

This stretch of Similkameen River, just East of Princeton, was clogged with ice only weeks ago. *

Similkameen population increases

The 2006 census reveals that the population of the Similkameen Valley increased to 9,564 between 2001 and 2006. That is an increase of 5.7%.

Growth was highest in Area H and Area G, at 12%. Princeton grew 3% while Keremeos grew 8%. Area B shrank by 3%. Population growth in British Columbia was 5.1% during the inter-census period.

The Similkameen Valley had slightly more rapid growth than the provincial average. The highest rates of Provincial growth were gen-

erally in urban areas, mainly surrounding Vancouver. Growth in the Similkameen is higher than for rural areas on average.

EDO Michael McLaughlin says the census data confirms that the Similkameen is part of a trend. "There is a wave of people from urban areas who are moving to rural areas because of the high quality of life. We call them 'amenity migrants.' They move to be near natural amenities and enjoy the social amenities of rural and small town life."more on Page 2

Princeton Museum plans for opening day

Members of Princeton Museum Society looked at schedules and staffing for the opening on April 7. Volunteers will staff the museum to welcome tours, but it is a crunch, and more volunteers will be needed. One of the regular volunteers was Germaine (Gerry) Blanchette, who passed away recently. Members

plan a commemorative plaque to honour the years she devoted to the museum.

Student staffing for the summer months is extremely important. Operations manager Nick Mills advised he is applying for student employment grants from the government and Weyerhaeuser. Lori

Thomas pointed out that both the Chamber of Commerce and the museum offer the only student jobs dealing with the public that do not involve serving food. She added the students learn valuable "people" skills at these jobs.

Former Hedley resident Helen Moore made a donation to the

museum in memory of former Museum Society member Helen Coyle. Moore was a dedicated worker for Hedley's museum. Moore also paid for reproduction of a 1937 photo of Princeton Hospital.

The museum receives numerous requests for information and/or photos, and the Museum Society needs

to establish policy to deal with the growing number of requests. All other archives charge a fee for the time taken to do the research and reproduce documents and photos. The first decision made was that the request must be in writing, and the person making the request must say what the information or photo will be used for.

Members discussed how much information and how many photos would be permitted to be used for commercial ventures, or whether there should be serious restrictions on allowing museum documents to be used in books, posters or other commercial enterprises. No firm policy has been established but is expected soon.

Terry Malanchuk, who wrote a book on Blakeburn, sent a message to members to say he is in the process of making a DVD of historic sites in southern B.C. and will share it with the museum. Another individual has contacted Princeton museum for information on the history of Highway 3.

The next meeting of the Museum Society will be held at 2:30 PM April 24 at the Chamber of Commerce meeting room in the basement of the Tourist Information Centre.

Is the dam project a Trojan horse?

SPECIAL TO THE NEWS LEADER
by Solana Allison

You know it might just be me, but I've had the oddest sense of déjà vu lately. In 1991 and 1992 was the last time there was such a large push for power in our valley. If I recall correctly, it started off with a coal biomass burner and ended with a proposed dam on the Similkameen River. Somewhere in there was a company called Railex vying for a municipal waste incinerator. Another company, Medtrack, wanted to burn medical waste. John Rubis was a Mayor in opposition to the burners.

Edward (Slim) Allison was chief of the USIB, opposed the dam. He

was concerned about the effects a dam would have on flow regimes, fish habitat and groundwater level decline. The USIB chief also noted that BC is now selling hydro electric power to Alberta and the US.

My, my, the more things change. Chief Barbara Allison of the LSIB was in agreement with USIB. Money and promises were floating through Princeton faster than a politician can butt cover.

Through it all we somehow managed to emerge with our town relatively intact. Fast forward 15 years. What kind of new and exciting energy initiatives are being brought forward? (drum roll please) None.

Not one. Fifteen years have passed and our municipal government will continue to entertain all the same propos-

als without amendment. Except now, we are shipping even more power out of the very communities in this country that produce the electricity to begin with. Not only is power exported at a higher rate, we are paying more for it, and all of our small independents are vanishing. It would be nice if the communities that produced the power got a cut rate, you know a sort of 'go team go' from our government - oh wait, the province can't do that because they are too busy selling off our public commons - hydro being just one of them.

What's a wee town to do? Maybe a better question to ask would be what is our valley going to do that we can all live with? I would have liked to talk to town council but they are too busy talking quietly about dams

behind closed doors in a time of drought. So I went to talk with Joe Dennis, even though he's not my Chief, he had the time. So for the record, here's a page of Joe.

Q: what do you think of power initiatives in our Valley?

"We all can't be naive. We've gotta think of ways of bringing in resources and power. We need power, but the thing is with the power, it doesn't come into our community it goes out of our community and that's the whole issue. I'm in favour of power if they put power in and our community had a cut and it was a green enough power that it wasn't going to disturb us. It doesn't work that way. In the real world, that's the whole issue. In the real world, we won't see that dollar continued on Page 26



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BC Southern Interior MP Alex Atamanenko, left, and his wife, Anne, listen to concerns last week in the SOS (Save Our Similkameen) headquarters downtown. Photo: Brenda Engel. *

PXA gears up for Spring

With most of the snow gone from Princeton's exhibition grounds, Princeton Exhibition Association (PXA) is planning work parties. The first order of business is completion of the new entry to the grounds, and repairs to pipelines and plumbing.

New paint will be put on false fronts early in April and any donations of paint to the PXA would be welcomed. Last year's paint was entirely used.

The need for haste in bringing the grounds up to standard is because there is just over one month left before the first big event, a 4-H judging rally on May 5.

The following weekend will see Princeton Pro Rodeo hit the grounds. Racing Days follows at the end of June, and the Fall Fair happens the weekend after Labour Day weekend. The Bus Nuts want to use the grounds later in September.

At the March 13 PXA meeting, Terry Inglis, John Draper and Lyn Melnechenko formed a committee to work on signs for attracting tourists.

Costs of everything are rising, and the PXA members decided it is time to review the rental charges. A new rate was established for overnight campers, at \$10 per vehi-

cle per day, providing they do not use any of the facilities (except the showers, which are pay as you go). Fees for other rentals are under review. The rates have not increased in more than 10 years.

Progress reports were given for Rodeo, Racing Days and Fall Fair, and all groups are busy with planning and preparation. Nobody attended for Princeton Motorsports Association.

The next meeting of the PXA will be held at Town Hall on April 10. Anyone wishing to help with work at the grounds should attend, or contact PXA President John Bey at 295-3970.

MP says Highway 3 issue can't die

BC Southern Interior MP Alex Atamanenko was in Princeton for a short visit last week. At one point in his busy schedule he found time to sit with the News Leader to discuss matters of concern in this area.

Following a casual conversation with Princeton Town Council, Atamanenko shared his notes on discussions with Council concern-

ing Highway 3 with us.

"The feeling is the bottleneck is at this end and that if it was fixed, it would benefit all the communities along Highway 3."

Atamanenko is focusing primarily on the section between Princeton and Sunday Summit and says he'll write to the provincial Highways Ministry to pitch the idea of an

upgrade. "This is a concern since the Coquihalla has come into being this route (Highway 3) has been ignored."

Atamanenko reasons that with the 2010 Olympics coming in Whistler, there should be some Olympic funding available for a variety of projects. He is hopeful there could be funding for transportation repairs.

Atamanenko refers to Princeton as the 'Gateway area' and feels Highway 3 is in serious need of attention.

"We have to keep this issue from dying."

Atamanenko was in Princeton to meet casually with members of SOS (Save Our Similkameen), visited with seniors at the Branch #30 drop-in centre and chatted with Town Council members as he made his way to forum events elsewhere in the riding.

Census says valley has grown

..... continued from Front
Rapid growth in Areas G and H means rapid development. Many rural places in BC have experienced rapid population growth over the past ten years.

Some have benefited greatly, others have seen a loss in quality of the environment and community.

The Similkameen Valley Planning Society has a proposal before the Regional District, Parks Canada and the Real Estate Foundation of

BC to survey 'amenity migrants' in order to predict their impact on the environment, economy and community services.

As McLaughlin puts it, "If anyone thinks they (amenity migrants) aren't moving to the Similkameen, they should look at the 2006 census data."

He adds, "New people moving in is the strongest driver of new development in the Okanagan-Similkameen."



BC Southern Interior MP Alex Atamanenko enjoys lunch at Seniors Branch #30 drop-in centre during a quick stop in the area last week. Atamanenko, left, is seen here with his wife, Anne, and Branch #30 member Norma Kraetor. Photo: Brenda Engel. *

This years Mind Grind biggest event ever!

The sixth annual Terasen Gas Environmental Mind Grind has twenty seven teams registered for this year's event, the largest number ever!

These teams represent schools from the entire Regional District Okanagan-Similkameen including Penticton, Okanagan Falls, Oliver, Osoyoos, Summerland and Princeton.

Mind Grind is a quiz show-style trivia contest hosted by the RDOS that tests the environmental knowledge of students in grades 4 to 9.

Students compete at Skaha Lake Middle School on April 21st in the 'Elementary' and 'Middle' categories to win prizes such as pizza parties and ice cream parties for their school.

There is even a prize for most enthusiastic school, making this a fun-filled day of costume-clad participants with special cheers, mascots and other innovative ways of getting the judges' attention.

First and second-place winners of the RDOS competition will advance to the BC Finals in Kelowna on May 5th to compete against winners from other districts for a prize of \$1,000 for their school.

New for this year is an Environmental Pledge, which

can be filled out and turned in to the RDOS by all students of participating schools. One pledge will be drawn from those submitted to win a family night at the movies, and the school with the highest participation level will receive ice cream cones for the entire school.

Gold sponsors for the local 2007 event are the Penticton Herald, and Product Care. Silver sponsors include the Oliver Chronicle, BC Used Oil Management Association, and Nature's Fare Natural Foods.

Bronze sponsors are the Okanagan-Similkameen Conservation Alliance, the City of Penticton Water Conservation Program, Golder Associates, and McDonalds Restaurants!

Support has also been pledged by the District of Summerland,

the Town of Osoyoos, and the Town of Princeton. Thanks to these organizations for their support of kids, community and the environment!

Good luck to all registered Environmental Mind Grind participants! For more information, please contact the Regional District Okanagan-Similkameen. - submitted

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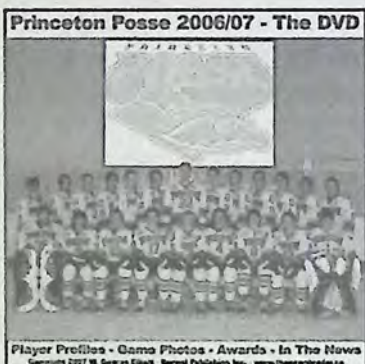
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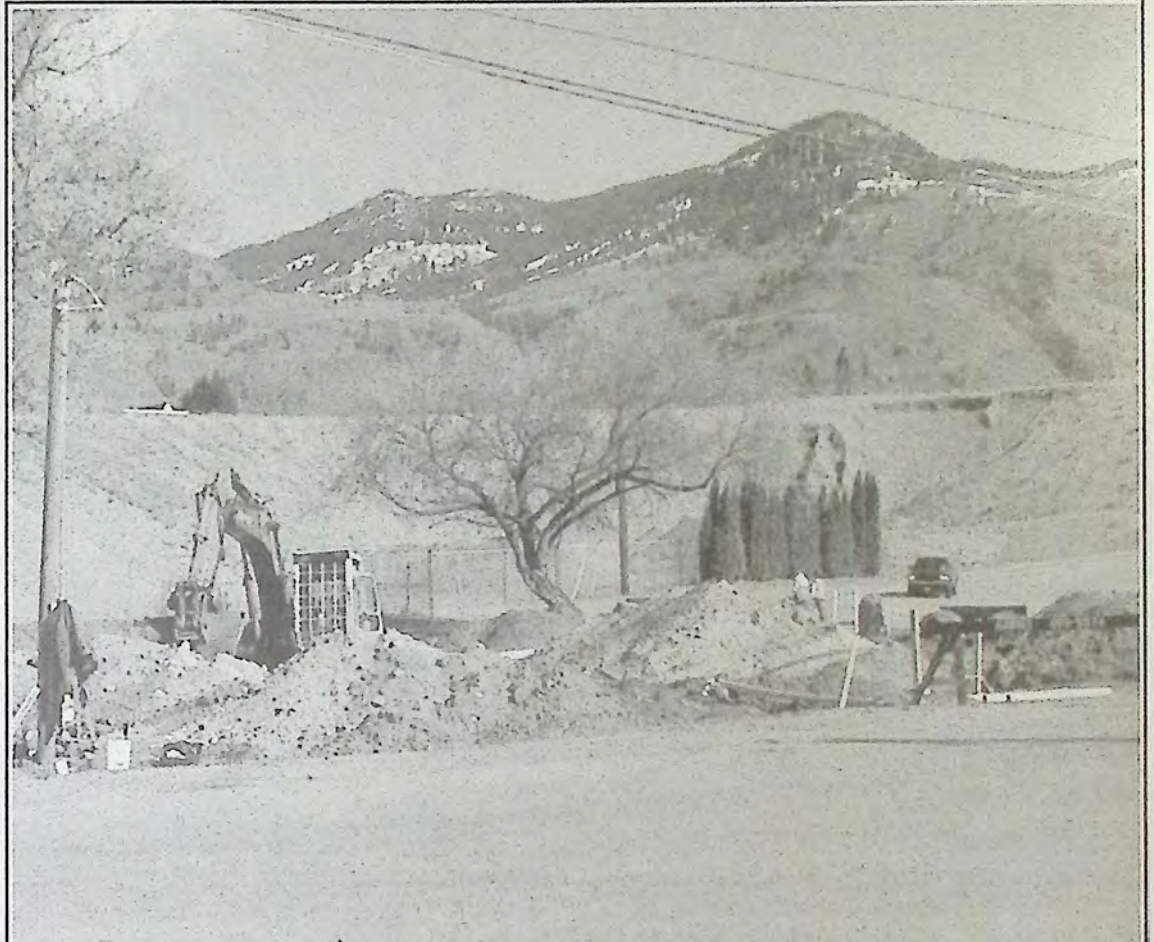
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keremeos and area news



Construction continues in Keremeos. Lot clearly and foundation work started last week on this lot located across the road from Keremeos Fire Hall. *

Farm event names Cawston pair finalists

Abbotsford turf growers Bert and Debbie Bos of Bos Sod Farm have been named the 2007 BC Outstanding Young Farmers.

British Columbia Minister of State for Intergovernmental Relations John van Dongen presented the Bos's with the prestigious award in front of about 600 guests at the fifth annual Agricultural Industry Gala, held recently at the Langley Banquet Centre in Aldergrove.

Former landscapers, Bert and Debbie Bos began growing sod for the residential market on 20 acres of fertile but low-lying Sumas Prairie land in 1993-94. In the late 90's, they refocused their efforts into growing turf for such specialty markets as golf greens and athletic fields and have since expanded onto a total of 100 acres. The Bos's have introduced a native grass sod, a new variety of bent grass and a perennial rye grass blend.

"We track seven different grass types in a total of 43 plots," Bert says.

Before growing any crop, the soil is loosened to a depth of 18 inches, then covered with a layer of sand to provide good drainage and maintain soil elevations. Seed is planted using a modified driller seeder equipped with a GPS guidance system. Sod is then irrigated using a 97 percent efficient low-pressure linear system which reduces energy consumption, allows irrigation at night and can include liquid fertilizer as required.

Although Bos has sold turf as far away as Manitoba, Montana and

Idaho, most is sold within a 400 km radius. "Turf sod must be replanted within 18 hours and golf green sod within 30 hours of when it was harvested and rolled up," Bert points out.

Finalists for the 2007 award also included Dr William Cheuk of Origin Organics in Delta, Surrey, Langley and California, organic fruit and vegetable producers Kevin and Annemarie Klippenstein of Klippers Organic Acres in Cawston and Armand and Petra VanderMeulen of VanderMeulen Greenhouses in Abbotsford.

To be eligible for the Outstanding Young Farmer award, farmers must be between 19 and 39 years of age, derive at least two thirds of their annual income from farming and demonstrate progress in their agriculture careers. Nominees are judged on conservation practices, production history, financial and management practices, and community contributions. The 2007 judging panel included Glen Lathrop, owner-operator of Arc Appraisals, 1984 BC OYF winner and BC Milk Marketing Board director Louis Schurmann and KPMG Fraser Valley agribusiness enterprise leader Hank Krocker.

"The three of us had quite a time selecting a winner," Lathrop said, "this has been one of the toughest competitions I've had to judge."













Schurmann noted the judges were particularly impressed with the Bos's progress and innovation and their willingness and ability to shift their production focus into specialty markets when their residential market faltered.

The B.C. competition is sponsored by Ball Superior/Ball Seed, BC Broiler Hatching Egg Commission, BC Egg Producers Association, BC Landscape & Nursery Association, BC Milk Marketing Board, BC Pork, BMO Bank of Montreal, Country Life in BC, Deloitte & Touche, Evergro & Westgro Canada, Friesen Equipment, Hallmark Poultry Processors, KPMG Enterprise, Pioneer Hibred, RBC Financial Group, Ritchie-Smith Feeds, Scotiabank, TD Canada Trust, TerraLink Horticulture, Unifeed and United Flower Growers Co-op Association.

Celebrating its 27th year, Canada's Outstanding Young Farmers' program is an annual competition to recognize farmers that exemplify excellence in their profession and promote the tremendous contribution of agriculture. Open to participants 18 to 39 years of age making the majority of income from on-farm sources, participants must demonstrate progress in their agriculture careers. They are judged on conservation practices, production history, financial and management practices and community contributions. Bert and Debbie Bos will join the winners from six other regional competitions at the national competition in St. Hyacinthe, Quebec, December 5-9, 2007, where two national winners will be chosen. The program is sponsored nationally by CIBC, John Deere, Bayer CropScience and Agriculture and Agri-Food Canada, and supported nationally by AdFarm.

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 2667-2669 Nicola Ave \$433,800	<p>Tulameen Total Sq Ft: 1,250 MLS# 38150</p> <p>Superior location and cabins in Tulameen. Just steps away from the beach and lake. Two 50' x 120' lots and cabin being sold as one. Main cabin is 250 sq ft and smaller one is 640 sq ft. Priced to sell! Main cabin is on full concrete foundation.</p>	 139 Vermillion Avenue \$149,900	<p>Princeton Lot Area: 3,300 sq. ft. MLS# 38337</p> <p>High visibility corner lot, 1,138 sq ft retail on main, 1,138 sq ft 3-bedroom suite on second floor. Suite is spacious and very appealing. Currently rented at \$1,000/mo. which is below market rate. Heated, wired 8' x 30' shop at rear. Lane access also.</p>	 295 Lachine Avenue \$49,000	<p>Princeton Lot Area (acres): 0.08 MLS# 37940</p> <p>Central location with easy walk to all amenities. Not many building lots left in Princeton. This is a quiet area of town, in the Allison Flats neighbourhood. Partially fenced lot, with alley and road access.</p>
 2837 Old Hedley Road \$389,000	<p>Princeton Total Sq Ft: 1,490 MLS# 38140</p> <p>Fabulous 3-bedroom home on the Similkameen River. This 4.32-acre parcel is all useable, cross-fenced and irrigated. Several outbuildings and a 30' x 56' shop, 220 amp single car garage, 2 mobile pads with hook ups. Horses will love it!</p>	 1100 Summers Creek \$888,000	<p>Princeton Total Sq Ft: 3,850 MLS# 38173</p> <p>Executive European home has missed nothing. Amazing views and privacy. 10 foot ceilings, extensive cherry and maple floors and cabinets. Granite counters, marble baths, sauna, Juliet balcony, arches. Pantry, island, wine cellar. Simply top drawer!</p>	 297 Lachine Avenue \$159,000	<p>Princeton Total Sq Ft: 985 MLS# 37939</p> <p>This cozy 3-bedroom home is perfect for the first time buyer or couples looking for a quiet place to enjoy life. Tenant occupied, 24-hour notice required. Spacious master bedroom and lovely country style eat-in kitchen. Lots of exterior sheds.</p>
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news leader health page

Friends add up to a longer and healthier life

Know what can help you live longer and avoid disabilities in later life? Friends: those special people you know you can rely on and whose company you enjoy. You've probably known all along how important friends are, and now studies demonstrate the importance of close relationships as we grow older.

What these studies show is that friends encourage each other to take better care of themselves and seek medical advice, to give up unhealthy habits and lend moral support.

"Friends have a positive effect on our well being and self confidence and if we want to live longer and better, it's a good idea to nurture those special relationships," said Health Minister George Abbott.

"People are living longer, to the extent that aging and retirement will dominate life in BC in the coming decades. In fact, right now, our province has one of the most rapidly aging populations in Canada."

In 25 years time, almost 25 percent of us will be over the age of 65 and that means changes and challenges lie ahead in terms of both health and lifestyle. We'll need all the help we can get to see us through life events that may include the loss of friends and life partners, illness, or decreased independence when we can no longer drive or move about under our own steam.

"The loneliness that comes with losing a spouse, lifelong friends or our traditional home has serious implications and can lead to depres-

sion, high blood pressure, heart disease or diabetes," said Joan Campbell, Director of Okanagan Mental Health & Addictions.

"But we are learning that by stepping up physical and social activity loneliness and feelings of isolation can be alleviated. There are things we can do to cope with the new circumstances that growing older brings."

- Show an interest in other people. Being friendly opens the door to new relationships and new experiences.

- If you no longer drive, take the shuttle bus to the stores or senior's centre.

- Get things that help - new glasses, a hearing aid, meals on wheels, a cane or a walker will improve your unique situation.

- Look to your family and friends for support, or be supportive of others who need a helping hand.

- Include people of all ages in your circle of friends.

- Take up a new hobby, join an exercise group or ask someone to the movies, out for coffee, or for a walk around the block.

- If you lose a spouse or close friend don't try to hide your grief and sorrow. Remember and talk about the people who shared your life.

- See your family doctor and get regular check-ups and screenings.

- Ask questions about your medications - and follow directions carefully.

- Be mindful of injury prevention. Don't risk a bad break because your hallway is cluttered or poorly lit.

- Abandon unhealthy habits like smoking, drinking or eating too much.

- Eat well, get plenty of sleep and rest, and exercise everyday.

"Retirement can leave you feeling slightly adrift and alienated," said Campbell.

"At this stage you are no longer defined by your work life, and sometimes the days seem endless. That's your cue to make lifestyle changes. And if you simply aren't happy in retirement you may find fulfillment by volunteering in your community, or by embarking on a new business or career. You just may discover a new area you love."

If you are suffering from loneliness, feelings of isolation or other difficulties, talk to a counselor or mental health therapist, see your doctor or join a support group. For additional information on seniors and resources visit these helpful websites: Canadian Mental Health Association BC www.cmha.bc.ca, Interior Health www.interiorhealth.ca, or Here to Help www.heretohelp.bc.ca.

For specific information on Dementia or Alzheimers visit <http://www.interiorhealth.ca/Health+Services/Senior+Care/Dementia/or+Alzheimer+BC> at <http://www.alzheimerbc.org/headsu.php>.

living past 100

Your mind is your youth

People whose minds are active and functioning well live longer, healthier lives than those who let their minds go to seed. Believe it or not, your brain is in charge of keeping you young and healthy. A good brain means a long life.

This is scary for people who feel their brains are not working up to par these days. Many people over 50 years old feel their brains are not up to scratch, particularly the memory cells.

Your brain runs on amino acids, and most of us show some depletion in these vital nutrients as we age. It is important to replenish them when you first feel you are not as mentally fit as you should be.

For a better memory, you can take ginkgo biloba, or a combination of choline and inositol. These will improve memory.

Many older people feel they can't cope with things as well, and suffer from anxiety. Inositol and GABA, along with L-Tyrosine will settle the nerves and relax those tense feelings leading to anxiety.

Brain aging is the cause of a lot of physical problems as well as dementia and Alzheimer's. A new compound called huperzine A can improve brain function in those already impaired.

Alpine Tea is excellent for preventing cell mutations that weaken the immune system. Alpine Tea comes from the Republic of Georgia, a nation of 3.2 million people, of whom 23,000 are more than 100 years old. Alpine Tea is used in Europe to treat heart disease, arthritis, gout, high cholesterol, high blood pressure, depression, neurosis and concentration problems such as in ADD. Further, Alpine Tea purges harmful bacteria from the body while allowing the good bacteria to remain. For noticeable effects, you will need to drink Alpine Tea for three months.

You can safely take all of the above to help keep your brain healthy, but none of it will work unless you keep your mind and body active. Brain and body exercise are essential to keep your brain healthy. Learning a new skill will stimulate the brain. Some older people take up music or artistic skills and benefit greatly, both mentally and spiritually. Some take up golf, which is good for mind and body. Walking is still the best physical exercise, so do it often.

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PS Capsule Comments



by your Pharmasave Pharmacist Wen Wong

There is a lot of research going on in Alberta to find a cure for diabetes. Transplanting insulin-producing cells was pioneered in this province and research is currently going on to see if a type I diabetic's own cells can be stimulated to grow and make their own insulin again. Results should be known in about 3 years.

Did you know that they have bred kittens that will not cause any allergies in cat-sensitive people? There is a certain type of protein in the saliva and fur that causes all those allergic reactions and this protein is selectively reduced in these new cats. Seems great except they come at a cost of about \$4,000 US each.

The British Heart Foundation recently ran a campaign against greasy foods. It showed a young girl drinking from a bottle of cooking oil. Citing that a bag of "crisps" (we call them chips), contains 12ml of oil per 35 gram bag, it would mean that many kids in the UK are ingesting as much as 5 litres of cooking oil yearly. That's food for thought!

Many people use the internet for medical information. A study last August found that the five top health topics searched were: specific diseases, treatments, diet/nutrition, exercise, and prescription or drug information. It's important to know the source of this information to assure its reliability.

Our pharmacists are an excellent, reliable source of drug information. We can help clarify information you may find on the internet. Supplying you will good, accurate information is a major part of our job as your professional pharmacist.

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Spring is right around the corner...

The RDOS would like to remind residents of the ban on yard waste in curbside garbage effective March 1, 2007.

Residents will now receive 6 annual yard waste collections.

For more information, please visit www.rdos.bc.ca, telephone the RDOS at 492-0237 or toll-free at 1-877-610-3737, or email: info@rdos.bc.ca

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Real Estate Mailbag

by RE/MAX country's Janice Barclay



Question: What is a fiduciary and what do they do?

When a Realtor represents a client in a real estate transaction, the courts view the Realtor as a fiduciary. As a fiduciary, the Realtor must completely look out for the interests of his or her client.

So when you employ a Realtor as your representative or advisor in dealings with others, the courts say that the client, (you) must be able to completely trust your Realtor. The courts consider this trust so important in real estate transactions that they (the courts) view this relationship as a fiduciary one. The term fiduciary comes from the Latin fiducia, meaning trust.

How does a Realtor perform this role? By fulfilling their fiduciary duties (professional obligations). A Realtor owes these three fiduciary duties to his or her client in every transaction:

- Full Disclosure
- Loyalty
- Skill and Diligence

Over the next few weeks I will go into some detail about each of these fiduciary duties. If you have a question, drop it off at the News Leader or RE/MAX country.

See you next week!

Janice Barclay, Managing Broker/Owner RE/MAX country

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John Allison Elementary School will be the location of the Princeton StrongStart program.*

School District announces program

The Board of School Trustees of School District No. 58 (Nicola-Similkameen) is pleased to announce that it has been successful in obtaining funding for two StrongStart Centres for the District as the Ministry has announced funding for both projects.

The StrongStart Centre Program is part of the commitment of the Province to early learning, and providing children the strongest possible opportunity to enter kindergarten with the best possible chance of success in school and in life.

The StrongStart centres will offer a free drop-in program for parents or caregivers and their children. A qualified early childhood educator will lead activities, including stories, music and art, to help children grow linguistically, physically and socially and become comfortable in a school-like environment.

John Allison Elementary School in Princeton and Diamond Vale Elementary School in Merritt will be the locations of the StrongStart Centres.

The Diamond Vale Elementary

School StrongStart Centre will be operating by the end of April this year, while John Allison will be operating by September 2007. Families will now have access to services in their community and the school district will be able to maximize the use of school spaces as centres to deliver early learning services.

StrongStart centres are part of government's overall plan to improve literacy, and will build on the success of Ready, Set, Learn, a kindergarten readiness program.

56th Family Fair set for April 26th

Plans for the 56th Annual Family Fair are now underway. The money raised will assist with bursaries for the 2007 graduating class. Community participation has been tremendous in past years and is essential for a successful fair, we are asking for your help once again.

While you are spring cleaning please put aside items that you wish to donate to the fair. We appreciate all Garage Sale-type items such as toys, household items, games, puzzles, plants, books, jewelry and handicrafts, preferably in good, clean condition. (No used clothing please.) As well, we need homemade items like bread, squares, muffins, candy and other baked

goods to sell at the baking table.

Articles can be dropped off at any school between April 20th and 25th or for pick-up contact Debbie Grigg at (250) 295-7033 or Dina Slowikowski-Campbell at (250) 295-6569. All items are required to be at the high school no later than 6:00 PM on Wednesday, April 25th.

The 56th annual Family Fair is the biggest Garage Sale in town! Great stuff at great prices!

Tickets for the popular Taste of Princeton Raffle features one prize: Gift Certificates to almost every restaurant in Princeton.

Tickets are available from all members of the 2007 Grad Class or

at the Family Fair. The draw will take place at 3:00 PM on April 26th in the PSS Gym at the close of the fair.

Tea and goodies will be served in the PSS cafeteria. Take a break from shopping for treasures, catch up with old friends and make new ones. This long standing tradition will introduce you to this year's ambassador candidates.

Students from John Allison and Vermilion Forks schools are encouraged to display art, poetry and compositions that they have completed this year. Ribbons will be awarded to 1st, 2nd and 3rd place in each category. There will also be a display of art from high school students which is always amazing.

The 56th Annual Family Fair Baking Contest, is always fun, and is a good fundraiser. Younger students can be a part of raising \$\$ for bursaries, too! We look forward to lots of entries!!!

Please mark Thursday, April 26th on your calendar: FAMILY FAIR DAY!!!

- submitted

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Princeton 4-H Club executive for the 2007 season includes, back row from left, President Miranda Newman, Treasurer Janine Esdale, Club Safety Coordinator Fraser Esdale and Vice President Meagan Thomas. Front row from left, Breanne Lindley and Shaylyn Douglas Club Reporters. Missing from photo is Secretary Makenzie Johnston. Photo: Kimberley Capp.

4H looks forward to a new year

Princeton 4-H Club recently elected a new executive.

This year's President is Miranda Newman, Vice President is Meagan Thomas, this year's Secretary is Makenzie Johnston

and Janine Esdale is Treasurer.

The 4-H Club Reporters are Shaylyn Douglas and Breanne Lindley. Fraser Esdale was elected Safety Officer.

The plans for this year include

speeches, judging rally in May, farm safety and attendance at the Chilliwack Fair.

The Club also hopes to include a field trip to the PNE (Pacific National Exhibition).

Rodeo Club brings back bull-a-rama

Unconfirmed major sponsors and less than perfect record keeping dominated discussion at last Wednesday night's Rodeo Club meeting in Princeton Town Hall.

New President Mike Theal explained he was doubtful the Friday night bullriding event, called Bull-A-Rama, was a financial success last year as the majority of the records kept on expenses and revenues were for the entire rodeo weekend rather than separate for the Bull-A-Rama and two days of rodeo.

"It was well attended," Theal admitted about the Bull-A-Rama. "I'm saying it cost us a lot of money."

Although members say about \$1,600.00 was made, Theal could not find an exact detailed record on this and indicated he thought the Friday night bullriding event may have cut into attendance numbers on the Sunday rodeo.

The Bull-A-Rama brought in \$5,000.00 in sponsorship money and cost the club around \$12,000.00 to run. Food, alcohol and admission revenues were not available.

A motion was made to go ahead with the Bull-A-Rama event, although a major sponsor is not confirmed. A sponsor has indicated interest in being involved, but confirmation of their financial commitment remains to be finalized.

Longtime Rodeo Club member Bob Lind summed up the situation with the optimistic statement, "We'll do whatever we have to do to make it go."

"Without a good sponsor it's going to be a hardship on the rest of the rodeo," Theal pointed out after reviewing additional costs which included such items as \$4,000.00 extra for the stock, \$900.00 for the clock, \$1,100.00 for the clown, \$180 extra for the announcer, \$380.00 in extra insurance costs, \$1,200.00 in additional advertising and prize payouts in the \$4,100.00 range.

For comparison, Theal said a total of \$10,400.00 was recorded in gate admissions for two days of rodeo in 2005 and \$12,138.00 was collected over the three day event last year. In the beer garden, \$8,997.00 was earned over the two-day event on 2005 with \$10,600.00 recorded for last years three-day rodeo

weekend.

This led to a discussion of increasing admission prices, which did not happen. Instead, prices will stay the same with one difference.

Admission for the Bull-A-Rama bullriding event, which starts at 5:30 PM Friday, May 11th, will remain at \$15.00 per head.

The CPRA Princeton Pro Rodeo admission prices for the 1:30 PM rodeo on both Saturday and Sunday, May 12th and 13th continues to be \$12.00 for adults, \$10.00 for students and seniors with the additional rate of \$2.00 for children aged 6 to 12 years. Youngsters under 6 will be admitted into the rodeo grounds free of charge.

Theal also suggested a numbered ticket system where exact figures can be gathered on attendance.

There is currently no system in place to track how many people, spectators and volunteers, pass through the main gate.

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weekly entertainment guide

TUESDAY, MARCH 20, 2007 THROUGH MONDAY, MARCH 27, 2007



Princeton Figure Skating Club's Ice Show 2007 "Around The World" filled Princeton Arena March 11th and skaters were often rewarded with flowers for their efforts. *

BC Lions come to Princeton

At least four players from the CFL's BC Lions will be in Princeton for a "Practice with the Pros" mini football camp planned for April.

Princeton Minor Football Association President Jason Earle says Guard Sherko Haji-Rasouli (#55), Defensive Back Mark Washington (#23), Slotback Mike Lindstrom (#86) and Running Back Brad Yamaoka (#34) are confirmed for attendance with more expected to participate.

The BC Lions will be in Princeton April 27th for a fundraising event at Princeton Golf Club where for \$100 you can play 18-holes.

If you'd rather just meet the players, a buffet will follow and entry is set at \$20. All proceeds will go the Minor Football Association.

The Practice with the Pros event will run from 10:00 AM to 12 Noon April 28th at PSS and inter-

ested players up to the age of 14 are invited to register for the free mini football camp.

Following the Camp there will be time set aside to allow for photos with the players who will also sign autographs.

Every participant in the free football camp will receive a t-shirt and registration for the second season of the Minor Football Association will follow on April 29th.

Earle says he hopes to be able to

field a team this season and has invites from at least two minor football leagues to enter the Princeton Pioneers into a regular play schedule.

For more information on any of the activities related to the Minor Football Association, or if you'll like to help in some way, contact Earle at (250) 295-6949.

Registration for the Practice with the Pros mini camp is limited to the first 100.

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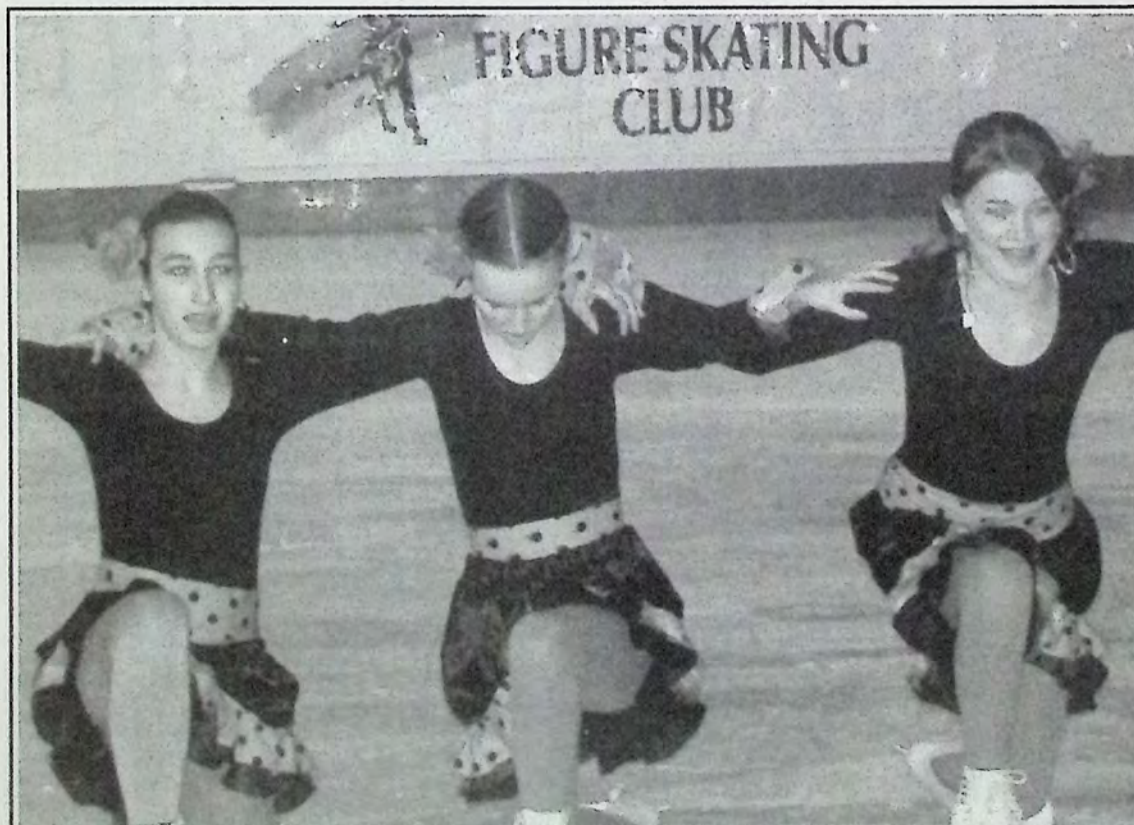




More action from Princeton Figure Skating Club's March 11th Ice Show. *



Brianna Musgrove skates a solo during the March 11th Ice Show. *



Skaters take a bow at the end of their performance during the March 11th Ice Show. *

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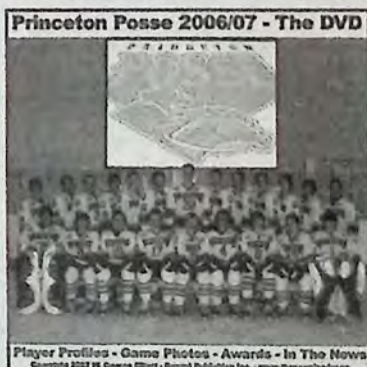


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TUESDAY, MARCH 13, 2007

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6 AM :30	Dawson's Creek (E)	News (E) Room	(Off Air)	Body Elec. Caillou (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (E)	(5:00) News (Live) (E)	CBC News: Morning Monster	Gadget Monster	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E) Spider-Man	(6:06) King Spider-Man	Rachael Ray (E)	The A-Team	Counterstrike (E)
7 AM :30	Movie: "I Spy" (2002) (PA) Eddie Murphy. (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Clive Davis; Chris Hansen; Dallas food; prom dresses. (E)	The Early Show (E)	American Justice Cold Case Files (E)	Good Morning America (E)			Arthur (E) Lunar Jim	Being Ian LazyTown	SportsCentre (E)		Disaster: Ocean	K. Possible (7:24)	CityLine (E)	Deep Space 9	Night Heat (E)
8 AM :30		2nd Chnce Berenstain	Hi-5 Curious	Clifford					100 Huntley Street (E)	Curious Dragon	Erky Perky Ruby	SportsCentre (E)		Dirty Jobs (E)	Weekend Lilo Stitch	Deep Space 9	V.I.P. "Val's Big Bang"	Due South (E) (DVS)	
9 AM :30	NewsRadio Cosby	Body Judge	Magic Bus Rolle Polie	Dragon Big World		Discover Discover	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko Save-Ums!	Viva Pinata Grossology	Off-Record Fishing	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (E) City	Most Amazing Videos	Inside Box
10 AM :30	Harvey Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "Identity"	The View (N) (E)	World Vision	Design House	Zoboo Doodlebop	The Fairly OddParents (E)	SnowTrax NHRA Drag Racing: Checker Schuck's Krugen Nationals. (E)	The View (N) (E)	Blueprint for Disaster	JoJo Benj Bear	Movie: "The School of Rock"	Deep Space 9	Ellen (E) Grace
11 AM :30	Harvey Harvey	Thane Seinfeld	Math Shop Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (Live) (E)	The Gill Deacon Show	Pokémon	eTalk (E) MTV e2	Carrier: Arsenal of Sea	Higglytown (11:25) King	(2003) Jack Black. (E)	Star Trek: Next Gener.	The Nanny Frasier	
12 PM :30	Home Imp. Home Imp.	News (E)	Sustain Undersea	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)	Avatar Robot Boy	Degrassi Bold & B.	Extreme Engineering	Lizzie School	CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld	
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Macphee 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	Movie: "Tony Hawk in Boom Sabotage"	ATP Tennis: Pacific Life Open	Sue Thomas: F.B. Eye	Dirty Jobs (E)	School Life Derek	Making It	Star Trek: Voyager (E)	Mad Abt. Frasier
2 PM :30	King King	Guiding Light (N) (E)	Gaslight Animals	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	Boom Sabotage"	Interruptio	General Hospital (N)	How-Made How-Made	Life Derek Phil	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
3 PM :30	Seinfeld Seinfeld	Room Design	Jack's Big Music Show Postcards	Arthur (E) Judge	Judge Dr. Phil (E)	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)	The Ultimate	Zoey 101 (3:26) Zoey	News (E)	CSI: Crime Scn	Due South (E) (DVS)
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyber Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami "Identity"	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Frasier Mercer	Spring Break Arrested	Hockey NHL on the Fly (Live) (E)	Daily Show Colbert	Daily Planet (N) (E)	So Raven Suite Life	Friends Hollywood	CSI: Crime Scn	FANatical Inside Box
5 PM :30	Raymond Raymond	News (E)	George S. (5:32)	BBC World Business	News (E) NBC News	News News	CSI: Miami (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Simpsons Arrested	Spring Break	News (E)	How-Made How-Made	Suite Life Suite Life	Funniest Home Videos	UFC Unleashed (N)	Seinfeld Seinfeld	
6 PM :30	Sex & City Sex & City	Body Caitlin	CG Kids Heads Up	News-Lehrer	News (E) Raymond	News Hollywood	Dog Dog	News (E)	News (E)	ET Canada Entertain	CBC News at Six (E)	Spring Break	News (E)	Mega Builders (N) (E)	So Little So Raven	Pussycat Dolls-Search	UFC Unleashed (N)	Married... Married...	
7 PM :30	Friends Friends	Vanity Jeopardy!	Working Eden	My Music: The British Beat (E)	Jeopardy! Fortune	Friends Scrubs	Movie: "Kings of South Beach" (2007) (E)	Entertain The Insider	Entertain ET Canada	Gilmore Girls (E)	Coronatn Antiques	Spring Break	SportsCentre (Live) (E)	eTalk (E) Hollywood	Futureweap ons (N) (E)	Cory Smart Guy	Stargate SG-1	Bullrun (N)	Frasier Grace
8 PM :30	Sex & City Sex & City	NCIS "Witch Hunt" (E)	Masterpiece	Dateline NBC (E)	NCIS "Witch Hunt" (E)	CSI: Miami (E)	Primitime (N) (E)	House (E)	House (N) (E)	Hustle "Royal Scoop"	Mercer 22 Minutes	Fresh Pr. Fatherhood	Boxing: Austin vs. Klitschko	American Idol The top 12 contestants. (E)	Mega Builders (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld
9 PM :30	Movie: "The Mothman" (2002) (PA) Richard Gere.	The Unit Boston Legal (E)	Don Giovanni Classical	John Denver: A Song's Best Friend	Law Order: CI	Law & Order: SVU	CSI: Crime Scn	Dog Dog	Boston Legal (E)	Risk Takers "Blasters"	House (E)	Mystery Ghost	Prank Ptrl Bob	CSI: Crime Scn	Futureweap ons (E)	Popular (E)	(10:06) Movie: "True Crime" (1999) Clint Eastwood.	Star Trek: Voyager (E)	Married... Married... Ellen (E)
11 PM :30	"Mothman"	Room Moving On	Reach-Top Moving On	Charlie Rose (N) (E)	News (E) Tonight	News Late Show	"Kings of South"	News (E) (11:35)	News (E)	Entertain ET Canada	The Hour (E)	Madison Hollywood	SportsCentre (Live) (E)	News (E)	How-Made Life Derek	8 Rules	Bullrun	The Nanny	

WEDNESDAY, MARCH 14, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	Dawson's Creek (E)	News (E) Room	(Off Air)	Body Elec. Caillou (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (E)	(5:00) News (Live) (E)	CBC News: Morning Monster	Gadget Monster	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E) Spider-Man	(6:06) King Spider-Man	Rachael Ray (E)	The A-Team	Counterstrike (E)
7 AM :30	Movie: "Connie and Carla" (2004) Nia Vardalos.	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Mark Wahlberg; Andy Richter; Michael Mina. (E)	The Early Show (E)	American Justice Cold Case Files (E)	Good Morning America (E)			George S. Lunar Jim	Being Ian LazyTown	SportsCentre (E)		Beastly Countdown	K. Possible (7:24)	CityLine (E)	Deep Space 9	Night Heat (E)
8 AM :30		Homes Berenstain	Hi-5 Curious	Clifford					100 Huntley Street (E)	Curious Pinky	Erky Perky Ruby	SportsCentre (E)		American Chopper	Weekend Lilo Stitch	Deep Space 9	V.I.P. "21 Val Street"	Due South (E) (DVS)	
9 AM :30	NewsRadio Cosby	Body Judge	Magic Bus Rolle Polie	Dragon Big World		Discover Discover	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko Save-Ums!	Viva Pinata Grossology	Off-Record Motoring	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (E) City	The A-Team	Inside Box
10 AM :30	Harvey Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami (E)	The View (N) (E)	World Vision	Design House	Zoboo Doodlebop	Jimmy Neutron: Boy Genius	Bowling	The View (N) (E)	Sharkbite! Surviving	JoJo Handy	Movie: "Problem Child"	Deep Space 9	Ellen (E) Grace
11 AM :30	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. Paid Prog.	Judge J. House	News (E)	The Gill Deacon Show	Pokémon	ATP Tennis: Pacific Life Open - Early Round. From Indian Wells, Calif. (Live)	eTalk (E) MTV e2	Great White Uncaged	Higglytown (11:25) King	(1990) (E)	Star Trek: Next Gener.	The Nanny Frasier
12 PM :30	Home Imp. Home Imp.	News (E)	Reach-Top Edge	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)	Avatar Robot Boy	Degrassi Bold & B.	The Bull Shark	Lizzie School	CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld	
1 PM :30	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	Movie: "Looney Tunes: Back in Action" (2003)	Boxing: Austin vs. Klitschko	Sue Thomas: F.B. Eye	MythBusters (E)	School Life Derek	Star! Daily	Star Trek: Voyager (E)	Mad Abt. Frasier
2 PM :30	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) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	in Action" (2003)	General Hospital (N)	Mega Builders (E)	Life Derek Phil	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210	
3 PM :30	Seinfeld Seinfeld	Room Design	Jack's Big Music Show Postcards	Arthur (E) Judge	Judge Dr. Phil (E)	Dr. Phil (E)	Crossing Jordan (E)	Rachael Ray (E)	To Be Announced	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Zoey 101 (3:26) Zoey	News (E)	CSI: Crime Scn	Due South (E) (DVS)
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 Just-Gags	Spring Break	Hockey Interruptio	Daily Show Colbert	Daily Planet (N) (E)	So Raven Suite Life	Friends Hollywood	CSI: Crime Scn	That News Inside Box
5 PM :30	Raymond Raymond	News (E)	George S. (5:32)	BBC World Business	News (E) NBC News	News News	CSI: Miami (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Simpsons Arrested	Spring Break	Spirit NHL Pre	News (E)	Dirty Jobs "Jobs That Bite"	Suite Life Suite Life	Next Top Model	CSI: Crime Scn	Seinfeld Seinfeld
6 PM :30	Raymond Raymond	Body Caitlin	Mechanics Creatures	News-Lehrer	News (E) Raymond	News Hollywood	The Sopranos (E)	News (E)	News (E)	ET Canada Entertain	CBC News at Six (E)	Spring Break	NHL Hockey: Calgary	News (E)	Working with sharks.	So Little So Raven	Movie: "Red Dragon" (2002)	CSI: Crime Scn	Married... Married...
7 PM :30	King King	Out There Jeopardy!	Meerkat Wild Move	Andre Rieu: The Flying Dutchman	Jeopardy! Fortune	Friends Scrubs	(7:09) The Sopranos (E)	Entertain The Insider	Entertain ET Canada	Jane Show	Coronatn Marketple	Spring Break	Flames at Colorado Avalanche.	eTalk (E) Hollywood	MythBusters (E)	Cory Smart Guy	Anthony Hopkins. (E)	CSI: Crime Scn	Frasier Grace
8 PM :30	Movie: "The Whole Nine Yards"	"Til Death In Case	Hot Rocks "Indonesia"	Friday Night Lights (E)	Jericho (N) (E)	CSI: Miami (E)	First 48	Lopez	Bones (N) (PA) (E)	Bones (N) (PA) (E)	Stand Up in Kandahar	Fresh Pr. Weird	SportsCentre (Live) (E)	Lost "Par Avion" (N)	Daily Planet (E)	Suite Life Life Derek	News (E)	CSI: NY "Cool Hunter"	ET Canada That News
9 PM :30	Movie: "The Whole Ten Yards" (2000) (PA)	Movie	Life and Death	Il Divo: Live at the Greek (E)	Crossing Jordan (N)	Criminal Minds (E)	CSI: Miami (E)	Jim In Case	Crossing Jordan (N)	Crossing Jordan (N)	fifth estate	Mystery Ghost	Spirit	TBA	MythBusters (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld
10 PM :30	Movie: "The Whole Ten Yards" (2004) (E)	News (E)	Scattering	Charlie Rose (N) (E)	News (E) Tonight	News Late Show	(11:09) The Sopranos (E)	News (E) (11:35)	News (E)	Entertain ET Canada	The Hour (E)	Madison Hollywood	SportsCentre (Live) (E)	News (E)	Working with sharks.	8 Rules Life Derek	Back" (1997) Premiere.	CSI: NY "Cool Hunter"	Ellen (E) The Nanny

Horoscopes

March 21 - 28, 2007

Aries - You're in a whole new space this week, trying not to be too dreamy so you can make realistic plans for the future. Set goals, take charge now, but keep feet firmly on ground.

Taurus - You feel better this week, and you can make some solid plans. Health issues that arise now can be resolved in your favour. Something new inspires you to take different path.

Gemini - You want to make some big plans now, perhaps for a vacation. Your partner may seem vague. Express your ideas clearly. Overcome desire to keep things to yourself.

Cancer - Your career could make demands on you this week and it could create a challenge. Your plans for fun times may have to wait. Make sure agreements, taxes, insurance are done.

Leo - Your partner, older folk and young people seem to demand a lot of attention now. You may feel you have to supervise everything. Life is throwing you a few curves.

Virgo - Assess the resources you share with others. Do your income taxes, double check insurance policies. Partner may be full of energy and ego now. Don't take it as permanent.

Libra - Partner is in the mood to share a lot of good things with you, so leave the door open to free exchange of ideas. Talk about health issues, planning for future. Enjoy friends.

Scorpio - Partner is good to you now, wants to talk about a lot of things. Do some constructive planning. Your health is good. Young folks may create disruption. Family life is demanding.

Sagittarius - Home and family life improve. Watch spending - too many demands can deplete resources. Keep tight rein. Your health improves. Take some time for sports, exercise.

Capricorn - Money situation is tight now. Family life is good, pleasant. Enjoy fun with friends. Your mind may be overactive this week. Take time for outdoor activities, be creative.

Aquarius - You're still feeling tired, but home is comforting and friends are steady, reassuring. You can make plans now to change some things in your life, but don't overdo activity.

Pisces - You are now in a position to implement ideas. You have a lot of worries, so be careful not to push them onto others. You are a catalyst now rather than the person in charge. Go easy.

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) ★★ "The Whole Ten Yards" (2004, Comedy) Bruce Willis. A retired hit man, his wife and a dentist face the wrath of a mobster just released from prison. [E]

10:00 am CITY (29) ★★ "A Dream Is a Wish Your Heart Makes: The Annette Funicello Story" (1995, Drama) Eva LaRue. Based upon the autobiography of the popular TV Mouseketeer who also found success as an actress and recording artist. [E]

AFTERNOON

1:00 pm YTV (18) "Kangaroo Jack: G'Day U.S.A.!" (2004, Adventure) Animated. A kangaroo's pals wind up in Las Vegas doing a mission to save him from poachers.

EVENING

7:00 pm WTBS (3) ★★ "Charlie's Angels" (2000, Action) (PA) Cameron Diaz. Three private detectives try to rescue a kidnapped computer pro whose voice-ID software would threaten global security. [E]

9:00 pm WTBS (3) ★★ "The Craft" (1996, Horror) (PA) Robin Tunney. Teen misfits befriend a suicidal newcomer and strike back at tormentors with witchcraft in Los Angeles. [E]

10:06 pm CITY (29) ★★ "Body Shots" (1999, Drama) Sean Patrick Flanery. The possible date rape of an acquaintance frames this look at several L.A. friends and their views on sex. [E]

11:00 pm WTBS (3) ★★ "I Know What You Did Last Summer" (1997, Horror) (PA) Jennifer Love Hewitt. A killer stalks North Carolina teens who disposed of an auto accident's live victim. [E]

friday movies

MORNING

7:00 am WTBS (3) ★★ "Charlie's Angels" (2000, Action) (PA) Cameron Diaz. Three private detectives try to rescue a kidnapped computer pro whose voice-ID software would threaten global security. [E]

10:00 am YTV (18) "Stuart Little 3: Call of the Wild" (2005, Comedy) Voices of Wayne Brady. Animated. A friendly skunk helps a little mouse rescue a cat from a dreaded forest creature.

CITY (29) ★★ "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]

AFTERNOON

1:00 pm YTV (18) "Teen Titans: Trouble in Tokyo" (2006, Adventure) Voices of Greg Cipes. Animated. Five superheroes search for a Japanese criminal after a high-tech ninja attack.

5:00 pm WTBS (3) ★★ "Bridget Jones: The Edge of Reason" (2004, Romance-Comedy) Renée Zellweger. Premiere. An attractive lawyer and Bridget's former boss threaten her newfound happiness with Mark Darcy. [E]

EVENING

6:00 pm CITY (29) ★★ "Miss Congeniality" (2000, Comedy) Sandra Bullock. An image consultant transforms a tomboyish FBI agent into a beauty queen so she can work under cover. [E]

7:00 pm WTBS (3) ★★ "Bridget Jones: The Edge of Reason" (2004, Romance-Comedy) Renée Zellweger. An attractive lawyer and Bridget's former boss threaten her newfound happiness with Mark Darcy. [E]

7:30 pm FAM (26) "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope.

9:00 pm WTBS (3) ★★ "Emma" (1996, Drama) Gwyneth Paltrow. Things keep getting worse after a young matchmaker finds a mate for a simple young woman in rural 1800s England. [E]

FAM (26) ★★ "Armageddon" (1998, Science Fiction) Bruce Willis. A NASA rep recruits an oil driller and his team of mavericks to save Earth from an oncoming asteroid.

10:06 pm CITY (29) "Erotic Obsessions" (2001, Adult) Griffen Drew. A photojournalist investigates the death of her ex-lover, whose voyeuristic tendencies may have led to his demise. [E]

Similkameen News Leader Community Calendar

MARCH

- 23, 24, 24 - Hedley Pow Wow
- 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
- 12, 13 - 6th Annual Princeton Pro Rodeo, Princeton
- 13 - Mother's Day
- 19-21 - Hedley Slo-Pitch Tournament
- 19-21 - Keremeos Elks Rodeo, Keremeos Rodeo Grounds
- 21 - Victoria Day
- 24-27 - Music Under The K, Keremeos

JUNE

- 17 - Father's Day

JULY

- 1 - Canada Day

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

ads@thenewsleader.ca

Similkameen News Leader

Recipe Corner (Recipe #159)
Brought To You By: Similkameen News Leader

Wings & Drumsticks in BBQ Sauce

A taste of summer on your menu all year long!

- 2 tbsp brown sugar
- 2 3/4 cup ketchup
- 1/4 cup lemon juice
- 1 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 1 tsp chili powder
- Tabasco, to taste

Par-boil the wings and drumsticks for 30 minutes. In a saucepan, add oil and sauté onion 2 minutes. Reduce heat. Add brown sugar, continue to cook and stir on medium heat 2 minutes. Remove from heat and add all other ingredients. Reserve half of sauce. Cook turkey pieces on a lightly oiled grill, preheated to a medium heat. Brush turkey pieces with sauce and cook approximately 15 minutes on each side. Brush often during cooking. Turkey is cooked when the juices run clear. Serve with reserved sauce.

Tip: For spicy wings and drumsticks, increase the amount of Tabasco.

Makes 4 servings

Per serving: Calories: 425 Protein: 49.0 g Fat: 18.0 g

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

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\$ 10.00 PER WEEK

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Similkameen News Leader (250) 295-4149

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

226A Bridge Street, Princeton

THURSDAY, MARCH 15, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	Dawson's Creek (E)	News (E) Room	(Off Air)	Body Elec. Caillou (E)	News (E)	News	City Confidential (E)	(5:00) News (E)	News (E)	(5:00) News (E)	CBC News: Morning (E)	Gadget Monster (E)	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man (E)	Rachael Ray (E)	The A-Team	Counterstrike (E)
7 AM :30	Movie: "The Whole Ten Yards" (2004) (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Sandra Bullock; Jeff Goldblum; Dr. Connie Guttersen. (E)	The Early Show (E)	American Justice (E)	Good Morning America (E)			Arthur (E) Lunar Jim	Being Ian LazyTown	SportsCentre (E)		Untamed North America (E)	K. Possible (7:24)	CityLine (E)	Deep Space 9	Night Heat (E)
8 AM :30		Taste	Hi-5 Berenstain	Curious Clifford			Cold Case Files (E)			100 Huntley Street (E)	Curious Clifford	Erky Perky Ruby	SportsCentre (E)		MythBusters (E)	Weekend Lilo Stitch	Deep Space 9	V.I.P. "Chasing Anna" (E)	Due South (E) (DVS)
9 AM :30	NewsRadio Cosby	Body Judge	Magie Bus Rolie Polie	Dragon Big World		College Basketball: NCAA Tournament First Round	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko Save-Ums!	Viva Pinata Grossology	Off-Record Motoring	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (E) City	The A-Team	Happen To Inside Box
10 AM :30	Harvey Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show		CSI: Miami (E)	The View (N) (E)	World Vision	Design House	Zoboo Doodlebop	The Fairly OddParents (E)	Motorcycle Spirit	The View (N) (E)	Piranha Adventure	JoJo Sprites	"Dream Is a Wish Your Heart" (E)	Deep Space 9	Ellen (E) Grace
11 AM :30	Harvey Harvey	Seinfeld Seinfeld	Haida Art Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (E)	College Basketball: NCAA Tournament First Round	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (E)	The Gill Deacon Show	Pokémon	ATP Tennis: Pacific Life Open --	eTalk (E) MTV e2	Nigel Marven	Higglytown (11:25) King	Makes: Funicello"	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.		City Confidential (E)	All My Children (N) (E)	News (E)	Days of our Lives (N)	CBC News: Today (E)	Avatar Robot Boy	Round of 16. From Indian Wells, Calif. (E)	ER (E)	Disaster: Ocean	Lizzie School	CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Living With Depression	Painting Needle Art	Days of our Lives (N)		American Justice	One Life to Live (N)	To Be Announced	As the World Turns	Living Dinner	"Kangaroo Jack: G'Day U.S.A.!" (E)	(Live) (E)	Sue Thomas: F.B. Eye General Hospital (N)	Dirty Jobs "Jobs That Bite"	School Life Derek	In Fashion Star! Daily	Star Trek: Voyager (E)	Mad Abt. Frasier
2 PM :30	King King	Girl Racers (E) (DVS)	Gaslight Dotto Tech	Reading Lions	Passions (N) (E)	Dr. Phil (E)	Cold Case Files (E)	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	(2:45) Erky		General Hospital (N)	Working with sharks.	Life Derek Phil	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	Oprah Winfrey (E)	Crossing Jordan (E)	Rachael Ray (E)	To Be Announced	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Zoey 101 (3:26) Zoey	News (E)	CSI: Crime Scn	Due South (E) (DVS)
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	College Basketball: NCAA Tournament First Round	CSI: Miami (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Frasier 22 Minutes	Spring Break NHL	Hockey NHL	Daily Show Colbert	Daily Planet (N) (E)	So Raven Suite Life	Friends Hollywood	CSI: Crime Scn	Happen To Inside Box
5 PM :30	Friends Friends	News (E)	George S. (5:32)	BBC World Business	News (E) NBC News		CSI: Miami (E)	News (E) ABC News	News (E) Global	News (Live) (E)	Simpsons Arrested	Spring Break Carolina Hurricanes. (E)	News (E)	Deadliest Catch (E)	Suite Life Suite Life	Ugly Betty (N) (E)	CSI: Crime Scn	Seinfeld Seinfeld	
6 PM :30	Friends Friends	Body Caitlin	Spellz (E) Reach-Top	News-Lehrer	News (E)	College Basketball: NCAA Tournament First Round	The First 48 (N) (E)	News (E)	News (E)	ET Canada Entertain	CBC News at Six (E)	Spring Break	News (E)	Dirty Jobs New Orleans.	So Little So Raven	Supernatural (N) (E)	TNA IMPACT! (N) (E)	Married... Married...	
7 PM :30	Movie: "Charlie's Angels" (2000) Cameron Diaz.	Out There Jeopardy!	Profiles of Nature (E)	My Music: Movie Songs (E)	Jeopardy! Fortune		Intervention "Chuckie"	Entertain The Insider	Entertain ET Canada	The Office (E)	Coronatn Fashion	Spring Break	SportsCentre (E) (Live) (E)	eTalk (E) Hollywood	Mayday (E)	Cory Smart Guy	Godiva's (E) (DVS)	Pros vs. Joes (N)	Frasier Grace
8 PM :30		Psych (E)	Snow Birds		The Office (E)		Real Premonitions (E)	Ugly Betty (N) (E)	You Smarter?	You Smarter?	Virus Hunters (N) (E)	Fresh Pr. Fatherhood	Off-Record	CSI: Crime Scn	Daily Planet (E)	Suite Life Life Derek	News (E) (8:35) Star!	Bullrun	ET Canada Happen To
9 PM :30	Movie: "The Craft" (1996) (PA)	Trading Spouses	Around the World	Rock 'n' Roll Circus (E)	Scrubs (N) Barker, P.I.	Hollywood Discover	CSI: Miami (E)	Grey's Anatomy (N)	The Office (E)	Shark "Dr. Feelbad" (E)	Opening Night (N) (E)	Mystery Ghost	Boxing: Miguel Cotto vs. (E)	Grey's Anatomy (N)	Dirty Jobs New Orleans.	8 Rules Sinbad	(9:06) Jimmy Kimmel	Wild World Sports	Seinfeld Seinfeld
10 PM :30	Robin Tunney.	Raines "Pilot" (N)	Set in Stone	Soundstage "Garbage"	(10:01) Raines "Pilot" (N)	Discover Friends	The First 48 (E)	(10:01) October Road "Pilot" (E)	Shark (E)	News (Live) (E)	National	Frank Ptr Bob	Oktaf Urkal. (E)	(10:01) Criminal Minds (E)	Mayday (E)	Popular (E)	(10:06) Movie: "Body Shots" (1999), Jerry O'Connell	MXC Dudesons	Married... Married...
11 PM :30	"I Know What"	News (E) Room	Perspectives (E)		News (E) Tonight	Late Show	Intervention "Chuckie"	News (E)	News (E)	Entertain ET Canada	The Hour (E)	Madison Hollywood	SportsCentre (E) (Live) (E)	News (E)	Deadliest Catch (E)	8 Rules Life Derek		Ellen (E)	The Nanny


FRIDAY, MARCH 16, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
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7 AM :30	Movie: "Charlie's Angels" (2000) Cameron Diaz.	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today James Morrison; home safety; gadgets. (E)	The Early Show (E)	American Justice (E)	Good Morning America (E)			George S. Lunar Jim	Being Ian LazyTown	SportsCentre (E)		Journey-Sea (E)	K. Possible (7:24)	CityLine (E)	Disorderly Con.	Night Heat (E)
8 AM :30		Catering	Hi-5 Berenstain	Curious Clifford			Cold Case Files (E)			100 Huntley Street (E)	Curious Pinky	Erky Perky Ruby	SportsCentre (E)		Futureweap- ons (E)	Weekend Lilo Stitch	Deep Space 9	Disorderly Con.	Due South (E) (DVS)
9 AM :30	NewsRadio Cosby	Body Judge	Magie Bus Rolie Polie	Dragon Big World		College Basketball: NCAA Tournament First Round	Crossing Jordan (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko Save-Ums!	Viva Pinata Grossology	Off-Record In Corner	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (E) City	MXC MXC	Big Screen Inside Box
10 AM :30	Harvey Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show		CSI: Miami "Killer Date" (E)	The View Cyndi Lauper. (E)	World Vision	Design House	Zoboo Doodlebop	"Stuart Little 3: Call of the Wild" (E)	Motorcycle Score Golf	The View Cyndi Lauper. (E)	Biker Build-Off (E)	JoJo Mickey	Movie: "Lost & Found" (1999) David Spade. (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)	College Basketball: NCAA Tournament First Round	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (E)	The Gill Deacon Show	Pokémon	ATP Tennis: Pacific Life Open --	eTalk (E) Screen	Monster House (E)	Higglytown (11:25) King		MXC MXC	The Nanny Frasier
12 PM :30	Home Imp. Home Imp.	News (E)	Canada-History	Charlie Rose (E)	Paid Prog. Paid Prog.		City Confidential (E)	All My Children (N) (E)	News (E)	Days of our Lives (N)	CBC News: Today (E)	Avatar Robot Boy	Quarterfinals - From Indian Wells, Calif. (Live) (E)	ER (E)	Deadliest Catch (E)	Lizzie School	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)		American Justice	One Life to Live (N)	To Be Announced	As the World Turns	Living Dinner	Movie: "Teen Titans." (E)	Calif. (Live) (E)	Sue Thomas: F.B. Eye General Hospital (N)	Dirty Jobs New Orleans.	School Life Derek	At Movies Star! Daily	MXC MXC	Mad Abt. Frasier
2 PM :30	King King	Girl Racers (E) (DVS)	Gaslight Gardens	Reading Lions	Passions (N) (E)	Dr. Phil (E)	Cold Case Files (E)	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Trouble in Tokyo" (2006) (E)		General Hospital (N)	Mayday (E)	Life Derek Phil	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
3 PM :30	Seinfeld Seinfeld	Room Design	Hi-5 "Senses: Seeing"	Arthur (E) Fetch! With Judge	Judge Judge	Oprah Winfrey (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	Zoey 101 (3:26) Zoey	News (E)	CSI: Crime Scn	Due South (E) (DVS)
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	College Basketball: NCAA Tournament First Round	CSI: Miami "Killer Date" (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Frasier Air Farce	Spring Break NBA Basketball: Houston Rockets at Toronto Raptors. (E)	NBA Basketball: Houston Rockets at Toronto Raptors. (E)	Daily Show Colbert	Daily Planet (N) (E)	So Raven Suite Life	Friends Hollywood	CSI: Crime Scn	Big Screen Inside Box
5 PM :30	Movie: "Bridget Jones: The Edge of Reason"	Body Caitlin	Arctic Skoole! (E)	News-Lehrer	News (E)		CSI: Miami (E)	News (E)	News (E)	ET Canada Entertain	CBC News at Six (E)	OddParent SpongeBob	In Corner	News (E)	I Shouldn't Be Alive	Zoey 101 So Raven	Movie: "Miss Congeniality" (2000), Comedy (E)	Pros vs. Joes	Married... Married...
7 PM :30	Movie: "Bridget Jones: The Edge of Reason"	Out There Jeopardy!	The Life of Birds (E)	Wash Wk McLaughlin	Jeopardy! Fortune		Intervention "Ryan" (N)	Entertain The Insider	Entertain ET Canada	Falcon Beach	Coronatn 22 Minutes	Team Fantaste 4	SportsCentre (E) (Live) (E)	eTalk (E) Hollywood	A Haunting (E)	Cory Movie: "Jump In!" (2007, Drania)	News (E) Party	Pros vs. Joes	Frasier Grace
8 PM :30		Next Great Chef (N)	He Knew He Was Right (Part 1 of 2) (E)	NOW (N) Europe	1 vs. 100 (TV) (N) (E)		Intervention "John" (E)	Grey's Anatomy (E)	Falcon Beach (E)	NUMB3RS (E)	Air Farce Mercer	(8:05) (8:35) Zatch	Formula One Racing (E)	Grey's Anatomy (E)	Daily Planet (E)		News (E) Party	TNA Wrestling Impact!	ET Canada Big Screen
9 PM :30	Movie: "Emma" (1996).	Identity (N) (E)	1 of 2 (E)	Broadway: The Golden Age (E)	Identity (N) (E)	Hollywood Discover	CSI: Miami "Recoil" (E)	(9:01) Wife Swap (E)	Las Vegas (E)	Las Vegas (N) (E)	Just for Laughs	Inuyasha Gundam	Sports	(9:01) Law & Order (E)	I Shouldn't Be Alive	Movie: "Armageddon" (1998)	(9:06) Jimmy Kimmel	Sports	Seinfeld
10 PM :30	Drama) Gwyneth Paltrow. (E)	20/20 (E)	Sher. Holmes	Mike Neun	Law & Order "Release"	Discover Friends	CSI: Miami (E)	20/20 (E)	NUMB3RS (E)	News (Live) (E)	National	Alchemist Bleach	Friday Night Fights. (E)	Law & Order "Release"	Deadliest Catch (E)	Bruce Willis, Billy Bob Thornton.	(10:06) Movie: "Erotic Obsessions" (2001) Griffen	Game Movie: "So Close"	Married... Married...
11 PM :30	"Kate"	News (E) Room	Snow Birds	Austin City Limits (E)	News (E) Tonight	Late Show	Intervention "Ryan" (E)	News (E)	News (E)	(11:03) ECW (E)	The Hour (E)	Eureka 7 Gundam	SportsCentre (E) (Live) (E)	News (E)	How-Made Doctor	"Horse"		Ellen (E)	The Nanny

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saturday movies

MORNING
 6:00 am SPIKE (44) ★★½ "Another 48 Hours" (1990, Action) Eddie Murphy. Slick jailbird Reggie hits the street with sloppy policeman Jack, this time to nab a drug king. (In Stereo)
 8:00 am WTBS (3) ★★½ "Emma" (1996, Drama) Gwyneth Paltrow. Things keep getting worse after a young matchmaker finds a mate for a simple young woman in rural 1800s England. (E)
 9:00 am 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)
 10:45 am WTBS (3) ★★½ "Kate & Leopold" (2001, Romance-Comedy) Meg Ryan. A Manhattan woman falls in love with the 19th-century Duke of Albany who has stepped through a time portal. (E)
 11:00 am A&E (9) ★★½ "Cliffhanger" (1993, Action) Sylvester Stallone. Villains force two Colorado climbers to find three suitcases containing \$100 million lost in the Rockies. (E)
AFTERNOON
 12:00 pm FAM (26) ★★½ "Tiger Cruise" (2004, Drama) Hayden Panettiere. Terrorists strike on Sept. 11, 2001, while a teenager is visiting her father aboard the USS Constellation.
 CITY (29) ★★ "Jack Frost" (1998, Fantasy) Michael Keaton. A man who died on Christmas Eve returns to his wife and son one year later in the form of a snowman. (E)
 1:20 pm WTBS (3) ★★½ "Four Weddings and a Funeral" (1994, Romance-Comedy) Hugh Grant. An English charmer and a lusty American make love over a course of surprising events. (E)
 1:30 pm FAM (26) ★★ "Miracle In Lane 2" (2000, Docudrama) Frankie Muniz. Determined to keep up with

his athletic brother, a boy in a wheelchair tries to win a Soap Box Derby trophy. (E)
 4:00 pm WTBS (3) ★★½ "Titanic" (1997, Drama) (PA) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage. (E)
 YTV (18) ★★½ "Teenage Mutant Ninja Turtles II: The Secret of the Ooze" (1991, Fantasy) Paige Turco. The four superturtles and their news-woman friend meet Tokka and Rahzar, Shredder's new mutant monsters.
EVENING
 6:00 pm CITY (29) ★★½ "Marlon Bridge" (2002, Drama) Molly Parker. Three estranged sisters reunite in their hometown in Nova Scotia to comfort their dying mother. (E)
 8:00 pm WTBS (3) ★★½ "Pay It Forward" (2000, Drama) Kevin Spacey. In response to a challenge by his teacher, an 11-year-old proposes an idea for individual deeds to change the world. (E)
 YTV (18) ★★½ "Liar Liar" (1997, Comedy) Jim Carrey. A boy's birthday wish comes true that his neglectful father, a fast-talking lawyer, will not be able to tell a lie for 24 hours.
 9:00 pm KXLX (10) ★★½ "Legally Blonde 2: Red, White & Blonde" (2003, Comedy) Reese Witherspoon. Fired from her firm, a young Boston lawyer heads to Washington, D.C., to fight for animal rights. (In Stereo) (E)
 FAM (26) "Lenny the Wonder Dog" (2004, Adventure) Sammy Kahn. An experimental microchip gives a canine the ability to converse with humans.
 CITY (29) ★★½ "End of Days" (1999, Horror) Arnold Schwarzenegger. An ex-cop must protect a woman chosen by Satan to be the mother of the Antichrist. (E)
 SPIKE (44) ★★ "Boondock Salts" (1999, Crime Drama)

Willam Dafoe. Two brothers, believing themselves to be on a mission from God, begin killing members of Boston's underworld. (In Stereo)
 10:30 pm WTBS (3) ★★½ "American Beauty" (1999, Comedy-Drama) (PA) Kevin Spacey. A man in midlife crisis and at odds with his wife begins working out to impress his teenage daughter's friend. (E)
 10:46 pm FAM (26) ★★½ "Double Teamed" (2002, Drama) Annie McElwain. Twin sisters Heather and Heidi Burge develop a budding rivalry in high school and make it to the WNBA.
 11:00 pm SPIKE (44) ★★½ "Another 48 Hours" (1990, Action) Eddie Murphy. Slick jailbird Reggie hits the street with sloppy policeman Jack, this time to nab a drug king. (In Stereo)
 11:30 pm CITY (29) ★ "Isn't She Great" (2000, Comedy) Bette Midler. Personal tragedies and professional failures do not deter Jacqueline Susann from finding fame as a novelist. (E)

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sunday movies

MORNING
 6:00 am WTBS (3) ★★½ "Wimbledon" (2004, Romance-Comedy) Kirsten Dunst. An English tennis player reinvigorates his game after finding romance with an American counterpart. (E)
 8:00 am WTBS (3) ★★½ "Pay It Forward" (2000, Drama) Kevin Spacey. In response to a challenge by his teacher, an 11-year-old proposes an idea for individual deeds to change the world. (E)
 9:00 am 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)
 10:30 am WTBS (3) ★★½ "Four Weddings and a Funeral" (1994, Romance-Comedy) Hugh Grant. An English charmer and a lusty American make love over a course of surprising events. (E)
 11:00 am CITY (29) ★★½ "Sixteen Candles" (1984, Comedy) Molly Ringwald. A girl turning 16 likes another girl's guy and feels nobody cares about her birthday. (E)
AFTERNOON
 12:00 pm FAM (26) ★★½ "Honey, I

Blew Up the Kid" (1992, Comedy) Rick Moranis. The wacky inventor who shrunk the kids makes his 2-year-old boy the size of a Las Vegas casino.
 SPIKE (44) ★★½ "The Godfather, Part III" (1990, Crime Drama) Al Pacino. Dignified Michael Corleone joins his wild nephew in a Sicilian vendetta involving the Vatican. (In Stereo)
 1:00 pm WTBS (3) ★★½ "Titanic" (1997, Drama) (PA) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage. (E)
 1:30 pm FAM (26) ★★½ "Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. A 14-year-old baseball prodigy tries to juggle the playoffs and a cooking contest in the same day.
 3:00 pm YTV (18) ★★ "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. (In Stereo) (E)
 4:00 pm YTV (18) ★★ "The Rugrats Movie" (1998, Adventure) E.G. Daily. Animated. Tommy and his plucky pals go on a forest adventure in his father's latest invention, the Reptar Wagon.

5:00 pm WTBS (3) ★★½ "Bridget Jones: The Edge of Reason" (2004, Romance-Comedy) Renée Zellweger. An attractive lawyer and Bridget's former boss threaten her newfound happiness with Mark Darcy. (E)
 CBC (13) ★★½ "Finding Nemo" (2003, Comedy) Voices of Albert Brooks. Animated. A fish embarks on a journey to find his son after losing him in the Great Barrier Reef. (E)
EVENING
 6:00 pm YTV (18) ★★ "Raise Your Voice" (2004, Drama) Hilary Duff. A small-town teenager defies her father and heads to Los Angeles to study at a performing arts school.
 CITY (29) ★★½ "Dodgeball: A True Underdog Story" (2004, Comedy) Vince Vaughn. Premiere. The owner of a gym and an over-bearing entrepreneur form dodgeball teams to compete for \$50,000 in Las Vegas. (E)
 7:00 pm WTBS (3) ★★½ "Bridget Jones: The Edge of Reason" (2004, Romance-Comedy) Renée Zellweger. An attractive lawyer and Bridget's former boss threaten her newfound happiness with Mark Darcy. (E)
 9:00 pm WTBS (3) ★★½ "Wimbledon" (2004, Romance-Comedy) Kirsten Dunst. An English tennis player reinvigorates his game after finding romance with an American counterpart. (E)
 FAM (26) ★★½ "Camp Nowhere" (1994, Comedy) Jonathan Jackson. An ex-drama coach helps a band of misfit children realize their dream of creating their very own secret summer camp.
 10:51 pm FAM (26) ★★ "Killer Flood: The Day the Dam Burst" (2003, Suspense) Joe Lando. An architect tries to warn a corrupt contractor that a dam will eventually break and cause a disaster.
 11:00 pm WTBS (3) ★★½ "Divine Secrets of the Ya-Ya Sisterhood" (2002, Comedy-Drama) (PA) Sandra Bullock. Forced to visit her estranged mother in Louisiana, a New York playwright learns about her past through a scrapbook. (E)

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SATURDAY, MARCH 17, 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	XCU Storyline	News (H) Pioneers	(Off Air)	Wild Ne Farmers	(5:00) Today (H)	(5:00) Saturday Early Show	Sports Wives (H)	Good Morning America	Adventure Hunter	Fishing Fishin	Lunar Jim Pinky	Gadget Adrenalini	SportsCentr e (H)	OWL/TV Kingdom	Ultimates (H)	(6:03) Get Rangers	About You Dhuri	Movie: "Another 48 Hours"	Dinner Paid Prog.	
7 AM	Wed Outtakes	Gold Trails Powerboat	Sagwa Dora	MotorWeek Fly Tying	News Sabrina	Madeline	Good Morning Northwest	Good Morning Northwest	News (H) News (H)	News (H)	Wilbur (H) George S.	Flamingo Viva Pinata	Fishing Motoring	Katie-Orbie Hobo	How-Made Doctor	Star Racer (7:20)	Eye on Asia	(1990) Eddie Murphy.	Mad Abt. Friends	
8 AM	Movie: "Emma" (1996)	Body Farm Rpt	George S. The Magic School Bus	Vic. at Sea Hometime	Trollz (H) Horseland	Airline (H) Airline (H)	Saturday (H)	Saturday (H)	Hiring Making Cut	Speed Skating: Distance	Phantom Fantaste 4	Snow Trax NASCAR Racing: Busch Series	Good Morning Canada (H)	I Shouldn't Be Alive	Suite Life (8:43) Zoey	Polish Studio (H)	Bullrun	Ned Stacy The Nanny		
9 AM	Drama Gwyneth Paltrow. (H)	Eagle Communica tions	(9:32) Old House	Workshop Old House	Road to the Final Four	Movie: "Kings of South Beach" (2007) (H)	So Raven So Raven	So Raven So Raven	Montana DELL	DELL	Speed Skating: Distance	Phantom Fantaste 4	Snow Trax NASCAR Racing: Busch Series	Good Morning Canada (H)	I Shouldn't Be Alive	Suite Life (8:43) Zoey	Polish Studio (H)	Bullrun	Ned Stacy The Nanny	
10 AM	(10:45) Movie: "Kate & Leopold" (2001) Meg Ryan, Hugh Jackman. (H)	Antique Big Coast	Big World Macphee	Americas Mexico	Paid Prog. Paid Prog.	College Basketball: NCAA Tournament Second Round	Movie: "Cliffhanger" (1993) Sylvester Stallone.	Emperor Countdown	Making the Cut (H)	Fishing	Fishing	Skiing	Team	PLAN Canada (H)	Megalightni ng (H)	Even	Boy World NewMusic	Trucks! Seinfeld	Seinfeld	
11 AM	Movie: "Four Weddings and a Funeral" (1994) Hugh Grant.	Powerboat Ride	Dora (8:31) Go, Diego, Go! (H)	To Be Announced	Fortune Dragon (H)	College Basketball: NCAA Tournament Second Round	Sell House Design Clean	3 2 1 Pen Babar (H)	Simpsons Simpsons	Simpsons Simpsons	Simpsons Simpsons	Simpsons Simpsons	Simpsons Simpsons	Simpsons Simpsons	Simpsons Simpsons	Simpsons Simpsons	Simpsons Simpsons	Simpsons Simpsons	Simpsons Simpsons	Simpsons Simpsons
12 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
1 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
2 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
3 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
4 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
5 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
6 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
7 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
8 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
9 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
10 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House
11 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Foodies Marriage	George S. Zoboo	To Be Announced	News (H) NBC News	College Basketball: NCAA Tournament	Flip This House (H)	News (H) ABC News	News (H) Global	News (H) Global	News (H) Global	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House	News (H) House

SUNDAY, MARCH 18, 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	Movie: "Wimbledon" (2004)	Antique Taste	(Off Air)	Berenstain Cliff Pup	Today (H)	Discover Discover	Breakfast With the Arts	Good Morning America	Pioneers Fishful	Foodies Canada	Poko Poko	Gadget Jane	SportsCentr e (H)	Acorn Kids	Dirty Jobs New Orleans.	(6:03) Get Rangers	Mix TV	MuscleCar MuscleCar	Ride Paid Prog.
7 AM	Kirsten Dunst. (H)	In Touch (N) (H)	Jakers Dora	Bob Build Thomas	Dragon Jacob	CBS News Sunday Morning (H)	Jackpot Diaries (H)	News (H)	Foodies Canada	World Vis Is Written	Poko Coronati	Winx Club Mew Mew	Reporters Reporters	Good Morning Canada (H)	Secrets of the Deep (H)	Star Racer (7:20)	Eye on Asia	Hrsepwer Hrsepwer	Mad Abt. Friends
8 AM	Movie: "Pay It Forward" (2000)	Van Impe Is Written	George S. The Magic School Bus	Jakers Fetch! With Maya	Meet the Press (H)	Nation	Movie: "Kings of South Beach" (2007) (H)	This Week With George Matthews	News (H) TribalTrail	News (H) TribalTrail	Coronati Coronati	Robot Boy Grossology	Spirit Score Golf	Wildlife Funnest Animals	Suite Life (8:43) Zoey	Eye-Asia	Hrsepwer Hrsepwer	Ned Stacy The Nanny	
9 AM	Drama Kevin Spacey. (H)	Gold Trails Faith	(9:32) College	Snowboardi ng	Snowboardi ng: U.S. Open	College Basketball: NCAA Tournament Second Round	Movie: "Kings of South Beach" (2007) (H)	This Week With George Matthews	News (H) TribalTrail	News (H) TribalTrail	Coronati Coronati	Robot Boy Grossology	Spirit Score Golf	Wildlife Funnest Animals	Suite Life (8:43) Zoey	Eye-Asia	Hrsepwer Hrsepwer	Ned Stacy The Nanny	
10 AM	Movie: "Four Weddings and a Funeral" (1994) Hugh Grant.	Jovan (H) Design	Upside Big World	Foreign European	Snowboardi ng: U.S. Open	College Basketball: NCAA Tournament Second Round	Movie: "Kings of South Beach" (2007) (H)	This Week With George Matthews	News (H) TribalTrail	News (H) TribalTrail	Coronati Coronati	Robot Boy Grossology	Spirit Score Golf	Wildlife Funnest Animals	Suite Life (8:43) Zoey	Eye-Asia	Hrsepwer Hrsepwer	Ned Stacy The Nanny	
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12 PM	Movie: "Titanic" (1997) (PA) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Knockout PGA Golf: Arnold Palmer Invitational - Final Round. (H)	Mechanics Heads Up Spellz (H)	America To Be Announced	PGA Golf: Arnold Palmer Invitational - Final Round. (H)	College Basketball: NCAA Tournament Second Round	Movie: "Kings of South Beach" (2007) (H)	This Week With George Matthews	News (H) TribalTrail	News (H) TribalTrail	Coronati Coronati	Robot Boy Grossology	Spirit Score Golf	Wildlife Funnest Animals	Suite Life (8:43) Zoey	Eye-Asia	Hrsepwer Hrsepwer	Ned Stacy The Nanny	
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MONDAY, MARCH 19, 2007

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

monday movies

MORNING

7:00 am WTBS (3) ★½ "D2: The Mighty Ducks" (1994, Comedy) (PA) Emilio Estevez. An injured hockey player coaches a pee-wee team set to face off against skaters from Iceland.

10:00 am YTV (18) ★★½ "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. (In Stereo) (E) CITY (29) ★★½ "Dodgeball: A True Underdog Story" (2004, Comedy) Vince Vaughn. The owner of a gym and an overbearing entrepreneur form dodgeball teams to compete for \$50,000 in Las Vegas. (E)

EVENING

6:00 pm CITY (29) ★★½ "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. (E) 8:00 pm CBC (13) ★★½ "Bridget Jones: The Edge of Reason" (2004, Romance-Comedy) Renée Zellweger. An attractive lawyer and Bridget's former boss threaten her newfound happiness with Mark Darcy. (E)

9:00 pm WTBS (3) ★★½ "Once Upon a Time in Mexico" (2003, Action) (PA) Antonio Banderas. A corrupt CIA agent recruits a tormented gunman to stop conspirators from assassinating the president of Mexico. (E)

10:06 pm CITY (29) ★½ "Idle Hands" (1999, Horror) Devon Sawa. A teenage slacker wakes up Halloween Day, finds his parents gruesomely murdered and his right hand possessed by the devil. (E)

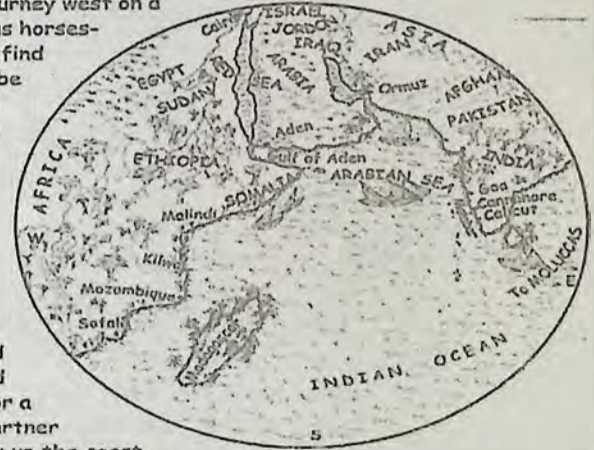
11:00 pm WTBS (3) ★★ "Desperado" (1995, Action) (PA) Antonio Banderas. A guitar-playing stranger shoots up a Mexican cantina while seeking the drug dealer who killed his girlfriend. (E)

news leader puzzle page puzzle maps of exploration

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



Still disguised as a Moorish merchant and writing some of my notes in code I find out that the spice ships in Aden, 12° 50'N/45° 00'E, have arrived from (see Ali- knife wound) on the west coast of India. I am able to travel with a small fleet of Dhows returning to Calicut across the Arabian sea. It is a magnificent city of gardens and man made lakes but a shallow port. Despite this hazard, a friendly Indian merchant explains it is the main transit point for most spices, cinnamon, nutmeg, cloves and even the other spices from the Spice Islands much further east, now called the Moluccas. Nearly a year is spent gathering information about these exotic peoples and I visit several cities along the beautiful Malabar coast including (can-Na- snore, minus -s) and Goa. Certain of the way to the source of the spice I start my return journey west on a boat called a sambuck across the (famous horses-waters) to Ormuz in Arabia. I arrive to find much talk of the gold and prosperity to be found south on the east coast of Africa near the port of Sofala. I join a trading dhow to take me south parallel with the coast to Malindi then (murder-baby cry), Mozambique and onto Sofala. I trade a little in gold and amber and meet merchants who are aware of the sea route south west around the cape of Africa but are frightened by the power of it's storms. This is good news for our valiant Portuguese seafarers and as I have not found great prosperity and gold in Sofala I return with this news for a previously scheduled meeting with my partner Affonso. After an arduous journey back up the coast of Africa and then by dhow the length of the (finished book - waters) I find my way to Cairo where I meet two Jews with letters for me from King John of Portugal, Rabbi Abraham de Beja and Joseph of Lamego. I'm saddened to learn that my friend and partner Affonso de Paiva has died. I provide the secret coded report of my mission to Joseph who heads back with the news to Portugal. The Rabbi and I head south for Ormuz where I can rest for a while before starting the next phase of my journey to continue Affonso's portion of our mission to the African Kingdom of Prester John....Part 3 of 4.



SOLUTION: You have just followed the portion of the third part of a journey of discovery undertaken by the young Jew Pero de Covham started in 1487 for King John of Portugal in search of the source of eastern spices and the court of the Christian King Prester John in Africa. CLUES: (see Ali- knife wound) - Calicut, (can- Na- snore, minus -s) - Cannanore, (famous horses-waters) - Arabian Sea, (murder-baby cry) - Kilwa, (finished book - waters) - Red Sea.

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

Mobile home in Pines MHP. Gibraltar Mobile Home 1996, 14' x 66' - 2-bedroom, 2 bath. Natural gas. 2x6 construction. Storage shed. To view call (250) 295-7081 or 295-1227. Mar 13-27

Ryan aerator, \$1,800.00. Call (250) 295-7480. Mar 13-27

Sofa, love seat and corner unit. Good condition, \$300.00. Air hockey game, great condition. \$100.00. Ceiling fan, like new. \$200.00. (250) 295-6156 after 5:00 PM. Mar 06-20

1989 Corsica, V6, comes with 4 new snow tires and 4 all-seasons mounted and balanced. A1 shape. Asking \$2,200 OBO. 2 budgies with cage, 1 cockatiel with cage. \$65.00 for all three. (250) 295-0201. Mar 06-20

18-foot Prowler Trailer. Good condition throughout. View at 103 Westridge Drive, \$3,900.00. 1991 Ford F150 4x4. 302, 5-speed, excellent condition, canopy, box liner, boat rack. View at 103 Westridge Drive, \$4,200.00. (250) 295-6230. Mar 20-Apr 03

1998 GMC SLE Z-71 ext. cab. Auto, 350, off-road package. 118,000 km. Mint condition. \$16,000 OBO. (250) 295-7480. Mar 20-Apr 03

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

card of thanks

Thank You!

The Liddicoat Family would like to thank Princeton Ambulance Service, Princeton Search & Rescue, Cst. Mike Leiding, Dr. Adams, Princeton General Hospital nurses and staff, Dr. Taylor, Penticton Regional Hospital nurses and staff, June Dunte, Dawn Campbell, and Grace & Walter McCumber for all their help during and after Len's accident.

- Yvonne, Len, Mariah & Megan

Thank You to
Mr. Ted Hardin

We would like to thank you for your hard work ensuring that every year we have a skating rink on the second bench.

We all spent a lot of time there playing and it is great of you to make sure we can continue this every year.

- Colton and Colby Williams

We would like to extend a sincere Thank You to our family and friends for the food, donations and messages of sympathy sent in regards to the loss of our Dad/Grandpa.
Thank you all.

The Ferguson and Harker Families.

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Jul 06-tfn

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help wanted

Princeton Golf Club is currently accepting applications for employment for the 2007 golf season. Positions are available for the restaurant, bar and kitchen. Interested applicants please send resume to Box 1346, Princeton, BC V0X 1W0. Mar 20-Feb 06

business opportunity

Reseller wanted for Princeton and area. Great opportunity with Canadian pet food company. Low start-up costs, it is not a MLM company. Works well with pet-related or delivery businesses. For more information call Ken at (250) 493-2753 after 6:00 PM. Mar 20-Feb 06

notice

Musical Entertainer available for hire. Private parties, local events, etc. Patty (250) 295-0520 or e-mail pattyann@uniserve.com. Jul 25-Feb

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

In Loving Memory of our Father, Fred Whelpton

January 27, 1957 - March 23, 2006



One year has passed
Since that sad day
When one we loved
Was called away;

God took home home it was his will
Within our hearts he liveth still

Dad, not a day goes by, that you aren't in our thoughts.
We cherish every moment and memory we had with you.

You will be forever missed.

We love you always,

Colby, Danielle, Randy, Freddy

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WorkZone is seeking an individual to be responsible for promoting employment services to people in the Princeton area. The position requires the incumbent work up to three days per week, depending on qualifications and interests. We are willing to consider filling the position with more than one person.

Duties could include provision of employment counselling services to youth at risk and persons with multiple barriers; assisting barriered clients to find employment or volunteer opportunities in the community and continuing to provide support to the client in this environment; to seek out employers receptive to hiring people with challenges. It is also expected that the incumbent maintain a thorough knowledge of, and relationship with programs and services in the community, work with clients by engaging in individual employment counselling sessions, and developing and delivering interactive workshops and group counselling sessions related to Employment issues.

Qualifications:

- Completion of College or University Degree in the Human Service field, and three to five years of related experience, or an equivalent combination of education and experience
- Preferably three years experience working with youth and multi barriered people
- Ability to identify and establish positive relationships with clients
- Sound knowledge of techniques and strategies related to employment and employment counselling
- Familiarity with community and federal and provincial government services
- Excellent interpersonal and communication skills.
- Computer skills including MS Word, Excel, PowerPoint, Windows, and the internet.

If you are interested in this challenging and interesting opportunity, please forward your resume and cover letter to paml@workzonebc.com.

We wish to express our appreciation to all applicants for their interest and effort in applying for this position and advise that only candidates selected for interviews will be contacted.

The Government of Canada
 has contributed funding to this initiative **Canada**

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www.thenewsleader.ca



The News Leader's Brenda Engel turns

50

on March 19th



**Please send your
letters of condolence to:
brenda@thenewsleader.ca**

editor@thenewsleader.ca

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

my turn

Slower traffic - use right lane

It was over coffee last week when it happened. An old issue brought back to life and for a change it felt as if the time was right.

Highway 3 needs some work.

We're not talking about those weak excuses for upgrades identified as 'cold patching' or 'resurfacing' that slows down holiday traffic and gives flaggers extra time to work on their tans.

Nope, we're talking something that will have an impact that will ripple its way all along the ribbon of cracked and crumbling asphalt we call Highway 3 and be noticed as far away as the Alberta border.

It's time to dust off that long forgotten major highway program created by and approved by the long forgotten Social Credit party - The Whipsaw Project.

If our memory is correct - or at least partially correct - we seem to recall there was a plan at one time to yank out the Whipsaw Bridge and replace it with a span that would cross Whipsaw Creek in such a manner that the corner would be gone and replaced with a straight stretch of pavement suspended on a pretty cool bridge structure.

That was about as high tech as it got back then - back in a time before cell phones and the interweb.

What happened? Well, the Socred's proved once again they had great ideas but weren't very good at timing.

The plan didn't survive the following provincial election.

The upside was we got to see the government spent a great deal of money on highways - even if most of them were in places in BC most of us in the Similkameen don't travel. Even for a vacation.

Now with the Olympics only about 1,000 days away, we think it's about time the old Socred make-work road project once again saw the light of day.

You would think the province builders in Victoria would want to make road travel to the 2010 games as easy as possible for those of us who still travel in cars and throw some serious money at the existing transportation network in the southern part of BC to ensure some of us can safely get to the games before they end.

Only this time around they won't have to slice through a chunk of wilderness to build a brand new highway to feed the province into Vancouver (translation: "Coquihalla Highway To Be Completed In Time For Expo").

This time around we already have a mighty fine road, it just needs a little TLC and a few million dollars for an extreme makeover.

And with the world coming to BC in 2010, you'd think the time would be right that someone happened to stumble across a wad of pre-Olympic funding for just such projects and used it on something other than creating more tar snakes.

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

ISSN 1712-090X

An Independent Newspaper - There Are No Chains On Us!

Published weekly by Bengel Publishing Inc.

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

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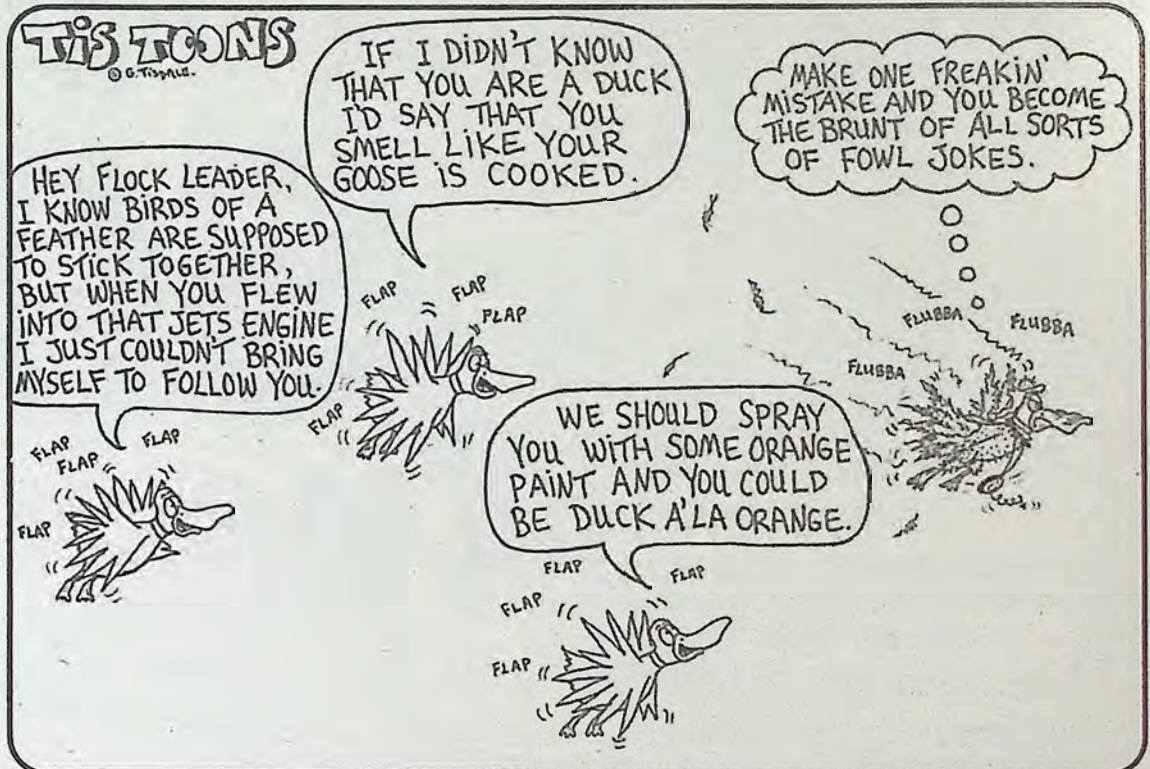
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your turn

Chamber President praises TILMA

To The Editor:

I write to lend support for the B.C.-Alberta Trade, Investment and Labour Mobility Agreement which comes into effect at the beginning

of April this year.

If you ask small business owners (and the Canadian Chamber of Commerce has done just that) they have the most to gain by eliminat-

Seniors' celebrate early

A pleasant Spring-like morning raised our spirits promising a happy day. The residents crowded around our round table having a fresh cup of coffee while Aida read us some Irish jokes.

Yes, we celebrated St. Patrick's Day early. All residents were asked to wear green if possible, and they did. The jokes had us all laughing. Then the headlines of a local paper, and the horoscopes for each of us was read. Of course we did our word game and even fitted in exercises before our lovely lunch.

In the afternoon we had the pleasure of twenty 8-year old students from John Allison school under the guidance of Raelene, her

daughter Sarah and several mothers come for nearly an hour. We listened to a story read by Raelene.

Residents and children alike listened intently enjoying every word and the delightful pictures. Each child and resident was given a sheet of green paper with 16 questions. The children moved amongst us asking these questions and they asked us to sign ones we could answer. We did the same with them. Such well behaved and enthusiastic children!

In doing this we hope to bridge the gap between our generations and make new friends. It was a pleasure to have them come and hope they come again.

- submitted by D. Stenvold

ing interprovincial trade barriers. Complying with multiple sets of regulations, licensing requirements, labour mobility barriers and local procurement requirements not only adds costs for larger firms, but prevents smaller ones from expanding beyond our provincial borders.

TILMA is a step in the right direction. The two governments have pledged to discuss their overlapping and duplicate regulations, keep the ones that make sense and eliminate the ones that are unnecessary. At the same time, TILMA preserves governments responsibilities to their citizens in areas like taxation, social policy and environment.

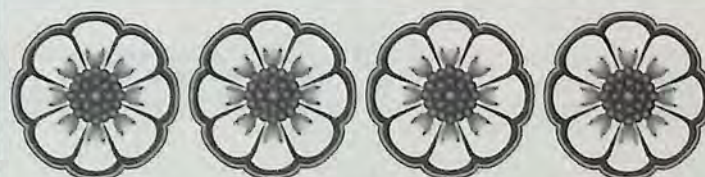
The result will be less red tape, fewer duplicate costs for workers and businesses, and a stronger economic foundation.

TILMA's labour mobility provisions will make it much easier for employers to attract skilled labour, as the provinces have agreed to reconcile or mutually recognize accreditation standards for all workers.

B.C. and Alberta should be congratulated for showing leadership by negotiating TILMA.

Sincerely,
John R Winter
President & CEO, British Columbia Chamber of Commerce

Come see the wide variety of fresh-cut flowers, house plants and outdoor plants at our family-owned and operated business. We welcome you to visit us every Saturday from March 24 through October from 8:30 AM to 3:30 PM at Princeton Plaza Parking Lot.



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Current Comment:

Signs of Spring are not big enough



Dawn Johnson
editor@thenewsleader.ca

It is that time of year again, the time for yard sales, flea markets, teas and other occasions. Last year, after several frustrating experiences with signs, I vowed I would say something about signs before the season is fully underway.

I am not the only one who is frustrated by the kind of signs people put up to advertise their events. One yard sale last year was the ultimate in frustration for me. I saw the sign on the wooden bridge, but it was too small for me to read all of it as I drove past. I thought, "I'll look in the paper on Saturday morning."

The yard sale was not advertised in the paper.

Okay, what now? I drove down to the bridge, where I discovered the sign had been the victim of a shower, and was unreadable.

Success of any event depends on how many people attend. An event with a low turnout, even if it is a yard sale or a tea, means a whole lot of work for fewer returns for those putting on the event.

It pays to advertise well.

It is important to remember that most of the traffic on our streets is in a vehicle. Drivers do not have time to stop and read little signs. The primary obligation of any driver is to pay attention to traffic. When somebody puts up a sign on letter size paper, a driver is not likely to read it.

If you are going to hang signs, make them big signs. Buy a few sheets of poster paper from your local dollar store, and make the printing big and bold. That means ALL of the printing - date, time and place.

If you know dedicated yard sale aficionados, you know they rely on the Yard Sale column in the newspaper. They will read the column, and perhaps phone a yard sale buddy, and together plot a route from one sale to another. I have friends who do this.

The groups who advertise events on letter size posters in windows around town are just asking for failure unless they have placed a good sized advertisement in local newspapers. One of the problems with small posters is that people

may not notice them. The other problem is that a person may read the poster then forget some important fact about the event, such as cost of admission, or time it starts. When the ad is in a newspaper, the person can go back and look again.

Believe it or not, I have had people phone me at home to see if I know when an event starts or how much it costs, or even where it is. The key here is that the person remembers seeing the poster but cannot remember everything the poster said.

Some of you may think, "She's just promoting this because she's in the newspaper business."

No, that is not my reason. My reason is that I want every event to succeed to the highest degree of revenue, because it is good for the community.

I know from personal experience how hard it is to get people's attention.

Here is a true story to illustrate my point. One year, the Fall Fair had a carnival and a hot air balloon as part of the fair. I am a Fall Fair member, and we are a group who spends big on advertising. That year was no different. We began advertising in spring, and stepped up the advertising during the summer. We had posters everywhere in the valley. Our fair was listed in many tourism brochures.

By the end of August, we had big advertisements in all valley newspapers and on a radio station serving our region.

One the second day of the fair, a woman came to the main gate with two kids in tow, and she was furious.

"I didn't know this was going on. My kids have missed half the fun things. Why didn't you advertise?"

Let me repeat: it is hard to get people's attention!

Marketplace Ministry by Jim Caruso

Life After The Dance

I remember the first time I saw her. She was just new to our school. I was cool, standing against the radiator at the top of the stairs; it was obvious I was not attending high school for the intellectual stimulation. She smiled at me, now I think it may have been the way I looked. I had a green toque on my head, cowboy boots, blue jeans and a snap button shirt and a toothpick sticking out of my mouth. I fell in love.

I always wondered if she was smiling or laughing inside. She was from the city, and had moved our small town in the country. She told me later that she didn't really like me. I did, that is, I liked me and so I just figured it was a matter of time before she would like me as well.

We went to a Halloween dance that year. We both had dates, but during the evening, both of us ended up alone. After the dance, I asked her if she would like me to take her home. My costume may have helped as she said yes; I stood with her on her back porch and in the light of the big harvest moon, kissed her good night. I turned to go, missed the first step and fell into her yard. Looking at the moon and then at her, I just knew this was the gal for me.

The next day I asked her if she would like to go hunting. That was considered a date in my home town. She agreed and I went to pick her up at about 9:00 AM. I had to wait while she got ready, just like a real date in the city, except the outfits we wore were quite different. Anyways, while I was waiting, her dad came into the kitchen and said, Elaine and I took self defense course in karate, and he showed me his white karate outfit with the brown belt. I realize now that he was probably saying, my daughter can look after herself, so watch yourself. Then he says to me, put me in any hold and I will get out of it. I was more than a little concerned as I didn't want to look foolish getting whooped by my future father-in-law the first day I dated his daughter.

Well, I figured I'll put him in a bear hug. I have two older brothers, Tony and Doug, the only way I could fight them was to get behind them and put them in a bear hug and squeeze and hold on. When they picked me off the ground and attempted to throw me so I would let go, I'd hang on instead and my weight added to their weight usually drove their face into the dirt and then I would let go and run.

The running only prolonged the inevitable that is, an inevitable beating that I would get when they caught me. Anyways back to the bear hug on the karate guy. I watched as his feet began to move rapidly, I knew I was going down, so I squeezed harder and then his feet were still moving pretty fast, so I squeezed harder, I figured if I'm going down, he's coming with me. The feet began to slow down and the nothing seemed to be happening and Elaine was still not ready and so, I thought maybe I should let him go. I did, he left the room without saying anything and Elaine and I went hunting.

The next day I was talking with Elaine's mom and she said, You sure made an impression on Mac yesterday, you cracked three of his ribs.

That was at 37 years ago and this coming June we will celebrate 35 years of marriage. Over the course of these years some things have changed. For me, no more cowboy boots, toothpicks and toques. These have been replaced with grey hair, a few extra pounds, and a beautiful wife, who is an awesome mom and a wonderful nana to three precious grandchildren.

I have been married longer than I have been single and these years together have allowed me to share not only one life with my best friend, but the lives of our son and daughter and their spouses and their offspring.

Reflecting on that first kiss, I am really glad I fell for her. Our plans in our 35th year are to grow old together, after all whom else would I rather spend time with than my best friend I met in High School more than a third of a century ago? Scripture says that, a man should leave his mother and father and be joined to his wife and the two will become one flesh, Ephesians 5:31. In the process, try not to damage the in-laws.

Jim Caruso, Pastor
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www.thenewsleader.ca

Similkameen News Leader

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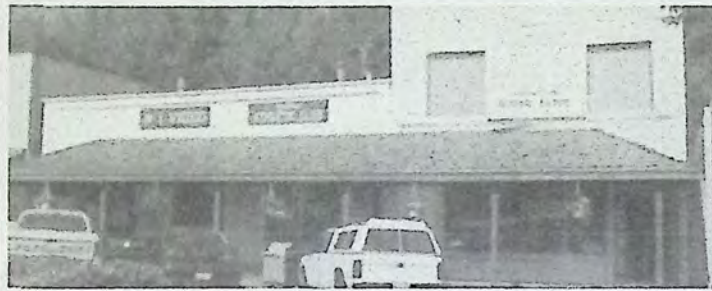
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Steve Jaster models the MVB - Most Valuable Bra from last year's Bra Auction. The cute little number was designed by Cheryl Langlois, right, with help from Shelly Carlson. Last year's auction earned just over \$1,500.00. Jaster's bid of \$155.00 ensured he would end up with the MVB.

Weyerhaeuser announces return of program

Last week Weyerhaeuser invited non-profit organizations to apply for \$60,000 in funding to create summer jobs for students living in communities where the company operates in British Columbia. "Our Jobs for Youth Program helps non-profit organizations hire students seeking first time employment," said Bob Taylor, general manager for Weyerhaeuser in British Columbia.

"This program is an important way for Weyerhaeuser to give back to the communities where we operate."

Grants of up to \$2,500 will be given to a variety of organizations, including health and child care centres, First Nations initiatives, environmental efforts, arts and sports groups and animal welfare programs. The deadline for applications is April 1, 2007.

Last year the Jobs for Youth program provided \$185,000 in grants to 102 non-profit organizations in Weyerhaeuser's operating communities across Canada, to support 120 students with their first summer job.

How to Apply

Non-profit organizations in communities where Weyerhaeuser operates are invited to apply for a Jobs for Youth Grant.

To do so:

- Create a new summer job for a youth seeking first-time employment.
- Complete the online application form explaining the nature of the

job and how it will be advertised. The form can be found at: www.eyerhaeuser.com/citizenship/philanthropy/canadagiving-program.asp.

- Closing date for Applications is April 1.

Weyerhaeuser Company (NYSE: WY), one of the world's largest integrated forest products companies, was incorporated in 1900. In 2006, sales were \$24.8 billion, (\$21.9 billion US). It has offices or operations in 18 countries, with customers worldwide.

Weyerhaeuser is principally engaged in the growing and harvesting of timber; the manufacture, distribution and sale of forest products; and real estate construction, development and related activities.

Weyerhaeuser Company Limited, a wholly owned subsidiary, has Exchangeable Shares listed on the Toronto Stock Exchange under the symbol WYL.

Additional information about Weyerhaeuser's businesses, products and practices is available at <http://www.eyerhaeuser.com>.

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Barb 'Brabra' Gagnon poses with some of the (a-hem) bras up for grabs during the second annual Bra Auction set for this weekend at Copper Mountain Bar & Grill. - photo submitted.

Bra auction gives fundraisers a boost

On Saturday, March 24th at 7:00 PM, Barb Gagnon of Princeton along with her teammates Paula Anderson and Christine Ringwell of 'Breast Friends' will be holding their second annual Bra Auction in aid of the Weekend to End Breast Cancer, benefiting the BC Cancer Foundation and the Princeton Breast Cancer Support Group, at the Copper Mountain Bar and Grill.

The Weekend to End Breast Cancer is a 60 kilometre walk held each August in Vancouver. "This will be Paula and my sixth walk and to date our team has raised over \$41,000," Gagnon

says. Each walker has to raise a minimum of \$2,000.00 in order to walk the 60 kilometres.

"We are hoping to raise enough to enable us to walk in Calgary this July also, since the last time there, Paula fell and broke her ankle and she is bound and determined to finish it after hearing from me how incredible it was."

The Princeton Breast Cancer Support Group is a newly formed group, who hope to provide support, encouragement and show WE ARE LIVING PROOF breast cancer can be beaten.

Money raised for the support

group will stay in the community to help local women and men who are going through breast cancer treatments and may need help with such things as transportation to treatments, accommodations or adaptive needs etc. The support group members are going to be volunteering at the auction and will be happy to answer any questions about the group.

Last year was a resounding success and they hope to meet or surpass their goal of \$2,500. As well as raising money they also want to raise awareness.

Early detection is the key, and Gagnon is living proof of that. She says we all have a part in our own destiny by doing regular monthly self exams, going for regular check ups to your doctor, having yearly mammograms and being aware of any changes to our bodies and reporting them to your doctor.

This year they are sending out a challenge to all our "Supporters" ~ create a bra to be donated for the auction.

It could have your store logo, colours, or merchandise decorating it. So bust out and get a team together and have fun ~ the sky is the limit. Donations can be dropped off at Princeton General Hospital or Ridgewood Lodge by Wednesday, March 21st - attention: Barb Gagnon or just call (250) 295-4050 or 295-4460 and your contribution will be picked up.

"We do have some bras on display at the Copper Mountain Bar and Grill. We also hope to see you at the auction, March 24th at 7:00 PM."

- submitted



Nikki Smith of Copper Mountain Bar & Grill with one of the bras on permanent display at the pub/restaurant.

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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.

How Inflation Can Affect Your Investments

The most important determinant of inflation is the balance between supply and demand in the economy. As the economy expands, the money supply increases, and the demand for goods and services also increases. When this occurs, the price pressure that inflation creates may undermine consumer confidence, which in turn, affects their future economic outlook. For the investor, inflation is perhaps the most important economic indicator because it determines the speed at which the real value of investments erode, and the rate of return that they will demand in order to be compensated for this erosion. A good portfolio manager assesses risk and in turn tries to reduce it by shifting the asset mix of a portfolio between different types of securities, such as common stocks and fixed income vehicles, as need be.

One method of controlling inflation is by restricting the rate of growth of the money supply. This task is accomplished by the Bank of Canada whose monetary policy is reflected by its interest policy. When the rate of inflation is considered high, the Bank typically raises interest rates in an attempt to cool down the economy. A rise in interest rates has the effect of lessening demand for credit, which in turn reduces the amount of money in the system. The end result of these actions is a decline in the rate of inflation.

When the economy is in expansion phase of the business cycle, the general level of business increases which can lead to higher corporate profits. Because of inflation inventory and labour costs increase to manufacturers, which in turn must be passed on in the form of higher prices to consumers in order to maintain levels of profitability. Higher costs, however, cannot always be passed on to the consumer due to resistance from buyers. The resulting reduction in corporate profits becomes reflected in common share prices, which tend to peak and later decline in this stage of the business cycle.

For the investor, inflation not only affects stock prices but it can also seriously undermine the rate of return on fixed income investments. During times of high inflation, fixed income investments may, in effect, have a negative return. At such times the 'nominal' or posted rate of return is subject to inflation, leaving the 'real' rate of return to be negative.

Being aware of the current economic situation can help an investor determine what their asset mix should be. During the earlier stages of economic expansion, the investor should concentrate on equities in expectation of rising corporate profits. As inflation increases, its effects will reflect higher interest rates and shrinking corporate profits. This is the time to shift the asset mix toward fixed income investments due to their offering potentially higher yields and lower prices. This advice however, must be tempered by the statistical observation that over the long-term, equities are still the best investment for beating inflation.

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

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

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LET'S TALK!

AT YOUR SERVICE!

Pension Income Tax Credit

Taxpayers receiving certain pension income may claim both a federal and provincial/territorial pension income tax credit. This is a non-refundable credit, but can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer. Any unused portion can not be carried forward or back. See the tables of non-refundable tax credits for amounts and tax rates.

Starting with the 2007 tax years, a portion of pension income eligible for the pension income tax credit may be transferred to a spouse. See our article on pension splitting on the Personal Tax page.

Tax Tip: Transfer any unused portion of your pension income tax credit to your spouse.

What Income qualifies as pension income?

For taxpayers who are 65 or older in the year:

- life annuity payments from a superannuation or pension plan, including life income funds (LIFs) and locked-in retirement income funds (LRIFs)
- payments from a RRIF
- annuity payments from an RRSP or from a deferred profit sharing plan (DPSP)
- certain payments on the termination or winding-up of a DPSP
- regular annuities and income averaging annuity contracts (IAAC) reported in box 24 of a T4A or box 19 of a T5

For taxpayers who are less than 65 for the entire year:

- life annuity payments from a superannuation or pension plan, including LIFs and LRIFs
- payments from a RRIF, or annuity payments from an RRSP or from a DPSP, which have been received as a result of the death of a spouse or common-law partner.

Tax Tip: If you have pension or annuity income which is reported on line 115 or 129 of your tax return, it may qualify for the pension income tax credit and, starting in 2007, for pension splitting with your spouse.

Income that does not qualify as pension income for the pension income tax credit:

- Old Age Security or Canada Pension Plan benefits
- Quebec Pension Plan or Saskatchewan Pension Plan benefits
- death benefits
- retiring allowances
- RRSP withdrawals other than annuity payments
- payments from salary deferral arrangements, retirement compensation arrangements, employee benefit plans, or employee trusts

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

RANDY CLARK

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..... continued from Front coming in, all we'll see is the devastation after the fact. And then when you ask them to clean it up, oh yeah, we'll get to that. We have so many years to clean it up and in that many years, it pollutes the hell out of everything else in that time." Q: Do you feel the band and adjacent municipalities are consulting each other?

"(Municipalities, mayors, and bands are) all on their own and we're supposed to be a community that works together and all of the bands and different communities and what we want our valley to look like. And it's hard too; we've got pressures from businesses coming in and starting to talk to our members that own land, and we are trying to promote being entrepreneurs. It's the only way we're going to survive in this community. It's not because we're going to have industries. So to survive you have to be an entrepreneur."

Q: Have there been any discussion tabled by SVPS? (Similkameen Valley Planning Society) ?

"We discussed the river and it's all good and well to say that we should do a study on the river and update our studies on the river and look at the consequences if we don't start taking care of our river and the water table due to the fact we don't get the snowpack anymore. I said I am in favour of doing a study on the river and that, but I cannot give an ok on the dam on the river because it's not just my voice that says we can do a dam on this river. If we need to control our levels of the river, maybe natural dams can be put in, but this is a fact they're looking at different ways of trying to get out Compliance by putting in alternate energy."

Q: What do you think about the proposed dam project?

"We should have a study on our river to know what climate change is doing to our river, and our fish and our quality of life which is a good thing, and if we have to put natural barriers in the river to slow the river and keep our water tables up. But with a dam situation, we (LSIB) still said we cannot ok this unless we put it through to our members cause it's just like a community and we would have to have a whole community meeting and get peoples input before they decide they are going to put a dam in and look at the pros and cons. At the end of the day, what is it that

we really want? And what we really want is the protection of the land. It's not the dollar; it's the protection of the land."

Q: What steps do you think are important for LSIB in regards to the proposed dam?

"We've gotta do our archaeology studies and our environmental studies. Upper Similkameen and Lower Similkameen have to put our archeologists out there and do a study on everything that's on the river before they build dams. I heard that they're discussing putting it up further on the Similkameen."

Q: How have you seen Industry impact the valley in the past?

"We're not thinking of clean up. All were thinking is of jumping in with power. Meanwhile, clean up hasn't even started, they just monitor it, and oh, it seems to be enough to keep people alive, so let's not touch it. It's okay for now. And it keeps leeching into our rivers and streams. And then when you ask them to clean it up, oh yeah, we'll get to that. We have so many years to clean it up and in that many years, it pollutes the hell out of everything else in that time. It's the same with our mines. Our mines up in the hills, there are leeching ponds and stuff getting in our water. They should be concentrating on getting in there and cleaning up these areas before they even think of putting in something else that's going to add more pollution to what is already in the river and streams right now. That should be cleaned up. Number One, clean that up, then we'll talk about some other kind of system." Q: You mentioned Compliance earlier. What do you think about the latest proposal?

"We have to get down to our land management and have some kind of regulations on what we're going to put in, and that's why I was pushing about this green stuff (industry and development) we don't need polluting manufacturers, or stuff that's going to pollute and this bio waste thing with this smoke stack is still going to smoke the valley out."

Q: You've expressed concern before about what could happen when the wood runs out. So, for the record, what are your concerns?

"Vancouver needs to get rid of their junk, and this is the issue that Cache Creek has. Their Chief,

Bob Pascall, went up there and has been fighting with them on - because that Cache Creek one, they're already done. They have filled their dump; they want to make a bigger one. The GVRD is pushing it, and they want to put more dumps down there, dump more garbage, so, that's all they're looking at. If we get a bio waste thing up in there, Vancouver is just going to start dumping more crap, and burning it up. And what's going to be better coal? Or the garbage that's been more contaminated, you don't know what's in it. And the other thing is that they are going to burn all the wood, and once they're out of wood, the bio waste is coming in, the coal is coming in. They are going to put everything in, and we're not going to know. We can't stand there and monitor every truck that comes to the dump. There's no way you can monitor that, even if they say they have a monitoring system. That's their own system. It's no different than the oil and mine industries." Q: Do you have any final comments?

"I am always looking ahead. You have to look ahead. Not just at this next generation, but at many generations. We have to if we are going to survive."

In a valley such as ours survival of the river is paramount, especially considering the inimical relationship between surface water and groundwater.

A 2005 a study by Fisheries and Oceans Canada, ONA, and the BC Ministry of Water, Land and Air Protection, states that: climate change may be occurring in the Similkameen basin and affecting river flow.

The study examined water flow in the Upper Similkameen River in the 1970s and compared it to the flow in the late 80s and early 90s.

In the later years snow melted earlier in the spring, water flow was lower in the summer, low flow period lasted longer, indicators are that these trends will continue over the next 80 years. (Tell me something I don't know, you say). How about this; by the mid 1980s most of the surface water sources in the Similkameen Basin were fully licensed, meaning that they were at capacity to have water withdrawn for human use.

Rivers in the Similkameen Valley are currently near or below extreme lows on record.

Tulameen River has the lowest rate of flow for the last 56 years. The Similkameen River is flowing at a rate only slightly above the lowest flow ever recorded in 78 years of measurements. (Ministry of Environment 2005/2006).

When I walk through my fields I pass by the abandoned wells that are there because the water table has shifted.

When I stand on the bank of the Similkameen out my back door in the heat of August and look ahead, I too, am concerned about survival. Of my Family, my River and my Home.

Vermilion District Girl Guides Bottle Drive March 21, 2007

The 1st Princeton Guides and Brownies are bottle driving to help raise funds towards their Science World Trip on April 21st. If we miss you please call Lynette at (250) 295-7113 or Carol at 295-7085 for pick up, or leave your bottles at The Hut for the Girl Guides.

Meet The Youth Ambassadors!

A PRESENTATION OF SIMILKAMEEN NEWS LEADER
EACH WEEK WE WILL INTRODUCE YOU TO ONE OF THE NINE CANDIDATES

Kelsey MacDonald, Royal Canadian Legion



Kelsey is 16. She was born and raised in Princeton and is currently in grade 11. She enjoys art, music, drawing and painting. In the future Kelsey would like to teach English as a Foreign Language overseas and travel to the Orient. She spends time with her small clique of friends, and loves spending time with her family. Kelsey is proud to be sponsored by the Royal Canadian Legion where she has been a member of the Legion Youth Auxiliary for the past three years.*

Our Economy

by: EDO Michael McLaughlin

There has been a lot excitement about economic development in the Similkameen lately. Letters to the Editor, statements from our political leaders and talk on the street is about a vision for economic growth in a world where a sustainable energy industry will be a growing part of the world economy. It is a vision that looks 20 years into the future. I applaud those who direct our attention to the future and to the new realities that we can already predict.

At the risk of being controversial, I am going to make two predictions of the world in 2030. These are my points of view and are not necessarily those of the Similkameen Valley Planning Society.

First, fossil fuel shortages will limit the amount of goods we (North America) produce and the transportation of goods and people.

Secondly, carbon-dioxide emission regulations will limit how much we can drive and travel and what purchases we make.

By even conservative estimates, the world supply of oil will peak before 2030. That means the demand for fossil fuels will be greater than the supply. The past century of spectacular economic and technological growth has been driven by an abundant, cheap, versatile and transportable energy source. This 'golden age' of human industriousness is built on cheap, 'limitless,' versatile oil and gas.

At the present time there does not seem to be a new energy source or combination of sources that can replace fossil fuels before the oil supply peaks. Most ardent supporters of renewable energy acknowledge that renewables cannot presently replace fossil fuels in all of their versatile, dependable applications. Nor is there a technology we can depend on to provide an alternative fuel, such as hydrogen. At least, there is not one currently on the horizon. Maybe something will come along in time, but we cannot depend on it.

If you think household caps on carbon emissions are far-fetched, then think how much our Provincial and Federal governments have changed their policies in the last year. As CO2 levels and the effects of global warming increase, the call for mandatory regulations will increase. Household caps are discussed in the literature on global warming. David Suzuki urged us to ask our governments to regulate our carbon output. Caps on carbon dioxide emissions will reduce the amount we drive and fly, the types of goods we receive and how we heat and construct our homes, just to name a few impacts on our post-golden age lifestyle.

When we combine fossil fuel shortages with carbon caps we predict a world in which we don't drive to Penticton to shop or down to the Coast to watch a

hockey game. Nor will as many goods be shipped from around the world to be on our shelves. The cost of everything that depends on fossil fuel energy for production - and that is just about everything - goes up. In fact, goods might not be as available because there is not enough energy to produce them. When supplies are short, energy will be used where return on investment is highest.

What will our global economy look like 20 years from now if these predictions come true? How will our regional economy be effected? What can we do now to be part of the renewable energy industry and prepare for a time when fuel is in short supply and travel, transport and manufactured goods are costly and limited?

That is the end of my controversial predictions. In a series of bi-weekly articles, I am going to examine what is happening in our regional economy now, look at trends that are shaping our economy, look at some examples of far-sighted economic planning and, finally, provide some ideas about how we might shape a vision for economic growth that sustains the quality of our social life and the natural amenities of this beautiful, bountiful valley.

This is a very challenging time, and very exciting. I hope that I can be part of shaping a future for the Similkameen Valley, along with so many others who are providing vision, inspiration and leadership.



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