problem, he says, is that when more people develop heart disease in the first place, more people are going to die of it - no matter how good the care they receive.

- News Canada

living past 100

Clear away Winter fat

Most of us who live in snowy areas of the world will put on extra weight in winter. This is a natural phenomenon left over from our ancient ancestors. They would hit this time of year and perhaps have little left to eat. They would lose winter fat rapidly and stay thin until the new growth was well established and hunting was good again.

We are blessed with abundance, and do not go through a spring starvation period. Medical researchers have noted that we tend to keep our winter fat and carry it over to the next winter, adding a few pounds each year of permanent weight gain.

This is the time of year to lose winter weight. Set a goal, and when you reach that goal, remember you can't go back to overeating. Stay at your new weight.

Begin with a walk before breakfast, or an exercise program before breakfast. The activity you do before breakfast will be more effective than at any other time of day.

Eat raw foods, such as salads, raw fruit for breakfast, as much as possible. Raw vegetables will use up more calories to digest them than the calories in them.

Make sure you take a reliable multivitamin while you are dieting. Take kelp, Vitamin C, lecithin, and primrose oil to help lose weight.

Avoid chewing gum! Chewing gum stimulates the digestive juices and makes you feel hungry.

Drink cold water or herb tea to remove hunger feelings between meals, or have a light snack of raw vegetables.

Avoid carbohydrates when possible, or eat very small amounts. Carbohydrates are rice, potatoes, pasta, or anything made with flour.

Avoid fats, such as butter and cheese, and avoid fatty meats such as sausages, ham, or regular hamburger. Olive oil and canola oil are acceptable in small quantities.

To really reap the benefits of a weight loss program, weigh yourself daily. You may not lose any weight for the first two days, but don't lose heart: it is only after three days of dieting that the weight begins to come off. It takes three days for your body to change chemistry so it can live off the fat you gained over winter.

PS Capsule Comments

by your Pharmasave Pharmacist Wen Wong



March 5-11 is Pharmacy Awareness Week in Canada. It's a week that focuses on what pharmacists can do for you and their role on your health care team. The theme this year is: *Pharmacists: Where you need them, when you need them.* We are the most accessible of all the health professionals and happy to serve.

They are doing much work on the effects of green tea on our health. The latest news says that women who drink lots of green tea (eg. 5 cups per day) significantly reduce their risk of heart disease and stroke compared to those who drank only one cup per day. This positive effect wasn't as great for men. However, there seemed to be no reduced risk of cancer due to green tea consumption.

The Canadian Diabetes Association has updated its cholesterol targets for diabetic patients. The target for LDL (the so called *bad cholesterol*) is 2.0 and under. It used to be 2.5. This is important because heart disease remains the number one killer of diabetics. It's good to keep a record of your numbers.

If you are a smoker of menthol cigarettes, you may find it harder to quit smoking than if you smoke non-menthol cigarettes. Menthol cigarette smokers perhaps should switch to the non-menthol type then go through a smoking cessation program. Our pharmacists can help.

Take charge of your own health and your family's health. Let our pharmacists be part of your health team.

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BAND CONCERT

7:00 PM Monday, March 12
Doors Open 6:30 PM
PSS Gym



BAKE SALE

This event is a fundraiser for PSS and Community Band for Music Under the K

KINDERGARTEN 2007 STUDENT REGISTRATION

School District No. 58 (Nicola-Similkameen)
"LEARNING FOR TODAY AND TOMORROW"



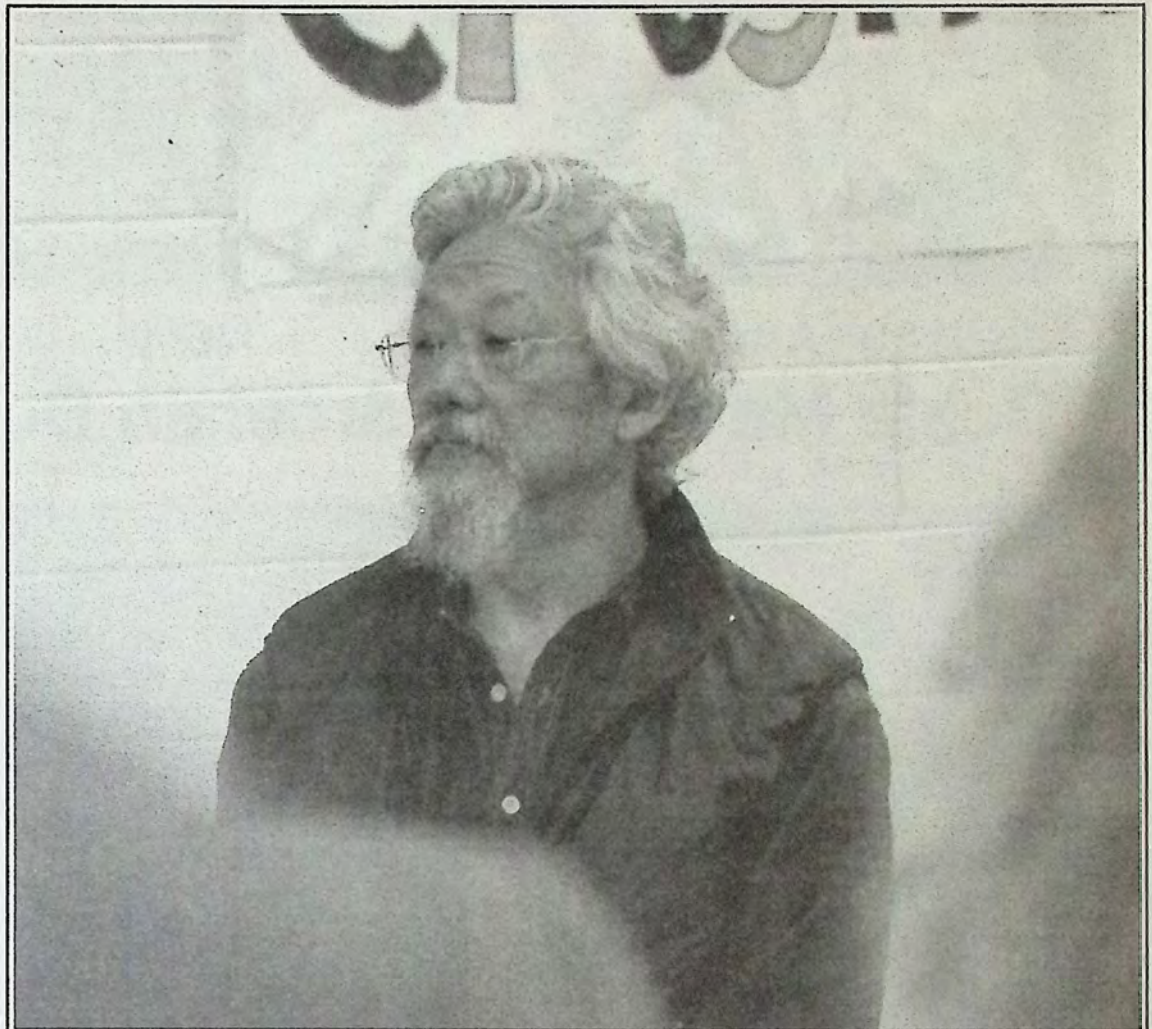
Registration Schedule
Monday to Friday
March 5 - 16, 2007

9:00 - 11:30 AM / 1:00 - 2:30 PM
John Allison Elementary School
295-6727

For September 2007

- To register, a child must be 5 years of age on, or before December 31, 2007.
- Parents/Guardians should bring child's Birth Certificate, Immunization Card and Care Card when registering.

For further information, contact John Allison Elementary School. It is important that parents register their child early to assist with planning at the school.



Dr. David Suzuki waits patiently as organizers prepare for his presentation at PSS Gym February 26th. *

..... continued from Page 3 in the way. At a biotech industry conference in January 1999, a consultant was quoted as saying, The hope of the industry is that over time, the market is so flooded that there's nothing you can do about it. You just sort of surrender.

No GM crop on the market today offers benefits to the consumer or contributes to the alleviation of hunger or poverty in Africa or anywhere else. The US Department of Agriculture has acknowledged for the first time that GM crops do not yield more than conventional varieties. A number of studies by independent scientists demonstrate that GM crops are more prone to yield losses under drought conditions,

have increased the use of pesticides (which often must be used in tandem with Monsanto seeds) and exacerbated the problem of herbicide-resistant weeds.

It is clear that until there is a science and regulatory methodology that is required to consider the cultural, social, economic, and ecological and health effects of this technology we will continue to allow the biotech industry to play genetic roulette with the natural world. There are many instances already where the livelihoods of farmers have been devastated, such as in India, where unprecedented thousands are committing suicide because of the severe environmental, health and economic conse-

quences which have resulted from growing GM crops.

Canadians are joining communities and countries around the world to declare their communities GE-Free Zones. If you are concerned about Canadian food sovereignty and safety and want to learn more about what you can do about it visit www.canadians.org and join the GE Free Canada campaign. To learn more about global campaigns visit www.viacampesina.org.

As consumers and citizens we have enormous power to demand responsible regulations that require a precautionary approach to the release of these dangerous organisms into our environment if only we act to exercise it.

Fall Fair convenors take charge

Fall Fair members stepped forward at the February 27 meeting to take charge of the various convenor jobs for this year's fair on September 8 and 9.

Jason Earle will run the pet show. Glow Lemon will organize livestock. April Earle will plan activities for children.

Melissa Manning volunteered to look after the flower show.

Brian Ferguson will organize photography, writing and the People's Choice art show.

Cheryl Ferguson and Faye Clarke

will convene the needlework exhibits.

Rose Flegel will take charge of home canning.

Dan Kastor will once again run the horseshoe tournament.

Jody Woodford and her excellent crew have volunteered to do the concession again this year.

Lisa Carleton has said she will run the Junior Fair again.

Convenors still needed

Convenors are still needed for fruit and vegetable divisions, beer garden, admission gate, leisurecraft, beer and wine, and eggs and field crops.

Ruby Bey volunteered to find sponsors, and she will work with Glow Lemon and Dawn Johnson to compile and organize publication of the Fall Fair prize list booklet.

Anyone wishing to help with the fair should attend the Tuesday, March 27 meeting at Town Hall at 7:00 PM.

**Town of Princeton
Public Notice**

In accordance with Sections 24 and 26 of the Community Charter, the Town of Princeton gives public notice that it intends to enter into a lease agreement with Little Folks Nursery School Society for the lease of property located at Old Hedley Road for the purposes of a day care.

The property is legally described as:

Parcel Identifier: 010-392-891
Lot 4, District Lot 1297
Similkameen Division Yale District
Plan 4960
Except that part lying to the west of a line drawn parallel to and perpendicularly distant 284.3 feet westerly from the easterly boundary of said lot

The term of the lease is for five (5) years with the option of renewal for two (2) additional five (5) year terms. Rent for the term and for each renewal of the term will be \$10.00

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Princeton Secondary School Student of the Month for February is Kevin Alvarenga. The Grade 11 student was nominated for his "dedication to athletics in our school" and for being "a friendly student who makes all feel welcome." Alvarenga's contributions to PSS athletics includes working the time bench, offering assistance and coaching. Student of the Month is sponsored by PSS PAC. *

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Housekeeping and Laundry - The ideal candidate for this position has a hospitality background and will provide a high quality cleaning service for our guests. He/she must be a self-starter, have an eye for detail, and an ability to operate cleaning equipment and laundry containers. Hours and wages to be negotiated.

Office Assistant - The ideal candidate for this position has office administration experience and must be knowledgeable in Microsoft Word and Excel programs. Hours and wages to be negotiated.

General Labour - We are seeking applications from people interested in on-call work. This could include small construction projects, outdoor recreation assistance, serving staff and kitchen helpers.

Send resume to: Peter Van Genne, Property Manager,
PO Box 1299, Princeton, BC VOX 1W0
Phone: (250) 295-0015 e-mail: pvanjenne@younglife.ca

**Fair members see
BC judge's report**

Fall Fair members received copies of the B.C. Fairs judge's evaluation of the 2006 fair. Each year, during the fair, a member of the B.C. Association of Fairs and Exhibitions attends the Princeton fair and files a report regarding how the fair is doing. For many members of the Fall Fair Association, the evaluation report was a new experience.

The report was good overall, but there were a number of areas which showed a need for improvements. Many of the low marks were related to a need for more signage and more educational displays.

Good marks went to the volunteers for their courteous behaviour and their knowledge of what was going on at the fair.

The display from Bunchgrass Quilters received special appreciative comments, as did the public wash station in the livestock area. Members were asked to review the evaluation report and make suggestions to improve those areas which did not measure up. The recommendations for improvements will be heard at the March 27 meeting.

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Canada Summer Jobs is a new Government of Canada initiative that provides employers with wage subsidies to create high-quality summer jobs for students. The initiative is designed to meet the needs of students and takes into consideration Canada's currently strong labour market conditions. Not-for-profit, public sector and smaller private sector employers (50 or fewer employees) are invited to submit their application by **Friday, March 30, 2007**.

Employers can apply on-line at servicecanada.ca (under the *Employers and Business* section), by fax, by mail, or in person at any Service Canada Centre.

Applications will be assessed according to the initiative's eligibility criteria and priorities, which include creating jobs that would not otherwise be created, helping students who need it the most as a result of where they live and/or other barriers, the quality of the work experience being offered, and available funding.

For more information:

Call 1-800-935-5555 (TTY 1-800-926-9105)

Click servicecanada.ca

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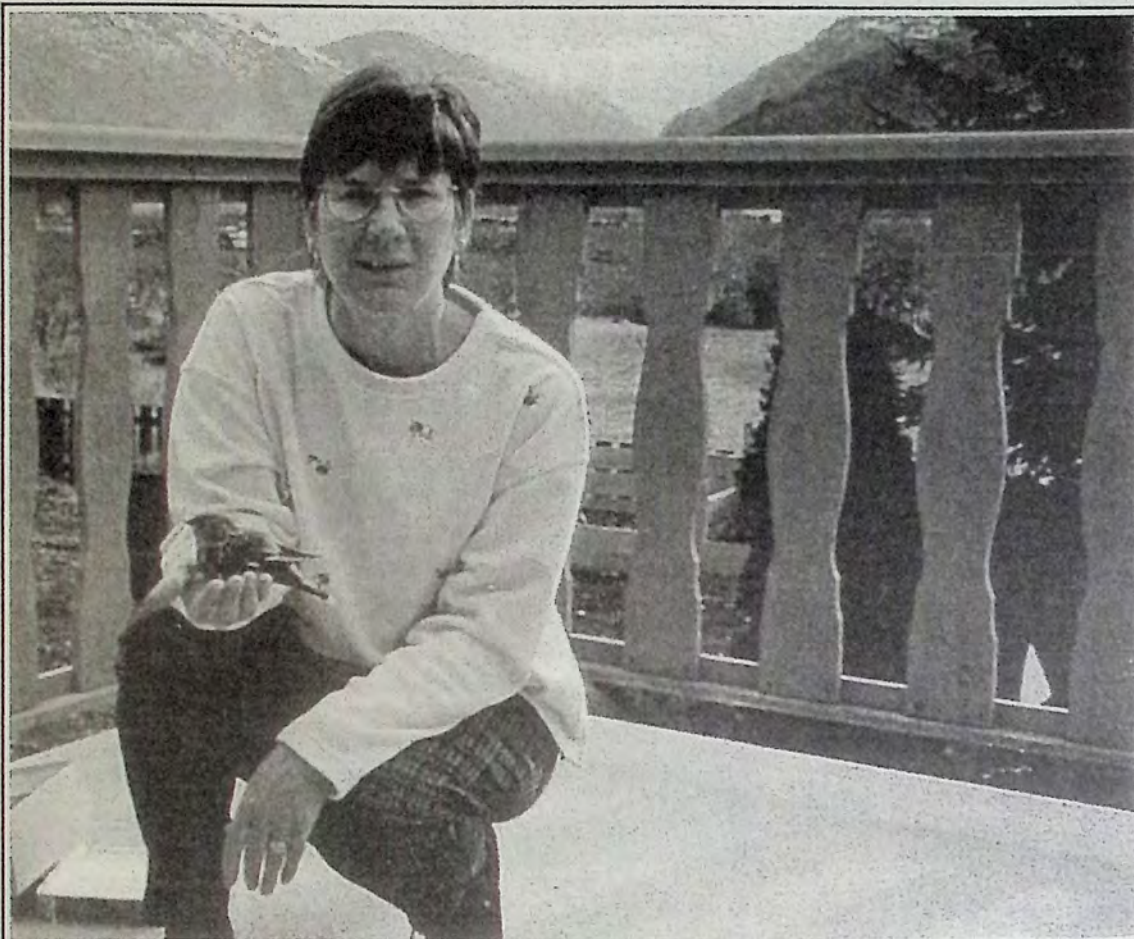
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weekly entertainment guide

TUESDAY, MARCH 6, 2007 THROUGH MONDAY, MARCH 12, 2007



Artist Barb Hofer will be presenting a two day workshop in Princeton for Vermilion Artists.

Artists plan exciting new program

Vermilion Artists had a great success in the fall when they offered a workshop in 'Painting With Acrylics' given by well-known Okanagan artist Sandra Albo.

Now this non-profit group, which operates under the umbrella of the Princeton Community Arts Council, is offering another two-session workshop.

This time the topic is 'exploring techniques with Watercolours.' The instructor will be Barb Hofer from Okanagan Falls. She is a member of the Canadian Federation of Artists and an expert in handling a group of individuals of differing experience and ability.

Hofer studied education at UBC and has successfully combined her artistic interests in painting and pottery with her teaching talents.

Her painting style is continually evolving as she experiments with a variety of new techniques using watercolours, acrylics and drawing materials.

Material from frequent travels to other countries and an endless variety of local landscapes and animals provide much of the subject matter for Hofer's paintings. Light and colour capture the serenity and excitement of the exquisite rural settings depicted in many of her paintings.

Some of her artwork can be viewed on the notice board outside the Arts Council room at Riverside Centre.

You are invited to join Hofer on Saturday, March 31st and Saturday, April 14th from 9:30 AM to 4:30 PM each day at Riverside Centre located at 148 Old Hedley Road. Pre-registration and pre-payment are required as class size is limited. To find out more contact Mary at (250) 295-6778. New members are welcome.



This is an example of Hofer's work.

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WITH BARB HOFER

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Saturday, March 31 & Saturday, April 14

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FOR FURTHER INFORMATION:
Contact Mary (250) 295-6778

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Princeton Merchants pitcher Ryan Corsi during a game last Summer in Memorial Park.

Merchants 'retire' from league

by Dennis Walker, Giant-FM Sports

The South Okanagan Mens Fastball League has confirmed five teams for the upcoming campaign but sadly, the Princeton Merchants won't be part of the league.

They've dropped out as it's been hard to find players and marquee pitcher Ryan Corsi has moved his family to Kamloops.

The Merchants have played in the league for the past 14 years making the long trip into the Okanagan for weeknight games.

League President Mark Berry was disappointed to hear the team had

dropped out saying it was always a 'treat' for each team to make the road trip to Princeton to play a double-header in the historic Memorial Park field.

The Merchants also hosted one of the league's tournaments each year.

To try and fill the void, the league has split one team. The younger members of the Barry and Smith team are going out on their own and will go under the Fibreglass Specialist-Interior RV label.

The other teams returning are Kal Tire and Interior Roofing with Gabriel Fastball Extreme coming

back as defending champions.

The Princeton players have all been invited to roster with the other teams in the league, it's not known now how many, if any, will.

The Mens Fastball League in 2006 lost the Summerland entry. The year prior to that, the Naramata and Penticton leagues combined to keep going.

It's the same story around the province. The popularity of slo-pitch has taken it's toll on competitive fast-pitch, and finding quality pitchers is a problem.

The skill of fastball pitching is becoming a dying art.

Field Naturalists plan hikes

Vermilion Forks Field Naturalists held their Annual Meeting, February 12th at the Skills Centre.

New President is Joann Gabriel, Secretary is Joan Kelly, and Treasurer is Linda Neumann. The group presented Don Burbridge with a beautiful carved Burl in appreciation of his contribution to the group as President for the past two years.

Greg Howald was our speaker for the evening, he is a specialist in the delicate art of removing invasive mammal species from the Pacific Islands. He gave an excellent presentation.

Next meeting date is set for Monday, March 12th at 7:00 PM.

"POLAR BEARS AND THE ARCTIC CIRCLE" is the title of our March presentation provided by guest speaker Hugh Westheuser.

Westheuser will present a slide show and discuss the Canadian, Norwegian and Russian Arctic. His theme is timely.

The public is reminded they are welcome to attend. We have a short business meeting preceding the presentation. Meetings are held at Riverside Centre.

March Hikes include: Saturday March 10th, Snowpatch Dog Trail, lead by Joan Kelly (295-7743). Please let her know if you are planning to attend. Meet at the Bus Depot at 9:00 AM. We will be looking for Golden eagles, which

were seen here at the Christmas Bird Count. Bring a lunch and binoculars.

Saturday March 24th, Hiking the Ashnola Valley with Linda Newmann (295-7013). This outing entails a drive of about an hour to the big Red Bridge near Keremeos and then up the Ashnola River. Again meet at the Bus Depot at 9:00 AM and bring a lunch and binoculars.

- submitted

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TUESDAY, MARCH 6, 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 | Dawson's Creek (E) | News (E) Room | (Off Air) | Body Elec. Caillon (E) | News (E) | News | City Confidential (E) | (5:00) News (E) | News (E) | (5:00) News (Live) (E) | CBC News: Morning (E) | Gadget Monster | Sports 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 | Movie: "Throw Momma From the Train" (1987) | Life Today 100 Huntley Street (E) | BluesClues Dora | Barney Arthur (E) | Today The Ringling Bros. and Barnum & Bailey circus; workout equipment. | The Early Show (E) | American Justice Cold Case Files (E) | Good Morning America (E) | | | Arthur (E) Lunar Jim | Being Ian Battle | SportsCentre (E) | | Super Ships "Top Ten" | K. Possible (7-24) | CityLine (E) | Deep Space 9 | Night Heat (E) |
| 8 AM | NewsRadio | Body Judge | Magic Bus Rolie Polie | Dragon Big World | Discover Discover | Crossing Jordan (E) | Regis and Kelly | 100 Huntley Street (E) | World Vision (E) | Poko Save-Ums! | George S. LazyTown | Canada Winter Games: Curling -- Ontario vs. Saskatchewan. (Live) | Regis and Kelly | Daily Planet (E) | Pooh Bear | News (E) City | The A-Team | FANatical | |
| 9 AM | Cosby Cosby | The Price Is Right (E) 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 | Jane Pippi | | The View (N) (E) | Blueprint for Disaster | JoJo Benj Bear | Movie: "All I Want for Christmas" (1991) (E) | Deep Space 9 | Ellen (E) Grace | |
| 10 AM | Harvey Harvey | Thane Seinfeld | Math Shop Scattering | Thomas Sit-Be Fit | Dr. Keith Ablow (E) | Young and the Restless | 24 (E) Paid Prog. | Judge J. House | News (Live) (E) | The Gill Deacon Show Mischief | Jacob Curling: Tim Hortons Brier -- Draw 10. | | eTalk (E) | Andrea Dorin | Higglytown (11:25) King | Star Trek: Next Gener. | The Nanny Frasier | | |
| 11 AM | Home Imp. Home Imp. | News (E) Undersea | Sustain Charlie Rose (E) | Paid Prog. Paid Prog. | News City Confidential (E) | All My Children (N) (E) | News (E) | Days of our Lives (N) | News (E) | CBC News: Today (E) | Being Ian Flamingo | | Degrassi Bold & B. | Extreme Engineering | (11:49) Weekend | CityLine (E) | Star Trek: Next Gener. | Seinfeld | |
| 12 PM | Yes, Dear Yes, Dear | Diva Dime Homes | Macplce Quilting | Watercolor America | 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 | George S. Beasts | | Sue Thomas: F.B.Eye General Hospital (N) | Dirty Jobs New Orleans. | Dragon Emperor | Making It Star! Daily | Star Trek: Voyager (E) | Mad Abt. Frasier | |
| 1 PM | King King | Guiding Light (N) (E) | Gaslight Animals | Reading Lions | Passions (N) (E) | Guiding Light (N) (E) | Cold Case Files (E) | General Hospital (N) | Passions (N) (E) | The Gill Deacon Show Winx Club | LazyTown | | General Hospital (N) | How-Made | Lilo Stitch Proud | Ellen DeGeneres Show | Star Trek: Voyager (E) | Beverly Hills, 90210 | |
| 2 PM | Seinfeld Seinfeld | Room Design | Jack's Big Music Show | Arthur (E) Postcards | Judge Judge | Dr. Phil (E) | Crossing Jordan (E) | Rachael Ray (E) | Young and the Restless | Food Miracles | Mystery Neutron | | Off-Record Sports | Dr. Phil (E) | Extreme (E) | Weekend Lloyd | News (E) | CSI: Crime Scn | Due South (E) |
| 3 PM | Raymond Raymond | Days of our Lives (N) | Dora (4:37) Little | Cyberchas Zoboo | Judge J. Judge J. | Oprah Winfrey (E) | CSI: Miami (E) | Millionaire Millionaire | Oprah Winfrey (E) | News (E) Global | Frasier Mercer | Phantom Viva Pinata | Hockey Curling: Tim Hortons Brier -- Draw 11. | Daily Show Colbert | Daily Planet (N) (E) | Barbarian Proud | Friends Hollywood | CSI: Crime Scn | FANatical Inside Box |
| 4 PM | Raymond Raymond | News (E) | George S. Business | BBC World NBC News | News (E) News | News CSI: Miami "Legal" (E) | News (E) ABC News | News (E) Global | News (Live) (E) | Simpsons Arrested | OddParent SpongeBob | | From Copps Coliseum in Hamilton. | News (E) | Megabuilders (N) (E) | So Little Darby | Pussycat Dolls-Search | CSI: Crime Scn | Seinfeld |
| 5 PM | Sex & City Sex & City | Body Caitlin | CG Kids Heads Up | News-Lehrer Raymond | News (E) Hollywood | News Dog | Dog News (E) | News (E) | ET Canada Entertain | CBC News at Six (E) | Being Ian Prank Ptrl | | From Copps Coliseum in Hamilton. | News (E) | Megabuilders (N) (E) | So Little Darby | Pussycat Dolls-Search | CSI: Crime Scn | Married... Married... |
| 6 PM | Friends Friends | Vanity Jeopardy! | Bryn Terfel Jeopardy! | Elvis Lives: 25th Fortune | Jeopardy! Scrubs | Friends Dog | Dog The Insider | Entertain ET Canada | Gilmore Girls (N) (E) | Coronatn Antiques | Sabrina Malcolm | | SportsCentre (Live) (E) | eTalk (E) | Futureweap ons | So Raven Smart Guy | Stargate SG-1 | CSI: Crime Scn | Frasier Grace |
| 7 PM | Sex & City Sex & City | NCIS (E) | Handel's Water Music My Music: Country Pop Legends (E) | Law Order: CI The Unit (E) | NCIS (E) King Cars | King Cars Funniest Home Videos | Gilmore Girls (N) (E) | Risk Takers (E) (DVS) | Mercer 22 Minutes | Fresh Pr. Fatherhood | | | UEFA Champions League Soccer | Criminal Minds (E) | Megabuilders (N) (E) | 8 Rules Sinbad | News (E) (8:35) Star! | CSI: NY "Fare Game" | ET Canada FANatical |
| 8 PM | Movie: "Almost Famous" (2000) Billy Crudup. (E) | The Unit (E) | The Four Seasons (N) | Law & Order: SVU Chronicles | 48 Hours Mystery (E) | Dog Dog | Boston Legal "Lincoln" | Risk Takers (N) (E) | News (Live) (E) | National Prank Ptrl | Bob | | | Law & Order: SVU | Futureweap ons | Popular "Windstruck" | Movie: "The Muse" (1999) | Star Trek: Voyager (E) | Married... Married... |
| 9 PM | Famous (2003) (PA) | Boston Legal "Lincoln" | Bryn Terfel | Charlie Rose (N) (E) | News (E) Tonight | News Late Show | Dog Dog | News (E) (11:35) | Entertain ET Canada | The Hour Hollywood | Madison Hollywood | | SportsCentre (Live) (E) | News (E) | How-Made Life Derek | 8 Rules | CSI: NY "Fare Game" | Ellen (E) The Nanny | |

WEDNESDAY, MARCH 7, 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 | Dawson's Creek (E) | News (E) Room | (Off Air) | Body Elec. Caillon (E) | News (E) | News | City Confidential (E) | (5:00) News (E) | News (E) | (5:00) News (Live) (E) | CBC News: Morning (E) | Gadget Monster | Sports 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 | Movie: "Almost Famous" (2000) Billy Crudup. (E) | Life Today 100 Huntley Street (E) | BluesClues Dora | Barney Arthur (E) | Today Andrew Greeley; American cuisine; Mitchell | The Early Show (E) | American Justice Cold Case Files (N) | Good Morning America (E) | | | George S. Lunar Jim | Being Ian Pokemon | SportsCentre (E) | | Africa-Dinosaur | K. Possible (7-24) | CityLine (E) | Deep Space 9 | Night Heat (E) |
| 8 AM | NewsRadio | Body Judge | Magic Bus Rolie Polie | Dragon Big World | Discover Discover | Crossing Jordan (E) | Regis and Kelly | 100 Huntley Street (E) | World Vision (E) | Poko Save-Ums! | George S. LazyTown | Canada Winter Games: Curling -- Manitoba vs. Prince Edward Island. (Live) | Regis and Kelly | Daily Planet (E) | Pooh Bear | News (E) City | The A-Team | That News Inside Box | |
| 9 AM | Cosby Cosby | The Price Is Right (E) Pancakes | Sesame Street (E) | Ellen DeGeneres Show | The Price Is Right (E) | CSI: Miami "Hell Night" | The View (N) (E) | World Vision | Design House | Zoboo Doodlebop | Jane Pippi | | The View (N) (E) | Pompeii: The Last Day (E) | JoJo Handy | Movie: "Dinner at Fred's" (1997) Gil Bellows. | Deep Space 9 | Ellen (E) Grace | |
| 10 AM | Harvey Harvey | Seinfeld Thane | Mathematics Sit-Be Fit | Bob Build Sit-Be Fit | Dr. Keith Ablow (E) | Young and the Restless | 24 (E) Paid Prog. | Judge J. House | News (Live) (E) | The Gill Deacon Show Mischief | Jacob Curling: Tim Hortons Brier -- Draw 13. | | eTalk (E) | MTV e2 | Higglytown (11:25) King | Star Trek: Next Gener. | The Nanny Frasier | | |
| 11 AM | Home Imp. Home Imp. | News (E) Edge | Reach-Top Charlie Rose (E) | Paid Prog. Paid Prog. | News City Confidential (E) | All My Children (N) (E) | News (E) | Days of our Lives (N) | News (E) | CBC News: Today (E) | Being Ian Flamingo | | Degrassi Bold & B. | Vesuvius: Deadly Fury | (11:49) Weekend | CityLine (E) | Star Trek: Next Gener. | Seinfeld | |
| 12 PM | Yes, Dear Yes, Dear | Diva Dime Homes | Journal Thimbles | Art Work Sewing | 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 | George S. Beasts | | Sue Thomas: F.B.Eye General Hospital (N) | Dirty Jobs New Orleans. | Dragon Emperor | Speakers Star! Daily | Star Trek: Voyager (E) | Mad Abt. Frasier | |
| 1 PM | King King | Guiding Light (N) (E) | Gaslight Moving On | Reading Lions | Passions (N) (E) | Guiding Light (N) (E) | Cold Case Files (E) | General Hospital (N) | Passions (N) (E) | The Gill Deacon Show Winx Club | LazyTown | | General Hospital (N) | Megabuilders (N) (E) | Lilo Stitch Proud | Ellen DeGeneres Show | Star Trek: Voyager (E) | Beverly Hills, 90210 | |
| 2 PM | Seinfeld Seinfeld | Room Design | Jack's Big Music Show | Arthur (E) Postcards | Judge Judge | Dr. Phil (E) | Crossing Jordan (E) | Rachael Ray (E) | Young and the Restless | Food Miracles | Mystery Neutron | | Off-Record Sports | Dr. Phil (E) | How-Made Lloyd | Weekend Lloyd | News (E) | CSI: Crime Scn | Due South (E) |
| 3 PM | Raymond Raymond | Days of our Lives (N) | Dora (4:37) Little | Cyberchas Zoboo | Judge J. Judge J. | Oprah Winfrey (E) | CSI: Miami "Hell Night" | Millionaire Millionaire | Oprah Winfrey (E) | News (E) Global | Frasier Just-Gags | Phantom Avatar | Hockey Curling: Tim Hortons Brier -- Draw 14. | Daily Show Colbert | Daily Planet (N) (E) | Barbarian Proud | Friends Hollywood | CSI: Crime Scn | That News Inside Box |
| 4 PM | Raymond Raymond | News (E) | George S. Business | BBC World NBC News | News (E) News | News CSI: Miami "Legal" (E) | News (E) ABC News | News (E) Global | News (Live) (E) | Simpsons Arrested | OddParent SpongeBob | | From Copps Coliseum in Hamilton. | News (E) | Super Tools "Ship" | K. Possible Suite Life | Next Top Model | CSI: Crime Scn | Seinfeld |
| 5 PM | Sex & City Sex & City | Body Caitlin | Mechanics Creatures | News-Lehrer Raymond | News (E) Hollywood | News Dog | The Sopranos News (E) | News (E) | ET Canada Entertain | CBC News at Six (E) | Being Ian Adrenalini | | From Copps Coliseum in Hamilton. | News (E) | Super Tools "Tunnel" | So Little Darby | Movie: "American Wedding" (2003) Jason Biggs. | UFC's Ultimate Fight Night | Married... Married... |
| 6 PM | King King | Vanity Jeopardy! | Meerkat Wild Move | Daniel O'Donnell: Can You Feel the Love (E) | Jeopardy! Fortune | Franklin Graham (E) | (7:09) The Sopranos Tony travels to Italy. | Entertain ET Canada | To Be Announced | Coronatn Marketplc | Sabrina Malcolm | | NHL Hockey: Tampa Bay Lightning at Edmonton Oilers. (E) | eTalk (E) | MythBusters s | So Raven Smart Guy | Stargate SG-1 | CSI: Crime Scn | Frasier Grace |
| 7 PM | Movie: "National Security" (2004) | Movie: "Alexander" (2004) | The World of Nat King Cole (E) | Heavenly Voices (E) | Crossing Jordan (N) | Criminal Minds (E) | CSI: Miami (E) | Jim In Case | Crossing Jordan (N) | Crossing Jordan (N) | fifth estate Mystery | | Canada Winter Games: Boxing | American Idol (N) (E) | Daily Planet (E) | Suite Life Life Derek | News (E) (8:35) Star! | Pros vs. Joes | ET Canada That News |
| 8 PM | Movie: "Grosse Pointe Blank" (1997) (PA) | Farrell, Angelina Jolie. (E) | Washington Secrets of the Sexes | Medium (N) (E) | CSI: NY (E) | The Sopranos (E) | Lost "Enter 77" (N) | Jane Show Dangerous | News (Live) (E) | National Prank Ptrl | Bob | | | Law & Order: SVU | Futureweap ons | Popular "Windstruck" | Movie: "Dinner at Fred's" (1997) Gil Bellows. | Star Trek: Voyager (E) | Married... Married... |
| 9 PM | News (E) | Dotto Tech C. Rose | Tonight Late Show | News (E) Tonight | News Late Show | Dog Dog | News (E) (11:35) | News (E) | Entertain ET Canada | The Hour Hollywood | Madison Hollywood | | SportsCentre (Live) (E) | News (E) | Super Tools "Tunnel" | 8 Rules Life Derek | CSI: NY "Fare Game" | Ellen (E) The Nanny | |

Horoscopes

March 7 - 14, 2007

Aries - Relationships improve this week. You feel you can go ahead with plans after a review. Friday you may feel tired and blue. Keep mind clear and focused for safety's sake.

Taurus - Keep a steady pace. Your mind is at peace now. Plans made earlier can go into action soon. Career is priority now. Career is very hectic until second week of April. Stay focused.

Gemini - This weekend could be full of fun if you take a trip, but stay away from booze, drugs. They pose a danger now. Partner is generous, wants to travel, learn new things, fun.

Cancer - Even if your tax picture has you in a snit, you can still take some time to enjoy a short trip just for fun. Health is good as long as you avoid alcohol and sweets. Take time to visit.

Leo - Partner, friends, are full of ego these days. You just want to have fun. You feel younger, full of life, but others need to know you are not in the mood to fight. Be happy!

Virgo - Work, job, health - these are your big concerns. Partner, friends, have a lot to say and you should listen. Home is your happiest place now. Others share with you. Seek tax refund.

Libra - Partner treats you well. Siblings are good to you. Concerns about employment, health, young folks, create worry. Work hard at job, look after health this weekend.

Scorpio - Difficulties at home may keep you on edge or working very hard. Money prospects look good. Weekend will bring fun. Job runs smoothly, health is good. Plans can go ahead now.

Sagittarius - Concentrate on career now. Benefits can come to you this week through hard work at winning public favour. Sports, recreation, can keep you on road to success.

Capricorn - Money may be a major concern right now, but you will receive benefits from family members. Work on home, property, brings added benefits. Sibling may visit on weekend.

Aquarius - Your life is very lively at this time, so be sure to rest when you are tired. A sister will be a source of joy. This weekend could put you into a blue funk if you let it. Relax!

Pisces - You can have a highly successful week and profit by it if you reassert your joy for life. The weekend offers an opportunity to share this feeling with others and make them happier.

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) ★★ "National Security" (2003, Comedy) (PA) Martin Lawrence. Two Los Angeles security guards try to stop a criminal mastermind and his gang of robbers. (E)

10:00 am CITY (29) ★★½ "Air Bud" (1997, Comedy-Drama) Michael Jeter. Abandoned by a disagreeable clown, a golden retriever with a knack for basketball befriends a lonely boy. (E) (DVS)

EVENING

7:00 pm WTBS (3) ★★ "Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. The secret agent travels back in time to the 1960s to rescue his stolen mojo from Dr. Evil. (E) (DVS)

9:10 pm WTBS (3) ★★ "Analyze That" (2002, Comedy) Robert De

Niro. Released from prison, gangster Paul Vitti seeks further help from his troubled psychotherapist. (E)

10:06 pm CITY (29) "City Dragon" (1995, Action) Kathy Barbour. A martial artist takes time out from crime-fighting to deal with his lady love's vengeful ex-flame. (E)

11:00 pm SPIKE (44) ★★ "Poolhall Junkies" (2002, Drama) Chazz Palminteri. A billiards player ends his friendship with a con man who taught him how to play the game.

11:10 pm WTBS (3) ★★½ "Donnie Brasco" (1997, Crime Drama) (PA) Al Pacino. An undercover FBI agent uses an unwitting mobster's patronage to infiltrate the New York Mafia. (E)

friday movies

MORNING

7:00 am WTBS (3) ★★ "Analyze That" (2002, Comedy) Robert De Niro. Released from prison, gangster Paul Vitti seeks further help from his troubled psychotherapist. (E)

10:00 am CITY (29) ★★ "Music of the Heart" (1999, Drama) Meryl Streep. After her husband leaves abruptly, a woman becomes a teacher in an East Harlem school where she gives violin lessons. (E)

AFTERNOON

5:00 pm WTBS (3) ★★½ "Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Austin must rescue his captive father and prevent Dr. Evil's malevolent minions from taking over the world. (E)

EVENING

7:10 pm WTBS (3) ★★ "Dickie Roberts: Former Child Star" (2003, Comedy) David Spade. Hoping to make a comeback, a man stays with a suburban family to prepare for the lead role in a Rob Reiner film. (E)

7:30 pm FAM (26) "The Bike Squad" (2003, Drama) Braden Parkes. Premiere. Unable to spend time with his divorced father, a boy befriends a group of cyclists. (In Stereo) (E)

8:00 pm KNOW (5) ★★½ "A Room With a View" (1986, Drama) Helena Bonham-Carter. An English miss tours 1907 Florence with her cousin and meets a soulmate. (E)

9:00 pm FAM (26) ★★½ "James and the Giant Peach" (1996, Fantasy) Voices of Paul Terry. Animated. A kindly British orphan escapes his cruel aunts to sail the sea on a giant peach with six friendly bugs. (E)

9:15 pm WTBS (3) ★½ "Lost & Found" (1999, Romance-Comedy) David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring. (E)

10:06 pm CITY (29) "Behind Bedroom Doors" (2003, Adult) Nicole Sheridan. A sultry new neighbor shakes things up in a sedate, upper-class community. (E)

10:30 pm FAM (26) "Inferno" (2001, Action) Janet Gunn. A firefighter's daughter is accused of setting a string of fires that threaten to destroy a small town.

11:00 pm SPIKE (44) ★★½ "Meltdown" (2004, Drama) Bruce Greenwood. Government agencies and U.S. civilians respond to a terrorist attack on a nuclear reactor.

Similkameen News Leader Community Calendar

MARCH

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

Similkameen News Leader Recipe Corner (Recipe #157)

Brought To You By: Providence Funeral Homes & Crematorium

Citrus Turkey with Peppers

February was the Heart & Stroke Foundation's Heart Month, the perfect time to start a journey of nutritious, healthful eating. This turkey recipe is a delicious and healthful way to start.

- 4 TURKEY fillets* (about 1lb/500 g)
- 1 medium red pepper, cut into strips
- 1 medium green pepper, cut into strips
- 1/3 cup orange juice 75 ml
- 2 tbsp lime juice 25 ml
- 2 tbsp honey 25 ml
- 1/2 tsp paprika 2 ml
- 1/4 tsp salt 1 ml
- pinch, freshly ground pepper
- 1 tbsp cornstarch 15 ml
- 2 tbsp water 25 ml

Place turkey in a large skillet. Arrange red and green pepper strips around turkey. In a small bowl, combine lime and orange juice, honey, paprika, salt and pepper; mix well and pour over turkey and peppers. Bring to a boil, reduce heat to low, cover and simmer 8 to 10 minutes or until turkey is no longer pink inside. Using a slotted spoon, remove turkey and peppers to a serving plate; keep warm. In a small bowl, combine cornstarch and water; blend until smooth. Stir into hot liquid in skillet. Cook, stirring constantly over medium heat, 5-7 minutes or until mixture thickens and is bubbly. Spoon over turkey and peppers. *If fillets are not available, cut 1 1/4 lb/625 g skinless, boneless turkey breast into 4 cutlets (1/3 inch/6 mm thick). Per serving: Calories - 187; Protein - 30.1g; Fat - 0.9g

Used by permission of Manitoba Turkey Producers. For more great turkey recipes check <http://www.turkey.mb.ca>

Providence Funeral Homes & Crematorium



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Parkview Funeral Home, 1258 Main Street, Princeton



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

ads@thenewsleader.ca

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

226A Bridge Street, Princeton

THURSDAY, MARCH 8, 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 (E) | City Confidential (E) | (5:00) News (E) | News (E) | (5:00) News (Live) (E) | CBC News: Morning (E) | Gadget Monster | Curling: Tim Hortons Brier -- | News (E) Canada AM (E) | Daily Planet (E) Spider-Man | (6:05) King Spider-Man | Rachael Ray (E) | The A-Team | Counterstrike (E) |
| 7 AM :30 | Movie: "National Security" (2003) (PA) | Life Today 100 Huntley Street (E) | BluesClues Dora | Barney Arthur (E) | Today Training puppies. (E) | The Early Show (E) | American Just. | Good Morning America (E) | | | Arthur (E) Lunar Jim | Being Ian Idaten | Draw 15. From Copps Coliseum in Hamilton. | | Untamed North America MythBusters | K. Possible (7:24) | CityLine (E) | Deep Space Nine | Night Heat (E) |
| 8 AM :30 | | Taste | Berenstein Clifford | | | | Cold Case Files (E) | | | 100 Huntley Street (E) | Curious Clifford | Pokémon Flamingo | | | Weekend Lilo Stitch | | Deep Space 9 | V.I.P. "Aqua Valva" | Due South (E) |
| 9 AM :30 | NewsRadio Drew | Body Judge | Magic Bus Rolie Polie | Dragon Big World | | Discover Discover | Crossing Jordan (E) | Regis and Kelly | 100 Huntley Street (E) | World Vision (E) | Poko Save-Ums! | George S. LazyTown | Off-Record UEFA | Regis and Kelly | Daily Planet (E) Bear | | News (E) City | Most Amazing Videos | What Inside Box |
| 10 AM :30 | Cosby Cosby | The Price Is Right (E) Pancakes | Paddington Sesame Street (E) | Sesame Street (E) | Ellen DeGeneres Show | The Price Is Right (E) | CSI: Miami (E) | The View (N) (E) | World Vision | Design House | Zoboo Doodlebop | Jane Pippi | Champions League Soccer | The View (N) (E) | Beastly Countdown Sprites | JoJo | Movie: "Air Bud" (1997) Michael Jeter. | Deep Space Nine | Ellen (E) Grace |
| 11 AM :30 | Harvey Harvey | Seinfeld Seinfeld | Haida Art Scattering | Thomas Sit-Be Fit | Dr. Keith Ablow (E) | Young and the Restless | 24 (E) Paid Prog. | Paid Prog. Paid Prog. | Judge J. House | News (Live) (E) | The Gill Deacon Show | Mischief Jacob | Curling: Tim Hortons Brier -- | eTalk (E) | World's Best Big Bites (11:25) King | Higglytown | Star Trek: Next Gener. | The Nanny Frasier | |
| 12 PM :30 | Home Imp. Home Imp. | News (E) | Walk on the Wild Side | Charlie Rose (E) | Paid Prog. Paid Prog. | News Bold & B. | City Confidential (E) | All My Children (N) (E) | News (E) | Days of our Lives (N) | CBC News: Today (E) | Being Ian Flamingo | Tim Hortons Brier -- Draw 16. | Degrassi Bold & B. | Super Ships "Top Ten" | (11:49) Weekend | CityLine (E) | Star Trek: Next Gener. | Seinfeld Seinfeld |
| 1 PM :30 | Yes, Dear Yes, Dear | Diva Dime Homes | Fetal Alcohol Syndrome | Painting Needle Art | Days of our Lives (N) | As the World Turns (N) | American Just. | One Life to Live (N) | As the World Turns (N) | As the World Turns (N) | Living Dinner | George S. Beasts | From Copps Coliseum in Hamilton. | Sue Thomas: F.B. Eye | Super Tools "Ship" Emperor | Dragon Proud | In Fashion Star! Daily | Star Trek: Voyager (E) | Mad Abt. Frasier |
| 2 PM :30 | King King | Guiding Light (N) (E) | Gaslight Dotto Tech | Reading Lions | 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 | LazyTown Winx Club | Interruptio | General Hospital (N) | Super Tools "Tunnel" | Lilo Stitch Proud | Ellen DeGeneres Show | Star Trek: Voyager (E) | Beverly Hills, 90210 |
| 3 PM :30 | Seinfeld Seinfeld | Room Design | Jack's Big Music Show | Arthur (E) Postcards | Judge 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 How-Made | Weekend Lloyd | News (E) | CSI: Crime Scn | Due South (E) |
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| 5 PM :30 | Friends Friends | News (E) | George S. (5:32) | BBC World Business | News (E) NBC News | News | CSI: Miami "Pirated" | News (E) ABC News | News (E) Global | News (Live) (E) | Simpsons Arrested | OddParent SpongeBob | From Copps Coliseum in Hamilton. | News (E) | Deadliest Catch (E) Suite Life | K. Possible Suite Life | Ugly Betty (E) | CSI: Crime Scn | Seinfeld Seinfeld |
| 6 PM :30 | Friends Friends | Body Caitlin | Spellz (E) Reach-Top | News-Lehrer | News (E) Raymond | News Hollywood | The First 48 (N) (E) | News (E) | News (E) | ET Canada Entertain | CBC News at Six (E) | Being Ian Erky Perky | From Copps Coliseum in Hamilton. | News (E) | Dirty Jobs "Bell Maker" Darcy | So Little Darcy | Supernatural (E) | TNA IMPACT! (N) (E) | Married... Married... Married... |
| 7 PM :30 | "Austin Powers: The Spy Who Shagged Me" | Vanity Jeopardy! | Profiles of Nature | Christiane Northrup: Menopause and Beyond | Jeopardy! Fortune | Friends Scrubs | Real Premonitions (N) | The Insider | ET Canada | Shark (E) | Coronatn Fashion | Sabrina Malcolm | SportsCentre (Live) (E) | Hollywood | Mayday (E) | So Raven Smart Guy | (7:01) Men in Trees (E) | Pros vs. Joes (N) | Frasier Grace |
| 8 PM :30 | | "Til Death In Case" | With Glowing Hearts (N) | Name Earl The Office | Survivor: Fiji (N) (E) | Skinheads: Race War | Ugly Betty (E) | Survivor: Fiji (N) (E) | Survivor: Fiji (N) (E) | Generation XXL (N) | Fresh Pr. Fatherhood | | American Idol (E) | Daily Planet (E) | Suite Life Life Derek | News (E) (8:35) Star! | News (E) | UFC Unleashed | ET Canada What |
| 9 PM :30 | (9:10) Movie: "Analyze That" (2002) Robert De Niro. | Psych (E) Zoe Busiek: Wild Card | Suzie LeBlanc The Four Seasons (E) | Back Care-Yog | Scrubs (N) (9:31) 30 | CSI: Crime Scn | CSI: Miami "Pirated" | Grey's Anatomy (E) | You Smarter? | You Smarter? | Opening Night (N) (E) | Mystery Ghost | Canada Winter Games: Women's Hockey | CSI: Crime Scn | Dirty Jobs "Bell Maker" Sinbad | 8 Rules Sinbad | (9:06) Jimmy Kimmel | Wild World Sports | Seinfeld Seinfeld |
| 10 PM :30 | | News (E) Room | Perspectives "Rage" | Charlie Rose (N) (E) | News (E) Tonight | News Late Show | Real Premonitions (E) | News (E) (11:35) | News (E) | News (E) | Entertain ET Canada | Madison Hollywood | SportsCentre (Live) (E) | News (E) | Deadliest Catch (E) Life Derek | 8 Rules Life Derek | Dragon" (1995) Kathy | "Poolhall Junkies" | Ellen (E) The Nanny |

FRIDAY, MARCH 9, 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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| 6 AM :30 | Dawson's Creek (E) | News (E) Room | (Off Air) | Body Elec. Caillou (E) | News (E) | News (E) | City Confidential (E) | (5:00) News (E) | News (E) | (5:00) News (Live) (E) | CBC News: Morning (E) | Gadget Monster | SportsCentre (E) | News (E) Canada AM (E) | Daily Planet (E) Spider-Man | (6:06) King Spider-Man | Rachael Ray (E) | V.I.P. "Molar Ice Cap" | Counterstrike (E) |
| 7 AM :30 | Movie: "Analyze That" (2002) Robert De Niro. | Life Today 100 Huntley Street (E) | BluesClues Dora | Barney Arthur (E) | Today Mark Reiter; Richard Sandomir; Roland Mesnier. (E) | The Early Show (E) | American Justice | Good Morning America (E) | | | George S. Lunar Jim | Being Ian Yu-Gi-Oh! | SportsCentre (E) | | Sharks-North (7:24) | K. Possible (7:24) | CityLine (E) | Disorderly Con. | Night Heat (E) |
| 8 AM :30 | | Catering | Berenstein Clifford | | | | Cold Case Files (E) | | | 100 Huntley Street (E) | Curious Pinky | Pokémon Flamingo | SportsCentre (E) | | Futureweap- ons (E) | Weekend Lilo Stitch | Deep Space 9 | Disorderly Con. | Due South (E) |
| 9 AM :30 | NewsRadio Drew | Body Judge | Magic Bus Rolie Polie | Dragon Big World | | Discover Discover | Crossing Jordan (E) | Regis and Kelly | 100 Huntley Street (E) | World Vision (E) | Poko Save-Ums! | George S. LazyTown | Off-Record Score Golf | Regis and Kelly | Daily Planet (E) Bear | | News (E) City | MXC MXC | Big Screen Inside Box |
| 10 AM :30 | Cosby Cosby | The Price Is Right (E) Pancakes | Paddington Sesame Street (E) | Sesame Street (E) | Ellen DeGeneres Show | The Price Is Right (E) | CSI: Miami (E) | The View Depression. | World Vision | Design House | Zoboo Doodlebop | Jane Pippi | Canada Winter Games: Boxing | The View Depression. | Biker Build-Off (E) Mickey | JoJo | Movie: "Music of the Heart" (1999, Drama) Meryl Streep. (E) | MXC MXC | Ellen (E) Grace |
| 11 AM :30 | Harvey Harvey | Seinfeld Seinfeld | Safe Pass Scattering | Bob Build Sit-Be Fit | Dr. Keith Ablow (E) | Young and the Restless | 24 (E) Paid Prog. | Paid Prog. Paid Prog. | Judge J. House | News (Live) (E) | The Gill Deacon Show | Mischief Jacob | Curling: Tim Hortons Brier -- Page Playoff. (Live) | eTalk (E) | Monster House (E) (11:25) King | Higglytown | Star Trek: Next Gener. | The Nanny Frasier | |
| 12 PM :30 | Home Imp. Home Imp. | News (E) | Canada-History | Charlie Rose (E) | Paid Prog. Paid Prog. | News Bold & B. | City Confidential (E) | All My Children (N) (E) | News (E) | Days of our Lives (N) | CBC News: Today (E) | Land Bfr Flamingo | Tim Hortons Brier -- Page Playoff. (Live) | Degrassi Bold & B. | Deadliest Catch (E) Weekend | (11:49) Weekend | CityLine (E) | MXC MXC | Seinfeld 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) | American Justice | One Life to Live (N) | As the World Turns (N) | As the World Turns (N) | Living Dinner | George S. Beasts | Sue Thomas: F.B. Eye | Dirty Jobs "Bell Maker" Emperor | Dragon Proud | At Movies | MXC MXC | MXC MXC | Mad Abt. Frasier |
| 2 PM :30 | King King | Guiding Light (N) (E) | Gaslight Gardens | Reading Lions | 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 | LazyTown Winx Club | Interruptio | General Hospital (N) | Mayday (E) | Lilo Stitch Proud | Ellen DeGeneres Show | MXC MXC | Beverly Hills, 90210 |
| 3 PM :30 | Seinfeld Seinfeld | Room Design | Hi-5 Fetch! With Judge | Arthur (E) Fetch! With Judge | Judge Judge | Dr. Phil (E) | Crossing Jordan (E) | Rachael Ray (E) | Young and the Restless | Young and the Restless | Fashion Fashion | Mystery Neutron | Off-Record Sports | Dr. Phil (E) | How-Made How-Made | Weekend Lloyd | News (E) | CSI: Crime Scn | Due South (E) |
| 4 PM :30 | Raymond Raymond | Days of our Lives (N) | Dora (4:37) Little | Cyberchase Zoboo | Judge J. Judge J. | Oprah Winfrey (E) | CSI: Miami (E) | Millionaire Millionaire | Oprah Winfrey (E) | News (E) Global | Frasier Air Farce | Phantom Drake | Hockey Curling: Tim Hortons Brier -- Page Playoff. (Live) | Daily Show Colbert | Daily Planet (N) (E) | Barbarian Proud | Friends Hollywood | CSI: Crime Scn | Big Screen Inside Box |
| 5 PM :30 | Movie: "Austin Powers in Goldmember" (2002) | News (E) | George S. (5:32) | BBC World Business | News (E) NBC News | News | CSI: Miami "Addiction" | News (E) ABC News | News (E) Global | News (Live) (E) | Simpsons Arrested | OddParent SpongeBob | From Copps Coliseum in Hamilton. | News (E) | How-Made Doctor | K. Possible Montana | Stargate Atlantis | CSI: Crime Scn | Seinfeld Seinfeld |
| 6 PM :30 | | Body Caitlin | Arctic Skooled! | News-Lehrer | News (E) Raymond | News Hollywood | CSI: Miami "Shootout" | News (E) | News (E) | ET Canada Entertain | CBC News at Six (E) | OddParent (6:20) Robot | SportsCentre (Live) (E) | News (E) | I Shouldn't Be Alive (N) Life Derek | Zoey 101 Life Derek | Guarding the Stars (E) | Pros vs. Joes | Married... Married... Married... |
| 7 PM :30 | (7:10) Movie: "Dickie Roberts: Former Child Star" | Vanity Jeopardy! | Life of Birds | Wash Wk McLaughlin | Jeopardy! Fortune | Friends Scrubs | Intervention (E) | The Insider | ET Canada | Falcon Beach | Coronatn 22 Minutes | Team Fantastic 4 | SportsCentre (Live) (E) | Hollywood | A Haunting (E) | School Party | Godiva's (E) | Pros vs. Joes | Frasier Grace |
| 8 PM :30 | | Next Great Chef (E) | Movie: "A Room With a View" (1986) (E) | NOW (N) Rick Steves: Italy's Dolce Vita (E) | 1 vs. 100 (iTV) (N) (E) | Ghost Whisperer (E) | Intervention "Sylvia" | Grey's Anatomy (E) | Falcon Beach (E) | NUMB3RS (N) (E) | Air Farce Mercer | (8:05) (8:35) Zatch | Canada Winter Games: Curling -- Gold Medal | Ghost Whisperer (E) | Daily Planet (E) | News (E) Party | News (E) | Disorderly Con. | ET Canada Big Screen |
| 9 PM :30 | (9:15) Movie: "Lost & Found" (1999) David | NCIS (E) | (1986) (E) | Las Vegas "Heroes" | Las Vegas "Heroes" | Close to Home (N) (E) | CSI: Miami "Addiction" | (9:01) Wife Swap (E) | Las Vegas "Heroes" | Las Vegas "Heroes" | Comedy Fest. | Inuyasha Gundam | Canada Winter Games: Curling -- Gold Medal | Close to Home (N) (E) | I Shouldn't Be Alive (N) | "James and the Giant Peach" (E) | (9:06) Jimmy Kimmel | Sports MXC | Seinfeld Seinfeld |
| 10 PM :30 | | News (E) Room | With Glowing Hearts | Austin City Limits (E) | News (E) Tonight | News Late Show | Intervention (E) | News (E) | News (E) | (11:03) ECW (N) (E) | The Hour Gundam | Eureka 7 Gundam | SportsCentre (Live) (E) | News (E) | How-Made Doctor | (2001) Janet Gunn. | Movie: "Behind Bedroom Doors" (2003) (E) | Wild World Movie: "Meltdown" | Married... Married... Ellen (E) The Nanny |

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- News Stories

saturday movies

MORNING

6:00 am SPIKE (4) ★★☆☆ "The Untouchables" (1987, Crime Drama) Kevin Costner. Eliot Ness and his men fight Al Capone in Chicago during Prohibition.

7:00 am WTBS (3) ★★☆☆ "Dickie Roberts: Former Child Star" (2003, Comedy) David Spade. Hoping to make a comeback, a man stays with a suburban family to prepare for the lead role in a Rob Reiner film. (E)

9:15 am WTBS (3) ★★☆☆ "Eddie" (1996, Comedy) Whoopi Goldberg. An avid basketball fan becomes head coach after a Texas tycoon buys the New York Knicks. (E)

11:20 am WTBS (3) ★★☆☆ "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)

AFTERNOON

12:00 pm FAM (2) ★★☆☆ "Genius" (1999, Comedy) Trevor Morgan. A brilliant 14-year-old maintains a double life in junior high school and college in an attempt to fit in. (E)

CITY (2) ★★☆☆ "Baby's Day Out" (1994, Comedy) Joe Mantegna. The active 9-month-old son of a rich Chicago couple crawls away from klutzy kidnappers. (E)

1:15 pm WTBS (3) ★★☆☆ "A Night at the Roxbury" (1998, Comedy) Will Ferrell. Desperate to meet women and open their own dance club, brainless brothers Steve and Doug Butabi cruise Beverly Hills. (E)

1:30 pm FAM (2) ★★☆☆ "Alr Bud Spikes Back" (2003, Adventure) Robert Tinkler. A dog that plays volleyball helps investigators solve a rash of mysterious crimes.

3:00 pm WTBS (3) ★★☆☆ "Road Trip" (2000, Comedy) Seann William Scott. Friends embark on a lengthy car trip to intercept an illicit videotape mistakenly mailed to one's girlfriend. (E)

4:00 pm YTV (8) ★★☆☆ "Teenage Mutant Ninja Turtles" (1990, Fantasy) Judith Hoag. The four superturtles team up with a TV newswoman and her boyfriend against the ninja Foot Clan.

5:00 pm WTBS (3) ★★☆☆ "Harold & Kumar Go to White Castle" (2004, Comedy) John Cho. After smoking marijuana, two roommates scour New Jersey to satisfy their hunger for hamburgers. (E)

EVENING

6:00 pm CITY (2) ★★☆☆ "Fancy Dancing" (2002, Romance-Comedy) Jason Priestley. A carefree crooner takes a job at his uncle's ad agency and falls for an attractive co-worker. (E) (DVS)

6:45 pm WTBS (3) ★★☆☆ "American Pie Presents: Band Camp" (2005, Comedy) Tad Hilgenbrink. A lewd teen causes mischief when he must attend a camp for musicians. (E)

8:00 pm KHQ (7) ★★☆☆ "The Italian Job" (2003, Crime Drama) Mark Wahlberg. A master thief and his crew plan to steal back a fortune in gold bullion after they lose it to a double-crossing gang member. (In Stereo) (E)

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

YTV (8) ★★☆☆ "Mrs. Doubtfire" (1993, Comedy) Robin Williams. Estranged from his wife, an out-of-work actor masquerades as a nanny to be with his children.

8:45 pm WTBS (3) ★★☆☆ "Vegas Vacation" (1997, Comedy) Chevy Chase. Clark and Ellen Griswold's disastrous family outing includes a visit with boorish Cousin Eddie. (E)

9:00 pm CHBC (4) ★★☆☆ "Imaginary Playmate" (2006, Suspense) Dina Meyer. A woman suspects that her stepdaughter's imaginary friend is a ghost haunting their new house. (E)

KNOW (5) ★★☆☆ "Inspector Morse: Absolute Conviction" (1992, Mystery) John Thaw. Inspector Morse looks for clues in the mysterious death of a corrupt businessman who was serving time in prison. (N) (E)

FAM (2) ★★☆☆ "Max Keeble's Big Move" (2001, Comedy) Alex D. Linz. When his parents announce they are moving, a schoolboy decides to take revenge against his tormentors.

CITY (2) ★★☆☆ "Pitch Black" (2000, Science Fiction) Radha Mitchell. After crash landing on a distant planet, survivors must fight deadly creatures that come out only at night. (E)

10:00 pm SPIKE (4) ★★☆☆ "The Untouchables" (1987, Crime Drama) Kevin Costner. Eliot Ness and his men fight Al Capone in Chicago during Prohibition.

10:45 pm WTBS (3) ★★☆☆ "Beverly Hills Ninja" (1997, Comedy) Chris Farley. A ninja watches out for his portly adopted brother, hired to track a mystery woman's beau in Southern California. (E)

10:46 pm FAM (2) ★★☆☆ "Class President" (2002, Comedy) Sam Poppen. A shifty campaign manager helps a 10-year-old boy run for class president against a girl.

11:15 pm CITY (2) ★★☆☆ "Passionate Deceptions" (2002, Adult) Belinda Gavin. A detective investigates a murder at a mansion filled with women whose erotic activities appear on the Internet.

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sunday movies

MORNING

7:15 am WTBS (3) ★★☆☆ "Beverly Hills Ninja" (1997, Comedy) Chris Farley. A ninja watches out for his portly adopted brother, hired to track a mystery woman's beau in Southern California. (E)

9:15 am WTBS (3) ★★☆☆ "In the Army Now" (1994, Comedy) Pauly Shore. Soon after joining the Reserves, two buddies are called to active duty in Africa. (E)

11:00 am CITY (2) ★★☆☆ "Where the Money Is" (2000, Drama) Paul Newman. Premiere. A bank robber fakes a stroke to get out of prison and into an escapable nursing home, but he soon learns his nurse has other plans for him. (E)

11:15 am WTBS (3) ★★☆☆ "Road Trip" (2000, Comedy) Seann William Scott. Friends embark on a lengthy car trip to intercept an illicit videotape mistakenly mailed to one's girlfriend. (E)

AFTERNOON

12:00 pm FAM (2) ★★☆☆ "Kazaam" (1996, Fantasy) Shaquille O'Neal. Freed from imprisonment in a portable stereo, an outside, rapping genie grants a harassed urban youth three wishes. (E)

1:15 pm WTBS (3) ★★☆☆ "American Pie

Presents: Band Camp

(2005, Comedy) Tad Hilgenbrink. A lewd teen causes mischief when he must attend a camp for musicians. (E)

1:33 pm FAM (2) ★★☆☆ "The Even Stevens Movie" (2003, Comedy) Shia LaBeouf. Members of a family unwittingly appear on a reality-television show after the producer sends them to an island for a vacation.

3:00 pm VTV (2) ★★☆☆ "Serendipity" (2001, Romance-Comedy) John Cusack. A man and a woman try to find each other after spending one night together 10 years earlier. (In Stereo) (E)

3:15 pm WTBS (3) ★★☆☆ "Harold & Kumar Go to White Castle" (2004, Comedy) John Cho. After smoking marijuana, two roommates scour New Jersey to satisfy their hunger for hamburgers. (E)

4:00 pm YTV (8) ★★☆☆ "Looney Tunes: Back in Action" (2003, Comedy) Brendan Fraser. Live action/animated. Bugs Bunny tries to find Daffy Duck after the latter loses his job and travels to Las Vegas with a man.

5:00 pm WTBS (3) ★★☆☆ "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. (E)

EVENING

6:00 pm YTV (8) ★★☆☆ "Garfield: The Movie" (2004, Comedy) Breckin Meyer. Live action/animated. An orange cat tries to save his owner's new dog after a television personality kidnaps it.

CITY (2) ★★☆☆ "The Chronicles of Riddick" (2004, Science Fiction) Vin Diesel. Premiere. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army. (E)

7:30 pm WTBS (3) ★★☆☆ "Harold & Kumar Go to White Castle" (2004, Comedy) John Cho. After smoking marijuana, two roommates scour New Jersey to satisfy their hunger for hamburgers. (E)

9:00 pm FAM (2) ★★☆☆ "Buffalo Dreams" (2005, Drama) Reiley McClendon. A Navajo teen and a mountain-biker from Chicago must bridge a cultural gap to become friends and preserve tribal land.

9:15 pm WTBS (3) ★★☆☆ "In the Army Now" (1994, Comedy) Pauly Shore. Soon after joining the Reserves, two buddies are called to active duty in Africa. (E)

10:46 pm FAM (2) ★★☆☆ "Adventures of the Cactus Kid" (2000, Adventure) Thomas Curtis. A boy fantasizes about robbing a bank in the style of his comic-book hero. (E)

11:15 pm WTBS (3) ★★☆☆ "Showtime" (2002, Comedy) (PA) Robert De Niro. A straight-laced cop must work with a bumbling patrolman on a reality-based TV show. (E)

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MONDAY, MARCH 12, 2007

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

monday movies

MORNING

7:00 am WTBS (3) ★★ "Big Bully" (1996, Comedy) (PA) Rick Moranis. An English teacher finds the bully he squealed on as a child teaching machine shop in the same school. (E)
10:00 am YTV (18) ★★ "Jimmy Neutron: Boy Genius" (2001, Comedy) Voices of Megan Cavanagh. Animated. A smart child and his mechanical dog blast into outer space after aliens kidnap adults from his hometown. (E)
CITY (29) ★★ "Where the Money Is" (2000, Drama) Paul Newman. A bank robber fakes a stroke to get out of prison and into an escapable nursing home, but he soon learns his nurse has other plans for him. (E)

AFTERNOON

4:00 pm YTV (18) "Tony Hawk in Boom Boom Sabotage" (2006, Adventure) Voice of Tony Hawk. Animated. A group of young skateboarders must rescue Tony Hawk from a twisted circus ring-leader. (E)

EVENING

6:00 pm A&E (9) "Kings of South Beach" (2007, Docudrama) Donnie Wahlberg. Premiere. Secret pasts and gangsters threaten the success of a club promoter and his friend after they open a hot spot in Miami. (E)
CITY (29) ★★ "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. (E)
SPIKE (44) ★★ "Drop Zone" (1994, Action) Wesley Snipes. A U.S. marshal turns sky diver to nab a hijacker and his parachuter gang planning to invade the DEA. (In Stereo) (E)
9:00 pm WTBS (3) ★★ "I Spy" (2002, Comedy) (PA) Eddie Murphy. A special agent and a boxing champion travel to Budapest, Hungary, to locate an arms dealer and a stealth bomber. (E)
10:00 pm A&E (9) "Kings of South Beach" (2007, Docudrama) Donnie Wahlberg. Secret pasts and gangsters threaten the success of a club promoter and his friend after they open a hot spot in Miami. (E)

news leader puzzle page puzzle maps of exploration

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



In recent years the summers have been very hot throughout Europe. It's now early spring 1487 and the streets and taverns already stink from the flesh of the unwashed masses. Sewer systems are not developed and human waste is thrown into the streets. Disease and vermin seem to infest the whole population. The only relief is the recent introduction of spices from the East. Ginger, nutmeg and garlic give flavor to dried fish and salted meats. Sandalwood and many aromatic spices are worn in small bags around the neck to filter the street stench. Unfortunately Moslem Turks blocked much of the spice route and supplies dwindled while prices sky rocketed. King John 2nd, of Portugal decided to by-pass the Moslems and sends forth two faithful squires of Jewish descent on a secret mission. They both spoke Latin, Hebrew and Arabic; their task was to find the source of the spices and the African Kingdom of Prester John. They are to report back in code through contacts in Cairo. In May 1487 they leave (Saint Nick- sleep phase) and head east across the Iberian Peninsula over 500 miles on horse back to Valencia 39°29'N/0°24'W. Here they take a ship to Barcelona then join a larger vessel for the trip east to (no short sleeps) past (small fish Island). At Naples they change to another ship heading south through the Strait of Messina then east to the (island of highways) a total of 20 days living on deck experiencing hot sun, wind and waves. On Rhodes they stay at a Portuguese monastery and plan their mission into probable hostile Arab territory. Leaving the monastery well disguised as Moorish merchants they become spies for Portugal. In town, now only speaking Arabic, they acquire 100 barrels of honey to take to Egypt for trade. They buy passage on a ship for (beer-x-plus-ria), Egypt. Upon arrival they stay at a small inn but both contract a serious fever and appear near death. A local official thinking they have no family and will surely die, steals all their honey. (part 1 of 4)



Solution: You have just followed a portrayal of the a journey of discovery undertaken by Pero da Covilham and Afonso de Páiva, one in search of the source of the Spices, the other to find the fabled Christian Kingdom of Prester John. Clues: (Santia - sleep phase) = Santarem, (no short sleeps) = Naples, (small fish Island) = Sardinia, (island of highways) = Rhodes, (Beer-x-plus-ria) = Alexandria, (Saint Nick- sleep phase) = Santarem, (no short sleeps) = Naples, (small fish Island) = Sardinia.

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Notice to Intending Bidders

Intermediate Salvage Timber Forestry Licences To Cut (FLTC) - A81486, A81487, A81943, A81944

Pursuant to Section 47.6 of the Forest Act, 4 FLTCs are offered for sale within the Merritt Timber Supply Area; Cascades Forest District.

Geographic Location: Maka Creek, Maka/Murray Forest Service Road

Purpose: To harvest Lodgepole pine attacked by mountain pine beetle.

Stumpage Rate: The Upset Stumpage Rate is based on the Interior Appraisal Manual Part 6.1, 70 percent of Table 6-1.

The following volumes are based on ocular estimates, and the volumes have not been cruised: FLTC A81486 - 3660 cubic metres (m³), 18.04 hectares (ha); FLTC A81487 - 2510 m³, 7.96 ha; FLTC A81943 - 5000 m³, 9.98 ha; FLTC A81944 - 5000 m³, 10.22 ha.

Term: One year.

Closing Date/Time: FLTC A81943 and A81944: Tuesday, March 20, 2007 at 9:30 a.m.

Closing Date/Time: FLTC A81486 and A81487: Tuesday, March 20, 2007 at 11:00 a.m.

An application must be submitted for each FLTC and will include a BONUS BID, Silviculture Levy, and Security Deposit. All bidders must view the entire site for each tender. The roads to the area are not ploughed and may be accessible by snowmobile.

A professional salvage application has been completed for FLTC A81486. A professional salvage application/site plan and other works must be completed by the successful bidder for FLTC A81487, FLTC A81943 and FLTC A81944.

The Regional Manager will review the applications to determine if the applicant(s) is eligible to conduct harvesting operations or perform specified obligations under each licence. The Regional Manager then:

- may approve the eligible application of the applicant whose proposed bonus bid is the highest of those tendered by all applicants with eligible applications,
- or, may decline to approve any of the eligible applications.

Tender packages can be obtained in person from:

District Manager, Cascades Forest District,

P.O. Box 4400 Station Main, 3840 Airport Road, Merritt, B.C. V1K 1B8

Tel: 250 378-8400 Contact: Hugh Fritz, Resource Technician

or

Regional Manager, Southern Interior Forest Region

515 Columbia Street, Kamloops, B.C. V2C 2T7

Tel: 250 828-4131 Contact: David J. Piggitt RPF, Regional Tenures Forester.

All applications must be received in separate sealed envelopes clearly marked as prescribed in the tender package, and delivered to:

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515 Columbia Street, Kamloops, B.C. V2C 2T7.

Applications received after the above deadlines will not be accepted.



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obituary

Blanchette, Marie Cecile Germaine "Gerry"

It is with deep sadness that we announce the sudden passing of Gerry on February 26, 2007. Born in Quebec City, Quebec on April 16, 1931. She will be sadly missed by her children Normand (Adrienne), Luc (Jessica), Chantal (Steve), Audrey (Jack). Also eleven grandchildren and six great grandchildren.

Gerry has gone to join her loving husband of fifty years, Albert Blanchette and her daughter Carole Marie Kerney.

Gerry and Bert were great volunteers and will be sadly missed by all the organizations and groups that welcomed and accepted their contributions. The family would like to thank them for their past and continued support.

A celebration of Gerry's life will be held on:

March 10, 2007
Royal Canadian Legion
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obituary

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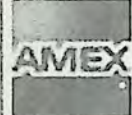
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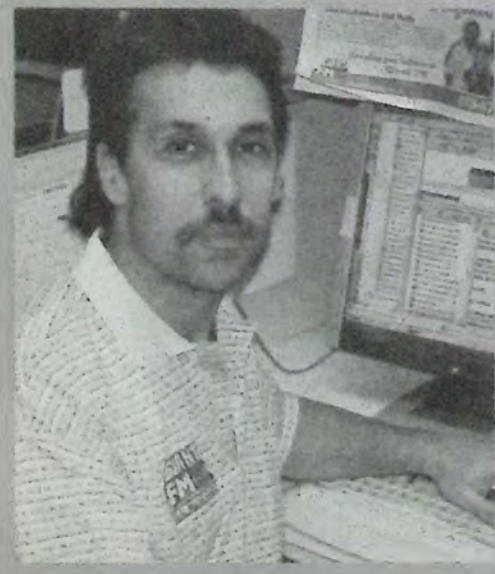
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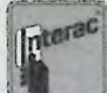
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my turn

Proud of what we have, dammit!

Call it a victory or just the start of many victories to come. Whatever you consider the outcome of the 'battle' between the Similkameen Valley and coal-fired energy generation to be, you have to admit one thing...it brought us all together (well, most of us) with a common goal.

The Similkameen Valley Planning Society (SVPS) has been trying for years, the Chamber of Commerce has been trying for years and Similkameen Country has been trying for years to put a short, sweet, simple tag onto the Similkameen Valley to promote what we are outside of our area.

What they've come up with are slogans such as "BC's Best Kept Secret" and "Diverse By Nature" and "The Fruit Stand Capital of Canada" and while each of them have value we think the unification of the Similkameen Valley, as was demonstrated when a perceived threat was looming around the corner, says something much stronger and should be what we promote our Valley to be outside of our area.

Give it a cute little slogan if you must, but remember the Similkameen Valley as a place where residents aren't afraid to stare big business down the throat when we feel threatened.

View it as a variation of the story of David and Goliath if that gives you a better understanding, but from where we sit we are truly proud of how people from across the Valley - regardless of political stripe, cultural connections, age, gender, income level, etc. - identified what they wanted to protect and were willing to go to the wall with it.

Dr. David Suzuki touched on it when he was in town last week. He made it clear that we can truly control our future but we need to start now. He suggested identifying what it is that keeps us here and making a commitment to protect that and looking forward from there.

It appears that the people of the Similkameen Valley have already accomplished the first half of that equation.

The next step is up to our elected officials from ALL governing bodies in the Similkameen Valley to join together and start the visioning process.

If the environment is the number one attraction in the Similkameen, does it not make sense to protect it not only for our use but the use of those who come after we are long gone?

If it wasn't for the efforts of SOS (Save Our Similkameen) and FOS (Friends of the Similkameen) would it have been as obvious to you?

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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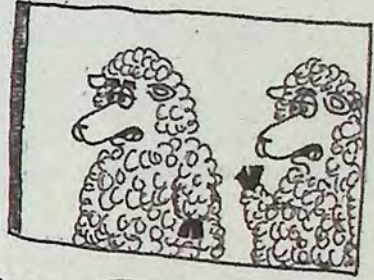
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LET ME IN YOU MANGY MUTTON!



WHAT IS THE OLD MARCH LION ROARING ABOUT NOW?

ALL IT SOUNDS LIKE TO ME IS BAALAH, BAALAH, BAALAH.



your turn

In praise of 'bug-killed' wood

To The Editor;

Why do we think that Pine Beetle wood is garbage?

If the damage is as serious and widespread as the media is reporting, let's stop for a second and reconsider.

In the next few decades, either the pine beetle will have been brought under control, or it will have eaten itself out of food. Think about it.

In the next few decades there won't be anymore blue-stained wood. We should be cashing in on this situation, not throwing it away.

We could make this a hugely desired, and therefore profitable resource.

Have you seen how beautiful this wood can be? I encourage you to go to a local lumber yard, and see for yourself the stunning streaking that is created by the fungus infection caused by the pine beetle. A

piece of rough-milled lumber can be stiff competition for any fall sunset.

Now imagine how the ribbons of blue would accentuate the design of bar stools, picture frames, desks, bedside tables and bed frames. The possibilities are truly endless.

It is undeniable that beetle kill wood is eye-catching and exceptional.

While you are at the lumber yard seeing first-hand how stunning the beetle wood is, you will notice how rare a straight and un-warped board is.

It is my understanding that wood that is cut dry is more stable, meaning less likely to warp and twist.

Trees that are dead standing are dry, or drying, which is why they pose such a hazard during forest fire season. I would think that mills would want to cash in on the reduced need for kiln drying and

actively seek out this pre-dried wood.

I have heard that the main complaint from the lumber industry is that cutting dry wood causes significantly more wear on saw blades. My suggestion is that we (through the government) should consider subsidizing saw blade purchase and sharpening to help offset this added cost.

This would help ensure the use of this wood to it's best potential.

More money is to be made treating pine beetle wood as a premium grade. In 100 years, lumber mills could be artificially dying wood to mimic the beetle staining. It could be that valuable a commodity. We have a huge amount of this wood now, but we won't in the near future.

Let's plan carefully, and not regret in the years to come the decisions we are making now.

Haste makes waste!
- Shea Evans, Princeton

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Current Comment:

We are becoming better



Dawn Johnson
editor@thenewsleader.ca

There has been a great deal said about the "new age" and a new kind of thinking, a way of thinking that will make our world a better place.

Most of the time, I just let this float past my hearing, in one ear and out the other.

Like most people, I see what is wrong with our world. I watch television, I read newspapers and magazines. I find out about all of the horrible things happening in our world, and if you asked me most days, I would tell you our world is not showing much improvement.

Recently, I took another look at today's world and saw it in a new light. Maybe the New Agers are right.

What has been changing my mind is a look at past history. Winter is a time when I have some time to read. Some of what I read is highly informative, and I do love to read history.

When I say we are becoming better now, I say it in reference to what people thought was acceptable in the past.

For example, people used to go to public executions as if it were a picnic. They would travel for miles to attend a hanging, and it would be a festive day in a town when a hanging was to take place. Today, we do not even hang serious criminals in private, let alone have a public celebration.

In the United States, some people are executed for crimes, but it is not done as a public celebration and there are always protesters.

In the past, people had their heads chopped off, and the public turned out to enjoy watching. Before that, people were burned at the stake, with the public watching.

In Roman times, people turned out to enjoy watching people murdering each other as a spectator sport, or innocent people being murdered or eaten by animals.

Slavery was acceptable in the United States up to 140 years ago. Britain wiped out the population of natives in Tasmania.

The buffalo hunters killed buffalo by the millions as part of a strategy to subdue and overpower First Nations people of the plains.

Today, we see this as social sickness.

During the past century, we saw millions of people wiped out by so-called "civilized" societies, and we are appalled by such carnage. At one time, this would not have been unusual.

For example, the Pope decided to wipe out the Goths of southern France. The Pope's armies killed 600,000 Goths, and history hardly notes it as a genocidal war.

These days, we kick up a fuss about all kinds of sick behav-

our, whether by a nation or by individuals. We recognize the social sickness of pornography, ethnic cleansing, torture, and all sorts of violations of human rights.

In fact, up to about 50 years ago, human rights had little recognition anywhere.

I know there continues to be huge numbers of violations of human rights, and there is still a lot of social sickness in our world, but we have changed a lot, and I believe we are becoming better people.

We have enough social conscience now to be outraged by violence that was once considered acceptable or even recreational.

Marketplace Ministry by Jim Caruso

Shaped by your environment

I think we are products of our environment, the family we are raised in, the friends that we have growing up and the environment in which we live. I know that I certainly have been shaped by my environment, being raised in small town Princeton has shaped my body, my mind and my attitude.

A few years ago, I allowed someone to shave my head to raise money for a missions trip. My biggest concern was that my head, void of hair, would have dents and scars on it that would make it look funny. You see growing up, my head bounced off many things in the Princeton area. One was Len Walman's Black Dodge Polaris. I was running, probably from my brothers or a crime scene and was right in front of the Rexall drug store when I found myself under a car. I knew whose car it was right away, because before it covered me completely, I remember seeing Len Walman's face and he was trying to say something to me, but I disappeared. I lay under the car looking at the radiator and the oil pan, thinking, I am still alive. I don't hurt anywhere. I actually feel good. Then I began to think, still seeing Len's face in my short term memory bank, I was actually in a good place.

Let me explain the way I think. I am okay, Len is scared, he probably thinks that I am done for, when he sees that I am okay, he will be so happy he will probably buy me an ice cream cone and send me home. I heard the car door open and with it came the voice that was more than excited, sharing words that I have erased from my memory. I see his feet first and then he bends down to see me lying on my back, smiling at him. He asks me if I am hurt, I say no and he helps me out from under the car. I stand up and he checks me over asking me if I am okay, I say yes. It is only minutes now from ice cream and then I'm off to play near the river with the other kids. Instead he looked at me sternly, gave me a swat on the butt and sent me home, telling me not to be so careless and run out into traffic. I was shocked, my life could have been snuffed out and instead of a celebration and ice cream, I got what I needed.

Years later my bald head didn't show any dents from the Polaris, although there were a few imperfections but nothing significant stood out. I am grateful for that today as my hair seems to be leaving my head at a rapid rate and soon it will fetch absolutely nothing on the fund raising market. There is an African proverb that says, It takes a village to raise a child and I am a product of my village. Len, did the right thing, I needed a swat on the behind more than I needed ice cream. Many people have helped shape and mold me and many others from our village of Princeton. To everyone that has had a part in the lives of the people in Princeton, thank you. Some didn't physical shape me but instead prayed for me. Prayer shapes lives. Before my dad died, the Baptist minister at that time, Rev. Tom Walker went up and visited him in the hospital and introduced my dad to Jesus Christ. I am not sure, but I like to believe that my dad prayed for me and my family the two short weeks before he died. There is a Scripture in Acts 16:31, that encourages my thoughts, Believe in the Lord Jesus, and you shall be saved, you and your household.

Jim Caruso, Pastor
Oceanside Community Church, Parksville, BC
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TOWN OF PRINCETON COUNCIL IS ON THE ROAD

Join members of Council at the Community Skills Centre (206 Vermillion Avenue) Monday, March 19, 2007 for an Open House to hear about the Town's strategic direction over the next few years and hear about highlights of the draft 2007 Financial Plan. The Open House will be an opportunity for the community to ask questions about Town priorities, initiatives and the future for our community.

The regular meeting of Council will follow the Open House at 7:30 PM at the Skills Centre.

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Meet The Youth Ambassadors!

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

Jennifer Dunn, Mac's Auto Parts



Jennifer is a 17-year old student attending PSS in grade 11. She is proud to be sponsored by Mac's Auto Parts. She was born and raised in Princeton and plans on going to University to be a Registered Nurse. She likes to hang out with friends, go to the beach, movies and travel. In her spare time she enjoys her two jobs working at Santo's and Weyerhaeuser. Jenn has one sibling, a younger brother Michael, who she tries to be a role model for. Jenn would like to thank her family and friends for all their support and her sponsors Barry and Bridget Kavanaugh.

Letter To The Editor

Hardy questions Suzuki's motives

To The Editor;

Why didn't David Suzuki talk about the HAARP project in Alaska as being the real cause of global warming and climate change? He drew a big crowd to brainwash the audience about the need to put the pressure on the Conservative government to implement the Kyoto treaty. Why flog a dead horse when there has been less than 50% of the countries have signed on to it? Russia and the United States refuse to sign it. With the NAU (the integration of the North American countries) how can the Canadian Conservative government impose such a treaty on the rest of the continent?

David Suzuki's political platform was designed for a bashing of Stephen Harper, Mulroney and the Conservative Party. I have a book written by Ezra Levant, a national best seller, that I recommend every household obtain to understand from the research done on the Kyoto treaty just how dangerous it would be to have it implemented.

David Suzuki praised Jean Chretien who stood on the world stage in Johannesburg, South Africa at the Tenth Annual Earth Charter Convention in 2002 to announce that Canada was signing on to the Kyoto treaty, yet when he returned home he couldn't get all the provinces and territories to agree with it.

So why are the Liberals and other opposition parties not doing their homework to find out why the Liberal government didn't implement the Kyoto treaty in the past five years?

When the Liberal leader, Dion, was

the Environmental Minister he failed to find a solution to the greenhouse gas and fossil fuel emissions and is now blowing a lot of smoke and hot air instead of dealing with the most dangerous, life threatening HAARP and ELF projects that have caused the melting of the arctic and antarctic ice over this past 12 years which is a part of the NATO operations.

I can't believe that Suzuki, as an educator and a scientist, is not aware of the environmental destruction caused by HAARP, the High Frequency Active Auroral Research Project in Alaska, which is the biggest ionospheric heater in the world that is melting the ice over the past 12 years. In 1996 the planners began testing the earth-penetrating tomography applications by modulating the electroject at extremely low frequencies of 0-1000 (ELF) that is adversely affecting all marine life and causing earthquakes and volcanoes to erupt worldwide since then.

Last week the media announced that British Columbia can expect a huge earthquake to occur along it's west coast very soon! A devastating one left a huge hole in Alaska a few years ago.

A professor of the Saskatchewan University was given the responsibility of an additional project to construct the super dual auroral towers across this country to pair up with HAARP every 300 miles. When the first was completed in Prince George a few years ago many people moved their families away including an assistant professor because of the electrical activities altering the earth's electronic field,

thus regulating the physiological clocks of all living creatures.

By pumping billions of watts of power into the atmosphere the ozone layer has opened a hole the size of the North American continent which is obvious with the heat that we experience from the sun especially in the Summer.

The environmental impact statement by the Pentagon admits that the radio wave paths through the ionosphere has lowered the frequency from 7.8 hertz which is a detriment to the health of every living creature. As a military Star Wars exercise we are targeted.

Did the readers take notice of the TV news last week that showed the rocket being launched by NASA to penetrate the auroral layer to research the Auroral Borealis for the scientists at the University of Calgary?

Now the Prime Minister is announcing the spending of \$150 million to coincide with the launch of the international probe on the cause of the climate change and the melting of arctic ice. The natives from Nunavut trekked to Ottawa last year to demand the government do something to stop the rising waters over their territory. They may have been warned by the indian bands in Alaska about HAARP.

So I question the wisdom of scientist David Suzuki in his cross country trek when he should be stirring up the people to pressure the politicians of every stripe to demand that the US and NATO cease and desist from their earth shattering operations in Alaska.

- Kay Hardy, Princeton



Vi Jenner of Princeton proudly shows off the prize she won during February Seniors Day celebrations at Pharmasave. The last Wednesday of each month Seniors save 10% off! - photo submitted.

Letter To The Editor

Editorial suggestion frightens Mayor

To The Editor:

Last week, a letter and an editorial gave me some cause for concern. The letter proceeded to insinuate a great deal of credit to myself and Councillor Manion for our part in the victory in keeping the coal fired plant out of our valley. I am sure Councillor Manion would agree that the job we did protecting the people's health and environment simply reflected the trust you placed in us when we were elected.

As a council member, the opportunity of enabling new industry and jobs to locate in your community is one which you never lose excitement over, after 17 years on council it is still the most gratifying announcement I can make. And I suppose that is the reason it can be such a long process to get to where you are able to assess both the positives and the negatives of every business proposal.

I have previously admitted I thought the toxic waste dump was a good idea for our area back when I was a young alderman, yet I probably wouldn't be here today if they had allowed guns in the arena back then when the people of Princeton told us they didn't agree. That was a definite learning process for me that demands that I now research every project that I support. As I have said all along the credit for the victory over the coal process belongs to all the people who gave up their time to protect their community and their valley, without them two voices would have been quite insignificant.

The editorial concerning the SOS was downright frightening. I absolutely agree with the point that the energy and enthusiasm created in

fighting and winning a battle to protect your valley should not be allowed to dissipate. However the worklist which followed with the talk of spying and reporting on your neighbour gave me a very uneasy feeling.

The point of working together for the environment is not to ridicule someone for driving a low mileage vehicle, it is to encourage consumers to demand the same vehicle in a high mileage model the next time he chooses to buy. The battle that was fought was indeed one of confrontation and negativity, in order to prove the danger of proceeding down the coal plant path it was required to refute and dispute all propaganda that suggested a benign process.

That reactive approach was a necessary mandate of the SOS to this point, now however the SOS members I have talked to are interested in a much more proactive role.

While providing research on sensitive industry proposals may be helpful at times in the future, more of a mandate may be to provide a home here for green power and environmentally friendly industry.

The scope really opens when you imagine all the positive ways this group could operate, such as encouragement of energy saving information, coordination of Fortis and Terasen Gas who are always promoting ways to cut our utility bills, lobbying of different levels of government to help fund programs which cut energy use, or research and information on wind or water or solar ways we can conserve energy.

Chief Joe Dennis of the Lower Similkameen Indian Band buys no power or gas for his home, water, wind and solar power supply him

with everything he needs, can you imagine no utility bill? How about a green fair where all the latest innovations to help us save energy are displayed, anything from the latest windows to power smart appliances?

The fight that kept our valley clean also put us on the map, maybe some of these green companies are looking for green environments to locate away from the smog and congestion of the lower mainland. Initiatives by companies and corporations need to be publicly commended such as Weyerhaeuser setting a goal of 40% less greenhouse emissions by 2020. These are the positive directions I see for this group, making a difference by working together moving to that future target we can set for our valley that Dr Suzuki suggested.

- Mayor Randy McLean, Princeton

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FINANCIAL FOCUS

Here's Your Tax Checklist

It's time to file your income tax return for 2006. Here are a few tips for keeping your tax bill low and ensuring that everything goes smoothly.

- Submit your return on time. The filing deadline is Monday, April 30. If you don't file on time, you could be subject to penalties and interest. The penalty for late filing is 5% of taxes owing, plus 1% a month on the unpaid balance, up to 12 months. For those who were charged a late-filing penalty for 2003, 2004 or 2005, the penalty for 2006 is higher. Interest on outstanding amounts is charged at the "prescribed rate," set each quarter. The annual rate on overdue taxes in the first quarter of 2007 is 9%.
- If you're self-employed or are the spouse or common-law partner of someone who has self-employment income, you have until June 15 to file.
- If you don't have cash available to pay all outstanding taxes, submit your return on time. You'll avoid penalties, although you'll still be liable for interest on the balance.
- Don't mislead the tax collector. Deliberate tax evasion by making false statements or altering records can cost 50% of the tax evaded. In addition, you'll be liable for outstanding taxes, plus interest. You could even be subject to criminal charges.
- When completing your return, take advantage of all available credits and deductions. And don't forget to include both the basic personal amount and the amount of your Registered Retirement Savings Plan (RRSP) contribution for 2006. Frequently overlooked items include tuition fees, eligible moving expenses, child-care expenses, charitable donations, the GST credit (for those who are eligible), and the age amount if you are 65 or older at the end of the year. Be sure to claim provincial tax credits where applicable.
- Take advantage of tax changes introduced for 2006. These include an enhanced age credit, a tax credit for public transit passes and increased tax breaks for dividends.
- Make sure processing of your return goes smoothly by including all required documentation.
- If you aren't including receipts because you haven't received them, attach an explanatory note to your return and submit the material later.
- One of the most common causes of tax return processing delays is mathematical error. So double-check figures and information-particularly if you complete your return by hand.
- If you use commercial software to prepare your income tax return, consider electronic filing. You can use the CRA's NETFILE service to submit your personal income return directly to the CRA over the Internet. If your return is simple, you may be able to use TELEFILE, which allows you to file using a touch-tone telephone.

For more information on preparing your tax return or using NETFILE or TELEFILE, visit the CRA's website at <http://www.cra-arc.gc.ca>. If your tax life is complicated, consult a tax professional or one of the many excellent taxation books available at your local bookstore.

FINANCIAL FOCUS is a presentation of:



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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.

Reviewing Your Tax Bill? Planning Ahead - Tax Effective Strategies

Lowering the amount of tax you pay requires year round planning. Included here are just a few of the strategies that could help you maximize the after-tax return on your investments and lower your overall tax bill.

Strategy #1 - Consider Carrying Forward Deductions

Once RRSP contributions are maximized, keep in mind that deductions for RRSP contributions can be carried forward indefinitely to a future tax year. Carrying forward your deduction may be beneficial where you expect your taxable income to be higher in the future and the deduction will be worth more to you. For example, if you plan to take a sabbatical and as a result will have little or no earned income, you may want to delay claiming your RRSP deduction. When you return to full time work, and your income rises, you will have a deduction in your first year back.

Strategy #2 - Tax Exempt Life Insurance

Life insurance products offer attractive investment options for tax sheltering your savings. The Income Tax Act allows for the tax-sheltered accumulation within insurance contracts, subject to certain maximums. You can take advantage of this tax-sheltered growth to meet your various insurance needs (such as RRSP/RRIF Insurance, Capital Gains Insurance, Business Insurance, etc.) as well as to provide for future income. Consider the advantages of tax-sheltered growth offered by life insurance products and compare the returns with non-sheltered alternatives.

Strategy #3 - Charitable Giving

Charitable giving allows you to give to the charity of your choice while providing a reduction to your tax bill. Charitable donations of up to 75 percent of your net income qualify for tax credits, thereby reducing your tax bill. Additionally, for donations of appreciated stocks made after May 1, 2006, you will not be subject to taxable gains. If the gift is made at the time of death or through your estate, the donation can be claimed as a credit that is up to 100 percent of your net income. There are many ways to make substantial donations, such as gifts of cash, shares of publicly traded securities and life insurance products. With respect to life insurance gifts, a tax deduction can be claimed each year that insurance premiums are paid to the charitable organization. Alternatively, a tax credit can be claimed in the year of death for the full amount of the insurance policy that is paid to the charitable organization. Individual circumstances will dictate which option is best for you.

While the benefits of tax effective investing are clear, the opportunities to implement these strategies require some planning. Your CIBC Wood Gundy Investment Advisor can assist you in reviewing your current financial, retirement and estate plan to ensure you are on track to even greater savings. Of course, before undertaking any tax strategies you should consult with a professional tax advisor.

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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. solely, opinions or recommendations.

Letter To The Editor

Residents cross paths on issue

To the Editor;

Re: February 20, 2007 'More on Pathways'

I can appreciate the history of our coal mine and the route for shipping over the bridge and through the tunnel, and oh! berries are out watch for the bear poop beside the paved path, not natural for them to poop on pavement. I didn't know nature grew black top.

Entering Princeton, middle of town and leaving you can view our beautiful mountains and forests. Walking any of our NATURAL paths, which there are many, watch out for that root that just moved! There is so much to see. As you walk along watch out for dog poop OR was that a cougar? As you walk along, oh no, more poop, cat or cougar cub?

The proposed area by John Allison School at the base of the hill you must ascend a bluff to the existing

old road, anybody got a tow rope? Where there are people there is garbage, that's a given, which promotes wildlife into residential areas. As a proposed park area near John Allison School can you imagine what a 50-pound or less child looks like to a wild animal or any other two eyed stranger or predator in a secluded area?

In the summer time Corina Avenue is already an Indy 500 Drag Strip and groupie hangout, why encourage more by the school?

Do you know what happens when you complain of inappropriate behaviour and not give your name for fear of retaliation, absolutely nothing, we know from experience.

Walking along the old existing road seems to me has no scenic value as you overlook roof tops of a residential area. You have to

know where to look to just see a glimpse of the Tulameen River from Coalmont Road, so why disturb the area and our privacy?

Shall we continue this journey?

Allison Flats speak up, (John Allison to the Brown Bridge along the Dyke.)

I'm done, but fighting for your rights will never sleep.

- G. Longstaff, Princeton Residents 'Against' Pathway

Letter To The Editor

Pippin talks green issues

To The Editor:

Everyone who worked so hard to stop the coal-fired power plant has good reason to celebrate.

It is possible to influence government policy if the people demand change loudly enough. If the people lead, the leaders will follow.

We have excellent leaders here in the valley. Mayor Randy McLean, Councillor Jim Manion, the Mayor and Council of Keremeos were absolutely essential in keeping the valley clean.

Princeton's three other Council members where Missing In Action. They ducked the issue.

The visits by NDP Leader Carol James and Dr. David Suzuki helped to force Gordon Campbell to do the right thing. I hope that Mr. Campbell's green paint doesn't wash off after the next election. We need to let our politicians know that we are watching them.

All political parties are scrambling to show how green they are right now. The Green Party is the only party that has been consistent in its call to reduce CO2 emissions and to build renewable energy generating facilities.

If we really want to send a message to Victoria and Ottawa, let's send a Green MP and a Green MLA.

- Dan Pippin, Princeton

The Cindy Parolin Safe Homes Program of Princeton & District is celebrating TEN YEARS OF SERVICE on this 2007 International Women's Day

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Real Estate Mailbag

by RE/MAX country's Janice Barclay



Welcome to Real Estate Mailbag 2007. It has been some time since I have written my Real Estate article and I think it is time to start again.

For those of you who do not know me, let me introduce myself. My name is Janice Barclay and I am the Managing Broker/Owner of the RE/MAX country office in Princeton. I started my career in Kelowna on the Westside in 1990. I moved to Princeton in January of 1992 and joined RE/MAX Penticton Realty, Princeton Branch Office. After obtaining my Agents license, I purchased the Franchise for Princeton and surrounding areas in 1993, and formed my new company, RE/MAX country. Princeton has been a wonderful place to live and work. It is easy for me to see why so many people want to live here.

I have had the opportunity to serve not only my community, but have had the privilege of being elected to my Professional Association where I held several positions including, two terms as Ethics Chair, Vice President, two consecutive terms as President and Past President.

During my career, there have been many changes in the Real Estate industry. This weekly Real Estate column will include a wide variety of topics intended to provide valuable information, whether you are thinking of buying, selling or just like to keep up to date.

If you have a question about Real Estate, or there is a topic that you would like to see discussed, please e-mail or send your request in writing with your name and contact information to the Real Estate mailbag c/o the News Leader, or RE/MAX country.

See you next week!

Janice Barclay, Managing Broker/Owner RE/MAX country

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The winner of Valley First's Retirease online game for 2007 is Amiel Voth of Kelowna. Amiel is a 19 year old engineering student at Okanagan College. He was presented with the \$10,000 cheque on Tuesday, February 27, 2007 by Valley First's President and CEO, Harley Biddlecombe and the manager of the Orchard Plaza branch, Viki May. The Retirease 'virtual' online board game ran from January 31, 2007 until February 23, 2007. Everyone started the game at the 'virtual' age of 19. They had just graduated from High School and were ready to enter the world and begin building their fortune as they would wind their way down the path to retirement. The goal of the game was simple: the players would roll a virtual dice and make moves and transactions each day that would help or hinder them as they invest and save towards retirement. As their virtual game piece moved around the board they were rewarded or penalized depending upon which spaces they would land on. The players had the opportunity to make transactions, invest money, or if they were not lucky, go into debt. On certain days when they logged-in they were greeted with financial milestones (like having a baby or buying a house) that would bring them financial penalties or rewards. At the end of the game the top ten players with the most positive wealth were entered into a draw for the grand prize of \$10,000 cash and Amiel was the lucky winner. When Amiel was presented with the \$10,000 cash grand prize, he was asked what he was going to do with the money, he replied, "I am going to buy my Dad a new Barbeque, maybe get a new pair of shoes, and help pay for my tuition." Congratulations to Amiel Voth, and thank you to everyone who participated in Valley First's Retirease online game. - photo submitted

More gold discovered in Hedley

Leonard W. Saleken, President of Goldcliff Resource Corporation (GCN.TSXV) is pleased to report that the 2006 drilling program has produced a depth discovery of the Spar gold zone at Panorama Ridge. The 2006 drill hole (26054) intersected three significant gold mineralized horizons - highlighted by 0.51 grams gold per tonne over a 26.22 metre core intersection.

Included in the intersection is 1.01 grams gold per tonne over 11.22 metres with a high-grade interval assaying 4.15 grams gold per tonne over 1.67 metres. Surface trenching at the Spar in 2002 did not reproduce a previously reported grab sample that had assayed 18.05 grams gold per tonne. This 2006 drilling now confirms the Gold Mineralized Zone (GMZ) at the Spar and the potential of the GMZ to contain economically significant values at this locale. The Spar showing drill discovery of gold mineralization zone (GMZ) at depth provides new exploration territory on Panorama Ridge.

The drill hole (26054) at the Spar showing intersected three gold mineralized horizons in the zone. The hole was drilled north-east (320 degrees azimuth) at minus 45 degrees to a total length of 151.08 metres. The three significant gold mineralized horizons were intersected from 10.71 to 16.71 metres (6.00 metres), 18.71 to 74.09 metres (55.38 metres) and 139.26 to 143.89 metres (4.61 metres). The drill hole 23017 is located

80.00 metres east of 26054. It was drilled in 2003 towards the Spar showing from the east to the west (260 degrees azimuth, minus 45 degrees). This hole intersected a significant gold horizon towards the bottom of the hole and appeared to intersect the Spar zone.

Based on the 2006 drilling data, it is now known that the 23017 drill hole gold horizon did intersect the Spar showing and the gold mineralization is interpreted to be associated with the lower gold horizon of hole 26054 (drilled in 2006). The upper and middle gold horizons in hole 26054 were not intersected in hole 23017. Based on two drill holes at the Spar, the general gold mineralization trend is in a north-west direction.

With the Spar showing drill discovery of gold mineralization at

depth, Goldcliff has opened new exploration territory to the north-west section of the Panorama Ridge property and added another potential gold deposit to the overall Panorama Ridge gold system. The Spar zone discovery signifies the ongoing gold discovery success on the Panorama Ridge property.

Goldcliff is awaiting receipt of the remaining assay data on the Panorama property from last fall's diamond drilling program. The assay results will be disclosed once the full set of data has been received and compiled.

Leonard W. Saleken, PGeo, is the qualified person as defined by National Instrument 43-101 who supervised the preparation and verification of the technical information in this release.

- submitted

Seniors enjoy trip

We residents are so lucky. Because of the courtesy and efforts Marlyse and Aida had, all who wished were transported to a local church. There we were warmly welcomed and shown many lovely colored slides of part of Bulgaria.

A fascinating countryside with flocks of sheep with shepherds guarding them. One flock had several donkeys amongst them. We saw the beautiful garden in front of their library. Also the well kept government buildings and the expensive cars the wealthy possessed.

But when this was compared to the clean, small crowded homes of the underprivileged it made one wonder how they managed. Anyone who owned a horse and wagon was considered rich.

Corn seemed their main crop with the entire plant being used. Orphanages were crowded, dirty and children often neglected due to understaffing. We Canadians are so lucky!

Upon our return to the Court we enjoyed coffee and goodies. - submitted by D. Stenvold

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LET'S TALK!

AT YOUR SERVICE!

Vacation Properties and Capital Gains - Remember To Track Your Costs

As most Canadians know, the capital gain that you may realize when you sell your home is exempt from tax. Under our tax rules, a family unit (generally you, your spouse and your minor children) can exempt a gain from one residence only (before 1982, each taxpayer in a family could exempt one property that they own).

If you or your family unit owns more than one property, this means that some tax will be payable on the gain from one property when it is sold. Often, tax is paid on the sale of the property with the lower value (on the assumption that the gain is lower on that property) and this property is often the vacation property.

So, because the gain on your vacation home may be taxable in the future, it is important to keep track of the cost to acquire the property - both at the time of purchase and for any improvements made. The higher your documented cost, the lower the gain when you sell. So, be sure to track these costs and keep receipts. And, remember to keep in mind that some items may be difficult to categorize in terms of an expense versus an improvement. Unlike normal tax planning for income calculations, you'll want to justify (within reason) as many expenditures as you can as improvements as opposed to operating costs.

The key test is whether the expenditure maintained or returned the property to its original condition, or the expenditure made the property better than it was previously.

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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