



The 2008/09 Princeton Ambassador Candidates were announced last week. The five girls (and sponsors) are, from left, Dawn Campbell (Similkameen Spotlight), Maria Shenton (Royal Canadian Legion Branch 56), Sydney Jensen (Valley First Credit Union), Jenny Laska (Princeton Lions Club) and Kristy Jack (SBC Firemasters Ltd.). The girls invited us to meet them March 6th at PSS. *

Town Council courts doctors

Members of Town Council have been actively courting doctors to encourage them to move to Princeton. The good news is that two doctors have signed a letter of intent to set up practice in Princeton General Hospital.

Councillor Pam Jones announced at the March 3 Council meeting that Dr. Johan Van Heerden, a South African doctor, and Dr. J. McLeod, a Canadian, will be working in Princeton soon. Cascade Medical will be moving to the new offices created at Princeton General Hospital on March 28.

Public Health will be moving from the space slated for doctors down to the hospital basement on March 14. Thanks to some interested locums, the ER will remain open.

The Health Committee is looking for volunteer drivers to take people from downtown to the hospital for medical appointments.

To encourage doctors to move to remote rural communities, one doctor suggested the government should give an income tax credit rather than higher pay.

The committee is looking into this possibility.

Drilling indicates new high grade zone

Copper Mountain Mining Corporation (CMMC or the Company) announced March 3rd assay results from seven new drill-holes completed in the eastern and western Pit 2 area of the 100% owned Copper Mountain project where a major drill program continues.

A series of drill-holes to the west of Pit 2 and immediately north of Pit 1 are beginning to define a new zone of higher grade mineralization that extends for approximately 1,000 feet north of Pit 1 and appears to be about 300 to 400 feet wide. Recent mapping in Pit 1 suggests that the Zone may be a fault offset of the Copper Mountain trend mineralization that was historically mined underground at plus 1% Cu in the Pit 3 area. The mineralization sits under a fault-bounded, westerly-dipping wedge of barren ground.

The mineralization begins at depths of about 200 feet and

appears to be raking to the southeast and generally coincides with the northwest edge of strong, pipe shaped, chargeability anomaly defined by the recently completed Quantec Titan 24 geophysical survey. The chargeability anomaly is a carrot shaped zone approximately 1,200 feet in diameter that extends to depths in excess of 3,000 feet.

This new zone of mineralization is situated just beyond the western corner of the Super-pit designed for the Preliminary Assessment and appears to be beyond the revised pit for the Feasibility Study, which is currently under way. Because the drill-holes in this area are still relatively widely spaced, it is unlikely that they will form resources in the Measured or Indicated categories and therefore will not be included in the estimated resource for the Feasibility Study. However, exploration is on going in this area and the drill data will be included in subsequent pit designs and will likely result in an increase to the resource base in the near future.

Additional results include two drill-holes on the northeast end of Pit 2; CM08P2-91 and 93, which were successful in extending low-

grade mineralization in the eastern end of Pit 2 to the north. Drill-hole CM08P1-07 was drilled from the north side of the lower reaches of Pit 1 and indicates a continuation of mineralization in Pit 1 to depth, below the north wall.

Results from the current drilling are significant because they indicate:

- that new zones of high-grade mineralization can still be discovered in close proximity to areas of historical mining and could be important additions to the resource base;
- that mineralization continues beyond current proposed pit limits which facilitates expansion of the pit to depth; and
- that mineralization remains open

to depth in all three of the historical pit areas.

The mineralized system at Copper Mountain is classified as a bulk-tonnage, alkalic porphyry copper deposit that is hosted within Nicola Group volcanic rocks. Mineralization is structurally controlled and focused at multi-direc-
..... continued on Page 5

Copper Mine will open in '10

Councillor Jim Manion reported on March 3 that Copper Mountain mine will go into production in 2010. The announcement had been made by Frank Armitage at a Chamber of Commerce meeting held the previous week.

Council sells land

At the March 3 Town Council meeting, Council voted to sell a portion of the business park to Double J Logging Ltd. for \$50,000.

Council defers decision

After a public hearing held March 3 regarding the relocation of a pub, Council deferred final decision to the March 17 Council meeting. There are specific forms that must be filled out to comply with Liquor Control Board regulations, and

Council must obtain and complete these forms. The matter has been referred to staff.

Councillor apologizes

Councillor Jim Manion gave a public apology to anyone who may have been offended by his question regarding low seat belt usage in Princeton. He had asked Sgt. Gary Macahonic if the numbers reflected a "redneck" population.

"I didn't mean to offend anyone," Councillor Manion stated.

Apparently somebody did take offense and complained to Town Hall about the redneck remark.

To date, there is no indication Councillor Manion's remark had any influence whatsoever on seat-belt usage.

Will stage be ready?

The stage under construction at Riverside Centre is going to be ready for the next production of Princeton Performing Arts if the project stays on schedule.

Community Services Director Lyle Thomas gave the report to Town Council, but added there might be delays if anything goes wrong. He did not want to guarantee the stage finish date. In any case, it will not have curtains, and he was not sure whether there would be an electric track for the curtains.

Terasen pays Town

Terasen Gas will pay \$60,318.24 to the Town of Princeton on November 1, 2008 for the gas distribution franchise.

CARTER'S
Sudoku
Challenge
PAGE 16 - IN YOUR TV GUIDE SECTION

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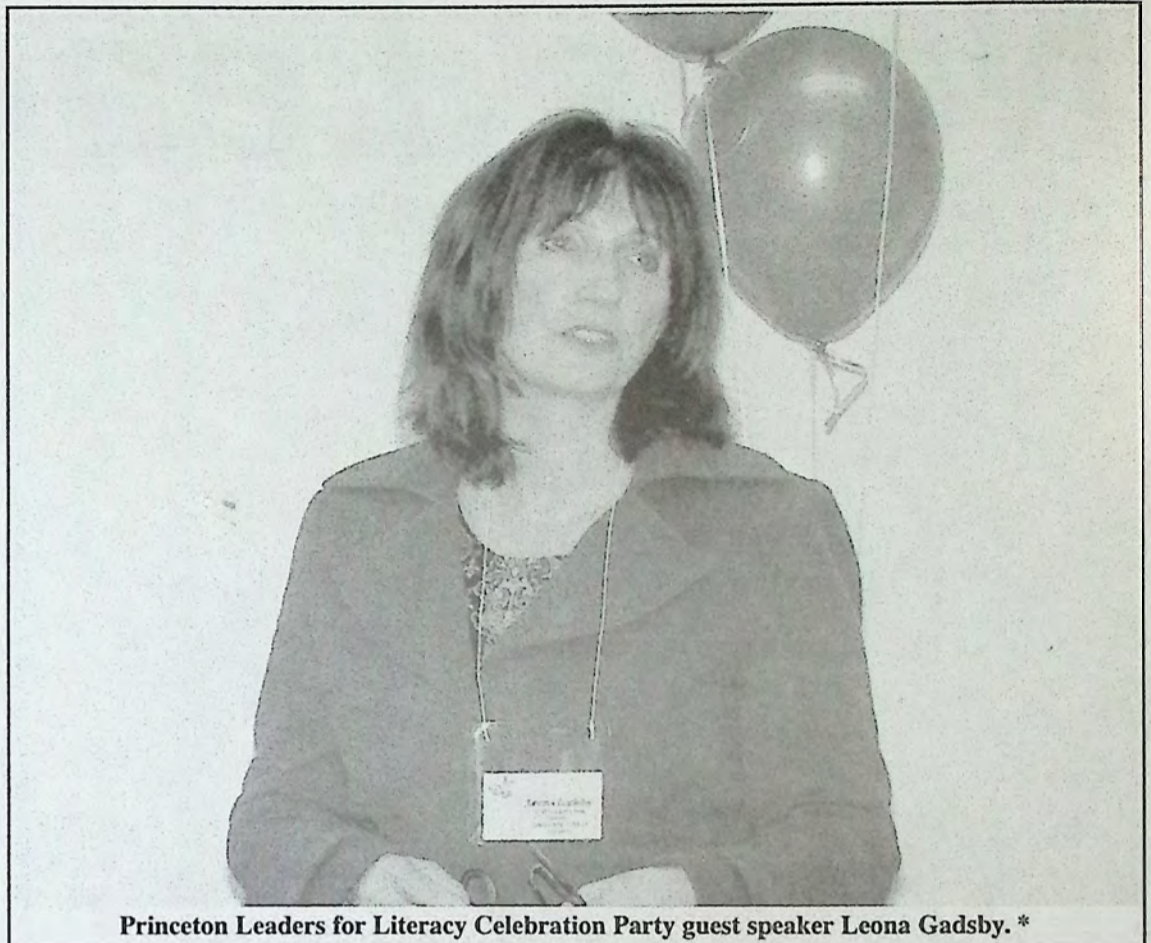
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Princeton Leaders for Literacy Celebration Party guest speaker Leona Gadsby. *

Literacy group celebrates with meeting

The Princeton Leaders for Literacy hosted a Celebration Party and planning session March 4th at Princeton Skills Centre.

Nadine McEwen, one of the Literacy Now Task Force members,

said it best when she announced, "We're here to celebrate what we are doing with literacy and we're here to thank Rotary who is helping us as stewards of the program."

Following introductions of the Task Force members Leona Gadsby, 2010 Legacies Now Community Adult Literacy Director, described the program as providing an assessment of existing literacy levels and would also address literacy needs of the community.

A short video summed up literacy as once being all about the three R's (reading, writing and arithmetic) and now includes the three C's (cell phones, computers and cameras).

The Literacy Now program is designed to help BC communities with their literacy. As literacy and learning are linked together, the more we learn, the stronger our community becomes.

The timing of the program is closely connected to the 2010 Olympic Games in Vancouver. As the Olympic Games are meant to leave behind a legacy, and using the Games as a catalyst, the Literacy Now program should continue to have an effect on communities after the Games as a legacy for British Columbians.

The unique part of the program is that each community will have a different literacy plan developed

within the community with input for community leaders and residents.

Princeton is at Stage 2 of the process, the point where the Community Plan is prepared.

A total of \$30,000 per year for three years has been allotted to Princeton and will be released to the local Task Force once their Literacy Plan has been prepared, submitted and accepted. Wendy Hyer, Assistant Superintendent for School District 58 (Nicola-Similkameen) explained the importance of having the community involved in the development of the plan.

"If we can work together and move forward we have strengthened the relationship between our community and schools."

Hyer says that a school district-developed Literacy Plan would not properly reflect the needs of the community and that is why a variety of community members were invited to the meeting and asked to participate by offering input into the plan.

The following hour was spent split up into smaller groups and listing Princeton's literacy needs for age groups 0-6, 6-12, 12-18, 18-30, 30-55 and 55+.

The data collected will be reviewed and used in assisting the Task Force in developing their Literacy Plan.

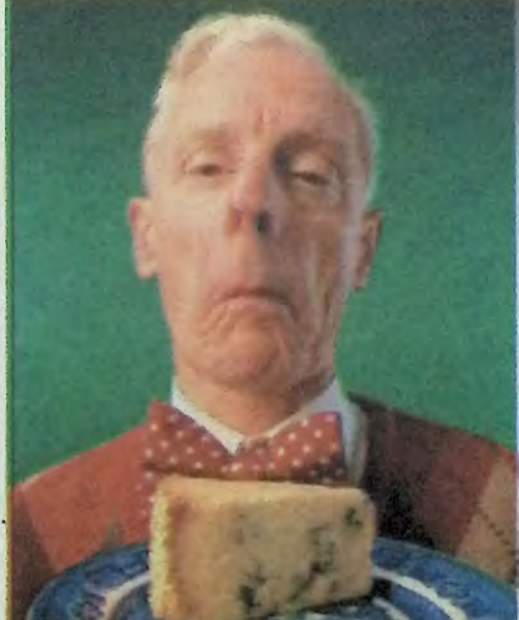
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Meet The Youth Ambassadors!

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

Dawn Campbell



Dawn was born in New Westminster, BC. Later she moved to the beautiful valley of Princeton, where she has now lived on a ranch for the past 11 years. Dawn is 16 years of age, and is in grade 11. Dawn enjoys horseback riding, hanging out with her friends, shopping and listening to music. Creativity is pouring out of Dawn towards textiles and acting. Dawn has made her decision of becoming a horse trainer as a future career. She believes running for Ambassador will be a fun and rewarding experience. The Similkameen Spotlight is proud to sponsor Dawn. (submitted)

How should our valley grow?

Town Council will help with funding a new study about people who move to the Similkameen Valley. During the past year, Similkameen Valley Planning Society (SVPS) funded a study to find out why people move to the valley.

On March 3, SVPS Economic Development Officer Michael McLaughlin asked Council to assist in funding a study to find out what local residents see as the best way to develop the valley in the next 10 to 20 years.

Most of the \$42,000 cost of the study will come from sources outside the Similkameen Valley, but up to \$6,000 must come from local sources. McLaughlin asked Council for \$2,500. Council agreed to spend up to that amount, proportionate to what other jurisdictions are paying.

The goal is to use information to

plan for the future, to ensure planning stays ahead of development, and ensuring development stays within the capacity of local natural resources (such as water).

The information will advise planners as to what local residents see as best land uses, and will preserve agriculture, ranching, residential, employment lands and protected areas.

Economic development and social planning, including planning of health and education needs, will use the information as a foundation for planning.

Mayor Randy McLean said the first study had surprised him with the information that 60 percent of present business residents surveyed had moved to the valley after visiting as tourists. He believes the new survey will help Council attract businesses to the industrial park.

Council studies housing bylaw

A letter from the Princeton Affordable Housing Committee requested Town Council consider a bylaw to encourage all future developers to provide a percentage of the development for subsidized

rental housing.

The committee provided Council with a great deal of background information. Council referred the matter to staff to evaluate the implications of such a bylaw.

NEXT TOWN COUNCIL MEETING
7:30 PM Monday, March 17



Princeton Town Hall News

169 Bridge Street PO Box 670 Princeton BC V0X 1W0
Phone: (250) 295-3135 Fax: (250) 295-3477 Email: prince@nethop.net
website: www.princeton.ca



Community Recreation

SPRING BREAK CAMP

Join our recreation leaders for fun and games during spring break. We have a full day of camp for you to enjoy. Activities include: crafts, active games & sports, field trips and skating each day. Instructor: Kelsi Don Cost: 15.00 per day with a discount after 1st child from same family. March 17 to 20 & March 25 to 28. 9am-3pm at Riverside Centre
Pre-registration is required by calling 295-6067

2008 SPRING/SUMMER LEISURE GUIDE

If you have an upcoming activity, event or would like to advertise your organization for the Spring & Summer Leisure Guide please contact the Community Recreation Office at 295-6067 by MARCH 20.

Princeton & District Multipurpose Arena

SPRING BREAK SKATING SCHEDULE

Stick & Puck	Mon to Fri	1:15-2:30 pm
	Mon to Thurs	7:00-8:00 pm
Teen Stick & Puck	Fri	8:15-8:45 pm
Public Skate	Mon to Thurs	6:00-7:00 pm
	Fri	7:15-8:15 pm
	Sat	5:00-6:00 pm
	Sun	3:30-4:30 pm
Girls Drop In Hockey	Sun	6:15-7:15 pm

\$2.00 drop in special March 17 to 28th
For More Info Call 295-7222

Notice

MOBILE BUSINESS LICENCE BYLAW

Princeton Town Council gives three readings to Mobile Business Licence Bylaw. Starting this year municipalities in the Okanagan and Similkameen regions will participate in a Pilot of the Draft Model for mobile businesses. Under the Pilot, eligible mobile businesses have the option to upgrade to the Mobile Business Licence, allowing them to purchase a Mobile Licence in their home community and work in all participating communities. Princeton businesses are reminded that 2008 Business licences are due now. Any person conducting any type of business in the Town of Princeton is required to hold a valid Business Licence. Please contact the Town Office at 295-3135 for your application

Thank You

The Town of Princeton and the Medical Recruitment Committee would like to take this opportunity to thank the Management and Staff of Overwaitca for their generous donation of Fruit Baskets prepared for visiting medical personnel.

NOTICE

The Town Office will be closed Good Friday, April 21 and Easter Monday April 24.

Notice

A clean air program of the Town of Princeton, RDOS and Ministry of Environment
Help clean up our air!

The Great Okanagan and Similkameen Wood Stove Change Out Program

Ends April 30



- Receive a 15% discount off the price of a new CLEANER BURN hearth product
- Also, receive a \$250 cash rebate from the Regional District Air Quality Program (trade in early as rebate funds are limited)
- For information on the program contact the participating retailers or RDOS at 1-877-610-3737 Princeton Town Hall 295-3135

Participating Okanagan Similkameen Retailers:

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Accent Living: 770-2903
Home Hardware: 493-1233
Okanagan Home Centre: 492-7771
OK Falls Red Barn: 497-5552

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keremeos and area news



Pussy Willows? Ken Randle gathered some from his yard and had them on display last week in the Keremeos WorkZone office. Spring has obviously arrived in parts of the Similkameen Valley! *

Village Council meeting highlights

Fortis BC representative Bob Gibney gave a presentation to Council regarding the process Fortis is undertaking to develop their Resource Plan which will enable them to plan and make decisions for energy service provision for the next twenty years. He noted that net metering is being contemplated for Keremeos customers who utilize other sources of power (such as solar).

The Special Olympics L2 group requested use of the area to the

south of the Keremeos Mountain Inn for the annual West Coast Amusements carnival to be held on April 3 to 7. That request was granted.

Council passed a motion to support a grant application to the Real Estate Foundation of BC by the Similkameen Valley Planning Society for funds to proceed with Phase 2 of the in-migration survey.

The Village of Keremeos will be participating in the Ministry of

Small Business and Revenue's 'BizPal' program - this allows business operators to find out on one website what federal, provincial and local government requirements need to be met for them to operate their business in their local area.

Council passed a motion to support the application being prepared by the RDOS in conjunction with the Similkameen Trails Society for a Local Motion grant to upgrade the trail system in the Valley and into Electoral Area G.

Council passed a resolution to increase the Village's Development Cost Charges. A bylaw was given three readings, and now must be approved by the Inspector of Municipalities before it can be adopted.

Council gave three readings to a bylaw to increase remuneration of Mayor and Council equal to the amounts the staff received in its recent collective agreement settlement. The bylaw affecting the Mayor and Council remuneration is for a three year period from 2007 through 2009 inclusive.

Council passed a resolution to support the Vermilion Trails of Princeton application for a Local Motion grant for upgrades to the trail system in the Princeton area.

- submitted by Village of Keremeos

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This bud popped out last week in Keremeos. Photo: Brenda Engel

Drilling indicates new zone

..... continued from Front Page
tional vein intersections and within vein stock work systems. Drill holes are usually drilled at angles of -45 or -55 degrees to provide the best indication of the lateral extents of vertically oriented mineralization.

Exploration and Development Plans for 2008

Copper Mountain is forging ahead with an aggressive exploration and development plan for the coming year. Completion of the Feasibility Study for early in the second quarter is on track, with a production decision to follow shortly thereafter.

Although the exploration potential on the property is very high the Company feels it is important to establish production as soon as possible, and therefore, the design criteria in the current Feasibility Study is for a 35,000 ton/day operation which would produce approximately 100 million pounds of copper, 38,000 ounces of gold and 800,000 ounces of silver annually. Continued exploration success would allow for subsequent project expansions as the project grows.

Currently, a 30,000 m (100,000 feet) exploration drill program is

underway which is focused on continued expansion of the resource base through both incremental additions to known resources as well as the discovery and delineation of new zones of mineralization as the Company follows up on the chargeability anomalies identified in the Titan 24 geophysical survey.

In addition, geotechnical and condemnation drilling is being carried out in the areas of the proposed concentrator and crusher sites, as well as waste rock storage and low-grade stockpile areas for inclusion in the Feasibility Study report.

Quality Assurance - The company employs a system of quality control for drill results, which includes the use of blanks, certified reference material (standards) and check assaying.


Core is logged on site and split with a diamond saw. Samples are shipped to Pioneer Laboratories for geochemical analysis of copper with all values of greater than 1,000-ppm copper being re-analyzed by assay methods for copper, gold and silver.

The drilling program is being supervised by Peter Holbek, M.Sc., P.Geo., a qualified person as

defined by National Policy Instrument 43-101. -submitted

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For more information about government regulations regarding the disposal of water produced from CBG, go to the BC government CBG website at www.coalbedgas.gov.bc.ca.



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Regional District Okanagan-Similkameen

Rural Land Use Bylaw Amendment Application
529 Willies Ranch Road, Rural Princeton, Electoral Area 'H'
Lot A, Plan 32225, District Lot 3528, SDYD

NOTICE OF PUBLIC HEARING:
Wednesday, March 19, 2008 - 6:15 PM
Riverside Wellness Centre
148 Old Hedley Road, Princeton, BC

PURPOSE:
Amendment Bylaw No. 1725.14, 2007: to amend the Rural Land Use Bylaw by changing the designation of the subject property from Resource Area (RA) to Small Holdings One (SH1).

This rezoning will facilitate the subdivision of two new parcels from the 7.4 hectare (ha) subject property measuring approximately 2.0 ha and 3.2 ha in area respectively, while leaving a remainder parcel of approximately 2.0 ha.



Amend Rural Land Use Bylaw No. 1725, 1993
from Resource Area (RA)
to Small Holdings One (SH1)

VIEW COPIES OF THE DRAFT BYLAW & SUPPORTING INFORMATION AT:

Regional District Okanagan-Similkameen 101 Martin Street, Princeton, BC Monday - Friday 8:30 AM - 4:30 PM	Princeton Town Hall 169 Bridge Street, Princeton, BC Monday - Friday 9:00 AM - 4:00 PM
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Anyone who considers themselves affected by the proposed bylaw amendment can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing Bylaw No. 1725.14, c/o Regional District Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

FOR MORE INFORMATION PLEASE CONTACT PLANNING SERVICES:
Telephone (250) 490-4107 • Fax (250) 492-0053 • e-mail: planning@rdos.bc.ca • Web: www.rdos.bc.ca

Suzanne Treasurer, MCI
Planning Services Manager

news leader health and lifestyle page

Myths and realities about type 2 diabetes

(NC)—Despite all the information available about type 2 diabetes, several misconceptions still exist about the causes, severity and management of this chronic disease that affects one in 15 Canadians.

In fact, a recent national survey conducted by PSL Research Canada revealed that two in three (65 per cent) survey respondents were 'somewhat/not very or not at all knowledgeable' about their disease.

Below are some of the more common myths about type 2 diabetes and tips that can help you to effectively manage your disease.

Myth 1: Type 2 diabetes is nothing to worry about.

Reality: There is a misconception that type 2 diabetes is a mild form of diabetes compared to type 1 diabetes. According to Diabetes Québec, type 2 diabetes is a serious disease that can lead to severe complications like amputation, loss of vision and cardiovascular diseases.

What you can do: Monitor your blood sugar levels regularly as recommended by your physician. The Canadian Diabetes Association (CDA) recommends keeping your HbA1c level, or average blood glucose level over two to three months, at 7 per cent or less. It's when blood sugar exceeds this target that one runs the risk of related complications.

Myth 2: Too much sugar causes type 2 diabetes.

Reality: While eating too much sugar can lead to weight gain, which increases the risk of developing type 2 diabetes, the causes of type 2 diabetes are not exactly known — but not enough insulin is being produced for a person's needs. The disease has a strong genetic link, meaning that it tends to run in families. Risk factors for developing type 2 diabetes include the following:

- Age or advancing age
- Being a member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent)
- Being overweight or obese (especially if you carry most of your weight around the middle)
- And having:

- A parent, brother or sister with diabetes

- Given birth to a baby that weighed more than 4 kg (9 lb)

- Had gestational diabetes (diabetes during pregnancy)

- Higher than normal blood sugar but not high enough to qualify as diabetes

- High blood pressure

- High cholesterol or other fats in the blood

What you can do: If you are aged 40 or over, you should be tested at least every three years. If any of the other above mentioned risk factors applies to you, you should be tested earlier and/or more often.

You can also refer to the CDA Web site for tips on healthy eating and how to avoid eating excess sugar at www.diabetes.ca/Section_About/nutritionindex.asp.

Myth 3: Diabetes can be cured.

Reality: There is currently no cure

for diabetes. The good news is that it can be controlled through proper treatment and self care. Keeping your blood sugar level under control can help prevent or delay the onset of type 2 diabetes related complications.

What you can do: Stay as informed as possible about the management of type 2 diabetes and get medical support. Try to take a course on diabetes. There are many classes of oral medications available as well as insulin to lower blood sugar. Your physician will know which class of medication is best suited for you.

If you live with type 2 diabetes, report any changes observed such as unusual fatigue, weight gain or foot problems. Through open discussion with your diabetes team, you can find the right approach to help you lead a healthy life.

- News Canada

living past 100

Drink a cup of health

Afternoon tea is a ritual among the English, and it is good for their health. We North Americans grow up with morning coffee, and coffee at noon and evening. We drink gallons of coffee, and although it is supposed to be good for us, tea might be better. Tea is the most popular drink in the world. There must be a reason!

Tea is rich in anti-oxidant compounds called polyphenols. These compounds scour free radicals (harmful oxygen molecules in the body).

There are about 100 different teas, ranging from herbal teas to mixed teas, black teas and green teas. For the greatest benefits, go for green tea. Black tea is created by the fermentation of green tea, and although black tea is beneficial, green tea is just a bit better for you.

Tea helps block the effects of bad cholesterol, and protects the arteries in the heart and those leading into the brain.

Research done at a university in Ohio proved that tea stops cancer and was just as good when taken internally or spread on the skin to fight skin cancer. Green tea is a great cosmetic liquid to pour on your skin to keep it from sun damage!

Those tea drinkers who drink it straight, without sugar or milk, are actually cleaning their mouths and protecting their teeth from decay. You could use green tea (or black) as a mouth wash and dip your toothbrush in it. Compounds in the tea help make teeth more able to resist the effects of food acids that wear down enamel.

If you don't mind a more bitter tea flavour, let the tea steep more than the recommended three minutes. To release more of the good stuff in tea, crush the leaves more before putting them in the tea pot, and let the tea steep longer.

Researchers recommend four cups of tea a day as a minimum.

If you like iced tea, make your own. It has a fresher, tangy taste, and you can add just enough sugar or honey to sweeten it. Here's how to make enough for a litre of iced tea: pour 4 cups of boiling water over two tea bags (black tea) and let steep until the tea is very dark. Add 4 cups of cold water, about one tablespoon of concentrated lemon juice (or several thin slices of lemon) and enough sugar or honey to sweeten it to your taste. Refrigerate until cold, and add ice cubes if desired when served. Some people like to add a little mint to green tea with lemon and honey. It is all a matter of taste. Never keep homemade iced tea more than a couple of days. Make just enough for one or two days. You can always make more.

In China and Japan, tea has been used as medicine for a long time. To relieve migraine headaches, Chinese doctors prescribe two large spoonfuls of tea in two cups of boiling water. Steep for 20 minutes and drink it while it is still quite warm. They say it works every time!

A cup of strong tea, four or five times a day, is given patients suffering from stomach and intestinal infections.

If you wake up with a hoarse voice, try this sure cure: one cup of tea with honey and lemon, sipped slowly.

For a proper cup of tea, use one teaspoon of black tea to six ounces of boiling water, and steep no more than three minutes. Serve piping hot with warm milk and sugar. The warm milk should be poured in the cup first, then the tea added.

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MLS 41541	\$210,000
MLS 40077	\$230,300
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MLS 43383	\$279,000
MLS 40081	\$438,300
MLS 43817	\$699,900

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The last resting place of the 'Hanging Judge' - Sir Matthew Baillie Begbie. - photo submitted

BC 150 YEARS
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Matthew Begbie - The Hanging Judge
INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

In 1857 gold was discovered on the Fraser River and miners who had followed the trail of 1848 to California stampeded to the new gold finds. Thousands swarmed into the territory where for generations the only white settlers had been fur traders in the employ of the Hudson Bay Company. In California the law had been deliberately and openly flouted by men who preyed on law-abiding citizens and who carried the only authority they acknowledged on their hips. That this same unhappy situation did not prevail ten years later in British Columbia was due largely to the courage, determination and strength of character of Matthew Baillie Begbie, appointed the first judge of the new Colony.

After five years at Cambridge University and fourteen years as a lawyer, Begbie was sent from the UK to BC at the age of thirty-nine in response to the flood of 30,000 American Miners from San Francisco. In one year \$543,000 of gold was taken from the Fraser River.

Miners landed in Victoria to get



Matthew Begbie

their license and equipment and then headed to the Fraser Valley, the Caribou and later the Klondike. Begbie had to oversee the whole Province and keep law and order, but first he had to write much of the early legislation that established immigration, commerce and settlement.

Begbie was not a cruel man, but many legends still persist about him. It is alleged that when he arrived in a new district he would take a walk around the area, looking for suitable trees to serve as gallows; it is also alleged that he hanged one prisoner by his own hand. The story goes that a man was convicted of murder, but the sheriff was not available to act as hangman. The Judge made it known that the hanging would proceed according to schedule. On the day appointed, at ten o'clock in the morning, Begbie entered the prisoner's cell, led him to the gallows, and performed the sheriff's task.

In truth the "Hanging Judge" expression was never applied in his lifetime, but was rather an overstatement. Begbie used words like weapons when berating the law-breakers, even when they were armed and he was not. He scolded juries that in his opinion had not made the right decision at the end of which adding that he hoped the freed criminal would choose one of the jurors as his next victim!

Without Judge Begbie establishing order on the BC frontier all hell would have broken loose. Leading American mining journals in 1863 were already referring to the Fraser River as "Our Territory". Begbie showed unusual strength and stamina in his work, often traveling by foot and sleeping in a tent so damp that his books mildewed. Six foot four inches tall, Begbie was a commanding figure. A deeply spiritual

man and long-time church choir member, he loved to read the Anglican Evening prayer service by the campfire singing hymns before retiring to his tent.

For twelve years Matthew Begbie was BC's only judge, traveling throughout the interior for two thirds of those twelve-month periods. It was due to his firm fairness that incidences of violence and highway robberies, all common below the border, were extremely rare in BC.

He served as a Judge of the Supreme Court (Colony of British Columbia) from 1858 to 1866 and in the same capacity in the United Colonies of Vancouver Island and British Columbia from 1866 until 1870. Following BC joining Confederation in 1871 he was made the first Chief Justice of the Supreme Court of the Province of British Columbia. Queen Victoria at Balmoral Castle knighted him in 1875.

Begbie was conversant in four different aboriginal BC languages and had a real feeling for the First Nations people whom he praised as "A race of laborious independent workers", he also advocated for the Chinese miners who often suffered from racism, always concerned that legal justice be fair and speedy, regardless of race, colour or wealth. It was said he was "Just the man for a new Country".

When Sir Matthew Baillie Begbie died in 1894, seventeen years after Governor Douglas, he had become the undisputable first citizen of BC. The size of the Victoria funeral procession was unprecedented with military bands and marching troops. His gravestone reads "Lord be Merciful to Me a Sinner."

Today, his statue stands at the door of the legislature; opposite that of his close friend Sir James Douglas.

RCMP arrest man after break in

On Friday, February 29th at approximately 9:30 PM Princeton RCMP responded to a report of a break and enter at a residence in Lynnwood Mobile Home Park.

"The owner had returned home to find that someone had entered his residence, forced open a gun safe and taken a shotgun and a quantity of ammunition," says Princeton Detachment Sgt. Gary Macahonic.

The break in and theft occurred sometime between 6:30 and 9:00 PM.

At 11:30 PM Princeton RCMP responded to a call from a residence on Bridge Street that a man was banging on the door trying to get in.

"The male then kicked the door in and threatened the residents with a firearm."

The man left the home, fired two shots outside hitting a parked vehicle then fled on foot just before police arrived on the scene.

"The male was last seen heading across the Brown Bridge towards the Allison Flats area," Macahonic says.

"Princeton RCMP made extensive patrols and inquiries in the area in attempts to locate the male suspect."

At 1:00 AM March 1st Princeton RCMP received a second call that the man was threatening with a firearm at a residence, now in Allison Flats.

"Four members of the Princeton

RCMP attended, but the male avoided police."

RCMP conducted a search of the scene and the stolen shotgun was located.

"Princeton RCMP continued their efforts to locate the male suspect and at approximately 2:00 AM March 1st they learned that the suspect was at an apartment building," and according to Sgt. Macahonic, Princeton RCMP attended, conducted inquiries and located the suspect who was arrested without

incident.

A 44-year old Princeton man was arrested and remains in custody. The man was known by the residents involved in the incident.

"Charges of Break, Enter and Theft, Pointing a Firearm, Uttering Threats, Unauthorized Possession of a Firearm, Careless Use of a Firearm and Theft Under \$5,000.00 are being recommended at this time."

No other details have been released by the police.

Date set for Lions Auction

May 17th will be the debut for the Lions New and Improved Auction Event.

With the emphasis on the social aspect of the evening rather than the sale, the Lions will present a gala evening, combining food, entertainment, and the ever popular Beverage Garden, with a scaled down, classed up auction.

They will be selling new and gently used big ticket items only. Gone are the rows of used appliances and out of date electronics.

"We will gladly come out and pick up your good used furniture

or any new items that you wish to donate," says Wayne Passey, Lions' Vice President.

"But we will be choosy about what we take. We will not be taking flea market items either, as that is going to be a different format also. It will take place on May 3rd, two weeks ahead of the Auction and we will be renting tables at \$10 each so that people can sell their own stuff."

Anyone with items to donate can call Penny Lott at 295-7088 or Wayne Passey at 295-7161 to arrange for pick-up.

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Join the Easter Egg Hunt March 17-24 at Shirley's!
Draw a number and find the matching number on a ceramic Easter Egg or Shamrock! The prize is one of Shirley's creations valued up to \$30.00. You pick your own prize! There are 30 numbers to draw from and 20 prizes!

The Shop will be open from Monday, March 17 to Easter Monday, March 24 for this special occasion. Store hours for the event will be 10:00 AM to 4:00 PM. Drag your friends and holiday guests down to Shirley's for more chances to win!

If your grandchildren or holiday guests (any age) are bored during the holidays bring them down to Shirley's to make something. A watercolour painting can be completed in about 2 hours for \$15.00 - everything included. Oil paintings take 2-4 hours to complete and some things have to dry before finishing. Completed oil painting \$30.00 - everything included.

Ceramics and other crafts can sometimes be completed in a couple hours, others may have to be done in two sessions depending on the finish and firing, etc. Phone for more details.

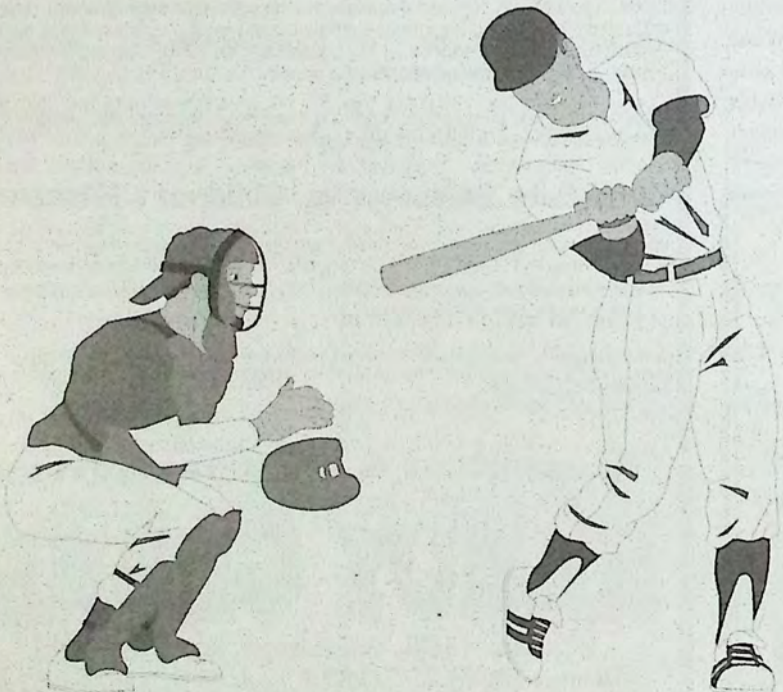
Anyone interested in Stained Glass Classes?

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PRINCETON MINOR BALL

REGISTRATION Saturday, March 15th

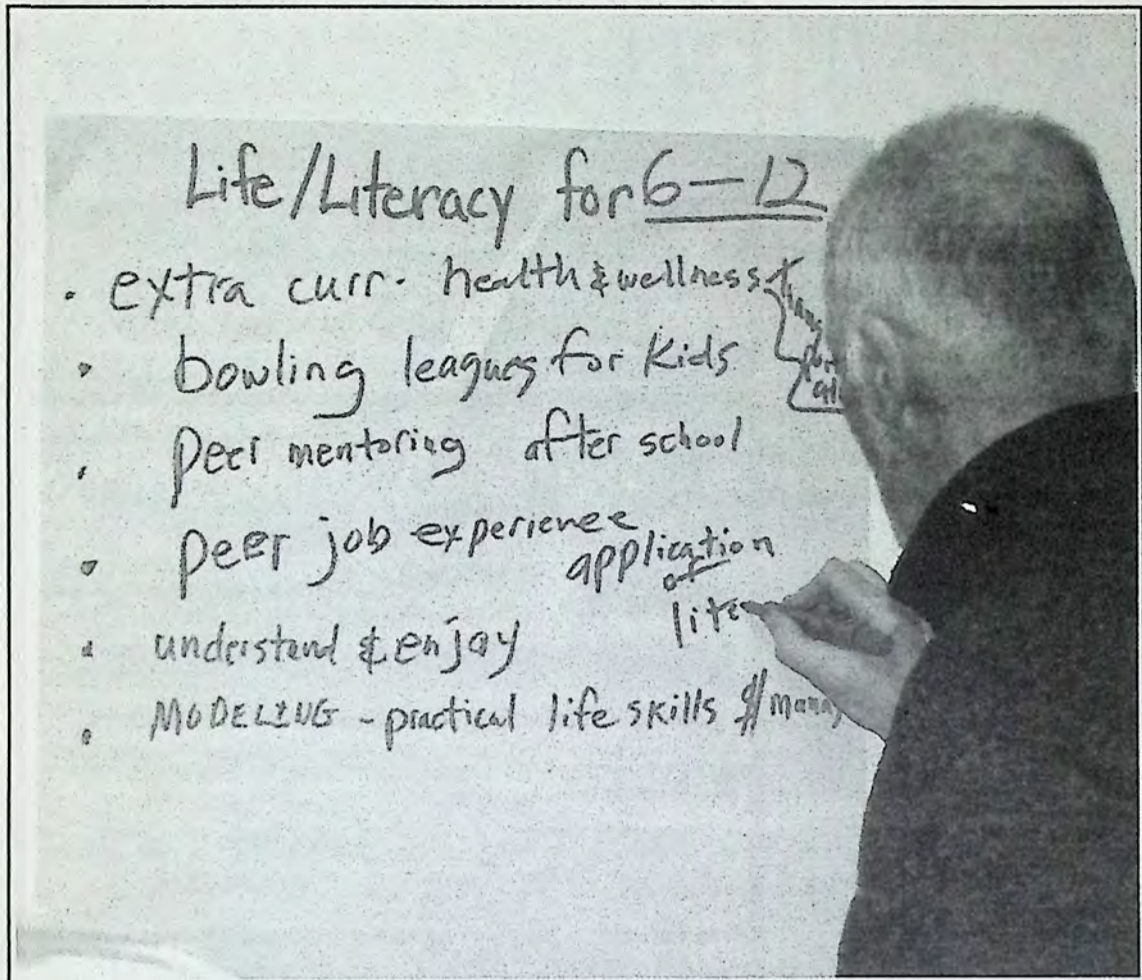
12 PM - 2 PM
at OVERWAITEA



Many volunteers are needed if we are to continue with ball this year. All executive positions need to be filled as the current volunteers have fulfilled their two year term. Come out to our next meeting at 6:30 PM MONDAY, MARCH 17th at the FOURSQUARE CHURCH.

Remember...NO VOLUNTEERS, NO BALL

Info: Call Suzy 295-6315



Ken Heuser takes notes at the Leaders in Literacy Celebration Party held March 4th at the Skills Centre. *

Life/Literacy for 6-12

- extra curr. health & wellness
- bowling leagues for kids
- peer mentoring after school
- peer job experience application of life
- understand & enjoy
- MODELING - practical life skills \$/money

Tulameen raises \$25,000 in a day

On February 16th, Tulameen, with a population of roughly 250, saw its streets transformed into an 18-hole "SNOW GOLF" course where 144 golfers enjoyed a mulligan or two! The event, hosted by The Sweater Kittens, was designed to be a fun community event that would benefit breast cancer research.

The BOOBIE BALL followed the 3rd annual Snow Golf event the same evening, where the adult golfers could dance the night away under the 'brassiere' streamers and bid on silent auction items. Both events surpassed the organizer's expectations and saw Sweater Kitten supporters generously open

their wallets and raise \$24,860 in just one day!

Tulameen's residents have proven for the third year in a row that they have huge hearts and generous spirits, but the big winner is cancer research.

The proceeds from these events will benefit the BC Cancer Foundation through The Weekend to End Breast Cancer.

On September 5-7, The Sweater Kittens, a group of 17 dedicated women including; Mardi Hassell, Emma Baggott, Jayne Baggott, Adrienne Bauder, Margo Boyer, Sandra Gunn, Stephanie Hassell, Barbara Jones, Kelsey Keglovic, Colleen Laferriere, Vickie Marr,

Carrie Massullo, Tamara McInnis, Kasia Mikulski, Sarah Perrie, Szilvia Devereaux, and Leah Ward, will be walking 60 kilometers through the streets of Vancouver to support breast cancer research in BC.

The Sweater Kittens wish to thank all who have donated their time and/or goods and services to make this event such a huge success and thank you for supporting us on our 60 kilometre journey. But most of all, we want to thank Tulameen. We are so proud to be a part of your community!

You can find The Sweater Kittens at endcancer.ca under participants or sweaterkittens.ca. - submitted

Prince Edward may actually visit

Maybe Prince Edward will come to Princeton, but he has not made that commitment yet. The Town of Princeton wrote to Prince Edward to ask if he would attend a celebration in Princeton in 2010.

The celebration would be in honour of Princeton's 150th anniversary

of founding, and correspond in time with the 2010 Winter Olympics.

Mayor Randy McLean received a reply from Bagshot Park, written by Brigadier John Smedley, Private Secretary to TRH The Earl and Countess of Wessex.

The letter stated, "It is still too early

to confirm whether or not His Royal Highness will be in Canada in 2010 but, as you suggest, there is the possibility of his attending the Winter Olympics in Vancouver. I will bring your kind invitation forward when the programme in 2010 is a bit clearer."

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LET'S TALK!

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Children's Fitness Amount

A taxpayer is entitled to a maximum credit of \$500 per year per child for expenses incurred in 2007 to enroll his or her child in a program of prescribed physical activity. The child must be under 16 years of age at the beginning of the year, or under 18 years of age at the beginning of the year if he or she is disabled.

The taxpayer can claim an additional amount of \$500 for each disabled child as long as eligible expenses of at least \$100 were paid for this child.

When expenses are eligible for a deduction for child care expenses and also give entitlement to the children's fitness amount (see line 365), the expenses must be deducted as child care expenses. Any unused portion can be claimed for children's fitness, as long as the other conditions are met.

Organizations that offer eligible programs must issue receipts. The taxpayer must keep these receipts in case the government asks to see them.

Child Care Expenses vs. Children's Fitness

When expenses are eligible for a deduction for child care expenses and also give entitlement to the children's fitness amount, the expenses must be deducted as child care expenses. Any unused portion can be claimed for children's fitness, as long as the other conditions are met.

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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weekly entertainment guide

TUESDAY, MARCH 11, 2008 THROUGH MONDAY, MARCH 17, 2008



We never imagined the last Valley First Princeton Posse home game on March 1st would be the last time we'd see them play this season. Kamloops swept the best of seven series 4-0. The News Leader thanks the Princeton Posse organization for all their assistance with special thanks to Rob Hicks.*

Midgets take Championship

On February 24th the Best Western Midgets started their best of three play offs for the South Central championships. This put Princeton head to head against the South Okanagan Hurricanes. From the drop of the puck you could tell this was going to be a tough series, with both teams skating well.

Princeton opened the scoring on a shot from Steven Schwartz that whizzed by South Okanagan's net minder. The Hurricanes managed to tie it at the thirteen-minute mark, before Colton Williams regained the lead. But once again South Okanagan tied it up to end the first period. In the second Clint Cook, Princeton's net minder made some excellent saves before Princeton extended their lead, with Colton scoring his second of the game, and Joey Sandli, and Bryce Markin gave them a three goal lead with five minutes remaining in the second before the Hurricanes managed to score one of their own.

In the third it was a defensive game with the goalies making some spectacular saves and the defense of Cody Lenoard, Braydon Scarpelli, Nic Yee, and Vian Martiz prevented the Hurricanes from scoring until the eleven-minute mark. Bryce Markin rounded up the scoring getting his second of the game giving Princeton a one game lead in the series as they head to South Okanagan.

The second game saw Princeton

come out flat. Although at half time they were only down one nothing. South Okanagan wanted this game and came out hard scoring a couple more before Jared Fenrick scored for Princeton. Then Princeton started taking some bad penalties so many that, they played fourteen minutes of the third period short handed and lost this game six to one. With the series tied at one game apiece the stage was set for the final game in Princeton.

The team was ready to play - you could feel the excitement in the dressing room after being beat by South Okanagan they were ready to redeem themselves. Two minutes into the game Colton scored while driving to the net and knocked to the ice he redirected Cody's shot past the sprawling net minder. Riley Nikic gave Princeton a two-goal lead when he fought his way out from behind the net and banged it home. Then it was Devon Lilly scoring to end the first.

You could just tell Princeton wanted the banner. Every forward - Jay, Bryce Joey, Jared, Colton, Devon, Matt, and Riley was pressuring hard offensively and coming back hard to help out their defense. In the second period it was a goalies dual, with Clint Cook making some spectacular saves.

With a three-nothing lead going into the third Princeton smelled victory. Giving South Okanagan credit they came out strong in the third scoring a power play goal just two minutes into the third. Just three minutes later Colton got his second of the game restoring Princeton's three-goal lead. South Okanagan would get one more goal, but the Best Western Midgets would become the South Central Champions winning 4-2.

This was a great team effort and that is why they won. Congratulations team all of your Coaches and parents are very proud of all of you. Great season! -submitted

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Princeton Skating Club winds up season with awards

The Princeton Skating Club finished their 2007/08 figure skating season with a fun skate, pizza dinner and skaters awards on Wednesday, February 27th.

The Club regrets that they were unable to present an ice show to the community this year, however our coach resigned prior to the completion of preparations to assume a non-coaching position in Calgary, Alberta.

We had a very small volunteer executive this year and without sufficient volunteers and the loss of a coach, the executive felt it was best to wind the year up in a different way and save our energy for

coach recruitment, and planning and executing a fantastic carnival in 2009.

At the awards ceremony, all figure skaters received participation certificates, and a few noteworthy achievements from skaters were recognized.

In Canskate, Lane Herspiegel was recognized as the Most Improved Canskater, Alex Roccamatysi recognized as the Most Sportsmanlike Canskater and Hannah Gould was recognized as the Canskater of the Year.

In the Starskate test stream, Meagan Haayer was recognized as the most Improved Starskater and

Rachel Jung recognized as the Most Sportsmanlike Starskater and Angela Marshall was recognized as the overall Skater of the Year.

Our Program Assistants, who volunteer their time to assist the coach with the Canskate program were recognized with a small gift of appreciation.

Registration for this season was lower than normal with 26 figure skaters. The Club implemented a Powerskating stream to their programs for the first time, and we were encouraged with nearly 40 powerskaters participating.

The Club is now seeking a Skate

Canada professional coach to teach during the 2008/09 season. We are also looking for community volunteers who love the sport of figure skating and would like to lend their time and expertise as a member of the executive.

You do not have to be a current skater parent, we know and recognize that there are many citizens whose children participated in the club during its 32 years of program delivery.

If you are one of those parents, and would like to help with general operations, carnival preparations or coach recruitment, please give Donna Kostiuk, Princeton Skating

Club President, a call at (250) 295-0206.

The Princeton Skating Club offers Learn to Skate Programs through Skate Canada's Canskate model which is designed to begin at age 4. Skills and artistic development is continued through the testing program called Starskate. Powerskating will remain a program of the Club and will be refined and further developed for the Fall of 2007.

In closing, we offer our thanks to the skaters, parents, community and arena staff for your continued support of the Club.

See you in the Fall! - submitted



Skater of the Year - Angela Marshall



Canskater of the Year - Hannah Gould



Most Improved Canskater - Lane Herspiegel



Most Improved Starskater - Meagan Haayer



Most Sportsmanlike Starskater - Rachel Jung



Most Sportsmanlike Canskater - Alex Roccamatysi

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TUESDAY, MARCH 11, 2008

	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	All-Family	News (N)	Bali (E)	Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N)	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Erky Perky Viva Pinata	SportsCentre (E)	Canada AM (N)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports	FX: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today The Scottos; "The Real Housewives of New York City"; mother-daughter getaways. (N)	The Early Show (N)	American Justice	Good Morning America (N)				Animalia	Grossology	SportsCentre (E)	I Shouldn't Be Alive	K. Possible (7-24)	CityLine (E)	MXC (E)	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious					100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)		Dirty Jobs	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	North of 60 (E)	
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (E)	Simmons	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Super Why! Gofrette	Ruby	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	ET Canada
10 AM	Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (E)		The Price Is Right (N)	Gene Simmons	The View (N)	World Vision	Room House	Wilbur (E)	Movie: "Teen Titans"	Bowling	The View (N)	Megabuilders (E)	Mickey Sprites	"James Patterson's Suzanne's Diary"	MXC (E)	Videos
11 AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Trouble in Tokyo" (2006)	X Games Asia	eTalk (E)	What's That About?	Benj Bear (11:25) King		Most Amazing Videos	The Nanny
12 PM	Still Stnd	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	SpongeBob	Curling: Tim Hortons Brier - OddParent	Degrassi	How Do	Life Derek	CityLine (E)	Most Amazing Videos	Seinfeld
1 PM	Fresh Pr.	Design	Planet	Paulson	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	Movie: "The Flintstones in Viva Rock Vegas"	Draw 10. From the MTS Centre in Winnipeg.	Sue Thomas: F.B.Eye	Dirty Jobs	Cory	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	The Steve Wilkos Show	Pan Asia	Word	Millionaire	Millionaire	Guiding Light (N)	Simmons	General Hospital (N)	Guiding Light (N)	Steven and Chris (E)			General Hospital (N)	How-Made	Cory	News (E)	Star Trek: Voyager (E)	Fresh Pr.
3 PM	Friends	Big Screen	Blue's Clues (E)	Maya	Judge	Dr. Phil (E)	Simmons	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Being Ian	Off-Record	Dr. Phil (E)	Megabuilders (E)	Zoey 101 Suite Life	News (N)	CSI: Crime Scn	Inside Box
4 PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	Gene Simmons	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News	Frasier	Barnyard	Hockey	Daily Show	Daily Planet (N)	Suite Life	Friends	CSI: Crime Scn	That News
5 PM	Movie: "Dumb and Dumber"	News (N)	(4:35) Little Bear (E)	Fetch! With BBC World	News (N)	News (N)	Simmons	News (N)	News (N)	(4:59) News (N)	Simpsons	Barnyard	Curling: Tim Hortons Brier -	News (N)	How-Made	Montana	Beauty, Geek	CSI: Crime Scn	ET Canada
6 PM	(1994) Jim Carrey.	Ad Pers	World Og	News-Lehrer	News (N)	News (N)	Gene Simmons	News (N)	News (N)	ET Canada	News (N)	Drake	Draw 11. From the MTS Centre in Winnipeg.	News (N)	Smash Lab (N)	Zoey 101 Buzz	Movie: "National Lampoon's Van Wilder" (2002)	CSI: Crime Scn	Family Guy
7 PM	Frasier	E! News	Gardens	Boys of Kelvin High (E)	Jeopardy!	Friends	Simmons	Entertain	Entertain	Path to War (N)	Coronatn	Malcolm	Comedy	eTalk (E)	Mega Builders (N)	Smart Guy	News (N)	CSI: NY (E)	Family Guy
8 PM	Seinfeld	The Biggest Loser: Couples (N)	Palin's Europe	Something Dancing	The Biggest Loser: Couples (N)	NCIS	Parking	Laughs	NCIS	NCIS	Merger	Fries That?	SportsCentre (Live)	American Idol The 12 finalists perform. (E)	Daily Planet (E)	Suite Life	News (N)	CSI: NY (E)	Family Guy
9 PM	Movie: "Dumb and Dumber"	(1994) Jim Carrey.	To Be Announced	C Woods Gregg	The History Project	Law & Order: SVU	Gene Simmons	Primetime: What Would	Path to War (N)	News Hour Final (N)	National	Falcon Beach (E)	Soccer	Law & Order: SVU	Mega Builders (E)	School Cory	(10:06) Movie: "Kids in the Hall: Brain Candy" (1996)	Star Trek: Voyager (E)	Married...
10 PM	In the Heat of the Night	News (N)	Gold Mountain	Charlie Rose (N)	News (N)	News (N)	Simmons	News (N)	News (N)	Entertain	(11:05) The Hour (E)	Mystery	SportsCentre (Live)	News (N)	How-Made	Suite Life	Deep Space 9	Frasier	
11 PM	"Plaza"	Guy Stuff			Tonight	Late Show	Simmons	(11:35)		ET Canada		Ghost		News (N)	How-Made	Life Derek		The Nanny	

WEDNESDAY, MARCH 12, 2008

	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	All-Family	News (N)	Bali (E)	Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N)	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Erky Perky Viva Pinata	SportsCentre (E)	Canada AM (N)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports	FX: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today Carol Burnett; dresses for spring; hanging pictures. (N)	The Early Show (N)	Amer. Justice	Good Morning America (N)				Animalia	Grossology	SportsCentre (E)	Man vs. Wild (E)	K. Possible (7-24)	CityLine (E)	MXC (E)	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious					100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)		How-Made	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	North of 60 (N)	
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	Fighting for Canada	Super Why! Gofrette	Ruby	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	ET Canada
10 AM	Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (E)		The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	Room House	Wilbur (E)	Movie: "Balto III: Wings of Change" (2004)	Billiards: Trick Shots	The View (N)	Smash Lab	Mickey Handy	Movie: "The First Wives Club" (1996)	MXC (E)	Videos
11 AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Trouble in Tokyo" (2004)	All Access	eTalk (E)	Extreme Engineering	Benj Bear (11:25) King		Most Amazing Videos	The Nanny
12 PM	Still Stnd	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	SpongeBob	Curling: Tim Hortons Brier -	Degrassi	Superweapons	Life Derek	CityLine (E)	Disorderly Con.	Seinfeld
1 PM	Fresh Pr.	Design	Moving On	Art Work	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living	Movie: "Racing Stripes" (2005, Comedy)	Draw 13. From the MTS Centre in Winnipeg.	Sue Thomas: F.B.Eye	MythBusters (E)	Cory	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	The Steve Wilkos Show	Entrada	Word	Millionaire	Millionaire	Guiding Light (N)	American Justice	General Hospital (N)	Guiding Light (N)	Steven and Chris (E)			General Hospital (N)	Mega Builders (E)	Cory	News (E)	Star Trek: Voyager (E)	Fresh Pr.
3 PM	Friends	Big Screen	Blue's Clues (E)	Maya	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Being Ian	Off-Record	Dr. Phil (E)	How-Made	Zoey 101 Suite Life	News (N)	CSI: Crime Scn	Inside Box
4 PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News	Frasier	iCarly (E)	NHL Hockey: Toronto	Daily Show	Daily Planet (N)	Suite Life	Friends	CSI: Crime Scn	TV Made
5 PM	Movie: "The Mexican"	News (N)	(4:35) Little Bear (E)	Fetch! With BBC World	News (N)	News (N)	CSI: Miami "Driven"	News (N)	News (N)	(4:59) News (N)	Simpsons	iCarly (E)	Maple Leafs at Philadelphia Flyers. (E)	News (N)	Really Big Things	Montana	Next Top Model	CSI: Crime Scn	ET Canada
6 PM	Pitt, Julia Roberts.	Ad Pers	Heads Up	News-Lehrer	News (N)	News (N)	CSI: Miami "Free Fall"	News (N)	News (N)	ET Canada	News (N)	Drake	Curling: Tim Hortons Brier -	News (N)	Dirty Jobs	Zoey 101 Buzz	Rock of Love	UFC Unleashed	Family Guy
7 PM	Frasier	E! News	Lemur	Christiane Northrup: Menopause and Beyond	Jeopardy!	Friends	CSI: Miami "Dead Air"	Entertain	Entertain	Friday Night Lights (E)	Coronatn	Malcolm	Comedy	eTalk (E)	Last One Standing (N)	Smart Guy	Men in Trees (N)	Pros vs. Joes (E)	Seinfeld
8 PM	Seinfeld	Deal or No Deal (N)	Discoveries	Deal or No Deal (N)	Big Brother: "Til Death"	CSI: Miami	Wife Swap (N)	Big Brother: "Til Death"	Big Brother: "Til Death"	Big Brother: "Til Death"	Mosque	Fries That?	From the MTS Centre in Winnipeg.	The Moment of Truth	Daily Planet (E)	Suite Life	News (N)	UFC Unleashed	Family Guy
9 PM	Movie: "The Mexican"	(2001) Brad Pitt, Julia Roberts.	Snoop Movers (E)	Back Care-Yog	Law Order: CI	Criminal Minds (E)	CSI: Miami "Driven"	Supernanny (N)	The Office	The Office	fifth estate	Futurama	Sports	American Idol (E)	MythBusters (E)	Montana Phil	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
10 PM	In the Heat of the Night	News (N)	Something Dancing	Charlie Rose (N)	News (N)	News (N)	CSI: Miami "Free Fall"	News (N)	News (N)	Entertain	(11:05) The Hour (E)	Mystery	SportsCentre (Live)	News (N)	Last One Standing	Suite Life	Deep Space 9	Frasier	
11 PM	"Lone"	Guy Stuff			Tonight	Late Show	Simmons	(11:35)		ET Canada		Ghost		News (N)	How-Made	Life Derek		The Nanny	

Horoscopes

March 12 - 19, 2008

Aries - Action this week is centered around family, home, parents, and property. There is a lot going on in the back of your mind, and you may want to talk about it. Do so discreetly.

Taurus - Problems with colds, flu or other ailments to do with your respiratory system must be dealt with. Your body is strong, but subject to infections. Expect problems with messages, neighbours.

Gemini - Career matters run smoothly. Trouble may arise as a result of something to do with what you own or value, or with problems with your home (especially plumbing, water).

Cancer - Guard your tongue! Your aggressive feelings can come out your mouth too harshly. Do not be too critical of others, even when you know you're right. Travel now is a headache.

Leo - Feeling depressed? Figure out who or what you are angry about and write it in a journal. Things are not going to go the way you want them so it is no use stewing about it.

Virgo - Love is unpredictable this week. You can make some determined plans, but loving words will tempt you to forget the plan. Keep a level head when romantic overtures are made.

Libra - Career demands hard work now. Watch for safety hazards on the job. Your health is good. Things you hear from fellow employees sound good, but may not be facts.

Scorpio - You may have trouble with travel plans this weekend. Do not shop this weekend or you will overspend. Best activity is with friends. Sports could involve injury. Creativity is nil.

Sagittarius - Time spent working on home and property will help you and your partner. Spring spruce-up will bring satisfaction to both of you. Hardships will ease by month end.

Capricorn - Problems communicating with partner, friends, eases a bit if you use your charm and good humour. Keep messages clear and friendly. Keep off-colour jokes to yourself.

Aquarius - Your focus shifts to finances, and you may find you have more of value than you thought. Health and taxes, debts, should be uppermost on your mind. Be serious. Plan.

Pisces - You are your most charming self now, if you want to be, but you are tempted to be too critical, especially with lover, partner, friend. Problems stem from changes in you, not others.

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
- Little Folks Nursery School Parent/Board Meetings, 3rd Wednesday of each month, 7:00 PM at the school.
- Legion Ladies Aux., second Tuesday each month, 7:00 PM, Legion.

thursday movies

MORNING

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) ★★½ "Beethoven's 2nd" (1993, Comedy) Charles Grodin. A St. Bernard's evil owner tries to abduct her litter from a family who saved them from death. (E)

AFTERNOON

1:00 pm YTV (18) "Dr. Dolittle 3" (2006, Comedy) John Amos. A young woman uses her ability to talk to animals to save a dude ranch on the verge of financial collapse.

EVENING

6:00 pm WTBS (3) ★★½ "Shoot to Kill" (1988, Action) Sidney Poitier. An FBI agent and his mountain guide track a killer trying to cross from Washington into Canada.

9:00 pm WTBS (3) ★★½ "Shoot to Kill" (1988, Action) Sidney Poitier. An FBI agent and his mountain guide track a killer trying to cross from Washington into Canada.

10:00 pm KNOW (5) "Please Vote for Me" (2007, Documentary) Three Chinese children launch campaigns to become class monitor. (E)

10:06 pm CITY (29) ★★ "The Art of War" (2000, Suspense) Wesley Snipes. Underground after being accused of murdering a Chinese ambassador, a security expert comes out of hiding when terrorists threaten the United Nations. (E)

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friday movies

MORNING

10:00 am YTV (18) "Kangaroo Jack: G'Day U.S.A.1" (2004, Adventure) Animated. A kangaroo's pals wind up in Las Vegas during a mission to save him from poachers. CITY (29) ★★ "Everybody's Baby: The Rescue of Jessica McClure" (1989, Docudrama) Beau Bridges. The police chief and fire chief of Midland, Texas, lead the 1987 rescue of a toddler trapped in a well.

AFTERNOON

1:00 pm YTV (18) ★ "Kangaroo Jack" (2003, Comedy) Jerry O'Connell. Two friends must catch a kangaroo in Australia after it steals money that belongs to a gangster in New York.

EVENING

6:00 pm WTBS (3) ★★½ "The Juror" (1996, Suspense) Demi Moore. A mob hit man will kill a single mother's son if she cannot sway her fellow jurors in a murder trial.

7:30 pm FAM (26) "High School Musical 2" (2007, Musical Comedy) Zac Efron. Premiere. A teenager befriends members of a wealthy family while working at a country club. (E)

9:00 pm WTBS (3) ★★½ "The Juror" (1996, Suspense) Demi

Moore. A mob hit man will kill a single mother's son if she cannot sway her fellow jurors in a murder trial.

9:15 pm FAM (26) ★★½ "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production.

10:06 pm CITY (29) "Sexual Surrender" (2004, Adult) Young beauties give in to lustful demands. (E)

10:52 pm FAM (26) ★★ "Men In Black" (1997, Comedy) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. (E)

11:00 pm KNOW (5) ★★ "Sisters in Law" (2005, Documentary) A female judge in Cameroon hears the cases of an abused child, a battered wife and the rape of an adolescent. (E)

Similkameen News Leader

Recipe Corner (Recipe #209)

Brought To You By: Similkameen News Leader

Citrus Chicken Kebabs

(NC)—Skinless chicken breast kebabs with vegetables, fruit, and citrus infusion is a deliciously healthy dinner idea.

Ingredients:

- 3 tbsp (45 mL) Lea & Perrins Worcestershire Sauce
- 1 tbsp (15 mL) Dijon mustard
- 1 juice of one orange or lemon
- 1 tsp (5 mL) grated orange or lemon rind
- 4 (whole or cubed) boneless, skinless chicken breasts
- 1 red onion
- 1 each red and green pepper
- 1 pineapple
- Wooden skewers, soaked in water

Preparation:

- Soak skewers in water for 10 minutes so they don't burn. Combine marinade ingredients and mix well. Pour marinade over chicken. Marinate for 2 hours or overnight in refrigerator.
- Discard marinade. Put chicken cubes on skewers, alternating with the onions, pepper and pineapple.
- Grill or bake until done until chicken juices run clear.

- News Canada

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

226A Bridge Street, Princeton

Princeton Posse 2006/07 - The DVD



\$19.99
INCLUDES GST

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THURSDAY, MARCH 13, 2008

	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	All-Family	News (N)	Bali (E)	Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N)	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Erky Perky Viva Pinata	SportsCentre (E)	Canada AM (N)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports	F/X: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today Steve McKee: travel Web sites; every-day home-improvement projects. (N)	The Early Show (N)	American Justice	Good Morning America (N)			Animalia	Grossology	SportsCentre (E)		Canadian Geographic	K. Possible (7-24)	CityLine (E)	MXC (E)	Due South "Letting Go"
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			American Justice			100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)		Mega Builders (E)	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	North of 60 (E)
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Super Why!	Ruby	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	ET Canada
10 AM	Harvey	PopQ (Live)	Franklin (E)	Sesame Street (E)		The Price Is Right (N)	CSI: Miami (E)	The View (N)	Fighting for Canada	Room House	Wilbur (E)	Movie: "Stuart Little 3: Call of the Wild" (2005)	Billiards: Trick Shots	The View (N)	Really Big Things	Mickey Sprites	Movie: "Beethoven's 2nd" (1993)	Most Amazing Videos	Videos
11 AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart		Incredible Dog	eTalk (E)	MegaWorld: England	Benj Bear (11:25) King	Charles Grodin.	Most Amazing Videos	The Nanny
12 PM	Still Stnd	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	Horton	Curling: Tim Hortons Brier --	Degrassi	Megabuilders (E)	Life Derek	CityLine (E)	Disorderly Con.	Seinfeld
1 PM	Fresh Pr.	Design	Planet	Simply	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	Movie: "Dr. Dolittle 3" (2006) John Amos.	Draw 16. From the MTS Centre in Winnipeg.	Sue Thomas: F.B.Eye	Dirty Jobs (E)	Cory	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	The Steve Wilkos Show	Avventura	Word	Millionaire	Guiding Light (N)	American Justice	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris (E)		General Hospital (N)	Last One Standing	Cory (2:36) Zoey	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy	
3 PM	Friends	Big Screen	Blue's Clues (E)	Maya	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Being Ian	Off-Record	Dr. Phil (E)	How-Made	Zoey 101	News (N)	CSI: Crime Scn	Inside Box
4 PM	Family Guy	Judge J.	Dora	Cyberchase	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	Drake	Hockey	Daily Show	Daily Planet (N)	Suite Life	Friends	CSI: Crime Scn	Big Screen
5 PM	Friends	News (N)	(5:35) Business	BBC World	News (N)	News (N)	The First 48 (E)	News (N)	News (N)	(4:59) News Global	Simpsons	Drake	Curling: Tim Hortons Brier --	News (N)	The Real Lost World	Montana	Smartest Model	CSI: Crime Scn	ET Canada
6 PM	Movie: "Shoot to Kill" (1988)	Ad Pers	Mentors	News-Lehrer	News (N)	News (N)	The First 48 (N)	News (N)	News (N)	ET Canada	News (N)	Drake	Draw 17. From the MTS Centre in Winnipeg.	News (N)		Zoey 101	Reaper (N)	TNA IMPACT! (N)	Family Guy
7 PM	Sidney Poitier.	E! News	Profiles of Nature (E)	My Music: The British Beat (E)	Jeopardy!	Friends	Crime 360 "Fatal Feud"	Entertain	Entertain	Big Love (N)	Coronatn	Malcolm Project X	Malcolm	eTalk (E)	MythBusters (E)	So Raven	Murdoch Mysteries		Seinfeld
8 PM	Seinfeld	You Smarter?	Big Ideas	Name Earl	Survivor: Micro	The First 48 "Silenced"	Lost (E)	Survivor: Micro	Survivor: Micro	Sneaker Confidential	Fries That? Monster	SportsCentre (Live) (E)	CSI: Crime Scn	Daily Planet (E)	Suite Life	News (N)	Pros vs. Joes (N) (E)	Married...	Family Guy
9 PM	Movie: "Shoot to Kill" (1988)	Movie	India	The High Kings (E)	Cel. Apprentice	CSI: Crime Scn	The First 48 (E)	Lost "Ji Yeon" (N)	Cel. Apprentice	Cel. Apprentice	Doc Zone	Futurama	In Corner	Lost "Ji Yeon" (N)	Dirty Jobs (E)	Montana	(9:06) Jimmy Kimmel	MANswers	Seinfeld
10 PM	Sidney Poitier.	"Please Vote for Me"	Soundstage (E)	(10:01) Lipstick Jungle (N)	Without a Trace (E)	The First 48 (E)	(10:02) Eli Stone (N)	(10:01) Big Love (N)	News Hour Final (N)	News Hour Final (N)	National	Falcon Beach (E)	Poker Night (Taped)	(10:02) Eli Stone (N)	The Real Lost World	School	Movie: "The Art of War" (2000)	Wesley Snipes.	Fresh Pr.
11 PM	Frasier	News (N)	For King and Country	Charlie Rose (N) (E)	News (N)	News (N)	Crime 360 "Fatal Feud"	News (N)	News (N)	Entertain	The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	Suite Life	Life Derek			Frasier

FRIDAY, MARCH 14, 2008

	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	All-Family	News (N)	Bali (E)	Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N)	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Erky Perky Viva Pinata	SportsCentre (E)	Canada AM (N)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports	F/X: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today Steve McKee: travel Web sites; every-day home-improvement projects. (N)	The Early Show (N)	American Justice	Good Morning America (N)			Animalia	Grossology	SportsCentre (E)		Sharkbite! Surviving	K. Possible (7-24)	CityLine (E)	MXC (E)	Due South
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Justice: Wife			100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)		MythBusters (E)	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	North of 60 (E)
9 AM	Sanford	Inside	Berenstain	Super Why!		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision "Voice"	Saper Why!	Ruby	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	ET Canada
10 AM	Harvey	PopQ (Live)	Franklin (E)	Sesame Street (E)		The Price Is Right (N)	CSI: Miami "Bait" (E)	The View Snoop Dogg.	World Vision "Voice"	Room House	Wilbur (E)	Movie: "Kangaroo Jack: G'Day U.S.A.!" (2004)	Billiards: Trick Shots	The View Snoop Dogg.	Ultimates "Thrill Rides"	Mickey Handy	"Everybody's Baby: Jessica McClure"	MXC	Videos
11 AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart		In Corner	eTalk (E)	Air Dogs	Benj Bear (11:25) King	Most Amazing Videos	Frasier	
12 PM	Still Stnd	News (N)	Gregg	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	SpongeBob	Curling: Tim Hortons Brier -- Page	Degrassi	MythBusters (E)	Life Derek	CityLine (E)	Most Amazing Videos	Seinfeld
1 PM	Fresh Pr.	Design	SportFish	Watercolor	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living	Movie: "Kangaroo Jack" (2003)	Playoffs. (Live) (E)	Sue Thomas: F.B.Eye	The Real Lost World	Cory	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	The Steve Wilkos Show	Dotto Tech	Word	Millionaire	Guiding Light (N)	Justice: Wife	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris (E)	Jerry O'Connell.	General Hospital (N)	Cory (2:36) Zoey	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy		
3 PM	Friends	Big Screen	Blue's Clues (E)	WordGirl	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Horton	Off-Record	Dr. Phil (E)	How-Made	Zoey 101	News (N)	CSI: Crime Scn	Inside Box
4 PM	Family Guy	Judge J.	Dora	Cyber	Judge J.	Oprah Winfrey (E)	CSI: Miami "Bait" (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	OddParent	Hockey	Daily Show	Daily Planet (N)	Suite Life	Friends	CSI: Crime Scn	Tribute Bands (E)
5 PM	Friends	News (N)	(5:35) Business	BBC World	News (N)	News (N)	CSI: Miami "Shock"	News (N)	News (N)	(4:59) News Global	Simpsons	Arrested	Curling: Tim Hortons Brier -- Page	News (N)	Storm Chasers (N)	Montana	Battlestar Galactica	CSI: Crime Scn	ET Canada
6 PM	Movie: "The Juror" (1996) Demi Moore.	Ad Pers	Fetch! With Creatures	News-Lehrer	News (N)	News (N)	CSI: Miami "Rampage"	News (N)	News (N)	ET Canada	News (N)	(6:05) Endurance	Playoffs. (Live) (E)	News (N)	Bone Detectives (N)	Zoey 101 Buzz	Stargate SG-1	Dangerous Animals II	Family Guy
7 PM	Moore.	E! News	Emily of New Moon	Wash Wk McLaughlin	Jeopardy!	Friends	CSI: Miami (E)	Entertain	Entertain	NUMB3RS (E)	Coronatn	Ghost		eTalk (E)	A Haunting (N)	Wizards	The Collector	Most Amazing Videos	Seinfeld
8 PM	Seinfeld	Life Is Wild (E)	The Impressions NOW	Foreign	Amne\$ia (N) (E)	Price Is Right	The Sopranos (E)	Grey's Anatomy (N)	Amne\$ia (N) (E)	Amne\$ia (N) (E)	Air Farce	Avatar	Formula One Racing	Grey's Anatomy (E)	Daily Planet (E)	"High School Musical 2"	News (N)	Disorderly Con.	Family Guy
9 PM	Movie: "The Juror" (1996) Demi Moore.	Paradise Hotel 2 (E)	Palin's Europe	The Brain Fitness Program	Dateline NBC (E)	Ghost Whisperer (E)	CSI: Miami "Shock"	20/20 (E)	House "Cain & Able"	House "Cain & Able"	JPod (N) (E)	Bleach	Sports	Ghost Whisperer (E)	A Haunting	(9:15) Movie: "High Musical" (2006) Zac	(9:06) Jimmy Kimmel	MXC (E)	Seinfeld
10 PM	Moore.	20/20 (E)	Frank Lloyd Wright (E)	Bold	Dateline NBC (E)	NUMB3RS (E)	CSI: Miami "Rampage"	20/20 (E)	NUMB3RS (E)	News Hour Final (N)	National	Bleach	Beach Volleyball	Nip/Tuck (E)	Bone Detectives	School Musical" (2006) Zac	(10:06) "Sexual Surrender" (2004, Adult) (E)	Game	Married...
11 PM	Frasier	News (N)	Movie: "Sisters in Law"	Austin City Limits (E)	News (N)	News (N)	CSI: Miami (E)	News (N)	News (N)	(11:03) ECW (N) (E)	(11:05) The Hour (E)	Shadow	SportsCentre (Live) (E)	News (N)	Storm Chasers	(10:52) Movie: "Men in	Disorderly Con.	Frasier	The Nanny

CARTER'S Sudoku Challenge

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HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

CHALLENGE #71 - Rated Easy

			9			1	4	
4		7			3			
	3				5	8		
				8				
5		3	2		6	7		1
1				3				6
		2	3				7	
			8			3		5
	1	5			4			

CHALLENGE #72 - Rated Hard

			8			1	5	
9	2		7				3	
3				6	5			
		9					4	3
		7		8		9		
1	4					2		
			5	1				8
	9						6	2
	8	6			4			

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2007 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

6:00 am SPIKE (44) "Road House 2" (2006, Action) Johnathon Schaech. An undercover DEA agent tries to save his uncle's bar from a group of drug runners intent on taking over. (In Stereo)
8:30 am WTBS (3) ★★ "American Outlaws" (2001, Western) Colin Farrell. Jesse James and his gang rob banks in order to foil a railroad baron who forces people from their homesteads.
10:30 am WTBS (3) ★★ "The Alamo" (2004, War) Dennis Quaid. In 1836 Davy Crockett, Jim Bowie and more than 180 Texans hold off the Mexican army for 13 days during Sam Houston's revolution.

AFTERNOON

12:00 pm FAM (26) "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hock-

ey team to obtain a scholarship at the school of a renowned coach.
12:30 pm WTBS (3) ★★ "Outbreak" (1995, Suspense) Dustin Hoffman. An Army doctor fights the spread of a deadly virus brought into the United States by an African monkey. (E)
1:30 pm FAM (26) ★★ "The Muppets Take Manhattan" (1984, Comedy) James Coco. Kermit and company try to take their variety show to Broadway, while Miss Piggy grows jealous of a friendly waitress.
2:00 pm A&E (9) ★★ "Erin Brockovich" (2000, Drama) Julia Roberts. A law clerk researching a client's health case stumbles on a cover-up of a contaminated water supply in a desert town. (E)
4:00 pm YTV (18) ★★ "The Powerpuff Girls Movie" (2002, Comedy) Voices of Catherine Cavadini. Animated. Three little girls with superpowers battle an evil monkey and its army of chemically

enhanced primates.
5:00 pm WTBS (3) ★★ "Batman Forever" (1995, Action) Val Kilmer. The Caped Crusader woos a criminal psychologist, takes on a sidekick and battles Two-Face and the Riddler. (E)
A&E (9) ★★ "True Lies" (1994, Action) Arnold Schwarzenegger. A Washington wife discovers her computer-salesman husband is a spy out to stop nuclear terrorists. (E)

EVENING

6:00 pm CITY (29) "The Interrogation of Michael Crowe" (2002, Docudrama) Ally Sheedy. A woman tries to help her 14-year-old son after police coerce him into confessing to murdering his sister. (E)
7:30 pm WTBS (3) ★★ "Divine Secrets of the Ya-Ya Sisterhood" (2002, Comedy-Drama) Sandra Bullock. Forced to visit her estranged mother in Louisiana, a New York playwright learns about her past through a scrapbook. (E)
8:00 pm KXLY (10) ★★ "Catch Me if You Can" (2002, Comedy-Drama) Leonardo DiCaprio. An FBI agent pursues Frank Abagnale Jr., a con man who assumes various identities and commits forgery. (In Stereo) (E)
9:00 pm A&E (9) ★★ "True Lies" (1994, Action) Arnold Schwarzenegger. A Washington wife discovers her computer-salesman husband is a spy out to stop nuclear terrorists. (E)
FAM (26) ★★ "Space Jam" (1996, Comedy) Michael Jordan. Live action/animated. NBA star Michael Jordan helps the good Looney Tunes take on the bad Monstars in a basketball game. (E)
CITY (29) ★★ "12 Monkeys" (1995, Science Fiction) Bruce Willis. A psychiatrist believes a patient who claims to be a time-traveler sent to 1996 to prevent a virulent holocaust. (E)

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sunday movies

MORNING

6:00 am SPIKE (44) ★★ "Boondock Saints" (1999, Crime Drama) Willem Dafoe. Two brothers, believing themselves to be on a mission from God, begin killing members of Boston's underworld.
7:00 am A&E (9) ★★ "Can't Buy Me Love" (1987, Comedy) Patrick Dempsey. A teenager pays the most popular girl in school to be his girlfriend for a month. (E)
7:30 am WTBS (3) ★★ "The Alamo" (2004, War) Dennis Quaid. In 1836 Davy Crockett, Jim Bowie and more than 180 Texans hold off the Mexican army for 13 days during Sam Houston's revolution. (E)
9:30 am WTBS (3) ★★ "Outbreak" (1995, Suspense) Dustin Hoffman. An Army doctor fights the spread of a deadly virus brought into the United States by an African monkey. (E)

AFTERNOON

12:00 pm WTBS (3) ★★ "Batman Forever" (1995, Action) Val Kilmer. The Caped Crusader woos a criminal psychologist, takes on a sidekick and battles Two-Face and the Riddler. (E)
FAM (26) "Life Is Ruff" (2005, Comedy) Kyle Massey. A teenage

slacker adopts a stray as part of a plan to win a large cash prize at an upcoming dog show.
1:30 pm FAM (26) ★★ "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.
2:00 pm YTV (18) ★★ "The Naked Brothers Band" (2005, Comedy) Nat Wolff. Creative differences lead to infighting among two brothers and other members of the music group the Silver Bullets. (In Stereo) (E)
2:30 pm WTBS (3) ★★ "Divine Secrets of the Ya-Ya Sisterhood" (2002, Comedy-Drama) Sandra Bullock. Forced to visit her estranged mother in Louisiana, a New York playwright learns about her past through a scrapbook. (E)
3:00 pm VTV (22) "Diamond Girl" (1998, Romance) Joely Collins. To save the family wine estate, a man asks a paralegal to lure his brother away from a manipulative girlfriend. (In Stereo) (E)
4:00 pm YTV (18) ★★ "A Cinderella Story" (2004, Romance-Comedy) Hilary Duff. A teenager with a wicked stepmother develops an online relationship with a popular high-school quarterback. (In Stereo) (E)
CITY (29) ★★ "Something's Gotta Give" (2003, Romance-

Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. (E)
5:00 pm WTBS (3) ★★ "While You Were Sleeping" (1995, Romance-Comedy) Sandra Bullock. A lonely Chicago subway clerk falls for the brother of a comatose man she adored from afar. (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. (In Stereo) (E)
7:00 pm WTBS (3) ★★ "While You Were Sleeping" (1995, Romance-Comedy) Sandra Bullock. A lonely Chicago subway clerk falls for the brother of a comatose man she adored from afar. (E)
9:00 pm FAM (26) ★★ "Sleepless in Seattle" (1993, Romance-Comedy) Tom Hanks. A Baltimore newswoman falls for a Seattle widower she hears on talk radio, thanks to his moppet son.
SPIKE (44) ★★ "Ghostbusters II" (1989, Comedy) Bill Murray. Now the parapsychologists are trying to rid New York of stress-related pink slime. (In Stereo)

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SATURDAY, MARCH 15, 2008

Table of TV schedules for Saturday, March 15, 2008, listing channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and programs for various time slots (6:30 AM to 11:30 PM).

SUNDAY, MARCH 16, 2008

Table of TV schedules for Sunday, March 16, 2008, listing channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and programs for various time slots (6:30 AM to 11:30 PM).

MONDAY, MARCH 17, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	All-Family	News (N)	Bali (E)	Caillou (EI)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N) (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Erky Perky Viva Pinata	SportsCentre (E)	Canada AM (N) (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports Series (E)	F/X: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today (N)	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)			Animalia	Grossology	SportsCentre (E)		Daily Planet (N) (E)	K. Possible (7-24)	CityLine (E)	MXC (E)	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Amer. Justice		100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)		How-Made	Weekend	The Tyra Banks Show	Disorderly Con.	North of 60 (E)	
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Super Why! Gofrette	Dewitt	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	Tube Tales
10 AM	Harvey	PopQ (Live)	Franklin Soccer coach.	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Extreme"	The View St. Patrick's.	World Vision	Room House	Wilbur (E)	Erky Perky	Motoring Motorcycle	The View St. Patrick's.	Mayday "Lost" (E)	Mickey Handy	Movie: "The Cowboy Way" (1994, Comedy) (E)	MXC (E)	Videos Grace
11 AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears Jacob	Tennis: Pacific Life Open --	eTalk (E)	Ocean Ranger Disaster	Benj Bear (11-25) King		Disorderly Con.	The Nanny Frasier
12 PM	Still Stnd	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N)	Days of our Lives (N)	News (E)	Being Ian	Early Round. From Indian Wells, Calif. (E)	Degrassi	Super Ships "Top Ten"	Life Derek	CityLine (E)	Disorderly Con.	Seinfeld
1 PM	Fresh Pr.	Design	Map of the Mind	Fine Art	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)	What's-What's-What's	Viva Pinata	Sue Thomas: F.B.Eye (E)	Extreme Engineering	Cory	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210	
2 PM	King	The Steve Wilkos Show	Macphee	Word	Millionaire	Guiding Light (N) (E)	Amer. Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby	Boxing	General Hospital (N)	How-Made	Cory	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
3 PM	Friends	Big Screen	Blue's Clues	Maya	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Being Ian	Off-Record	Dr. Phil (E)	Out Cold	Zoey 101 Suite Life	News (N)	CSI: Crime Scn	Inside Box
4 PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami "Extreme"	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	NHL Hockey: Colorado Avalanche at Minnesota Wild. (E)	Friends	Daily Planet (N) (E)	Suite Life	Friends	CSI: Crime Scn	Tube Tales
5 PM	Movie: "Set It Off" (1996, Action)	News (N)	(4:35) Little Bear (E)	BBC World	News (N)	News (N)	Intervention "Trent"	News (N)	News (N)	(4:59) News Global	Simpsons	OddParent	News (N)	MythBusters (E)	Montana	My Dad-Better	CSI: Crime Scn	ET Canada	
6 PM	Action) Jada Pinkett, Queen	Ad Pers	Saddle	News-Lehrer	News (N)	News (N)	Intervention (E)	News (N)	News (N)	ET Canada	Drake	Malcolm	SportsCentre (Live) (E)	News (N)	Guinea Pig	Zoey 101	Pussycat Dolls	Movie: "Heartbreak Ridge" (1986, War)	Family Guy
7 PM	Latifah.	E! News	Edge	Served	Jeopardy!	Friends	Paranormal	Entertain	Entertain	The Unit (E)	Coronatr	Prank Ptrl	Dancing With the Stars (E)	Degrassi	Dirty Jobs	So Raven	The Bachelor (N) (E)	Clint Eastwood, Marsha Mason.	Frasier
8 PM	Seinfeld	How I Met	With	Antiques	My Dad-Better	Big Bang	The First 48 (E)	Dancing With the Stars (E)	Canterbury's Law (N)	Canterbury's Law (N)	Ron James: Back Home	Fries That?	Dancing With the Stars (E)	Daily Planet (E)	Suite Life	News (N)		Married...	
9 PM	Movie: "Set It Off" (1996, Action)	Deal or No Deal (N)	Belfast Girls (E)	Ireland: Roads Taken	Deal or No Deal (N)	Two Men Christine	Intervention "Trent"	(9:32) The Bachelor (N) (E)	New Amsterdam (N)	New Amsterdam (N)	The Border (N)	Futurama	Tennis: Pacific Life Open	Guinea Pig	Montana	Phil	(9:08) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
10 PM	Action) Jada Pinkett, Queen	Paradise Hotel 2 (E)	Daughters-Afg.	Visions of Ireland (E)	Medium (N) (E)	CSI: Miami (E)	Intervention (E)	The Unit (E)	News Hour Final (N)	National	Falcon Beach (E)	UEFA Score Golf	Medium (N) (E)	Dirty Jobs	School	Cory	Movie: "Play It to the Bone" (1999) (E)	Star Trek: Voyager (E)	Married... Fresh Pr.
11 PM	Latifah.	News (N)	Profiles of Nature (E)	Charlie Rose (N) (E)	News (N)	News (N)	Paranormal	News (N)	News (N)	Entertain (11:05) The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	MythBusters (E)	Suite Life	Life Derek	Deep Space 9	Frasier	

monday movies

MORNING
 10:00 am CITY (29) ★★ "The Cowboy Way" (1994, Comedy) Woody Harrelson. Two New Mexico cowboys drive a truck to New York to track the disappearance of their friend. (E)

AFTERNOON
 5:00 pm WTBS (3) ★★ "Set It Off" (1996, Action) Jada Pinkett. Desperation drives four inner-city women to bank robbery in Los Angeles, then they start mistrusting one another.

EVENING
 6:00 pm SPIKE (44) ★★ "Heartbreak Ridge" (1986, War) Clint Eastwood. A veteran Marine sergeant keeps in touch with his ex-wife while beating a platoon into shape for Grenada. (In Stereo)

9:00 pm WTBS (3) ★★ "Set It Off" (1996, Action) Jada Pinkett. Desperation drives four inner-city women to bank robbery in Los Angeles, then they start mistrusting one another.

10:06 pm CITY (29) ★★ "Play It to the Bone" (1999, Comedy-Drama) Antonio Banderas. Two best friends and former boxing rivals must get to Las Vegas but are sidetracked by a beautiful hitchhiker and a woman with a temper. (E)

11:30 pm WTBS (3) ★★ "Hideaway" (1995, Horror) Jeff Goldblum. An antiques dealer feels a connection to a killer satanist who also walked in the land of the dead.

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2,500 sq ft for lease. Zoned C2, on-site parking, lots of windows, single wash-room, perfect for retail. Located in high traffic location downtown on Bridge Street. Available immediately. Call Lee Mowry at (250) 295-1990. Feb 19-dfn

Apartments for rent. 1-bedroom and 2-bedroom. Call (250) 295-4113. Feb 26-Mar 11

Three bedroom, 2 bath family townhouses with enclosed yards available at Aspen Court for qualified applicants. BC housing offers affordable rents based upon 30% of your gross income. Please contact Princeton & District Community Services at (250) 295-6666 for application and information. Feb 26-Mar 11

For Rent/For Lease. Office space ideal for small business. View at 117 Vermilion Avenue (rear entrance) or call (250) 295-4113. Feb 26-Mar 11

WANTED TO RENT: 3-bedroom home with fenced yard for working mom of 2 with house-trained puppy (will provide pet deposit). Call (250) 863-9863 and leave a message or call (250) 295-4370. Feb 26-Mar 11

1-month, 2-month, 3 or 4-month rentals available. Bachelor, 1 and 2 bedroom apartments. Call (250) 295-1845. Mar 11-dfn

lost & found

FOUND: Womens watch, found at Post Office. Ask for Debbie or Sharon. Describe to claim. Mar 4-18

LOST: Keys with Budget car sales tag. Went missing somewhere in Princeton, possibly downtown area. Call (250) 295-3579. Mar 4-18

Belly Dancing Classes with Linnea Cappos

Will begin on Tuesday, March 11 at 6:30 PM
in the Christian Education Building. Cost: \$10.00 a lesson.
For information or registration phone Ruby at (250) 295-3273.

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Chuchuwayha Bingo Every Sunday in Hedley

There will be NO Bingo on March 23, 2008
Pow Wow March 21, 22, 23
Chuchuwayha Hall - all welcome

help wanted

Part-time Marketing position. Must have office experience and be proficient with computers. Must work well in a team and have a flexible schedule. Please send resumes to: PO Box 880, Princeton, BC V0X 1W0. Attention: Sarah. Mar 04-11

Community Services has a cook position available in their assisted living program. Preferred applicants will have training and experience in food preparation and delivery, a food safe certificate, good organizational skills, the ability to work as part of a team and enjoy interacting with seniors.

Rate of pay is \$14.40, plus benefits. Application forms are available at 47 Harold Avenue. Call (250) 295-6666 for further information. Deadline for applications is March 14, 2008. Mar 04-11



TRADE JOURNEYMAN Heavy Duty Mechanic or Apprentice

Argo Road Maintenance is accepting resumes for a TJHD Mech or Apprentice (preferably 2nd or 3rd year) for our Princeton Shop. Applicants must be a licensed HD Mechanic with CVIP Cert., Welding Cert., valid BC Class 3 driver's license with air brakes. Submit Resume with a current driver's abstract to argosok@argoroads.ca or by fax to (250) 493-6427.

card of thanks

We would like to thank the dedicated volunteers at Hayes Creek Fire Department for their swift response and incredible assistance following our recent accident on Highway 40.

A special thank you to Steve from Overwaita for his help.
- anonymous

lost

Reward for cat lost between Princeton and Twin Lakes on Saturday, February 23rd. He is black and white, wearing a red body harness with black clips. He is all white on his underside right to his chin and almost goes around his neck. If you see him, his name is No Neck. Call Gord or Sharon COLLECT at (250) 493-6890 or (604) 326-0082. Mar 4-18

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SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #71 - Easy

256 978 143
 487 613 259
 931 425 867
 674 189 532
 593 246 781
 128 537 496
 862 351 974
 749 862 315
 315 794 628

CHALLENGE #72 - Hard

674 832 159
 925 741 836
 318 965 724
 859 127 643
 267 483 915
 143 659 287
 732 516 498
 491 378 562
 586 294 371

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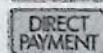
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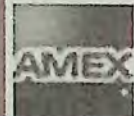
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WEEKLY DEADLINE IS 12 NOON FRIDAYS



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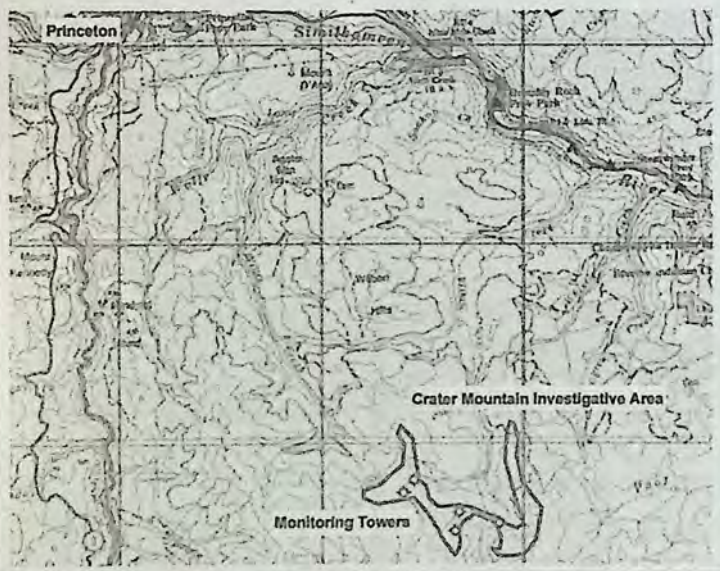
Land Act: Notice of Intention to Apply for a Disposition of Crown Land

Take notice that **4079647 Canada Inc.** of **Vancouver BC**, intends to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a licence for **Windpower project** purposes covering **all those parcels or tracts of land in the vicinity of Crater Mountain, Similkameen Division Yale District and containing 5.00 hectares more or less** situated on Provincial Crown land located in the vicinity of **Princeton**.

The Lands File Number that has been established for this application is 3411826. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 3rd Floor, 145-3rd Avenue, Kamloops, BC V2C 3M1. Comments will be received by ILMB until April 19, 2008. ILMB may not be able to consider comments received after this date.

Please visit our website at <http://www.arfd.bc.ca/ApplicationPosting/index.jsp> → Search → Search by File Number: insert Lands File Number for more information.

Be advised that any response to this advertisement will be provided to be public upon request.



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Town of Princeton

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3rd Floor, 184 Main Street
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Human Resources Department
VALLEY FIRST CREDIT UNION
3rd Floor, 184 Main Street
Penticton, BC V2A 8G7
Fax: 250-490-3661
E-mail: hr@valleyfirst.com

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editor@thenewsleader.ca

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

my turn

Literacy means TXT MSGS 2!

I attended the Princeton Leaders in Literacy Celebration Party on March 4th in the Skills Centre and learned something.

As I spend most of my waking hours in front of or in the close proximity of a computer I guess I take a lot more for granted than I thought I did. A normal week for me includes getting up close and personal with anywhere between 10,000 and 20,000 words – usually grouped in little packages known as sentences and paragraphs. So I suppose I've always considered myself somewhat literate.

And where I always thought literacy meant the basics – the three R's: reading, writing and arithmetic, I discovered at last week's meeting that part of the Literacy Now program also includes the three C's – cell phones, computers and cameras.

I wasn't sure what the 'cell phone' category was doing on that list until it was mentioned that text messaging is a very social, yet specialized form of communication.

It's also a form of communication I haven't quite figured out. My wife and I tried it for a while, but found communicating far easier when we used the cell phones as – what else – phones.

As for computers, well, I send my share and receive my share of e-mail but have always refused to use those nutty little smilies and can't bring myself to use more than one or two of the commonly used 'chat speak' terms. In actual fact, it was only last month I figured out that a program I was using was considered WYSIWYG (pronounced whizzy-whig) which meant it was dummy proof for a guy like me as the letters stood for What You See Is What You Get.

It made me question my own literacy level.

How could I miss such a simple term?

Then the following day I was in Keremeos chatting with an acquaintance when I brought up the literacy meeting and the three C's.

The person I was speaking with proceeded to explain that she'd been receiving e-mails lately signed with LOL.

She told me she was just a little alarmed as the person sending the messages was not what you would consider a close friend and when she was growing up, LOL meant Lots of Love.

Well, no wonder she was a little alarmed.

Suddenly I understood her concern and tried not to LOL at her mistaken LOL, although I did send her an e-mail once I got back to the office and signed it LOL... which I may continue to do just to tease her, but in a small way it also reminded me that there are many different levels of literacy in order to function properly in today's world.

Now you need to know how to read the words you spell, calculate what 2+2 equals, be able to TXT UR BFF, open, read, write and send e-mail along with taking pictures with a digital camera that'll edit them before you print or download.

And I thought writing 10,000 to 20,000 words a week was the easy part!

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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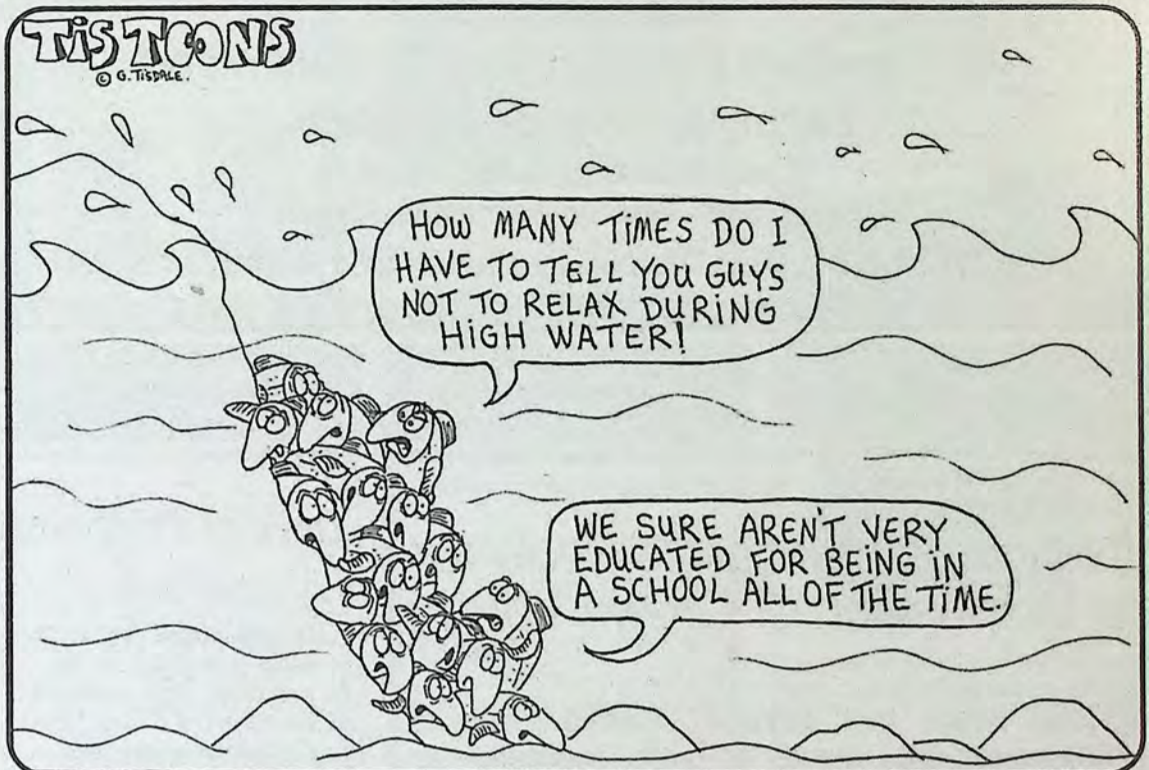
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Publisher:
Office Administrator:
Reporter:

George Elliott
Brenda Engel
Dawn Johnson



your turn

Why we love it here

To The Editor;

After many years of wanting to move to this beautiful community, Larry and I moved here in July from Aldergrove and love it. We also realize that Mother Nature has been kind to us for our first non-rainy Winter.

To breathe the clear and clean air, to experience the peace and quiet, to see all the stars at night is so delightful and such a change for us. It is so much fun to go to the Posse games and be close to the ice, we even enjoy those folks who ring their bells and horns. They know who they are.

We have been very privileged to have met Dan Hillman and Wade Masch who are wonderful young men who will do well in whatever they choose to do in their adult lives. Responsible and incredibly hard workers who were a pleasure to have at our home as they helped finish the fencing.

To Judi Esdale who worked so hard to do our big paddock so we could have a safe place to run our

dogs without worry once we moved up, to Heather and Al Tremblay who have 'taken us under their wings' while we learn the ropes in our new lives, to Dean and Judy at Century 21 who have spent hours helping us find our home and to settle into Princeton, to Hugh and Melodie for their neighbourliness but especially to Susan and Ken Matsumoto.

I have known Susan since she was a teenager and Ken since their wedding. Yes, we share a love of our Irish Setters but also much more.

Larry is now involved in coaching bowling with the Special Olympics and that has made us really feel more involved in the community. It is such a delight to get to know all these athletes and see them blossom as they progress and get together to have fun. Competitive? You bet but they have fun while they compete and isn't that what it is really all about?

Once I am no longer commuting as much, we both hope to get more

involved this spring and summer.

Then this past weekend, we had the heart stopping terror of having 2 of our dogs find a loose board and be gone for 33+ hours. With the help of so many, we were extremely lucky to find them alive and well, albeit confused at being so many miles from home, sore and tired.

We would never have thought to look on Summerland/Princeton Road so 'soon' although I did worry they had chased deer up the hill on our property. I have never driven so fast from Vancouver as I did after Larry called me.

THANK YOU, Thank you Ken Matsumoto who spend almost the whole time helping Larry search; to Brenda and Gerry Crimmons for trying to catch them when they were first sighted and for contacting Ken Jones and it seems everyone else they know, as well as going out themselves looking on their properties; to our RCMP Constables Jarvis and Daigle for letting us know they had found them but were unable to catch them.

It was very scary to think that Nova and Ricky were so leery of all who tried to help as they are both more than outgoing and sociable but they have also never been lost before and out in the woods at night. They are our bed warmers and couch dogs first and foremost.

We are blessed to live here and get to know some of you. May we know more as times passes.

- Pam and Larry Legault, Princeton

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Current Comment:

Soy is not just my bugbear



Dawn Johnson
editor@thenewsleader.ca

Some weeks ago, I wrote about the effect of soy products on me and my daughter. One of our readers dropped off an article from a health newsletter he received. It was all about soy.

The article was about what I was complaining of – soy products hidden in a multitude of foods. I learned the soy fat contains the pro-inflammatory omega-6 fats which can throw off balance the healthy anti-inflammatory omega-3 fatty acids.

To make matters worse, soybean oil is heat processed and artificial flavours are added to the soy products sold as meat substitutes. This bulky stuff is what is left over from the production of soybean oil, and in years past was sold only as livestock food. Farm animals fed on this waste product had to be fed special amino acids which had been cooked out of the soybean during the oil processing. Great stuff for people, eh?

There has been, in the past few years, a hard sell on soy products. Every time I pick up one of those health food store magazines there is at least one article on the benefits of soy products. In the article sent to me, a doctor blasts the soy industry and the health food industry for perpetuating the myth that soy is good for you.

The article says the American Heart Association is now questioning the claim that soy protein may help prevent heart disease.

Apparently, soy has been implicated in thyroid dysfunction due to the high isoflavone content of soy milk and tofu. These tend to depress thyroid function. The doctor says mental confusion, a disturbed mood, fatigue, poor sleep and disruption of normal cholesterol metabolism can result.

All of this was bad news, but it got

worse the more I read. The doctor claims recent research shows tofu consumption can lead to accelerated brain aging.

Soy can block the absorption of zinc, essential for a lot of bodily functions, with a major impact on blood sugar control, the formation of collagen for connective tissue, and immune system functioning. Zinc is critical in maintaining a healthy prostate.

Downright dangerous is what I would call the effect on babies fed a soy formula. The doctor says, "The average infant fed on soy formula alone receives the equivalent of five birth control pills per day."

What? Mothers thought this stuff was good for babies!

There were some food products I was not aware contained soy, although I thought I had checked out pretty well everything.

Coffee whiteners contain soy, as

do hot cereal mixes, whipped cream (I assume that's the kind you buy already whipped), lunch meat, gravy mixes, macaroni, and several sports drinks.

Then, in a sidebar, I read that 89 percent of all soy is genetically modified. What we call soy is not even really soy anymore. What is it?

What are our options? Besides reading labels, we can make sure that what we buy is just what it is supposed to be, and avoid products we are not sure of. I no longer buy any of the famous brands of salad dressings, wieners and sausages.

I avoid ice cream products and baked products I am not sure of. Remember: when you spend a dollar on a product, you are encouraging the producer to keep producing it. Put your money into products you approve and let the rest sit on the shelf.

Correction to laptop project

Due to a misunderstanding, the News Leader reported last week that Vermilion Forks Grade 7 students would have to give up their laptops when they moved to secondary school.

This is not correct. Students going to Grades 8 and 9 will retain their laptops and have the option, at the end of Grade 9, of purchasing their laptops for personal use. We apologize for the error.

www.frameyourpets.com

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Brenda Engel
OFFICE ADMINISTRATOR
brenda@thenewsleader.ca

George Elliott
OWNER / PUBLISHER
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March 23 - Easter Sunday
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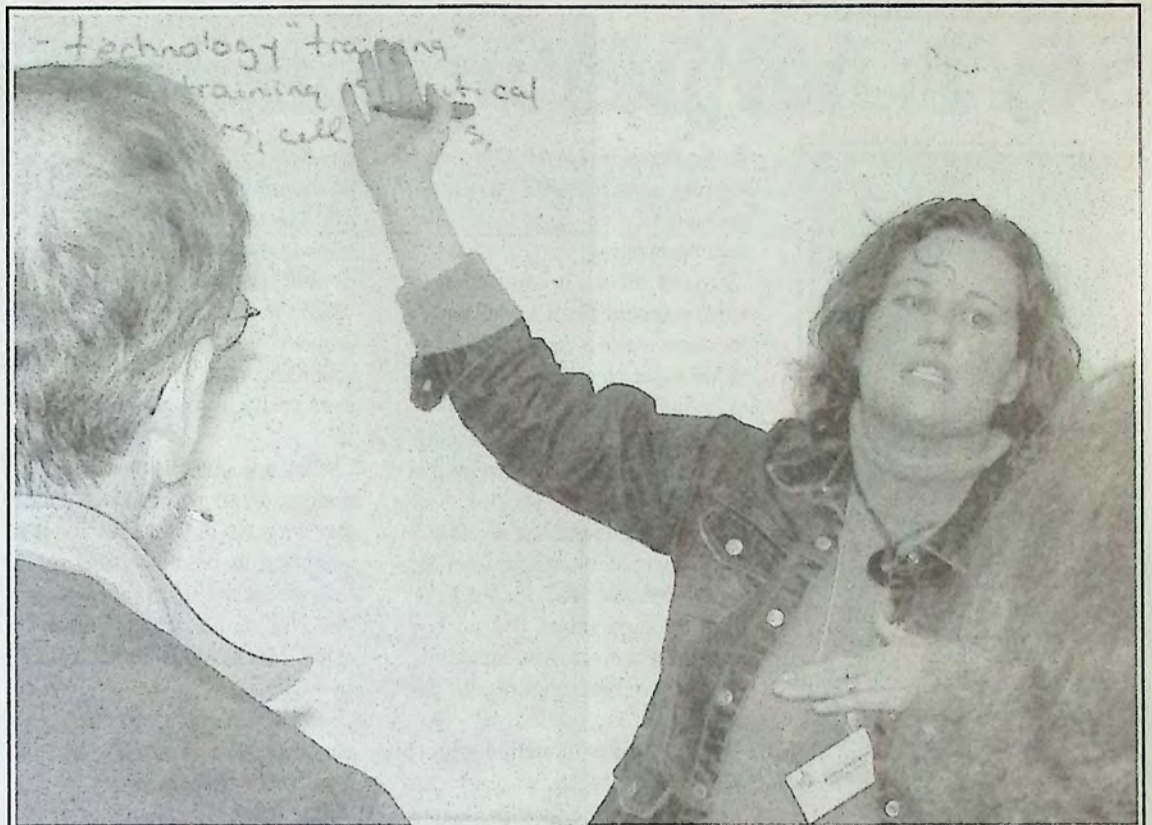
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Nadine McEwen discusses literacy needs for residents 55+ during the March 4th Leaders for Literacy Celebration Party and planning session at Princeton Skills Centre. *

Artists offer 'soft pastel' workshop

Vermilion Artists will be hosting a workshop titled 'Working with Soft Pastels' featuring Irene Gray.

Dates are set for Friday, April 11th from 3:30 to 6:00 PM and Saturday, April 12th from 9:00 AM to 4:00 PM.

Gray is a talented artist, born, raised and living in the South Okanagan. She has painted all of her life, even during her busy career.

Gray has a unique talent for capturing the essence of wildlife and the beauty of the ever changing Okanagan scenery through the lens

of her camera and her sketches, she then transforms these into colourful, dynamic pieces of artwork with her masterful use of pastels and acrylics. She has been an active member of the Federation of Canadian Artists for many years during which time she has received many Juried Choice awards.

Gray's paintings are in private and

international collections and often can be seen locally. Examples of her artwork can be viewed on the notice board at Riverside Centre.

To find out more about this workshop, or to register, contact Mary at (250) 295-6778.

As class size is limited, pre-registration and pre-payment are requested. - submitted

IHA removes 146 trees

The pine beetle infestation continues to plague the pine trees surrounding Princeton Regional Hospital. Starting this week, crews will be on site removing about 146 infested trees.

Taking out the trees is important to deter more infestation as well as to make the area safer. With the infested trees, there is a danger of falling limbs and the possibility of

a fire hazard next to the buildings. Infested pine trees have already been removed in the past.

Work is being done by a local contractor around the hospital and Ridgewood Lodge. The majority of the trees to be removed are on the east side of the hospital.

Interior Health appreciates everyone's patience and understanding as they do this necessary work.

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Letter To The Editor

Penticton reader provides meeting feedback

To The Editor;

On Saturday March 1st I had the pleasure to attend a Seminar - Community Planning for a Green Legacy organized by Okanagan Similkameen Conservation Alliance, South Okanagan Similkameen and Environment Canada. Hats off to Margaret Holmes and everyone who helped to organize this very informative event. Great Job! I found the speakers very knowledgeable in their fields and the information well presented. Special thanks to Mike Sarell, Registered Professional Biologist who came out in spite of having a very bad sore throat to speak to us. That shows the dedication and commitment that these folks have to educating the public and protecting the environment!

The Seminar was focused on what is being done in the Okanagan to work with the developers and still protect the environment as the Okanagan Valley undergoes tremendous pressure for growth.

If you wish to get involved in protecting the environment go to www.StewardshipWorks.bc.ca.

Well now that I have sung the praises of those who made this happen I feel the need to comment on the content of what was presented to those who took time out of their hectic schedules to attend.

My first comment is that I was incredibly naive before attending this seminar. The information presented shows how vulnerable the Okanagan is to development as far as protecting the environment goes. There is little in place to put habitat before development. Here in a nutshell is what I learned at the Green Legacy Seminar.

I was stunned to learn that Areas G and B of the RDOS have no bylaws in place whatsoever and so fall under provincial guidelines only. This means that those areas do not even have building inspectors!

Areas E, D, C and A fall under Zoning Bylaws and Official Community Plans and Area H and F have only Rural Land Use Bylaws. It should be noted that Official Community Plans are non regulatory, they are guidelines only that have been formulated to give direction to Boards and Council when making their final decisions.

Developers are required to hire a Qualified Environmental Professional (QEP) if the site they are proposing for development is within a certain area as defined by

mapping done by the RDOS identifying environmentally sensitive areas. The public can view these maps on the RDOS website at www.rdos.bc.ca, these areas are identified by pink shading on the RDOS maps.

However QEP's are hired and paid by the developer, so there is a conflict of interest for them. If they submit a report that would stop or seriously alter the developers plans, I would think chances are this would adversely affect their future hiring potential. Further the QEP does not have to have a familiarity with the local plants and animals and many come from Alberta. Since the valley is a very unique bio system it seems difficult to think someone from another Province would have the knowledge to be able to complete a very accurate report.

This report is then submitted to either the city council or Regional District Office. Locally we are very lucky to have Jillian Tamblyn RDOS Environmental Coordinator, who reviews these reports and makes recommendations to the RDOS as to whether these reports seem accurate and what the developer could do to alleviate any of the QEP concerns if any, as to minimize the impact of the development on the environment.

However this again is only a recommendation and there are no local bylaws regulating environmental impact development.

At this point the QEP's role is done once their report is submitted. The QEP is not involved in any follow up to work with the Developer to implement these recommendations. I also learned that any lands within the Agricultural Land Reserve (ALR) or Integrated Land Management Branch (ILMB) are generally exempt from even these requirements. The final vote of approval rests with the Regional District Board or the City Council if the development is taking place within a city's boundaries.

The Ministry of Environment gave a very informative talk on their roles in protecting the environment and again I was shocked when they stated that the entire Province of British Columbia has only approximately 100 field Conservation Officers! Also as far as protecting any Riparian areas, the area interface between land and a flowing surface water body, they only have power under three legislative acts - the

Water Act, the Federal Fisheries Act and Forest and Range Protection Act Section 46-1.1, which was just put in to give Conservation officers the ability to ticket people found to be destroying stream beds. These acts are very specific and very limiting in the actual power a conservation officer has to protect the Riparian areas of our valley. Also it is my understanding that there is no legislation in place to protect other forms of wildlife at risk.

However if you have a concern about someone damaging the environment you can contact them 24/7 on the Report a Poacher line 1-800-663-9453. These people do care and will help wherever they can. Hats off to them for all their hard work and dedication in what must be a very frustrating job!

The South Okanagan Regional Growth Strategy that the RDOS is in the process of revising has added some environmentally sensitive areas to what are called secondary growth areas which have given cause for concern to some citizens. It does contain some recommendations for the preservation and protection of the environment but again this document is non regulatory and just the fact that they are recommending amending it to include these sensitive areas shows that it has no long term security. When I brought this fact up at the meeting Oliver Councillor Pat Hanpson stated that just because someone becomes a Politician it does not mean that they do not like birds and animals as much as the rest of us, and the fact that the people had enough faith in them to elect them should show that they will make the right decisions. I interpreted this as the basic TRUST ME speech.

Nothing personal Mr. Hanpson but I don't trust the average Politician and that is why I encourage everyone to take notice that our local politicians have the future of our beautiful valley in their hands with little or no bylaws or legislation governing their decisions and personally that scares me. Our local RDOS and Council Representatives have a great deal of power in what happens in our valley. Please take the time to write, email or call your local representative at both the local and provincial levels and let them know that the present system is not acceptable.

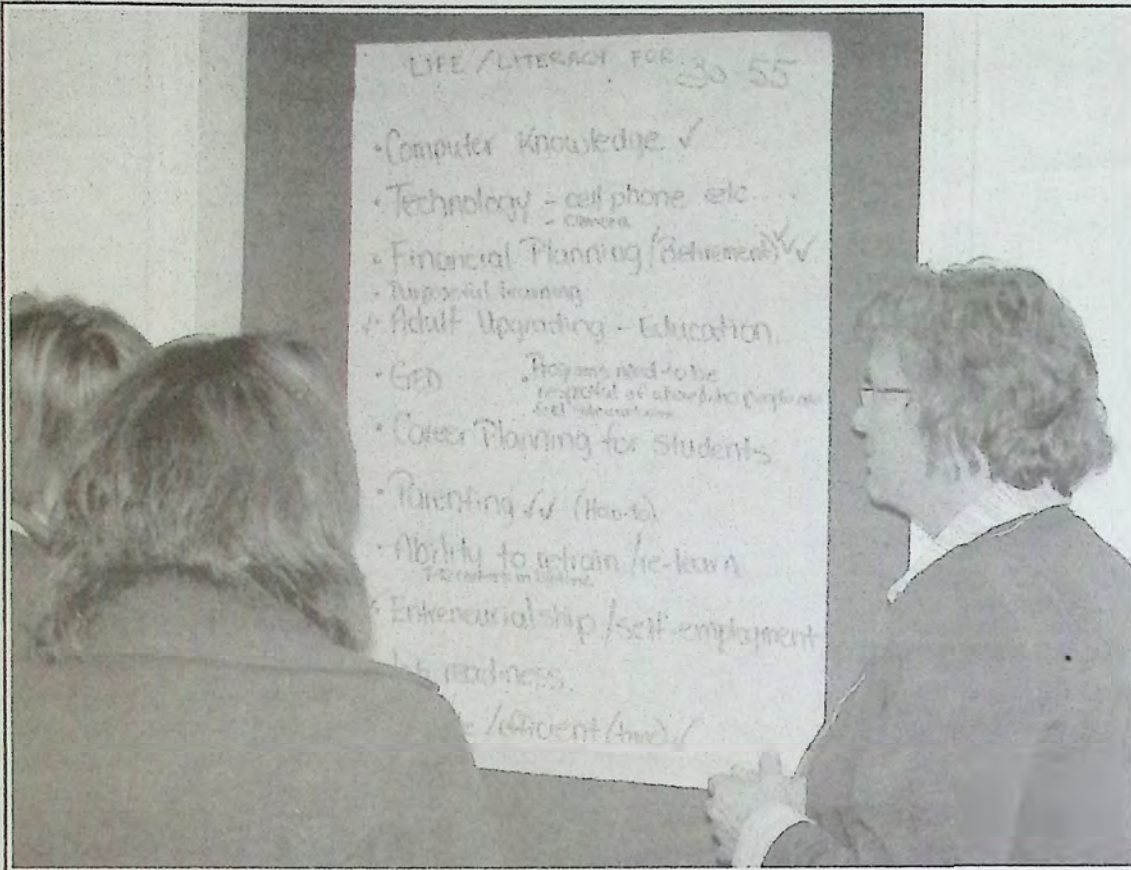
You can locate contact information for all your representatives in the blue pages of the phone book. However in the mean time I encourage everyone to look very closely at the candidates during elections when you are preparing to cast your vote and ask them how they feel on the protection of our wetlands and environment versus development because as it stands right now we do have to 'TRUST THEM' because the public really has little or no say in the final decisions that are made around the board room or councillors tables!

- Theresa Nolet, Penticton

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Nicola-Similkameen School District 58 Assistant Superintendent Wendy Hyer, right, takes notes during the 'brainstorming' session as part of the March 4th Literacy Celebration Party. *

The Mummy 3 shoots at Similco

"The Mummy III" starring Brendan Fraser and Jet Li shot Visual Effects shots at the Similco Mine on February 26. The effects shot required the set up of three large explosions within the mine, filmed by two cameras on the ground, and one Wescam Aerial Camera.

Due to the extensive set up needed for these Visual Effects shots, crew with the production were housed in Princeton for three days prior to February 26, and for two days afterwards for set up and take down of the elaborate set ups. Key members of the crew were flown in daily for the shoot.

The various shots will be seen in the film, but may be difficult to pick out, as the shots will be digi-

tally enhanced to appear as though they are in China and Tibet where most of the production's principle photography was filmed.

"It is a unique experience to have the valley involved in one of these visual effects shoots that hasn't otherwise occurred in the past at this scale," says Film Commissioner Jon Summerland.

"This shoot is an example of our versatility as a film destination. There is incredible diversity across the entire Okanagan Boundary Similkameen region, and this production is testament to that available range in what we as a film sector have to offer."

Local Location Manager Robin Mounsey was with the production, and was incredibly appreciative of

the locals both at Similco Mine and in the town of Princeton. The assistance of those at Similco Mine was extremely helpful during the prep, shoot, and wrap days and represented the area with courtesy and professionalism that the region is known for.

The Okanagan Film Commission wishes to thank all those that assisted with this production and their continued support of the film industry with the Okanagan Boundary Similkameen Region.

- submitted by OK Film Commission

Mayor says we need dam

Mayor Randy McLean attended a conference sponsored by Fortis BC, where Fortis was predicting future electricity needs and exploring possible ways to generate power. Mayor McLean told Council on March 3 that he had looked at all of the ways of meeting future electricity needs, and saw a reservoir on the Similkameen River as the best solution for our area.

Mayor McLean said he had spoken out about the potential for meeting power needs through a

dam, and Fortis BC is "looking at" this project.

"The day is coming when we must have a major hydroelectric project in this province," Mayor McLean stated.

In his opinion, a reservoir on the Similkameen River is going to be essential as more and more trees are killed by the Mountain Pine Beetle, and snow melt will be faster. Water conservation will be necessary to maintain river levels for agriculture and maintain ground water for municipal use.

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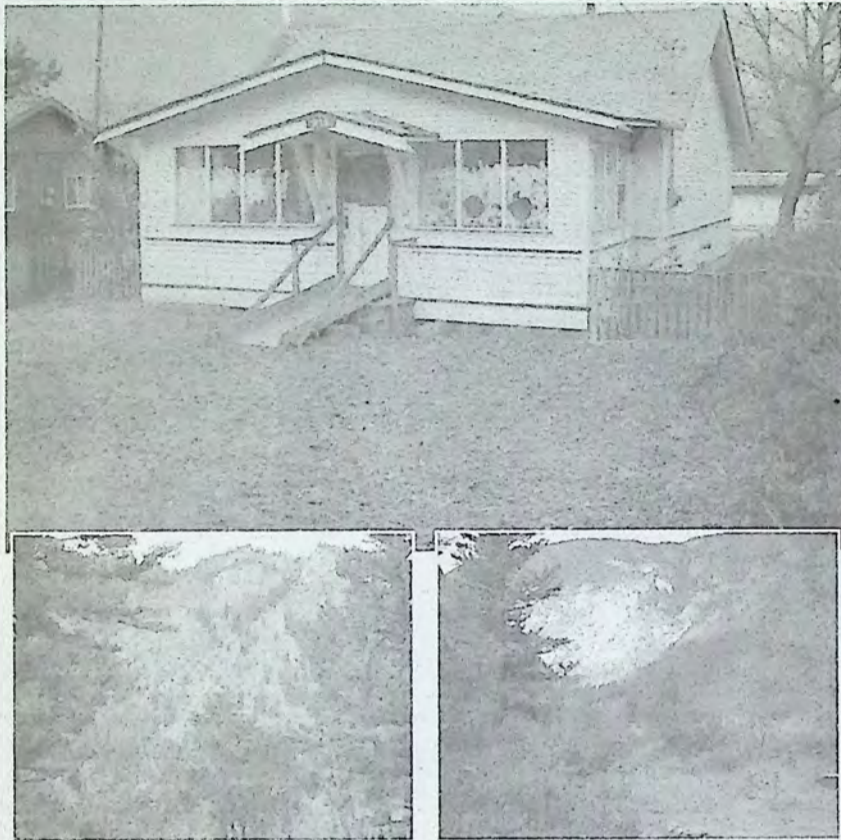
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